

CHAPTER 3

WHERE FOOD COMES FROM

Key Words

Nutrients : good qualities in food that make us grow taller, sharper and stronger

Aromatic : having a nice smell



LET ME CHECK

A Cross (X) the odd one out.

1. We get cakes, rotis, pasta and butter from wheat flour.
- X 2. Bananas, mangoes, walnuts and grapes are fleshy and juicy.
- X 3. Carrots, potatoes, apples and radishes are vegetables.
- X 4. Seeds of sunflower, groundnut and watermelon are used to produce oil.
- X 5. Cheese, curd, butter and eggs are dairy products.

