

WORKSHEET-1

H.W

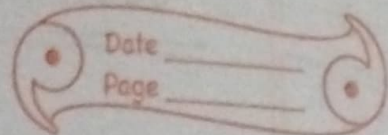
- 1. a) Which of the following is not the property of papaya?
 - i) increases intestinal irritation

- b) The way papaya can be consumed as:
 - i) munched as salad
 - ii) cooked or boiled
 - iii) the drunk as milk shake.

- c) The skin disorders caused by ringworm can be cured by applying:-
 - i) paste of papaya seeds

- d) The benefits of ripe papaya are:-
all of the above
(corrects constipation, cures bleeding piles, cures chronic diarrhoea)

- e) Which of the following is associated with a reduced risk of colon cancer.
 - i) papaya's folate
 - ii) beta carotene & Vitamin E.



Date _____

Page _____

f) The application of fresh juice of raw papaya ~~are mixed~~ mixed with honey is helpful in curing :-

1) throat disorders

g) Raw papaya contains papain which can make up for the deficiencies of gastric juice.

h) Protein digesting enzyme in the milky juice of papaya is its most important virtue.
True