

Quick Fix Food

Pre-reading Activity

Question 1:

Symbols

Look at the given symbols in your textbook. Write what they symbolize or stand for.

Answer:

Symbol (i) – Logo of International Standards Organisation

Symbol (ii) – Sign of vegetarian food

Symbol (iii) – Sign of non-vegetarian food

Symbol (iv) – AGMARK seal

Symbol (v) – Sign of Food Product Order

Part I

Passage I

उत्तरा १

मराठी भाषांतर:

आरोग्यास अपायकारक असे अन्नपदार्थ (जंक फूड)

तयार करण्याकरता वापरलेले तेल

हे पेट्रोलिअमचे जोड-उत्पादन असते.

सध्या मूत्रपिंडात बिघाड झालेल्या लोकांच्या संख्येत खूपच वाढ झाली आहे. बंद पाकिटांतील आणि प्रक्रिया केलेल्या अन्नपदार्थांमध्ये मिसळलेल्या रासायनिक मिश्रणांचे सेवन करण्याचे प्रमाण वाढल्यामुळे हे घडत आहे. तरुणाईसुद्धा मूत्रपिंड बिघाडामुळे त्रस्त आहे. याशिवाय, पाकीटबंद अन्नपदार्थांच्या उत्पादनांमध्ये असलेल्या रासायनिक द्रव्यांच्या अतिसेवनामुळे मूत्रपिंडांवर विपरीत परिणाम होत आहेत.

लोकांनी त्यांच्या खाण्याच्या सवयीविषयी विचार करायलाच हवा आणि त्यांनी घरी स्वयंपाक बनवण्याच्या आपल्या पारंपरिक सवयींकडे वळले पाहिजे, कारण असे अन्न तुम्हांला नक्कीच सुदृढ ठेवेल आणि कार्यक्षम जीवन जगण्यास मदत करेल. विशेषतः नोकरी करणाऱ्या आणि सुशिक्षित लोकांनी पाकीटबंद व रासायनिक प्रक्रिया केलेल्या उत्पादित अन्नपदार्थांच्या अतिसेवनामुळे होणारे आरोग्यविषयक गंभीर धोके समजून घेतले पाहिजेत.

उदाहरणार्थ, आरोग्यास अपायकारक असे अन्नपदार्थ (जंक फूड) बनवण्यासाठी वापरत असलेले तेल हे नैसर्गिक स्रोतापासून बनलेले नसते, तर ते पेट्रोलिअमचे एक जोड उत्पादन असते. पाकीटबंद अन्नपदार्थांत गोडपणा आणण्यासाठी साखरेचा वापर न करता कृत्रिम गोड रासायनिक पदार्थ (सॅकरीन) वापरले जाते. दीर्घ कालावधीनंतर आपले शरीरही या सर्व कृत्रिम रसायनांचे पचन करू शकणार नाही. आपल्या देशात भरपूर नैसर्गिक अन्नधान्य उपलब्ध आहे आणि त्यांच्यापासून तयार केलेले अन्नपदार्थसुद्धा अनेक उपहारगृहांतून उपलब्ध आहेत.

A1. Factual Reading

Question 1:

Read the passage and complete the following.

- The text is about _____.
- The suggestions given by the writer are _____
- Oil used in junk food is _____.
- It is written by _____.
- The writer of the article works as _____

Answer:

- health dangers faced from consumption of chemical additives through packaged and processed food.
- to give a thought to one's eating habits and return to the traditional habits of cooking food at home.

- iii. a by-product of petroleum.
- iv. Dr. Babu Joseph.
- v. the Director of National Institute of Naturopathy.

Question 2:

Choose the correct alternative and complete the sentences.

- i. Renal failure is due to
 - a. metabolism .
 - b. chemical additives
 - c. natural food

Answer:

- b. chemical additives

- ii. Packaged food products have an effect on _____

- a. the heart
- b. the kidneys
- c. the brain

Answer:

- b. the kidneys

- iii. The sweetener used in packaged food is _____

- a. saccharin
- b. chemical
- c. sugar

Answer:

- a. saccharin

Read the passage from line (1 to 14) on page (108) of your textbook and answer the following questions.

[Nowadays, the number.....National Institute of Naturopathy.]

A2. Understanding the Passage

Question 1:

Read the paragraph and complete the following sentences.

- i. Over consumption of chemicals results in _____
- ii. Working and educated people suffer grave health dangers because _____.
- iii. The harmful effect of junk food is due to _____.
- iv. Body will not be able to metabolize _____ .

Answer:

- i. renal failure.
- ii. of over consumption of packaged and processed food products.

- iii. the oil used in preparing it.
- iv. all the artificial chemicals used in the packaged food products.

Question 2:

Complete the table by writing the effect of consuming different kinds of food from the passage.

	Home cooked food		Processed food
i.		i.	
ii.		ii.	

