



# BIOLOGY

## BOOKS - VGS PUBLICATION-BRILLIANT

### OUR FOOD

#### Exercise

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



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2. Find out the ingredients of Pachipulusu.



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3. Find out the ingredients of coconut chutney.



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4. Find out the ingredients of jilebi.



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5. Find out the ingredients of onion pakodi.



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6. Write down the process of making upma or any other snack of your choice.



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7. Collect any wrapper of packaged food . Read the information details and answer the questions:

When was it manufactured and how long can we use it ?



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8. Collect any wrapper of packaged food . Read the information details and answer the

questions:

What ingredients does it contain, name them?



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**9.** Shahina's mother cooks always plain rice! If the same rice is used to make kichidi, Payasam or biryani how would you feel eating those ?



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



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**11.** Some food material is given below, what are the different possible ways of cooking them? Find out and write them: Meat –Groundnuts – Potatoes – Spinach.



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**12.** 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 exeprience.



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**13.** 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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**14.** 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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**15.** List out ingredients needed to make vada. Are they same for dosa ? Identify the differences in your list.



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



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**17.** 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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**18.** Suppose if fish /raw mango /lemons are given to you how would you preserve them?



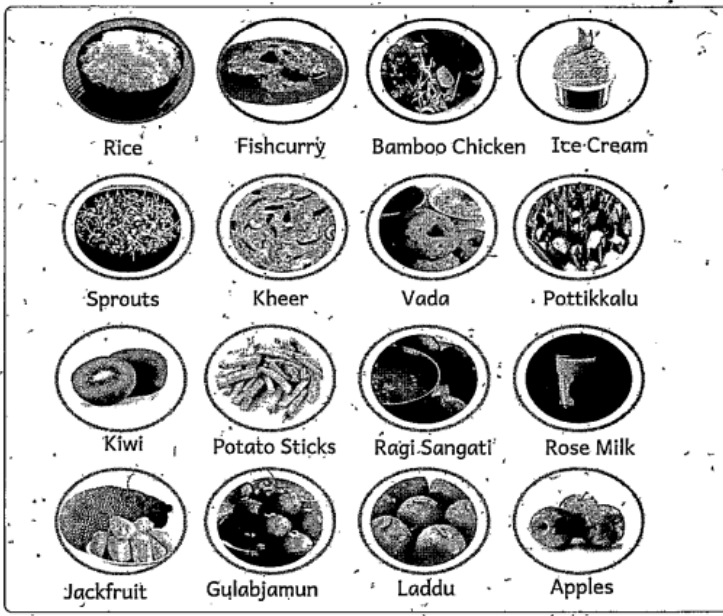
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**19.** Make a list of animals and insects from which we get food write the names of these animals on slips of paper on the other side of the slip write the names of food we get from the animals milk eggs or meat



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**20.** 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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21. Write some common food items eaten by you and your friends.

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**22.** Do all the students eat the same type of food items?



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**23.** What food is served in your school at midday meal?



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**24.** What are the materials required to prepare biriyani?



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**25.** How many materials are required for cooking boiled rice? What are they?



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



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**27.** Write the required ingredients for Chicken curry,



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**28.** Write the required ingredients for Pallikaram-rice.



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**29.** Ask you mother and write about the preparation of Tomato curry.



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**30.** How does food get its taste?





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**31.** What do you know about vegetable carving ? What is the use of it ?



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**32.** What are preserved with sugar or honey?



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**33.** What do you mean by staple food?



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



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**35.** Which one offers more energy- one banana or 100 grams of grapes?



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**36.** What do you understand by the term ingredients during the preparation of food?



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**37.** Where do the ingredients of food come from?



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**38.** What do we get from animals?



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**39.** Mention some sources of a meat.



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**40.** Give a brief description of the plants and their different parts we eat.



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**41.** Under which category do you put table salt?



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**42.** What are condiments ?give some examples.



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**43.** Write at least two names of dried fruits.



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**44.** Where do these condiments and dry fruits grow? Mention about their availability?



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**45.** Which parts of the plants do we generally use?



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**46.** Do we use flowers as food? Which plants are these?



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**47.** Is there any plant whose whole body is eaten?



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**48.** Why do we produce more rice?



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**49.** When can you become strong and energetic?



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**50.** How is idly made?



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51. What are used as preservatives while making pickles?



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52. Which part of sugarcane is used as food?

A. Root

B. Leaves

C. Stem

D. Fruit

**Answer:**



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**53.** Drumstick is a

A. Stem

B. Fruit

C. Leaf

D. None

**Answer:**



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**54.** Roosters are used as

- A. Meat
- B. Egg producers
- C. Milk producers
- D. All the above

**Answer:**



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55. Among the following which is a condiment?

A. Almond

B. Kismis

C. Cashewnut

D. Ilaichi

**Answer:**



56. In Mustard which is used as food?

A. Fruit

B. Seed

C. Stem

D. Root

**Answer:**



57. The main food in Rajasthan is

A. Rice

B. Biryani

C. Roti

D. All the above

**Answer:**



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58. Which of the following items is prepared by steaming?

A. Poori

B. Dosa

C. Rice

D. Idli

**Answer:**



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**59.** Fruits are often preserved in

A. Salt

B. Turmeric powder

C. Sugar syrup

D. None

**Answer:**



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**60.** Preservatives are used for



A. Fast cooking

B. Enriching the taste

C. To preserve food for some time

D. All the above

**Answer:**



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**61.** Fish are preserved by this method

A. Steaming

B. Drying

C. Frying

D. Boiling

**Answer:**



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**62.** Tomatoes contain this vitamin

A. Vitamin K

B. Vitamin E

C. Vitamin D

D. Vitamin C

**Answer:**



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**63.** Onion contains excellent

A. Anti oxidants

B. Anti-allergy substances

C. Antihistamine properties

D. All the above

**Answer:**



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**64.** Which of the following are expensive?

