



BIOLOGY

BOOKS - SRS PUBLICATION

THE FOOD WE NEED

Question Bank

1. Salt is obtained from



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2. The materials which are required to prepare food are known as



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3. We useto preserve food for some time



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4. Eating foods after the expiry date may damage our



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5. Choose the correct answer the method of preparing idly is.....

A. roasting

B. fermentation

C. steaming

D. boiling

Answer: C



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6. Choose the correct answer the source of sugar is.....

A. plant

B. animal

C. sea

D. all of these

Answer: A



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7. Match the following words from group A with group B

Group - A		Group - B
A. Raagulu	(4)	1. Pearl millet
B. Sajjalu	(1)	2. Proso millet
C. Jonnalalu	(5)	3. Foxtail millet
D. Korratalu	(3)	4. Finger millet
E. Samalu	(2)	5. Great millet



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8. Write some examples of animal and plant food materials



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9. Find out the ingredients of the given food items potato curry



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10. Find out the ingredients of the given food items coconut chutney



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11. Find out the ingredients of the given food items gulab jamun



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12. Find out the ingredients of the given food items pongali



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13. How does food get spoil write its effect on human health



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14. If you have a chance to meet a chef what question you will ask about preparing tasty foods?



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15. Write down the process of making any food item which you like



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16. Draw some fruit and vegetables diagram which you like



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17. Prepare slogans on wastage of food



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18. Suppose fish are given to you how would you preserve them?



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19. Suppose raw mango are given to you how would you preserve them?



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20. Suppose lemons are given to you how would you preserve them?



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21. Collect any wrapper of packaged food read the information in detail and answer the following questions when was it manufactured and how long can we use it?



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22. Collect any wrapper of packaged food read the information in detail and answer the following questions what ingredients does it contain name them?



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23. List out the names of some plants that grow in your village which parts of it are used as food?



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24. In your class with the help of your teacher form in groups of 5 or 6 students, make a fruit chat or vegetable salad and eat it. How do you feel ? Write few lines about your experience.



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25. Find out from your parents about the various methods of preserving food and write notes on it.



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26. collect information about the main food habits of different states of India. Refer the atlas, library books and discuss with your teacher.



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27. Collect information regarding our traditional food from your grandparents



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28. Some food items and its ingredients have been listed below write the source of each ingredient in table 4

ns. **Table 4: Ingredients used to prepare food items and their sources.**

S.No	Food item	Ingredients	Sources (Plant, Animal, Others)
1.	Cooked rice	Raw rice	Plant
		Water	Other
2.	Payasam	Sugar	Plant
		Dry fruits	Plant
		Ghee	Plant
		Milk	Animal
3.	Chutney	Groundnut/ Coconut	Plant
		Oil	Plant
		Chillies	Plant
		Salt	Other
4.	Pulihora	Rice	Plant
		Lemon	Plant
		Oil, Salt	Plant
		Green chillies	Plant



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29. Can you identify which part of the plants in table is edible?

TABLE - 2. Plant parts of food.

s.

S.No	Name of the plant	Parts that we eat
1.	Mango	Fruit
2.	Mint (Pudina)	Leaves
3.	Sugarcane	Stem
4.	Potato	Stem
5.	Onion	Bulb, leaves
6.	Cauliflower	Flower
7.	Groundnut	Seeds
8.	Tomato	Fruit
9.	Rice	Seeds
10.	Greengram	Seeds
11.	Cabbage	Leaves
12.	Apple	Fruit

name the plant parts which we eat



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30. Can you identify which part of the plants in table 5 is edible?

TABLE 5.1: Name of the plant

s.

S.No.	Name of the plant	Parts that we eat
1.	Mango	Fruit
2.	Mint (Pudina)	Leaves
3.	Sugarcane	Stem
4.	Potato	Stem
5.	Onion	Bulb, leaves
6.	Cauliflower	Flower
7.	Groundnut	Seeds
8.	Tomato	Fruit
9.	Rice	Seeds
10.	Greengram	Seeds
11.	Cabbage	Leaves
12.	Apple	Fruit

do we also use flower as food.



