



## Mid Day Meal Scheme (PM POSHAN)– MCQs

- The Mid Day Meal Scheme was launched in which year?  
A) 1992  
B) 1995 ☒  
C) 2000  
D) 2001
- PM POSHAN is the new name of which existing scheme?  
A) ICDS  
B) Sarva Shiksha Abhiyan  
C) Mid Day Meal Scheme ☒  
D) Beti Bachao Beti Padhao
- The Mid Day Meal Scheme was first introduced in which Indian state?  
A) Tamil Nadu ☒  
B) Kerala  
C) Gujarat  
D) West Bengal
- Who initiated the Mid Day Meal Scheme in Tamil Nadu?  
A) Jayalalithaa  
B) K. Kamaraj ☒  
C) M.G. Ramachandran  
D) C.N. Annadurai
- In which year was the scheme renamed to PM POSHAN?  
A) 2019  
B) 2020  
C) 2021 ☒  
D) 2022
- PM POSHAN covers students of which classes?  
A) 1 to 5 only  
B) 6 to 8 only  
C) 1 to 8 ☒  
D) Nursery to 12
- The scheme is applicable to which types of schools?  
A) Only private schools  
B) Government and Government-aided schools ☒  
C) Only urban schools  
D) CBSE schools only
- Which additional group was included under PM POSHAN in 2021?  
A) Class 12 students  
B) Pre-primary students (Balvatikas) ☒  
C) Senior citizens

- D) Tribal college students
9. What is the calorie content for primary students (Classes 1-5)?
- A) 300 calories
  - B) 450 calories ✓
  - C) 600 calories
  - D) 700 calories
10. What is the required protein content for upper primary students (Classes 6-8)?
- A) 12 grams
  - B) 15 grams
  - C) 18 grams
  - D) 20 grams ✓
11. What is the minimum number of days a school must provide meals under the scheme in an academic year?
- A) 150 days
  - B) 180 days
  - C) 200 days ✓
  - D) 220 days
12. Which of the following items is **NOT** mandated but is provided in some states under the scheme?
- A) Rice
  - B) Milk ✓
  - C) Pulses
  - D) Vegetables
13. Which level of government provides **major funding** for PM POSHAN?
- A) Panchayats
  - B) State Government
  - C) Central Government ✓
  - D) Municipal Corporation
14. The cooking cost is shared between the Centre and States in which ratio?
- A) 90:10
  - B) 75:25 ✓
  - C) 50:50
  - D) 60:40
15. In which states is the Centre-State cooking cost ratio **90:10**?
- A) UTs only
  - B) North Eastern and Himalayan States ✓
  - C) Metro cities
  - D) All states
16. Who monitors the implementation at the school level?
- A) Headmaster
  - B) School Management Committee ✓
  - C) District Collector
  - D) BEO
17. What is a **School Nutrition Garden**?
- A) Garden for flowers
  - B) Herbal garden
  - C) Kitchen garden for school meals ✓
  - D) Playground extension
18. Which app is used to monitor PM POSHAN implementation?
- A) Shiksha Setu
  - B) PM POSHAN Tracker ✓
  - C) eVidya
  - D) Swachh Bharat App

19. What is the role of **Women Self Help Groups** in the scheme?
- A) Audit accounts
  - B) Cook and serve meals ☒
  - C) Conduct surveys
  - D) Provide midwives
20. Which organization assists with social audits of the scheme?
- A) NITI Aayog
  - B) School Management Committee
  - C) Gram Sabha ☒
  - D) NCERT
21. Who sets the nutrition standards under PM POSHAN?
- A) WHO
  - B) Ministry of Health
  - C) Ministry of Education in consultation with nutrition experts ☒
  - D) UNICEF
22. What is **Tithi Bhojan**?
- A) Weekly fast
  - B) Community food donation program ☒
  - C) Medical check-up day
  - D) No meal day
23. What is the key aim of PM POSHAN beyond nutrition?
- A) Promoting vocational education
  - B) Reducing classroom hunger ☒
  - C) Encouraging sports
  - D) Promoting girl education
24. Which ministry currently manages the PM POSHAN scheme?
- A) Ministry of Health
  - B) Ministry of Education ☒
  - C) Ministry of Rural Development
  - D) Ministry of Women and Child Development
25. PM POSHAN includes a component of:
- A) Employment guarantee
  - B) Water sanitation
  - C) Nutrition education ☒
  - D) Immunization
26. In Union Budget 2024-25, PM POSHAN received an allocation of:
- A) ₹5,000 crore
  - B) ₹11,600 crore ☒
  - C) ₹9,000 crore
  - D) ₹20,000 crore
27. The cooking cost is revised how often?
- A) Annually ☒
  - B) Bi-annually
  - C) Quarterly
  - D) Every 3 years
28. Who is eligible for **mid-day meal worker honorarium**?
- A) Teachers
  - B) Anganwadi workers
  - C) Cooks/helpers ☒
  - D) School peons
29. Which of the following is **true** under PM POSHAN?
- A) Meals are not served on exam days
  - B) Mid Day Meal is provided even during holidays
  - C) Mid Day Meal is a legal entitlement ☒

