

# Food

Let's learn how plants are useful:



- A. Plants give us fruits, vegetables, seeds, flowers.
- B. From roots, we get potatoes, radish, beetroot, carrot, etc.
- C. Seeds of some plants provide us with almonds, groundnut, rice, wheat, etc.
- D. From leaves and stem, we get silver beet, lettuce, etc.
- E. Fruits like Mango, apple, grapes, etc we get from plants.
- F. We get spices like coriander, turmeric from plants.
- G. Plants give us beverages like tea and coffee.
- H. Plants give us oil food also like sunflower, mustard, groundnut coconut etc.
- I. Oil is used in making soaps, cooking etc.

