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