

10. The early morning meal is called_____.

- a. Breakfast b. lunch c. dinner d. none of these

11. _____ contains roughage.

- a. Egg b. meat c. fish d. water

12. Vegetables provide us_____.

- a. carbohydrates b. proteins c. vitamins d. all of these

13. Cereals are rich in_____.

- a. vitamins b. minerals c. nutrients d. all of these

14. Junk food always contain_____.

- a. Extra fats b. calories c. both (a)and (b) d. none of these

15. Good food habit and daily exercisewill keep you remain_____.

- a. Fit b. healthy c. both(a)&(b) d. none of these

16. - _____ food is healthy.

- a. Junk b. nutritious food c. both(a) and (b) d. none of these

17. We get starch from_____.

- a. Potato b. meat c. fish d. all of these

18. Sunlight is the rich source of_____.

- a. Vitamin A b. Vitamin B c. Vitamin D d. Vitamin C

19. We get meat from _____.

- a. Sheep b. goat c. cow d. all of these

20. Which of these is Citrus fruit ?

- a. Lemon b. orange c. banana d. both (a) and (b)