

Class 4 EVS Advanced MCQ Practice Test (Original Set)**Topic: Chapter 5 - Food for Health**

Q1. Rehan rarely eats fresh fruits or leafy green vegetables. Lately, he has been finding it very difficult to see clearly when walking home in the dark evening hours. Which specific nutrient is his diet missing?

- A) Carbohydrates B) Vitamin A C) Iron D) Calcium

Q2. Athletes and marathon runners require a sudden, massive burst of energy right before a big race. Which of the following food meals would be the most effective choice for them?

- A) Boiled eggs and grilled fish B) Steamed broccoli and sliced cucumber
C) Boiled potatoes and ripe bananas D) Butter, ghee, and roasted almonds

Q3. Imagine you are testing different food items in a science laboratory. When you add a few drops of iodine solution to a mashed food sample, it turns into a dark blue-black colour. This confirms the presence of:

- A) Fats B) Proteins C) Starch D) Vitamin C

Q4. Why are dietary fibers (also known as roughage) considered an essential part of a healthy diet, even though they do not provide any direct nutrients or energy to our body?

- A) They help build strong bones and teeth B) They protect us from catching common colds
C) They help our body easily clear out undigested waste D) They store emergency energy under our skin

Q5. Simran is recovering from a fracture and needs her bones to heal quickly. Her doctor advises her to consume plenty of milk, cheese, and yogurt. Which mineral are these foods rich in?

- A) Iron B) Calcium C) Iodine D) Potassium

Q6. Two friends are discussing food preservation. Rohan claims that freezing fresh green peas keeps them good for months, while Meera says boiling them keeps them good for months. Who is scientifically correct?

- A) Rohan, because freezing stops germ growth B) Meera, because boiling keeps them hot
- C) Both are wrong, peas cannot be preserved D) Both are correct, temperature does not matter

Q7. If a child's daily diet completely lacks bodybuilding nutrients (Proteins) for a very long period, what primary health impact will be visible?

- A) Their body will stop growing and healing damaged muscles B) They will immediately develop weak eyesight
- C) Their skin will turn yellow due to lack of blood D) They will instantly become hyperactive with too much energy

Q8. Read the statements below regarding a "Balanced Diet" and choose the most accurate conclusion:

Statement 1: A balanced diet must contain identical weights of fats, proteins, and vitamins.

Statement 2: A balanced diet changes based on a person's age and physical activity.

- A) Statement 1 is true, Statement 2 is false B) Statement 2 is true, Statement 1 is false
- C) Both statements are absolutely true D) Both statements are completely false

Q9. Iron is a crucial mineral required by our body to produce hemoglobin, which carries oxygen through our blood. Which combination of foods is the best source of iron?

- A) Rice, sugar, and corn oil B) Spinach, jaggery, and apples
- C) Milk, butter, and white bread D) Sea salt, lemons, and oranges

Q10. While packing a lunchbox for a long train journey in hot weather, which type of food should you avoid packing to prevent it from spoiling quickly due to bacterial growth?

- A) Dry roasted foxnuts (Makhana) B) Freshly cut cucumbers and liquid milk curries
C) Deep-fried wheat puris D) Roasted chickpeas (Chana)
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ANSWER KEY WITH LOGIC HINTS:

1. B (Vitamin A deficiency causes night blindness, making it hard to see in low light)
2. C (Potatoes and bananas are rich in carbohydrates, providing quick energy, unlike fats which take longer to digest)
3. C (Iodine turns dark blue-black exclusively when it comes into contact with starch/complex carbohydrates)
4. C (Roughage adds bulk to food, helping it move smoothly through the digestive system to prevent constipation)
5. B (Calcium is the primary mineral responsible for maintaining and repairing dense bone structures)
6. A (Very low temperatures in a freezer slow down microbial growth significantly, preserving food for a long time)
7. A (Proteins are the essential structural building blocks required for growth, tissue repair, and muscle development)
8. B (A balanced diet requires different proportions of nutrients, not equal, and changes—e.g., a growing child needs more protein than an elderly person)
9. B (Green leafy vegetables like spinach, and natural sweeteners like jaggery, are loaded with dietary iron)
10. B (Moisture and high temperatures trigger rapid bacterial and fungal growth, causing wet foods to spoil very fast)