

LESSON 5
FOOD WE EAT
REVISION

Q1. We eat food when we feel _____

- a. Hungry
- b.sleepy
- c. happy

Ans Hungry

Q2. Food makes us strong and _____

- a. Healthy
- b. sleepy
- c. wealthy

Ans Healthy

Q3. We get food from plants and animals .

- A. True
- B. False

Ans True

Q4. We get _____ from plants

- A. Fruits and vegetables
- B. Egg ,milk , curd

Ans A .Fruits and vegetables

Q5. The fruits we get from plants are

- A. Papaya, kiwi, orange , mango
- B. Ladyfinger, potato, tomato

Ans . Papaya, kiwi, orange , mango

Q6. Wheat, rice , maize are some _____

- A. Cereals.
- B.Pulses

Ans Cereals

Q7. Different types of dals , Kidney beans and grams are _____

- A. Pulses
- B. Cereals

Ans Pulses

Q8. Cows, buffaloes and goats give us _____

- A. Milk
- B. Eggs

Ans : Milk

Q9. Hens and ducks give us _____

- A. Egg
- B. Milk
- C. butter

Ans : Eggs

Q10. How many main meals do we eat in a day ?

- A. One
- B. Two
- C. Three

Ans C. Three

Q11. We have _____ in the morning.

- A. Breakfast
- B. Lunch
- C. Dinner

Ans Breakfast

Q12. We have _____ in the afternoon .

- A. Dinner
- B. Lunch
- C. Breakfast

Ans Lunch

Q13. We have _____ at night

A. Breakfast

B. Dinner

C. Lunch

Ans Dinner

Q14. Milk, Eggs, Fish and Pulses help us to grow

A. True

B. False

Ans A. True

Q15. Rice, wheat, sugar and butter give us _____.

A. Grow

B. Energy

C. Healthy

Ans Energy

Q16. Fruits and vegetables keep us _____

A. Healthy

B. Sick

C. sad

Ans A. Healthy

Q17. Tick the good food habit

A. Do not wash your hands before and after eating .

B. Rinse your mouth after eating

C. Talk and eat

Ans Rinse your mouth after eating.

Q18. What is a bad habit , tick it

A. Waste food

B. Do not waste food

C. Drink plenty of water

Ans A. Waste food

Q19 We get milk from plants

A. True

B. False

Ans False

Q 20 Some food help us to grow,some keeps us healthy and some gives us energy

A True

B. False

Ans A True
