**Q1) Which of the following is NOT a source of food?**

a) Fruits

b) Vegetables

c) Books

d) Grains

Correct answer: Option (c)

Explanation: Books are not a source of food. Books are a form of written material and cannot be consumed as food. While fruits, vegetables, and grains are types of food that can provide nutrition to our body and are considered as a source of food.

Thus, the correct answer is option (c).

Difficulty Level- Easy

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**Q2) Which of the following is a dairy product?**

a) Carrots

b) Cheese

c) Chicken

d) Bread

Correct answer: Option (b)

Explanation: Dairy products are made from milk. Cheese is a dairy product that is made from milk. While, carrots, chicken, and bread are not dairy products as they are not made from milk. Carrots are a root vegetable, chicken is a type of meat, and bread is a baked product made from grains.

Thus, the correct answer is option (b).

Difficulty Level- Medium

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**Q3) Which of the following is a source of protein?**

a) Bananas

b) Potatoes

c) Fish

d) Soda

Correct answer: Option (c)

Explanation: Protein is a nutrient that helps our bodies grow and stay healthy. It is important for our muscles, bones, skin, and other organs. Fish is a source of protein, while bananas, potatoes, and soda are not. Bananas and potatoes are sources of carbohydrates which provide energy to the body. Soda is a sugary drink that does not contain any protein.

Thus, the correct answer is option (c).

Difficulty Level- Medium

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**Q4) Which of the following is a source of carbohydrates?**

a) Meat

b) Bread

c) Cheese

d) Eggs

Correct answer: Option (b)

Explanation: Carbohydrates provide energy to our body to keep us moving and help us to perform daily activities. Bread is a food that is high in carbohydrates, and it is made from grains like wheat or rice. Meat, cheese, and eggs are good sources of protein, but they are not sources of carbohydrates.

Thus, the correct answer is option (b).

Difficulty Level- Medium

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**Q5) Which of the following is a source of vitamin C?**

**TYPE: Image**

a) <https://drive.google.com/file/d/1CsfYHiXtxPJmDwk1Lc6p9cNQmiBkh_43/view?usp=share_link>

b) <https://drive.google.com/file/d/15aE2p0WSzcFK6JvqydwGxOj4Br9cvQJc/view?usp=share_link>

c) <https://drive.google.com/file/d/1PkIPfSPjpDT2KVKlncO9lwEYVk7breuu/view?usp=share_link>

d) <https://drive.google.com/file/d/1s6PlUzXluTrHNyu4fgEhv_7-bdT13-3i/view?usp=share_link>

Correct answer: Option (a)

Explanation: Vitamin C is an important nutrient that helps our body grow and stay healthy. Also helps our body absorb iron from the food we eat. Oranges are a fruit that is high in Vitamin C. While, rice, butter, and beef are not sources of Vitamin C. Rice is a grain that is high in carbohydrates, while butter and beef are high in fat and protein respectively.

Thus, the correct answer is option (a).

Difficulty Level- Medium

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**Q6) Which of the following is a vegetable?**

**TYPE: Image**

a) <https://drive.google.com/file/d/1zS1s5Y2Xtohx6TsRSmsOk05LCD-bl58R/view?usp=share_link>

b) <https://drive.google.com/file/d/11BJGE546h2qq3fqmP8-UOqfx-WzWVQmD/view?usp=share_link>

c) <https://drive.google.com/file/d/1CxiB93qnmJ8ogRdjM8FtAeQAlQH70DUh/view?usp=share_link>

d) <https://drive.google.com/file/d/1_BM8QR4Zzt97HSyT1BS5_J82hjkpXac3/view?usp=share_link>

Correct answer: Option (b)

Explanation: Vegetables are foods that come from plants and are usually eaten as part of a healthy diet. Carrots are a type of vegetable that are typically orange in colour and grow underground. Chicken and fish are examples of animal-based foods, while cheese is a dairy product made from milk.

Thus, the correct answer is option (b).

Difficulty Level- Easy

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**Q7) Which of the following is a fruit?**

a) Bread

b) Mango

c) Cheese

d) Pasta

Correct answer: Option (b)

Explanation: A fruit is a type of food that comes from plants and contains seeds. Mango is a type of fruit. Bread, cheese, and pasta are not fruits. They are other types of food made from grains or dairy products.

Thus, the correct answer is option (b).

