

# Roughage And Water

## 1. Answer the following questions:

A. Why Roughage is required for our body?

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B. What our body needs to stay healthy?

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C. What percentage of water our body needs daily?

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D. What is Roughage?

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## 2. Fill in the blanks.

A. \_\_\_\_\_ is present in our food.

B. It is the \_\_\_\_\_ part of the food.

C. Adult body needs \_\_\_\_\_ stores of water daily.

D. Water is very \_\_\_\_\_ to remain healthy.

**3. Write True or False:-**

A. An adult body needs about 3 liters of water daily.

B. Roughage is present in our food.

C. Almost two-third of our body weight consists of water.

D. Water helps in the digestion of food.