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31. Now a day we see a lot of oods is being wasted in all places food wastage is happening in our houses school and other places (hostels hotels etc)on daily and special occasions what are the ways we can think of to avoid wastage of food discuss with your teacher.



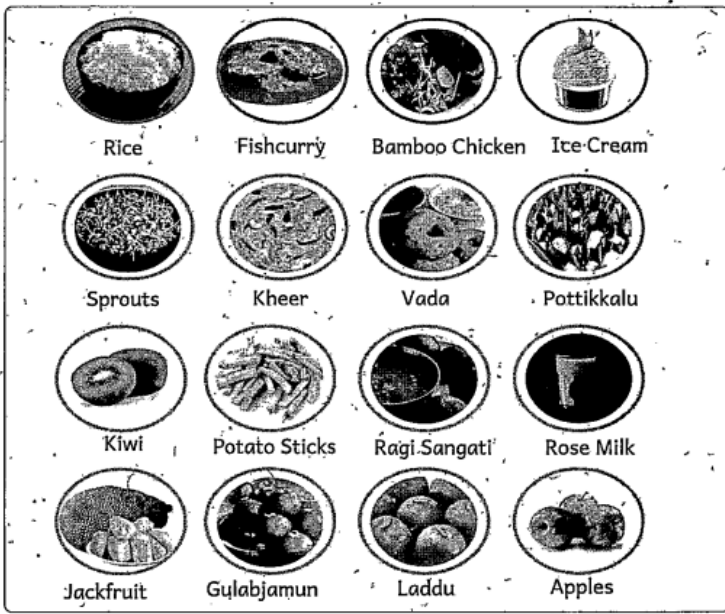
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32. Does everyone around you get enough food to eat ?if not why?



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33. Write the names of the above food items in the table given below



I like to eat	I don't like to eat	I have never eaten before	I have never seen before
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34. What did you eat yesterday make a list ask your classmates what they ate yesterday and write in the table below



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35. Did all the students eat the same type of food?



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36. Are there any common food items in your and your friends list?



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37. Prepare menu chart of the food served for a week during mid day meal in your school?



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38. List out some food items and mention the ingredients required to prepare them in the

table given below

S.No	Food items
1.	Poori, Curry
2.	Chicken curry
3.	Onion pakodi
4.	Jilebi



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39. Prepare your favourite food item and write the procedure in preparing it



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40. list out different preservatives used at your home and discuss the groups about the different preservative methods ask your parents the other way of preserving the food they follow and fill in the table 7 given below



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41. What are the common food usually eaten by you?



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42. What are the ingredients and write the ingredients required to prepare pachi pulusu.



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43. Why are the onions used as an ingredient in most of the curries?



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44. How does food get its taste?



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45. What are condiments ?give some examples.



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46. How can be idli made soft and smooth?



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47. Ask your friend to think the name of any food. Now you have to guess its name. For this you can ask some question. Your friend can only answer in Yes or No . What/How many

questions did you ask before you could guess the answer ?



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48. Ram is eating lay chips packet his grand mother warned ram not to eat packet foods. Ram got a doubt what did their grandparents eat as snacks guess the question asked by Ram.



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49. Ask your father why we should not eat junk foods? frame a few questions



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50. Sarayu likes potato curry very much she asked her mother the process of making potato curry she told her the process write in detail



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51. Write down the process of making cake in lock down period with the ingredients present in the kitchen



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52. Make a list of animals and insects from which we get food



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53. Complete the following table with the part of the plant we eat



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54. Read the passage and answer the following questions. Hari's favourite food item is egg biryani he learns to make it by himself to make it he uses ingredients rice, salt, jeera, tomato, onion potato, egg, bay leaves pepper, cardamom, clove, ghee, etc at the end he also

uses some cashew nuts

what is the food item prepared?



