

Unit 8

Healthy Food



ACTIVITY 01

You have learnt the meanings of the following words in the lesson “Finger Millet”. Now use them to fill in the blanks of the following sentences.

potential, abundance, laxatives, hardy, arid

1. In the ancient times, Sri Lanka was called the ‘Granary of the East’ as rice was in
2. The land is generally in the dry zone which makes it difficult for the farmers to cultivate.
3. are foods, compounds or drugs most often used to treat constipation.
4. Rye is acrop particularly good at preventing erosion, especially in areas with high winds.
5. He was talented and hard-working and had suchfor success in life.



ACTIVITY 02

Write meaningful sentences using the following words you have learnt.

potential, abundance, laxative, hardy, arid

- 1)
- 2)
- 3)
- 4)
- 5)



ACTIVITY 03

Find information about green gram and fill in the grid.

Green gram	
Areas where it is mostly grown in Sri Lanka	
Nutrients	
Uses	
Food items that can be prepared	
Required rainfall	
Required temperature	
Required soil conditions	



ACTIVITY 04

Now write a paragraph about green gram using the information you have gathered.

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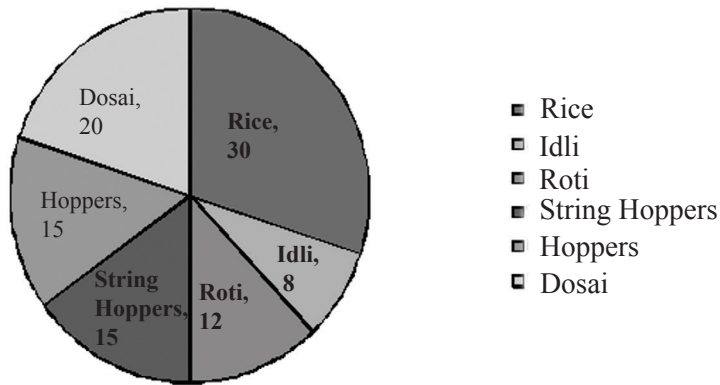
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ACTIVITY 05

The pie chart given below shows the favourite food items of grade ten students of Gemunu Maha Vidyalaya. Write a paragraph describing it.

Favourite Food items of Grade 10 students



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ACTIVITY 06

Write a paragraph on one of the following. Use about 100 words.

- My Favourite Food
- The Importance of a Balanced Diet

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ACTIVITY 07

Fill in the blanks with a suitable conjunction from the given list.

though, although, in spite of, even though, whenever, however, while

1. It is very hot these days the rain.
2. Devin was doing the presentation, Inura took the photographs.
3. Kamalini could not catch the bus she left home very early.
4. Mrs. Rathnayake visits my mother she comes to the town.
5. I am a good dancer, I selected Music as my aesthetic subject.



ACTIVITY 08

Join the following pairs of sentences using a suitable connective. Make any changes that are necessary.

1. Saleem is a very good boy.
He quarrels with others.
.....
2. I write poems.
I have free time.
.....
3. The teacher was absent.
The students behaved very well.
.....
4. I ran very fast.
I could not win the race.
.....
5. The patient died.
Attempts were taken by the doctors to save his life.
.....



ACTIVITY 09

Form the plural of the following words.

ballpoint pen

crisis

officer-in-charge

datum

agendum

basis



ACTIVITY 10

Read and enjoy! It's interesting to know the different ways of forming plurals.

WHY ENGLISH IS HARD TO LEARN

We'll begin with *box*; the plural is *boxes*,
But the plural of *ox* is *oxen*, not *oxes*.
One fowl is a *goose*, and two are called *geese*,
Yet the plural of *moose* is never called *meese*.

You may find a lone *mouse* or a house full of *mice*,
But the plural of *house* is *houses*, not *hice*.
The plural of *man* is always *men*,
But the plural of *pan* is never *pen*.

If I speak of a *foot*, and you show me two *feet*,
And I give you a *book*, would a pair be *beek*?
If one is a *tooth* and a whole set are *teeth*,
Why shouldn't two *booths* be called *beeth*?

If the singular's *this* and the plural is *these*,
Should the plural of *kiss* be ever called *keese*?

The poem gives many examples of plurals. Refer to the poem and complete this table.

Singular	Plural	Singular	Plural
Eg: ox	oxen		



ACTIVITY 10

Plurals are formed in different ways. Follow the example and form plurals. Add two words on your own to each list.

<i>The word ends with "um"</i>	<i>Change the "um" to "a"</i>
• bacterium	• bacteria
• curriculum	•
• medium	•
• memorandum	•

<i>Singular</i>	<i>Plural endings are added to the main word</i>
• father- in-law	• fathers- in- law
• sister- in- law	•
• teacher- in -charge	•
• son-in-law	•
• notary public	•
• passer- by	•
• commander-in-chief	
• guest - of- honour	

Names of garments and tools containing two parts are considered plural. These can be made singular by adding “ a pair of.”

<i>Singular</i>	<i>Plural</i>
• a pair of trousers	• trousers
•	• shorts
•	• pants
•	• pyjamas
•	• binoculars
•	• scissors
•	• spectacles