

**ST THOMAS SCHOOL , INDIRAPURAM
PRACTICE WORKSHEET CLASS – 8
ENGLISH**

SECTION- A READING

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

Papaya is a healthy fruit with a list of properties that is long and exhaustive. You can munch on it as a salad, have it cooked or boiled or just drink it up as milkshake or juices. Papaya has many virtues that can contribute to our good health. The most important of these virtues is the protein-digesting enzyme it has. The enzyme is similar to pepsin in its digestive action and is said to be so powerful that it can digest 200 times its own weight in protein. It assists the body in assimilating the maximum nutritional value from food to provide energy and body building materials. Papain in raw papaya makes up for the deficiency of gastric juice and fights excess of unhealthy mucus in the stomach and intestinal irritation. The ripe fruit, if eaten regularly corrects habitual constipation, bleeding piles and chronic diarrhoea. The juice of the papaya seeds also assists in the above-mentioned ailments.

Papaya juice, used as a cosmetic, removes freckles or brown spots due to exposure to sunlight and makes the skin smooth and delicate. A paste of papaya seeds is applied in skin diseases like those caused by ringworm. The black seeds of the papaya are highly beneficial in the treatment of cirrhosis of the liver caused by alcoholism, malnutrition, etc. A tablespoonful of its juice, combined with a hint of fresh lime juice, should be consumed once or twice daily for a month. The fresh juice of raw papaya mixed with honey can be applied over inflamed tonsils, for diphtheria and other throat disorders. It dissolves the membrane and prevents infection from spreading.

1.1 Choose the most appropriate option:

1. **The powerful protein-digesting enzyme in papaya materials to the body by:**
(a) improving the blood circulation
(b) assisting the body in assimilating the maximum nutritional from food
(c) increasing the resistance power of the body
(d) **showing down the process of digestion**

2. Excess of unhealthy mucus in the throat

- (a) **if ripe papaya is eaten regularly**
(b) **if the juice of papaya seeds is taken regularly**
(c) by correcting habitual constipation

3. **What is the cosmetic value of papaya?**

4. **What is the remedy for inflamed tonsils?**

5. The word in the passage meaning the same as soft
a. chronic b. smooth c. delicate d. cosmetic

SECTION- B WRITING

2. You have shifted to a new locality recently. Write a letter to your friend telling him or her about the new locality and your new house.

SECTION- C GRAMMAR

3. Fill in the blanks in the correct forms of verb.

- a. Karina the piano when she was a child. (play)
- b. This restaurant only organic food. (serve)
- c. Grandma a scarf with bright colours. (knit)

4. Fill in the blanks with correct modals.

- a. I always beat you at the tennis when we were children.
- b. you always enjoy good luck!
- c. I..... see him tomorrow.

SECTION-D LITERATURE

5. Answer the following questions

- a. What did he find in the secret drawer?
- b. What is your opinion of the ant's principle?

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