

Life Processes

Nutrition: The process by which an organism takes food and utilizes it is called nutrition.

Need of Nutrition :→ Nutrition is needed to provide energy for doing any activity and provide essential nutrients for life processes.

Nutrients :→ Materials which provide nutrition to organisms are called nutrients. For example carbohydrates, fats, proteins, vitamins and minerals are important nutrients.

Mode of Nutrition :→ Mode of nutrition means method of obtaining food by organisms. There are mainly two mode of nutrition:

- 1) Autotrophic mode of nutrition.
- 2) Heterotrophic mode of nutrition.

1) Autotrophic mode of nutrition :→ The mode of nutrition in which an organism prepares its own food is called autotrophic nutrition e.g. green plants and blue-green algae.

- The organisms which carry out autotrophic nutrition are called autotrophs (green plants)
- Autotrophic nutrition is filled by the process, by which autotrophs intake CO_2 and H_2O and convert these into carbohydrates in the presence of chloro-