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Worksheet

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Reading - Comprehension

Papaya is the healthiest fruit with a list of properties that is long & exhaustive. Papaya favours digestion as well as cures skin irritation & sunburns. You can eat much on it as a salad, have it cooked or boiled or just drink it up as a milkshake or Juice. The most important of these virtues is the protease-digesting enzyme in the milky Juice. One later the enzyme is similar to heparin in its digestive action & is said to be 50 times as powerful that it can digest 200 times its own weight in protein. It assists the body in assimilating the maximum nutritional value from food to provide energy & body building materials. Papain in raw papaya makes up for the deficiency of gastric Juice & helps rid of unhealthy mucus in the stomach, dyspepsia & intestinal irritation. The ripe fruit, if eaten regularly, corrects habitant constipation & bleeding piles.

Based on the reading of the above passage, answer the following

① Which one of the following is not the property of papaya?

Ans: increases intestinal irritation.

② The way papaya can be consumed?

Ans: Munched as salad, cooked or boiled

③ The skin disorders caused by the ringworm can be cured by applying

Ans: Juice of papaya

④ The benefits of ripe papaya are:-

Ans: Corrects constipation, Cures bleeding piles, Cures chronic diarrhoea.

5) Which of the following is associated with a reduced risk of Colon Cancer?

Ans) Papaya folate & beta Carotene & vitamin-E

6) The application of fresh Juice of raw papaya mixed with honey is helpful in curing:- Throat disorder

7) Raw papaya contains Papain which can make up for the deficiencies of gastric Juice.

8) Pepsin - digesting enzyme in the milky Juice of papaya is its most important virtue.

True

— X —