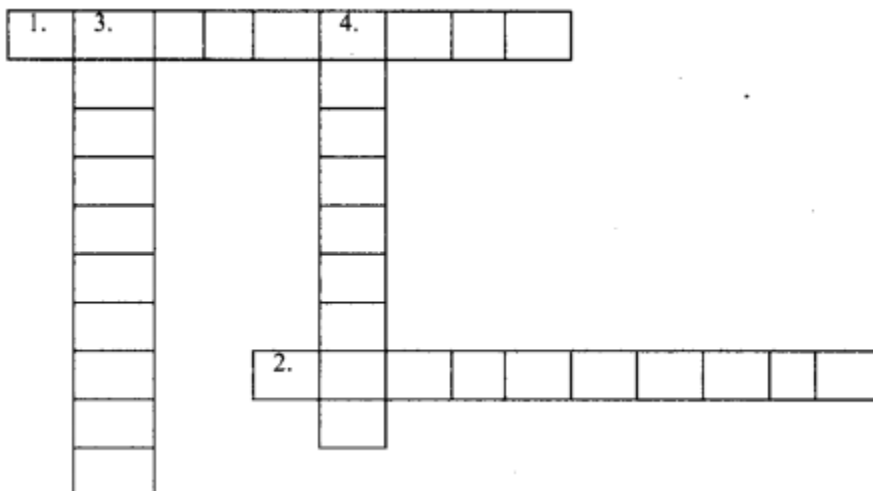
Answer:

	Home cooked food		Processed food
i.	keeps you fit	i.	renal failure
ii.	helps to lead an	ii.	the body will not
	active life		metabolize artificial
			chemicals used in
			processed food over a
			period of time

A3. Meaning from the Text.

Question 1:

Complete the following crossword puzzle with the help of given clues.



Across:

1. sweet substance
2. chemical activity in all living things

Down: 3. made by man / not natural
4. substances added to food to improve taste.

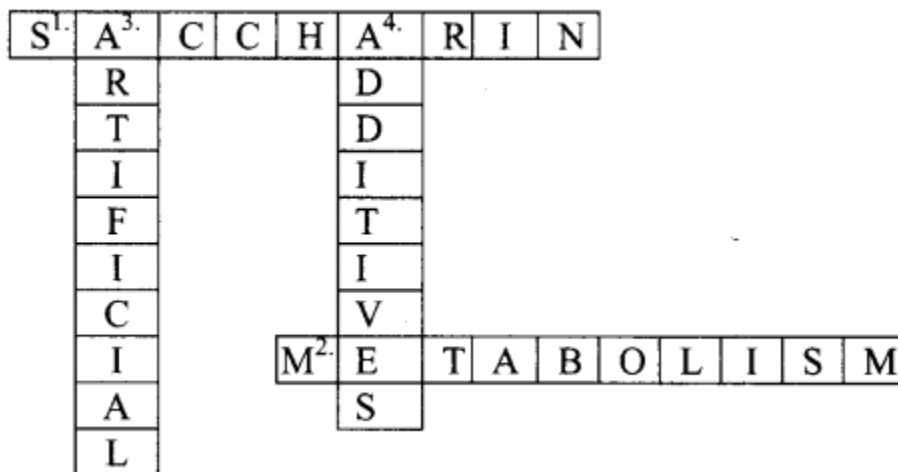
Answer:

Across:

1. Saccharin
2. Metabolism

Down:

3. Artificial
4. Additives



Question 2:

Match the words in column A with their meanings in column B.

	Column 'A'		Column 'B'
i.	renal failure	a.	chemical activity in all living things
ii.	grave health dangers	b.	sweet tasting chemical used instead of sugar
iii.	saccharin	c.	serious health problems
iv.	metabolize	d.	failure of functioning of a kidney

Answer:

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

A4. Language Study

Question 1:

The number of people suffering from renal failure has increased.(Rewrite in Present Continuous Tense)

Answer:

The number of people suffering from renal failure is increasing.

Question 2:

Youngsters are suffering from renal failure. (What)(Frame Wh-questions using the words given in the brackets) [Mar 14]

Answer:

What are youngsters suffering from?

Question 3:

Packaged food products have an adverse effect on the kidneys. (Add a question tag)

Answer:

Packaged food products have an adverse effect on the kidneys, don't they?

Question 4:

People must return to traditional cooking to keep fit. (Why)(Frame Wh-questions using the words given in the brackets)

Answer:

Why should people return to traditional cooking?

A5. Personal Response

Question 1:

What kind of food should you prefer? Why? [Mar 14]

Answer: We should prefer fresh homemade food. Home cooked food is less oily and cooked in a traditional way. Such food keeps us fit and helps us to lead an active life. So, we should prefer simple food over junk foods.

Question 2:

Do you consume processed food? Give reasons.

Answer: No, I do not consume processed food. Natural food is fresh. It not only provides health benefits, but also tastes better.

Part 2

Passage 2

उतारा २

मराठी भाषांतर:

अपायकारक अन्नपदार्थ (जंक फूड) पेक्षा डाळ-भात हा अधिक आरोग्यदायी पर्याय आहे.

बरेचसे लोक पाकीटबंद अन्नपदार्थांचे सेवन करत आहेत, कारण ती एक सोयीस्कर बाब झालेली आहे, तसेच ते जिभेवरील स्वादकलिकांना संतुष्ट करतात आणि तुमचे पोट भरतात; परंतु पाकीटबंद उत्पादनाकरता वापरलेल्या वेष्टनांचा दर्जा काय आहे आणि ते पदार्थ दुकानात टिकवून ठेवण्याचा कालावधी वाढवण्यासाठी त्यात काही घटक मिसळलेले

