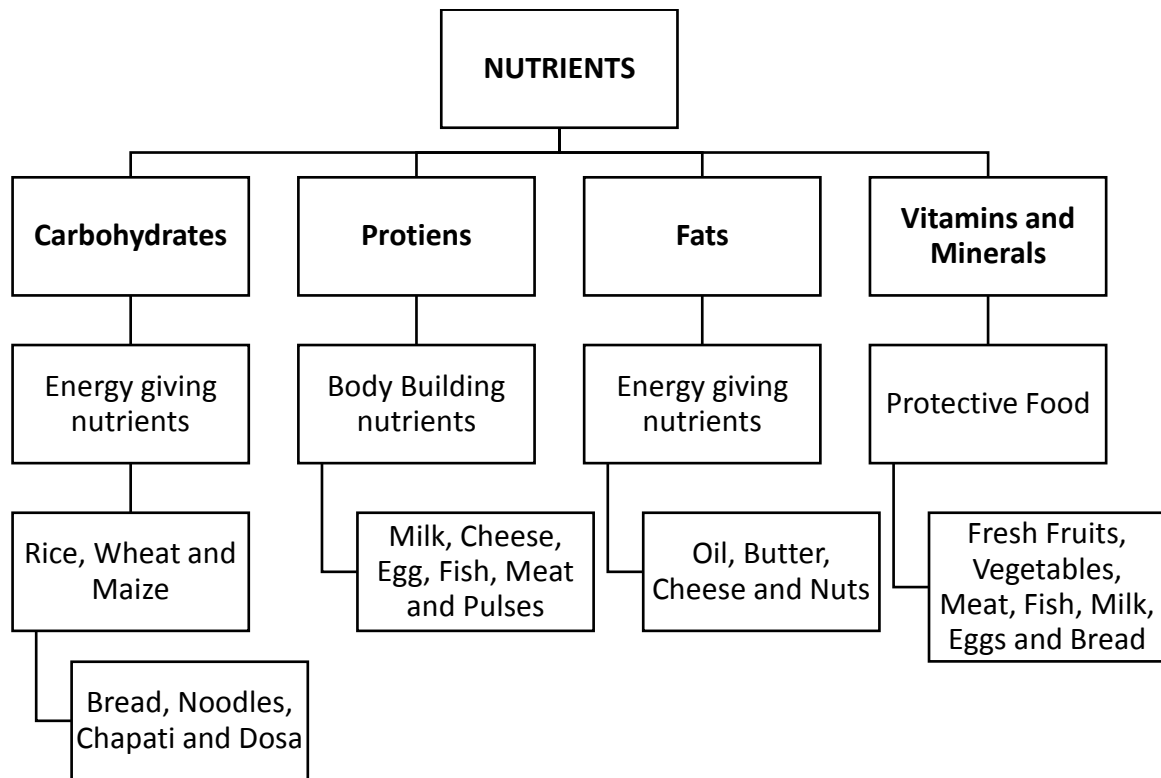


# Science Practice Sheet 1



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## MCQ.

- 1) \_\_\_\_\_ are protective food.
  - a) Vitamins
  - b) Protein
  - c) Carbohydrates
  - d) Fats
- 2) Which of these foods is rich in protein?
  - a) Carrot
  - b) Banana
  - c) Fish
  - d) Spinach
- 3) Which of the following method should be followed while cooking food?
  - a) Wash food after cutting them.
  - b) Over-cook vegetables.
  - c) Wash vegetables before cutting them.
  - d) Use extra water and throw away the water afterwards.

- 4) Which of the following does not have to be cooked before eating?
- a) Carrot
  - b) Potato
  - c) Rice
  - d) Rajma
- 5) The body cannot digest \_\_\_\_\_.
- a) Fruits
  - b) Vegetables
  - c) Meat
  - d) Fibre

**Fill in the blanks.**

- 1) \_\_\_\_\_ are rich in Carbohydrates.
- 2) Meat is rich in \_\_\_\_\_.
- 3) Fats are \_\_\_\_\_ giving nutrients.
- 4) We get \_\_\_\_\_, \_\_\_\_\_ from fresh fruits and vegetables.

**True or False.**

- 1) Carbohydrates are energy giving nutrients. \_\_\_\_\_
  - 2) Cheese is rich in Vitamins and Minerals. \_\_\_\_\_
  - 3) Vitamins and Minerals are protective food nutrients. \_\_\_\_\_
  - 4) There are four types of nutrients. \_\_\_\_\_
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