



# Parts of a Plant

What we eat mostly consists of parts of plants such as roots, stems, leaves, flowers, fruits, etc. In fact, plants contain almost all the nutrients that help us live a healthy life.

Write the parts of following plants we eat using the help box.

**Do You Know?**  
Chillies and tomatoes are actually fruits but are eaten as vegetables.



1

Fruit



3

stem



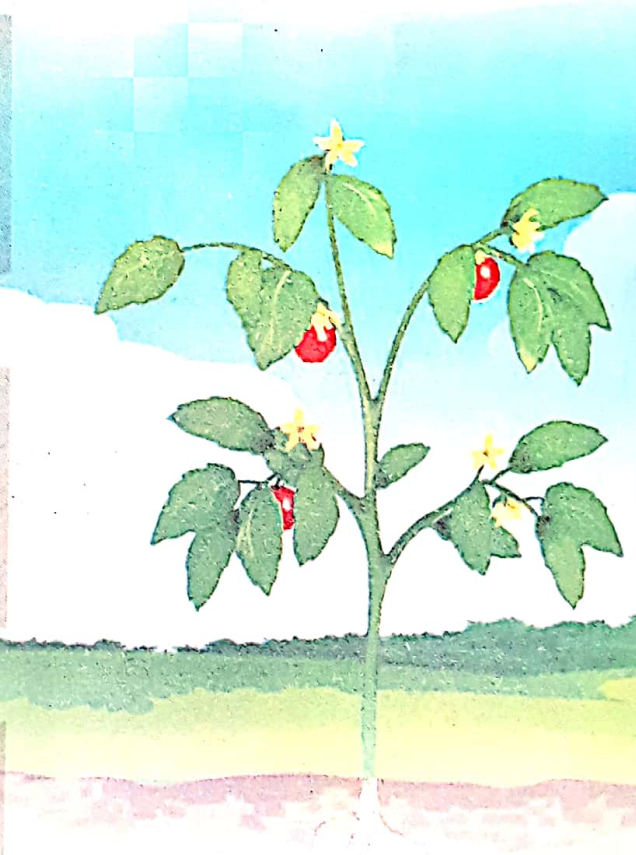
5

stem



7

Root



2

stem



4

Flower



6

Leaves



8

Root



9

Seeds

Flower Fruit Stem Root  
Seeds Leaves



# Healthy Food

A balanced diet gives our body the nutrients it needs to function properly. Therefore, we should take a balanced diet which contains appropriate quantities of fats, carbohydrates, proteins and vitamins.

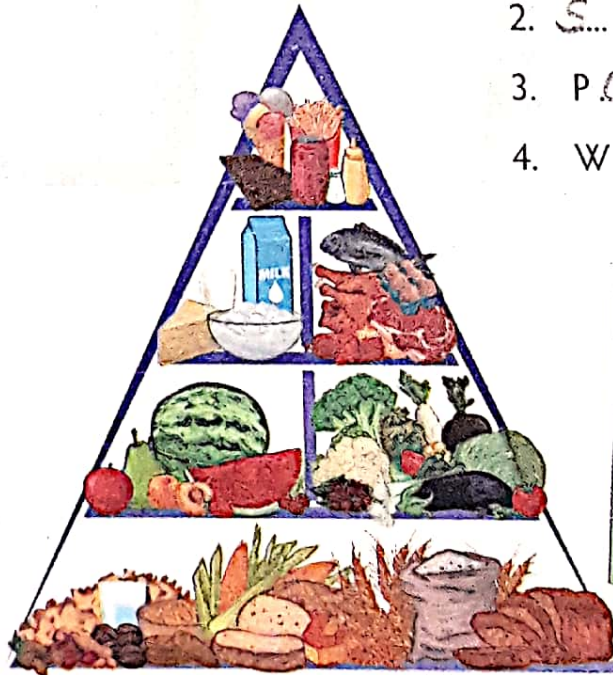
Complete the names of following food items under the given categories.

## A. Fats

1. B...U...T...T...E...R...
2. N...U...T...S...
3. G...H...E...E
4. O...I...L...

## B. Carbohydrates

1. R...I...C...E...
2. S...U...G...A...R...
3. P...O...T...A...T...O...
4. W...H...E...A...T...



### Do You Know?

It is easy to follow a well-balanced and healthy diet by combining all the basic food groups properly from the food pyramid.

## C. Proteins

1. M...E...A...T
2. F...I...S...H...
3. E...G...G...S...
4. P...O...U...L...T...R...E...S...

## D. Vitamins

1. M...A...S...H...R...O...O...M
2. V...E...G...E...T...A...B...L...E...
3. M...I...L...K
4. F...R...U...I...T...S