आहेत की नाहीत, हे देखील लक्षात घेणे महत्त्वाचे आहे. उदाहरणार्थ, दुधासारखी उत्पादने कोणतेही इतर घटक न मिसळता मिळतात आणि हवेशी संपर्क न होणाऱ्या हवाबंद चौकोनी खोक्यात (टेट्रापॅक) असल्यामुळे ती दीर्घकाळ ताजी राहतात. तयार खाद्यान्नांच्या (रेडी टू इट) उत्पादनांमध्ये विशेषतः अन्न टिकवणाऱ्या घटकांचा भरणा असतो आणि त्यात घट्ट चरबीच्या स्वरूपात अतिरिक्त तेल असण्याची शक्यता असते, जे आरोग्यासाठी धोकादायक असू शकते. मी बेकरी उत्पादनाचे कधीच समर्थन करत नाही, मग ती बंद पाकिटातील असोत किंवा नसोत. डबाबंद किंवा प्रक्रिया केलेल्या अन्नपदार्थांची मुख्य समस्या अशी असते की, त्यांच्यात साखर किंवा मीठ अतिरिक्त प्रमाणात असते. अन्नपदार्थ घरी बनवणे हा नेहमीच आरोग्यदायी पर्याय आहे. उदाहरणार्थ, साधा डाळ-भात खाणे हा अपायकारक अन्नपदार्थ (जंकफूड) पेक्षा खूपच चांगला आरोग्यदायी पर्याय आहे. ह्यासाठी आवश्यकता आहे ती थोडेसे वेळेचे व्यवस्थापन व नियोजन करण्याची. आपल्या अनुवंशिकतेनुसार आपल्याला सवयीचे असलेल्या, पारंपरिक पद्धतीने शिजवलेल्या भारतीय अन्नपदार्थांचे सेवन केले पाहिजे.

A1. Factual Reading

Question 1:

Read the passage and complete the following sentences: [A7, pg. 110]

- Matter of convenience is that people food.
- Dairy milk comes in packs. [Mar 16]
- is a healthy option. [Mar 16]
- is a healthier option. [Mar 16]

v. methods of cooking are better than packaged or processed food. [Mar 16]

Answer:

- i. consume packaged
- ii. tetra
- iii. Cooking at home
- iv. Eating dal-chawal
- v. Traditional

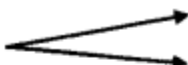
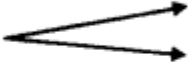


Read the passage from line (1 to 13) on page (110) of your textbook and answer the following questions.

[A large number _____ by traditional methods.]

A2. Understanding the Passage

Question 1:

Read the passage and complete the pairs by using the information given in the text.[A9, pg. III]

Necessary to know:		i.	_____
		ii.	_____
Dairy product:		i.	_____
		ii.	_____
Ready to eat product:		i.	_____
		ii.	_____
Canned or processed food:		i.	_____

Answer:

Necessary to know:

- i. the quality of packaging used for packaged food
- ii. whether additives are used or not to increase the shelf life of packaged foods

Dairy product:

- i. packaged in tetra packs without any additives
- ii. no contact with air, so it remains fresh for a longer period of time

Ready to eat product:

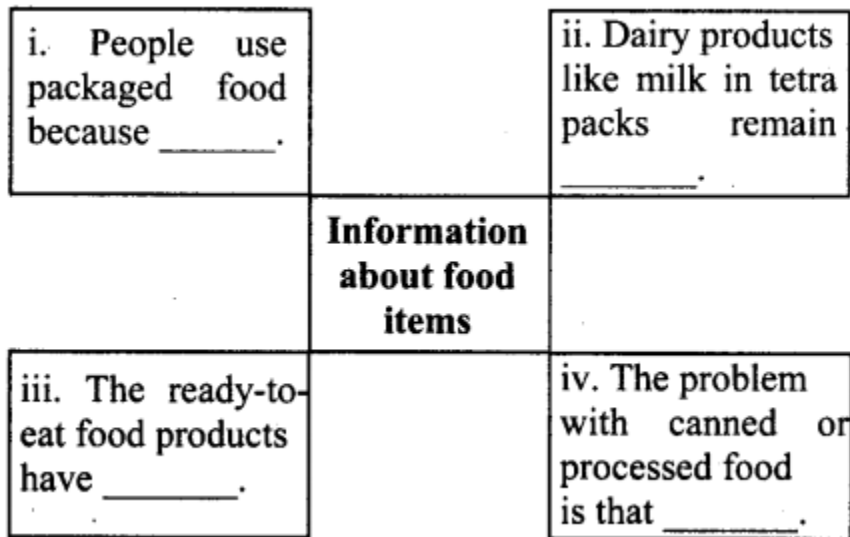
- i. laden with preservatives
- ii. have excess oil in the form of trans fats, which can be a threat to health

Canned or processed food:

- i. . have excessive salt or sugar

Question 12

Complete the following web by choosing appropriate information, from the extract.

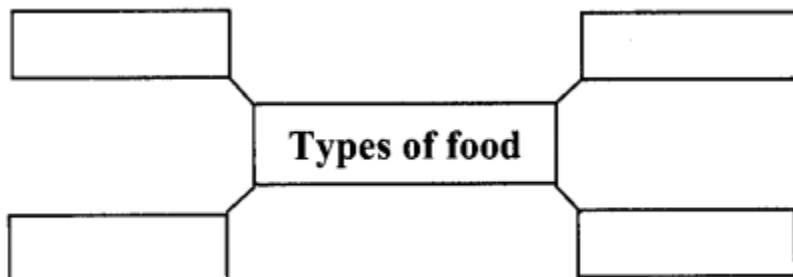


Answer:

- i. it has become a matter of convenience, pleases the taste buds and fills their stomach.
- ii. fresh for a long period of time.
- iii. preservatives and excess oil.
- iv. they have excessive salt or sugar.

Question 3:

Complete the web by choosing different types of food mentioned in the passage.



Answer:

- i. packaged food
- ii. ready-to-eat food
- iii. processed food
- iv. junk food

A3. Meaning from the Text

Question 1:

Read the passage and find out the opposite words. Complete the matching.