- D) Meals are served only twice a week
30. What is the current honorarium for mid-day meal cooks/helpers (as per 2023)?
- A) ₹500/month
  - B) ₹1,000/month
  - C) ₹1,500/month ✓
  - D) ₹2,000/month
31. What is the maximum permissible cooking time for a mid-day meal?
- A) 2 hours
  - B) 4 hours
  - C) 3 hours ✓
  - D) 1 hour
32. What is the **unit of planning** for PM POSHAN implementation?
- A) Block
  - B) Taluk
  - C) School ✓
  - D) Cluster
33. What is the main objective of PM POSHAN with respect to enrolment?
- A) Reduce burden on teachers
  - B) Increase school infrastructure
  - C) Enhance enrolment and attendance ✓
  - D) Monitor exam results
34. Meals under PM POSHAN are generally served:
- A) Before school
  - B) At mid-day ✓
  - C) After school
  - D) In the evening
35. Who is the **nodal officer** at the state level for the scheme?
- A) Chief Minister
  - B) State Education Secretary ✓
  - C) Collector
  - D) Panchayat Officer
36. The nutritional norms under PM POSHAN are prescribed by:
- A) Ministry of Food Processing
  - B) Ministry of Health
  - C) Ministry of Education and FSSAI ✓
  - D) WHO
37. Which organization published performance evaluation reports of the MDM scheme?
- A) NCERT
  - B) NITI Aayog
  - C) Planning Commission
  - D) Programme Approval Board (PAB) ✓
38. As per the scheme, meals should be cooked:
- A) Once a week
  - B) Once a month
  - C) Daily on all school working days ✓
  - D) Only on Mondays
39. What is the color of the PM POSHAN logo seen on many school kitchens?
- A) Blue and white
  - B) Red and yellow ✓
  - C) Green and blue
  - D) Orange and white
40. Who conducts surprise inspections under the scheme?
- A) Village head
  - B) District-level officers ✓
  - C) Students' Union

- D) Anganwadi workers
41. In which landmark case did the Supreme Court mandate cooked meals in schools?
- A) Olga Tellis Case
  - B) M.C. Mehta v. Union of India ☒
  - C) Vishaka Guidelines Case
  - D) Indra Sawhney Case
42. Which international goal aligns with the PM POSHAN Scheme?
- A) MDG 5
  - B) SDG 2 (Zero Hunger) ☒
  - C) SDG 4 (Education)
  - D) SDG 13 (Climate Action)
43. The PM POSHAN scheme helps improve:
- A) Urban development
  - B) Forest conservation
  - C) Nutritional and educational outcomes ☒
  - D) Transport services
44. PM POSHAN encourages community participation through:
- A) Student feedback
  - B) School radio
  - C) Tithi Bhojan ☒
  - D) PTA meetings
45. FSSAI's Eat Right School initiative is linked with:
- A) Sports Ministry
  - B) PM POSHAN ☒
  - C) Railway Ministry
  - D) NSS
46. What type of food grains are provided under the scheme?
- A) Polished grains
  - B) Fortified grains ☒
  - C) Raw vegetables only
  - D) Non-organic grains
47. What is the role of the **Gram Panchayat** in PM POSHAN?
- A) Meal preparation
  - B) Sanctioning salaries
  - C) Monitoring implementation ☒
  - D) Buying school uniforms
48. Mid Day Meal is part of which constitutional right?
- A) Right to Life
  - B) Right to Food under Article 21A ☒
  - C) Right to Equality
  - D) Right to Property
49. Which component has been added to ensure **health and hygiene** under PM POSHAN?
- A) Water bottles
  - B) Health check-ups and deworming ☒
  - C) School uniforms
  - D) Online attendance
50. Which of the following is a **challenge** faced in implementation?
- A) Over enrolment
  - B) Monitoring irregularities ☒
  - C) Too much funding
  - D) Excess staff

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