

BCM SCHOOL, BASANT AVENUE, LUDHIANA

ENGLISH ASSIGNMENT -1

CLASS VIII

READING SECTION

1. Read the following passage carefully and answer the questions that follow:

(1) Man does not live by food alone. Water is vital to human health and fitness. Although it is not a nutrient per se as are carbohydrates, fats, proteins, vitamins and minerals. It, in fact, is a key nutrient as no life is possible without it. Whereas we can do for weeks without food, we can not live without water longer than a couple of days.

(2) Water approximates 60 percent of the body weight of human adults. The total amount of water in a man weighing 70 kilograms is approximately a little over 40 litres. It is an excellent solvent – more substance are soluble in water than in any other liquid known so far. This makes it an ideal constituent of the body supporting chemical reaction. It dissolves varied products of digestion and transports them to the rest parts of the body fluids which sustain life . Likewise, it dissolves diverse metabolic wastes and helps drain them out of the body. Besides, it performs a variety of functions-some well known and well understood while others not so well appreciated yet vital. The no less important role of water is to distribute/ dissipate the body heat efficiency, thereby regulating body's temperature. Water accomplishes this role ideally because it has high thermal conductivity ensuring rapid heat transfer from one part to the other.

(3) Above all, water has a high-specific heat, implying that it takes a lot of heat to rise the temperature of water and likewise much heat must be lost to lower its temperature.

(4) Drinking a lot of water is an inexpensive way to stay healthy. Even excess of water is harmless. Water therapy- drinking a litre or so the first thing in the morning is kidney-friendly.

(5) The water regulation in the body is affected by hypothalamus in two ways i.e. (i) by creating the sensation of thirst which makes us drink water and (ii) by controlling the excretion of water as urine. If water regulation fails, medical emergency ensues.

(a) Complete the following sentences:

a. Man can not live by food alone because _____

b. Water is called a key nutrient because _____

(b) Answer the following questions:

- a. How does water regulate body temperature efficiently?
- b. What does the author mean when he uses the word `regulation` in the last para?
- c. `It is an excellent solvent`. How does this quality of water help our body?
- d. Which activity is considered as water therapy?

(c) Choose the most appropriate option given below for each question:

- a. Which of the following statements is not true?
- i. Water regulates body temperature
 - ii. Excess water is not harmless
 - iii. Excess water is not harmful
 - iv. Water transports nutrients of the body
- b. Which word in para 2 conveys the opposite of `similar`?
- i. Dissipate
 - ii. Ideal
 - iii. Accomplished
 - iv. Diverse

WRITING SECTION

2. Parents today are facing a major problem with their children. They waste most of their time on Facebook and other social networking sites, with the result that their studies and other important activities are neglected. Write an article on this issue in about 140-150 words.