

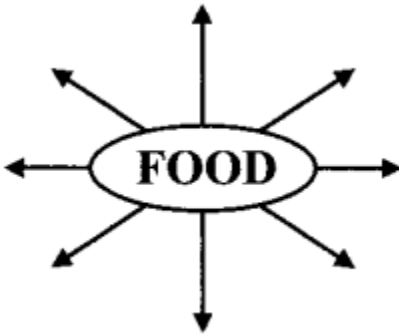
# Food & Health

## Pre-reading Activities

### Question 1:

#### One minute game

Read the words given below. Work with your partner and write words related to them within 1 minute. One who finds maximum words is the winner!



Words	1-5	6-10	11-15	16-20
Grade	Average	Good	Better	Excellent

#### Answer:

**Food:** eat, hungry, tasty milk, delicious, spicy, sweet, cook, boil, steam, fry, nutritious, fats, carbohydrates, proteins, minerals, herbs, vegetables, fruits, cereals, grains, nuts, spices.

#### Health:

fitness, exercise, yoga, walking, balanced diet, calories, milk, hygiene, juices, fruits, sugar-free, fat-free, good sleep, fresh mind.

### Question 2:

#### Mirror

Look at the pictures in your textbook and find the answers to the questions that follow.

i. Whom do you resemble?

#### Answer:

I resemble the person in the third picture.

ii. Why are you so?

#### Answer:

I am so because I eat in moderation, ride a bicycle to school every day and play sports.

iii. What can you do in order to reshape yourself?

**Answer:**

In order to maintain myself, I will avoid junk and oily foods. I will include fresh fruits and vegetables in my diet and continue playing sports.

iv. What is the relation between food and health?

**Answer:**

The relation between food and health is that food is our basic requirement and the primary source of our mental and physical energy. A balanced diet contains adequate amount of proteins, minerals, vitamins, etc. required by our body to maintain good health.

### **Question 3:**

#### **Compose your own lines**

Look at the following line. Discuss with your partner and compose some more sentences using the starting words given below.

**e.g.,** 'The more you eat, the more it shows.'

- i. 'The more you work,
- ii. 'The more you laugh,
- iii. 'The more you walk,
- iv. 'The more you study,
- v. 'The more you ,

**Answer:**

- i. the more you grow.'
- ii. the more you live.'
- iii. the more exercise you get. '
- iv. the wiser you become.'
- v. sleep, the fatter you get.'

### **Question 4:**

#### **Food and You**

Many people claim – 'You are what you eat.'

Discuss this with your partner with the help of the following points.

- Agree or disagree
- Provide reasons in favor or against
- Give causes
- Provide Examples

**Answer:**

I agree with the statement, 'you are what you eat'. Our personality reflects the amount of food and type of food that we consume. If our intake of food is more, we become lethargic and inactive. We begin to lose interest in doing anything. If we consume food that is spicy, oily, canned or stale, we will develop health issues. If we don't eat fresh food, including vegetables and fruits, our body will not get sufficient amount of nutrition. With the lack of proper nutrition, we won't be able to perform our routine tasks. We see many people around us who do not follow a regular eating pattern due to a busy

lifestyle. Such people eat whatever is available and face several health issues later in life, like diabetes, hypertension, increase in cholesterol levels and heart diseases. There are chances that such people will face fatal strokes at a young age.

### Extract 1

#### Factual Reading

##### Question 1:

Read the extract and complete the sentences.

- i. Food is helpful for \_\_\_\_\_.
- ii. The poet says that there is nothing to be ashamed of when \_\_\_\_\_.
- iii. According to the poet, you should sweat out when \_\_\_\_\_.
- iv. If you eat more, you will grow \_\_\_\_\_.

##### Answer:

- i. the senses, mind, body and soul
- ii. you eat
- iii. you overeat
- iv. horizontally

##### Question 2:

Read the extract and select the correct alternative to complete the sentences.

- i. Eating less food than required takes a toll on our \_\_\_\_\_.
  - a. senses
  - b. hygiene
  - c. health

##### Answer:

- c. health

- ii. We should feel ashamed of \_\_\_\_\_.
  - a. overeating
  - b. eating less .
  - c. moderate

##### Answer:

- a. overeating

Read the extract from the line (1 to 10) on page (97) of your textbook and answer the following questions.

#### Understanding the Extract

##### Question 1:

What happens if we do not take our food on time?

##### Answer:

If we do not take our food on time, it will take a toll on our health. It will affect our mind, body, soul and the senses.

