

Sources of Food

Multiple Choice Questions (Select the correct option)

Q1. Which of these foods do we get from plants?

- (a) Milk*
- (b) Apple*
- (c) Egg*
- (d) Chicken*

Q2. We get eggs and meat from which of the following?

- (a) Trees*
- (b) Animals*
- (c) Crops*
- (d) Soil*

Q3. Which animal gives us milk to make butter and cheese?

- (a) Hen*
- (b) Cow*
- (c) Fish*
- (d) Honeybee*

Fill in the Blanks (Fill with the right word)

Q4. Bees give us sweet _____ from flowers.

Q5. We get food grains like wheat and rice from _____ .

Q6. Pulses, fruits, and vegetables are all obtained from _____ .

True or False (Write True or False)

Q7. Human beings get all of their food only from animals.

Q8. Fish and prawns are examples of food that comes from water animals. _____

Q9. Name any one milk product that we eat.

Answer: _____

Q10. Which plant source provides us with oil for cooking? (Give one example)

Answer: _____

Plant Food Products

Q1. Which of these are cereals that give us energy?

(a) Apple and Mango

(b) Wheat and Rice

(c) Salt and Pepper

(d) Tea and Coffee

Q2. Match the plant product to its correct group:

* Kidney beans (Rajma) and Gram (Chana) are types of _____. (pulses / fruits)

* Potato and Spinach are types of _____. (vegetables / spices)

Q3. What do we use to add taste, color, and aroma to our food?

(a) Spices (like turmeric and cumin)

(b) Oils (like mustard oil)

(c) Coffee

(d) Jaggery

Q4. Write True or False:

* We get sugar and jaggery (gur) from the sugarcane plant. [_____]

* Tea and coffee are made from the leaves and seeds of plants. [_____]

Q5. Name one plant whose seeds are crushed to make cooking oil.

Answer: _____

Animal Food Products

Q1. Which group contains only dairy foods made from milk?

- (a) Egg, Meat, Fish
- (b) Honey, Butter, Rice
- (c) Curd, Cheese, Butter
- (d) Milk, Chicken, Apple

Q2. Fill in the blanks with the correct animal source:

- * We get meat and eggs from _____. (hens / cows)
- * We get healthy seafood from rivers and seas like _____. (fish / goats)

Q3. Which busy insect collects nectar from flowers to make honey for us?

- (a) Mosquito
- (b) Honeybee
- (c) Butterfly
- (d) Ant

Q4. Write True or False:

- * Ice cream and milkshake are made using plant products. [_____]
- * Animals give us milk, meat, eggs, and honey. [_____]

Q5. Name one animal, other than a cow, that gives us milk.

Answer: _____