

Quiz

- Food variety refers to different types of food from the entire range of food groups like vegetables, fruit, cereals, meat, fish, and dairy products.
 - True
 - False
- The materials required to prepare food are known as _____.
- We get cereals and pulses from _____.
 - a. Animals b. plants c. insects
- We get sugar from _____.
 - a. Animals b. plants c. insects d. honey bee
- Match the ingredients with food items.
 - a. Chicken curry () i. Urad dal, rice, oil and salt
 - b. Pickles () ii. Spices, salt, oil and vegetables
 - c. Payasam () iii. Mango, spices, salt and oil
 - d. Vegetable curry () iv. Milk, rice, jaggery and dry fruits
 - e. Dosa () v. chicken, spices, salt and oil.

ANSWERS

1. True
2. Ingredients
3. B. plants
4. B. plants
5. a-v, b-iii, c-iv, d-ii, e-i