**Question 2:**

When does irregular diet take a toll?

**Answer:**

Irregular diet takes a toll if we don't eat food on time.

**Question 3:**

What happens if we overeat?

**Answer:**

If we overeat, we will grow horizontally.

**A3. Vocabulary**

**Question 1:**

Write the pair of rhyming word from the extract.

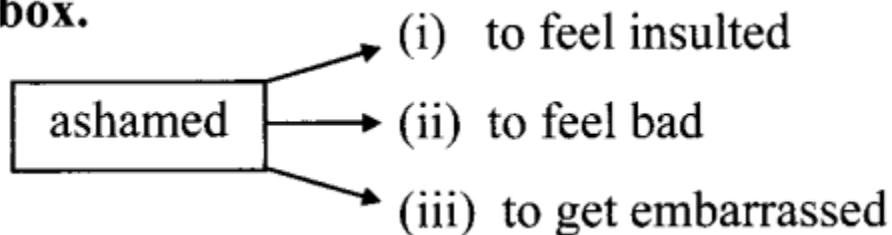
**Answer:**

i. soul – toll

**Question 2:**

Find the correct meaning of the word in the box

**box.**



**Answer:**

ashamed – (iii) to get embarrassed

**Extract 2**

**Factual Reading**

**Question 1:**

Read the extract and complete the sentences.

- i. The emotions mentioned in the poem are \_\_\_\_\_.
- ii. If we do not eat food in moderation, \_\_\_\_\_ and \_\_\_\_\_ will enjoy our wealth.

**Answer:**

- i. sadness, anger and joy
- ii. docs and gyms

**Question 2:**

Read the extract and select the correct alternative to complete the sentences.

i. The simple reason for some people to eat more is \_\_\_\_\_ .

- a. they enjoy food
- b. they live to eat
- c. they cannot control their desire of eating

**Answer:**

- b. they live to eat

ii. We all human beings should

- a. live to eat
- b. eat to live
- c. eat what we like

**Answer:**

- b. eat to live

iii. Have in moderation means \_\_\_\_\_.

- a. eat less
- b. eat more
- c. eat reasonably

**Answer:**

- c. eat reasonably

**Question 3:**

State whether the following statements are True or False.

i. The poet says that some of us don't stop ourselves while eating our favourite food.

ii. According to the poet, the food is not for emotions.

**Answer:**

- i. True ii. False

**Read the extract from line (11 to 22) on page (97) of your textbook and answer the following questions.**

**[Some of us don't stop ..... enjoy your wealth!]**

**A2. Understanding the Extract****Question 1:**

What simple reason do some people give for eating?

**Answer:**

A simple reason that some people give for eating is that they live to eat and not eat to live.

**Question 2:**

What does food reveal?

**Answer:**

Food reveals many joys.

**Question 3:**

What kind of food does the poet suggest?

**Answer:**

The poet suggests eating healthy food, in moderation.

**Question 4:**

Who will enjoy your wealth if you eat heavily?

**Answer:**

If we eat heavily, doctors and gyms will enjoy our wealth.

**Question 5:**

Why does the poet say that docs and gyms will enjoy our wealth?

**Answer:**

If we do not eat in moderation, we will grow fat and develop health problems. As a result, we will be required to visit doctors and gyms regularly. So, the poet says that docs and gyms will enjoy our wealth.

**A3. Vocabulary**

**Question 1:**

**Find the words from the extract that mean**

- i. logical thinking
- ii. reasonable and not extreme in quantity

**Answer:**

- i. reasoning ii. moderation

**Question 2:**

Give the full forms of

- i. docs ii. gyms

**Answer:**

- i. doctors
- ii. gymnasium (plural – gymnasia)

**Question 3:**

Write pairs of rhyming words from the extract.

**Answer:**

- i. feels – reveals
- ii. health – wealth

## Additional Questions for Practice

### Question 1:

#### Read and Answer

Read the poem and after discussing with your partner, answer the following questions.

i. How are we benefited by moderate food?

#### Answer:

We are benefited by moderate food in many ways, like:

- i. We can maintain good health and physique.
- ii. Maintained body and good food will reduce the risk of illnesses and keep our mind stress-free.
- iii. We will develop optimistic and positive attitude.
- iv. All these things will help us to live a healthy life.

ii. What is it that you like about the poem?

#### Answer:

I like the language of the poem. It is simple, easy to understand and it elaborates the benefits of eating in moderation. The familiar expressions like 'we live to eat and not eat to live' add beauty to the poem. Also, words like 'vertically' and 'horizontally' are appropriately used to describe growth.

iii. How can you keep yourself healthy?

