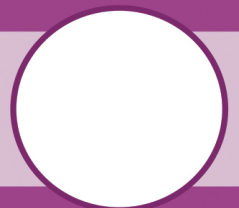


Vocabulary Master

An excellent book for building and
expanding vocabulary



Syllabus - STD 2

➔ Formal Grammar

- The Sentence
- Phrase
- Subject and Predicate
- Nouns
- Nouns: Singular and Plural
- Nouns: Gender
- Pronouns
- Adjectives
- Verbs
- The Tense
- Adverbs
- Prepositions
- Conjunctions
- Interjections
- Punctuations
- Articles
- Confusing Words

➔ Functional Grammar

➔ Reading Comprehension

➔ Vocabulary

Syllabus - STD 3

➔ Formal Grammar

- The Sentence
- Kinds of Sentences
- Phrase
- Subject and Predicate
- Nouns
- Nouns: Singular and Plural
- Nouns: Gender
- Pronouns
- Adjectives
- Adjectives: Degree of Comparison
- Verbs
- The Tense
- Adverbs
- Prepositions
- Conjunctions
- Interjections
- Punctuations
- Articles
- Homophones

➔ Functional Grammar

➔ Reading Comprehension

➔ Vocabulary

Syllabus - STD 4

➔ Formal Grammar

- The Sentence
- Kinds of Sentences
- Phrase
- Subject and Predicate
- Nouns
- Nouns: Singular and Plural
- Nouns: Gender
- Pronouns
- Adjectives
- Adjectives: Degree of Comparison
- Verbs
- The Tense
- Adverbs
- Prepositions
- Conjunctions
- Interjections
- Punctuations
- Articles
- Homophones

➔ Functional Grammar

➔ Reading Comprehension

➔ Vocabulary

Syllabus - STD 5

➔ Formal Grammar

- The Sentence
- Kinds of Sentences
- Subject and Predicate
- Phrase and Clause
- Nouns
- Nouns: Singular and Plural
- Nouns: Gender
- Pronouns
- Adjectives
- Adjectives: Degree of Comparison
- Verbs
- The Tense
- Adverbs
- Verbs: Modal Auxiliaries
- Prepositions
- Conjunctions
- Interjections
- Punctuation
- Articles
- Homophones
- Idioms and Phrases

➔ Functional Grammar

➔ Reading Comprehension

➔ Vocabulary

Syllabus - STD 6

➔ Formal Grammar

- The Sentence and Its Kinds
- Phrase and Clause
- Nouns
- Nouns: Singular and Plural
- Nouns: Gender
- Pronouns
- Adjectives
- Adjectives: Degree of Comparison
- Verbs
- Adverbs
- Prepositions
- Conjunctions
- The Tense
- Verbs: Modal Auxiliaries Punctuations
- Direct and Indirect Speech
- Question Tag
- Idioms and Phrases

➔ Functional Grammar

➔ Reading Comprehension

➔ Vocabulary

Syllabus - STD 7

➔ Formal Grammar

- Parts of Speech – Review
- Verbs and Its Kinds
- Verbs: Modal Auxiliaries
- The Tense
- Verbs: Voice
- Punctuation
- Direct and Indirect Speech
- Determiners and Articles
- More about Prepositions
- Question Tag
- Transformation of Sentences
- The Clauses and Its Kinds
- Kinds of Sentences – Simple, Compound, Complex
- Figures of Speech
- Idioms and Phrases

➔ Functional Grammar

➔ Reading Comprehension

➔ Vocabulary

Syllabus - STD 8

➔ Formal Grammar

- Parts of Speech - Review
- Verbs and Its Kinds
- Verbs: Modal Auxiliaries
- The Tense
- Verbs: Voice
- Punctuation
- Direct and Indirect Speech
- Determiners and Articles
- More about Prepositions
- Question Tag
- Transformation of Sentences
- The Clauses and Its Kinds
- Synthesis – Simple, Compound, Complex
- Figures of Speech
- Idioms and Phrases
- Articles
- Homophones
- Homophones
- Idioms and Phrases
- Punctuations
- Articles









➔ Functional Grammar

➔ Reading Comprehension

➔ Vocabulary

Std. 2 : Family / Home

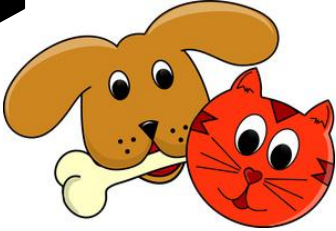
Exercise 1: Who am I? Cross out the word in each line that does not describe you. Draw a picture of yourself in the box below: (Answers may vary)

I am	A son 	A daughter 
I am	A sister 	A brother 
I am	A grandson 	A granddaughter 
I am	A nephew 	A niece 

This is a picture of me.

