

1. The Demon Who Loved Dosas

WORKSHEET

1

COMPREHENSION

Read the passage below and answer the questions that follow.

Eating fruits and vegetables is not only delicious but also very good for your health. Fruits and vegetables are like nature's special gifts to us, and they come in all sorts of colours, shapes and sizes. Let's learn about some of the wonderful benefits of eating them!

Fruits and vegetables are packed with vitamins and minerals that help our bodies grow strong and healthy. For example, they provide important vitamins like vitamin C, which is found in oranges, strawberries and capsicum. Vitamin C helps your body heal cuts and wounds and keeps your skin healthy. Then, there's vitamin A, found in carrots and sweet potatoes, which is essential for good eyesight. It helps you see clearly in the day and night.

These colourful foods also contain minerals like potassium, found in bananas, and calcium, found in broccoli. Potassium is crucial for maintaining healthy blood pressure and keeping your heart strong. Calcium helps your bones grow strong and is found in foods like broccoli and leafy greens.

Eating different types of fruits and vegetables is like a magic potion to help prevent diseases. These foods are rich in antioxidants, which are like little superheroes that protect your body. Antioxidants fight off harmful substances called free radicals, which can damage your cells and make you sick. By eating fruits and vegetables, you are providing your body with a shield against diseases like heart disease, cancer and diabetes.

Some fruits and vegetables, like blueberries and spinach, are packed with antioxidants called flavonoids. These flavonoids can help improve your memory and keep your brain healthy. So, by enjoying a colourful plate of fruits and vegetables, you're not only making your body strong but also your mind sharp.

A. Tick (✓) the correct answers.

1. How is vitamin A good for our body?

- | | | | |
|------------------------------------|--------------------------|--------------------------------|--------------------------|
| (a) It makes our hair grow faster. | <input type="checkbox"/> | (b) It keeps our bones strong. | <input type="checkbox"/> |
| (c) It helps us see clearly. | <input type="checkbox"/> | (d) It makes our skin soft. | <input type="checkbox"/> |

2. Which fruit is a good source of vitamin C?

(a) Banana

☐

(b) Orange

☐

(c) Watermelon

☐

(d) Grapes

☐

3. What do antioxidants in fruits and vegetables do for our bodies?

(a) They help our body digest food.

☐

(b) They protect our cells and prevent diseases.

☐

(c) They make our skin shiny.

☐

(d) They make us grow taller.

☐

4. Which mineral helps maintain healthy blood pressure and a strong heart?

(a) Calcium

☐

(b) Potassium

☐

(c) Iron

☐

(d) Magnesium

☐

5. What do flavonoids in some fruits and vegetables do for our brains?

(a) They make our hair grow faster.

☐

(b) They improve memory and keep our brain healthy.

☐

(c) They help our digestion.

☐

(d) They make us run faster.

☐

B. Answer the following questions.

1. Why is vitamin C important for our body?

2. What is the role of antioxidants in fruits and vegetables?

3. Name a vegetable that is a good source of calcium.

4. How do flavonoids in some fruits and vegetables benefit our brain?

C. Find the synonyms of the words given below from the passage.

1. tasty

2. avoid

3. vital

4. protection

WORKSHEET 2

GRAMMAR

A. State if the following sentences are Declarative (D), Interrogative (I) or Imperative (IM).

1. This pencil belongs to Sumeet. []
2. Where are my books? []
3. Please stand in a queue. []
4. Kindness is never wasted. []
5. See if it is raining outside. []
6. Have you seen Miss Nagar anywhere? []
7. I am leaving for Hyderabad tomorrow. []
8. Has Mummy gone to the market? []
9. Leave the keys on the table. []
10. They have all arrived for the meeting. []

B. Punctuate the following sentences using capital letters, full stops and question marks.

1. miss narayan will be taking the english class on tuesday
2. what is the name of the new boy in your class
3. i asked gaurav for a pencil
4. may i come in please, mrs hadley
5. stop making a noise, tarun
6. james fox has never lived in any town except london

WORKSHEET 3

VOCABULARY AND WRITING

A. Underline the silent letters in the words below.

- | | |
|-----------|-----------|
| 1. Knot | 2. Yacht |
| 3. Song | 4. Wear |
| 5. Proper | 6. Work |
| 7. Parcel | 8. Letter |
| 9. Listen | 10. Mark |

B. Write antonyms for the following words.

- | | |
|------------|-------|
| 1. Lead | _____ |
| 2. Build | _____ |
| 3. Last | _____ |
| 4. Lost | _____ |
| 5. Scatter | _____ |

C. Add suffixes [-cian, -tion, -sion] to the following words.

- | | |
|-------------|-------|
| 1. Rotate | _____ |
| 2. Electric | _____ |
| 3. Extend | _____ |