Difficulty Level- Easy

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**Q8)** **Which of the following is an example of a healthy snack?**

**TYPE: Image**

a) <https://drive.google.com/file/d/1Sq6d4YmHHoMX3jOsGzFJ2h19ittNHVQw/view?usp=share_link>

b) <https://drive.google.com/file/d/1UfLsvfcsuqDflpUFVJ4LVA0Iv1KTjycK/view?usp=share_link>

c) <https://drive.google.com/file/d/1B19rd0CJsQ28GFBMdv-230xfSCyEkKVE/view?usp=share_link>

d) <https://drive.google.com/file/d/1MvPi7p-6Nh3UB-FClXiPZR8YhiKvtfsB/view?usp=share_link>

Correct answer: Option (c)

Explanation: Apples are a healthy snack because they are a good source of fibre and essential vitamins like Vitamin C. They also provide energy. Potato chips, candy and chocolate cake are not considered as healthy snacks. Potato chips and candy are typically high in sugar, salt, and unhealthy fats. Chocolate cake is a high-calorie dessert that contains added sugars and unhealthy fats.

Thus, the correct answer is option (c).

Difficulty Level- Hard

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**Q9) Which of the following foods is a good source of calcium?**

a) Chocolate

b) Milk

c) Soda

d) Cookies

Correct answer: Option (b)

Explanation: Calcium is an important mineral that helps to build strong bones and teeth. Milk is a good source of calcium, which helps build and maintain strong bones and teeth. Chocolate, soda, and cookies are not good sources of calcium, and may even be harmful to teeth and bones if consumed in large amounts.

Thus, the correct answer is option (b).

Difficulty Level- Hard

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**Q10) Which of the following foods is a good source of fibre?**

**TYPE: Image**

a) <https://drive.google.com/file/d/1xDIH6v4YDzLB_Oas-SUiZfOKmeMYjCHo/view?usp=share_link>

b) <https://drive.google.com/file/d/1XQ-I4hfreLCyFBwPKYG6-5X9d6N8bdrN/view?usp=share_link>

c) <https://drive.google.com/file/d/1R4cpw-io8zNBQaCEkyblEFGQm4VUgH3K/view?usp=share_link>

d) <https://drive.google.com/file/d/1MRGb9fLVdjqwVJuO5Qd_puhFdZ_bjaxx/view?usp=share_link>

Correct answer: Option (c)

Explanation: Fibre is a type of carbohydrate that is important for maintaining a healthy digestive system. Broccoli is a green vegetable that is high in fibre, vitamins, and minerals. Ice cream, French fries and Candy are not good sources of fibre.

Thus, the correct answer is option (c).

Difficulty Level- Hard

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**Q11) Which of the following materials is used to make clothes?**

a) Paper

b) Wood

c) Plastic

d) Cotton

Correct answer: Option (d)

Explanation: Cotton is a type of plant that is commonly used to make clothes. Paper is used to make books and writing materials, wood is used to make furniture and buildings and plastic is used to make a variety of products, including toys and containers.

Thus, the correct answer is option (d).

Difficulty Level- Medium

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**Q12) Which of the following materials is used to make a raincoat?**

a) Cotton

b) Wool

c) Polyester

d) Silk

Correct answer: Option (c)

Explanation: Raincoats are usually made from materials that are waterproof such as polyester. Cotton and wool can absorb water, which would make the raincoat heavy and uncomfortable to wear, and silk is a delicate fabric that would not hold up well in rainy weather.

Thus, the correct answer is option (c).

Difficulty Level- Medium

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**Q13) What is the purpose of wearing clothes?**

a) To keep us warm and protect us from the weather

b) To show off to our friends

c) To look cool and fashionable

d) To make us look scary

Correct answer: Option (a)

Explanation: Clothes help protect us from the weather, sun, and other environmental factors. They also keep us warm. While clothes can also be fashionable and show off our style, their primary purpose is to protect us and keep us comfortable. Clothes can make us look scary, cool or fashionable but that is not their primary purpose.

Thus, the correct answer is option (a).

Difficulty Level- Easy

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**Q14) What do we wear in summer?**

a) Sweaters and jackets

b) Shorts and t-shirts

c) Boots and hats

d) Scarves and gloves

Correct answer: Option (b)

Explanation: Summer is a season that typically has warm or hot temperatures, so we usually wear lighter clothing to stay cool and comfortable. Shorts and t-shirts are popular choices for summer. Sweaters and jackets are worn in winter, and boots and hats can be worn in both winter and summer.

