

S.No	Question	Answer Options	
1	Fill the blanks: Food contains useful substances called _____.	Vitamins	<input type="checkbox"/>
		Nutrients	<input type="checkbox"/>
		Proteins	<input type="checkbox"/>
		Carbohydrates	<input type="checkbox"/>
2	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?	Bacteria Grew On It And Spoiled It	<input type="checkbox"/>
		Cockroaches Spoilt It	<input type="checkbox"/>
		Because Of The Warmth	<input type="checkbox"/>
		Both 1 And 3	<input type="checkbox"/>

3	The doctor recommends that we should eat an apple without peeling because it contains _____.	<input type="checkbox"/> Roughage <input type="checkbox"/> Fats <input type="checkbox"/> Proteins <input type="checkbox"/> All Of The Above	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
4	Fill in the blanks : We must drink at least _____ glasses of water every day.	<input type="text"/> Answer <input type="text"/>	
5	State if the following statement is TRUE or FALSE : Overcooking food can destroy essential nutrients.	<input type="checkbox"/> True <input type="checkbox"/> False	<input type="checkbox"/> <input type="checkbox"/>

Correct Answer is

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