



Food: Where Does It Come From?

Exploring the Sources and Variety of Our Daily Sustenance.

Understanding Food

What is Food?

Substance for growth, energy, life processes.

Why Eat Food?

Energy, body growth, life maintenance.

Good Food Qualities

Provides energy, digestible, tasty.



The Variety of Food We Eat

Diverse Consumption

People worldwide eat varied foods.

Influencing Factors

- Climate
- Production capabilities
- Local customs

Basic Food Types

Raw Food

Fruits, vegetables eaten directly.

Cooked Food

Requires preparation: dal, roti.

What Are Food Ingredients?



Definition

Components needed to prepare food.



Simple Foods

Few ingredients: roti (flour, water, salt).



Complex Dishes

Many ingredients: biryani (rice, spices, veggies).



Where Do Ingredients Come From?

Primary Sources

- Plants
- Animals

Environmental Sources

- Water (rivers, ground)
- Salt (sea)

Ingredient Examples



Idli

Rice (Plant), Salt (Env).



Chicken Curry

Chicken (Animal), Spices (Plant).



Kheer

Milk (Animal), Rice (Plant).

Plant-Based Ingredients

Grains & Cereals

Wheat, rice, maize, barley.



Vegetables

Spinach, potato, tomato.



Nuts

Almonds, walnuts.



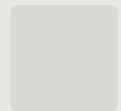
Fruits

Apples, bananas, oranges.



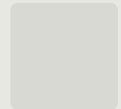
Parts of Plants as Food

Leaves & Stems



Leaves

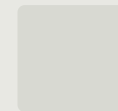
Coriander, spinach, curry leaves.



Stems

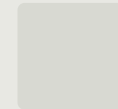
Sugarcane, potato, ginger.

Flowers & Roots



Flowers

Cauliflower, broccoli.



Roots

Carrot, radish, beetroot.

Animal-Based Ingredients & More



Milk & Products

Cows, buffaloes; butter, cheese.



Meat & Eggs

Chicken, goat meat; hen eggs.



Honey

Bees collect nectar, store honey.



Food Security

Distribution and access challenges.

