

CBSE Class–VI Subject Science
Revision Notes
CHAPTER – 1
Food: Where Does it Come From?

- Food: Nutritious substance that people or animals eat or drink, or that plants absorb. In order to maintain life and growth.
- food is essential for both plants and animals.

USES OF FOOD IN OUR BODY

- For energy
- for growth
- for body functions
- for wounds healing
- for good health

PLANT SOURCE OF FOOD

(A) parts of the plants as a source of food

1. plant roots used as food. Ex. Carrot, Turnip, Radish, Beetroot.
2. Plant stems used as food : Ex. Potato, Coriander and sugarcane.
3. plant leaves use as food : Ex. spinach, cabbage, onion.
4. flowers from plant used as food : Ex. Rose, Cauliflower and Bauhinia(kachnar)
5. Fruits on plant used as food :
 - pulpy fruits: grapes, banana, apple
 - Nuts and dry fruits : almond, currant (kismis)
 - Fruits used as vegetable : Brinjal, tomato, gourd, beans
6. Seeds used as food :
 - Cereals(grains)and seeds : addy(rice),maize(corn),wheat
 - pulses(dal) : Gram(chana),greengram(mung),pegeon pea.

- seeds yield oil which is used as food :
mustard(sarson),sesame(til),coconut oil.

(B) FOOD THAT COMES FROM ANIMALS

1. MILK;
2. EGGS
3. MEAT FROM ANIMALS
4. FISH,PRAWNS,CRABS
5. HONEY

There is a lot of variation in the food eaten in different regions of India.

- The main sources of our food are plants and animals.
- Food sources from plants:- vegetables, pulses, spices, cereals, fruits, oils, etc.
- Food sources from animals:- milk, egg, honey, meat, fish, etc.
- Other sources of food are salt and water.
- Animals which eat only plants are called herbivores. Example: cow, goat, sheep etc.
- Animals which eat only animals are called carnivores. Example: tiger, lion, etc.
- Animals which eat both plants as well as other animals are called omnivores. Example: bears, foxes, dogs, etc.
- Vegetarian : eat only the food from plants.
- Non-vegetarian : eat animal food like meat , fish, chicken and eggs.

Animals that live on dead and decayin food is called scavengers. Example: hyenas, vulture, etc.