

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