

Wingfield Residential School

Laptop - H22402

13 May, 2021

My dear ~~mom~~ mummy

I know that you are very disappointed with my half yearly report that you must have received last week. I am truly sorry for my poor performance and I am feeling sad at having let you down so badly. I do not ~~to~~ want to make excuses, but this last term I have had a bad attack of malaria and was unable to attend classes for about a week. As result of this I missed many classes and I scored very poorly in three subjects.

I have now picked up health and have requested my teachers to give me some extra assignments. I also plan to do group with some of the other boarders of my class. I am sure that this will help me to catch

up with my studies and I promise you I will score much better marks in the unit tests. please do not be worried about my health, I am much better. I look forward to meeting you during the mid-term break.

~~you~~

your loving son
piyush

The question came from a small girl.

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10. Read the following passage carefully :

- Next to water, tea is the most commonly consumed beverage in the world. This is good news because tea offers important health benefits. Its benefits were first discovered by the Chinese Emperor Shen Nung who declared that it gave one vigour of body, contentment of mind and determination of purpose. Today there is ample proof that tea, in its many forms, possesses a number of health benefits – from supporting the *immune*¹ system to reducing the risk of cancer to helping prevent tooth decay.
- What makes tea such a healthy drink ? The star compounds are called catechins. These are antioxidants that help prevent cell damage by harmful *molecules*² called free radicals.
- Tea can be black, green and red and is derived from a warm-weather evergreen tree known as *Camelia Sinensis*. The more processing tea leaves undergo, the darker they become. Green tea is the least processed tea. It is simply steamed quickly and offers the maximum healing powers because it isn't *fermented*³. It also helps prevent tooth decay and aids weight loss.

VALUE POINTS

About the passage

Tea, the most commonly used beverage, has many health benefits, having many antioxidants.

Para 1

Many health benefits – vigour of body and determination of purpose.

Para 2

tea a healthy drink, contains many antioxidants.

Para 3

Varieties of tea available – green tea, the least processed – useful

GLOSSARY

- immune* : unaffected by illness
- molecules* : the smallest units of atoms
- fermented* : a chemical change in a drink

10.1 Complete the following statements :

- The most commonly consumed beverage in the world is tea.
- Benefits of tea were first discovered by chinese emperor shen nung.
- Tea turns out to be a healthy drink due to the presence of antioxidants.
- Green tea offers maximum healing powers because it is not fermented.
- Camelia Sinensis* is the name of a evergreen tree.
- Tea is said to support our body.

10.2

- Find out a word in the passage that means 'a drink' (para 1). beverage
- The antonym of word harmful in para 2 is beneficial.
 - useless
 - beneficial
 - neutral
 - useful