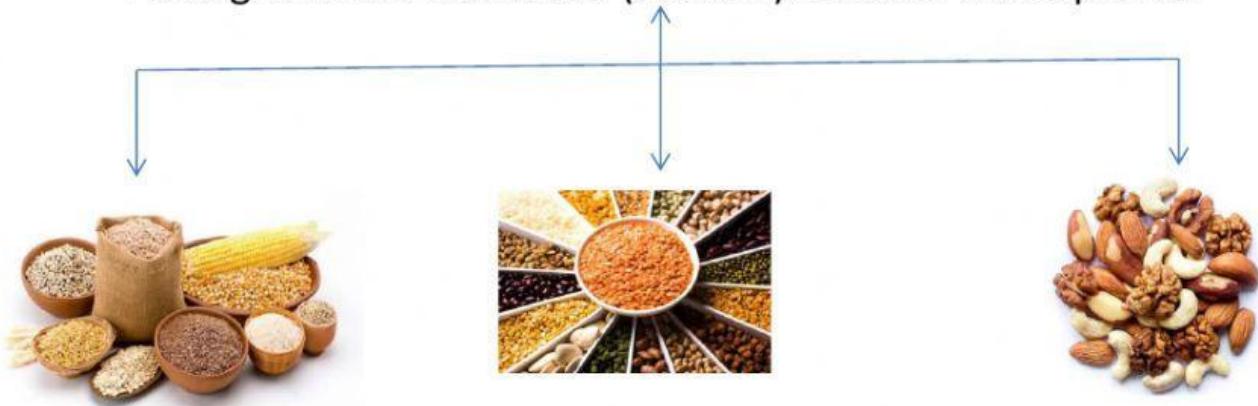


## **Food from Plants**

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.