

Class _____

Marks : _____

Subject _____

Time : _____

Name: _____

Roll No. : _____

Division : _____

Question 1

What is the staple food of people in North India?

- ☐ A. Wheat
- ☐ B. Millet
- ☐ C. Oats
- ☐ D. Rice and pulses

Question 2

Geography influences the diet of the people in that region. What is the most likely staple diet of people living in the Arctic region?

- ☐ 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?



- ☐ A. Flower
- ☐ B. Seeds
- ☐ C. Roots
- ☐ D. Stem

Question 4

What do you think sets human beings apart from animals on the basis of the food they consume?

- ☐ A. Humans can't eat bland food
- ☐ B. Animals eat only one type of food
- ☐ C. Humans cook their food before consuming it
- ☐ D. Humans are omnivorous

Question 5

The traditional food in Rajasthan and Gujarat is mostly based on pulses and less on vegetables. Why is this so?

- ☐ A. Rajasthan and parts of Gujarat get less rainfall.
- ☐ B. Both states do not grow vegetables.
- ☐ C. Both states do not get a good supply of vegetables.
- ☐ D. People of Rajasthan and Gujarat specialise in pulse-based dishes.

Question 6

Which of the following food items are made from rice, urad dal and oil?

- ☐ A. *Paratha and chapati*
- ☐ B. *Dosa and uttapam*
- ☐ C. Noodles
- ☐ D. *Sambhar and tadka dal*

Question 7

Which of the following food ingredients is derived from the seeds of the plant?

- ☐ A. Mustard oil
- ☐ B. Turmeric powder
- ☐ C. Chilli powder
- ☐ D. Cinnamon

Question 8

Rati made a list of food items where she included idli but not chapatti, pulao but not halwa. Which of the following food items will she include in her list?

- ☐ A. Rajma
- ☐ B. Vermicelli
- ☐ C. Bread
- ☐ D. Kheer

Question 9

Diets in different areas vary based on the _____ and _____.

- ☐ A. population, religions
- ☐ B. climate, geography
- ☐ C. customs, tradition
- ☐ D. government, trade

Question 10

Geography influences the diet of the people in an area. Which of the following statements supports this fact?

- ☐ A. Wheat is grown in North India.
- ☐ B. People living in coastal areas have a seafood and rice based diet.
- ☐ C. Rice is grown in eastern states.
- ☐ D. There are many tea estates in the north-east.

Question 11

Which of the following food ingredients is NOT of plant origin?

- ☐ A. Mustard oil
- ☐ B. Turmeric powder
- ☐ C. Salt
- ☐ D. Sugar

Question 12

Grains are which part of the plant?

- ☐ A. Leaves
- ☐ B. Stem
- ☐ C. Seeds
- ☐ D. Roots

Question 13

Which is the staple grain used by North Indians?

- ☐ A. Rice
- ☐ B. Wheat
- ☐ C. Millets
- ☐ D. Oat

Question 14

Which of the following food items is made up of no more than two ingredients?

- ☐ A. Chapatti
- ☐ B. *Rajma*
- ☐ C. Dosa
- ☐ D. Fish curry

Question 15

Fill in the blanks.

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

- ☐ A. 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?



- | | |
|------------------------------------|------------------------------------|
| <input type="checkbox"/> A. Tea | <input type="checkbox"/> B. Coffee |
| <input type="checkbox"/> C. Millet | <input type="checkbox"/> D. Wheat |

Question 18

Select the odd one out.

☐ A.



☐ C.



☐ B.



☐ D.



Question 19

A farmer wants to grow a cash crop in his field. Which of the following should he grow?

☐ A. Wheat

☐ B. Rice

☐ C. Millet

☐ D. Sugarcane

Question 20

Name one product made from jute.

☐ A. Shoe

☐ B. Umbrella

☐ C. Jewellery

☐ D. Rope

Question 21

Name the Indian State which grows millets like jowar and bajra.

☐ A. Jammu and Kashmir

☐ B. Rajasthan

☐ C. Kerala

☐ D. Assam

Question 22

Name two types of oilseeds grown in India from which vegetable oil is obtained for cooking.

