

You may write only the answers in your English Activity book.

A. Read the passage given below and answer the questions.

[10 marks]

Food

Food can maintain and save life. It can destroy life as well. Proper food serves as medicine; improper food works as poison. A little care about the quality and quantity of food will keep us healthy and happy. If we go about eating all sorts of things, we will become sick.

We take pride in calling ourselves civilised and sensible. Being sensible means to know the difference between good and bad, right and wrong. It will not do to become slaves to our tongue or taste.

We mostly eat processed food and refined sugar. We pay heavily for junk food, takeaways or deep fried snacks. As a result, we catch diseases. We have drifted away from mother nature. We laugh at the rules of hygiene, healthy diet and the advice of our elders. This has given rise to diabetes.

We offer chocolates, cakes and ice creams too often to our children. We also attend parties or dine out every day. This way we invite obesity and diabetes.

Adapted from: <https://www.cbsetuts.com>

Questions:

1. What is one function of food? (1 mark)
2. What is meant by 'improper food'? (1 mark)
3. What is meant by 'being sensible'? (1 mark)
4. Explain what is meant by the line: We have drifted away from nature. (2 marks)
5. Explain how modern life style and food habits affect us. (2 marks)
6. Find words from the passage that mean the same as:
 - (a) toxic (1 mark)
 - (b) being fat (1 mark)
 - (b) cleanliness (1 mark)

B. Vocabulary and Sentence formation

[10 marks]

Find the meaning of the following words and form a sentence of your own with that word.

1. improper
2. civilised
3. sensible
4. drifted
5. quality