

Lesson at a Glance

- **Food:** The substances which we eat every day, containing various edible components that provide us energy and materials that help our body to grow and remain healthy are called *food*.
- **Ingredients:** The materials that are needed to prepare a particular type of dish are called its *ingredients*.
- **Edible:** The substances which one can eat are called *edible*.
- **Sprouted Seeds:** The germinating seeds at the initial stage when a white structure has grown out of the seed (radicle) are called *sprouted seeds*.
- **Nectar:** The sweet juices produced by some flowers are called *nectar*.
- **Honey:** Honey bees collect nectar (sweet juices) from flowers and convert it into honey. Bees store it in beehive for future use.
- **Herbivores:** Animals which eat only plants, plant parts or plant products are called *herbivores* such as cow and deer.
- **Carnivores:** Animals which eat other animals are called *carnivores* such as tiger and lion.
- **Omnivores:** The animals which eat both the plants and animals are called *omnivores* such as human beings.
- **Sources of Food:** There are two main sources of food: (i) Plants and (ii) Animals.

TEXTBOOK QUESTIONS SOLVED

- Q.1.** Do you find that all living beings need the same kind of food?
- Ans.** No, all living beings do not need same kind of food.
- Q.2.** Name five plants and their parts that we eat.
- Ans.** The names of five plants and their parts that we eat are:
- (i) Paddy: seeds
 - (ii) Wheat: seeds

- (iii) Mustard plant: seeds and leaves
 (iv) Brinjal plant: fruits
 (v) Potato plant: stems

Q.3. Match the items given in column A with those in column B.

Column A	Column B
Milk, curd, paneer, ghee	eat other animals
Spinach, cauliflower, carrot	eat plants and plant products
Lions and tigers	are vegetables
Herbivores	are all animal products

Ans.

Column A	Column B
Milk, curd, paneer, ghee	are all animal products
Spinach, cauliflower, carrot	are vegetables
Lions and tigers	eat other animals
Herbivores	eat plants and plant products

Q.4. Fill up the blanks with the words given:

herbivore, plant, milk, sugarcane, carnivore.

- (a) Tiger is a _____ because it eats only meat.
 (b) Deer eats only plant products and so is called _____.
 (c) Parrot eats only _____ products.
 (d) The _____ that we drink, which comes from cows, buffaloes and goats is an animal product.
 (e) We get sugar from _____.

Ans. (a) carnivore (b) herbivore
 (c) plant (d) milk
 (e) sugarcane