	A	B
i.	Modem	
ii.		Stale [Mar 161
iii.	Less	
iv.		Unhealthy fMar 161
v.	Decrease [Mar 161	
vi.	Short [Mar 161	
vii.	Small	
viii.	Never	

Answer:

	A	B
i.	Modem	Traditional
ii.	Fresh	Stale [Mar 161
iii.	Less	Excessive
iv.	Healthy	Unhealthy fMar 161
v.	Decrease [Mar 16]	Increase
vi.	Short fMar 16]	Long
vii.	Small	Large
viii.	Never	Always

Question 2:

Write from the passage words that mean:

- i. a substance added to another substance to alter its properties
- ii. length of time that a product can be kept in a shop before it becomes too old to be used
- iii. type of fat produced when vegetable oil is made into solid fat
- iv. in a large quantity

Answer:

- i. additive
- ii. shelf-life
- iii. trans fat
- iv. excessive

A4. Language Study

Do as directed.

Question 1:

A large number of people are consuming packaged food.(Change it to Simple Present Tense)

Answer:

A large number of people consume packaged food.

Question 2:

Packaged food pleases the taste buds and fills your stomach.(Rewrite using 'not only but also')

Answer:

Packaged food not only pleases the taste buds but also fills your stomach.

Question 3:

Frame 'wh' question to get the underlined as a part of the answer. [Mar 16]

- i. People are consuming packaged food.
- ii. One needs to do a little bit of time management and planning.

Answer:

- i. Who are consuming packaged food?
- ii. What does one need to do?

Question 4:

I don't really advocate bakery products.(Add a question tag)

Answer:

I don't really advocate bakery products, do I?

Question 5:

Cooking at home is always a healthy option.(Rewrite as a negative sentence)

Answer:

Cooking at home is never an unhealthy option.

A5. Personal Response

Question 1:

How would you avoid processed / junk food? [A8 – III (2), pg. 110]

Answer:

I would avoid processed / junk food by eating simple homemade food. I would carry some fruits and light homemade snacks with me if I have to stay out for a longer period of time.

Question 2:

Why do people like fast food inspite of its disadvantages? [A8 – III (3), pg. 110]

Answer:

People consume fast food despite its disadvantages because:

- i. it is convenient.
- ii. it saves a lot of time spent in cooking.
- iii. it tastes good due to the addition of preservatives, additives and sweeteners.

Question 3:

What kind of food do you prefer? Why?[Mar 16]

Answer:

I prefer fresh home-cooked food as it contains lesser oil and is healthier. Also, home-cooked food is more hygienic than outside food and it does not contain any added preservatives, like the packaged food.

उतारा ३

मराठी भाषांतर:

रासायनिक प्रक्रियेमुळे अन्नपदार्थांच्या पोषणमूल्यांशी
तडजोड केली जाते.

अन्नावर कोणत्याही प्रकारच्या प्रक्रिया केल्या जाणे म्हणजे, त्या अन्नपदार्थांच्या रचनेमध्ये बदल करणे होय, ज्यामुळे त्यांची पोषणमूल्ये बदलतात आणि त्या उत्पादनाचा दुकानात टिकून राहण्याचा कालावधी वाढतो. यामध्ये मुख्यत्वेकरून अन्न टिकवून ठेवणाऱ्या घटकांची भर घालणे, अधिक किंवा कमी तापमानात अन्न साठवणे, मूलभूत घटकांत बदल करणे किंवा साखर व मीठ यांसारख्या विशिष्ट घटकांची वाढ करणे या सर्वांचा समावेश होतो. रासायनिक प्रक्रियेच्या पद्धती आणि मिश्रित घटकांचा वापर यामुळे उत्पादनाचे यश मिळत असले, तर सौंदर्यमूल्य वाढवण्यात ती निश्चितच पोषणमूल्यांशी केलेली तडजोड असते. विशेषकरून, उष्णतेच्या बाबतीत संवेदनशील असलेली 'क' जीवनसत्वासारखी पोषकद्रव्ये अशा प्रक्रियेमुळे नष्ट होतात. तसेच प्रथिने, स्निग्ध आणि पिष्टमय पदार्थ यांसारख्या विशिष्ट पोषकद्रव्यांच्या रचनेत बदल घडून येतो, या प्रक्रियेमुळे त्यांची शरीरात शोषून घेतले जाण्याची क्षमता कमी होते. या खाद्यपदार्थांमुळे आपले पोट निश्चितपणे भरते; परंतु ते आपल्या आरोग्यावर दुष्परिणाम करत असतात. यामुळे अतिलठ्ठपणा, हृदयविकार, सुस्तपणा, आम्लपित्त, रक्तदाब आणि यांसारखे आणखी काही आजार उद्भवतात. 'आरोग्यदायी अन्नपदार्थांचे सेवन करण्याचे प्रमाण वाढले आहे आणि त्यांच्यावर लावलेल्या लेबलांचा अर्थ नीट स्पष्ट झाला नाही, तर कदाचित आपली दिशाभूल होऊ शकते व त्याचा शेवट आरोग्यास अपायकारक अन्नपदार्थ खाण्यात होऊ शकतो.

Factual Reading

Question 1:

Read the passage and state whether the following sentences are True or False.

- i. We should eat processed food.
- ii. We must prefer natural food.
- iii. Vitamin C is added while processing.
- iv. Processed food does not fill our stomach.
- v. Processed food is good for our health.

