

Food

Practice Exercise

1. Names of some animals are given below.
i. Snake ii. Horse
iii. Vulture iv. Deer
Which of the above animals form a pair of carnivores?
(a) i and ii (b) i and iii
(c) i and iv (d) ii and iv
(e) None of these
2. Which of the following parts are edible in a banana plant?
(a) Fruit (b) Stem
(c) Flower (d) All the above
(e) None of these
3. Below two statements are given. Choose the correct option for the given statements.
Statement 1: Plants are producers.
Statement 2: Honey is a plant product.
(a) Statement 2 is correct and statement 1 is incorrect.
(b) Statement 1 is correct and statement 2 is incorrect.
(c) Both statements 1 and 2 are correct.
(d) Both statements 1 and 2 are incorrect.
(e) None of these
4. Which crop among the following is a source for most of the food for human beings?
(a) Sorghum (b) Coffee
(c) Wheat (d) Millet
(e) None of these
5. Which of the following is a food substances?
(a) Fruits
(b) Grasses
(c) Leaves of many plants
(d) All the above
(e) None of these
6. Monkey is an/a:
(a) Herbivores (b) Carnivores
(c) Scavenger (d) Omnivores
(e) None of these
7. In which of the following plants, seed is not the edible part?
(a) Wheat (b) Pea
(c) Spinach (d) Rice
(e) None of these
8. _____ is produced when the seeds begin to grow by developing tiny roots.
(a) Honey (b) Flour
(c) Sprout (d) Cheese
(e) None of these
9. Which of the following is an example of a scavenger?
(a) Bear (b) Jackal
(c) Horse (d) Tiger
(e) None of these
10. Which of the following is included in our diet but it is neither a plant nor an animal product?
(a) Oil (b) Milk
(c) Salt (d) Rice
(e) None of these
11. In which of the following plants stems are the edible parts?
(a) Radish (b) Potato
(c) Carrot (d) Apple
(e) None of these
12. Which of the following is an example of oilseed?
(a) Mustard (b) Soya bean
(c) Maize (d) Both (a) and (b)
(e) None of these
13. Which part of most of the plants provide us oil?
(a) Leaves (b) Fruits
(c) Seeds (d) Flowers
(e) None of these
14. Which vitamin among the following is rich in cod liver oil?
(a) Vitamin B (b) Vitamin C

- (b) Vitamin A (d) Vitamin K
(e) None of these

- 15.** Teeth are present in:
(a) Sparrow (b) Snake
(b) Earthworm (d) Bee
(e) None of these
- 16.** Which of the following stores food in its stem?
(a) Sweet potato (b) Sugarcane
(c) Cabbage (d) Spinach
(e) None of these
- 17.** Herbivores, Carnivores, Omnivores are the categories of animals divided on the basis of their:
(a) Habitats
(b) Food habits
(c) Types of animals around them
(d) All the above
(e) None of these
- 18.** Match the following:

Column A		Column B	
(i)	Garlic	A.	Fruit
(ii)	Spinach	B.	Root
(iii)	Orange	C.	Leaf
(iv)	Turnip	D.	Stem

- (a) (i-D), (ii-A), (iii-B), (iv-C)
(b) (i-B), (ii-D), (iii-A), (iv-C)
(c) (i-D), (ii-C), (iii-A), (iv-B)
(d) (i-C), (ii-A), (iii-D), (iv-B)
(e) None of these

- 19.** Which among the following animals eat food already digested by another animals?
(a) Tapeworm (b) Frog
(c) Lizard (d) Crab
(e) None of these
- 20.** In coriander, which part of the plant is edible?
(a) Seeds (b) Stem
(c) Leaves (d) All the above
(e) None of these
- 21.** Which of the following contains least amount of carbohydrates?
(a) Wheat (b) Egg
(c) Bread (d) Potato
(e) None of these