Exercise 2: Look at the picture clue and unscramble the words to write the correct word:


1



S P
E T

○ ○ ○ ○


2



H M
O E
T R

○ ○ ○ ○ ○ ○


3



A I
M
F Y L

○ ○ ○ ○ ○ ○


4



S T I
E R S

○ ○ ○ ○ ○ ○


5



O R
R T B
H E

○ ○ ○ ○ ○ ○ ○ ○

6



P N
R A T
E S

○ ○ ○ ○ ○ ○ ○ ○

Exercise 3: Read each question carefully. Choose your answer from four options:

1. A boy with same parents as someone else:
 - a. sister
 - b. brother
 - c. grandma
 - d. baby

2. This is an informal term for father:
 - a. mummy
 - b. daddy
 - c. grandma
 - d. grandpa

3. A girl who has the same parents as another person:
 - a. brother
 - b. family
 - c. baby
 - d. sister

4. The father of your mummy or daddy:
 - a. grandfather
 - b. grandmother
 - c. parents
 - d. brother

5. A very young child:
 - a. mummy
 - b. baby
 - c. pets
 - d. daddy

6. The mother of your mummy or daddy:

- a. grandmother
- b. grandfather
- c. sister
- d. family

7. Animals that live with us:

- a. brother
- b. parents
- c. pets
- d. baby

8. Parents and children:

- a. family
- b. grandpa
- c. sister
- d. daddy

9. This is an informal term for a mother:

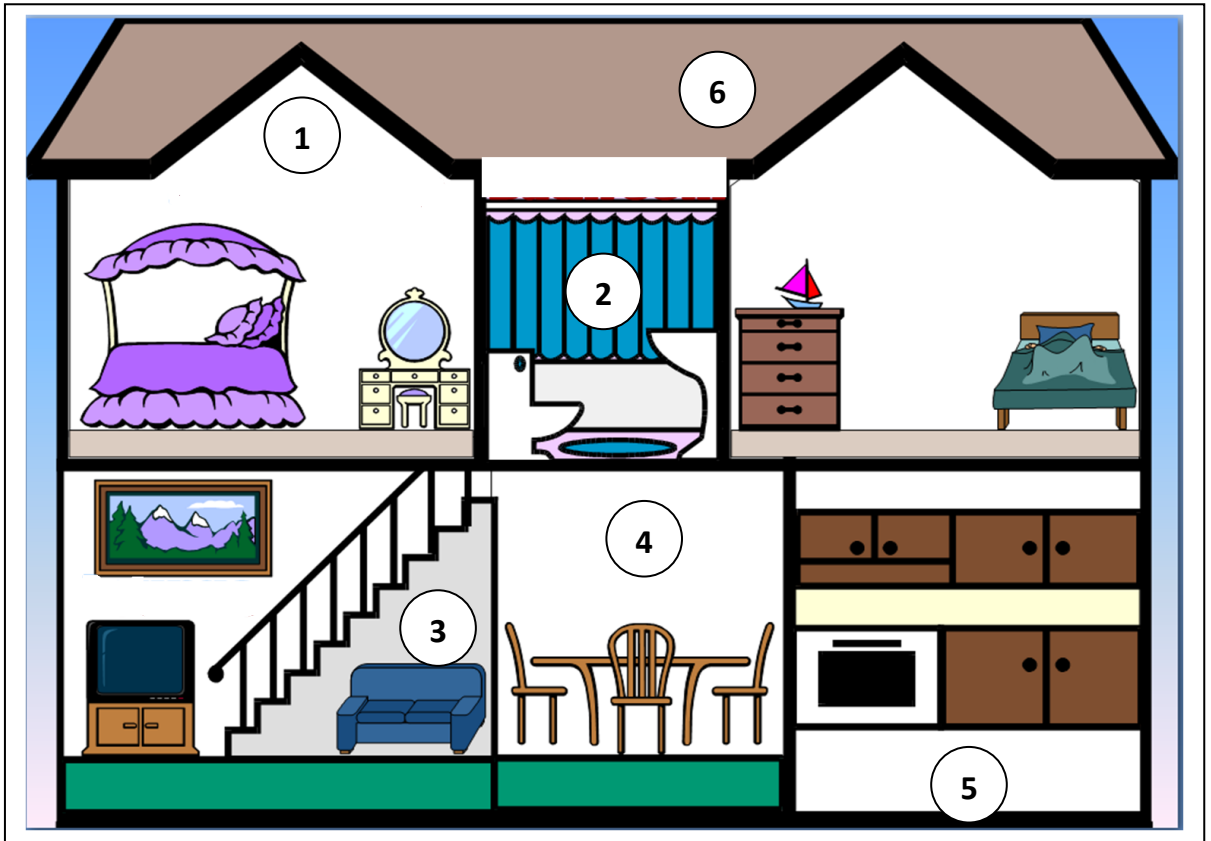
- a. grandma
- b. mummy
- c. parents
- d. pets

