

Language Development Unit 6 Health and Exercise (You May Scoff) Class 11 English Exercise

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Ways With Words

A. Ten words in the bold face in the text correspond to the definitions below. Match the definitions with the corresponding words.

- a. in spite of what has just been said or referred to – **nevertheless**
- b. a strong desire or impulse – **urge**
- c. the ability to continue trying to do something, although it is very difficult – **determination**
- d. to attract attention to or emphasize something important – **highlight**
- e. arguing about things that are not important – **bickering**
- f. not having things or conditions that are usually considered necessary – **deprivation**
- g. continue to exist – **persist**
- h. soft loose flesh on a person's body – **flab**
- i. to improve or increase something – **boost**
- j. a limiting condition on something – **restriction**

Now, make sentences of your own using the same words in bold type.

- a. **Nevertheless**
the idea of the value of improving breeds is gaining ground.
- b. She fought back the **urge** to run.
- c. **Determination** was her motivation to stand up to the bully.
- d. Do you know what he **highlighted** in red?
- e. Maybe he meant he was sick of all the **bickering** with his family.

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- f. They are often targeted on areas of multiple **deprivation**
- g. If the symptoms **persist**, contact your doctor.
- h. I wish everyone who is fighting the **flab** the very best of luck.
- i. Drama also **boosts** the communication skills of students with special needs.
- j. Both these propositions were, with some **restrictions**, secured.

B. The words ‘restriction’ and ‘awareness’ are nouns with the suffixes ‘-ion’ and ‘-ness’. Make a list of as many words as you can which end in ‘-ion’ and ‘-ness’. Make a list of as many words as you can which end in ‘-ion’ and ‘ness’.

Answer:

‘-ion’

pollution
invention
invention
solution
substitution
partition
evolution

-‘ness’

politeness
goodness
badness
usefulness
Kindness

Comprehension

A. Write whether the following statements are True, False or Not Given.

- a. During the holidays people eat and drink more than usual. **True**
- b. Getting too little exercise and eating too much is the reason why people put on weight. **True**
- c. David Allison’s research involved studying rats under laboratory conditions. **False**
- d. You may need to go shopping for clothes if you come down with a cold. **True**
- e. Adenovirus-36 (AD-36) decreases the percentage of fat in the fat cells. **False**
- f. Vaccination against infections could be used in the future to prevent obesity. **True**

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- g. People under severe stress can experience breathing difficulties. **Not Given**
h. A study indicates that mice that have never been on a diet choose fatty food, when given a choice between high-calorie or low-calorie food products. **False**
i. Rajita Sinha has been studying the connection between brain activity and behaviour. **False**
j. Specific hormones regulate our appetite. **True**

B. Answer the following questions.

a. In what sense are the holidays a time of excess? When can a person gain weight?

Answer: In holidays people eat and drink more than usual. In this sense, holidays are a time of excess. A person can gain weight if he/she eats more food and do little exercise.

b. According to David Allison, which factor contributes to excess obesity?

Answer: According to David Allison, over eating and under exercise contributes to excess obesity.

c. What, according to Dhurandhar, can be the way of preventing fatness?

Answer: According to Dhurandhar, vaccination against infections can be the way of preventing fatness.

d. What is the relationship between chill and obesity? How can saying 'om' help reduce fatness?

Answer: Being chill, we can reduce our fatness. Saying 'Om' helps reduce fatness by taking control over the urges and stress related eating of high calorie foods.

e. Why is it necessary to be careful while buying plastic packaged fatty foods?

Answer: It is necessary to be careful while buying plastic packaged fatty foods because they contain endocrine disrupter chemicals that can affect our stomach.

f. Why does Nelson suggest avoiding blue wavelengths of light at night?

Answer: Nelson suggests avoiding blue wavelengths of light at night because these lights might increase the calories in human body.

g. How does breathing polluted air affect one's fatness?

Answer: Breathing polluted air affects one's fatness as polluted air activates (chronic) inflammation and disrupts the body's ability to burn energy.

h. What is the link between sleep and weight?

Answer: The link between sleep and weight is that sleep deprivation boosts body weight.

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Critical Thinking

a. What do you do to keep yourself fit? What food do you avoid and why?

Answer: Staying fit is a great way to improve our mood and overall health. Many people struggle with staying fit over time, but the benefits of fitness definitely outweigh the costs. With some commitment and motivation, we can maintain our physical fitness for years to come! I do regular exercising and take balanced diet to keep myself fit.

