

KS1 Science Quiz - Staying Healthy - Food (Sources) (Questions)

This quiz addresses the requirements of the National Curriculum KS1 Science for children aged 5 and 6 in years 1 and 2. Specifically this quiz is aimed at the section dealing with staying healthy and the sources of our food.

We have to eat to stay healthy and grow. Where food comes from is called its source. Where does our food come from? We buy most of our food from supermarkets. But where do they get the food from? You have learned that some of our food comes from plants. Most people also get some of their food from animals. What is the source of some of the foods we eat to stay healthy? Which foods come from plants and which come from animals?

1. Lots of people like to eat yoghurt. What is yoghurt made from?



- Beef
- Beans
- Milk
- Rice

2. This man works in a bakery. He bakes bread. The bread is made from flour. Most flour is made from wheat. What is wheat?



- The nuts of the wheat tree
- The grain of the wheat plant
- The roots of the wheat bean
- The bark of the wheat tree

3. Adam likes cheese sandwiches. What is cheese made from?



- Beef
- Beans
- Flour
- Milk

4. Where do eggs come from?



- Cows
- Pigs
- Plants
- Chickens

5. What is bread made from?



- Potatoes
- Rice
- Oil
- Flour

6. Tom likes eating shepherd's pie. It has potato on the top and minced beef underneath. Where does the beef come from?



- Pigs
- Sheep
- Fish
- Cows

7. We eat a lot of plants. Some we eat raw. Some we cook and then eat. Broccoli, carrots, beans, peas and onions are all _____.



- Nuts
- Fruits
- Meats
- Vegetables

8. Bananas, apples, oranges, grapes, pears, strawberries and blackberries all come from plants. They are all:



- Vegetables
- Meats
- Fruits
- Nuts

9. Where does milk come from?



- Pigs
- Trees
- Factories
- Cows

10. Where do potatoes grow?



- In the ground
- On trees
- On leaves
- On bushes

KS1 Science Quiz - Staying Healthy - Food (Sources) (Answers)

1. Lots of people like to eat yoghurt. What is yoghurt made from?



- Beef
- Beans
- Milk
- Rice

Do you like yoghurt? What is your favourite flavour?

2. This man works in a bakery. He bakes bread. The bread is made from flour. Most flour is made from wheat. What is wheat?



- The nuts of the wheat tree
- The grain of the wheat plant
- The roots of the wheat bean
- The bark of the wheat tree

Wheat is a plant. But it is not a tree, and it is not a bean. It is a type of grass. Farmers grow lots of wheat in fields to keep us all fed

3. Adam likes cheese sandwiches. What is cheese made from?



- Beef
- Beans
- Flour
- Milk

Milk, yoghurt, butter and cheese are all called dairy products

4. Where do eggs come from?



- Cows
- Pigs
- Plants
- Chickens

Eggs are sold in cartons. Some cartons have 6 eggs (half a dozen). Some cartons have 12 eggs (a dozen)

5. What is bread made from?



- Potatoes
- Rice
- Oil
- Flour

Yeast is also used. It makes the bread rise

6. Tom likes eating shepherd's pie. It has potato on the top and minced beef underneath. Where does the beef come from?



- Pigs
- Sheep
- Fish
- Cows

Beef is meat from cows and bulls. Some people call shepherd's pie by another name. They call it cottage pie

7. We eat a lot of plants. Some we eat raw. Some we cook and then eat. Broccoli, carrots, beans, peas and onions are all _____.



- Nuts
- Fruits
- Meats
- Vegetables

What is your favourite vegetable?

8. Bananas, apples, oranges, grapes, pears, strawberries and blackberries all come from plants. They are all:



- Vegetables
- Meats
- Fruits
- Nuts

Which are your favourite fruits?

9. Where does milk come from?



- Pigs
- Trees
- Factories
- Cows

Milk is sold in plastic cartons or in glass bottles

10. Where do potatoes grow?



- In the ground
- On trees
- On leaves
- On bushes

Farmers plant potatoes in the spring. They harvest potatoes in the summer and autumn