FOOD HEALTH AND HYGIENE

Learners' Planet

Name: _____ Date: ____/____/_____ Score_____

WORKSHEET-1

Multiple-Choice Questions:

(1) Select the incorrect statement from the following.

(A) Cooking makes food free of germs

(B) Raw vegetables are rich in roughage

(C) Children need more food as they grow very fast

(D) Over-eating makes the body more strong to fight with disease.

(2) Which of the following is a symptom of vitamin D deficiency?

(A) Poor vision

(B) Weak muscles and very little energy to work

(C) Bleeding gums

(D) Bones become soft and bent

(3) Over-nutrition is a form of main nutrition in which nutrients are over supplied relative to the amounts required for normal growth, development and metabolism. Over-nutrition leads to

(A) Deficiency disease

(B) Obesity

(C) Thin and weak body

(D) All of these

(4) From the following select the option which does not represent correctly the edible part of the given plant.

Plant – Edible part

(A) Carrot – Root

(B) Onion – Leaves

(C) Ginger – Stem

(D) Turmeric – Root

LIVEWORKSHEETS