

Plants Give Us Food

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We all need food to live and grow. Most of the food we eat comes from plants. They give us different foods like fruits, cereals, pulses, nuts and oils.



Test your Self

- Answer the following questions :
 1. Which is your favourite fruit?

2. Which is your favourite vegetable?

CEREALS

Some plants give us **Cereals** like wheat, rice, oat, millet and maize.



Wheat



Corn



Rice

FRUITS

We get fruits from plants like apple, orange, watermelon, banana, mango, guava, orange.

We eat fruits.

Do You Know ?

Apples float in water because they are 25% air.



Apple



Mango



Guava



Watermelon

VEGETABLES

Some plants give us vegetables like Potato, onion, tomato etc.

You must eat vegetables.



Potato



Onion



Cabbage



Carrot



Radish

PULSES

We eat pulses like kidney beans, soyabean, peas and grams etc.

Plants give us **pulses**.



Kidney beans



Soyabean

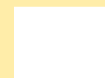
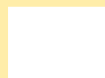
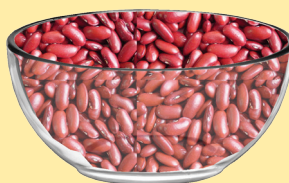
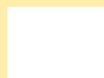


Peas

Test your Self

- *Answer the following question :*

I. Colour the circle blue if it is a cereal and red if it a pulse?



NUTS

We get nuts from plants.



Walnut



Almond



Groundnut

EDIBLE OIL

From seeds of some plants we get edible oils.



Almond Oil



Coconut Oil



Groundnut Oil

SPICES

Some plants give us spices. Coriander, cardamom, clove and cumin are some spices.



Pepper



Cardamom



Turmeric



Chilli

COFFEE, TEA AND SUGAR



Tea



Coffee



Cocoa

We drink sugarcane juice, coffee, tea and cocoa.

We get these from plants.



Know the Keywords :

- Cereals : Grains such as rice, wheat and maize.
Pulses : Grains, called dals are obtained from plants.
Spices : Used for adding taste to food.
Oil : Flammable liquids insoluble in water.

Point to Remember

- We get most of our food from plants.
- Plants give us fruits, vegetables, cereals and pulses.
- The seeds of many plants are used for making oil.
- We also get coffee, tea and sugar from plants.
- We eat roots, stems, leaves and flowers of some plants as vegetables.

EXERCISE TIME

A. Multiple choice questions (MCQs).

Tick (✓) the correct option :

1. The plant which is used for making spices _____.
a. pepper b. jasmine c. bamboo
2. The plant which is used for making edible oil _____.
a. sunflower b. babul tree c. neem tree
3. The plant which is used for making medicines is _____.
a. gram b. poppy c. jasmine
4. We eat the roots of the following plant.
a. turnip b. spinach c. lettuce

B. Tick (✓) the correct and cross (X) the incorrect ones :

1. We eat leaves of spinach.
2. We eat root of radish.
3. We do not get pulses from plants.
4. We get sugar from sugarcane.

C. Fill in the blanks with the given words :

cereals, plants, stem, root

1. Radish is a _____.
2. Wheat, rice and maize are _____.
3. _____ give us food.
4. Potato is a _____.

D. Answer the following questions :

1. What do we get from plants?

2. Name three fruits you like most.

3. Give two examples of cereals.

4. Give two examples of seeds used to making oil.

Activity Time



- Visit a park close to your house. Collect the fallen leaves of different shapes. Draw a big tree on a chart paper. Paste the collected leaves on your tree make it beautiful.



Creative Work

- Hidden in the word search are the names of three cereals and three spices we get from plants. Circle each one and write their names in the space provided.

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

