

A. MCQs

1. Green plants prepare their own food, hence they are called
 - a. Autotrophs
 - b. Parasites
 - c. Heterotrophs
 - d. Decomposers
2. Pulses are rich source of
 - a. Fibre
 - b. Minerals
 - c. Roughages
 - d. Proteins
3. Spices provide
 - a. Energy
 - b. Flavour
 - c. Vitamins
 - d. Proteins
4. An animal that eats other animals is called a
 - a. Producer
 - b. Carnivore
 - c. Omnivore
 - d. Herbivore

5. Match the column.

Column A	Column B
a. Drinking milk	i. Are animal products.
b. Vegetable, fruits	ii. Is good for health.
c. Carrot, tomato, potato	iii. Are rich in minerals and vitamins.
d. Egg, meat, paneer	iv. Are vegetables.
e. Wheat, gram, rice	v. Are plant products.

6. Fill in the blanks.

- a. Tiger is a ----- because it eats only flesh of other animals.
- b. Main supply of eggs comes from----- and -----.
- c. We are ----- because we eat both plant and animal products.
- d. Food is needed by living organisms for -----, ----- and protection.
- e. We get sugar from-----.
- f. Lack of vitamins and minerals in our diet causes several _____ diseases.
- g. Pulses are rich in _____.
- h. Carbohydrates provide _____ to the body.
- i. Goitre is caused due to deficiency of _____ in our diet.
- j. _____ is called sunshine vitamin.

7. What are milch animals?

8. Why do we need food?

9. Why should we avoid wastage of food?

10. Given below are jumbled words which are names of parts of plant.

Rearrange them to get the correct words.

- a. TOOR
- b. SEANBOYA
- c. LFOER
- d. ROUNDGNUT
- e. ITRUF

11. COVID-19 QUESTIONS.....

- A. What is the full form of COVID?
- B. Where is it originated from?(city)
- C. Write full form of WHO?

12. What are the main components of food?

13. Why are fats important for the body?

14. Define balanced diet? Is this same for all persons.

*****All the Best*****

