

Chapter 2

Food From Plants

We get most of our food from plants. Some plants give us fruits.



Papaya



Mango



Grapes



Banana

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



Potato



Ginger

We eat stems of these plants

We eat leaves of these plants



Spinach



Cabbage

We eat flowers of these plants



Cauliflower



Broccoli

We must eat a bowl of vegetables either boiled or cooked, everyday.

Some plants give us pulses and cereals.

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



Wheat



Rice



Corn



Barley

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



Moong dal



Gram dal



Rajmah



Masoor dal

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

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



Turmeric



Chilli



Coriander



Tamarind

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.



Mustard Plant



Mustard



Mustard oil

We also get coffee, tea and sugar from plants.



Tea leaves



Coffee Beans



Sugarcane

A Glance on Terms

- Cereals** : Grains such as rice, wheat and maize.
Spices : Used for adding taste to food.

Revision Time

- * We get most of our food from plants.
- * Plants give us vegetables and fruits.
- * Plants give us cereals and pulses.
- * We also get coffee, tea and sugar from plants.