

FOOD

Food is a nutritional substance that we eat to grow and maintain good health.

FOOD WE GET FROM PLANTS



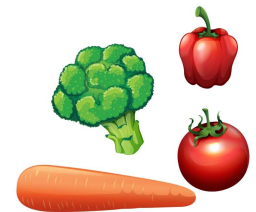
Cereals or grains



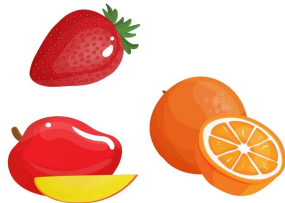
Roots and tubers



Legumes or pulses



Vegetables



Fruits



Oils or fats



Sugar



Condiments

FOOD WE GET FROM ANIMALS



Egg, Meat, chicken and fish



Milk and dairy products

Thank You NATURE for Providing us all kinds of FOOD.