



Seeds We Eat

1. Cereals

- Cereals are grains that are an essential part of our diet.
- Rich in nutrients and provide energy.
- Used to make:
 - o Bread
 - o Roti
 - o Other food items

Examples of Cereals:

- o Wheat
- o Maize
- o Rice
- o Bajra (millets)
- o Oats

2. Pulses

- Pulses are edible seeds.
- Used in daily meals such as:
 - o Dal
 - o Sambhar
- Nutritional Benefits:
 - o Rich in proteins.
 - o Provide energy.

Examples of Pulses:

- o Chickpeas
- o Kidney beans
- o Red gram
- o Black gram (urad)
- o Red lentil

3. Nuts

- Nuts are highly nutritious and energy-rich foods.
- Benefits of Nuts:
 - o Provide healthy fats and proteins.
 - o Considered healthy snacks.

Examples of Nuts:

- o Peanuts
- o Walnut
- o Almond
- o Cashew nut
- o Pistachios
- o Raisins



4. Oil Seeds

- Oil seeds are seeds used to extract oil.
- Oil Benefits:
 - o Important part of a healthy and balanced diet.
 - o Provide fats and nutrients.

Examples of Oil Seeds:

- o Sunflower seeds
- o Groundnut
- o Mustard seeds
- o Sesame seeds