Answer:

- i. False
- ii. True
- iii. False
- iv. False
- v. False

Read the passage from line (1 to 18) on page (113) of your textbook and answer the following questions.

[Any sort of food _____ unhealthy food.]

A2. Understanding the Passage

Question 1:

Read the passage and find out the following information. [A15, pg. 113]

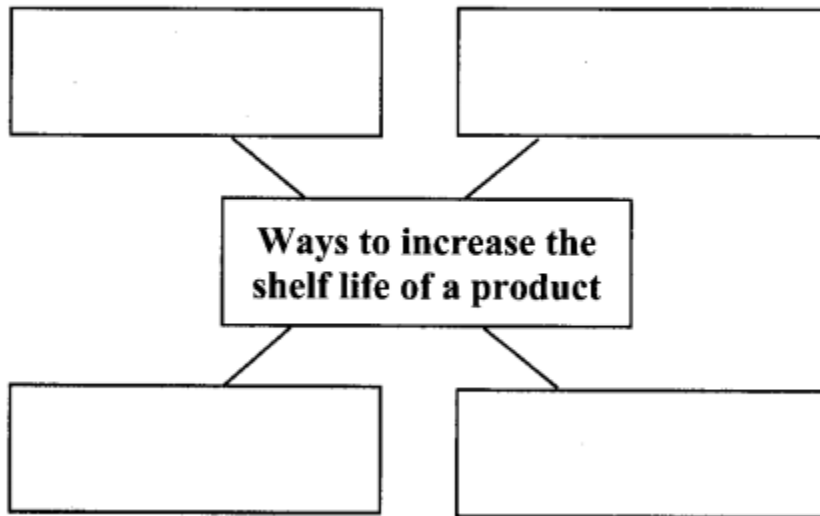
- 1. Food processing _____:
- ii. Bioavailability: _____
- iii. Names of nutrients: _____
- iv. Names of diseases: _____

Answer:

- i. Food processing: adding preservatives, storing food in high or low temperatures, alterations in the basic ingredients, increasing certain ingredients like salt and sugar
- ii. Bioavailability: absorption of food in the body
- iii. Names of nutrients: vitamin C, proteins, fats, carbohydrates
- iv. Names of diseases: obesity, heart problems, lethargy, acidity, blood pressure

Question 2:

Complete the web

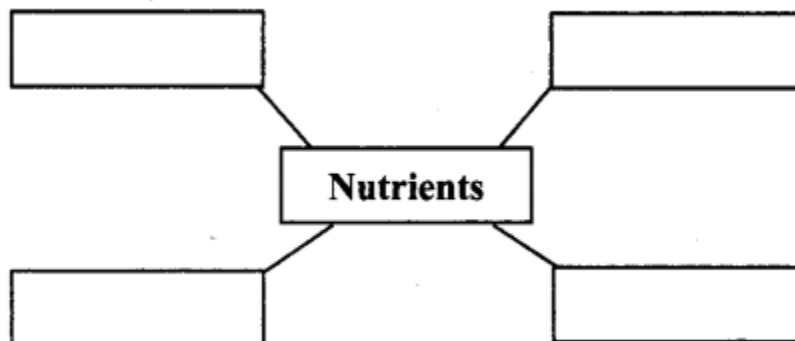


Answer:

- i. Addition of preservatives
- ii. Storing food in high or low temperature
- iii. Alterations in the basic ingredients of a product.
- iv. Increasing certain ingredients like salt and sugar

Question 3:

Complete the web by choosing different nutrients mentioned in the passage.

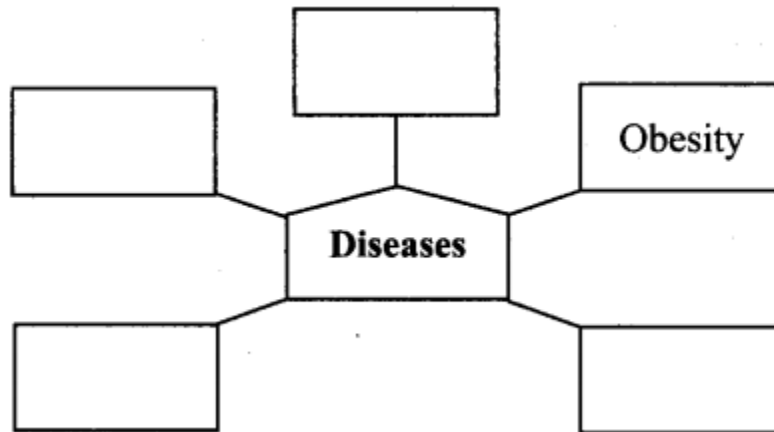


Answer:

- i. Vitamin C
- ii. Proteins
- iii. Fats
- iv. Carbohydrates

Question 4:

Complete the web.

**Answer:**

- i. Heart problems
- ii. Lethargy
- iii. Acidity
- iv. Blood pressure

A3. Meaning from the Text**Question 1:**

Match the names of diseases with their meanings. [A20, pg. 114]

	Column 'A'		Column 'B'
i.	obesity	a.	ailment related to chemicals in body
ii.	lethargy	b.	force of red liquid that flows in body
iii.	acidity	c.	disease related to fatness
iv.	blood pressure	d.	being lazy and doing nothing

Answer:

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

Question 2:

Write from the passage words that mean:

- i. that occurs every time
- ii. a change made in the form or nature of a thing
- iii. from the point of view of art and beauty
- iv. illness that is not serious

Answer:

- i. invariably
- ii. alteration

- iii. aesthetically
- iv. ailment

Question 3:

Find the opposites of the following words from the passage.

