**Chapter-7 FOOD**

 ***Food from plants***

(1) Food helps us to\_\_\_\_\_\_\_\_\_ .

(a)healthy (b) Grow

(c) get energy (d) all of these

(2) we eat fruits such as \_\_\_\_\_\_\_\_\_\_\_ .

(a) apple (b) mango

(c) grapes (d) all of these

(3) We need \_\_\_\_\_\_\_ to work and play.

(a) team (b) car

(c) Energy (d) family

(4) \_\_\_\_\_\_\_ gives us energy.

(a) food (b) cycle

(c) cartoons (d) book

(5) We get food from \_\_\_\_\_\_\_\_\_ .

(a) plants (b) animals

(c) both (a) and (b) (d) wood

(6) Plants give us \_\_\_\_\_\_\_\_ .

(a) fruits (b) vegetables

(c) both (a) and (b) (d) egg

(7) Fruits and vegetables keep us\_\_\_\_\_\_\_.

(a) healthy and fit (b) unhealthy

(c) weak (d) careless

(8) Plants give us \_\_\_\_\_\_\_\_ .

(a) cereals (b) ghee

(c) milk (d) butter

(9) Wheat, rice and maize are called\_\_\_\_\_\_\_\_\_ .

(a) cereals (b) pulses

(c) vegetables (d) fruits

(10) Gram, chickpea, kidney beans etc. are called\_\_\_\_\_\_\_\_ .

(a) fruits (b) vegetables

(c) pulses (d) cereals

(11) Fruits and vegetables protect us from\_\_\_\_\_\_\_\_.

(a) virus (b) mosquito

(c) diseases (d) animals

(12) We should drink plenty of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

(a) water (b) juice

(c) tea (d) coffee

(13) Wheat is a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

(a) vegetable (b) fruit

(c) pulses (d) cereals

(14) Junk food is \_\_\_\_\_\_\_\_ for our health.

(a) good (b) nice

(c) healthy (d) unhealthy

(15) Plants give us \_\_\_\_\_\_\_\_\_\_.

(a) egg (b) pulses

(c) milk (d) meat

 ***Food from Animals***

(1) We get milk from \_\_\_\_\_\_\_\_ .

(a) Hen (b) Cow

(c) Fruit (d) Plant

(2) \_\_\_\_\_\_\_\_\_\_are made from milk.

(a) ghee (b) curd

(c) both (a) and (b) (d) none of these

(3) Things like ghee, curd, cheese, butter etc. are made from \_\_\_\_\_\_\_\_\_

(a) milk (b) wheat

(c) maize (d) rice

(4) We get eggs and meat from\_\_\_\_\_\_\_\_

(a) animals (b) plants

(c) both a and b (d) cant’say

(5) We get \_\_\_\_\_\_\_\_\_\_\_ from animals.

(a) (b)



(c) (d) all of these

(6) We eat food to grow.

(a) get energy (b) healthy

(c) strong (d) all of these

(7) We should eat \_\_\_\_\_\_\_\_\_ food.

(a) healthy (b) waste

(c) junk food (d) all of these

(8) \_\_\_\_\_\_\_\_\_ helps in the growth of your body

(a) Fish (b) burger

(c) noodles (d) cake

(9) we should eat following to remain fit:



(a) (b)

(c)

 (d) all of these

(10) Which of the following are not food items?

(a) icecream (b) pastry

(c) smart phone (d) choclates

(11) We get honey from…….

(a) cow (b) Bee

(c) Goat (d) Hen



(12) See The picture and tell this animal gives us

(a) egg (b) honey

(c) milk (d) curd

(13) Can you name the fruit which is called by its colour

(a) banana (b) orange

(c) grapes (d) apple

(14) Children should drink a glass of milk …………..?

(a) daily (b) sometimes

(c) in a week (d) don’t drink

(15) we should wash our \_\_\_\_\_\_\_\_ before eating.

(a) hands (b) hair

(c) stomach (d) toes