

9. The Happy Man's Shirt

Worksheet 1

COMPREHENSION

Read the passage and answer the questions that follow.

Staying healthy is essential for living a happy life. Good health means having a balanced and nutritious diet, exercising regularly, getting enough sleep, and avoiding unhealthy habits like smoking and drinking alcohol.

One of the most important things you can do to stay healthy is to eat a healthy diet. This means eating plenty of fruits and vegetables, lean protein, and whole grains. You should also limit your intake of processed and sugary foods.

Regular exercise is also crucial for maintaining good health. It helps to strengthen your muscles and bones, boost your immune system, and improve your mood. Aim for at least 30 minutes of physical activity per day, whether it's going for a walk, doing yoga, or playing a sport.

Getting enough sleep is another important aspect of staying healthy. Most adults need around 7-8 hours of sleep per night, while children and teenagers need more. Lack of sleep can lead to a range of health problems, including weight gain, mood swings, and weakened immune function.

Finally, it's important to avoid unhealthy habits like smoking and excessive drinking. Smoking is one of the leading causes of preventable death worldwide, while drinking alcohol in excess can lead to liver damage, heart disease, and other serious health problems.

A. Answer the following questions.

1. Why is staying healthy important?

2. What are some important aspects of a healthy diet?

3. Why is regular exercise important?

4. How much sleep do most adults need per night?

5. Why is it important to avoid unhealthy habits like smoking and excessive drinking?

Worksheet 2

GRAMMAR

A. Rewrite the following sentences in passive voice, making necessary changes.

1. He is taking the dog for a walk.

2. In the nineteenth century, distinguished composers wrote operas.

3. Will she show her husband how to cook?

B. Change the following sentences as directed.

1. The cat cleaned its face. It sat on the fence. [Simple sentence]

2. Many people crowded into the hall. They were all dressed in black and white clothes. [Complex sentence]

3. Mr Yadav has bought a new SUV. He does not know how to drive it. [Compound sentence]

4. I had travelled and seen many people and places. I had never seen anyone as daft as Harish. [Complex sentence]

5. Karen has a new hairdo. It is beautiful. [Simple sentence]

6. The news was very startling. She heard it calmly without any reaction. [Complex sentence]

C. Rewrite the following sentences as indirect [reported] speech.

1. Papa said, 'Please fetch my glasses, Nitin.'

2. 'Why,' asked the teacher, 'did you come late today?'

3. The shopkeeper said, 'Here's your packet, ma'am,' handing over a large bag to Mrs Henry. 'Thank you,' she replied.

4. 'What a lovely dress!' said Veena when she saw Mili.

5. Sit down and keep quiet!' shouted Mr Tarey.

Worksheet 3

VOCABULARY AND WRITING SKILLS

A. The phrases in the following sentences have been used idiomatically. Underline them and find other words to explain them.

1. I have made up my mind to learn music.

2. He was beside himself with grief.

3. She is not in the good books of her maths teacher.

4. The thief took to his heels when he saw me.

5. I'm sorry I lost your book. I'll make good the loss.

B. Join the words in Column A with the words in Column B to make new words.

Column A	Column B	Compound Word
1. Back	(a) lay	_____
2. Over	(b) deep	_____
3. Way	(c) bite	_____
4. Skin	(d) strong	_____
5. Head	(e) hear	_____