

# ROUND ABOUT

## Worksheet - III

Name: ..... Class: ..... Roll No.: .....

### A. Goa is a perfect gateway for amazing holidays. Here is a list of some exciting beaches that you might not know about.



a

Lying southwards of Cabo de Rama beach, it boasts its abundant scenic beauty. Close to the beach is a small spring gushing down from a hill side and flowing into the sea later.

.....

The beach is also named as Turtle Beach. It lies 18 km away from Canacona, southwards of Talpona river estuary. The charm of the beach is its crystal-clear water surrounded by pine and coconut trees. You can see turtle eggs or nests, if you visit this beach between December and February.

.....



b



c

If you are an adventure lover then there are a number of mystery caves in it. This beach is an amazing place for honeymoon couples and solitary seekers. The nearest attraction is the 'Chapel of Jesus of Nazareth'.

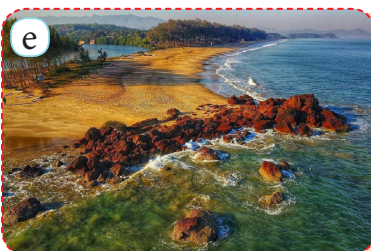
.....

You can enjoy different activities like swimming, beach volleyball, scuba diving, water skiing and fishing. It is located very close to Guada Fort. The environment here is pretty calm as there are few luxury resorts near this beach.

.....



d



e

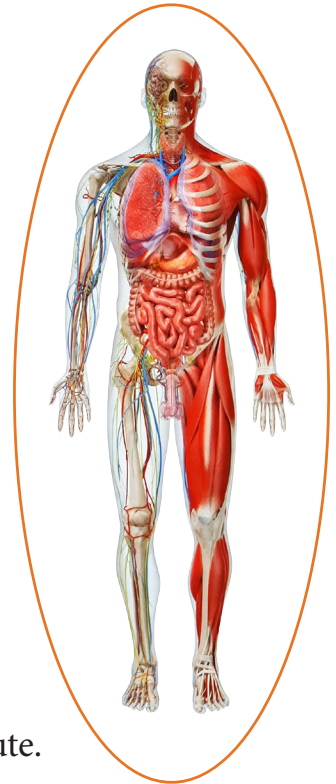
It is also known as Khola beach and the Little Cola. This is encircled by beach huts and Rajasthani-style 'lent'. If you want to get away from regular tourist activity, visit this flawless beach. Just sit and relax, listen to the music and enjoy food and fire.

.....

**B. Complete the statements that allow you to know the inside of your body.**

**Pick-up point-** 15-18-times, earthworm, frog, inhalation, tissues, cell, lactic acid, anaerobically, alternately

- a. Our body respire .....
- b. Our muscle cells respire .....
- c. The partial breakdown of glucose into ..... causes cramps.
- d. .... is the structural and functional unit of a moving organism.
- e. A group of cells that perform a specific function are called .....
- f. The process by which we take in oxygen is called .....
- g. .... and ..... breathe through their skin.
- h. An adult human at rest breathe ..... in a minute.



**C. Here are some facts on phone addiction. Can you name its effect on humans? Tick the correct answer.**

- 1 The signs or symptoms when your cell phone is unreachable.  
 a anger     b irritability     c both of these
- 2 The physical effect on over use of your phone results in  
 a eye fatigue     b paralysis     c liver diseases
- 3 Cell phone radiation may decrease  
 a viability     b heart attack     c text neck
- 4 The pain and discomfort associated with viewing a digital screen for 2 hours  
 a blurred vision     b mouth problem     c nose problem
- 5 Phones have been found to be contaminated with MRSA causing infection in  
 a bones     b joints     c both

**D. Read each text carefully and answer the questions. You must work out the answer by what is being suggested by the author.**

The author has included a diagram of a balanced plate in the text. How does this help the reader?

Pick one way that it helps:

It helps the reader on understand about food.

It helps to show what types of food a healthy plateful can be made from

It entertains the reader.

Why is the word 'not' in capital letters when the author writes: Your body is NOT a dustbin.

Pick one of these:

To warn you about eating healthy and respecting your body.

To shout at you and make you feel upset.

To be rude to people who eat unhealthy food.

What does the word 'gorged' mean?

Pick the best meaning frtom below:

Snacked on

Eaten too much of something

Nibbled all night

What is the first paragraph about?

Pick two from this list:

Treating your body with respect.

Having a healthy diet.

Eating as much as you can.