

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.