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55. Read the passage and answer the following questions. Hari's favourite food item is egg biryani he learns to make it by himself to make it he uses ingredients rice salt jeera tomato onion potato egg bay leaves pepper cardamom clove ghee etc at the end he also

uses some cashew nuts which ingredients are obtained from plants?



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56. Read the passage and answer the following questions. Hari's favourite food item is egg biryani he learns to make it by himself to make it he uses ingredients rice salt jeera tomato onion potato egg bay leaves pepper cardamom clove ghee etc at the end he also

uses some cashew nuts

which ingredients are obtained from animals?



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57. Read the passage and answer the following questions. Hari's favourite food item is egg biryani he learns to make it by himself to make it he uses ingredients rice salt jeera tomato onion potato egg bay leaves pepper cardamom clove ghee etc at the end he also uses some cashew nuts

what is the ingredient which is from neither a plant nor an animal?



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58. Read the passage and answer the following questions. Hari's favourite food item is egg biryani he learns to make it by himself to make it he uses ingredients rice salt jeera tomato onion potato egg bay leaves pepper cardamom clove ghee etc at the end he also

uses some cashew nuts

what are the spices used?



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59. Read the passage and answer the following questions. Hari's favourite food item is egg biryani he learns to make it by himself to make it he uses ingredients rice salt jeera tomato onion potato egg bay leaves pepper cardamom clove ghee etc at the end he also

uses some cashew nuts

what is the dry fruit used?



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60. Look at the following food preparation methods and complete it with relevant

examples.

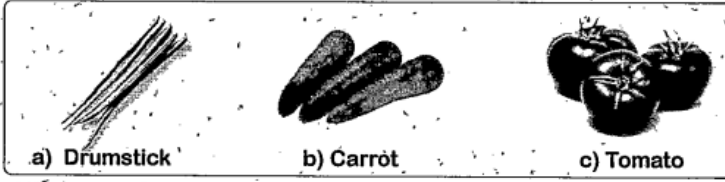
Cooking methods
1. Boiling
2. Deep frying
3. Roasting
4. Fermentation



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61. Identify the following vegetables write the names of the dishes that can be prepared by

using them



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62. Draw the diagram of citrus fruits you know and write the uses of them



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63. Differentiate the food habits of the people of our state and rajasthan



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64. Write any 4 plants that store food in their stems.



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65. What is the precaution to be taken while preparing upma?



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66. What are preserved with sugar or honey?



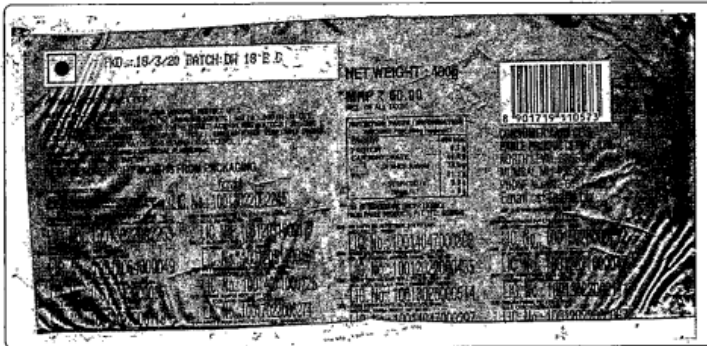
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67. Name some practices of food preparation to avoid loss of nutrient values



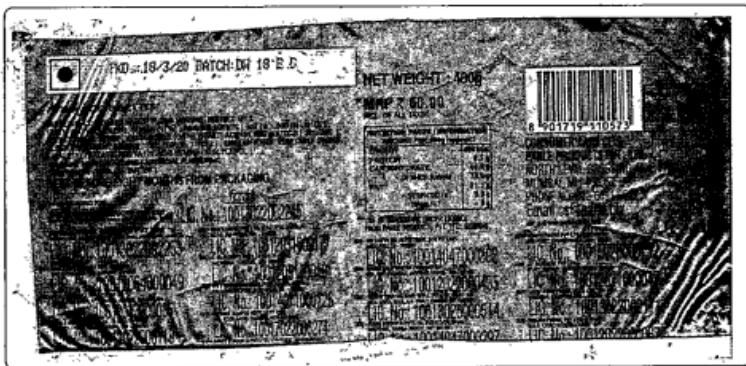
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68. Observe the given wrapper of packed food and answer the following questions when was it manufactured?