A. Vegetables

B. Dry fruits

C. Honey

D. Fruits

**Answer:**



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**65.** Taste of food is based on its

- A. Ingredients
- B. Preservatives
- C. Serving
- D. Carving

**Answer:**



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**66.** Peanuts contain beneficial

A. Carbohydrates

B. Vitamin D

C. Protein

D. Fat

**Answer:**



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67. Among the following which is hard to digest?

A. Leafy Vegetables

B. Peanuts

C. Carrot

D. Ginger

**Answer:**



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68. \_\_\_\_\_ is the main food item in Haryana.

A. Maize

B. Rice

C. Chapati

D. Bajra

**Answer:**



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69. \_\_\_\_\_ belongs to condiments.

A. Pepper

B. Cabbage

C. Carrot

D. Kismis

**Answer:**



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70. \_\_\_\_\_ is the preservative of jams and fruit juice.

A. Drying

B. Adding only salt

C. Adding salt, chill powder and oil

D. Honey

**Answer:**



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71. In \_\_\_\_\_ process Idli is prepared.

A. Boiling

B. Steaming

C. Frying

D. Roasting

**Answer:**



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72. For cooking boiled rice we need only

A. Rice

B. Water

C. Rice and water

D. Salt

**Answer:**



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**73.** Which of the following items is prepared by Fermentation?

A. Eggs

B. Potatoes

C. Jilebi

D. Fish

**Answer:**



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**74. We get vegetables and fruits from**

A. Plants

B. Animals

C. Birds

D. All the above

**Answer:**



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**75.** In carrot which is used as food?

A. Seed

B. Root

C. Stem

D. Fruit

**Answer:**



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**76.** In cabbage which is used as food?

A. Seed

B. Root

C. Stem

D. Leaves

**Answer:**



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**77.** What are the ingredients of preparing chapati?

A. Atta only

B. Water only

C. Both atta and water



D. None of these

**Answer:**



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**78.** Which of the following is not an ingredient for preparing Dal?

A. Salt

B. Oil

C. Pulses

D. Kerosene

**Answer:**



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**79.** Materials required to prepare a food item are called

A. Minerals

B. Ingredients

C. Nutrients

D. All the above

**Answer:**



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**80.** The part of a banana plant not used as food is

A. Root

B. Stem

C. Fruit

D. Flower

**Answer:**



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**81.** Humans are

A. Omnivores

B. Herbivores

C. Carnivores

D. None of these

**Answer:**



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**82. Which of the following gives eggs?**

A. Duck

B. Cow

C. Donkey

D. Goat

**Answer:**



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**83.** Which of the following is not a milk product?

A. Butter

B. Cheese

C. Honey

D. Yogurt

**Answer:**



84. The habit of eating all varieties of vegetable food items makes us

A. Strong

B. Energetic

C. Both A & B

D. None

**Answer:**



85. We see fish being \_\_\_\_\_ for preservation.

A. Smoked

B. Roasting

C. Boiling

D. Steaming

**Answer:**



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86. We eat the \_\_\_\_\_ of Cauliflower plant.

A. Stem

B. Flower

C. Root

D. Leaves

**Answer:**



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87. I am cooked on steam. Who am I?

A. Idly

B. Vada

C. Bajji

D. Dosa

**Answer:**



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**88.** Assertion (A) : Various materials needed to prepare a food item are called ingredients.

Reason (R) : To prepare a dish of boiled rice we need just two materials.

A. Both A and R are true and R is the correct explanation of A.

B. Both A and R are true and R is not the correct explanation of A.

C. A is true but R is false.

D. A is false but R is true.

**Answer:**



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**89.** Assertion (A) : Food provides energy for life activities and also protects the body from several diseases and keeps it fit and healthy.

Reason (R) : Rice and wheat are cereal foods. They are obtained from animal source.

A. Both A and R are true and R is the correct explanation of A.

B. Both A and R are true but R is not the correct explanation of A.

C. A is true but R is false.

D. A is false but R is true.

**Answer:**



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**90.** Statement (i) : People living in different parts of India eat same kind of food.

Statement (ii) : There is a great variety of food available in different parts of world.

A. Statement (i) is correct while statement (ii) is incorrect.

B. Statement (ii) is correct while statement (i) is incorrect.

C. Both (i) and (ii) are correct

D. Both (i) and (ii) are incorrect

**Answer:**



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91. Statement (i) : All plants are edible.  
Statement (ii) : Only fruits of a plant are edible. Statement (iii) : Some plants are poisonous.

- A. Only statement (i) is correct
- B. Statement (i) and (ii) are correct
- C. Statement (iii) is correct
- D. All are incorrect

**Answer:**



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**92.** Statement (i) : All the ingredient are either of plant or animals origin. Statement (ii) : Honey is obtained from bees.

A. Statement (i) is correct but (ii) is incorrect

B. Statement (i) is incorrect but (ii) is correct

C. Both are correct

D. Both are incorrect.



**Answer:**



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**93. We collect from bee hive**

A. Honey

B. Nectar

C. Both (A) and (B)

D. None of these

**Answer:**



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94. The material for production of honey is obtained from which part of the tree?

A. Root

B. Stem

C. Leaves

D. Flower

**Answer:**



**95.** Which of the following food items are not of plant source?

- A. Grains
- B. Cereals
- C. Milk
- D. Fruits

**Answer:**



