



Pop Quiz

Grade	7	Unit	7	Lesson	1-5	Course book Page	114-118
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Student Name		Class		Date	
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1	We can find _____ in food like pasta, rice and bread. It gives us energy.	
	A	vitamins
	B	protein
	C	carbohydrates
	D	minerals

5	I bought _____ eggs at the supermarket.	
	A	a little
	B	any
	C	several
	D	a bit of

2	Protein can be found in foods like _____.	
	A	fruit and vegetables
	B	fish and meat
	C	rice and potatoes
	D	water and juice

6	Nuts are a good _____ for vegetarians.	
	A	source of protein
	B	vegetable
	C	balanced diet
	D	meat

3	_____ like calcium are good for our teeth and bones.	
	A	Vitamins
	B	Sugar
	C	Protein
	D	Minerals

7	We can stay healthy by eating five portions of _____ every day.	
	A	fruit and vegetables
	B	fish and meat
	C	rice and potatoes
	D	water and juice

4	It is good to have _____ fat in our diet.	
	A	a little
	B	a few
	C	a small number of
	D	many

Total Marks	
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Pop Quiz

Answer Key

Q1	C
Q2	B
Q3	D
Q4	A
Q5	C
Q6	A
Q7	A