

## General Science 6th Class English Medium Chapter 3 Online Test

| Sr | Questions                                      | Answers Choice  |
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| 1  | An immediate source of energy for car body is. | A. Chicken<br>B. Mushroom<br>C. Mango<br>D. Meat                    |
| 2  | Food rich in proteins is                       | A. Potato<br>B. Fish<br>C. Rice<br>D. Grapes                        |
| 3  | Which food is best for providing fats.         | A. Fruits<br>B. Butter<br>C. Vegetables<br>D. Bread                 |
| 4  | Food rich in carbohydrates is.                 | A. Corn oil<br>B. Beef<br>C. Starch<br>D. Egg                       |
| 5  | Source of Vitamin A                            | A. Table salt<br>B. Carrot<br>C. Mustard oil<br>D. Sugar            |
| 6  | Source of starch                               | A. egg<br>B. Meat<br>C. Potato<br>D. Fish                           |
| 7  | Vegatable oils are included in the food group  | A. Carbohydrates<br>B. Protein<br>C. Fats<br>D. Vitamin             |
| 8  | Balanced diet for an infant is                 | A. Fruit<br>B. Milk<br>C. Vegatable<br>D. egg                       |
| 9  | Which vitamin makes the bones strong.          | A. Vitamin A<br>B. Vitamin B<br>C. Vitamin C<br>D. Vitamin D        |
| 10 | Iron is a                                      | A. Mineral<br>B. Vitamin<br>C. Protein<br>D. Carbohydrates          |
| 11 | Nutrients which are quick source of energy.    | A. Protein<br>B. lipids<br>C. Carbohydrate<br>D. Vitamin            |
| 12 | Growth and repair of the body is function of.  | A. Lipids<br>B. Proteins<br>C. Carbohydrate<br>D. Fibers            |
| 13 | Nutrients required in very small quantities.   | A. Carbohydrates<br>B. Protein<br>C. Lipids<br>D. Vitamin           |
| 14 | Fish is the parts of                           | A. Fruit group<br>B. Grains group<br>C. Milk group<br>D. Meat group |
| 15 | Sugar is                                       | A. Carbohydrate<br>B. Lipids<br>C. Protein<br>D. Vitamin            |

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| 16 | On digestion, protein is converted into.                   | A. Carbon<br>B. Hydrogen<br>C. Amino acid<br>D. Oxygen       |
| 17 | Enzyme and antibodies are.                                 | A. Carbohydrate<br>B. Protein<br>C. Blood<br>D. Lipids       |
| 18 | Edible oils are the fats which are... at room temperature. | A. Solid<br>B. Liquid<br>C. Gas<br>D. None of these          |
| 19 | Beriberi is due to lack of.                                | A. Vitamin A<br>B. Vitamin B<br>C. Vitamin C<br>D. Vitamin D |
| 20 | Balance diet for a person depends upon                     | A. age<br>B. Job<br>C. Health condition<br>D. All of these   |
| 21 | An immediate source of energy for the body is.             | A. Chicken<br>B. Mushroom<br>C. Mango<br>D. Meat             |
| 22 | Food rich in proteins is                                   | A. Potato<br>B. Fish<br>C. Rice<br>D. Grapes                 |
| 23 | Which food is best for providing fats.                     | A. Fruits<br>B. Butter<br>C. Vegetables<br>D. Bread          |
| 24 | Food rich in carbohydrates is.                             | A. Corn oil<br>B. Beef<br>C. Starch<br>D. Egg                |
| 25 | Source of Vitamin A  | A. Table salt<br>B. Carrot<br>C. Mustard oil<br>D. Sugar     |
| 26 | Source of starch   | A. egg<br>B. Meat<br>C. Potato<br>D. Fish                    |
| 27 | Vegetable oils are included in the food group              | A. Carbohydrates<br>B. Protein<br>C. Fats<br>D. Vitamin      |
| 28 | Balance diet for an infant is                              | A. Fruit<br>B. Milk<br>C. Vegetable<br>D. egg                |
| 29 | Which vitamin makes the bones strong.                      | A. Vitamin A<br>B. Vitamin B<br>C. Vitamin C<br>D. Vitamin D |
| 30 | Iron is a  | A. Mineral<br>B. Vitamin<br>C. Protein<br>D. Carbohydrates   |
| 31 | Nutrients which are quick source of energy.                | A. Protein<br>B. lipids<br>C. Carbohydrate<br>D. Vitamin     |
| 32 | Growth and repair of the body is function of.              | A. Lipids<br>B. Proteins<br>C. Carbohydrate<br>D. Fibers     |
| 33 | Nutrients required in very small quantities.               | A. Carbohydrates<br>B. Protein<br>C. Minerals                |

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|    |  | C. Lipids<br>D. Vitamin   |
| 34 | Fish is the parts of                                       | A. Fruit group<br>B. Grains group<br>C. Milk group<br>D. Meat group |
| 35 | Sugar is   | A. Carbohydrate<br>B. Lipids<br>C. Protein<br>D. Vitamin            |
| 36 | On digestion, protein is converted into.                   | A. Carbon<br>B. Hydrogen<br>C. Amino acid<br>D. Oxygen              |
| 37 | Enzyme and antibodies are.                                 | A. Carbohydrate<br>B. Protein<br>C. Blood<br>D. Lipids              |
| 38 | Edible oils are the fats which are... at room temperature. | A. Solid<br>B. Liquid<br>C. Gas<br>D. None of these                 |
| 39 | Beriberi is due lack of.                                   | A. Vitamin A<br>B. Vitamin B<br>C. Vitamin C<br>D. Vitamin D        |
| 40 | Balanced diet for a person depends upon                    | A. age<br>B. Job<br>C. Health condition<br>D. All of these          |