



# MANZI'S NEWS



A Newsletter for Manzi's Water Wise Club Members

July 2016

## The Food We Eat

Hi Friends,

All life on earth needs water to survive. All the animals and plants we eat need water to survive. Most of the food we eat comes from animals, including beef, lamb, pork, fish and chicken. Other foods come from plants, including rice, wheat, fruit, beans and vegetables.

We also eat food that animals make. For example, chickens produce eggs and cows give milk. Plants produce food too, such as fruits. Plant and animal foods are used to make other foods, such as bread and cheese.

Many processed foods use a combination of foods from animal and plant sources. Biscuits are made from flour (food from a plant) while also containing butter and milk (food sourced from an animal).



Credit: [www.Phelps-farm.com](http://www.Phelps-farm.com)

### How do we get Food from Animals?

Some foods are produced from the flesh or internal organs of animals, such as:

- \* beef, lamb, pork and mutton (red meats)
- \* chicken and fish (white meats) and
- \* heart, liver, kidneys and tripe (organ meats).

Other animal foods, such as eggs, milk and honey, are produced by animals over their lifetimes. Foods from animals are high in protein. They usually are also high in fat. Vitamin B12 and Vitamin D are also present in many animal foods. These vitamins are not found in plant foods. Cheese is made from milk, so it is also an animal food. Other foods made from milk are butter, cream and yoghurt. Animals like humans need water to grow strong and healthy.



## How do we get Food from Plants?

Fruit is one of the many foods we get from plants. Other parts of plants that are used for food include:

- Leaves and Stems: celery, lettuce, spinach, etc.
- Roots: potatoes, carrots, beetroot, cassava, radish, parsnip, etc.
- Seeds: wheat, mealies (pap), rice, legumes, peanuts, tree nuts (almonds), etc.

Most plant foods eaten are produced on farms and orchards, but some are grown in greenhouses.

Foods from plants are packed with many nutrients such as vitamins, minerals and antioxidants. Dietary fibre is found only in plants.

Cakes are made from flour. Flour is made from wheat, which is a seed made by plants. Other foods made from wheat include: bread, pastry, biscuits, pasta and noodles.

All these foods, be it plants or animals, need water to survive. Without water the plants and animals cannot grow and give us the food we need to survive. Did you know that a cow needs to drink about 3 litres of water to produce 1 litre of milk?

Virtual water content is the amount of 'hidden' water used to produce a certain product (for example: 1 portion of beef) or a service from start to finish. Example: 1 portion of beef needs 1 900 litres of water. This is all the water that is needed, i.e. for the cow to live; for the grass to grow that feeds the cow, for transport, etc.

The water we have in our country does not only belong to human beings but also to the plants and animals, so the next time you have a meal, be it a steak, burger or even orange juice, think about where it came from and how much water was used to make that food. Water does not come from the tap but from the rain, rivers and dams.

Remember all life on Earth needs water to survive, so you must respect water and by doing so you are respecting life. Remember to be Water Wise.

Lots of Love  
Manzi

# ACTIVITY

Do you know where your food comes from? Can you match the food to the food source?

Write down whether the food on the left is:

animal food

plant food

animal and plant food

## FOOD

## FOOD SOURCE



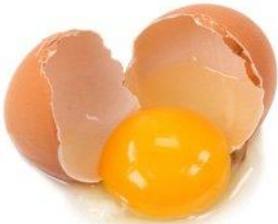
(a) \_\_\_\_\_



(b) \_\_\_\_\_



(c) \_\_\_\_\_



(d) \_\_\_\_\_



(e) \_\_\_\_\_

### References

1. [all-free-download.com](http://all-free-download.com)
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4. [jianiteo.com/plant-based-diet-beginners](http://jianiteo.com/plant-based-diet-beginners)
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