☐ A. Maize

☐ B. Groundnut

☐ C. Rice

☐ D. Mustard

Question 23

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?

- | | |
|--------------------------------------|---|
| <input type="checkbox"/> A. Fats | <input type="checkbox"/> B. Carbohydrates |
| <input type="checkbox"/> C. Minerals | <input type="checkbox"/> 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

Question 29

Which of the following is NOT a cereal?

- ☐ A. Rice
- ☐ B. Wheat
- ☐ C. Maize
- ☐ D. Peas

Question 30

Name the food group for the food items in the picture.



- ☐ A. Pulses
- ☐ B. Fruits
- ☐ C. Vegetables
- ☐ 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 diet?

- ☐ A. Fish
- ☐ B. Mutton
- ☐ C. Potatoes
- ☐ D. Chicken

Question 33

We get _____ from mustard and sesame (til) seeds, groundnut, coconut and sunflower.

- ☐ A. Wheat
- ☐ B. Meat
- ☐ C. Oil
- ☐ 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?

- ☐ A. Root: Radish, brinjal, spinach
- ☐ B. Stem: Corn, sugarcane, radish
- ☐ C. Fruit: Brinjal, bell pepper, cucumber
- ☐ D. Leaves: Cabbage, spinach, cucumber

Question 39

Sprouts are _____ seeds.

- ☐ A. Wet
- ☐ B. Soaked
- ☐ C. Dry
- ☐ D. Germinated

Question 40

Production of which of the following food products would be most likely affected due to the spread of a cattle 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

Honeybees 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
- ☐ B. Ginger
- ☐ C. Tomato
- ☐ D. Pumpkin

Question 44

Milk of which of the following animals is used for human consumption?

- ☐ A. Yak
- ☐ B. Goat
- ☐ C. Camel
- ☐ D. Mare

Question 45

Which of these food items are made from only plant products?

- ☐ A. Dosa
- ☐ B. Cake
- ☐ C. Cheese sandwich
- ☐ D. Rasogulla

Question 46

A vegetarian would not consume which of the following products?

- ☐ A. Milk
- ☐ B. Fish
- ☐ C. Honey
- ☐ D. Mustard oil

Question 47

Which of the following food items are animal products?

- ☐ A. Milk
- ☐ B. Honey
- ☐ C. Eggs
- ☐ D. Rice

Question 48

Which of the following do not cause any harm to food items stored in the house?

- | | |
|-------------------------------------|--|
| <input type="checkbox"/> A. Insects | <input type="checkbox"/> B. Mosquitoes |
| <input type="checkbox"/> C. Rats | <input type="checkbox"/> D. Ants |

Question 49

How does the Janata Fridge help in preserving fresh food?

- ☐ A. Rats cannot enter the earthen pot.
- ☐ B. The sand helps in preserving the food.
- ☐ C. The earthen pot and sand help to lower the temperature.
- ☐ D. 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
- ☐ D. Bleeding gums

Question 55

Which of the following food items are rich in proteins?

- ☐ A. Rajma
- ☐ B. Soybean
- ☐ C. Eggs
- ☐ D. Wheat

Question 56

Which of the following abnormal conditions can be avoided by having roughage and water as part of our daily diet?

- ☐ A. Constipation
- ☐ B. Weak bones
- ☐ C. Goitre
- ☐ D. Anaemia

Question 57

Vitamin C gets destroyed while cooking. Inclusion of which of the following foods in our diet can make up for it?

- ☐ A. Apple
- ☐ B. *Amla*
- ☐ C. Mango
- ☐ D. Tamarind

Question 58

Which of the following practices removes essential nutrients from the food?

- ☐ A. Cooking in a pressure cooker
- ☐ B. Washing cut vegetables
- ☐ C. Soaking *dals* before cooking
- ☐ D. Washing vegetables before cutting

Question 59

Which of the following nutrients provide us maximum energy?

- ☐ A. Carbohydrates
- ☐ B. Fats
- ☐ C. Proteins
- ☐ D. Minerals

Question 60

Which of the following people should take a protein-rich diet?

- ☐ A. An old man
- ☐ B. An athlete
- ☐ C. A person doing desk job
- ☐ D. A teenage girl

Question 61

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