

	BCM School, Basant Avenue, Dugri Road, Ludhiana English Assignment Class - VIII	
	Section- Reading	
I.	<p>Read the following passage carefully.</p> <ol style="list-style-type: none"> (1) Vegetables are an important part of human diet. The number of plant families we used to eat thousands of years ago was greater than the restricted range we eat today. (2) The green vegetables consist of leaves, buds, young shoots and often the entire plant. They contain plenty of vitamins, certain proteins, cellulose and water. Roots and tubers can be stated a source of nutrients for the plant itself and may have different nutritional value for humans. Though some of the vegetables can be eaten raw, cooking these with a reasonable amount of oil or ghee and the common kitchen spices is an established practice in most parts of the world. (3) Vegetables are a delightful way to lighten up a meal, and they combine well with most other food items like cereals and grains. Being, in general, light and moist, they are some of the easiest foods to digest when properly prepared. Researchers have found that regular and more use of vegetables can help in preventing serious health hazards like cancer, heart disease and obesity. (4) Not only are vegetables a rich source of vitamin C, minerals and many other essential nutrients, they are also one of the natural foods for mankind which acts as a good antioxidant agent. Iron is an essential constituent of our blood chemistry and is needed to maintain a healthy level of hemoglobin. Some of the vegetables like spinach, lettuce, tomatoes and peas are a good source of natural iron and the regular use, especially by women, is a great nutritional help. Since vegetables are low in calories and help to lose weight, one should, while increasing the level of activity, escalate their consumption. (5) Vegetables are also very low in the kind of fat linked to heart disease and they do not raise cholesterol. Health scientists have shown their concern that due to the change in the lifestyle, the average Indian is now more prone to heart disease. 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. (6) Cabbage, carrots, cauliflower, pumpkin, capsicum, broccoli, green beans, spinach, mustard leaves, peas and tomatoes and some of the vegetables which have very good nutritional value. Apart from the consumption as a dish, some other of these like onion, garlic, coriander, mint, radish and cucumber are also used as household health remedies. Due to the increased use of pesticides, all the vegetables should be sufficiently washed before cooking. Eating of salads and raw vegetables require more careful cleansing. <p>On the basis of your reading of the passage, answer the following questions as briefly as possible.</p>	8M

	<p>(a) Why should we eat green vegetables? (b) How are vegetables a boon for very fat people and heart patients? (c) How are vegetables best food for human beings ? (d) “an established practice” (paragraph 2). Which established practice is the author referring to ? (e) What diet does the author recommend for keeping body fit and healthy? (f) Why does the author recommend that vegetables, especially salads should be thoroughly washed? (g) Find the word from the passage which mean the same as ‘dangers’. (Para 3)</p> <p>(a) cereals (c) hazards (b) obesity (d) scavengers</p> <p>(h) Find the word from the passage opposite to meaning ‘unimportant’. (Para 4)</p> <p>(a) essential (c) constituent (b) escalate (d) natural</p>	
	WRITING	
II.	<p>Write a descriptive paragraph in 100-120 words describing an Annual Exhibition recently held in your school. In your description you should include-</p> <ul style="list-style-type: none"> • Date , time , venue • Who organized it and why • Who the participants were and what did they exhibit • Duration • Who all visited 	4M
III.	<p>Given below is the possible line of a story involving ‘Reena’ as the central character.</p> <p>Her final exam was hours away. Reena sat at her study table preparing hard for it.</p> <p>Continue the story in at least another 100 words. You may use the following points in completing the story.</p> <ul style="list-style-type: none"> • What happened that night ? (something tragic/ adventurous/ suspenseful/ pleasant etc) • Was Reena able to prepare well. • What happened next ? How did Reena feel about the whole incident ? 	3M