

# Edible Seeds: A Nutritional Powerhouse

Biology · Practice Test · 16 Questions

---

**1. What are the THREE main categories of edible seeds mentioned?**

- A) Grains, Legumes, Nuts
- B) Fruits, Vegetables, Grains
- C) Roots, Seeds, Leaves
- D) Cereals, Pulses, Seeds

**2. Which category of edible seeds is a major source of energy-rich carbohydrates (starch)?**

- A) Legumes
- B) Nuts
- C) Grains
- D) Oils

**3. Corn, wheat, rice, and oats belong to which category of edible seeds?**

- A) Legumes
- B) Nuts
- C) Grains
- D) Fruits

**4. Which category of edible seeds is an important source of proteins?**

- A) Grains
- B) Legumes
- C) Nuts
- D) Seeds

**5. Peas, beans, and lentils are examples of which category of edible seeds?**

- A) Grains
- B) Nuts
- C) Legumes
- D) Oils

**6. Which category of edible seeds has a high protein content and is also rich in fiber and anti-oxidants?**

- A) Grains
- B) Legumes
- C) Nuts
- D) Fruits

**7. Almonds, cashews, and walnuts are examples of which category of edible seeds?**

- A) Legumes
- B) Grains
- C) Nuts
- D) Vegetables

**8. What health benefit is associated with mono-unsaturated fatty acids found in nuts?**

- A) Increased energy levels
- B) Protection against coronary heart disease
- C) Improved digestion
- D) Stronger bones

**9. Which of the following seeds are rich in oils and used to manufacture plant oils?**

- A) Peas, beans, lentils
- B) Corn, wheat, rice
- C) Almonds, cashews, walnuts
- D) Sunflower, peanut, soya

**10. Edible seeds are a major food source for whom?**

- A) Only humans
- B) Only animals
- C) Humans and animals
- D) Only birds

**11. What is the primary nutritional component of grains?**

- A) Proteins
- B) Fats
- C) Carbohydrates (starch)
- D) Vitamins

**12. What is the primary nutritional component of legumes?**

- A) Carbohydrates
- B) Proteins
- C) Fiber
- D) Minerals

**13. Besides protein, what other beneficial components are found in nuts?**

- A) Only carbohydrates
- B) Fiber, anti-oxidants, and mono-unsaturated fatty acids
- C) Only vitamins
- D) Water and minerals

**14. What type of fatty acids are found in nuts and help protect against heart disease?**

- A) Saturated fatty acids
- B) Mono-unsaturated fatty acids
- C) Poly-unsaturated fatty acids
- D) Trans fatty acids

**15. Flax seeds are mentioned as being rich in what?**

- A) Proteins
- B) Carbohydrates
- C) Oils
- D) Fiber

**16. Soya seeds are used for what purpose besides direct consumption?**

- A) Making paper
- B) Manufacturing plant oils
- C) Producing dyes
- D) Creating building materials