



Mentor Guru

Class 1 Science

Chapter 2: Food from Plants Notes

We get most of our food from plants. Some plants give us fruits. Some plants give us vegetables. We eat different parts of plants as vegetables like roots, stems, leaves, flowers and fruits. Green vegetables are good for our health.

We Eat Roots of these Plants:

Carrot
Radish

We Eat Stems of these Plants:

Potato
Ginger

We Eat Leaves of these Plants:

Spinach
Cabbage

We Eat Flowers of these Plants

Cauliflower
Broccoli
Cereals

Note: Wheat, millet, rice, corn are some food grains which we eat as our main food.

Pulses

Moong, Arhar, Gram, Peas, Rajmah, Beans and Soyabean are some of the pulses we eat.

Food Grains

Cereals and pulses together are called food grains. Plants give us spices. They improve the taste and flavour of the food.

Spices

Plants give us spices like chilli, coriander (Dhania), pepper, tamarind, turmeric (Haladi) seeds etc.

Oil Seeds

Plants give us oil. We get oil from the seeds of some plants like sunflower, mustard, peanut and coconut. We use oil to cook our food.

Other Plants

We also get coffee, tea and sugar from plants.

Important Notes:

1. We get most of our food from plants.
2. Plants give us vegetables and fruits.
3. Plants give us cereals and pulses.
4. We also get coffee, tea and sugar from plants.



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