- i. high
- ii. fail
- iii. won
- iv. increasing

Answer:

- i. low
- ii. succeed
- iii. lost
- iv. reducing

A4. Language Study

Do as directed.

Question 1:

Nutrients like Vitamin C are lost due to processing.(Rewrite using the noun form of the underlined word)

Answer:

There is a loss of nutrients like Vitamin C due to processing.

Question 2:

These food items fill our stomachs but affect the health.(Rewrite using 'although')

Answer:

Although these food items fill our stomachs, they affect the health.

Question 3:

We end up consuming unhealthy food.(Add a question tag)

Answer:

We end up consuming unhealthy food, don't we?

Question 4:

We end up consuming unhealthy food.(Rewrite as a negative sentence)

Answer:

We end up consuming food that is not healthy.

A5. Personal Response

Question 1:

How do you decide the nutritional value of a product? [A16 – III (1), pg. 113]

Answer:

I decide the nutritional value of a product by reading the information on the packaging

with respect to various preservatives and additives used in the product. It is mandatory for every manufacturer to state the ingredients used in the preparation of a processed food item. Also, it is essential to give the nutritional value on the packaging.

Question 2:

What kind of information should you look for while selecting any food product?[A16 – III (2), pg. 113]

Answer:

The information that we should look for while selecting any food product can be:

- i. the date of manufacturing and expiry (best before) of the product.
- ii. list of ingredients including the additives, preservatives, salts and sweeteners used in the preparation of the product.

Question 1:

Read and complete

Read Part I and fill in the blanks providing proper information from the text. Work in a pair or a group. Check your answer with the other i pair or group. [A2, pg. 108]

In the age of pollution, chemicals and fast food most of the people have physical problem of _____. Excessive use of chemicals in packaged _____ food affects our _____. Oil used in such products

is prepared from _____. The sweetness of such foods is increased using _____ and the body cannot _____ due to chemicals.

Answer:

In the age of pollution, chemicals and fast food most of the people have physical problem of renal failure. Excessive use of chemicals in packaged food affects our kidneys. Oil used in such products is prepared from petroleum. The sweetness of such foods is increased using t saccharin and the body cannot metabolize properly due to chemicals.

Question 2:

Read Part I quickly and after discussing with your partner, answer the following questions. [A3, pg. 109]

i. Answer in a word or in one sentence.

a. Which part of the body is likely to get affected by overeating packaged food?

Answer:

The kidneys are likely to get affected by overeating packaged food

b. What is the source of oil used in preparing junk food?

Answer:

The source of oil used in preparing junk food is petroleum.

c. What thing do some people use to make packaged food sweet?

Answer:

Some people use saccharin to make packaged food sweet.

ii. Answer in two or three sentences.

a. Why do people nowadays suffer from the renal failure?

Answer:

Nowadays, people suffer from renal failure because they consume a lot of packaged and processed food. Over consumption of chemicals present in such food products have an adverse effect on the kidneys.

b. What habits help us to enjoy active life?

Answer:

The habits that will help us to enjoy an active life are avoiding consumption of packaged and processed food and returning to the traditional habits of cooking food at home.

iii. Give your own response in a short paragraph.

a. Why is junk food / processed food not

Answer:

Junk food / processed food is not good for health because it contains chemical additives. These chemicals are added to preserve the food for a long time. The oil used in preparing junk food is a by product of petroleum. Saccharin is used as a sweetener. Though this type of food fills our stomach, it fails to provide nourishment for our body and more importantly has adverse effects on our health.

b. What advice does Dr. Joseph give to people in this passage?

Answer:

Dr. Joseph advises people to eat natural food and return to traditional habits of cooking food at home. He also asks them to avoid junk food / processed food because it contains chemical additives, which are harmful to their body.

Question 3:

Problems, reasons and remedies

Listed below are some of the health related problems that people commonly suffer from. Work in pairs and find out the reasons of the problems and remedies to overcome them.

	Problems	Reasons	Remedies
i.	Heart Attack		
ii.	Blood Pressure		
iii.	Cancer		
iv.	Obesity		

Answer:

	Problems	Reasons	Remedies
	Heart Attack	obesity, blood pressure, eating junk food and fast food, irregular eating hours, smoking and drinking alcohol	develop good eating habits like eating fresh food cooked in less oil, avoid overeating, follow regular eating hours, exercise regularly
ii.	Blood Pressure	smoking, drinking alcohol, eating spicy and oily food, sleeplessness, tension, fatigue	avoid smoking and drinking alcohol, eat fresh and homemade food cooked in less oil, take proper rest
iii.	Cancer	smoking, consuming tobacco products, exposure to radiations	follow a good lifestyle (food, rest, exercise, medicines on time, etc.)
iv.	Obesity	overeating, consuming oily food, thyroid problem	avoid overeating, have a balanced diet, walk and exercise regularly

Question 4:

Notice the products

Work in pairs and make a list of the following words.

Dairy Products	Bakery Products
-----------------------	------------------------

Answer:

Dairy Products	Bakery Products
milk, cream, curd, buttermilk, butter, ghee, paneer, cheese, ice-cream	biscuits, cake, pastries, bread, buns, toast, cookies, pizza

Question 5:

Read Part II and after discussing with your partner answer the following questions.

i. Answer in a word or a phrase.

a. Why are additives used in food?

Answer:

to increase its shelf life

b. What are ready-to-eat food loaded with?

Answer:

preservatives, excess oil in the form of trans fats

c. What does canned / processed food contain?

