

English | Passage | Class 6

Read the passages given below and answer the questions that follow:

Food can maintain and save life. It can destroy life as well. Proper food serves as medicine, improper food works as poison. A little care about the quality and quantity of food will keep us healthy and happy. If we go about eating all sorts of things, we shall become sick.

We take pride in calling ourselves civilized. Being sensible means to know the difference between good and bad, right and wrong. It will not do to become slaves to our tongue or taste. Even cattle, birds and beasts eat only what is best for their body.

We mostly eat processed food and refined sugar. We pay heavily for junk food, for Chinese dishes or deep fried snacks. As a result we catch diseases. We have drifted away from mother nature. We laugh at the rules of hygiene, healthy diet and the advice of our elders. This has given rise to diabetes.

We offer chocolates, cakes and ice creams too often to our children. We also attend parties or dine out every day. This way we invite obesity and diabetes.

Questions:

1. Answer the following questions briefly:
  - (a) What are the functions of food?
  - (b) What is meant by 'improper food'?
  - (c) What does 'civilised life' imply?
  - (d) Explain: We have drifted away from nature.
  - (e) How does modern life style and food habits affect us?
2. Find words from the passage that mean the same as:
  - (a) being fat
  - (b) cleanliness