

1. Cooking kills the germs present in the food. \_\_\_\_\_
2. Vitamins give us lot of energy. \_\_\_\_\_
3. Food should not be overcooked. \_\_\_\_\_
4. Mud and straw roof keeps the house cool in summers. \_\_\_\_\_
5. Kutchha houses are stronger and more durable. \_\_\_\_\_

D] NAME THE FOLLOWING.

1. The scientist who discovered the process of Pasteurisation.
2. Two protein rich foods.
3. Two methods which increase the nutritive value of food.
4. Two important minerals required by our body.
5. Two temporary houses

---

---

---

---

---

E] MATCH THE FOLLOWING.

- |             |                  |
|-------------|------------------|
| 1. Canning  | (a) potato chips |
| 2. Freezing | (b) pickles      |
| 3. Drying   | (c) milk         |
| 4. Salting  | (d) jams         |
| 5. Boiling  | (e) meat         |

F] CHOOSE THE CORRECT OPTION.

- a) Both A and R are true and R is the correct explanation of A.
- b) Both A and R are true but R is not the correct explanation of A.
- c) A is true but R is false.
- d) A is false and R is true.

**Assertion (A) :** We do need to preserve any food item.

**Reason(R):** Preservation does not let food items get spoilt.

Ans : \_\_\_\_\_

**Assertion (A) :** People live in tents while camping.

**Reason(R):** Tents are temporary houses made of canvas.

Ans : \_\_\_\_\_

G] Write 'E' for energy giving, 'B' for body-building and 'P' for protective foods.

