



Plants Are Food For The World

Different thoughts related to plants:-

Many first nation people believes that spirit flows through plants.

According to scientists the plants are living beings which make their own food.

They both understand that plants are important source of food for other living beings.(animals, human beings, birds, insects and many more)

What is your thought about plants?

Plants Give Us Food



Most of our food comes from plants.

We get food from different parts of plants in the form of :-

- *Fruits and vegetables
- *Coffee and tea
- *Spices and oil
- *Sugar
- *Cereals and pulses



Vegetables As Different Part Of Plants

Roots:- Root vegetables are the underground parts of plants.

Example :- Carrot, beat root ,Radish.



STEM OF PLANT AS VEGETABLE

we can notice presence of nodes and internodes. There is the presence of leaves or buds at the nodes. Examples:- celery, potato, sugarcane.



LEAVES AS VEGETABLE

A flattened structure of plant, typically green in color . Examples:-
spinach, cabbage, lettuce.



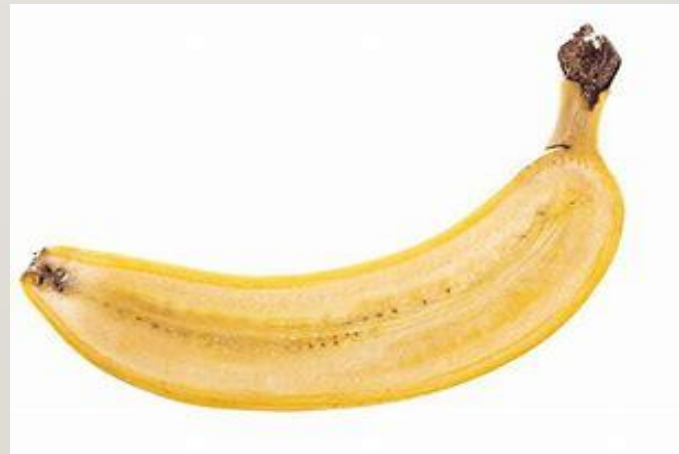
FLOWERS AS VEGETABLES

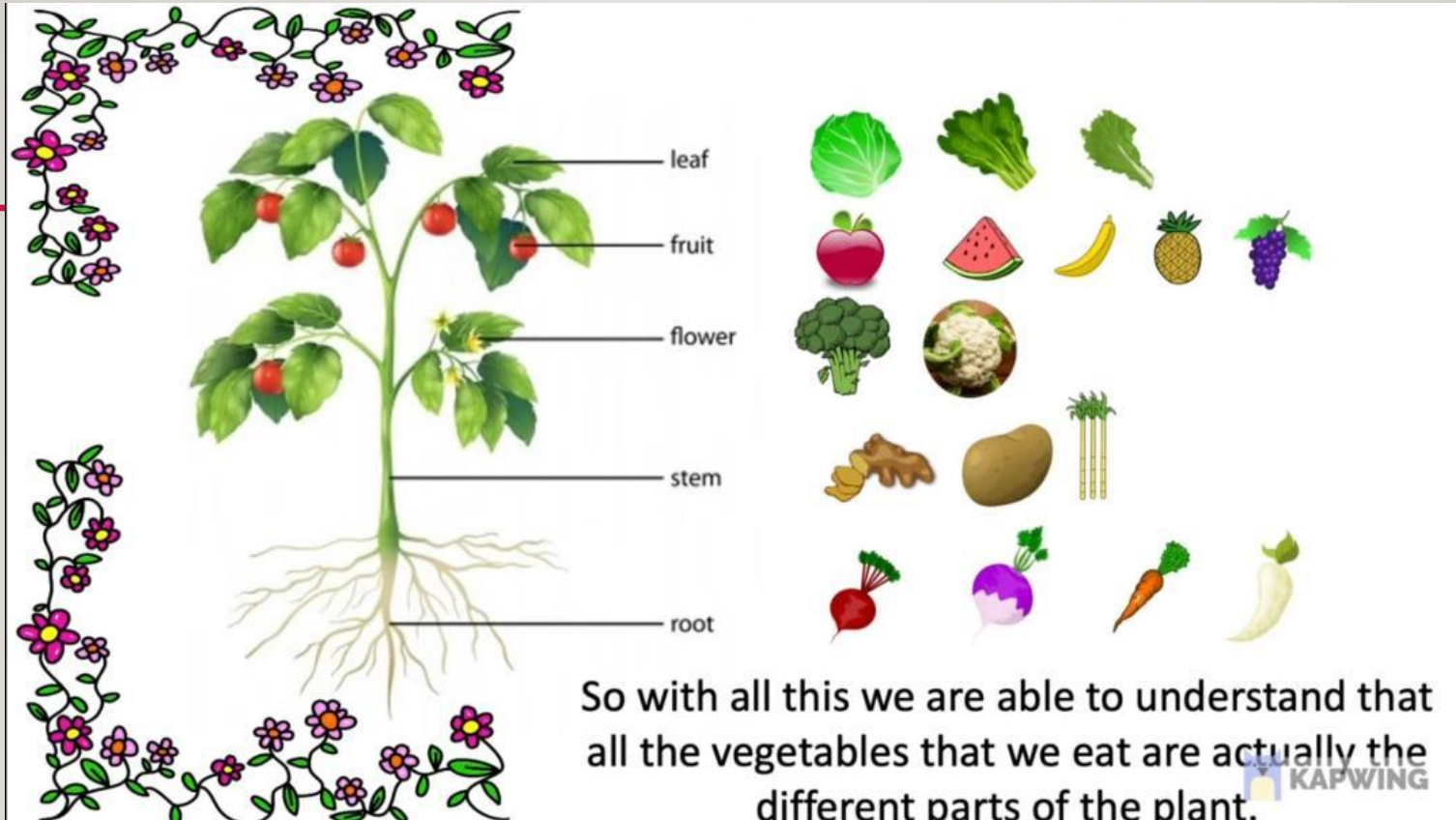
- Cauliflower and broccoli appears like flowers.They have reproductive organs to produce seeds.



Fruits As Edible Part Of Plants

Fruits are the seed-bearing structure of plants .These is the fleshy part of flowering plant. Examples ,Apple, banana, watermelon.





CEREALS

Plants also produce grain foods which are mostly made from wheat, oats, rice, barley, corn etc. The grains can be cooked and ground into flour to make variety of cereal foods like pasta, oats or ready to eat breakfast cereals. Cereals are also a major source of energy.



PULSES