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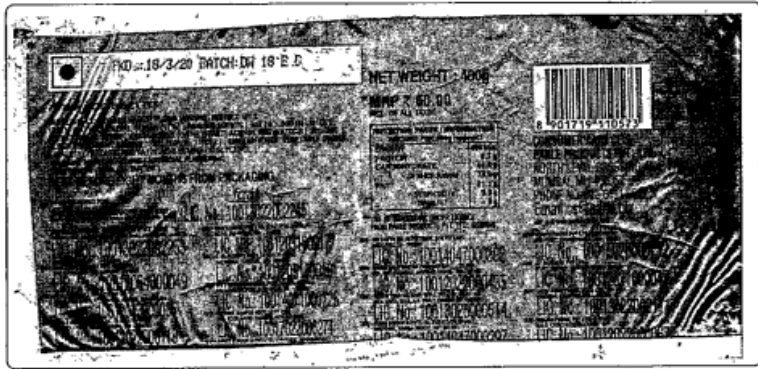
69. observe the given wrapper of packed food and answer the following questions what is the date of expiry



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70. Observe the given wrapper of packed food and answer the following questions how long

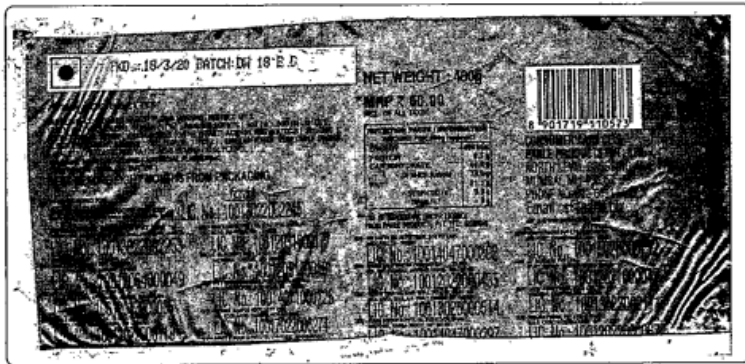
can we use it



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71. Observe the given wrapper of packed food and answer the following questions what

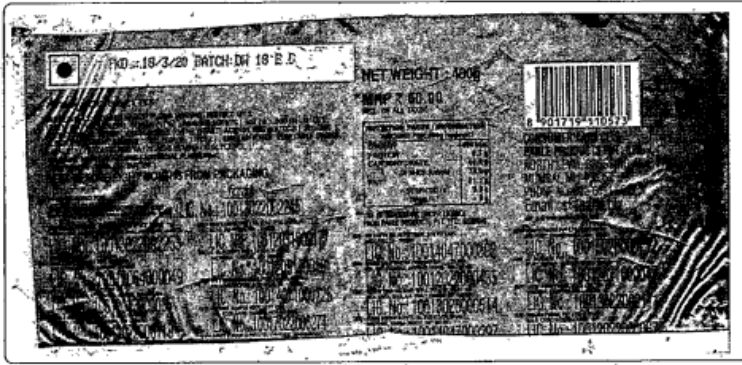
ingredients does it contain



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72. Observe the given wrapper of packed food and answer the following questions what you

observe on the wrapper which is eco friendly?



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73. Write a few health tips



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74. Which is healthier among idly and poori?



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75. Make a list of animals and insects from which we get food write the names of these animals on slips of paper on the other side of the slip write the names of food we get from the animals milk eggs or meat



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76. Choose the correct pair of food item and its source

A. potato chips:animals

B. honey:animals

C. turmeric:animals

D. cooking oil:animals

Answer: B



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77. Which of the following is mainly used for preservation of fruits like apple

A. sugar syrup

B. oil

C. chilli powder

D. salt solution

Answer: A



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78. Which of the following method of food preparation is used for making idlis?

