

Worksheet

Our Food

MCQs

Question 1: Out of the following, which state is not famous for growing coconuts?

- (a) Assam
- (b) Goa
- (c) Kerala
- (d) Himachal Pradesh

Answer:

Correct Answer is Option D

Traditional areas of coconut cultivation are the states of Kerala, Karnataka, Andhra Pradesh and Tamil Nadu. Also Maharashtra, Odisha, West Bengal, Assam, Gujarat, Puducherry and Goa; and the island territories of Lakshadweep and Andaman and Nicobar are other areas of coconut production.

Question 2: In which season do we get watermelons?

- (a) Winter
- (b) Summer
- (c) Summer and winter
- (d) None of these

Answer:

Correct Answer is Option B

Watermelon is full of amazing health benefits, especially during the summer season. Because clearly, it is the best time to indulge in this fresh, succulent melon, as it has to offer an array of nutrients, vitamins and minerals.

Question 3: Alphonso mangoes are grown in the Ratnagiri district of which state?

- (a) Gujarat

(b) Goa

(c) Andhra Pradesh

(d) Maharashtra

Answer:

Correct Answer is Option D

Alphonso mangoes are traditionally cultivated in Maharashtra.

Fill in the blanks

Question 4:

- Nagpur in Maharashtra is well known for growing oranges.
- Kashmir is famous for Apples.
- Wheat is the staple food of North India.
- In the Southern states of India, Rice is the staple food.

Tips:

- The city of Oranges, Nagpur is famous for its oranges and listed as one of the green cities of India along with the second most populated slum in Maharashtra.
- Kashmir is the leading producer of apples in India known as the apple basket.
- The staple food of North India is wheat which is consumed in the types of rotis or chapatis with sabzi or curry.
- Rice is the staple food of the region.

Answer the following questions

Question 5: Name some of the spices used for cooking in India.

Answer: Typical examples of spices are cloves (buds), cinnamon (bark), turmeric (root), peppercorns (berries) etc.

Question 6: Write a short note on food habits of Eastern India.

Answer: The eastern region of India consists of states like Bihar, West Bengal and Orissa. Rice is the staple food in eastern region of India.

Question 7: Name four cooking oils commonly used in India.

Answer: Oils commonly used in India for cooking are:

- Mustard Oil.

- Rice Bran Oil.
- Coconut Oil.
- Olive Oil.
- Sunflower Oil.

Question 8: Name four major pulses grown in India.

Answer: Red Kidney Beans (Rajma), Black Eyed Peas (Lobia), Lentils (Masoor), White Peas (Matar) are major pulses grown and consumed in India.

Match the following

Question 9:

Column A	Column B
1. Jammu and Kashmir	(a) Oranges
2. Nagpur	(b) Mangoes
3. Uttar Pradesh	(c) Apples
4. Maharashtra	(d) Coconuts
5. Assam	(e) Alphonso mangoes

Column A	Column B
1. Jammu and Kashmir	(a) Oranges
2. Nagpur	(b) Mangoes
3. Uttar Pradesh	(c) Apples
4. Maharashtra	(d) Coconuts
5. Assam	(e) Alphonso mangoes

Arrange the following under proper headings

Question 10: Brinjal, Banana, Mango, Apple, Tomato, Urad, Onion, Grapes, Moong, Pineapple, Turmeric, Cucumber, Orange, Coconut, Masoor, Cabbage, Radish, Lady's finger, Carrot, Chilli, Arhar, Peas, Mango, Guava

Eaten raw	Eaten after cooking	Eaten both raw and cooked
banana	brinjal	tomato
mango	urad	onion
apple	moong	cabbage
grapes	turmeric , lady finger	raddish
pineapple, orange	masoor	carrot
guava, cucumber	arhar	chilli , peas