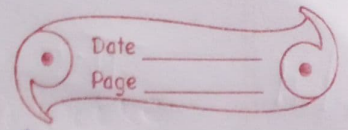


# Story



3

15/5/21

## The Lion and the Mouse

A lion lay asleep in the forest, his great head resting on his paws. A timid little Mouse came upon him unexpectedly and in her fright and haste to get away, ran across the lion's nose. Roused from his nap, the lion laid his huge paw angrily on the tiny creature to kill her. "Spare me!" begged the poor Mouse. "Please let me go and some day I will surely repay you."

The lion was much amused to think



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a Mouse could ever help him. But he

was generous and finally let the

mouse go. Some days later, while

stalking his prey in the forest, he

lion was caught in the toils of a

hunter's net. Unable to free himself

he filled the forest with his angry

roaring. The mouse knew the voice

and quickly found the lion struggling

in the net. Running to one of the

great ropes that bound him; she



gnawed it until it parted, and soon the lion was free. "You laughed when I said I would repay you," said the mouse. "Now you see that even a Mouse can help a lion."

Moral - A kindness is never wasted.



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*<sup>1</sup> 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*<sup>2</sup> 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*<sup>3</sup>. 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 immune system

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 harm.

- useless
- beneficial
- neutral
- useful