

BEFORE WE START, LET'S CHECK

What you already know

Match the pictures with their names.



apple



potato



wheat



tea

What you will know

Are plants
useful to us?



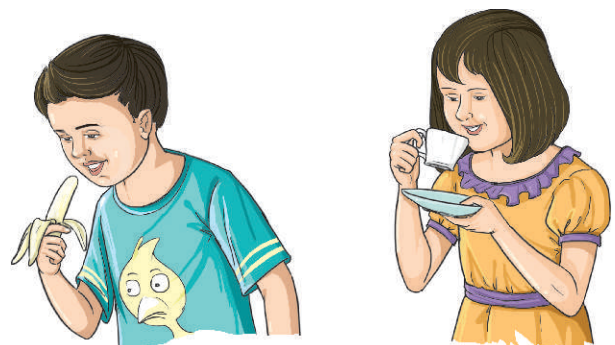
Do we get food
from plants?



What kind of food do
we get from plants?



Plants are very useful to us.
Most of the food we eat, comes
from plants.
We eat food to live, grow and
stay healthy.



VEGETABLES

We eat different parts of some plants as vegetables.
We eat their roots, stems, leaves and flowers as food.

Roots



mooli



carrot



turnip

Stems



potato



ginger



lotus stem

Leaves



spinach



cabbage

Flowers



cauliflower



broccoli

FRUITS

Some plants give us tasty fruits.
Fruits are very good for our health.



apple



banana



grapes



orange



mango



pomegranate

Write answers



The pictures of some fruits and vegetables are given below with their names. Write 'f' for a fruit and 'v' for a vegetable.



onion



lychee



cherries



watermelon



lettuce



peas



guava



beetroot

CEREALS AND PULSES

Some plants give us cereals and pulses.

Cereals and pulses are together called food grains.

Cereals



wheat



rice



maize

Pulses



gram



arhar



kidney beans

FIND OUT



Find out and write how wheat is used in our food. Write any four food items in which wheat is used.

TEA, COFFEE AND SUGAR

You must have seen people enjoying tea or coffee.

We use **sugar** to sweeten these drinks.

We get all these from plants.



tea



coffee



sugar

SPICES

We also get **spices** from plants.

Spices make our food tastier.



chillies



cloves



turmeric

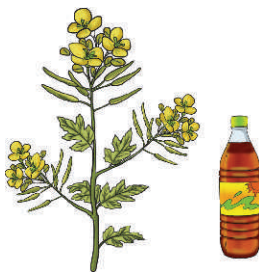


cardamom

OIL

Oil is used for cooking food.

Seeds of some plants are used to make oil.



mustard



groundnut



sunflower

Words to Remember

- grains** – seeds from some plants used as food, such as wheat, rice or gram
- sugar** – a sweetening agent made from plants
- spices** – parts of some plants, used to make food tastier

Points to Recall _____

- * We need food to grow and stay healthy.
- * We get food from different parts of plants.
- * We eat roots, stems, leaves and flowers of some plants as vegetables.
- * We also get fruits from plants.
- * Cereals and pulses together are called food grains.
- * Tea, coffee and sugar also come from plants.
- * Spices make our food tastier.
- * Oil is used for cooking food.

Exercises

A. Tick (✓) the correct option.

1. Which of the following is not a root?

(a) mooli

☐

(b) carrot

☐

(c) potato

☐

2. Fruits are

(a) tasty

☐

(b) healthy

☐

(c) both (a) and (b)

☐

3. Which of the following is not a cereal?

(a) rice

☐

(b) grain

☐

(c) maize

☐

4. Which of the following is sweet in taste?

(a) sugar

☐

(b) chilli

☐

(c) ginger

☐

5. _____ of mustard are used to make oil.

(a) Leaves

☐

(b) Fruits

☐

(c) Seeds

☐

B. Write 'True' or 'False'.

1. Plants are very useful to us.

2. We eat the roots of the potato plant.

3. Wheat and maize are pulses.

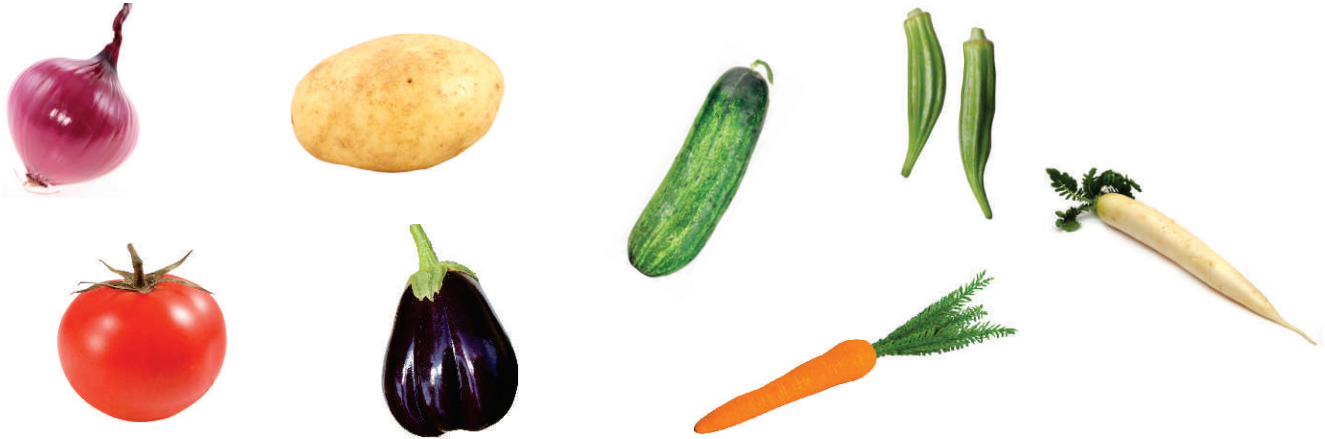
4. Seeds of turmeric are used to make oil.

5. We get tea and coffee from plants.

C. Write two examples of the:

1. leaves we eat _____
2. fruits we eat _____
3. pulses we eat _____
4. spices we eat _____

D. Circle the vegetables that can be eaten raw.



E. Answer the following questions.

1. Why do we eat food? _____
2. What are food grains? _____
3. What makes our food tastier? _____



BRAINSTORM

Rearrange the jumbled letters to spell the names of five fruits.

ECAPH

ULPM

AVAGU

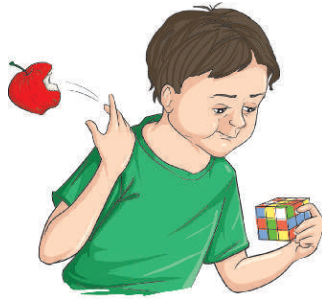
RAEP

WIKI



TELL YOUR TEACHER

Food is very important. We should not waste it. Look at the pictures. Tell what wrong thing the child is doing in each picture.



Activity Time

An apple butterfly

- Take an apple with a short stem on it.
- Ask any adult to cut the apple into two equal halves.
- Now spread some colour on a colour palette.
- Hold one half of the apple and place its flat part on the colour.
- Now remove the apple carefully. Place its coloured part on a blank sheet. Press it gently. Press the stem part as well.
- Remove the piece after some time.
- Draw the outline as shown.