#### Answer:

We can keep ourselves healthy by maintaining regular eating habits and having a balanced diet. In addition, we must also perform physical exercises like yoga, walking, jogging, etc. to keep ourselves healthy.

Related Words

### Question 2:

Read the poem and write the words related to:

- i. Time: a. \_\_\_\_\_ b. \_\_\_\_\_
- ii. Size: a. \_\_\_\_\_ b. \_\_\_\_\_
- iii. Quantity: a. \_\_\_\_\_ b. \_\_\_\_\_
- iv. Persons: a. \_\_\_\_\_ b. \_\_\_\_\_
- v. Action words: a. \_\_\_\_\_ b. \_\_\_\_\_

- Ans:**
- i. Time:
    - a. later
    - b. when
  - ii. Size:
    - a. vertically
    - b. horizontally
  - iii. Quantity:
    - a. the more you eat,  
the more it shows
    - b. in moderation
  - iv. Persons:
    - a. docs
    - b. us
  - v. Action words:
    - a. eat
    - b. enjoy

### Question 3:

#### Music in the poem

Answer the following.

- i. The poem is musical. What creates music in the poem?

**Answer:**

Rhyming words create music in the poem.

- ii. Read the poem again and again to enjoy the music in it.  
[Students are expected to attempt the above activity on their own.]

- iii. List down the rhyming words in pairs.

**Answer:**

- a. soul – toll
- b. feels – reveals
- c. health – wealth

- iv. Try to add some more rhyming words to the pair.

**Answer:**

- a. soul, toll, goal, role



- b. feels, reveals, heals, meals
- c. health, wealth, stealth

v. Try to compose one more line in continuation.

**Answer:**

Let's therefore eat in moderation, And enjoy life without botheration.

#### Question 4:

##### Cause and effect

In the poem, you will come across the cause and effect regarding our eating habit. Discuss with your partner and complete the table.

Stanza No.	If you	You will
i.	Have no food on time	
ii.	Overeat	
		Lose money
	Eat more	

**Answer:**

Stanza No.	If you	You will
i.	have no food on time	damage your health
ii.	overeate	become fat
vi.	do not eat in moderation	lose money
iii.	eat more	grow horizontally

#### Question 4:

##### Abbreviations

i. What do the underlined words stand for?

**Answer:**

The underlined words stand for: docs – doctors  
gyms – gymnasium (plural – gymnasia)

ii. We come across many such abbreviations around. Make a list of them along with their full forms.

**Answer:**

Mam – Madam Leut. – Lieutenant  
ASAP – As soon as possible A/C – Account Mr. – Mister

iii. Also, find out what the following abbreviations mean.

**Dept., Advt, Ltd., Pvt.**

**Answer:**

Dept. -Department

Ltd. – Limited

Capt. – Captain

Asstt. – Assistant

Capt., Col., Asstt., Dr.

Advt. – Advertisement

Pvt. – Private Col. – Colonel

Dr. – Doctor

**Question 6:**

**Expressions**

**Look at the following line from the poem.**

i. 'We live to eat and not eat to live'.

We live to eat means:

We do not eat to live means:

**Answer:**

'We live to eat and not eat to live'.

We live to eat means: The purpose of our existence is to consume food.

We do not eat to live means: We do not eat for the purpose of existence / living.

ii. Now, look at the following expressions; discuss what they mean.

a. to live and let live

b. to be or not to be

c. to look over and overlook

d. to rest is to rust

**Answer:**

a. To live and let live – This expression means that you should not bother or trouble other people, so that they will not bother you, in return.

b. To be or not to be – This expression shows the dilemma in the mind of a person between the pains of living and the ignorance of what death may hold.

c. To look over and overlook – 'To look over' means to examine someone or something and 'to overlook' means to fail to notice or ignore deliberately. Thus, the expression 'to look over and overlook' means to look at something but pretend it doesn't exist.

d. To rest is to rust – This expression means that if you stop being active and do nothing for a long time, you will become physically weak and lazy.

iii. Collect more such expressions and write their meanings.

To grin and bear it – This expression means to put up with discomfort or a bad situation without complaining.

To grasp all, to lose all – This expression means that if you are too greedy and try to grab everything you see, you might lose everything that you have.

