

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	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	Fill the blanks: Food contains useful substances called _____.	Vitamins	<input type="checkbox"/>
		Nutrients	<input type="checkbox"/>
		Proteins	<input type="checkbox"/>
		Carbohydrates	<input type="checkbox"/>
4	Fill in the blanks : We must drink at least _____ glasses of water every day.	Answer _____	
5	State if the following statement is TRUE or FALSE : Overcooking food can destroy essential nutrients.	True	<input type="checkbox"/>
		False	<input type="checkbox"/>

Correct Answer is

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