

GK-3

Chapter 6: Sources of Food – Worksheet

Multiple Choice Questions

1. Which part of the plant is rich in Vitamin A?

- a) Spinach
- b) Carrot
- c) Tomatoes
- d) Peas

2. Which of the following is a leafy vegetable?

- a) Onion
- b) Spinach
- c) Almond
- d) Millet

3. Which food item grows as a dried fruit and is rich in essential oils?

- a) Carrot
- b) Almonds
- c) Peas
- d) Tomatoes

4. Peas are:

- a) Bulbs
- b) Taproots
- c) Protein-rich seeds
- d) Fruits

Fill in the Blanks

1. _____ is a vegetable with a pungent odour and grows below the ground.
2. _____ are protein-rich seeds that grow in pods.
3. _____ are a rich source of Vitamin C.
4. _____ are dried fruits rich in essential oils.
5. _____ are taproots rich in Vitamin A.
6. _____ is a leafy vegetable rich in iron.

True or False

1. Onion and garlic are bulbs. (T/F)
2. Tomatoes are rich in Vitamin A. (T/F)
3. Peas grow on climbers. (T/F)
4. Almonds are classified as dried fruits. (T/F)
5. Spinach is a good source of iron. (T/F)

Match the Following

- | | |
|------------|-----------------------|
| A. Carrot | 1. Dried fruit |
| B. Almond | 2. Leafy vegetable |
| C. Spinach | 3. Rich in Vitamin A |
| D. Millet | 4. Staple cereal |
| E. Peas | 5. Protein-rich seeds |

Short Answer Questions

1. Why are plants considered the most important source of food?
2. Write two benefits of eating leafy vegetables.
3. What nutrients do dried fruits provide?
4. Why are carrots important for our vision?
5. Mention any three vegetables that grow under the ground.