10. Mother and father:

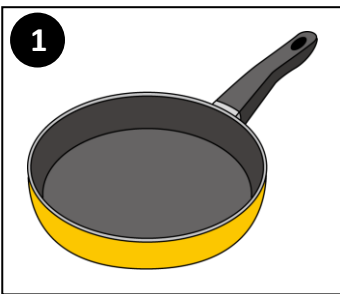
- a. brother
- b. baby
- c. parents
- d. pets

Exercise 4: Home Sweet home! Match the parts of a house by writing the number next to the name:

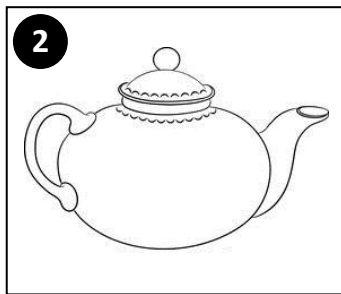
Living Room		Kitchen		Bathroom	
Dining Room		Bedroom		Roof	



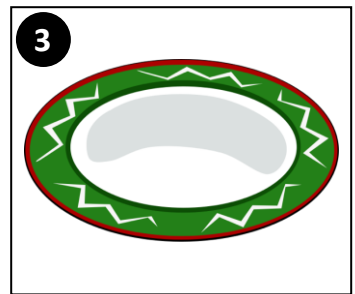
Exercise 5: What do you see in your kitchen? Look at the pictures and fill in the gaps with the correct letters to complete the word:



FR __ G P _ N



T _ A P _ _



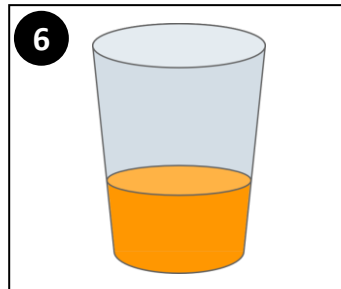
D _ _ H



B _ _ L



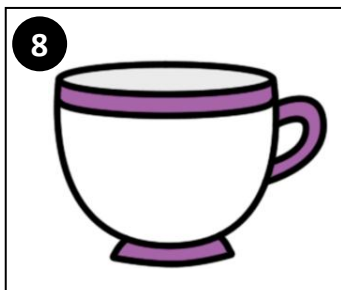
J _ G



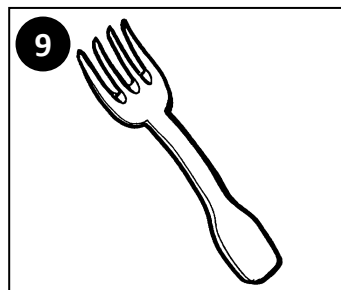
G _ _ S



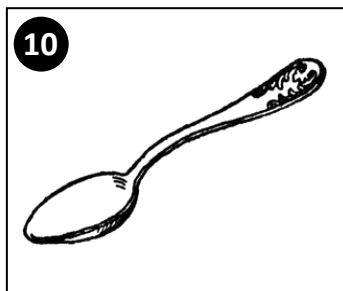
T _ _ Y



C _ P



F _ R _



S _ _ ON









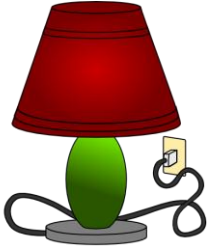
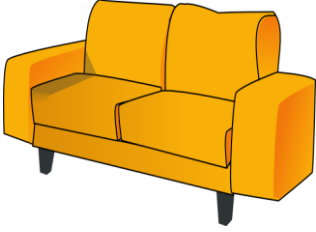
_ NI _ E

Exercise 6: What's in your living room? Find these words in the word puzzle. Label the pictures with the help of the word bank:

