

NALANDA COLLEGE - COLOMBO 10

Unit Evaluation

Grade 10

English Language

Unit 8

1. Fill in the missing letters

- i. heal__y
- ii. con___pation
- iii. envi___me_t
- iv. po__nt_al
- v. nu___en__
- vi. me__c_nal
- vii. po__lar
- viii. tr___tio__l
- ix. cal___m
- x. dis___es

2. Rearrange the given words to make meaningful sentences

- i. (digest/ finger/ the/ process/ slow/ is/ of/ millet/ ?)
.....
- ii. (is/ kurakkan/ rich/ also/ fibre/ dietary/ in)
.....
- iii. (have/ people/ aware/ become/ its/ healthy/ of/ benefits)
.....
- iv. (grown/ Kegalle/ Ampara/ is/ and/ Ratnapura/ kurakkan/ in)
.....
- v. (known/ as/ healthy/ food/ it/ is/ a)
.....

3. Complete the blanks using the given words

(healthy, carbohydrates, artificial, and, junk, diseases, fruits, chemicals, consumers, nutritional)

Today various kinds of i. _____ food are found in the market. People are compelled to take them without knowing the ii. _____ value. Many new products are advertised through newspapers, media iii. _____ posters without giving any consideration to the health of iv. _____. For breakfast specially children take v. _____ food. Scientists have found out most vi. _____ such as hypertension, cancer and kidney related ailments are common today than in the past because of the vii. _____ found in many types of food and drinks. One must consume plenty of viii. _____ and vegetables, along with other foods. Everyone must get sufficient amounts of vitamins, minerals and ix. _____ to live a happy and x. _____ life.

7. Read the given text and answer the questions

Healthy food contains an adequate amount of vitamins and nutrients that are essential to keep our body fit and fine. Health is the most important aspect of life and if we eat healthy food we can live a more prosperous life. However, people nowadays tend to eat junk food that is harmful to our body and has proved to be fatal many times.

Therefore, it is important to make people aware of the benefits of healthy eating so that they can adopt a healthy lifestyle and keep themselves away from diseases and infections. Food forms the basis of our life and eating good and healthy food keeps us in good physical shape as well increases our immunity and strength.

Eating a healthy diet puts a positive impact on our lives and improves our mental, physical and internal health. Including fruits and vegetables in our diet prevents us from various diseases like heart attacks, blood pressure, cholesterol problems, diabetes and much more. Green veggies are considered very beneficial for good metabolism and resistance to diseases.

i. Match the following words with their meanings according to the context

| | |
|------------|---|
| adequate | enough or satisfactory for a particular purpose |
| prosperous | a situation in which you are protected against disease |
| junk food | causing death |
| fatal | all the chemical processes in your body, specially those that cause food to be used for energy and growth |
| infection | successful |
| immunity | a disease in a part of your body that is caused by bacteria or a virus |
| beneficial | food that is unhealthy but is quick and easy to eat |
| metabolism | resulting in good; favourable or advantages |

ii. Answer the following questions

1. According to the first paragraph, what does healthy food contain?

2. Read the first paragraph and complete this sentence. Use only one word for each blank.

We can live a more prosperous life if _____ .

3. Read the second paragraph and complete the blanks. (use only one word for each blank)

People can have a healthy lifestyle if people make _____

_____ .

4. According to the second paragraph, what are the four benefits of eating healthy food?

- a. _____
- b. _____
- c. _____
- d. _____

5. According to the third paragraph what are the four dangerous diseases, if we don't take healthy food for our meals.

- a. _____
- b. _____
- c. _____
- d. _____



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