Food from Plants

A. Choose the Correct Answer:

- **1**. Which part of the plant do we eat when we consume carrots?
 - a) Root b) Leaf c) Stem d) Flower
- 2. What do we get from wheat plants?
 - a) Sugar b) Rice
 - c) Flour d) Oil

3. Which of the following is a fruit that we eat?

- a) Potato b) Mango c) Spinach d) Ginger
- 4. What do we call the plants that give us oil?
 - a) Fruit plants b) Flower plants
 - c) Oilseed plants d) Root plants

5. Which of these is a leafy vegetable?

a) Tomato b) Cabbage c) Apple d) Brinjal

B. Fill in the Blanks:

- 1. Rice and wheat are examples of ______ that we get from plants.
- 2. We get ______ from coconut and sunflower plants.
- 3. Fruits like ______ and _____ grow on trees.
- 4. We get sugar from the _____ plant.
- 5. Plants give us _____, which we need to breathe.

C. Case Study:

Riya visited a farm with her school. She saw different types of plants growing there:

- Field A had rice and wheat crops.
- Field B had tomato, brinjal, and spinach plants.
- Field C had coconut and mustard plants.

The farmer explained that they use rice and wheat to make flour, tomatoes and brinjal for cooking, and coconut and mustard to produce oil.

Case Study Questions:

- 1. What crops were growing in Field A?
- 2. Which plants in Field B are vegetables?
- 3. What do farmers use coconut and mustard plants for?
- 4. Why do farmers grow different types of crops?

D. Short Answer Questions:

- 1. Name two fruits that we get from plants.
- 2. What part of the plant do we eat when we consume spinach?
- 3. List two plants that provide us with oil.
- 4. Why are plants important for humans and animals?

E. Long Answer Questions:

- 1. Explain how plants provide us with different types of food. Give examples.
- 2. Describe the importance of fruits and vegetables in our diet.

3. Why should we eat a variety of plant-based foods? Give examples of grains, fruits, and vegetables.