

Food from Plants



Food

For living it is very essential to have food. Food also helps us to grow and develop.

Food keeps us healthy and strong. Food also gives us energy. Energy is needed to work and play. So Food is very essential for us.



⇒ From Where We Get Food:

We get food from PLANTS and ANIMALS.



Food from Plants

- A. We get fruits and vegetables from plants.
- B. Plants also give us cereals and pulses.
- C. Fruits and vegetables keep us healthy and fit.



Food from Plants

Pulses

⇒ Pulses are GRAM, CEREALS, KIDNEY BEANS, CHICKPEA etc.

