

General Science 6th Class English Medium Chapter 3 Online Test

Sr	Questions	Answers Choice
1	Source of starch	A. egg B. Meat C. Potato D. Fish
2	Food rich is carbohydrates is.	A. Corn oil B. Beef C. Starch D. Egg
3	Iron is a	A. Mineral B. Vitamin C. Protein D. Carbohydrates
4	Which vitamin makes the bones strong.	A. Vitamin A B. Vitamin B C. Vitamin C D. Vitamin D
5	Balanced diet for an infant is	A. Fruit B. Milk C. Vegetable D. egg
6	Food rich is proteins is	A. Potato B. Fish C. Rice D. Grapes
7	Beriberi is due lack of.	A. Vitamin A B. Vitamin B C. Vitamin C D. Vitamin D
8	Source of Vitamin A	A. Table salt B. Carrot C. Mustard oil D. Sugar
9	Nutrients required are very small quantities.	A. Carbohydrates B. Protein C. Lipids D. Vitamin
10	Vegetable oils are included in the food group	A. Carbohydrates B. Protein C. Fats D. Vitamin
11	Fish is the parts of	A. Fruit group B. Grains group C. Milk group D. Meat group
12	On digestion, protein is converted into.	A. Carbon B. Hydrogen C. Amino acid D. Oxygen
13	Enzyme and antibodies are.	A. Carbohydrate B. Protein C. Blood D. Lipids
14	Sugar is	A. Carbohydrate B. Lipids C. Protein D. Vitamin
15	Growth and repair of the body is function of.	A. Lipids B. Proteins C. Carbohydrate D. Fibers

16 Balanced diet for a person depends upon
A. age
B. Job
C. Health condition
D. All of these

17 Nutrients which are quick source of energy.
A. Protein
B. Lipids
C. Carbohydrate
D. Vitamin

18 Edible oils are the fats which are... at room temperature.
A. Solid
B. Liquid
C. Gas
D. None of these

19 An immediate source of energy for our body is.
A. Chicken
B. Mushroom
C. Mango
D. Meat

20 Which food is best for providing fats.
A. Fruits
B. Butter
C. Vegetables
D. Bread
