

# DPS Sahibabad

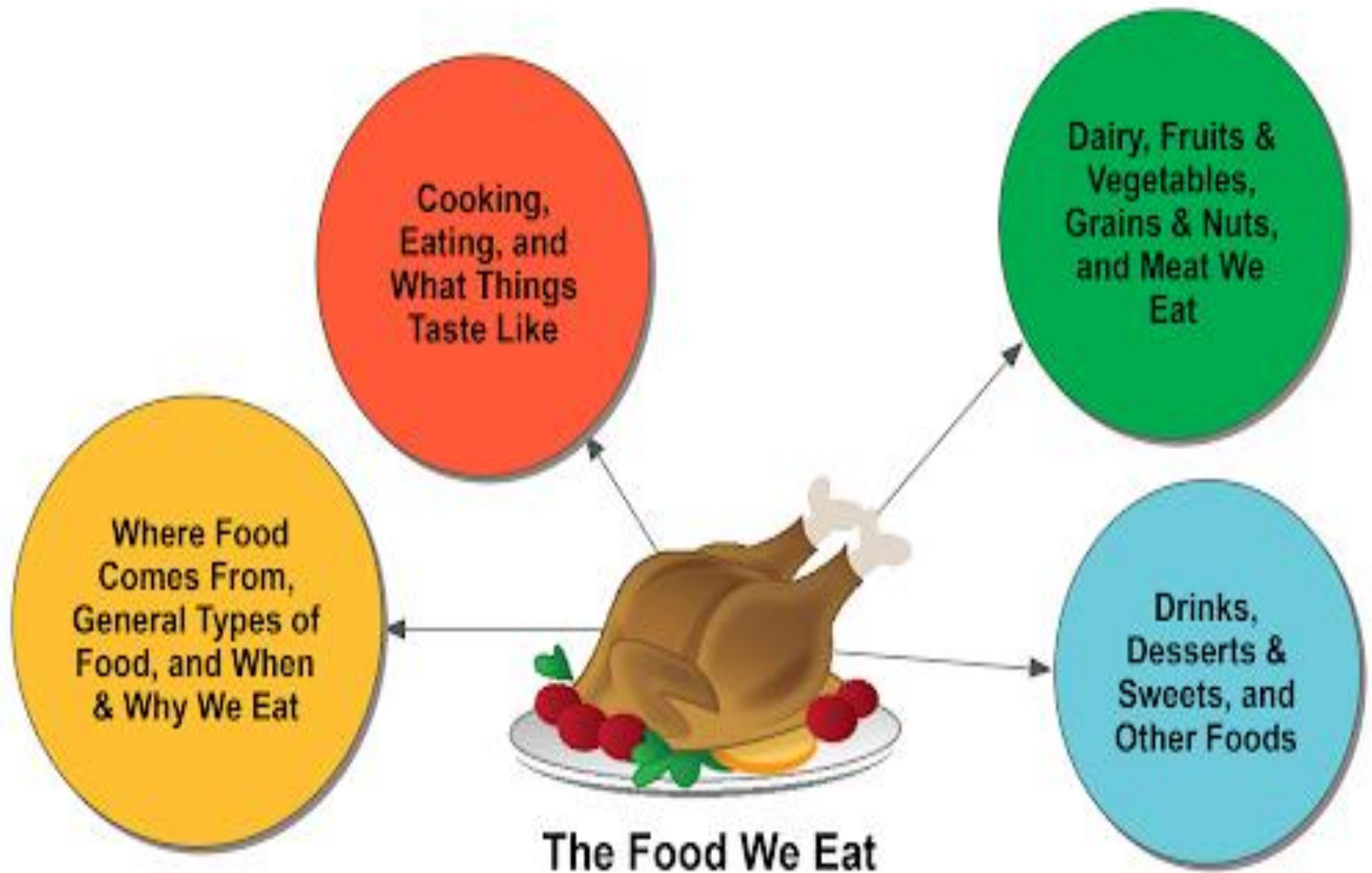
CLASS-III

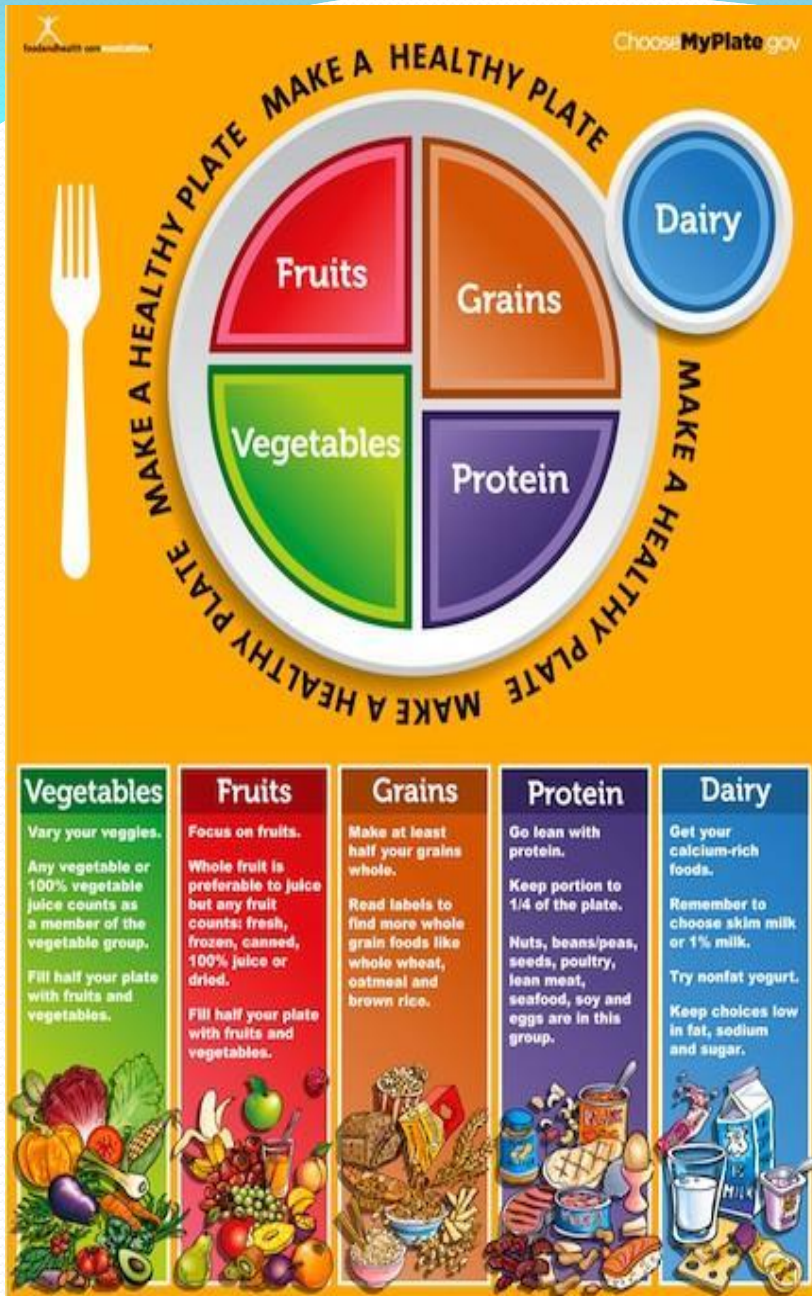
E.V.S

CH-14- Story of Food



- The Story of Food addresses the topic of food – from where it comes – plants or Animals, who prepares it mother or father or a cook.-





Food is any substance consumed to provide nutritional support for an **organism**.

Food is usually of plant or animal origin, and contains essential nutrients, such as **carbohydrates**, fats, proteins, vitamins, or minerals.

# FOOD PYRAMID

- Let's get to know our
- food better



# Medicinal use and sources of plants

**Turmeric** is used for conditions involving pain and inflammation osteoarthritis.

It is also used for hay fever, depression, high cholesterol, a type of liver disease, and itching.

Ajwain have powerful antibacterial and antifungal. Improve cholesterol levels.

May lower blood pressure.

Combats peptic ulcers and relieves indigestion.

May prevent coughing and improve airflow. ...

Has anti-inflammatory effects.

**Tulsi plant** has many **medicinal properties**.

The **leaves** strengthen the stomach and help in respiratory diseases. Kidney Stone: Basil has strengthening effect on the kidney.



