

Food sources

PLANT ORIGIN: FRUIT AND VEGETABLES

The food we eat on a daily basis can come from various sources. For example it can come from **plants** or **animals**. When we think about food that comes from plants, we often think of fruit and vegetables.

Keywords > Fresh fruit

Fruit can be eaten fresh, for example apples, oranges and bananas.



Keywords > Dried fruit

We can also dry fresh fruit – i.e. reduce its water content. Think about a dried apricot or dried fig for example.

Keywords > Nuts (oleaginous fruit)

Nuts are also fruit (often known as 'fruit in a shell' in French) and can be referred to as oleaginous fruit as we can extract oil from nuts. Walnuts, almonds or peanuts for example.



Keywords > Fresh vegetables

Vegetables are a large and very diverse food family. Do not confuse them with pulses, the dried seeds of leguminous plants.



Keywords > Dry vegetables (pulses)

Green beans and carrots are fresh vegetables while lentils, chickpeas and dried beans are from leguminous plants.

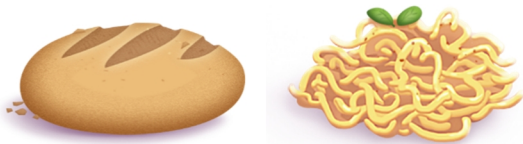
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PLANT ORIGIN: CEREALS

Food with a plant origin also includes cereals. Cereals are plants that are primarily cultivated for their seeds, such as wheat, rice and corn.



Some such foodstuffs are 'processed'. You need to understand how they are produced in order to identify their origin.



What is the origin of bread for example? Bread is produced from wheat flour and as wheat is a grain, bread is considered to have a plant origin, just like pasta.

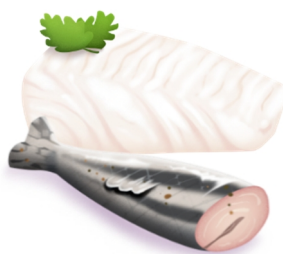
Keywords > Wheat: bread, pasta, couscous

Cereals can also be ground; like couscous, which is wheat based, and polenta which is made from corn.

Keywords > Corn: polenta

ANIMAL ORIGIN

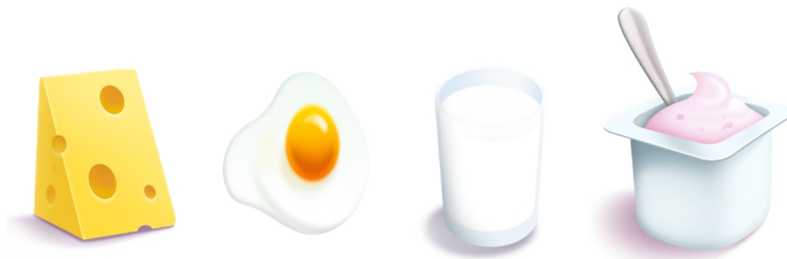
When talking about food which comes from animals, we obviously think about meat. We can distinguish between **white meat** such as poultry and **red meat** like beef or lamb for example.



Fish is also a foodstuff of animal origin. We differentiate between **white fish** such as cod and **oily fish**, like salmon. We also differentiate between **freshwater fish**, such as carp and **saltwater fish**, such as bream. **Seafood and shellfish** are also food that comes from animals, for example mussels and prawns.

Finally we need to mention the food produced by animals such as eggs from hens or cow's milk. Such food can be processed. Milk is a good example as it allows us to make cheese and yoghurt.

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OTHER ORIGINS

Briefly, there are also foodstuffs with other origins. For example, salt has a **mineral** origin and yeast has a **fungal origin**.



NUTRIX is one of the games that accompany this online course. This game is all about a balanced diet. A vegetarian diet is dealt with at some levels of the game. At these levels you have to consume food with a plant origin whilst restricting your consumption of food which comes from animals.

2.1.1 Food sources

Which of the following food is not of animal origin?

- Cheese
- Tofu
- Eggs

What is oleaginous fruit? Fruit from which we can extract...

- a stone
- juice
- oil

Which of the following are not pulses?

- Haricot beans
- Broad beans
- Lentils

What is the origin of bread?

- Animal
- Mineral
- Plant

Seafood is of which origin?

- Fungal
- Animal
- Plant

White meat refers to...

- raw meat
- poultry
- meat without sauce

Polenta is made from...

- wheat
- corn
- rice

The following foodstuffs are all of animal origin. Which one is in its natural state?

- Cheese
- Milk
- Yoghurt

Salmon is a kind of....fish.

- lean
- oily
- flat

Salt is of which origin?

- Animal
- Plant
- Mineral

Answers

Which of the following food is not of animal origin?

- Cheese**
Wrong! Cheese is made from milk, from cows, goats, ewes etc., so it is of animal origin.
- Tofu**
Well done! Tofu or soybean curd is produced by coagulating soy milk.
- Eggs**
Wrong! Animals lay eggs, so eggs are considered to be of animal origin.

What is oleaginous fruit? Fruit from which we can extract...

- a stone**
Wrong! Try again!
- juice**
Wrong! Juice can be extracted from most fresh fruit.
- oil**
Well done! We can extract oil from peanuts and walnuts.

Which of the following are not pulses?

- Haricot beans**
Well done! Haricot beans fall in the category of fresh vegetables.
- Broad beans**
Wrong! They are pulses.
- Lentils**
Wrong! They are pulses.

What is the origin of bread?

- Animal**
Wrong! Bread is made with cereals.
- Mineral**
Wrong! Bread is made with cereals, which are plants not minerals.
- Plant**
Well done! Bread is made with cereal flour.

Seafood is of which origin?

- Fungal**
Wrong! Mushrooms and yeast are fungi.
- Animal**
Well done! Seafood is of animal origin, just like meat and eggs.
- Plant**
Wrong! Try again!

White meat refers to...

- raw meat**
Wrong! Beef is called red meat even when it is not cooked.
- poultry**
Well done! Poultry is referred to as white meat.
- meat without sauce**
Wrong! Try again!

Polenta is made from...

- wheat**
Wrong! Couscous is prepared using wheat semolina, but polenta is not.
- corn**
Well done! Polenta is made from corn semolina.
- rice**
Wrong! Try again!

The following foodstuffs are all of animal origin. Which one is in its natural state?

- Cheese**
Wrong! Cheese is produced by curdling milk.
- Milk**
Well done!
- Yoghurt**
Wrong! Yoghurt is made by fermenting milk using lactic acid bacteria.

Salmon is a kind of....fish.

- lean**
Wrong! Cod and sea bream are lean fish.
- oily**
Well done! Like herring and mackerel, salmon is a cold-water oily fish, rich in omega-3.
- flat**
Wrong! Sole is a flatfish, but salmon is not.

Salt is of which origin?

- Animal**
Wrong! Try again!
- Plant**
Wrong! Try again!
- Mineral**
Well done! Salt is extracted from salt mines or produced by evaporating seawater.