

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 malnutrition 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