

SOURCES OF FOOD

Looking Back:

A. 1. repair, replace 2. cereals 3. dairy

B. 1. herbivores/any example of herbivores like cows, buffaloes
2. scavengers 3. omnivores 4. humans 5. plants

Exercises:

A. 1. d 2. b 3. a 4. b 5. c 6. b 7. a 8. d 9. a 10. a

B. 1. tissues 2. seeds 3. nectar 4. diet 5. food chain

C. 1. True 2. False 3. False 4. True 5. True 6. False 7. False 8. False

D. 1. Food gives us energy, provides materials for growth, enables us to repair and replace worn out tissues, keeps us healthy and helps us to fight against diseases.

2. Pumpkin, okra and tomatoes are examples of fruit vegetables.

3. Omnivores eat both plants and animals.

4. Scavengers eat the meat of dead animals, thus keeping the environment clean.

5. The relationship between all living things for transferring nutrients is called a food chain. An example of a food chain is given below.

Grass → Goat → Tiger

E. 1. The foods that we get from plants are:

(i) *Cereals*: Cereals are seeds, mostly obtained from grasses. Barley, wheat, maize, rice, rye and sorghum are examples of cereals.

(ii) *Pulses* are seeds from leguminous plants, where the seeds are found in pods. Green gram (mung), black gram, chickpea, kidney beans (rajma) and lentils are examples of pulses.

(iii) *Vegetables and fruits*: Stem vegetables such as potatoes, ginger and so on; flower vegetables such as broccoli and cauliflower; fruit vegetables such as pumpkin, lady's finger, tomato and brinjal

Fruits: Orange, apple, banana and so on

(iv) *Nuts*: groundnut and cashew nut

(v) *Spices*: cardamom, clove and cinnamon

(vi) *Herbs*: coriander, mint, thyme and so on

(vii) *Beverages*: coffee, cocoa and tea

(viii) *Oil* obtained from the seeds of peanut, sesame, sunflower and mustard

The foods that we get from animals are:

(i) *meat* from fish, poultry, goat, cattle and sheep;

(ii) *eggs* from hens, ducks and other birds;

(iii) *milk* from cows, goats, camels and other such animals;

(iv) *honey* made by bees.

2. (i) *Herbivores*: These animals eat plants, for example, cow and horse. They have sharp cutting teeth in front to cut the grass and leaves. Their back teeth are flat for chewing and grinding. Herbivorous animals like squirrels and rabbits have strong, sharp, front teeth (biting teeth) to cut seeds and nuts.

(ii) *Carnivores*: These are animals that eat other animals, for example lion, wolf, eagle and so on. They have long sharp canines or strong pointed beaks to tear the flesh of the animals. Frogs and lizards have a long, sticky tongue which they use to catch their prey. Snakes swallow their prey whole and so have small teeth to help in swallowing.

- (iii) *Omnivores*: These are animals that eat both plants and animals, for example human and crow. Humans have different types of teeth to eat both plants and animals. Crows have strong, pointed beaks that they use to tear flesh.

Higher-order Thinking Skills

If all the frogs in the given food chain were to die, then the population of grasshoppers would keep increasing since there will be no frogs to eat them. The very large population of grasshoppers would feed on the grass; however the increasing population would not have sufficient grass. This would reduce the grass cover significantly. The other impact of diminishing frog population would be that the snakes would be eventually starved and in turn could affect the food availability for the owls.