



Story of Food

Class 3

EVS

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Where do we get food from?

- Plants
 - Animals
-





What are plant food?

- Food that we get from plant parts .
- People those who eat plant food are called vegetarians.



Parts of the plants
that we eat..



- Root
- Stem
- Leaf
- Flower
- Fruit



Roots that we eat

- Yam
- Raddish
- Carrot





Stems we eat

Potato

Lotus stem

Ginger



Leaf that we eat

- Curry leaves
- Cabbage
- Muringa leaves



Flowers we eat

- Flowers of kachnar
- Cauliflower

Some fruits we eat

- Tomato
- Mango
- Jackfruit
- Amla
- Beans
- Banana
- Grapes



Some plants have medicinal properties

- Turmeric
- Tulasi
- Ajwain
- Ginger
- Cloves



We get food from animals too.

- Meat
- Egg
- Honey
- Fish
- Milk



Milk giving animals

- Cow
- Goat
- Buffalo



Egg giving animals

- Duck
- Hen





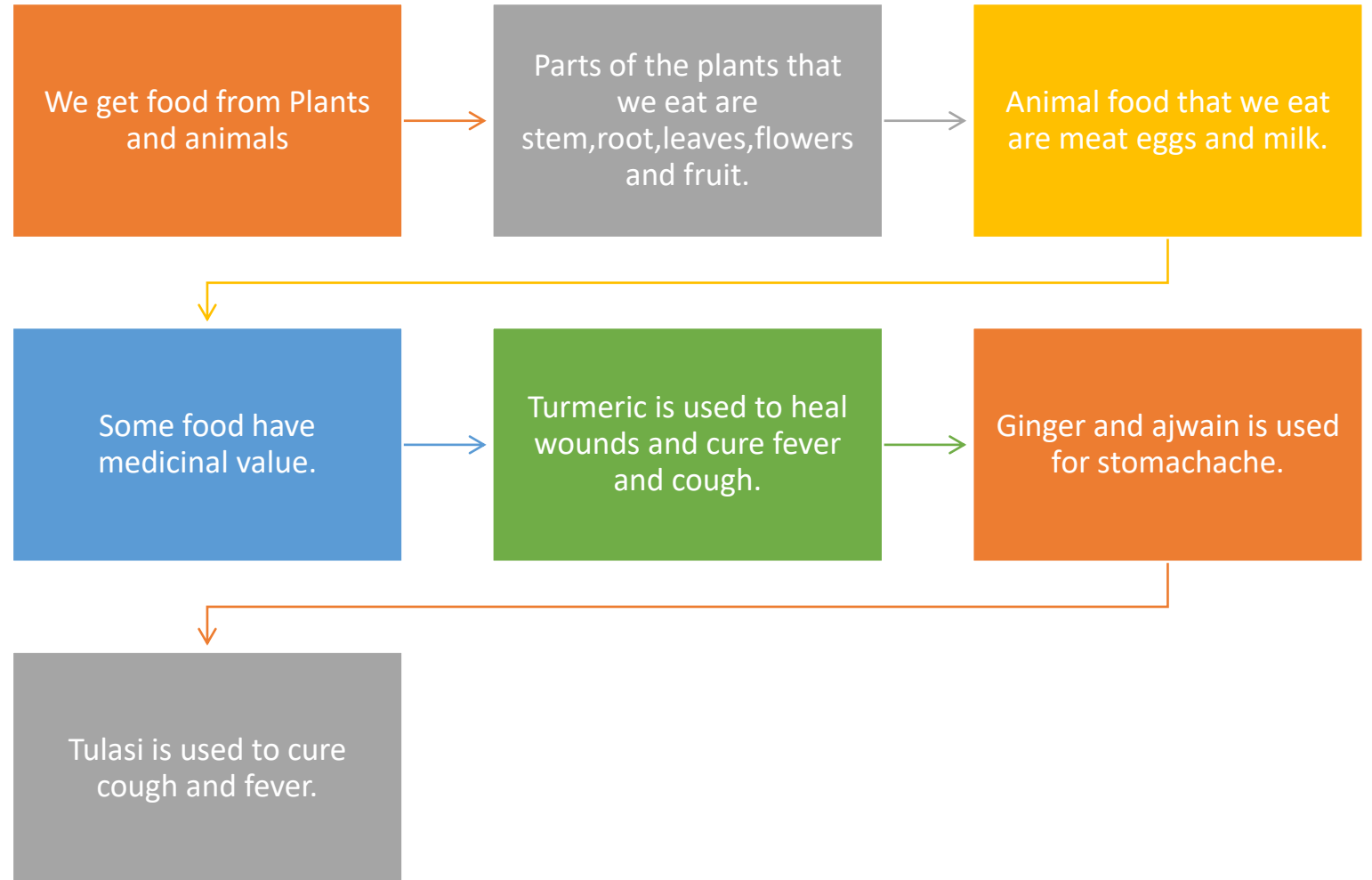
Meat giving animals

- Hen
- Goat
- Buffalo
- Sheep



We get honey from honeybees.

Lets recollect





Identify the
animal food
and plant
food



Identify the
stem, root, leaves
and fruits.

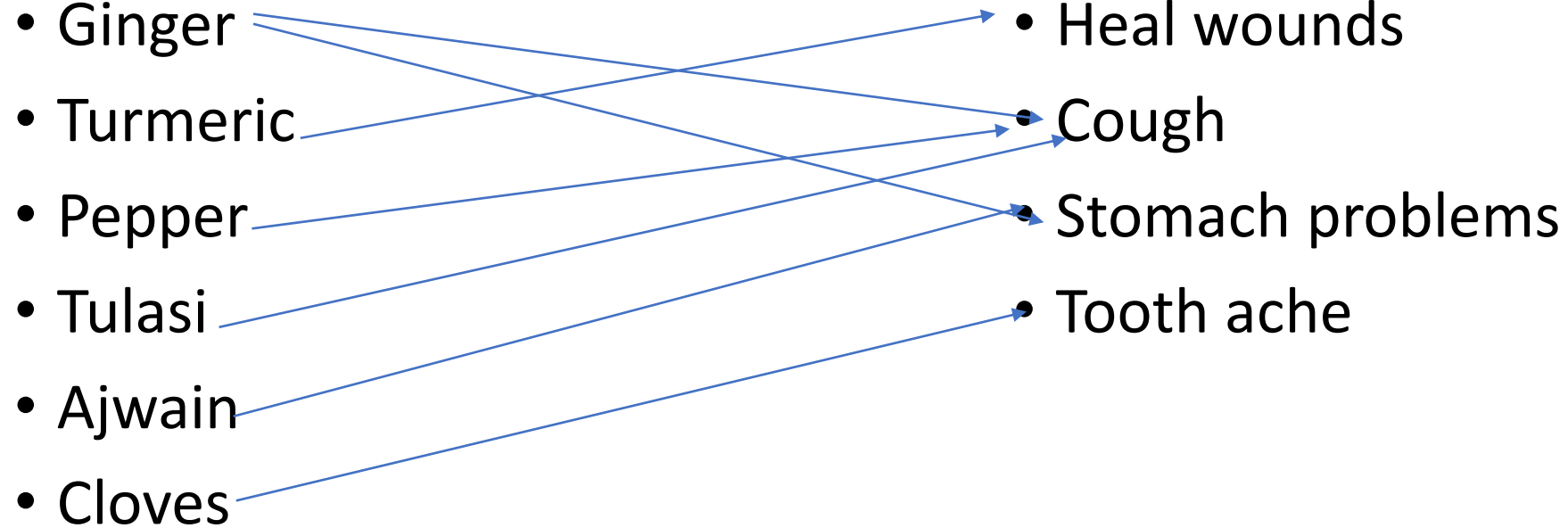
For what do you use these ?

Plant parts

- Ginger
- Turmeric
- Pepper
- Tulasi
- Ajwain
- Cloves

Medicinal uses

- Heal wounds
- Cough
- Stomach problems
- Tooth ache





Junk food

- DO not eat junk food.
- Junk food can cause more harm than good.



Water

- Drink at least 8 glasses of water.
- Do not waste water.

Healthy food

- Healthy food can keep us healthy , strong and active.
- A balanced diet is required for a healthy life.





DO NOT WASTE FOOD.