SOFA	TABLE	CLOCK	VASE
TELEVISION	LAMP	CARPET	CHAIR

T	W	K	Q	L	P	S	F	O	C
Y	E	X	C	E	M	Y	R	H	X
A	P	L	S	O	A	U	A	C	L
A	G	A	E	K	L	I	I	A	M
U	V	F	U	V	R	C	U	R	Y
E	L	B	A	T	I	U	J	P	L
A	O	A	P	L	C	S	P	E	X
Z	I	H	O	U	O	U	I	T	T
H	D	G	C	J	V	S	N	O	A
S	O	F	A	F	S	K	C	J	N

<div data-bbox="148 1379 728 1682"> <p>1</p>  </div>	<div data-bbox="728 1379 1342 1682"> <p>2</p>  </div>

<p>3</p> 	<p>4</p> 
<p>5</p> 	<p>6</p> 
<p>7</p> 	<p>8</p> 



Std. 3 : Family / Friends / Education

Phrasal verbs

Phrase

Meaning

To grow up

To become mature and adult

To look up to someone

To respect and admire someone

To bring someone up

To raise a child

To take after someone

To resemble in appearance or character

To get along with someone

To have a friendly relationship with someone

Fall out with someone

To have an argument

Fall behind

Make less progress than others

Catch up with

Improve and reach the same standard as other people

Hand out

Give something to each person in the group

Turn in

Give your finished work to teacher



Exercise 1: Match words on the left to their descriptions on the right:

A

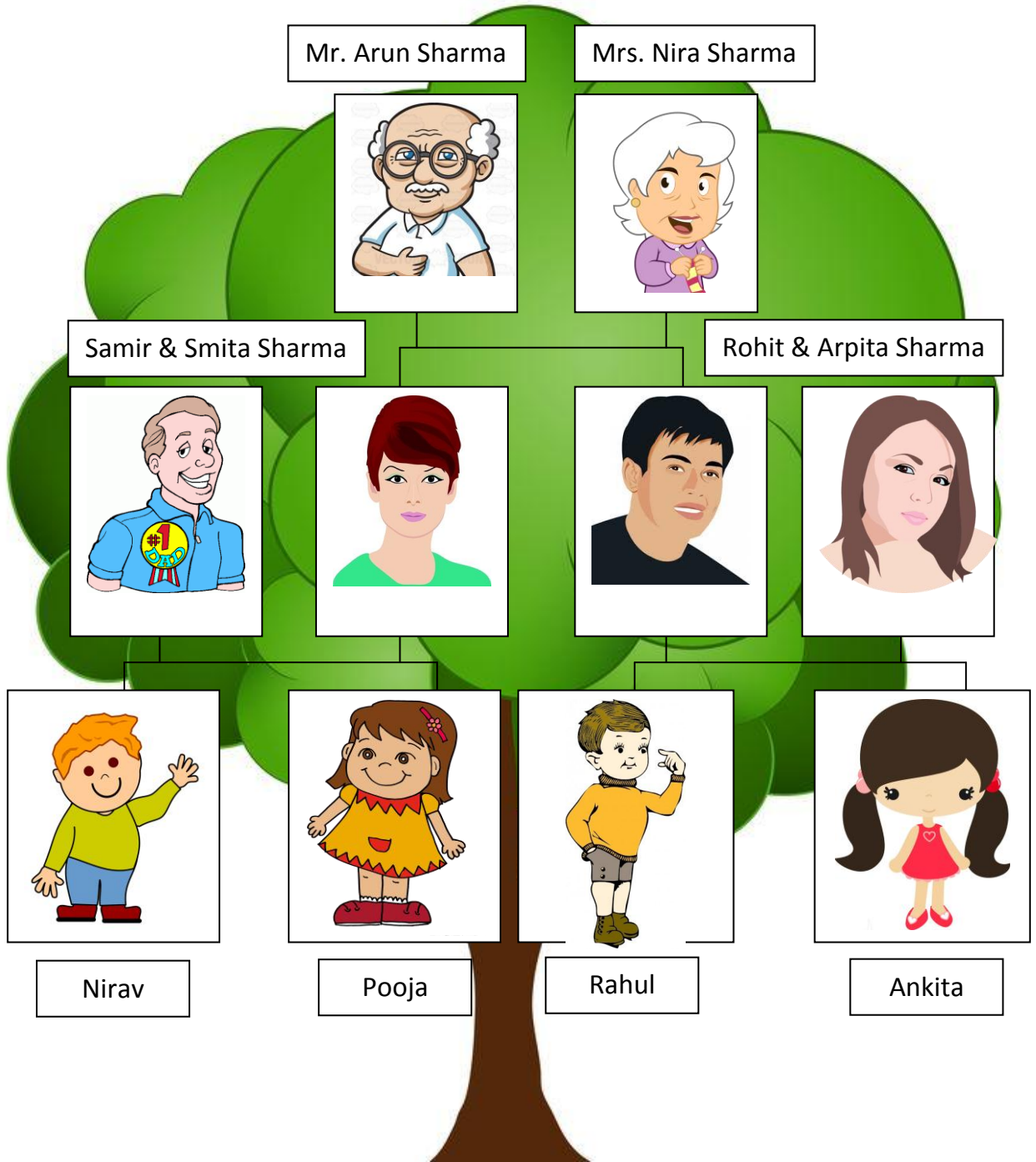
1. Uncle/Aunt
2. Husband/Wife
3. Grandfather/Grandmother
4. Nephew niece
5. Cousin
6. Neighbor
7. Grandson
8. Teenager

