

**ST THOMAS SCHOOL
WORKSHEET – VIII (ENGLISH)**

A. Read the following passage carefully:

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.

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) slowing down the process of digestion

2. **excess of unhealthy mucus is fought:**

- (A) if ripe papaya is eaten regularly
- (B) if the juice of papaya seeds is taken regularly
- (C) by papain found in raw papaya which makes up for the deficiency of gastric juice
- (D) by correcting habitual constipation

3. **The cosmetic value of papaya is that:**

- (A) it treats skin diseases
- (B) it makes the skin smooth and delicate
- (C) it treats cirrhosis of the liver
- (D) it is helpful in treating chronic Diarrhea

4. **Inflamed tonsils can be cured by:**

- (A) consuming a tablespoonful of papaya juice with a hint of fresh lime juice daily for a month
(B) by applying a paste of papaya seeds on the tonsil
(C) chewing black seeds of papaya
(D) applying fresh juice of raw mixed with honey on the tonsils.

5. **The word in the passage meaning the same as soft is:**
(A) chronic (B) smooth (C) delicate (D) cosmetic

WRITING AND GRAMMAR SECTION

B. To promote healthy eating habits amongst school children your school recently organized a 'Nutritious Food and Snacks Competition'. The competition was open to both parents and students. The participation was very encouraging. The famous nutrition expert, Dr. Shikha Sharma was the chief guest. As Anjum, the student editor of your school magazine, write a report about this event in 100 words.

C. Choose the appropriate quantifiers to complete the sentences.

1. He is an expert on languages, but he knows ---- about mathematics.

- few
 little
 a lot of
 several

2. I don't think there will be a severe shortage of usable water because there was ---- rain fall yesterday.

- little
 few
 any
 a lot of

3. Unfortunately, I have ---- talent for music although I have always wanted to be a famous singer.

- little
 few
 a few
 plenty of

4. There were ---- people at the meeting earlier but most of them left early so there aren't many left now.

- little
- few
- much
- several

5. Although she thought she knew ---- of the subject, the teacher asked a few details she hardly remembered.

- several
- much
- many
- any

LITERATURE SECTION

D. Rewrite the following changing the active sentences to passive

1. The girl recited the poem beautifully.
2. The guests enjoyed the party.
3. The child impressed everyone with his polite manners.
4. A girl from Chennai won the first prize.

E. Answer the following question

1. What were the changes in the poet in his journey to Lyonesse?
2. Is the Grasshopper being tired ? If yes, what does he do then ?
3. The writer expresses his great gratitude to Stephen Hawking. What is the gratitude for?

.....