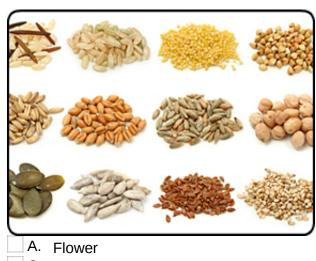
	Classedge School
	Question Paper
Class	Marks :
Name:	Division :
Question 1	
What is the staple food of people in Nortl	n India?
A. Wheat B. Millet C. Oats D. Rice and pulses	
Question 2	
Geography influences the diet of the peo living in the Arctic region?	ple in that region. What is the most likely staple diet of people
A. Rice B. Seafood and meat C. Penguins D. Wheat	
Question 3	

The picture on the right shows some food items grouped together. Which part of the plant do these food items come from?



C. Roots

B. Seeds

D. Stem

Quest	ion 4
What d	o you think sets human beings apart from animals on the basis of the food they consume?
A. B. C.	Humans can't eat bland food Animals eat only one type of food Humans cook their food before consuming it Humans are omnivorous
Quest	cion 5
The tra	ditional food in Rajasthan and Gujarat is mostly based on pulses and less on vegetables. Why is ?
A. B. C.	Rajasthan and parts of Gujarat get less rainfall. Both states do not grow vegetables. Both states do not get a good supply of vegetables. People of Rajasthan and Gujarat specialise in pulse-based dishes.
Quest	tion 6
Which	of the following food items are made from rice, urad dal and oil?
A. B. C.	Paratha andchapati Dosa anduttapam Noodles Sambhar andtadka dal
Quest	cion 7
Which	of the following food ingredients is derived from the seeds of the plant?
A. B. C.	Mustard oil Turmeric powder Chilli powder Cinnamon
Question 8	
	ade a list of food items where she included idli but not chapatti, pulao but not halwa. Which of the ng food items will she include in her list?
A. B. C.	Rajma Vermicelli Bread Kheer

Question 9		
Diets in different areas vary based on the and		
В. С.	population, religions climate, geography customs, tradition government, trade	
Quest	ion 10	
Geography influences the diet of the people in an area. Which of the following statements supports this fact?		
В. С.	Wheat is grown in North India. People living in coastal areas have a seafood and rice based diet. Rice is grown in eastern states. There are many tea estates in the north-east.	
Quest	ion 11	
Which o	of the following food ingredients is NOT of plant origin?	
В. С.	Mustard oil Turmeric powder Salt Sugar	
Quest	ion 12	
Grains a	are which part of the plant?	
	Leaves Stem Seeds Roots	
Quest	ion 13	
Which is	Which is the staple grain used by North Indians?	
В. С.	Rice Wheat Millets Oat	
Question 14		
Which of the following food items is made up of no more than two ingredients?		
	Chapatti Rajma Dosa Fish curry	

Fill in the blanks.

_____ is a _____crop. It is used to make tyres. It is mostly cultivated in _____.

- Rubber; cash ; Tamil Nadu
- B. Wheat; cash; Kerala
- C. Rubber; food; Kerala
- D. Millet; food; Tamil Nadu

Question 16

Select the option that is CORRECT.

