

Ch-15

Improvement in Food Resources.

Q1. What are the different food resources obtained from Plants.

- Ans
- 1) Carbohydrates : Cereals like Rice, wheat etc.
 - 2) Proteins : Pulses, beans, groundnut.
 - 3) Fats / oils : Mustard, Soyabean.
 - 4) Vitamins & minerals : fruits & vegetables.

Q2. What are the different sources of food obtained from animals.

- Ans
- 1) Carbohydrates : milk, meat, egg.
 - 2) Proteins : Fish, meat, Egg white called albumin, sea food.
 - 3) Vitamins & minerals - Eggs, meat, honey, fish oil.

