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 leaves of these plants







We eat flowers of these plants

Cabbage

Cauliflower

www.tiwariacademy.com

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.



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



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.



www.tiwariacademy.com
A Step towards free Education

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.



We also get coffee, tea and sugar from plants.



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.

www.tiwariacademy.com

A Step towards free Education

Skill Test

A. 11	ck (v) the c	orrect option:	
1.	is necessary for life.		
	(a) Food	(b) Vegetable	(c) Pulse
2.	We eat rice a	and	
	(a) Water	(b) Pulses	(c) Fruits
B. U	se these wor	ds to fill in the blan	ıks:
	Fruit	Vegetable	Food grain
1.	An orange is	a	
2.	A cabbage is	a	
3.	Rice is a		
4.	A pineapple	is a	_
5.	A cauliflower	r is a	_
C. W	rite two exa	mples of given:	
1.	Vegetables	(i)	(ii)
2.	Fruits	(i)	(ii)
3.	Cereals	(i)	(ii)
D. A	nswer these	questions :	
1.	Where do we get most of our food from?		
0	N		
2.	Name three fruits you like the most.		
2	Name some	oilsand plants	
٥.	Name some oilseed plants.		
	1		
		www.tiwariacademy. A Step towards free Edu	

Hot Questions

I make all things sweet S

2. I am green and small. I can make you cry C ___ __ ___

Creative Corner • •

A. Fill in the blanks:

1. I am a vegetable, if you cut me, I bleed



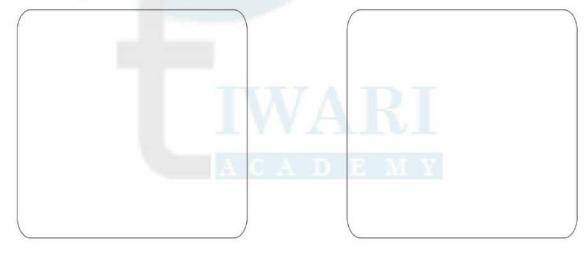
2. I am green and small, I make you cry



B. Draw, name and colour:

1. A fruit you like most

2. Leaves of a vegetable we eat



- C. Visit a vegetable and fruit shop. Prepare a list of vegetables and fruits which you see there.
- D. Collect samples of different cereals and pulses from a store.

www.tiwariacademy.com

A Step towards free Education