- A. Coffee Uttar Pradesh
- B. Rubber Punjab
- C. Wheat Punjab
 - D. Tea Gujarat

Question 17

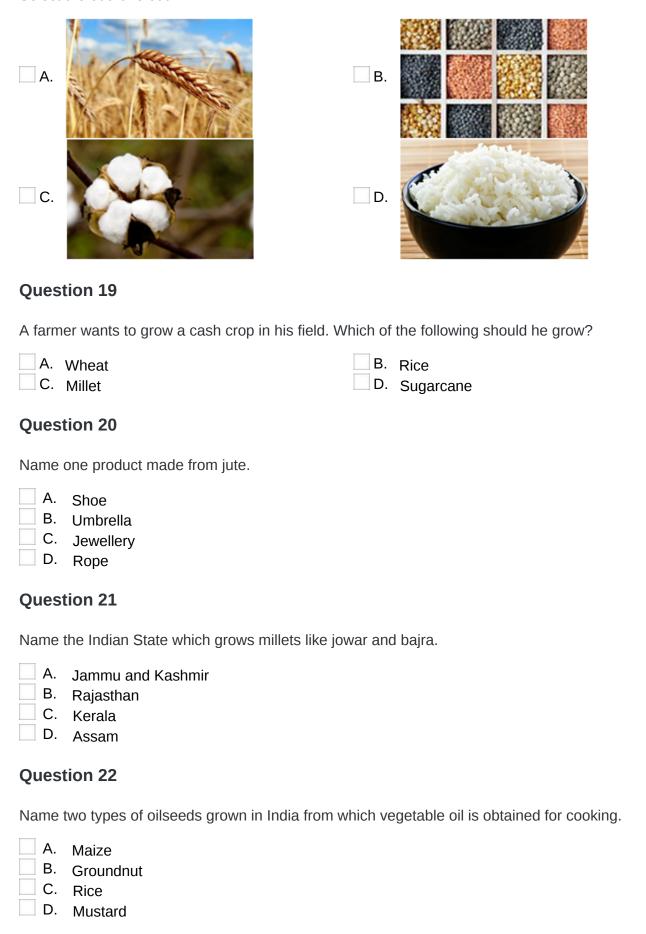
Which crop is grown in the areas marked in the map?



C. Millet

- B. Coffee
- D. Wheat

Select the odd one out.



Name two types of beverage or plantation crops cultivated in India.	
A. Tea B. Sugarcane C. Coffee D. Kola	
Question 24	
India is recognised as the 'Land of Spices', because it grows a variety of spices like pepper, cardamom cloves etc. State if the sentence is true or false.	
A. True B. False	
Question 25	
How is ginger beneficial?	
A. As a powerful antiseptic B. In treating nausea C. It is good for the hair and the eyes D. It kills intestinal worms	
Question 26	
Which of the following do greens give?	
A. Fats B. Carbohydrates C. Minerals D. Oils	
Question 27	
Which of the following conditions is correct for growing rice?	
A. Very little rainfall B. Field should be drained of water C. Fertile clayey soil D. A cool climate	
Question 28	
Ragi is rich in which mineral?	
A. Calcium B. Protein C. Vitamin D. Fat	

Which of the following is NOT a cereal?	
A. Rice C. Maize	B. Wheat D. Peas
Question 30	
Name the food group for the food items in the p	icture.
A. Pulses C. Vegetables	B. Fruits D. Spices
Question 31	
State which statement is TRUE or FALSE? 1- India is the largest producer of spices. and 2- Indian dishes do not use oil and spices in it.	
A. 1- TRUE or 2- TRUE B. 1- TRUE or 2- FALSE C. 1- FALSE or 2- FALSE D. 1- FALSE or 2- TRUE	
Question 32	
Which of the following is part of a vegetarian die	et?
A. Fish C. Potatoes	B. Mutton D. Chicken
Question 33	
We getfrom mustard and sesame	(til) seeds, groundnut, coconut and sunflower.
A. Wheat C. Oil	B. Meat D. Food grains

Question 34 Fill in the blanks using the correct words. We need all kinds of foods in our _____. Different _____ have different roles to play in making us healthy and _____. A. life, proteins, tall B. diet, nutrients, strong C. diet, body parts, young D. diet, strong, nutrient **Question 35** Butter and cheese are processed from A. Wheat B. Rice C. Milk D. Honey **Question 36** Which of these food items is made only from plant products? A. Idli made from rice, urad dal, salt and water B. Kheer made from milk, sugar and rice C. An omelette containing eggs, green chilies, onion, oil D. A sandwich containing bread, cabbage, cheese, tomatoes **Question 37** Identify the food item that is not an animal product. A. Curd B. Meat C. Butter D. Sprouts **Question 38** Which of the following are correctly grouped on the basis of the plant part they are obtained from?

