

**Answers:**




We must take proper care of our hair. Healthy hair looks beautiful and makes us feel good. It is important to keep our hair clean by washing it regularly with soap or shampoo. This removes the dirt and dust and prevents scalp infections. To have healthy hair, we must eat a balanced diet which provides nourishment to our skin. We should eat lots of green leafy vegetables, fresh fruits and cereals.



Consumption of amla juice, ashgourd juice, pumpkin and coconut water enhances hair growth. Vitamin B12 helps to prevent hair loss and can be found in fish, eggs, chicken and milk. We should avoid the intake of maida (fine flour) and deep-fried dishes, sweets made of white sugar, soft drinks, tea and coffee. If we follow a healthy regime of yoga and breathing exercises, we can enjoy healthy hair for a long time as it slows down the process of graying and ageing.

Answer the following questions.

1. It is important to keep our hair clean because .....
2. A balanced diet provides .....
3. Find words from the passage which means

- 
- a) food to make a person healthy
  - b) improves

4. What role does shampoo play in hair hygiene?

5. What substances help in enhancing hair growth?

6. What food stuff should be avoided for healthy hair?

### Answers

1. It is important to keep our hair clean because healthy hair looks beautiful and makes us feel good.

2. A balanced diet provides nourishment to our hair and skin.

3. a) nourishment; b) enhances

4. Shampoo removes the dirt and dust and prevents scalp infections.

5. Amla juice, ashgourd juice, pumpkin and coconut water enhance hair growth.

6. We should avoid the intake of maida, deep fried dishes, sweets made of white sugar, soft drinks, tea and coffee for keeping our hair healthy.



Name \_\_\_\_\_

Directions Read the passage. Answer the questions using information from the text.

## The Statue of Liberty

Don't you love getting birthday presents? What if your present was as tall as a 15-story building? That's the kind of birthday gift France gave to the United States on on July 4, 1884. It was the Statue of Liberty.



Lady Liberty, as the statue is often called, is made of copper. She was modeled after the Roman goddess of Liberty. The tablet in her left hand is inscribed with the date of America's independence - July 4, 1776. The seven spikes on her crown stand for the seven continents of the world. The broken chains at her feet represent freedom. In her right hand, the statue holds a torch that always remains lit.

The Statue of Liberty stands in the middle of New York Harbor where millions of people visit her each year. Before the days of airplanes, immigrants to the United States would travel on boats to Ellis Island in New York Harbor. The statue was there to welcome them to their new home. She soon became a symbol of the freedom that America offers to everyone who comes here.

1. What two words in the first paragraph have the same meaning?

\_\_\_\_\_

2. According to the text, what are two reasons people travel to New York Harbor?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. How did the United States get the statue?

\_\_\_\_\_  
\_\_\_\_\_

4. When did the United States of America gain its independence?

\_\_\_\_\_

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Answers: 1. Presents and gift.

2. Each year, people travel to New York harbor to visit the Statue of Liberty.



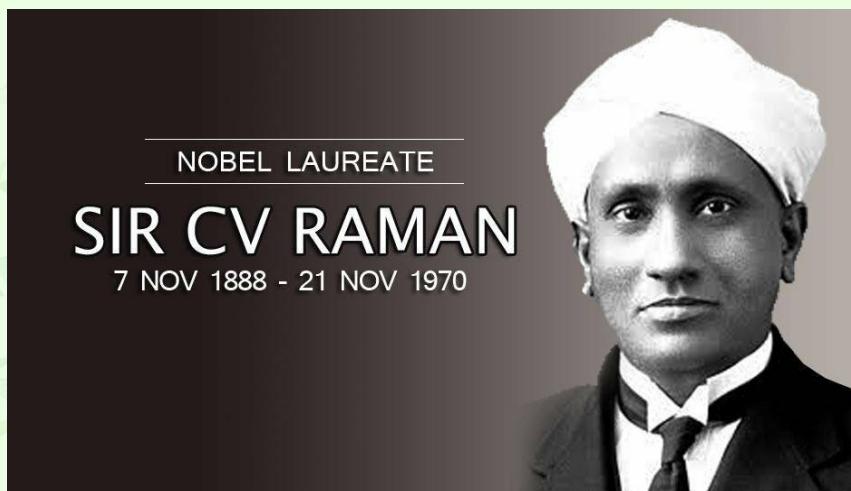
Before the days of airplanes, Immigrants to the United States would travel on boats to Ellis island in New York harbor with the hope of staying there permanently.

