

Answer Key

Class – VIII (English)

Q1 – Comprehension

- (a) We should eat green vegetables as they contain plenty of vitamins, certain proteins, cellulose and water.
- (b) Vegetables are a boon for very fat people and heart patients because they are low in fat linked to heart disease and they do not raise cholesterol.
- (c) Vegetables are the best food for human beings as they are a rich source of vitamin C, minerals and many other essential nutrients. They are also one of the natural foods for mankind which act as a good antioxidant agent.
- (d) 'Established practice' refers to cooking the vegetables with reasonable amount of oil or ghee and the common kitchen spices.
- (e) An easily digestible diet made of simply boiled or freshly cooked vegetables with a minimum amount of oil is the recommended way to keep body fit and healthy.
- (f) Due to increased use of pesticides, the author recommends that vegetables especially salads should be thoroughly washed.
- (g) Hazards
- (h) Essential