Α.	Root: Radish, brinjal, spinach
В.	Stem: Corn, sugarcane, radish
C.	Fruit: Brinjal, bell pepper, cucumber
D.	Leaves: Cabbage, spinach, cucumb

Sprout	s are seeds.
A.	Wet
B.	Soaked
C.	Dry
D.	Germinated
Quest	tion 40
	ction of which of the following food products would be most likely affected due to the spread of a disease?
A.	Bread
☐ B.	Yoghurt
C.	Eggs
D.	Cooking oil
Question 41	
An insect only attacks leaves of plants. An attack of this insect on a vegetable farm will affect the production of which of the following vegetables?	
A.	Papaya
B.	Spinach
C.	Cucumber
D.	Bitter gourd
Question 42	
Honeyl	bees collect from plants to make honey.
A.	Pollen
B.	Pigment
C.	Nectar
D.	Flavour
Question 43	
Which	of the following food items are actually fruits of plants?
A.	Potato
В.	Ginger
C.	Tomato
D.	Pumpkin

Question 44	
Milk of which of the following animals is used for human consumption?	
A. B. C.	Yak Goat Camel Mare
Ques	tion 45
Which	of these food items are made from only plant products?
A. B. C.	Dosa Cake Cheese sandwich Rasogulla
Question 46	
A vegetarian would not consume which of the following products?	
	Milk Fish Honey Mustard oil
Ques	tion 47
Which	of the following food items are animal products?
A. B. C.	Milk Honey Eggs Rice
Ques	tion 48
Which	of the following do not cause any harm to food items stored in the house?
	Insects Rats B. Mosquitoes D. Ants
Question 49	
How do	pes the Janata Fridge help in preserving fresh food?
A. B. C.	Rats cannot enter the earthen pot. The sand helps in preserving the food. The earthen pot and sand help to lower the temperature. The space between the two earthen pots allows circulation of air.

Question 50 Which of the following leaves are not used for serving food? A. Neem B. Banyan C. Banana D. Butea (Moduga) Question 51 What can be done to avoid wastage of food? A. Make extra food and store it in the refrigerator B. Do not cook or buy food in excess C. Serve large portions D. Store all grains and food items in big storage containers Question 52 Which of the following should not be used to serve food? A. Plastic plates B. Steel plates C. Glass plates D. Leaf plates Question 53 Which of the following is an example of a well balanced diet? A. Pizza, rice and potatoes fries B. Chapattis, rice, pulses, vegetables, fruit and milk C. Eggs, milk and sweets D. Bread, butter, honey and jam Question 54 Which of the following conditions is not caused due to dietary deficiency? A. Colour blindness B. Anemia C. Obesity Bleeding gums **Question 55** Which of the following food items are rich in proteins? A. Rajma B. Soybean C. Eggs D. Wheat

Which of the following abnormal conditions can be avoided by having roughage and water as part of our daily diet?		
A. B. C.	Constipation Weak bones Goitre Anaemia	
Quest	tion 57	
Vitamir for it?	C gets destroyed while cooking. Inclusion of which of the following foods in our diet can make up	
A. B. C.	Apple Amla Mango Tamarind	
Question 58		
Which	of the following practices removes essential nutrients from the food?	
A. B. C.	Cooking in a pressure cooker Washing cut vegetables Soaking <i>dals</i> before cooking Washing vegetables before cutting	
Quest	tion 59	
Which	of the following nutrients provide us maximum energy?	
A. B. C.	Carbohydrates Fats Proteins Minerals	
Quest	tion 60	
Which	of the following people should take a protein-rich diet?	
A. B. C.	An old man An athlete A person doing desk job A teenage girl	

A vegetarian athlete should include which of the following in his diet? A. Rajma B. Soybean C. Eggs D. Meat **Question 62** Which of the following food items are rich in fats? A. Buttermilk B. Curd C. Ghee D. Cheese **Question 63** Which of the following food items are rich in carbohydrates? A. Wheat B. Maize C. Oats D. Cheese