

Tick (✓) the correct option :-

- 1 Which of the following is a climber?
a) Bean b) Cotton c) Rose d) Pine
- 2 Banyan is a _____.
a) Herb b) Shrub ✓ c) Tree d) Climber
- 3 Hibiscus is an example of a _____.
a) Herb ✓ b) Shrub c) Tree d) Creeper
- 4 Which of the following plant lives for one season only?
a) Coconut b) Mango c) Jasmine ✓ d) Corn
- 5 Which of the following is a herb?
✓ a) Spinach b) Cotton c) Guava d) plum
- 6 Desert plants live in _____.
a) water ✓ b) Desert c) forest d) None of these
- 7 Aquatic plants live in _____.
a) forest ✓ b) desert ✓ c) water d) None of these
- 8 Which of the following plant grows in desert?
a) Pea plant b) Banyan ✓ c) Aloe vera d) Mango
- 9 Some kinds of food help us to grow. They are called _____.
a) Protective food b) energy-giving food
✓ c) body building food d) None of these
- 10 Which plants are grown in water?
✓ a) lotus b) opuntia c) Pine d) Coconut
- 11 Some food protect us from many diseases. They are called _____.
a) Energy giving food ✓ b) protective food
c) body building food d) none of these
- 12 Always take _____ diet.
✓ a) Balance b) Over c) More d) None of these
- 13 Methods of cooking food are _____.
a) boiling b) frying c) roasting d) ~~none~~ of these
All

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- 14 We should take always _____
a) fresh food b) open food
c) dirty food d) stale food
- 15 Which among the following is a complete food?
a) Fruits b) vegetable c) meat d) milk
- 16 Such food are rich in _____
a) pulse b) protective c) Proteins
d) None of these
- 17 The morning meal is called _____
a) lunch b) break fast
c) dinner d) supper
- 18 All living beings need _____
a) food b) plants c) Proteins d) Body building.
- 19 Fruits and vegetables are called _____
a) complete b) nutrient c) Protective
d) digestibles
- 20 The Peoples who don't eat meat and fish are called _____
a) Vegetarians b) non vegetarians

Fill in the blanks:-

- 1 Trees have hard stems.
- 2 Shrubs have many branches.
- 3 Climbers have weak stems.
- 4 Herbs have soft stems.
- 5 The herbs live only for one season.
- 6 Herbs usually live only for one season.
- 7 Climbers have very weak stems.
- 8 Aquatic plants grow in water.
- 9 We should drink plenty of water.
- 10 We should always take fresh food.
- 11 The morning meal is called breakfast.
- 12 The afternoon meal is called lunch.
- 13 The evening meal is called dinner.
- 14 Cooking makes food digestible and tasty.
- 15 All food items should be kept covered.

True or False

- 1 All plants have different shapes but same size.
- 2 Very big and strong plants are called shrubs.
- 3 Climbers have a weak stem.
- 4 Most trees live for many years.
- 5 Aloe vera plant grows in desert.
- 6 Aquatic plants grow in water.
- 7 A banyan tree can live only for one year.
- 8 Shrubs have a small and hard stem.
- 9 Water plant have very weak and thin stems.

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- 10 Shrubs plants can be seen in lakes, ponds etc.
- 11 Plants make their own food.
- 12 Milk is a complete food.
- 13 We should eat food quickly.
- 14 Fruits are cooked before eating.
- 15 Cooking makes the food digestible and tasty.
- 16 Fruits and vegetables are protective food.
- 17 The last meal of the day is called lunch.
- 18 We should always drink pure water.
- 19 We should take a balanced diet.
- 20 Butter, ghee and oil are rich in proteins.

Match the following columns

A		B	
1	Water plant	6	
2	Desert plant	10	
3	Herb	1	
4	Shrub	2	
5	Tree	3	
6	Rose plant	4	
7	Bean plant	8	
8	Morning meal	9	
9	Afternoon meal	7	
10	Evening meal	5	
		1	Soft, weak stems
		2	Thin, strong stems
		3	Hard, thick stems
		4	Shrub
		5	Dinner
		6	Broad leaves
		7	Lunch
		8	Climber
		9	Breakfast
		10	Thorns, thick leaves

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Name the following :-

1. Any five food items which are rich in Protein.
a) Milk b) Eggs c) Meat
d) Fish e) Pulses
2. Any five food items which are rich in Carbohydrates.
a) Rice b) Wheat c) Maize
d) Butter e) Sugar
3. Any five vegetables which can be eaten raw :-
a) Carrot b) Radish c) Tomato
d) Cabbage e) Cucumbers
4. Name of Herbs Plants
a) Coriander b) Mint c) Tulsi
d) Rice
5. Name of Shrub Plants
a) Cotton b) Bougainvillea c) Rose
6. Name of the Climbers and Creepers
a) Muskmelon b) Money plant
c) Pea plant