

4

Plants as Food

Plants are very useful to us. Most of our food comes from plants.

Look at the the shopping cart given below and write the names of food items placed in it.

You will learn about

- Plants give us food

II. Very short answer questions.

Give two examples for each of the following.

1. Leaves we eat as vegetables:

Spinach ;

Lettuce

2. Flowers we eat as vegetables:

Cauliflower ;

Broccoli

Ls- 4- Plants as Food

Answer the following questions:-

Q.1. Name any four kinds of foods that we get from plants.

A.1. We get fruits, vegetables, cereals and pulses from plants.

Q.2. What are vegetables? Give two examples of stems that we eat.

A.2. Vegetables are parts of plants that we eat as food.

Examples of two ~~stems~~ ^{stems} that we eat are potato and ginger.

Q.3. Name any five fruits we eat.

A.3. We eat oranges, mango, apple, grapes and banana.

Q.4. What are cereals? Give two examples.

A.4. Cereals are plants which produce grains that can be eaten. Examples of cereals are Rice and wheat.