3. The United States got the Statue of Liberty as a birthday gift from France.

4. The United States of America gained it's independence on July 4, 1776.



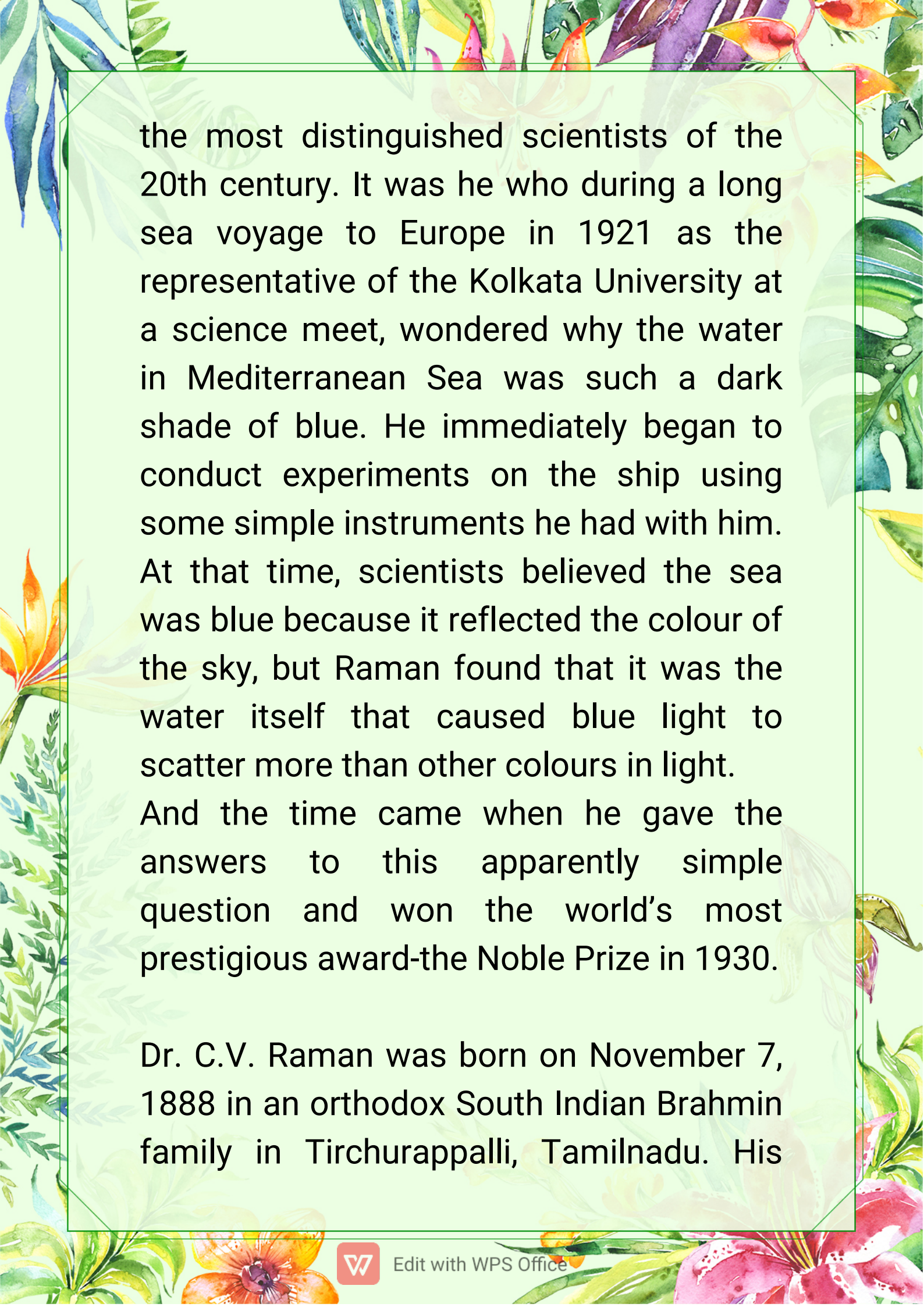
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Dr. Chandra Shekhar Venkata Raman, popularly known as C.V. Raman, is one of



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A decorative border of watercolor-style flowers and leaves surrounds the text. The colors include greens, yellows, oranges, and purples. The background is a light, pale green.

the most distinguished scientists of the 20th century. It was he who during a long sea voyage to Europe in 1921 as the representative of the Kolkata University at a science meet, wondered why the water in Mediterranean Sea was such a dark shade of blue. He immediately began to conduct experiments on the ship using some simple instruments he had with him. At that time, scientists believed the sea was blue because it reflected the colour of the sky, but Raman found that it was the water itself that caused blue light to scatter more than other colours in light. And the time came when he gave the answers to this apparently simple question and won the world's most prestigious award-the Noble Prize in 1930.

Dr. C.V. Raman was born on November 7, 1888 in an orthodox South Indian Brahmin family in Tirchurappalli, Tamilnadu. His



father's name was Chandra Shekhar Aiyer who had special interest in science and mathematics. His mother Parvati was a pious lady. Raman was a very brilliant student since his early childhood.

He graduated from the Presidency College, Chennai. He was the only student to get a first class. He completed his Master's degree in Physics from the same college and broke all previous records.

He with his co-discoverer K.S Krishnan discovered on 28 February 1928 a novel phenomenon of light scattering, which they called "modified scattering," but more famously known as the Raman effect. The day is celebrated by the Government of India as the National Science Day every year.

Raman was awarded the degree of 'Doctor of Science' in 1921 by the Kolkata University and in 1929; the British Government in India conferred on him the



title of 'Sir'. He was also awarded Lenin Peace Prize in 1958. The government of India also honoured him with the highest honour of the country, 'Bharat Ratna' (Jewel of India) in 1954.

In 1943, Raman set up the Raman Research Institute in Bangalore. There he served as its director and remained active until his death on November 21, 1970, at the age of eighty two. He was proud to be an Indian. Till the day he died, he did not give up his traditional Indian turban in favour of a European hat.

**Q. Read the passage carefully and answer the following questions:**

1. When and where was C.V. Raman born?
2. Which day is celebrated as the National Science Day every year by the government of India?
3. According to C.V. Raman, why was the colour of Mediterranean sea dark shade of blue?

4. When did C.V. Raman win the world's most prestigious award—the Nobel Prize?

5. Which title was conferred on C.V. Raman by the British government in India?

6. The government of India honoured him with the highest honour of the country \_\_\_\_\_ in \_\_\_\_\_.

7. In 1943, Raman set up the Raman Research Institute in \_\_\_\_\_.

8. Till the day he died, he did not give up his \_\_\_\_\_ in favour of a European hat.

9. What was the father's name of C.V. Raman?

10. Raman was awarded the degree of 'Doctor of Science' in 1921 by the

