

Himalaya International School

Practice Assignment – 1

Class-8th

Subject- English

Section-A Reading

Water is essential for the survival of man. We can go without food for a long time, but we cannot live without water even for a few days. Human body is 60 to 70% water. Without water, we would be poisoned to death by the waste products of air. Kidneys flush out uric acid and urea with the help of water. Water is vital for the chemical reactions in the digestion metabolism. It carries nutrients and oxygen to the cells through blood and helps cool the body through perspiration. By not drinking enough water, many people gain weight. Lack of water decreases the efficiency of the digestive system and slackens the functioning of various organs. Proper water intake is the key to weight loss. If people who are trying to lose weight do not drink enough water, their bodies cannot metabolise fat.

The minimum water intake for a healthy person in a day is 30 ml per kg of the body weight. More water is needed if you exercise a lot in hot climate. When a person increases his water intake, in the beginning, he may have to visit the bathroom frequently. But with passage of time, his bladder adjusts itself and he urinates less frequently but in larger amounts. So, from today start drinking more water than you usually consume.

On the basis of your reading of the passage, answer the questions that follow.

- 1. Human body is**
 - a) 30% water**
 - b) 50% water**
 - c) 70% water**
 - d) 90% water**

2. Water

- a) carries nutrients and oxygen to cells
- b) cools the body
- c) helps flush out waste
- d) all the above

3. People gain weight when they do not drink water in sufficient quantities because

- a) they overeat
- b) their body processes slacken
- c) their body fails to metabolise fat
- d) both b & c

4. Water cools the body through

- a) perspiration
- b) aspiration
- c) inspiration
- d) none of these

5. Which organ of the human body flushes out uric acid and urea?

- a) liver
- b) kidney
- c) lung
- d) heart

6. Nutrients and oxygen are carried to cells through

- a) air
- b) blood
- c) water
- d) none of these

7. How much should be the water intake of a person who weighs 60 kgs ?

- a) 5 litres
- b) 4 litres
- c) 10 litres
- d) 2 litres

Section - B Writing

Q2. Write a letter to the Principal of your school requesting permission for your class to organise a free eye check-up camp in the school premises.

Q3. Write a letter to the Principal of your school requesting permission to attend the special book reading session.

Section C Grammar

Q4. Fill in the blanks with suitable collective nouns.

- a) The _____ of people in the church was huge.
- b) She presented me a _____ of roses.
- c) He was looking at the _____ of birds.
- d) The _____ played the music very well.

Q5. Identify the adjective in the sentences.

- a) Please give me some more rice.
- b) I have got two chocolates.
- c) Those girls stay in hostel.
- d) That red car belongs to my uncle.

Q6. Fill in the blanks with appropriate determiners.

- a) _____ of my friends are going to Goa.
- b) They have got _____ options in the question paper.
- c) Would you like to have _____ cookies with the coffee?
- d) Do you have _____ idea of the function?

Q7. Fill in the blanks with suitable words.

- a) _____ pencil belongs to you?
- b) _____ is going to accompany you to the party?
- c) _____ dress you like the most

d) _____ are you going to pick me up from the class?

Q8. Filling the blanks with suitable articles.

a) I will visit _____ Italy next year.

b) I bought _____ basket of apples for my mother.

c) He is _____ honourable man.

d) _____ man sitting next to me looks shabby .

Section D Literature

Q9. What were the participants waiting for?

Q10. What happened as soon as the race began?

Q11. Why were the spectators high on excitement?

Q12. Why do the participants deserve more than the gold medals?