

Class – II
Subject – Science

Lesson – 2

Food from Plants

Learning Objectives :-

- Plants as source of food
- Different type of food from plant

Expected learning outcomes :-

- Different parts of plants are eaten by us.
- We get fruits, vegetables, cereals, pulses, oil, spices from plants.
- Tea, coffee and sugar are plant products too.
- Fruits are often used to make different things we enjoy eating such as tomato sauce, pineapple jam and orange juice.

Summary :-

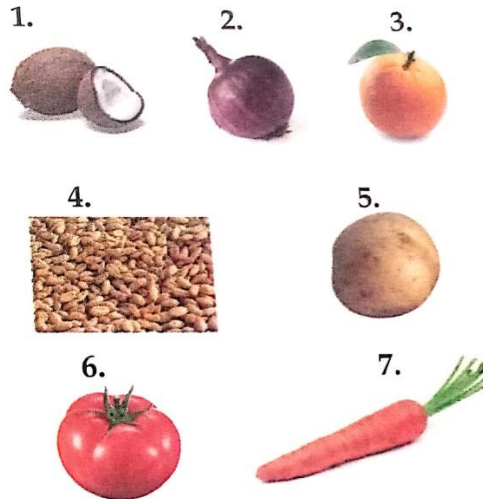
- Plants are important source of food.
- We get fruits, vegetables, food grains, species and oil from plants.
- A spice can be a dried fruit, seed, root or bark of a plant.
Spices make food tastier.

Activites:-

- Fun solving activites
- Identify different spices by smelling
- Pulses and cereals collection (Project)

Look at the images and solve the crossword.

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A. Objective type questions :-

1. Choose the correct word to fill in the blanks:-

- a. Kiwi and plum are _____ (vegetables/fruits).
- b. Cabbage and spinach are _____ (leaves/flowers) of plants.
- c. _____ (sugar/bay leaf) is a spice.
- d. Carrot and radish are _____ (stems/roots) we eat.

2. Write true or false :-

- a. Potato and onion are stems we eat. _____
- b. Kidney bean is cereal. _____
- c. Wheat is ground to make flour. _____

d. We eat only stems and roots of plants. _____

e. Cocoa is used to make chocolate. _____

3. Name two for each of the following :-

a. Vegetables : _____, _____

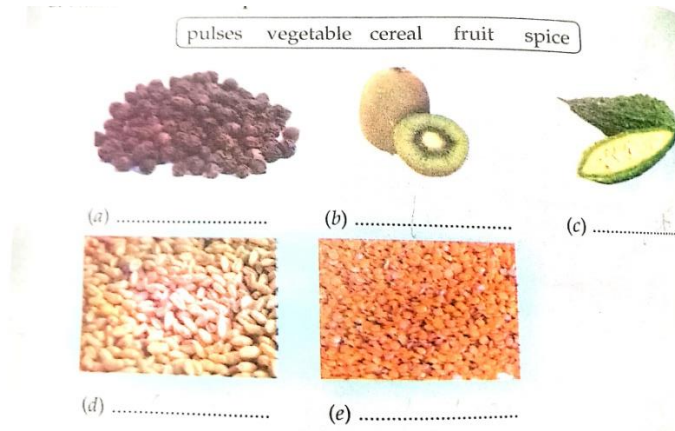
b. Fruits: _____, _____

c. Cereals: _____, _____

d. Pulses: _____, _____

e. Spices: _____, _____

4. Name each kind of plant food:-



B. Subjective type questions :-

1. Answer the following :-

a. What are some foods we get from plants?

b. What is wheat flour?

c. How are spices useful?

d. What is cocoa used for?

C. Multiple choice question (MCQs) :-

1. Tick (✓) the correct options:-

a. Clove is a

- i. Cereal ii. Pulses iii. Spice

- b. Kidney beans and green beans are
i. Pulses ii. Cereals iii. Spices
- c. Potato and onion are _____ we eat.
i. Stems ii. Roots iii. Leaves
- d. Carrot and radish are _____ we eat.
i. Flowers ii. Stem iii. Roots

D. Questions based on higher order thinking skills (HOTS)

1. Name two foods you eat that are from plants and two foods that are not from plants?
2. Which part of the plant do we eat when we eat the following:
 - a. Peas: _____
 - b. Corn: _____
 - c. Pomegranate: _____

Answer sheet

A. Objective type questions :-

1. Choose the correct words to fill in the blanks :-
 - a. Fruits
 - b. Leaves
 - c. Cereals
 - d. Bay leaf
 - e. Roots

2. Write true or false :-

- a. True
- b. False
- c. True
- d. False
- e. True

3. Name each kind of plant food :-

- a. Spice
- b. Fruit
- c. Vegetable
- d. Cereals
- e. Pulses

4. Name two for each of the following :-

- a. Spinach, turnip
- b. Mango, kiwi
- c. Wheat, rice
- d. Kidney beans, green gram
- e. Clove, black pepper

B. Subjective type questions :-

1. Answer the following :-

- a. We get fruits, vegetables, cereals, pulses, tea, coffee, sugar and cocoa from plants.
- b. Wheat is ground to make wheat flour and it is used to make chapattis and bread.
- c. Spices add flavour and colour to food. It makes food tastier.
- d. Cocoa is used for making chocolates.

C. Multiple choice questions :-

1. Tick the correct options :-

- a. Spice
- b. Pulses
- c. Stem
- d. Roots

D. HOTS :-

- 1. Food from plants- Mango, potatoes etc.
Food not from plants- Milk, eggs etc.
- 2. Peas , Corn , Pomegranate - Seeds