A. shallow fry

B. steaming

C. boiling

D. roasting

Answer: B



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79. Which of the following ingredients are used to prepare payasam (kheer)?

A. a. milk-dry fruits

B. b. milk-chillies

C. c. water-ghee

D. d. spinach-milk

Answer: A



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80. Match the following.

- | | |
|------------|----------------|
| 1. Chicken | a) Shallow fry |
| 2. Kababs | b) Steaming |
| 3. Modaks | c) Roasting |



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81. What are the ingredients of preparing chapati?

A. a. atta only

B. b. water only

C. c. both atta and water

D. d. milk only

Answer: C



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82. Which of the following part of the plant is used for food?

A. a. leaves

B. b. seeds

C. c. roots

D. d. all of these

Answer: D



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83. Eating junk food causes.....



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84. Which of the following is not a milk product?

A. a. butter

B. b. cheese

C. c. honey

D. d. yogurt

Answer: C



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85. Choose the odd one out

A. a. rice

B. b. ghee

C. c. oil

D. d. lemon

Answer: B



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86. The following ingredients are used to preparefood item

Onions, salt, oil, chilli powder, besan flour, rice powder

A. pizza

B. pakodi

C. burger

D. potato chips

Answer: B



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87. Choose the wrong statement from the following

A. A. the staple food of our state is rice

B. B. north indian main foods is
chapati/roti

C. C. the materials which are required to
prepare food are known as preservatives

D. D. the ingredients used for preparing
Rice are rice grains and water

Answer: C



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88. Choose the mismatched pair

A. A. sugar syrup-jam

B. B. drying-fish

C. C. adding salt-milk

D. D. bottling-wine

Answer: C



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89. What do you have to observe while purchasing packed foods?

A. a. date of manufacture

B. b. date of expiry

C. c. both A and B

D. d. ingredients

Answer: C



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90. Find the odd one out

A. cardamom

B. curry leaves

C. black pepper

D. nutmeg

Answer: B



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91. What is the name of the group for spinach, mustard leaves, lettuce?



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92. Which of the following food items are prepared after fermentation?

A. bread

B. idly

C. dosa

D. all of the above

Answer: D



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93. Which of the following is a chemical preservative?

A. salt

B. sugar

C. benzoate

D. honey

Answer: C



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94. Choose the incorrect ingredient for preparing mango pickle

A. mango pieces

B. pods of garlic

C. sugar

D. oil

Answer: C



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95. Choose the correct sequence in preparing upma

A. add rava to boiled water

B. chop the vegetables into pieces

C. pour oil in the pain

D. add vegetable pieces and salt in the oil

and add required quantity of water

Answer: B



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96. What ingredients do you have to add to the list given below to prepare potato curry?

A. salt

B. rice

C. chilli powder

D. both A and C

Answer: D



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97. What ingredients are required to prepare rice

A. rice

B. water

C. bowl

D. both A and B

Answer: D



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98. The part that we eat from tomato plant.....



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99. Which of the following parts of the plant are not so widely used?

A. a. leaves and seeds

B. b. leaves and roots

C. c. stem and flowers

D. d. both A and B

Answer: C



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100. Read the given table and answer the following questions which state's food habit is coconut oil flavoured items?

State	Food habits
Andhra Pradesh	Rice, curry, idly, dosa
Punjab	Chapathi, roti, curry
Odisha	Rice, curry
Kerala	Coconut oil flavoured items
Tamilnadu	Sambar, idly, rice

A. andhra pradesh

B. odisha

C. kerala

D. tamil nadu

Answer: C



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101. Read the given table and answer the following questions which two states share two common food items

State	Food habits
Andhra Pradesh	Rice, curry, idly, dosa
Punjab	Chapathi, roti, curry
Odisha	Rice, curry
Kerala	Coconut oil flavoured items
Tamilnadu	Sambar, idly, rice

A. andhra pradesh and kerala

B. tamil nadu and odisha

C. punjab and odisha

D. andhra pradesh and odisha

Answer: D



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102. Read the given table and answer the following questions what is the nearest state to andhra pradesh that shares rice as a food habit?

