

Class 4 EVS Advanced Practice Test (Original Set)**Topic: Chapter 5 - Food for Health****Format: Fill in the Blanks & True/False****PART A: FILL IN THE BLANKS (10 Questions)**

- Q1. Nutrients like carbohydrates and fats are collectively known as _____ foods.
- Q2. Turning raw mangoes into pickles using salt and oil is a method of food _____.
- Q3. A condition called _____ occurs when a person's body does not have enough water to function properly.
- Q4. Deficiency of Vitamin C in a person's daily diet can lead to a disease called _____, causing bleeding gums.
- Q5. Proteins are known as _____ nutrients because they repair worn-out tissues and help us grow taller.
- Q6. When we chew food, it mixes with a watery liquid in our mouth called _____, which helps start digestion.
- Q7. The mineral _____ is essential for making red blood cells and prevents a condition called anaemia.
- Q8. Junk foods like potato chips and carbonated sodas contain plenty of sugar and fats but lack essential _____.
- Q9. Tiny living organisms called _____ and fungi are the main culprits that cause uncovered food to spoil.
- Q10. Rice, wheat, and maize are staple foods that are rich in a complex carbohydrate known as _____.

PART B: TRUE OR FALSE (10 Questions)

- Q11. Fats provide less energy to our body gram-for-gram than carbohydrates do. (True / False)
- Q12. Boiling milk kills the harmful germs present in it, keeping it safe to drink. (True / False)
- Q13. Vitamins and minerals are required by our body in massive amounts every single day. (True / False)
- Q14. An ideal balanced diet is exactly identical for a 5-year-old child and a 40-year-old construction worker. (True / False)
- Q15. Roughage is completely digested by our stomach to provide us with extra energy. (True / False)
- Q16. Eating too much oily junk food can lead to a health condition called obesity. (True / False)
- Q17. Citrus fruits like lemons, oranges, and amla are excellent sources of Vitamin C. (True / False)
- Q18. Food spoils faster when kept inside a cold, dark refrigerator than on a hot kitchen counter. (True / False)
- Q19. Wash fresh fruits and vegetables thoroughly after cutting them, rather than before cutting. (True / False)
- Q20. Water does not contain nutrients, yet we cannot survive without drinking it. (True / False)
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PART A:

1. Energy-giving | 2. Preservation | 3. Dehydration | 4. Scurvy | 5. Bodybuilding
6. Saliva | 7. Iron | 8. Vitamins / Minerals (or Nutrients) | 9. Bacteria / Microbes | 10. Starch

PART B:

11. False (Fats actually provide more energy than carbohydrates, though they take longer to break down)
12. True | 13. False (They are protective nutrients required in small, vital quantities)
14. False (A construction worker requires far more energy-giving foods due to intense physical labor)
15. False (Roughage cannot be digested; its sole job is to help clear out waste)
16. True | 17. True
18. False (Cold temperatures slow down bacterial growth, extending food life)
19. False (Washing after cutting washes away essential water-soluble vitamins)
20. True