Food We Eat

Standard difficulty · 20 questions · 40 marks · Time: 54 minutes

Name: _____ Date: _____ Score: ____ / 40

Show your working for Sections B and C. Answers are on the last page — try every question first!

Section A — Choose the correct answer — 8 × 1 = 8 marks

1. Salt and water are foods that come from:
   (a) animals **(b)** both plants and animals
   (c) plants **(d)** neither plants nor animals

2. How does honey taste?
   (a) salty **(b)** spicy **(c)** sweet **(d)** bitter

3. When we eat guava, which part of the plant do we eat?
   (a) seed **(b)** stem **(c)** root **(d)** fruit

4. Which of these drinks keeps us cool in summer?
   (a) tender coconut water **(b)** steaming hot milk
   (c) hot lentil soup **(d)** hot vegetable stew

5. Which of these is a HEALTHY food?
   (a) a packet of chips every day **(b)** fried snacks all day
   (c) sprouts **(d)** instant noodles for every meal

6. Which of these foods comes from an ANIMAL?
   (a) wheat **(b)** sugar **(c)** an egg **(d)** spinach

7. Shirin drinks 7 glasses of water every day. How many glasses does she drink in 9 days?
   (a) 70 glasses **(b)** 16 glasses **(c)** 63 glasses **(d)** 56 glasses

8. One banana costs ₹10. How much do 7 bananas cost?
   (a) ₹80 **(b)** ₹17 **(c)** ₹70 **(d)** ₹60

Section B — Short answer — 8 × 2 = 16 marks

9. Why do we need to eat and drink?

10. Write the taste (sweet, sour, bitter, spicy or salty): (a) a green chilli (b) a neem leaf

11. Does it come from a "plant" or an "animal"? (a) carrot (b) milk

12. Which part of the plant do we eat? (a) ginger (b) moong dal

13. Mother makes 25 rotis for 5 people and shares them equally. How many rotis does each person get?

14. For a fruit chaat, the class brought 2 apples, 5 bananas and 4 guavas. How many fruits did they bring?

15. One jug of nimbu pani fills 4 glasses. How many glasses will 7 jugs fill?

16. A family cooked 26 idlis and ate 24. How many idlis are left to share with neighbours?

Section C — Word problems — 4 × 4 = 16 marks

17. Draw a thali with a balanced lunch. Label each food on it.

18. At the market, tomatoes cost ₹50 a kilogram and a dozen bananas costs ₹60. Mother buys 1 kg of tomatoes and a dozen bananas. (a) How much does she spend? (b) She pays with a ₹200 note. How much does she get back?

19. Each of the 14 children in a class brings 3 pieces of fruit for a fruit chaat. (a) How many pieces of fruit are there? (b) Why is it good to make and share food together?

20. Sort these into plant foods and animal foods: dal, carrot, cheese, rice, ghee, honey. Then name one more of each.

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Answer key

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Q	Answer	Working
1	(d) neither plants nor animals	—
2	(c) sweet	—
3	(d) fruit	—
4	(a) tender coconut water	—
5	(c) sprouts	—
6	(c) an egg	—
7	(c) 63 glasses	7 × 9 = 63
8	(c) ₹70	7 × 10 = 70
9	Food gives us energy to work and play, helps us grow and keeps us healthy; water keeps the body working.	—
10	(a) spicy (b) bitter	—
11	(a) plant (b) animal	—
12	(a) stem (b) seed	—
13	5 rotis	25 ÷ 5 = 5
14	11 fruits	2 + 5 + 4 = 11
15	28 glasses	4 × 7 = 28
16	2 idlis	26 − 24 = 2
17	A thali with a grain, a pulse, vegetables, curd or milk, and fruit, all labelled.	—
18	(a) ₹110 (b) ₹90	1 × 50 + 60 = 110; 200 − 110 = 90
19	(a) 42 pieces (b) We share, everyone gets a mix of healthy fruits, and nothing is wasted.	14 × 3 = 42
20	Plant: dal, carrot, rice. Animal: cheese, ghee, honey. Plus one more correct example of each.	—

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