

| 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 _____. | Roughage | <input type="checkbox"/> |
| | | Fats | <input type="checkbox"/> |
| | | Proteins | <input type="checkbox"/> |
| | | All Of The Above | <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 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