

Plants Give Us Food

3

Focus On



- Various Types of Foods We Get from Plants

▼ Here We Go...

Some pictures are given below. Tick (✓) the things we can eat.



We get most of our foods from plants. They give us fruits, vegetables, cereals, pulses and many other things. All human beings and animals depend upon plants for food. Different parts of plants are eaten, such as leaves, roots, stems and seeds.

Plants are the only living things which make their own food.

Fruits

Tell the name of your favourite fruits. Are they banana, mango, apple etc. Do you know from where all these fruits come? Plants give us fruits too. Mango, apple, banana, guava etc. are some examples of fruits.



Guava



Mango



Banana



Grapes



Pineapple

Vegetables

We get vegetables from plants. We eat them after cooking. We can also eat them raw as salad.

Potato, carrot, brinjal, onion, lady finger are some examples of vegetables.



Potato



Carrot



Brinjal



Onion



Ladyfinger

Pulses

Pulses are rich source of proteins. They make us healthy and strong. Pulses are seeds of plants. We eat them after cooking. Green gram, lentil, kidney beans are some examples of pulses.

Fact Byte

❖ Fruits are used to make jams, jellies and pickles.



Green gram



Lentil



Kidney beans



Chickpeas

Cereals

We get cereals from seeds of many plants. These are also called food grains. Wheat, maize and rice are some examples of cereals. They gives us energy. We make roti, idli, pizza etc. from cereals. Cereals are also called food grains.



It's Your Duty!!

Do not waste food. Always eat healthy food. Eat vegetables and fruits daily.



Wheat



Maize



Rice

▶ EYE OPENER

The potato, which we eat, is the stem of its plant.

Tea, Coffee and Sugar

We get tea from tea plants. We use its dried leaves.



We get coffee from cocoa plants. Seeds of cocoa plants are crushed to get coffee powder.

We get sugar from sugarcane plants. It is made from juice of sugarcane.



Spices

We also get spices from plants. Seed, flowers and leaves are used as spices. The spices add taste to our food. Some spices are bayleaf, black pepper, cumin seed etc.



Nutmeg



Cumin



Cinnamon



ACTION TIME 1

Match the following :



Sugarcane

Fenugreek seeds

Cocoa Beans

Tea plant

Clove

Oil

We also get cooking oil from plants. Seeds of many plants like coconut, mustard, groundnut and sunflower etc. are crushed to give us oil. We cook food with cooking oil. We also use oil to massage our hair and body.



Coconut oil



Mustard oil



Olive oil

Dry Fruits

Some fruits are dried for later use. They are called **dry fruits**. They are good for our health.



Almond



Pista



Walnut



Raisin



Cashewnut



ACTION TIME 2

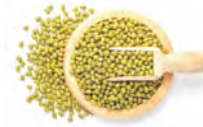
Put a tick (✓) in the right column, whenever you eat these food in a week.

	Vegetables	Fruits	Pulses	Cereals
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Flash On

- * We depend on plants for most of our food.
- * Plants give many food items to us like fruits, vegetables, cereals, pulses etc.
- * We also get coffee, sugar and tea from plants.
- * These things make us healthy and strong.

Picture Review



Cereals : Seeds of some plants are used as cereals by us.

Pulses : Seeds of some plants are used as pulses by us.

Exercise

A. Tick (✓) the correct answer :

- Cabbage is a :
(a) fruit (b) vegetable
- Which food is rich in protein?
(a) Fruits (b) Pulses
- What are food grains?
(a) Cereals (b) Dry fruits
- Good food makes us :
(a) healthy (b) weak
- Potato is the _____ of the plants.
(a) stem (b) root

B. Fill in the blanks by choosing words from the help box :

Cereals, leaves, lady finger, seeds, pulses

- Tea is actually dried _____.
- _____ contain protein.
- _____ give us energy.

4. _____ is a vegetable.
5. Fruits contain _____ inside it.

C. Write 'T' for true and 'F' for false statements :

1. We get oils from seeds.
2. Almond is a vegetable.
3. We make jam and jelly from fruits.
4. We get coffee from the seeds of cocoa plant.
5. Sugar is made from the stem of grapes.

D. Write the name of the food group of the given food items :

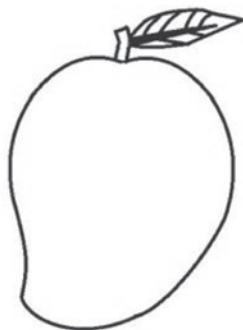


E. Answer the following questions :

1. Name two vegetables which can be eaten raw.
2. Name five things we get from plants.
3. Which food group is rich in protein?
4. From which plant do we get sugar?
5. Give name of any five fruits.

Practice Time

❖ **Colour the given fruits :**



❖ **Everyday Science**

Ask your mother to show you different pulses, cereals, fruits and vegetables.



Have Some Fun

1

Fruits
Name



Vegetables
Name



Living
things

Non-living
things