- 22.** Which solution among the following is used to test the presence of starch?
(a) Copper sulphate solution
(b) Iron sulphate solution
(c) Iodine solution
(d) Water solution
(e) None of these
- 23.** Which mineral among the following is essential for the proper functioning of thyroid gland?
(a) Phosphorus (b) Iron
(c) Iodine (d) Potassium
(e) None of these
- 24.** Milk does not contain:
(a) Calcium (b) Dietary fibre
(c) Fat (d) Protein
(e) None of these
- 25.** Which one of the following processes is responsible for regulating the temperature of our body?
(a) Filtration (b) Decantation
(c) Evaporation (d) Sedimentation
(e) None of these
- 26.** Which of the following is not any deficiency disease?
(a) Kwashiorkor (b) Scurvy
(c) Typhoid (d) Anaemia
(e) None of these
- 27.** Which vitamin can keep our gums healthy?
(a) Vitamin A (b) Vitamin B6
(c) Vitamin D (d) Vitamin C
(e) None of these
- 28.** If a child has bent legs and a pigeon-type chest then the child is suffering from the deficiency of:
(a) Vitamin B (b) Vitamin D
(c) Vitamin C (d) Vitamin A
(e) None of these
- 29.** _____ is a non-dietary fibre food.
(a) Spinach (b) Whole wheat
(c) Fish (d) Bean
(e) None of these

- 30.** Some food items are given below.
 i. Rice ii. Meat
 iii. Egg iv. Sugar
 Which of the following food items are rich in protein?
 (a) i and iii (b) ii and iii
 (c) i and ii (d) ii and iv
 (e) None of these

- 31.** Our body can synthesize some amount of vitamin D in the presence of:
 (a) Vitamin A (b) Protein
 (c) Carbohydrate (d) Sunlight
 (e) None of these

- 32.** Deficiency of iodine in the diet of a child causes a disease known as _____.
 (a) Marasmus (b) Rickets
 (c) Kwashiorkor (d) Cretinism
 (e) None of these

- 33.** When a peeled potato is rubbed on a paper, bright, translucent spots appears on it which shows the presence of:
 (a) Protein (b) Fat
 (c) Vitamin (d) Water
 (e) None of these

- 34.** _____ Solution is used to test the presence of protein in food.
 (a) Pure water (b) Copper sulphate
 (c) Iodine (d) Zinc sulphate
 (e) None of these

- 35.** Match the following:

Column A		Column B	
(i)	Vitamin A	(A)	Gums
(ii)	Vitamin C	(B)	Muscles
(iii)	Vitamin D	(C)	Eyes
(iv)	Vitamin B	(D)	Bones

- (a) (i-B), (ii-A), (iii-D), (iv-C)
 (b) (i-C), (ii-D), (iii-A), (iv-B)
 (c) (i-D), (ii-A), (iii-B), (iv-C)
 (d) (i-C), (ii-A), (iii-D), (iv-B)

- (e) None of these

- 36.** Which part of egg contains more protein?
 (a) Egg white. (b) Egg yolk
 (c) Eggshell (d) Both (b) and (c)
 (e) None of these

- 37.** _____ makes the enamel of the teeth hard and prevent dental caries.
 (a) Iodine (b) Sodium
 (c) Fluorine (d) Vitamin B₁
 (e) None of these

- 38.** Below some minerals are given. Which pair of the minerals you should take to improve your dental health?
 (a) Phosphorus and fluorine
 (b) Iron and sodium
 (c) Iron and calcium
 (d) Iodine and sodium
 (e) None of these

- 39.** Which of the following helps in maintaining constant body temperature.
 (a) Phosphorus (b) Roughage
 (c) Water (d) Iodine
 (e) None of these

- 40.** Some symptoms of a disease are given below.
 i. Person looks pale.
 ii. Person tires easily.
 iii. Person loses weight,
 iv. The nails of the person also turns white.
 Which disease is this?
 (a) Goitre (b) Anaemia
 (c) Rickets (d) Scurvy
 (e) None of these

Answer Key

1. B	2. D	3. B	4. C	5. D
6. D	7. C	8. C	9. B	10. C
11. B	12. D	13. C	14. C	15. B
16. B	17. B	18. C	19. A	20. D
21. B	22. C	23. C	24. B	25. C
26. C	27. D	28. B	29. C	30. B
31. D	32. D	33. B	34. B	35. D
36. A	37. C	38. A	39. C	40. B