

# Class 6 Science Chapter 1: Food - Where Does It Come From? | NCERT Explained

## INTRODUCTION TO CLASS 6 SCIENCE CHAPTER 1

Welcome to the fascinating world of science! In **Class 6 Science Chapter 1: Food - Where Does It Come From?**, students embark on a journey to understand the sources of food, its components, and the importance of a balanced diet. This chapter, part of the NCERT syllabus, lays the foundation for understanding nutrition and the interdependence of living organisms. At [Digital Education India](#), we bring you engaging, and easy-to-understand guide to help Class 6 students excel in this chapter.

## WHAT YOU'LL LEARN IN CHAPTER 1

This chapter introduces students to the basics of food, including:

- **Sources of Food:** Plants and animals as primary food sources.
- **Types of Food:** Cereals, pulses, fruits, vegetables, and animal-based foods.
- **Food Components:** Carbohydrates, proteins, fats, vitamins, and minerals.
- **Food Chain:** How plants and animals are interconnected through food.
- **Edible Parts of Plants:** Roots, stems, leaves, flowers, and fruits.
- **Herbivores, Carnivores, and Omnivores:** Classification of animals based on their food habits.

## Why Is This Chapter Important?

Understanding where food comes from helps students appreciate the role of agriculture, farming, and the environment in sustaining life. It also introduces the concept of a balanced diet, which is crucial for maintaining good health.

## KEY CONCEPTS OF CLASS 6 SCIENCE CHAPTER 1

### 1. Sources of Food

Food comes from two primary sources:

- **Plants:** Provide grains (rice, wheat), pulses (lentils, chickpeas), fruits (mango, apple), vegetables (carrot, spinach), and oils (mustard, sunflower).
- **Animals:** Provide milk, eggs, meat, and honey.

**Activity Idea:** Create a chart listing food items you eat daily and categorize them as plant-based or animal-based.

## 2. Edible Parts of Plants

Different parts of plants are edible:

- **Roots:** Carrot, radish
- **Stems:** Sugarcane, potato
- **Leaves:** Spinach, lettuce
- **Flowers:** Cauliflower, broccoli
- **Fruits:** Mango, banana
- **Seeds:** Rice, wheat

**Did You Know?** Potatoes are stems, not roots, because they grow underground but are part of the plant's stem system!

## 3. Types of Animals Based on Food Habits

Animals are classified based on what they eat:

- **Herbivores:** Eat plants (e.g., cow, goat).
- **Carnivores:** Eat other animals (e.g., lion, tiger).
- **Omnivores:** Eat both plants and animals (e.g., humans, bears).

**Fun Fact:** A vulture is a scavenger, feeding on dead animals, which helps keep the environment clean.

## 4. Components of Food

Food contains essential nutrients:

- **Carbohydrates:** Provide energy (e.g., rice, bread).
- **Proteins:** Help in growth and repair (e.g., pulses, eggs).
- **Fats:** Store energy (e.g., butter, oil).
- **Vitamins and Minerals:** Support body functions (e.g., fruits, vegetables).

**Quick Tip:** A balanced diet includes all these components in the right proportions.

## 5. Food Chain

The food chain shows how energy flows from one organism to another:

- Plants → Herbivores → Carnivores/Omnivores

- Example: Grass → Deer → Tiger

**Activity:** Draw a simple food chain from your local environment.

## **WHY STUDY FOOD SOURCES?**

This chapter helps students:

- Understand the importance of agriculture and farming.
- Recognize the role of plants and animals in our diet.
- Learn about healthy eating habits and nutrition.

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