# Benefits of Honey

## HEALTH BENEFITS OF HONEY

Organic Facts

Helps  
heal wounds

Helps in  
weight loss

Aids in  
nourishing skin

Maintains  
blood sugar  
levels

Good  
substitute  
for sugar

Rich in  
antiseptic and  
antioxidant  
properties

Good  
source of energy  
and nutrients

Improves  
athletic  
performance



**Nutrients\***  
Carbohydrates 27%  
Calories 12%  
Dietary Fiber 10%

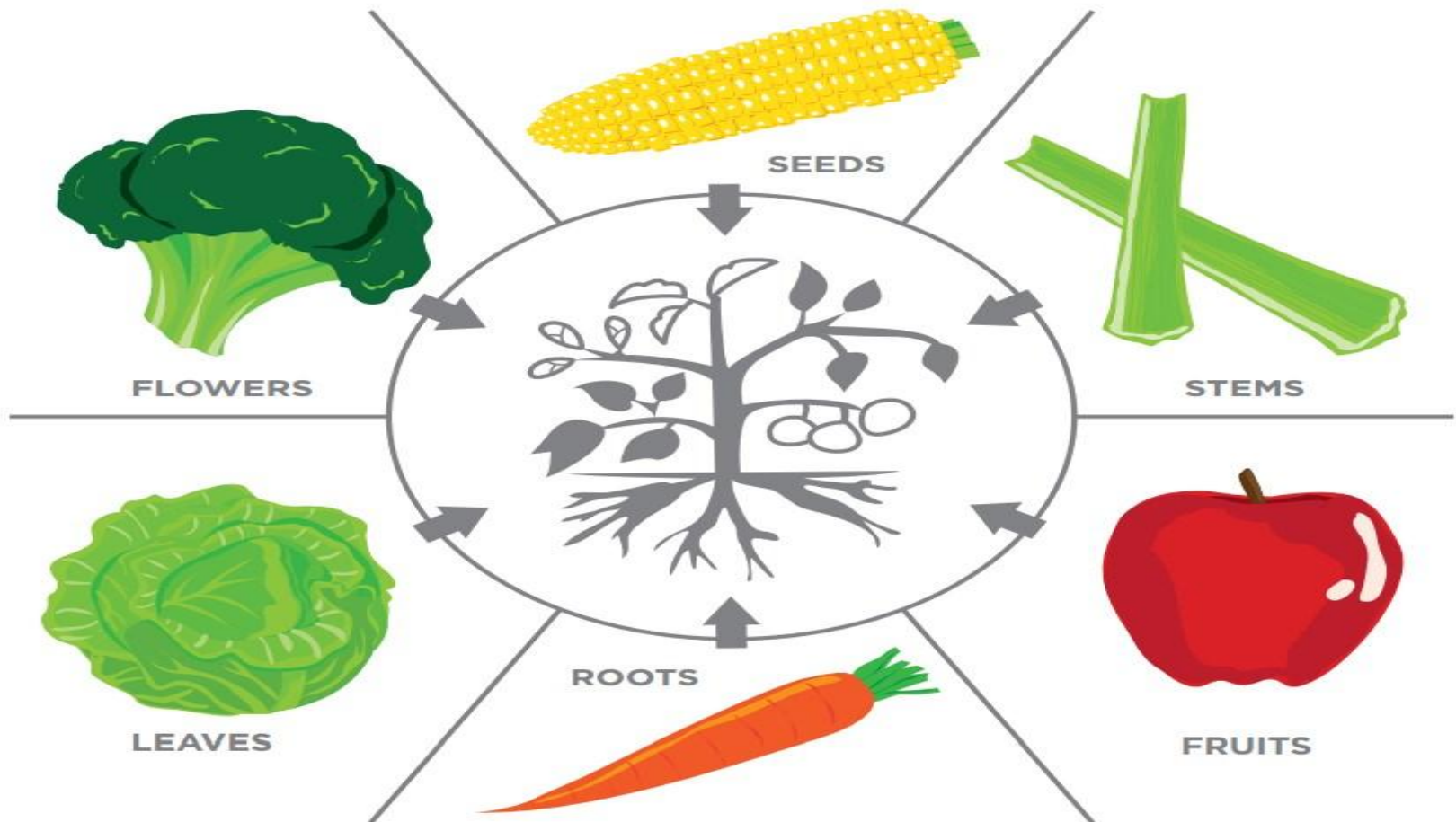
**Vitamins\***  
Riboflavin 2%  
Vitamin C 1%  
Vitamin B6 2%

