



Various Uses of Plants

1. Food from Different Parts of Plants

Plants provide us with food from their different parts:

Plant Part	Examples
Leaves	Spinach, coriander, cabbage
Stem	Potato, sugarcane
Roots	Radish, onion
Fruits	Apple, mango
Seeds	Rice, corn

2. Cocoa and Chocolate

- Cocoa and chocolate come from the seeds of the cacao tree.
- Cocoa powder → Made by roasting and grinding the seeds of cacao.
- Uses:
 - Used in chocolates, cakes, and beverages.

3. Sugar and Jaggery

- Sugar and jaggery are made from sugarcane juice.
- Sugar → Used to sweeten food.
- Jaggery → A healthier, less refined sweetener.

4. Medicinal Plants

- Some plants have medicinal properties and are used to treat diseases.

Plant	Use / Benefit
Tulsi leaves	Cure cough and cold
Turmeric	Anti-inflammatory properties



Plant	Use / Benefit
Aloe vera	Good for skin and infections
Neem leaves	Cure skin infections
Amla	Good for stomach health
Cloves	Treat toothache
Sandalwood oil	Has antiseptic properties
Eucalyptus oil	Used in making medicines

5. Importance of Plants

- Plants are helpful to us in many ways:
 - o Provide food → For humans and animals.
 - o Used in medicine production.
 - o Source of wood, paper, and rubber.
 - o Help in balancing oxygen and carbon dioxide levels.
 - o Prevent soil erosion and bring rainfall.
 - o Are the primary source of food for all living beings.