

## Food from Plants

### 1. Fruits

- Fruits and their juices are naturally sweet.
- Some fruits, like lemon, are sour.
- Different fruits contain different nutrients, so it is important to eat a variety of fruits.
- Fruits help us:
  - o Stay healthy and strong.
  - o Provide vitamins, minerals, and fiber.

#### Examples of Fruits:

- o Cherry
- o Watermelon
- o Muskmelon
- o Pomegranate
- o Grapes
- o Banana
- o Mango

### 2. Vegetables

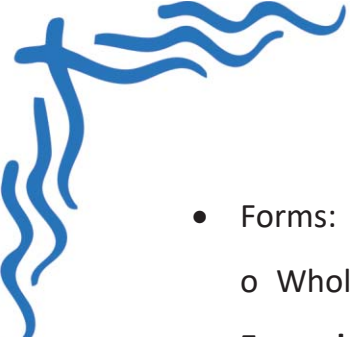
- Vegetables are rich in nutrients.
- Vegetables help us:
  - o Stay healthy and energetic.
  - o Provide vitamins, minerals, and fiber.

#### Examples of Vegetables:

- o Broccoli
- o Tomato
- o Spinach
- o Potato
- o Onion
- o Radish
- o Cauliflower
- o Capsicum
- o Turnip
- o Drumsticks

### 3. Spices

- Spices are plant parts like seeds, flower buds, fruits, roots, or bark.
- Used for:
  - o Flavoring food.
  - o Coloring food.
  - o Preserving food.

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- Forms:
    - o Whole or ground into powder.

**Examples of Spices:**

- o Cinnamon
- o Black pepper
- o Cardamom
- o Clove
- o Coriander
- o Turmeric
- o Red chilies

#### **4. Beverages**

- Tea → Made from the dried leaves of the tea plant.
- Coffee → Made from coffee beans, which are the seeds of the coffee plant.