Answer:

additives, preservatives, excess salt or sugar, excess oil in the form of trans fats

d. What type of food should we insist on?

Answer:

Indian food cooked by traditional methods

ii. Answer these questions in two to three sentences each.

a. Why do people enjoy packaged food?

Answer:

People enjoy packaged food because it has become a matter of convenience. Such food pleases the taste buds and feeds the stomach.

b. Why does milk from dairy remain fresh for a longer period?

Answer:

Milk from dairy remains fresh for a longer period because it comes in tetra packs without any additives and it has no contact with air.

iii. Give your own responses in brief.

a. What kind of food can be a threat to health?

Answer:

There are various kinds of food that can be a threat to health, like:

i. The ready-to-eat products that are laden with chemical additives, preservatives and have excess oil in the form of trans fats.

ii. packaged / processed food.

Question 6:

Opposites

Now, work in pairs and fill in the blanks by selecting the proper word from the brackets.

[A10, pg. III]

i. (Natural / Artificial) product is

ii. harmful to our health. You must not (increase / decrease) your weight for (healthy / unhealthy) life.

iii. We should eat _____ (less / excessive) at night.

iv. We should eat _____ (fresh / stale) food for good health.

v. We cannot live (with / without) air.

Answer:

i. . Artificial

ii. increase, healthy

iii. less

iv. fresh

v. without

Question 7:**Using words**

Read the given sentences and use appropriate words from the box for the underlined words in the sentences. Refer to Part II to get the clues.

need, also, threat to, a large number of, excessive

- i. You too practice yoga to keep yourself fit.
- ii. Over consumption of food has an adverse effect on our body.
- iii. We require fresh air and water for good health.
- iv. Many people use packaged food to eat.
- v. Food products having chemical substances are dangerous for our body.

Ans: i. also
ii. Excessive
iii. need
iv. A large number of
v. threat to

Question 8:**Joining words**

Read the given sentences. Find out the meanings of the words in the boxes. Write the number of the matching sentences with the meanings provided. Work in pair.

[such, like, if, as, just, also]

[Note: The word 'just' doesn't suit any of the given sentences. The word 'also' has been added.]

- i. Many people consume packaged food **because** it has become a matter of convenience.

Ans: as

- ii. It is **even** important to note additives are used or not to increase shelf life of packaged food or **whether** simply – eating *dal chawal* is a far healthy option.

Ans: also, if

- iii. We should consume the food that we are used to **such as** Indian food.

Ans: like

- iv. Milk comes in tetra packs. **This kind of** milk is without any additives.

Ans: such

Question 9:

Compound words

Look at the word 'processed food'. 'Food' is a naming word. 'Process' is an action word. Discuss with your partner what has helped the action word to turn into describing word. Change the following words into describing words. One is done for you. [A13, pg. 112]

(‘Processed food’ हा शब्द पहा ‘Food’ हे नाम आहे.

‘Process’ हा कृतिदर्शक शब्द आहे. कृतिदर्शक शब्द हे वर्णनात्मक शब्दामध्ये रूपांतरित कसे होतात, याची तुमच्या वर्गमित्राबरोबर चर्चा करा. खालील शब्द वर्णनात्मक शब्दांत रूपांतरित करा. एक उदाहरण तुमच्यासाठी करून दाखवले आहे.) ~

spoil	=	spoiled	=	spoiled dish
cook	=		=	
taste	=		=	
bake	=		=	
prepare	=		=	
boil	=		=	
adulterate	=	adulterated	=	adulterated sweets
contaminate	=		=	

Ans:

‘-ed’ is added to the action word to turn it into a describing word.

spoil	=	spoiled	=	spoiled dish
cook	=	cooked	=	cooked food
taste	=	tasted	=	tasted dish
bake	=	baked	=	baked biscuits
prepare	=	prepared	=	prepared notes
boil	=	boiled	=	boiled water
adulterate	=	adulterated	=	adulterated sweets
contaminate	=	contaminated	=	contaminated water

Find out more such describing words from the text.

Answer:

packaged food, educated people, canned food.

Question 10:

Types of illness

Look at the photographs given in your textbook. Imagine and discuss what these persons might be suffering from. Write about the nature of suffering. [A14, pg. 112]

Answer:

Photograph (i):

- Problem: weak bones
- Suffering from: rickets
- Causes: deficiency of Vitamin D
- Remedies: exposure to sunlight

Photograph (ii):

- Problem: inability to use legs
- Suffering from: polio
- Causes: no proper vaccination in childhood, infected by polio virus
- Remedies: no remedy, use of crutches compulsory

Photograph (iii):

- a. Problem: overweight
- b. Suffering from: obesity or thyroid
- c. Causes: overeating, lack of exercise, hypo-thyroidism
- d. Remedies: control over diet, regular exercise

Photograph (iv):

- a. Problem: deformed hands and legs
- b. Suffering from: leprosy
- c. Causes: unhygienic conditions
- d. Remedies: can be cured through medication

Question 11:

Read Part III and after discussing with your partner, answer the following questions. [A16, pg. 113]

i. Answer in one sentence.

- a. What maintains the aesthetic value of a product?

Answer:

The aesthetic value of a product is maintained by the methods of processing and use of additives.

- b. What nutrients are mentioned in the passage?

Answer:

The nutrients mentioned in the passage are vitamin C, proteins, fats and carbohydrates.

- c. What disease will you suffer from if you eat processed food?

Answer:

If we eat processed food, we will suffer from diseases like obesity, heart problems, lethargy, acidity and blood pressure.

ii. Answer in two or three sentences.