To measure twice but to cut once –

This expression means that we should consider our options carefully and think twice before making a decision

### **Question 7:**

#### **Observing a poem**

Look at the poem and find out

i. The stanzas in the poem

#### **Answer:**

There are six stanzas in the poem.

ii. Number of lines in each stanza

#### **Answer:**

There are four lines in each stanza, except the third.

iii. Number of lines in the third stanza

#### **Answer:**

There are two lines in the third stanza.

iv. Smallest line

#### **Answer:**

The second line of the second stanza – ‘When you eat’ is the smallest line.

v. Longest line

#### **Answer:**

The second line of the third stanza – ‘Vertically you may not but horizontally you grow’ is the longest line.

vi. Words used again and again

#### **Answer:**

The words used ‘food is for’, ‘eat’, ‘we’, ‘you’ are used again and again.

### **Question 8:**

#### **Expectations**

Look at every stanza. There is a message in each one of them. Read the stanza and find out the message.

For example:

1 st stanza: have food in right time

i. 2nd stanza: \_\_\_\_\_

ii. 3rd stanza: \_\_\_\_\_

iii. 4th stanza: \_\_\_\_\_

iv. 5th stanza: \_\_\_\_\_

v. 6th stanza: \_\_\_\_\_

**Answer:**

- i. 2nd stanza: sweat out / exercise when you overeat
- ii. 3rd stanza: overeating makes you fat, so avoid it
- iii. 4th stanza: eat to live
- iv. 5th stanza: food affects our emotions, so eat healthy even when you are sad or angry
- v. 6th stanza: have food in moderation

**Question 9:**

**More and more**

Read the following line from the poem.

‘The more you eat, the more it shows’.

Discuss:

- i. Which word is repeated?

**Answer:**

The word ‘the more’ is repeated.

- ii. Type of the sentence

**Answer:**

It is a conditional sentence.

- iii. Meaning of the sentence

**Answer:**

The meaning of the sentence is ‘If we eat more, we will grow fat’.

- iv. Cause and effect relation, etc.

**Answer:**

Eating more is the cause while becoming fat is the effect.

- v. Write such sentences of your own.

‘The more you \_\_\_\_\_, the more you \_\_\_\_\_’

**Answer:**

- a. The more you exercise, the healthier you become.
- b. The more you study, the more marks you get.
- c. The more you practise, the better you get.

**Question 10:**

Now, match the columns and frame sentences of your own. Look at the example given below.

**Answer:**

(i – b), (ii – d), (iii – a), (iv – c)

e. g. i The more you work, the more successful you are.

ii. \_\_\_\_\_

- iii. \_\_\_\_\_  
iv. \_\_\_\_\_

**Answer:**

- ii. The more you exercise, the more physically fit you are.  
iii. The more you listen, the more fluently you will be able to speak in English.  
iv. The more you read / study, the higher will be your percentage in examination

**Question 11:**

**Draw a picture .**

Read the poem again. Draw a remarkable picture based on the poem. It may be a cartoon. Some lines of the poem will help you to get an idea.

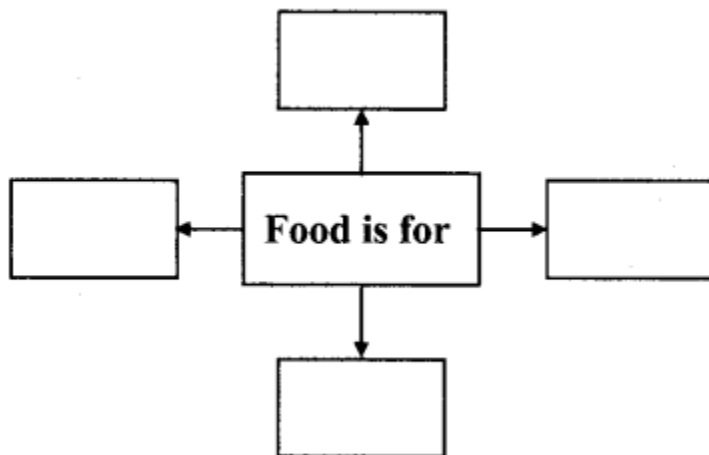
[Students are expected to attempt the above activity on their own.]

**Question 12:**

**Why food?**

\*Read the poem and find out the reason/s.

- i. Food is for \_\_\_\_\_ .  
ii. Food is for \_\_\_\_\_ .  
iii. Food is for \_\_\_\_\_ .  
iv. \_\_\_\_\_ .



**Answer:**

- i. senses  
ii. mind, body and soul  
iii. emotions  
iv. good health

Provide examples