Thus, the correct answer is option (b).

Difficulty Level- Easy

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**Q15) Which of the following clothes is best to wear in the winter to keep warm?**

a) Shorts

b) T-shirt

c) Sweater

d) Swimsuit

Correct answer: Option (c)

Explanation: During the winter season, the weather becomes very cold, and it is essential to keep ourselves warm. Sweaters are a type of clothing that is warm and comfortable to wear during the winter season. Shorts and swimsuits are clothes that we wear during hot weather, while T-shirts can be worn in any season.

Thus, the correct answer is option (c).

Difficulty Level- Medium

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**Q16) What is a house?**

A) A type of vehicle

b) A place where people live

c) A type of animal

d) A piece of furniture

Correct answer: Option (b)

Explanation: A house is a type of building that provides shelter, safety, and a place to rest and relax for people. It is a place where families or individuals live together, share their daily lives, and create memories.

Thus, the correct answer is option (b).

Difficulty Level- Easy

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**Q17) What is a roof?**

a) The floor of a house

b) The walls of a house

c) The ceiling of a house

d) The top of a house

Correct answer: Option (d)

Explanation: A roof is the top part of a house or building that covers and protects it from things like rain, snow, and the sun. The roof is usually made of different materials like shingles, tiles, or metal, and it helps keep the inside of the house dry and safe.

Thus, the correct answer is option (d).

Difficulty Level- Medium

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**Q18) What is a bedroom?**

a) A place to cook food

b) A place to sleep

c) A place to watch TV

d) A place to play

Correct answer: Option (b)

Explanation: A bedroom is a room in a house or apartment that is typically designated for sleeping. It usually contains a bed or other sleeping surface, as well as furniture such as dressers, nightstands, and wardrobes for storing clothing and personal items.

Thus, the correct answer is option (b).

Difficulty Level- Easy

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**Q19) What is a chimney?**

a) A part of the house that helps smoke from the fireplace escape

b) A part of the house where we sleep

c) A part of the house where we eat

d) A part of the house where we see outside

Correct answer: Option (a)

Explanation: A chimney is a vertical structure that is usually made of bricks or other materials and is designed to allow smoke, gases, and other by-products of combustion to escape from a fireplace, stove, furnace, or boiler. The chimney is an essential part of many buildings, particularly those that use wood, coal, or oil for heating or cooking.

Thus, the correct answer is option (a).

Difficulty Level- Hard

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**Q20) What is a wall?**

a) The part of the house where we sleep

b) The part of the house where we eat

c) The part of the house that separates inside and outside

d) The part of the house where we see outside

Correct answer: Option (c)

Explanation: A wall is a vertical structure that forms a barrier within a building. Walls can be made of various materials, including concrete, brick, wood, and drywall, and are typically used to divide interior spaces, provide privacy and security, and support the weight of the roof and upper floors. Walls can also be used to separate the inside and outside of a building, and can be equipped with doors, windows, and other openings to allow access and provide ventilation.

Thus, the correct answer is option (c).

Difficulty Level- Medium

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**Q21) What is a family?**

a) A group of friends who live together

b) A group of people who are related to each other

c) A group of people who work together

d) A group of people who live in the same city

Correct answer: Option (a)

Explanation: These people are usually connected through blood or marriage. They may live together in the same house. Families can be made up of parents, children, grandparents, aunts, uncles, and cousins.

Thus, the correct answer is option (a).

Difficulty Level- Easy

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**Q22) What is a sibling?**

a) A parent in the family

b) A grandparent in the family

c) A brother or sister in the family

d) A cousin in the family

Correct answer: Option (c)

Explanation: A family is a group of people who are related to each other. These people are usually connected through blood or marriage. They may live together in the same house. Families can be made up of parents, children, grandparents, aunts, uncles, and cousins. Other options do not match the definition.

Thus, the correct answer is option (c).

Difficulty Level- Medium

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**Q23) Who is a part of a family?**

a) Friends

b) Strangers

c) People who are related to each other

d) Only parents

Correct answer: Option (c)

Explanation: A family is a group of people who share a special bond because they are related to each other. This could include parents, siblings, grandparents, aunts, uncles, and cousins. Friends and strangers may be important to us, but they are not considered part of our family because they are not related to us.

