

## Food from Plants

Food grains are the edible (eatable) seeds of some plants.



Fill in the blanks using the correct words from the word bank.

flavour	oils	Nuts	beverages
pulses	aroma	leaf	

1. \_\_\_\_\_ are considered healthy snacks.
2. Spices add \_\_\_\_\_ and \_\_\_\_\_ to our food.
3. Tea and coffee are examples of \_\_\_\_\_.
4. Plants such as mustard, olive, groundnut and coconut give us \_\_\_\_\_.
5. Kidney beans, chick peas and green grams are examples of \_\_\_\_\_.
6. Cabbage is a vegetable which is \_\_\_\_\_ of the plant.