

Source of Food – Plant

Plants

- A. Plants are the source of wide variety of nutrients we require to keep the human body in perfect working condition.
- B. Human consume everything from fruits, flowers, even from the stem of some plants, leaves and stem-like lettuce, celery, roots of some plants like carrots, beetroot, and seeds like wheat, rice etc.
- C. There are about 2000 plants cultivated for food.
- D. Seeds are the good source of food as they contain nutrients needed for growth.
- E. Fruits like orange banana, mango etc. we get from plants.
- F. We eat root of the plants also like potato, carrots, leaf vegetables like spinach etc. are the good source of nutrients.

