



Uses of Plants

What Do We Get from Plants?

Food:

- **Roots we eat:** Carrot, Radish, Turnip, Beetroot
- **Stems we eat:** Potato, Ginger, Sugarcane
- **Leaves we eat:** Cabbage, Mustard (Sarson), Spinach (Palak)
- **Seeds we eat:** Chana (Gram), Rajmah, Moong
- **Grains we eat:** Wheat, Barley, Maize
- **Fruits and Vegetables:** Apple, Banana, Tomato, Brinjal

Let's Sort Plant Parts We Eat

- **Root Vegetables:** Beetroot, Carrot
- **Stem Vegetables:** Ginger, Sugarcane
- **Leaf Vegetables:** Spinach, Lettuce
- **Seeds:** Gram, Dal
- **Grains:** Wheat, Rice
- **Fruits:** Apple, Mango

Plants Give Us Fibres

- **Cotton:** Used to make thread and clothes
- **Jute (from hemp plant):** Used to make bags, sacks, mats, and ropes

Plants Give Us Oils

- Coconut, Sunflower, Groundnut: Used for cooking and medicine

Plants Give Us Perfumes

- From flowers like Rose and Jasmine

Plants Give Us Juices

From fruits like Mango, Orange, Litchi