Thus, the correct answer is option (c).

Difficulty Level- Easy

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**Q24) How do family members show love for each other?**

a) By being mean

b) By saying hurtful things

c) By helping each other

d) By never talking to each other

Correct answer: Option (c)

Explanation: Family members show love for each other by helping and supporting each other. Being mean or hurtful, or avoiding communication, are not ways to show love or build positive relationships within a family.

Thus, the correct answer is option (c).

Difficulty Level- Hard

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**Q25) By hearing the above audio, answer the question given below:**

[**https://drive.google.com/file/d/1S7ufYaBxNqpDMnnHeCD9Os7ZWpHnKjI3/view?usp=share\_link**](https://drive.google.com/file/d/1S7ufYaBxNqpDMnnHeCD9Os7ZWpHnKjI3/view?usp=share_link)

**TYPE: Audio**

**What does Tisha’s father do?**

a) Cobbler

b) shop keeper

c) Driver

d) Painter

Correct answer: Option (b)

Explanation: Tisha’s father is a shop keeper. Along with his work, he used to help her in her studies.

Her mother is a teacher and she also guide her in her studies.

Thus, the correct answer is option (b).

Difficulty Level- Very Hard

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**Q26) What is food?**

a) Something we wear

b) Something we eat

c) Something we play with

d) Something we read

Correct answer: Option (b)

Explanation: Food is something we eat to provide energy and nutrients for our body to function properly. We need it every day to help us grow, stay healthy, and be strong. We can’t wear, play or read with food.

Thus, the correct answer is option (b).

Difficulty Level- Easy

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**Q27) Which of the following is not a healthy food?**

**TYPE: Image**

a) <https://drive.google.com/file/d/1ADNFfYE8mLkDH_c55j3Dar2PwuFNmuc3/view?usp=share_link>

b) <https://drive.google.com/file/d/1LAUNLen6_RmpisLZrztlf8Sw7Tdq4Wtw/view?usp=share_link>

c) <https://drive.google.com/file/d/1bkgEIpywe5gv4S09a1V1YuHmJWA9yK8i/view?usp=share_link>

d) <https://drive.google.com/file/d/1DSsDgphHiBu4JQyVRPvgH3JvDRkbvGxA/view?usp=share_link>

Correct answer: Option (b)

Explanation: Candy and cookies are not healthy foods because they have a lot of sugar and can make us sick if we eat too much. These foods are usually high in sugar and unhealthy fats, which can cause cavities in our teeth. Fruits and vegetables, milk and cheese, bread and rice are healthy foods when consumed in moderation as part of a balanced diet.

Thus, the correct answer is option (b).

Difficulty Level- Easy

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**Q28) What is a balanced diet?**

a) Eating only candy and cookies

b) Eating only fruits and vegetables

c) Eating a variety of different foods

d) Eating only meat and chicken

Correct answer: Option (c)

Explanation: A balanced diet means eating a variety of foods that provide our body with all the nutrients it needs to grow, to stay healthy and function properly. Eating only candy and cookies, fruits and vegetables, or meat and chicken is not a balanced diet.

Thus, the correct answer is option (c).

Difficulty Level- Hard

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**Q29) Why do we need to drink water?**

a) To make our teeth clean

b) To help us grow taller

c) To help our body stay cool

d) To make us run faster

Correct answer: Option (c)

Explanation: We need to drink water to help our body stay cool when we are hot, and to help our body work properly. When we don't drink enough water, our body can get dehydrated, which can make us feel tired and unwell.

Thus, the correct answer is option (c).

Difficulty Level- Medium

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**Q30) Who is a farmer?**

a) Someone who makes toys

b) Someone who grows food

c) Someone who builds houses

d) Someone who fixes cars

Correct answer: Option (b)

Explanation: A farmer is someone who grows food. Farmers are responsible for planting and growing crops and raising animals for food. They work on farms and use tools like tractors and ploughs to help them plant and harvest crops.

Thus, the correct answer is option (b).

Difficulty Level- Medium

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**Q31) What is the most common use of water?**

a) Singing

b) Drinking

c) Dancing

d) Jumping

Correct answer: Option (b)

Explanation: The most common use of water is for drinking. Water is an essential component of human life, and it is necessary for proper hydration and bodily functions. In addition to that drinking, water is also commonly used for other purposes such as cooking, bathing, cleaning, and irrigation.