I avoid any junk food, foods which are high in sugar like donuts, cakes, cookies and the foods which are high in fat like processed meats, hydrogenated oil and shortening. I do so because it is one of the most important components of a fit lifestyle. Many people ignore it, but if we exercise and eat a lot of unhealthy foods like junk foods we will not get any fitter. This is because the junk food turns to fat almost immediately. Junk foods contain poor nutrition and are high in sodium and sugar. Because of this, our body sugar levels drop after consumption and we end up feeling fatigued with a major lack of energy.

b. Healthy citizens are the greatest asset of a country. What can a state do to keep her citizen healthy?

Answer: The success or failure of any government in the final analysis must be measured by the well-being of its citizens. Nothing can be more important to a state than its public health; the state's paramount concern should be the health of its people. A state can do the following things to keep her citizens healthy:

1. A state should provide peoples with proper health care facilities.
2. Proper education is also required for maintaining mental and social health, so emphasis on education must be given.
3. People must be made aware of the communicable diseases through advertisements and mass media.
4. Proper vaccination should be done against common communicable diseases.

Writing

a. Yoga can be good to stay physically and mentally healthy. Do you practice any yoga? Write an essay on the benefits of yoga.

Answer:

Benefits of Yoga

Yoga is an ancient art that connects the mind and body. It is an exercise that we perform by balancing the elements of our bodies. In addition, it helps us meditate and relax.

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Yoga has numerous benefits if we look at it closely. You will get relief when you practice it regularly. As it keeps away the ailments from our mind and body. In addition, when we practice several asanas and postures, it strengthens our body and gives us a feeling of well-being and healthiness.

Furthermore, yoga helps in sharpening our mind and improving our intelligence. We can achieve a higher level of concentration through yoga and also learn how to steady our emotions. It connects us to nature like never before and enhances our social well-being.

21st of June is celebrated as International Day of Yoga where people are made aware of the benefits of yoga. Yoga is a great gift to mankind which helps us keep better and maintain our health. You also develop a higher patience level when you practice yoga which also helps in keeping the negative thoughts away. You get great mental clarity and better understanding.

In short, yoga has several benefits. Everyone must practice it to keep their health maintained and also benefit from it. It is the secret to living a healthy and long life without the use of any artificial means like medicines or any other shortcuts of any kind.

b. How can a person be mentally healthy? Provide about ten tips to a person to stay mentally fresh and healthy.

Answer: An important part of keeping fit and healthy is to take care of your own mental health. There are plenty of things you can do to help make sure you keep yourself mentally healthy. Some of the tips to keep the mind healthy are as follows:

1. Get plenty of sleep
2. Eat well
3. Take a break
4. Avoid alcohol, smoking and drugs
5. Get plenty of sunlight
6. Manage stress
7. Activity and exercise
8. Do something you enjoy
9. Connect with others and be sociable
10. Be a tourist in your own town

Grammar

B. Complete the sentences by choosing the correct verbs from the brackets.

a. Everyone has (has/have) problems in their life. Countries also have (has/have) problems, and so does (do/does) the world. One of the

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greatest problems is (is/are) the growing population. The population in some countries is (is/are) huge.

b. A number of my friends love (love/loves) riding bicycles, but neither my brother nor my sister owns (own/owns) a cycle. At 4 o'clock, either my mother or father is (is/are) coming to pick me up in a car.

c. The pair of shoes on the floor is (is/are) mine. The shoes were (was/were) made in China. The three thousand rupees I spent on them was (was/were) worth it.

C. Are the following sentences correct? If not, correct them.

a. **Everyone of the workers receive the same benefits.**
Everyone of the workers receives the same benefits.

b. **There is two gerbils in my bathroom.**
There are two gerbils in my bathroom.

c. **Both of my friends live in Kathmandu.**
Both of my friends live in Kathmandu.

d. **Scissors is used to have our hair cut.**
Scissors are used to have our hair cut.

e. **You and your friends are welcome to join us.**
You and your friends are welcome to join us.

f. **Are the news on at five or six?**
Is the news on at five or six?

g. **The man with all his children live in the city.**
The man with all his children lives in the city.

h. **Mathematics are Prem's favourite subject, while Economics is Alina's favourite subject.**
Mathematics is Prem's favourite subject, while Economics is Alina's favourite subject.

THE END

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