

1. OUR FOOD (Solutions)

TEACHING TASK (Page 2 – 5)

NEET LEVEL QUESTIONS (Multiple Choice Questions)

1) Which part of the plant kingdom is not commonly consumed for food?

Options: a) Leaves b) Fruits c) Stems d) Roots

Answer: c) Stems

Explanation: While leaves (e.g., spinach), fruits (e.g., tomato), and roots (e.g., carrot) are commonly consumed, stems are less frequently eaten. Some stems like celery or asparagus are consumed, but they are not as common as the other parts.

2) What is a common source of meat from animals?

Options: a) Leaves b) Fruits c) Roots d) None of the above

Answer: d) None of the above

Explanation: Meat is derived from animal tissues (e.g., muscle), not from leaves, fruits, or roots, which are plant parts. Thus, none of the given options are correct.

3) What is the primary ingredient used in making potato chips?

Options: a) Rice b) Dal c) Potato d) Wheat

Answer: c) Potato

Explanation: Potato chips are made by slicing and frying potatoes, making potato the primary ingredient.

4) What method is used for preserving rice from pests after harvesting?

Options: a) Freezing b) Drying c) Pickling d) Smoking

Answer: b) Drying

Explanation: Drying is a common method to preserve rice post-harvest. It reduces moisture content, preventing pest infestation and spoilage.

5) Which of the following is not a method of food preservation?

Options: a) Freezing b) Pickling c) Boiling d) Drying

Answer: c) Boiling

Explanation: Boiling is a cooking method, not a preservation technique. Freezing, pickling, and drying are used to extend the shelf life of food by inhibiting microbial growth.

6) What is a staple crop in regions with suitable conditions for paddy fields?

Options: a) Maize b) Wheat c) Rice d) Barley

Answer: c) Rice

Explanation: Paddy fields are specifically suited for rice cultivation, making rice the staple crop in such regions.

7) Which of the following is a commonly consumed part of the tomato plant?

Options: a) Leaves b) Fruits c) Stems d) Flowers

Answer: b) Fruits

Explanation: The fruit of the tomato plant is commonly consumed (e.g., as tomatoes in dishes), while leaves, stems, and flowers are not typically eaten.

8) What is a common mineral used in food preservation?

Options: a) Iron b) Salt c) Calcium d) Zinc

Answer: b) Salt

Explanation: Salt is widely used in food preservation (e.g., salting fish or vegetables) to dehydrate and inhibit microbial growth.

9) What cooking method is commonly used for making chapathi?

Options: a) Boiling b) Frying c) Steaming d) Baking

Answer: b) Frying

Explanation: Chapathi is cooked on a hot griddle or tawa, which involves dry frying or roasting, not boiling, steaming, or baking.

10) What ingredient is used for fermenting the batter in making idly?

Options: a) Rice b) Wheat c) Dal d) Maize

Answer: c) Dal

Explanation: Idly batter is made by fermenting a mixture of rice and urad dal (black gram), with dal being critical for the fermentation process.

NEET ADVANCED LEVEL QUESTIONS

More than One Answer Type

11) Which of the following are animal-derived ingredients commonly not used in cooking?

Options: a) Tofu b) Cheese c) Soy sauce d) Olive oil

Answer: a) Tofu, c) Soy sauce, d) Olive oil

Explanation:

Tofu is plant-derived (from soybeans).

Cheese is animal-derived (from milk).

Soy sauce is plant-derived (from fermented soybeans).

Olive oil is plant-derived (from olives).

Thus, tofu, soy sauce, and olive oil are not animal-derived, while cheese is.

12) What mineral is commonly not used in food preservation?

Options: a) Iron b) Calcium c) Salt d) Zinc

Answer: a) Iron, b) Calcium, d) Zinc

Explanation:

Salt is commonly used in preservation (e.g., salting fish).

Iron, calcium, and zinc are not typically used for food preservation, though they may be present in food as nutrients.

13) Which geographical factor does not influence food habits?

Options: a) Altitude b) Ocean currents c) Latitude d) Wind speed

Answer: d) Wind speed

Explanation:

Altitude, ocean currents, and latitude affect climate, soil, and crop availability, influencing food habits.

Wind speed has minimal direct impact on food habits.

Reason and Assertion Type

14) Assertion: Food habits are primarily influenced by geographical and climatic conditions.

Reason: In regions with prevalent paddy fields, rice becomes a staple crop, while in areas where maize and wheat are common, chapathi or roti becomes the main food staple.

Answer: Both Assertion and Reason are true, and Reason is the correct explanation of Assertion.

Explanation: Geographical and climatic conditions determine crop availability, which shapes food habits. For example, rice is a staple in paddy field regions (e.g., South India), while wheat-based chapathi or roti is common in wheat-growing areas (e.g., North India).

