

**A. Multiple choice questions.**

1. Water helps us to \_\_\_\_\_ .
  - a. Store energy in our food
  - b. fight disease
  - c. absorb the nutrients
  - d. repair damaged parts of the body
2. A balanced diet contains \_\_\_\_\_ .
  - a. no fats
  - b. different foods from the same food group
  - c. foods from all food groups
  - d. only fruits and vegetables
3. Which of the following do we need for healthy and strong teeth?
  - a. iron
  - b. vitamin A
  - c. vitamin D and calcium
  - d. vitamin C
4. The substance found in food that helps us to work, play, grow and fight diseases are called
  - a. nutrients
  - b. energy
  - c. diet
  - d. all of these
5. Refrigeration is a method of \_\_\_\_\_ .
  - a. preparing a balanced diet
  - b. cooking food
  - c. preserving food
  - d. preserving nutrients

**B. State whether True or false.**

1. Food helps you to grow.
2. Roughage is a nutrient.
3. Children need lots of proteins.
4. Carbohydrates and fats are energy giving food.
5. Iron is needed to have healthy bones.

**C. Match the following.**

- | A         | B                            |
|-----------|------------------------------|
| 1. Egg    | a. cereal group              |
| 2. Milk   | b. milk group                |
| 3. Banana | c. protein group             |
| 4. Rice   | d. vegetable and fruit group |

**D. Underline the one that does not belong and fill in the blanks with the food group the others belong to. The first one is done for you.**

- |    |          |            |           |                   |               |
|----|----------|------------|-----------|-------------------|---------------|
| 1. | a) meat  | b) eggs    | c) beans  | d) <u>brinjal</u> | protein group |
| 2. | a) rice  | b) spinach | c) bread  | d) noodles        | _____         |
| 3. | a) milk  | b) cheese  | c) butter | d) curd           | _____         |
| 4. | a) apple | b) jelly   | c) potato | d) orange         | _____         |

**E. Fill in the blanks.**

1. Sugary foods are rich in \_\_\_\_\_ .
2. \_\_\_\_\_ are body building foods.
3. Vitamins and minerals are protective food.
4. The food that you eat every day is called your \_\_\_\_\_ .

F. From the help box given below, choose the cooking method that suits each description.

<b>Baking</b>	<b>boiling</b>	<b>steaming</b>	<b>stewing</b>	<b>roasting</b>
		<b>frying</b>		

1. Long, slow method of cooking where food is cut into small pieces and cooked in water Or stock.
2. Cooking of food in boiling water.
3. Cooking open food in dry heat.
4. Cooking food in hot oil.
5. Cooking food in an oven with dry heat.
6. Cooking food by surrounding it with steam.