

General Science 6th Class English Medium Chapter 3 Online Test

Sr	Questions	Answers Choice
1	Balanced diet for a person depends upon	A. age B. Job C. Health condition D. All of these
2	Which vitamin makes the bones strong.	A. Vitamin A B. Vitamin B C. Vitamin C D. Vitamin D
3	Nutrients which are quick source of energy.	A. Protein B. lipids C. Carbohydrate D. Vitamin
4	Edible oils are the fats which are... at room temperature.	A. Solid B. Liquid C. Gas D. None of these
5	Food rich in proteins is	A. Potato B. Fish C. Rice D. Grapes
6	Growth and repair of the body is function of.	A. Lipids B. Proteins C. Carbohydrate D. Fibers
7	Beriberi is due to lack of.	A. Vitamin A B. Vitamin B C. Vitamin C D. Vitamin D
8	Source of starch	A. egg B. Meat C. Potato D. Fish
9	Fish is the part of	A. Fruit group B. Grains group C. Milk group D. Meat group
10	Source of Vitamin A	A. Table salt B. Carrot C. Mustard oil D. Sugar
11	Nutrients required in very small quantities.	A. Carbohydrates B. Protein C. Lipids D. Vitamin
12	An immediate source of energy for car body is.	A. Chicken B. Mushroom C. Mango D. Meat
13	Which food is best for providing fats.	A. Fruits B. Butter C. Vegetables D. Bread
14	Sugar is	A. Carbohydrate B. Lipids C. Protein D. Vitamin
15	Balanced diet for an infant is	A. Fruit B. Milk C. Vegetable D. egg

16	Vegatable oils are included in the food group	A. Carbohydrates B. Protein C. Fats D. Vitamin
17	Enzyme and antibodies are.	A. Carbohydrate B. Protein C. Blood D. Lipids
18	Iron is a	A. Mineral B. Vitamin C. Protein D. Carbohydrates
19	Food rich is carbohydrates is.	A. Corn oil B. Beef C. Starch D. Egg
20	On digestion, protein is convered into.	A. Carbon B. Hydrogen C. Amino acid D. Oxygen