State	Food habits
Andhra Pradesh	Rice, curry, idly, dosa
Punjab	Chapathi, roti, curry
Odisha	Rice, curry
Kerala	Coconut oil flavoured items
Tamilnadu	Sambar, idly, rice

A. odisha

B. punjab

C. tamil nadu

D. both A and C

Answer: C



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103. Read the given table and answer the following questions which state has the food

habits of roti,curry,chapati?

State	Food habits
Andhra Pradesh	Rice, curry, idly, dosa
Punjab	Chapathi, roti, curry
Odisha	Rice, curry
Kerala	Coconut oil flavoured items
Tamilnadu	Sambar, idly, rice

A. andhra pradesh

B. punjab

C. kerala

D. odisha

Answer: B



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104. Read the given table and answer the following questions guess the state which has mostly same food habits of punjab

State	Food habits
Andhra Pradesh	Rice, curry, idly, dosa
Punjab	Chapathi, roti, curry
Odisha	Rice, curry
Kerala	Coconut oil flavoured items
Tamilnadu	Sambar, idly, rice

- A. haryana
- B. maharashtra
- C. uttar pradesh
- D. all of the above

Answer: D



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105. Read the given table and answer the following questions which of the method of preparation in which food item is eaten raw?

Method of Preparation	Food items
Boiling	Rice, dāl, eggs, potatoes
Steaming	Idly, modaks, dhokla
Fermentation	Bread, dosa
Cutting and mixing	Vegetable salad, fruit salad

A. boiling

B. steaming

C. cutting and mixing

D. all of the above

Answer: C



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106. Read the given table and answer the following questions which food item can be prepared by boiling

Method of Preparation	Food items
Boiling	Rice, dal, eggs, potatoes
Steaming	Idly, modaks, dhokla
Fermentation	Bread, dosa
Cutting and mixing	Vegetable salad, fruit salad

A. idly

B. dal

C. potatoes

D. both B and C

Answer: D



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107. Read the given table and answer the following questions bread is prepared by

Method of Preparation	Food items
Boiling	Rice, dāl, eggs, potatoes
Steaming	Idly, modaks, dhokla
Fermentation	Bread, dosa
Cutting and mixing	Vegetable salad, fruit salad

A. steaming

B. boiling

C. fermentation

D. both A and C

Answer: C



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108. Write the name of the group

Wheat	Rice	Maize
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A. vegetables

B. food grains

C. spices

D. dry fruits

Answer: B



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109. Choose the name of the group

Beans	Moonig ^s
Soyabean	Peas ^s

A. food grains

B. pulses

C. spices

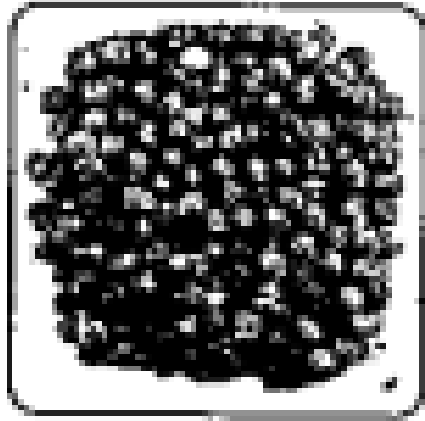
D. vegetables

Answer: B



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110. Identify the spice in the given picture



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111. All of the above come under

