



Food Resources



Ms. Pratiksha Jayaswal
Assistant Professor
Faculty of Pharmaceutical Sciences,
Rama University, KANPUR (U.P.)

Thank you!



FOOD....

- **Food** is any substance consumed to provide nutritional support for the body.
- It is usually of plant or animal origin, and contains essential nutrients, such as carbohydrates, fats, proteins, vitamins, or mineral.
- Out of thousands of edible plants and animals around 3 dozen types form major food of humans
- Agriculture is the source of majority of food components



MAJOR FOOD SUBSTANCES...

 Wheat

 Rice

 Maize


 Potato

 Barley

 Oats


 Cassava


 Sweet potato

 Sugarcane

 Pulses

 Millet

 Sorghum

 Vegetables

 Meat

 Milk

 Fish

SOURCES OF FOOD

➤ Although the earth has perhaps 30,000 plants species with parts that people can eat , only 15 plants and 8 animals species supply 90% of our food.



➤ Our main food resource are

➤ Wheat and rice as their staple food.

➤ Domesticated animals (cattle , sheep , goat , etc.)

These animals are the source of milk and meat . these form the important component of the diet of the people all over the world.



Aquaculture (fish and sea food)

- It is the production of food from aquatic habitants - marine and fresh water . Fish and sea food contribute about 70 million metric tons of high quality proteins to the world's diet .
- Although aquaculture provides only small amount of the world's food at present, it is an important source of protein for many contrives , especially in Asia and Europe.

