

Our True Friends : Plants

2

Focus On



- Plants
- We Get Food from Plants
- We Use Plants in Many Ways

▼ Here We Go...

Tick the things we get from plants by observing the pictures :



Plants

Plants are important part of nature. They are very useful to us. We depend on them for many things. They give us oxygen to breathe. We get food, clothes and many other things from plants.

Plants give food and shelter to animals also.

Let us now know about the importance of plants.

Fact Byte

- ❖ Plants provide shade to human being and animals.

We Get Food from Plants

We get food from plants. We need food to live and grow. Food gives us energy to do our work. It makes us healthy and strong.

Plants are the only living things which make their food themselves. That is why they are called **primary producers**.

There are different types of plants around us.

Oxygen

Plants are our true friends. Leaves of plants make food. In this process, they take in carbon dioxide from air and give out oxygen. All animals need oxygen to live. We breathe in oxygen and breathe out carbon dioxide.

Food

Plants give us many types of food.

Fruits

We get **fruits** from plants. They make us healthy. We eat so many fruits such as mango, guava, apple, pomegranate, grapes, etc. We make jams, jelleys, squashes and pickles from fruits. Growing children should eat plenty of seasonal fruits.



Fruits



Dry fruits

Dry Fruits

Some fruits are dried to eat in different seasons. They are called **dry fruits**. Almonds, cashewnuts, walnuts and pistachio are some dry fruits. They give us energy. We do not need to cook them.

Vegetables

Different parts of plant are eaten as **vegetables**. We get a number of vegetables from plants. We eat vegetables by cooking them. Some vegetables can be eaten raw. They make us healthy and strong.

We eat leaves of some plants like cabbage, spinach, etc. Carrots, radish and beetroots are the roots of plants.



Vegetables

Some examples of vegetables are :

Spinach are leaves of plant; potatoes are stems; carrot, radish and turnip are roots of plants. Cucumber and gourd are fruits of plants.

Fact Byte

❖ Potatoes were the first food to be grown in space. In 1996, potato plants were taken into space on the Space Shuttle Columbia.

Cereals

We use seeds of many plants as our food. These are called **food grains** or cereals. Wheat, rice, maize, millets, barley and oats are main cereals. We use flour of some of these cereals to make *chapatis* and breads.



Cereals



Pulses

Pulses

Pulses are also seeds of plants. We soak and cook them before eating. They are a rich source of protein.



It's your duty

Every food item is grown due to the hard work done by a farmer. So please don't waste food.

Spices

Plants give us many **spices** like turmeric, pepper, cumin seeds, clove, cardamom, nutmeg etc. They are used to add colour and flavour to our food. Spices make our food tasty. Most of the spices have medicinal value as well.



Spices

Cooking Oil and Other Oils

Different plants give us different oils. The seeds of plants are crushed and

oil is extracted. We use these oils in different ways. Sunflower oil, mustard oil, olive oil and groundnut oil are used for cooking. Mustard, coconut and many other oils are also used as medicines and to preserve food.



Oils

Tea, Coffee and Sugar



Coffee from coffee beans

We get **tea** from the dried leaves of tea plants.

We get **coffee** from beans or seeds of cocoa plants.

Sugarcane plant provides us **sugar**.



ACTION TIME 1

Rearrange the names of the food items and tell which group do they belong to :



NCIANOMN



NDMLAO



BAEGACB

We Use Plants in Many Ways

Plants give us many things like wood, bamboo, thatch etc. to make our shelters.

Many plants like neem, pipal, tulsi (basil) and many more are used to make medicines.



Some things made of wood and rubber

Other Useful Things

We get many other things from plants. We make paper from plants.

Rubber is also obtained from plants. It is used to make tyres, tubes and erasers. Plants provide us fibres to make clothes, ropes and bags. Cotton is obtained from cotton plant. Gum from plants is used to make glue.

We use wood to make many things like furniture, windows, utensils, musical instruments, boats, toys, etc. We get wood from the stems of plants. Firewood from plants is used as fuel for cooking and warming homes in winters.

Some flowers have sweet smell. They are used to make perfumes, soaps and shampoos. They are used to decorate homes during festivals and social occasions.



Flower decoration

Flash On

- * We get oxygen from plants.
- * We get food from plants such as cereals, pulses, fruits and vegetables, etc.
- * Many other important things like wood, rubber, fibres, etc. are also given by plants.

Picture Review



Spinach : leaves



Potato : stem



Radish : root



Cauliflower :
flower

Vegetables : We eat different parts of plants as vegetables.

Exercise

A. Tick (✓) the correct answer :

- Which of the following is a part of plant?
(a) Flower (b) Hair
- We make it from wood.
(a) Furniture (b) Clothes
- From which part of the plant do we get oil?
(a) Roots (b) Seeds
- We get sugar from :
(a) Orange (b) Sugarcane
- Which of these is a fruit?
(a) Walnut (b) Pomegranate

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

healthy, paper, roots, carbon dioxide, fibre

- We breathe in oxygen and breathe out _____.
- We use _____ to make clothes.
- We use plant's pulp to make _____.
- Carrot and radish are the _____ of plants.
- Fruits and vegetables make us _____.

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

- Plants give us carbon dioxide.
- Potato is the stem of plant.
- Clove is a fruit.
- Fruits are not good for us.
- Plants are our true friends.

D. Answer the following questions :

- Why are plants called our true friends?
- What are stems of plants used for?
- Name any five plants whose seeds are used to make cooking oil?
- Why do we use spices in our food?
- From where do we get coffee?

Practice Time

E. Write the answer after re-jumbling the word :

1. They are rich source of protein. SUPLES _____
2. Fleshy part of plant UTIFRS _____
3. Flowers are used to make FMPEURE _____
4. Dry fruits make us RNGSTO _____
5. Wheat, rice, and barley are ESCERLA _____

F. Some fruits name are hidden in following grid. Spot and circle them. The pictures are there to help you :

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| S | I | K | C | L | T | Q | S | L | S | D | K | O | O |
| M | L | A | P | P | L | E | H | A | M | R | A | R | R |
| A | O | R | K | R | A | R | I | V | A | S | L | A | A |
| N | V | T | S | T | R | U | B | A | N | A | N | A | N |
| G | E | I | T | S | Z | D | A | G | A | S | A | S | G |
| O | Y | K | R | O | A | R | M | U | A | H | K | T | E |
| H | O | P | I | N | E | A | P | P | L | E | I | H | K |
| J | U | L | I | J | T | T | V | L | K | T | W | S | O |
| M | E | L | O | N | R | S | E | E | B | S | I | H | I |



G. Write two dishes in which your mother uses cardamom.