Pulse is the edible seed from plants. Pulses include beans, chickpeas, peas, kidney beans and many more.



COFFEE

Plants also provides us coffee .

Coffee beans comes from coffee fruit, which is actually a seed ,as it resembles like bean ,therefore ,it is named as coffee bean.



TEA

Tea is made from tea leaves harvested from tea plants.



SPICES

Spices add flavor to the food. It can be any part of plant. Example:- cinnamon (Bark), cardamom(seeds),Cloves (floral bud).



OILS

We can get oil from different plants like olives, sunflower, coconut and many more.



Plants As Food

Food made from rice and wheat are the base of many people's diet around the world. People eat a lot of plant parts ,such as fruits, nuts ,beans, peas and lentils.

*Nuts are fruits with hard shell.

*Beans, peas and lentils are all seeds.



Look At The Photos Below

What foods made from plants can you find in them?



Food of Ukita family of Kodaira city, Japan, eats in one week.

Food Of Aboubakar Family Of Breidjing Camp, chad.



Food Of Ayme Family Of Tingo ,Ecuador



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- What plants do people who live in different places eat?(from photos)
 - Look at photos and fill out the following table

Place where family live	Plant parts, and foods that comes from plant

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- Which family eats the most food from plants? Which family eats the least ?
 - Choose one place from your table. Research what types plants or trees grow there and how the plants are used?

Name of place	Plants grown	Use of plant as;

- Write down what you had in lunch and circle the foods that comes from plant?
- Write down from favorite food from your own country.

