

# Food Value

Ques. Give a detailed account on food value of Algae, Fungi and Mushroom?

Ans. INTRODUCTION  $\Rightarrow$  The study of Phycology and Mycology is perhaps as old as man's interest in Botany but their study has made great advancement in 20<sup>th</sup> Century. Extensive researches are being done to find out the food value of Algae and fungi. It is now clear that - Algae being the most primitive among the plant kingdoms has not so scanty role in human life. It is of common practice to produce more and more food from Algae and fungi, as to solve food problems. In this regard Japan is far ahead than any other Country where researches are conducted to solve the food problem through the source of Algae and Fungi.

Food value of Algae  $\Rightarrow$  People of Coastal Countries like China and Japan have long been using seaweeds and certain other algae as a source of food. Some of the more commonly used algae as food are Porphyra, Ulva, Alaria, Chlorella, Chondrus, Rhodomenia, Nostoc, Laminaria, Fucus, and Sargassum.

Algae as a food is most popular in Japan. Within last ten years. Japan has much improved in mass culture and technique of forming of Algae. The following are the species

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Which are used as food.

- ① Porphyra tenera  $\Rightarrow$  It is a popular species, which are eaten through out Japan and other countries like England and California. It is a red marine algae which is cultivated in shallow sea shore in commercial scale. It is very much rich in protein (30-35%) and Carbohydrate 40-45%. <sup>finally</sup> ~~fairly~~ high concentration of vitamin A, B and C are also detected. The porphyra are eaten with rice. Its soup is highly priced in Europe.

- ② Laminaria japonica  $\Rightarrow$  These are another species of class "Phycophyceae" which is extensively used as standard food in Japan and Europe. Its soup and source are very popular and its preparation is very easy. Now it is very popular in some of the western countries also.

- ③ Sargassum species — It is a member of brown algae and commonly called as seaweeds. It is very popular in Japanese fisher men. <sup>to check</sup> A food is prepared named as KOMBIE. Which is very famous in Japan and prepared by the help of Sargassum, Laminaria and Alaria.

- ④ Ulvalactuca  $\Rightarrow$  It is a member of Chlorophyceae. Its thallus is very broad and fan shaped. It is also eaten in - Japan, Ireland and Denmark. Thus it is seen that Japanese consume large no. of Algae as food.

Chlorella  $\Rightarrow$  It has drawn much attention of