

S.No	Question	Answer Options	
1	The doctor recommends that we should eat an apple without peeling because it contains _____.	Roughage	<input type="checkbox"/>
		Fats	<input type="checkbox"/>
		Proteins	<input type="checkbox"/>
		All Of The Above	<input type="checkbox"/>
2	Fill the blanks: Food contains useful substances called _____.	Vitamins	<input type="checkbox"/>
		Nutrients	<input type="checkbox"/>
		Proteins	<input type="checkbox"/>
		Carbohydrates	<input type="checkbox"/>

3	It was summer and mother left the cooked dal outside. Next morning she found that it had a bad smell. Why was it spoiled and could not be eaten?	<p>Bacteria Grew On It And Spoiled It</p> <p>Cockroaches Spoilt It</p> <p>Because Of The Warmth</p> <p>Both 1 And 3</p>	<p><input type="checkbox"/></p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p>
4	Fill in the blanks : We must drink at least _____ glasses of water every day.	<p>Answer</p> <p>_____</p>	
5	State if the following statement is TRUE or FALSE : Overcooking food can destroy essential nutrients.	<p>True</p> <p>False</p>	<p><input type="checkbox"/></p> <p><input type="checkbox"/></p>

Correct Answer is

1. Correct Ans option is Roughage
2. Correct Ans option is Nutrients
3. Correct Ans option is Both 1 And 3
4. Correct Answer is eight
5. Correct Ans option is True