

UNIT 02 / 08 • LEARN & TRY

Foods from Plants and Animals

Name: _____ Date: _____

Learn

Much of our food comes from plants or animals. Rice and wheat are plant seeds, carrots are roots, and spinach is a leaf. Milk comes from some animals, and eggs are also animal foods. Meals often combine several ingredients. Food travels through growing, collecting, transporting and preparing before we eat it. Farmers and many other workers help bring food to our plates.

Worked example

A vegetable sandwich may contain wheat bread, tomato fruit and lettuce leaves, showing several edible plant parts.

1. Which plant part is a carrot?

2. Name a food made from a seed.

3. Does milk come from a plant or an animal in this example?

Variety across food groups



grains: rice / roti pulses: dal / beans vegetables seasonal fruit

Illustrative foods, not prescribed portions or a personalised diet; other food groups also contribute.