- a. Why do people suffer from different diseases?

Answer:

People suffer from different diseases because they consume processed food in large amounts. Such food contains additives and preservatives, which are harmful to health. Alterations made in the structure of certain nutrients like proteins, fats and carbohydrates lead to various diseases.

- b. When are the nutrients in food lost?

Answer:

Food processing leads to loss of nutrients in food. It leads to alterations in the structure of certain nutrients like proteins, fats and carbohydrates, thus reducing its bioavailability. The use of additives also leads to nutrient loss.

c. When are the labels misleading?

Answer:

Labels can be misleading if consumers do not interpret them correctly and end up purchasing and consuming unhealthy food.

Selecting Packaged Food

Look at the picture of a wrapper of a packaged food in your textbook and find your responses to the following: [A18, pg. 114]

i. Ingredients:

ii. Nutritional value:

iii. Precaution:

iv. Manufacturing date:

v. (this symbol in green colour) means:

vi. Appeal to buy:

Answer:

i. Ingredients: rice meal, edible vegetable oil, corn meal, maida, onion powder, garlic powder, green chilli powder, amchur, sugar, citric acid, salt, etc.

ii. Nutritional value (approximately):

Per 100 gm		
Energy	kcal	570
Protein	g	6.4
Carbohydrate	g	53.9
Sugar	g	4.2
Fat	S	40

iii. Precaution: To be consumed before four months from the date of manufacturing

iv. Manufacturing date: 15 March, 2013

v. 0: the food is vegetarian

vi. Appeal to buy: colourful packaging, cholesterol free, no added MSG.

Question 13:

Check your reading

Read Part III and after discussing with your partner, fill in the blanks by using the correct words given in the bracket [such as, if.... then, due to, high or low, but]

i. The doctors could not investigate whether Mr Mohan has _____ blood pressure.

ii. Ready-to-eat products available in market satisfy our hunger. they can be fatal to our health.

iii. Every year many people die in remote areas malnutrition.

iv. you have good eating habits you will have no health problems.

v. If we take balanced diet, we would not suffer from many health problems blood pressure, acidity, heart attack and diabetes.

Answer:

- i. high or low
- ii. but
- iii. due to
- iv. If, then
- v. such as

Question 14:

Participles

i. Look at the following sentences and the underlined part. Discuss with your partner the questions given below and note your observations and responses. [A21, pg. 115]

- a. Packaged food products have an adverse effect on the kidneys.-
- b. Working people must understand the grave health dangers they face.
- c. People should reconsider their eating habits.

Discuss

- What is the root word of the underlined word?

Answer:

The root word of the underlined word in each sentence is a verb. In sentence (a), it is 'pack', in sentence (b) it is 'work' and in sentence (c) it is 'eat'.

- What is added to the root word?

Answer:

Either '-ed' or '-ing'. is added to the root word.

- Are these action words?

Answer:

Yes, these are action words.

- What are they used as?

Answer:

They are used as describing words / adjectives.

ii. Now, use the correct words given in the brackets.

- a. Most of the young children like (frying / fried) food.
- b. Some people love (cooking / cooked) food and some love (cooking / cooked) food.
- c. We should not eat (forbidden / forbidding) medicine.
- d. (Eaten / Eating) rice is always nice for good health.
- e. (Processing / • Processed) food has added salt and sugar to enhance the taste.

Answer:

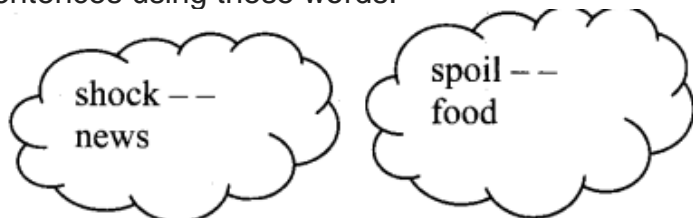
- a. fried
- b. cooking, cooked
- c. forbidden

- d. Eating
- e. Processed

iii. Now, go through all the three parts of the text and find out the different sentences where the words are used in both ‘-ed’ form as well as ‘-ing’ form. (Underline)

Answer:

- a. This is happening due to the possible increase in consumption of chemical additives through packaged and processed food.
- b. Especially working and educated people must understand the grave health dangers they face from over consumption of these packaged and processed food products.
- c. Also, it is important to note the quality of packaging used for these products and whether additives are used or not to increase their shelf life.
- d. Any sort of food processing done means altering the composition of the food items which invariably changes the nutritional value and increases the shelf life of the product.
- iv. Look at the words in given balloons. Discuss with your partner and make meaningful sentences using these words.



- a. It is a shocking news on food poisoning.
 - b. The spoiled food develops food poisoning.
- Ans:**
- a. The shocking news spread like wild fire.
 - b. Consuming spoiled food causes illness.

v. Now, here is a news telecasted on TV. Fill in the blanks with the participles occurred in the news. (word file)

rise-industry; break-news; contaminate- water; pollute-water; boil-water; pollute- air]

“Here is a _____. It is reported that the villagers of Devanchi Wadi developed indigestion problems due to _____. The doctor has advised not to use _____ but to have only _____. The villagers are also suffering from the problem of _____ due to the _____ in the nearby area.”

Answer:

“Here is a breaking news. It is reported that the villagers of Devanchi Wadi developed indigestion problems due to contaminated water. The doctor has advised not to use polluted water, but to have only boiled water. The villagers are also suffering from the problem of polluted air due to the rising industries in the nearby area.”