

Atomic Energy Central School, Narora

Periodical Test –III (2018-19)

Class – VIII
Time – 1:30 Hrs

Subject – English
Maximum Marks – 40

Read the following passage carefully:

5 marks

Colour is the key to good nutrition. As a physician who has studied nutrition and cancer prevention for more than 20 years. I believe our careless diet account for most common diseases, including heart disease, cancer and disability- an epidemic of obesity and diabetes.

But here's a shocker: Eating fruits and vegetables every day won't guarantee you're getting enough essential nutrients. Iceberg lettuce and your favourite French fries, for instance, are hardly nutritious. A big clue: they lack colour. Produce that comes in vivid hues contains an arsenal of disease- fighting chemicals called phytonutrients.

Now answer the following questions.

- a) We easily become victims of heart disease and cancer because----
- b) Iceberg lettuce and French fries are not nutritious because-----
- c) Fruits and vegetables intake is essential as they-----
- d) Product rich in colour contain chemicals that-----
- e) Why we should eat nutritious food?

2. Answer the following questions

3x5=15 marks

- 1. What did Mrs Sappleton say about the open window?
 - 2. What was the consequences of buying jalebis with the fees money?
 - 3 .How did Jody bring the faun back home?
 - 4. What is the scientist" message for disabled?
 - 5. Mention different signs which shows that the monsoon are about to end
3. Write a diary entry describing an incident that occurred during the rains which you can never forget. You are Rimita/ Rohan of class VIII. 10 MARKS
4. Write an application to the principal of your school requesting him/her to arrange educational tour to Delhi planetarium. You are Riddhi/Aldrin 10 marks