15) Assertion: Preservation techniques such as salting and drying are used to extend the shelf life of certain foods.

Reason: Dried fish, vegetables, and meats are examples of foods commonly preserved through salting and drying.

Answer: Both Assertion and Reason are true, and Reason is the correct explanation of Assertion.

Explanation: Salting and drying remove moisture, creating an environment inhospitable to microbes, thus extending shelf life. Examples like dried fish and vegetables illustrate this.

16) Assertion: Different parts of plants are consumed for food, including leaves, roots, seeds, and fruits.

Reason: Stems and flowers are not as commonly consumed for food.

Answer: Both Assertion and Reason are true, but Reason is not the correct explanation of Assertion.

Explanation: The Assertion is correct as leaves (e.g., spinach), roots (e.g., carrot), seeds (e.g., grains), and fruits (e.g., tomato) are commonly consumed. The Reason is true since stems and flowers are less commonly eaten, but it does not explain why the listed parts are consumed.

Matrix Matching Type

17) Match the food preservation technique with its description:

Column A:

Salting

Pickling

Drying

Smoking

Fermentation

Canning

Column B:

A. Preservation technique involving sealing food in airtight containers and heating to kill bacteria.

B. Process of using microorganisms to preserve food, often resulting in tangy flavors.

C. Method where food is exposed to smoke to preserve and flavor it.

D. Method to extend shelf life by dehydrating and adding salt.

E. Process of preserving food by storing it in vinegar or brine.

F. Technique of removing moisture from food to prevent spoilage.

Answer:

Salting – D

Pickling – E

Drying – F

Smoking – C

Fermentation – B

Canning – A

Explanation:

Salting (D): Dehydrates food and adds salt to prevent microbial growth (e.g., salted fish).

Pickling (E): Uses vinegar or brine to preserve food (e.g., pickled vegetables).

Drying (F): Removes moisture to prevent spoilage (e.g., dried fruits).

Smoking (C): Exposes food to smoke for preservation and flavor (e.g., smoked fish).

Fermentation (B): Uses microorganisms to preserve and add tangy flavors (e.g., yogurt). **Canning (A):** Seals food in airtight containers and heats to kill bacteria (e.g., canned fruits).

Comprehension Type

18) Questions based on the passage:

i) What methods do farmers use to protect rice from pests?

Answer: Farmers use natural predators and eco-friendly pesticides to shield rice paddies from pests.

Explanation: The passage mentions these methods as ways to protect rice crops from pest damage during cultivation.

ii) How can households ensure the freshness and longevity of rice?

Answer: Households can ensure rice freshness by storing it in a cool, dry place in airtight containers to prevent moisture absorption and pest infiltration.

Explanation: The passage highlights proper storage practices, such as using airtight containers in cool, dry conditions, to maintain rice quality.

iii) What preservation techniques contribute to the extended shelf life of pickles mentioned in the passage?

Answer: Preservation techniques like salting, drying, and pickling contribute to the extended shelf life of pickles.

Explanation: The passage notes that pickles have remarkable resilience due to preservation methods like salting and pickling, which create conditions inhospitable to spoilage organisms.

LEARNERS TASK (Page 5 – 7)

NEET LEVEL QUESTIONS (Multiple Choice Questions)

1) Where do we get milk from?

Options: a) Plants b) Animals c) Minerals d) None of the above

Answer: b) Animals

Explanation: Milk is obtained from animals, such as cows, goats, or buffalo, not from plants or minerals.

2) Which part of the cauliflower plant do we commonly consume?

Options: a) Leaves b) Flowers c) Roots d) Stems

Answer: b) Flowers

Explanation: The edible part of cauliflower is the flower head (curd), not the leaves, roots, or stems.

3) What is the primary source of salt?

Options: a) Plants b) Animals c) Minerals d) None of the above

Answer: c) Minerals

Explanation: Salt is a mineral, primarily obtained from sea water or salt mines, not from plants or animals.

4) What primarily influences the development of food habits?

Options: a) Genetic predisposition b) Geographical and climatic conditions
c) Social media trends d) None of the above

Answer: b) Geographical and climatic conditions

Explanation: Food habits are shaped by the availability of crops and resources, which depend on geographical and climatic conditions.

5) Which staple food is prevalent in regions where maize and bajra are commonly grown?

Options: a) Rice b) Chapathi c) Roti d) Pasta

Answer: c) Roti

Explanation: In regions where maize and bajra (millet) are grown, roti made from these grains is a common staple food.

6) What cooking method is typically used for making idly?

Options: a) Boiling b) Frying c) Steaming d) Baking

Answer: c) Steaming

Explanation: Idly is prepared by steaming fermented batter made of rice and urad dal.

7) What preservation technique is commonly used for extending the shelf life of vegetables and meats?