Almonds

Walnuts

Cashew nuts

All of the above come under

A. spices

B. dry fruits

C. vegetables

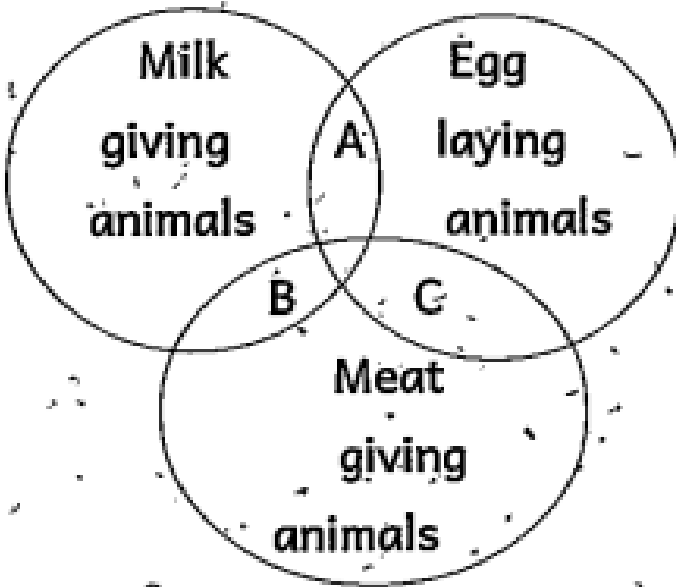
D. pulses

Answer: B



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112. Give an example for animal present in B



A. hen

B. duck

C. goat

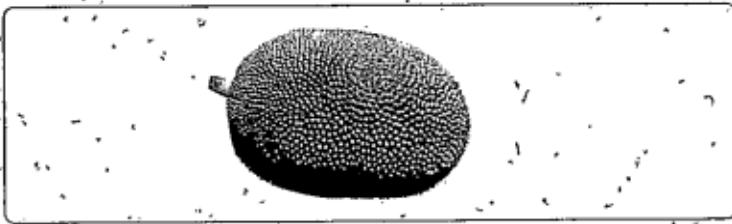
D. rabbit

Answer: C



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113. Identify the fruit given in the diagram



A. apple

B. jackfruit

C. custard apple

D. nutmeg

Answer: B



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114. Which state is known as India's spice garden?

A. andhra pradesh

B. tamil nadu

C. kerala

D. punjab

Answer: C



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115. World food day is celebrated every year across the world on

A. 14th october

B. 16th october

C. 20th october

D. 31st october

Answer: B



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116. Choose the correct abbreviation of F.A.O.

A. forest act organisation

B. food act organisation

C. food and agriculture organisation

D. forest and agriculture organisation

Answer: C



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117. According to UNDP upto...% of the food produced in India is wasted

A. 0.2

B. 0.4

C. 0.6

D. 0.8

Answer: B



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118. According to the state of food security and nutrition in the world 2018 report ...million people are undernourished in India

A. 129.9

B. 159.9

C. 179.5

D. 195.9

Answer: D



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119. Some people make different types of designs and decorations with vegetables and fruits this is called...

- A. preservation
- B. preparation
- C. both A and B
- D. carving

Answer: D



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120. Suppose in your house A gathering party is organised most of the food cooked was left over choose the correct option regarding the above situation

A. don't bother and leave it like that

B. throw it in the waste bin

C. distribute it to the poor and hungry

D. distribute it among the gathered people

Answer: C



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121. The following is needed for a healthy immune system

A. A.fiber

B. B.vitamin K

C. C.vitamin C

D. D.vitamin A

Answer: C



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122. Find the odd one out

A. A. chocolate milk

B. B. cream cheese

C. C. salad dressing

D. D. ice cream

Answer: C



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123. Which of the following is a function of food?

- A. A. it keeps us healthy and fit
- B. B. it keeps us free from diseases
- C. C. it gives us energy to do work
- D. D. all of the above

Answer: D



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124. Identify the natural food preservatives from the following

A. A. salt,oil

B. B. turmeric powder

C. C. sugar,honey

D. D. all of the above

Answer: D



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125. In food processing industries benzoates, nitrates, sulphates are used as....

- A. A. food Additives
- B. B. taste enhancers
- C. C. food preservatives
- D. D. for flavouring

Answer: C



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