

VIDYA BHAWAN BALIKA VIDYAPEETH

STUDY MATERIAL SCIENCE

CLASS-VI

Date : 08-04-2021

Teacher : Poonam Kumari

▶ Food : Where does it Come from

EXERCISE : NCERT

There is a wide range of food items eaten across various states of India. Different organisms eat different kinds of food. Human beings are omnivores.

Our food comes from different sources. We get food from plants as well as animals. We eat animals (as meat) as well as their different products like milk, eggs and honey. Cooked food can be easily consumed and absorbed by our body. Cooking also kills the harmful germs.

We should have sprouted seeds every day. Sprouted seeds are rich in nutrients. Domesticated animals are classified as meat yielding, milk yielding and drought animals



Sprouted seeds