Thus, the correct answer is option (b).

Difficulty Level- Easy

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**Q32) What is water used for in agriculture?**

a) To make music

b) To grow crops

c) To play games

d) To watch movies

Correct answer: Option (b)

Explanation: Water is used in agriculture to help plants grow. Plants need water to survive and grow, just like how we need water to drink and stay healthy. Farmers use water to water their crops, which means they give the plants just the right amount of water they need to grow big and healthy.

Thus, the correct answer is option (b).

Difficulty Level- Medium

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**Q33) How can water be saved?**

a) By leaving taps running

b) By taking long showers

c) By turning off the tap when not in use

d) By watering plants with a hose

Correct answer: Option (c)

Explanation: Water can be saved by turning off the tap when not in use. By turning off the tap when we're not using it, we can save water and reduce our water usage. Leaving taps running, taking long showers and watering plants with a hose are not the ways to save water as they waste a lot of water.

Thus, the correct answer is option (c).

Difficulty Level- Medium

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**Q34) Which of the following is NOT an example of using water for cleaning?**

a) Washing dishes

b) Bathing

c) Brushing teeth

d) Riding a bike

Correct answer: Option (d)

Explanation: Washing dishes involves using water and soap to clean dirty dishes, while bathing and brushing teeth involve using water to clean our bodies and teeth, whereas for riding a bike there’s no need for water. Thus, the correct answer is option (d).

Difficulty Level- Medium

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**Q35) What is a swimming pool?**

a) A place where we can swim and play in water

b) A place where we can ride roller coasters

c) A place where we can play video games

d) A place where we can watch movies

Correct answer: Option (a)

Explanation: A swimming pool is a place where we can swim and play in water. It is an artificial body of water that is designed for swimming, diving, and other water-based activities.

Thus, the correct answer is option (a).

Difficulty Level- Easy

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**Q36) What is a drought?**

a) A period when there is too much water

b) A period when there is not enough water

c) A period when it is too hot outside

d) A period when it is too cold outside

Correct answer: Option (b)

Explanation: A drought is a condition for a long period of time when there is not enough water. During a drought, there is less water available than what is normally needed by people, animals, and plants.

Thus, the correct answer is option (b).

Difficulty Level- Very Hard

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**Q37) What is the main source of freshwater on Earth?**

a) Oceans

b) Rivers

c) Lakes

d) Groundwater

Correct answer: Option (d)

Explanation: The main source of freshwater on Earth is groundwater. Groundwater is the water that is stored below the Earth's surface in soil and rock formations. Oceans, rivers, and lakes are important sources of water for various uses, but they are not the main source of freshwater on Earth.

Thus, the correct answer is option (d).

Difficulty Level- Medium

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**Q38) What is the term used for the process when water is purified and made safe for drinking?**

a) Irrigation

b) Filtration

c) Desalination

d) Condensation

Correct answer: Option (b)

Explanation: The term used for the process when water is purified and made safe for drinking is filtration. Filtration is a process of removing impurities. Irrigation, desalination, and Condensation are not the process of purifying water.

Thus, the correct answer is option (b).

Difficulty Level- Hard

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**Q39) Which of the following is NOT a source of water?**

a) <https://drive.google.com/file/d/1GroacfFsnOxK4NNwgcAHF-DQ311sEIn2/view?usp=share_link>

b) <https://drive.google.com/file/d/1XIdL--8IsgIUJafd3zNyN0uaOQjqlrSj/view?usp=share_link>

c) <https://drive.google.com/file/d/1Y3rDQ-z3fmfs6PPzFi0TUpEmvRsVUHeF/view?usp=share_link>

d) <https://drive.google.com/file/d/1E7YeGlxtmMqQguKSCqALlYXCnbAi7YLQ/view?usp=share_link>

Correct answer: Option (b)

Explanation: A book is not a source of water. It is a written or printed work that contains information or stories. A river, well, and lake are all sources of water.

Thus, the correct answer is option (b).

Difficulty Level- Easy

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**Q40) Which of the following is a use of water in generating electricity?**

a) To make music

b) To power homes and businesses

c) To play games

d) To watch movies

Correct answer: Option (b)

Explanation: Water is used in generating electricity through a process called hydroelectric power. This electricity can then be used to power homes and businesses. Water is not used to make music, play games or watch movies.

Thus, the correct answer is option (b).

Difficulty Level- Hard

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