

Worksheet

Class 6th (science)

Chapter 1 Food: where does it come from

Source of food

We get food mainly from two sources-

- a.) Plants b.) Animals

Plants as Sources of Food

Types of plants on the basis of food products obtained:

1. **Food producing plants**
 2. **Sugar producing plants**
 3. **Oil producing plants**
 4. **Spices and condiments producing plants**
 5. **Beverage producing plants**
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1. **Food producing plants:** Cereals (wheat, rice, maize, barely etc.), pulses (moong, arhar, urad, masoor, peas, lobia etc.), vegetables and fruits are obtained from these plants.
 2. **Sugar producing plants:** Sugarcane and beetroot are sugar producing plants.
 3. **Oil producing plants:** Groundnut, mustard, soya bean, coconut, sunflower etc.
 4. **Spices and condiments producing plants:** Cloves, black pepper, coriander, cinnamon, cardamom, turmeric, cumin, seeds etc.
 5. **Beverage producing plants :** Coffee and tea.

Facts

1. Brown rice is another variety of rice that is rich in the vitamin B group, particularly thiamine, riboflavin, niacin, and minerals like iron, potassium, phosphorous and magnesium.
2. Brazil produces 40% of the world's coffee, which is twice as much as 2nd and 3rd placeholders, Columbia and Vietnam.

Plant's Parts as food

- **Roots**
Carrot, radish, turnip, sweet potato, beetroot etc. are roots of plants that are eaten as food.
- **Stems**
Sugarcane, potato, onion, garlic, ginger etc.
- **Leaves**
Spinach, lettuce, coriander, mint, basil, cabbage, tea etc.
- **Flowers**
Cauliflower, broccoli etc.
- **Seeds**

Edible seeds include cereals like wheat, rice, maize, etc.; pulses like moong, arhar, urad etc.; spices like cumin seeds, pepper, cardamom, etc.; oilseeds such as mustard, soybeans, groundnut, sunflower seeds etc.

- **Buds**

Buds like cloves are used as spices. They are also used in medicines.

- **Fruits**

Mango, orange, apple, banana, brinjal, tomato etc.

- **Bark and latex**

Cinnamon is the bark of the tree and asafoetida (hing) is the latex of the tree.

A. Tick (•) the correct answer:

1. Which of the following ingredients is not obtained from plants?

- a. Oil
- b. Cereal
- c. Salt
- d. Sugar

2. Which of the following is the bark of the tree?

- a. Nutmeg
- b. Pepper
- c. Clove
- d. Cinnamon

B. Fill in the blanks:

1. Carrot, radish, and turnip are _____ of plants.

2. _____ and _____ are used as beverages.

C. Give one word for the following:

1. Food items which are used to add flavour to food.