

14.07.20

Class – 2

Lesson – 9

Food

To keep our body healthy and active we eat food. We know that plants and animals are the sources of food.

Foods from Plants

We get these foods from different sources. Such as ,

We get rice from paddy



Paddy

Rice

We get flour from wheat



Wheat



Bread

Flour

We get fresh vegetables and fruits from plants. We also get pulses from plants. We get oil from seeds.

Foods From Animals

We get milk from cow. Milk is an ideal food for us. We make ghee, butter, curd, sweet from milk. We get meat from cow, goat.

We get egg and meat from hen.



Cow



Milk



Meat



Meat



Egg

Exercise :

Write the sources of these foods :

Name	Source
Rice	
Oil	
Egg	
Pulses	
Ghee	
Fruit	
Milk	
Meat	

Answer of sources :

Paddy

Seeds

Hen

Crops

Milk

Plants

Cow

Animals