

5. The Stone Soup

WORKSHEET 1

COMPREHENSION

Read the following passage 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 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.

☐

(b) It keeps our bones strong.

☐

(c) It helps us see clearly.

☐

(d) It makes our skin soft.

☐

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

(a) Banana

☐

(b) Orange

☐

(c) Watermelon

☐

(d) Apple

☐

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 in digestion.

☐

(d) They make us run faster.

☐

B. Answer the following questions on the basis of the passage.

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 brains?

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

1. tasty

2. avoid

3. vital

4. protect

WORKSHEET 2

GRAMMAR

A. Select the correct verbs to agree with the subjects in the following sentences.

1. The dog (bark/barks) loudly at night.
2. My friends (play/plays) in the park every evening.
3. She (like/likes) to eat ice cream.
4. The birds (fly/flies) high in the sky.
5. Raju (run/runs) very fast.
6. They (is/are) happy to see the rainbow.
7. The cat (drink/drinks) milk from the bowl.
8. We (love/loves) to read storybooks.
9. The sun (shine/shines) brightly in the morning.
10. Anu and her sister (go/goes) to school together.

B. Underline the verbs in the following sentences and say if they are transitive [T] or intransitive [IN].

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|--|--------|
| 1. The baby is sleeping. | [] |
| 2. No one saw the stranger in the house. | [] |
| 3. Let us find out. | [] |
| 4. Mr Vishwas has a scooter that always breaks down. | [] |
| 5. Who took my colour box? | [] |
| 6. Ask Benu to return to the house soon. | [] |
| 7. In the evening the tree was full of parrots. | [] |
| 8. Jeremy climbed the tree without any help. | [] |
| 9. Omi has left his sweater in the park. | [] |
| 10. The birds flew away. | [] |

WORKSHEET 3

VOCABULARY & WRITING

A. Write the male, female and young of the following animals/birds.

Animal/Bird	Male	Female	Young
1. Goat	_____	_____	_____
2. Pig	_____	_____	_____
3. Sheep	_____	_____	_____
4. Swan	_____	_____	_____
5. Horse	_____	_____	_____
6. Fowl	_____	_____	_____
7. Goose	_____	_____	_____
8. Cattle	_____	_____	_____

B. Give the collective nouns of the following.

1. A _____ of cattle
2. A _____ of puppies
3. A _____ of lions
4. A _____ of fish
5. A _____ of players
6. A _____ of flowers
7. A _____ of people
8. A _____ of coins
9. A _____ of ships
10. An _____ of soldiers

C. Describe a funny incident that occurred with you at home or in school in about 6-8 sentences.