**Minerals\***  
Manganese 4%  
Iron 2%  
Copper 2%

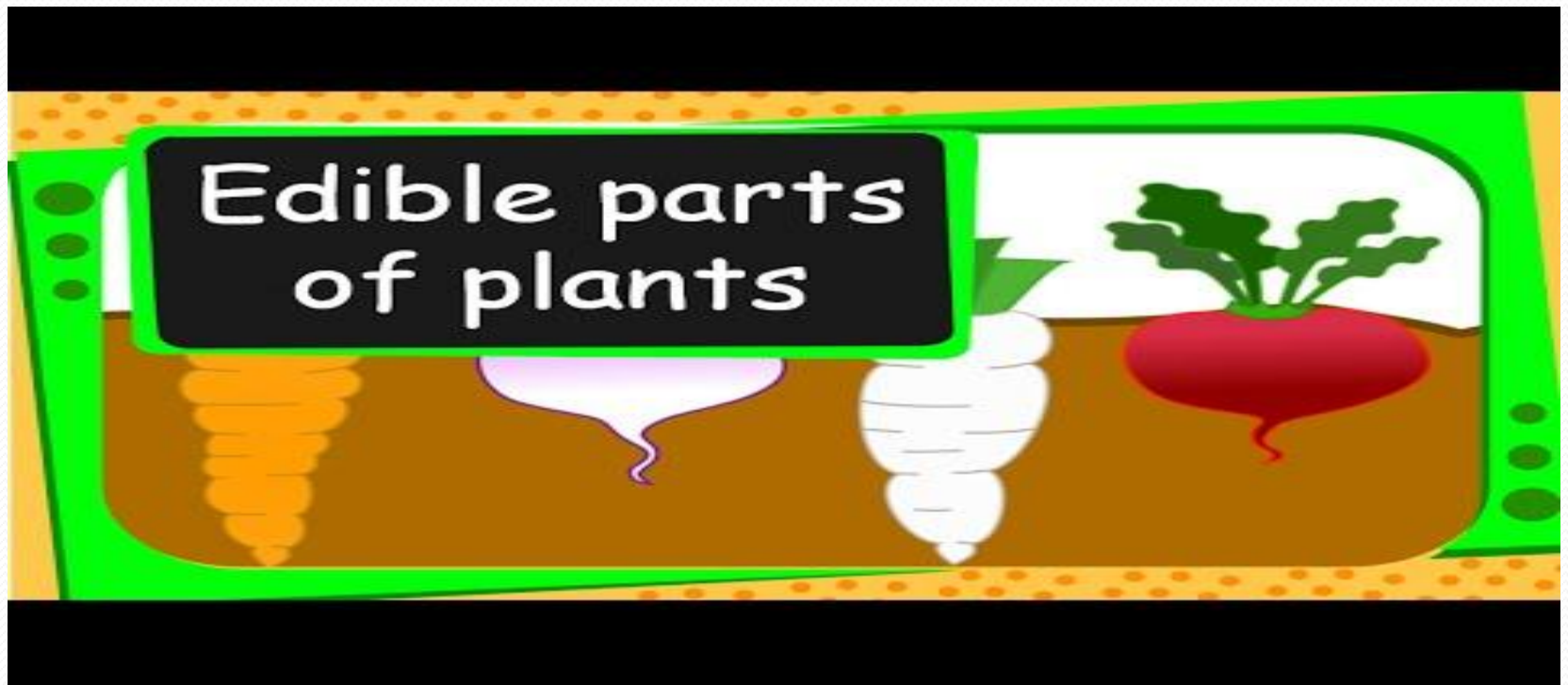
\*% Daily Value per 100g. For e.g. 100g of honey provides 27% of daily requirements of carbohydrates.

[www.organicfacts.net](http://www.organicfacts.net)

# Parts of the Plant we eat



The various parts of plants which are used as food material by us are: Roots ,stems ,leaves ,flowers ,fruits ,seeds. We eat the roots of some plants as food. For example: carrot, radish, beetroot ,sweet potato, turnip.



THANK YOU

