Sources of Food: Plants and Animals Exercise

A. Multiple Choice Questions (MCQs).

Choose the correct answer from the following:

1. How many types of plants are cultivated for food?

a. 2000 b. 1000 c. 1500 d. 3500

2. Which of the following is not a root vegetable?

a. potato b. carrot c. spinach d. reddish

3. Which of the following is not a leaf vegetable?

a. spinach b. lettuce c. cabbage d. brinjal

4. Which of the following is not a dairy product?

a. paneer b. cheese c. butter d. soft drink

B. Fill in the blanks.

1. The two main sources of food are _____ and _____ .

2. _____ is a direct product taken from animals.

3. _____ serve as a good source of food for humans and animals.

4. Cows, buffaloes and goats all provide us _____.

C. State whether the given statements are True or False.

1. Food is consumed only by the human beings.
2. Junk food makes us stay fit physically as well as mentally.
3. Meat is a direct product from animals.
4. Spinach is a root vegetable.

D. Answer the following questions.

1. Define food.
2. Name some leafy vegetables.
3. Name some root vegetables.
4. What are the things that a healthy nutritious food must contain?
5. Mention the sources of food.

Life Skill

A. Conservation of food resources:

Some methods of avoiding wastage of food in daily life are given below:

1. **Use only healthy and fresh food.**
2. **Do not throw eatable food.**
3. **Do not leave food in your plate.**

B. Chart

Make a chart showing different kinds of food.

C. Group discussion

Arrange a classroom discussion on the advantages of healthy and nutritious food.