CH – 03

OUR FOOD

TICK THE CORRECT OPTION:

1.Which of the following is a dish from Punjab?

A. Dosa-sambhar

B. Fish and rice

C. Makki-ki-roti and sarson-ka-saag

D. Dal-batti-churma

Answer: C

2.Dosa-sambhar is famous in which state?

A. Punjab

B. Tamil Nadu

C. Rajasthan

D. Gujarat

Answer: B

3.Fish and rice is mainly eaten in:

A. Rajasthan

B. Punjab

C. West Bengal

D. Gujarat

Answer: C

4.Dal-batti-churma belongs to:

A. Punjab

B. Rajasthan

C. Kashmir

D. Tamil Nadu

Answer: B

5.What is gushtaba?

A. A sweet

B. A bread

C. A dish from Kashmir

D. A fruit

Answer: C

6.Food habits depend mostly on:

A. Clothes and houses

B. Climate and crops

C. Religion only

D. Age

Answer: B

7.People in desert areas eat more:

A. Fish

B. Coconut

C. Dals and besan

D. Rice

Answer: C

8.People living near the sea eat more:

A. Wheat

B. Fish and coconut

C. Dry fruits

D. Pickles

Answer: B

9.Kashmiris drink kehwa to:

A. Stay cool

B. Stay warm

C. Gain strength

D. Sleep well

Answer: B

10.Which food forms the backbone of Indian meals?

A. Rice

B. Rotis

C. Fruits

D. Milk

Answer: B

11.Punjab's staple food is:

A. Rice

B. Chapatti

C. Fish

D. Fruits

Answer: B

12.Rice is mainly eaten in:

A. North India

B. South India

C. West India

D. Desert areas

Answer: B

13.Modak is made during:

A. Diwali

B. Holi

C. Ganesh Chaturthi

D. Eid

Answer: C

14.Which sweet is common in marriages?

A. Jalebi

B. Laddu and burfi

C. Rasgulla

D. Kheer

Answer: B

15.Panjiri is given to:

A. Children

B. Old people

C. Mother of a newborn baby

D. Guests

Answer: C

16.Most of our food comes from:

A. Machines

B. Plants and animals

C. Water

D. Soil only

Answer: B

17.Dry fruits are:

A. Eaten raw only

B. Cooked first

C. Dried before eating

D. Boiled

Answer: C

18.India is the largest producer of:

A. Fruits

B. Milk

C. Spices

D. Rice

Answer: C

19.Watching TV while eating is:

A. Good

B. Healthy

C. Bad for digestion

D. Necessary

Answer: C

20.What should we do to avoid wasting food?

A. Take large portions

B. Throw leftovers

C. Take only what we need

D. Eat fast

Answer: C

FILL IN THE BLANKS:

1.**Makki-ki-roti and sarson-ka-saag are from ____.**

Answer: Punjab

2.**Dosa-sambhar is from ____.**

Answer: Tamil Nadu

3.**Fish and rice is popular in ____.**

Answer: West Bengal

4.**Dal-batti-churma belongs to ____.**

Answer: Rajasthan

5.**Gushtaba is a dish from ____.**

Answer: Kashmir

6.**Food habits depend on climate and ____.**

Answer: crops

7.**People in desert areas eat more ____ and besan.**

Answer: dals

8.**People near sea-coasts eat a lot of ____ and coconut.**

Answer: fish

9.**Kashmiris drink ____ to keep warm.**

Answer: kehwa

10.**Rotis form the backbone of ____ in India.**

Answer: meals

11.The staple food of Punjab is ____.

Answer: chapatti

12.**Rice is the staple food in ____ India.**

Answer: South

13.**Modak is made during ____ Chaturthi.**

Answer: Ganesh

14.**No marriage ceremony is complete without ____ and burfi.**

Answer: laddu

15.**Panjiri is given to the mother of a ____ baby.**

Answer: newborn

16.**We get most food items from ____ and animals.**

Answer: plants

17.**Dry fruits are first ____ and then eaten.**

Answer: dried

18.**India is the largest producer of ____ in the world.**

Answer: spices

19.**Watching TV while eating is bad for our ____.**

Answer: digestion

20.**We should take only as much food as we ____.**

Answer: need