Options: a) Freezing b) Pickling c) Smoking d) Drying

Answer: b) Pickling

Explanation: Pickling is commonly used to preserve vegetables and meats by storing them in vinegar or brine, extending shelf life.

8) Which ingredient is commonly used in home-pickling of vegetables?

Options: a) Sugar b) Vinegar c) Salt d) Soy sauce

Answer: b) Vinegar

Explanation: Vinegar is a key ingredient in home-pickling, creating an acidic environment that preserves vegetables.

9) What method is commonly used in coastal areas for preserving fish?

Options: a) Freezing b) Pickling c) Smoking d) Drying

Answer: c) Smoking

Explanation: Smoking is a traditional method in coastal areas for preserving fish, adding flavor and extending shelf life.

10) What should one check before purchasing ready-made foods to ensure freshness and safety?

Options: a) Packaging color b) Manufacturing date and ingredients c) Price d) None of the above

Answer: b) Manufacturing date and ingredients

Explanation: Checking the manufacturing date and ingredients ensures the food is fresh and safe, avoiding expired or harmful products.

NEET ADVANCED LEVEL QUESTIONS

More than One Answer Type

11) What parts of plants are commonly consumed as food?

Options: a) Flowers and stems b) Leaves and roots c) Bark and branches d) Seeds and thorns

Answer: b) Leaves and roots

Explanation:

Leaves (e.g., spinach) and roots (e.g., carrots) are commonly consumed.

Flowers and stems are less common, and bark, branches, and thorns are rarely eaten.

12) What is a common ingredient used in pickling vegetables at home?

Options: a) Sugar b) Honey c) Salt d) Vinegar

Answer: c) Salt, d) Vinegar

Explanation: Salt and vinegar are essential for pickling, creating a preservative environment. Sugar or honey may be used for flavor but are not primary.

13) Which method is commonly used to preserve meat?

Options: a) Freezing b) Boiling c) Grilling d) Fermentation

Answer: a) Freezing, d) Fermentation

Explanation:

Freezing preserves meat by slowing microbial growth.

Fermentation (e.g., in sausages) is also used.

Boiling and grilling are cooking methods, not preservation techniques.

Reason and Assertion Type

14) Assertion: Cooking methods vary depending on the dish being prepared.

Reason: For example, rice is commonly boiled, while idly, a South Indian dish, requires a batter of rice and dal to be fermented and then steamed.

Answer: Both Assertion and Reason are true, and Reason is the correct explanation of Assertion.

Explanation: Different dishes require specific cooking methods, as illustrated by the Reason (boiling for rice, steaming for idly).

15) Assertion: It's crucial to check the ingredients and manufacturing dates of ready-made foods before purchasing.

Reason: Consuming expired foods can pose health risks due to harmful additives.

Answer: Both Assertion and Reason are true, but Reason is not the correct explanation of Assertion.

Explanation: Checking ingredients and dates ensures safety, but the Reason incorrectly focuses on additives. Expired foods pose risks due to microbial growth or spoilage, not necessarily additives.

16) Assertion: Preservation techniques such as pickling with salt and turmeric powder are commonly used for vegetables at home.

Reason: This helps to extend their shelf life.

Answer: Both Assertion and Reason are true, and Reason is the correct explanation of Assertion.

Explanation: Pickling with salt and turmeric preserves vegetables by creating an acidic and antimicrobial environment, extending shelf life.

Matrix Matching Type

17) Match the food ingredient with its primary source:

Column A:

Milk

Eggs

Beef

Spinach

Fish

Honey

Column B:

- A. Cow
- B. Chicken
- C. Sea
- D. Bee
- E. Plant
- F. Cow

Answer:

Milk – A (Cow)

Eggs – B (Chicken)

Beef – F (Cow)

Spinach – E (Plant)

Fish – C (Sea)

Honey – D (Bee)

Explanation:

Milk and beef come from cows.

Eggs come from chickens.

Spinach is a plant.

Fish are sourced from the sea.

Honey is produced by bees.

Comprehension Type**18) Questions based on the passage:**

i) What are some commonly consumed parts of plants mentioned in the passage?

Answer: Leaves, roots, seeds, and fruits.

Explanation: The passage explicitly lists these parts as commonly consumed in culinary practices.

ii) Name two examples of plants whose less commonly consumed parts are mentioned in the passage.

Answer: Cauliflower (flowers) and drumstick (stems).

Explanation: The passage mentions cauliflower flowers and drumstick plant parts (stems are implied as less commonly consumed) as underappreciated in cuisine.

iii) From where is salt primarily obtained, according to the passage?

Answer: Salt is primarily obtained from the sea.

Explanation: The passage states that salt is derived from the vast expanse of the sea, where its mineral essence is harvested.