

1. The Chocolate Room

WORKSHEET

COMPREHENSION

Read the passage below and answer the questions that follow.

A study carried out in Germany found that chocolate was actually good for our heart. The research was conducted over eight years and followed the chocolate-eating habits and health of almost 20,000 people. The study showed that people who ate chocolate reduced their risk of having a heart attack by 30 per cent. The experts said that a natural compound called flavonols was good for our heart. It helped reduce blood pressure. This compound was found in cocoa beans, which were used for making chocolates. Dark chocolate, which contained more cocoa, was the healthiest kind to eat. Milk chocolate had no effect as it contained less flavonol. If people start eating small amounts of chocolate, it could replace the high intake of chips and snacks in our diet, which has more calories.

A. Answer the following questions.

1. What was carried out in Germany?

2. The chocolate-eating habits of how many people were studied?

3. Name the natural compound found in chocolates.

4. The compound reduced the risk of which disease?

5. Which type of chocolate has no flavonol?

B. Find the synonyms of the following words from the passage.

1. research

2. decreased

3. consumed

4. beneficial

5. quantities

C. Make sentences of the following words.

1. Compound: _____

2. Risk: _____

3. Healthiest: _____

4. Diet: _____

5. Intake: _____

WORKSHEET 2

GRAMMAR

A. Circle the subjects and underline the predicates in the following sentences.

1. The boy in the blue shirt is very naughty.
2. You need to go to a doctor for the cut on your knee.
3. The swans flew with the tortoise on a stick.
4. Lata, who sits in the first row, will have an extra pencil.
5. People were waiting at the bus stop.
6. Vivek and Gaurav were in the room when we came.

B. Write the type of sentences the following are [Declarative/Interrogative/Imperative/Exclamatory].

1. What a beautiful shot! _____
2. Narayan is a very good electrician. _____
3. Please walk with your back straight. _____
4. Mr Ganesh will teach us Chemistry, won't he? _____
5. Jerry has been ill for three weeks. _____
6. Make sure the lions are fed regularly. _____
7. Don't be silly! _____
8. Is Farid learning to play the tabla? _____

WORKSHEET 3

VOCABULARY AND WRITING

A. Correct the following collocations.

1. Bed and lunch: _____
2. High and down: _____
3. Good and large: _____
4. Come and out: _____
5. Top and down: _____
6. Give and ask: _____
7. Lost and carry: _____
8. Bread and cake: _____

B. Select the odd word in the following groups.

- | | | | |
|--------------|--------|--------|---------|
| 1. rage | anger | fury | water |
| 2. scream | short | yell | roar |
| 3. terminate | meet | kill | destroy |
| 4. trees | shrubs | plants | cows |
| 5. dragon | child | elf | fairy |

C. Match the following words in Column A with their opposites (antonyms) in Column B.

- | Column A | Column B |
|-----------|---------------|
| 1. Bright | (a) Dry |
| 2. Full | (b) Dim |
| 3. Strong | (c) Empty |
| 4. Wet | (d) Difficult |
| 5. Easy | (e) Weak |