B

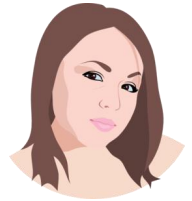
- a. Your parent's parents
- b. Your uncle/aunt's child
- c. Your parent's brother/sister
- d. People living in your immediate surrounding
- e. The man you marry/the woman you marry
- f. Your brother/sister's children
- g. A young boy or girl (aged between 13 and 19 years)
- h. Your son/daughter's son



Exercise 2: Look at the family tree below. Pretend that you are Nirav. Answer the questions below about your pretend family. Refer to the word bank provided:



1. What is my brother's name? _____.
2. Who is my father? _____.
3. What is my grandmother's name? _____.
4. My cousins are _____ and _____.
5. Who is my aunt? _____.
6. My mother's name is _____.
7. Mr Arun and Mrs. Nira Sharma are my _____.
8. Samir and Smita Sharma are my _____.
9. My uncle's name is _____.
10. Arpita Sharma is my _____.



Exercise 3: Fill in the blanks with the correct word from the box. Use every word only once:

friend, mate, know, helps, keeping, old, close, colleagues, child, make

1. He is a very _____ friend of mine. We have always done a lot of things together.
2. She is a _____ friend. I can discuss anything with her.
3. She finds it easy to _____ friends.
4. She seems really nice; I'd like to _____ her better.
5. I spoke to one of your _____, who told me you were in a meeting.
6. I've got a _____ who is a designer. He can help you with your wedding outfits.
7. My best _____ is Nisha. She and I play together every day.
8. That _____ is nine years old.



9. A good friend _____ you when you are in need.

10. I love my best friend because she is good at _____ secrets.

Exercise 4: Choose the correct option and complete the sentence:

1. I am 20 years old. I am a _____.

- a. young adult
- b. old person
- c. parent
- d. man



2. My sister is _____ to a great man.

- a. single
- b. married
- c. husband
- d. parent



3. My parents are 25 years old. They are _____.

- a. young
- b. old
- c. children
- d. grandparents



4. I love my _____ Leena, my sister's daughter.

- a. nephew
- b. niece
- c. cousin
- d. daughter

5. Vivaan is my youngest _____ . He is my brother's son.

- a. cousin
- b. brother
- c. nephew
- d. son



6. I want to know all the members names of my _____ .

- a. friends
- b. family
- c. neighbor
- d. marriage



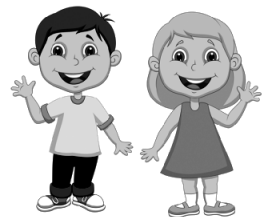
7. I am not married, I am _____ .

- a. an aunt
- b. a wife
- c. family
- d. single



8. My uncle's children are my _____ .

- a. parents
- b. aunt
- c. cousins
- d. sisters



9. I have a _____ brother. He is just 2 years old.

- a. close
- b. baby
- c. family
- d. child



10. My mother married my _____ 10 years ago. We are a happy family.

- a. parents
- b. wife
- c. surname
- d. father



Std. 4 : People/Jobs/Occupation

Adjectives used to describe character of people

Lazy	Clumsy	Cheerful
Grumpy	Absent-minded	Loud
Hard-working	Selfish	Talkative
Friendly	Easy-going	Quiet
Jealous	Joyful	Talented
Gifted	Smart	Stubborn
Kind	Sociable	Clever
Popular	Adventurous	Ambitious
Arrogant	Artistic	Bad-tempered
Bossy	Curious	Energetic
Frank	Helpful	Imaginative
Materialistic	Sensitive	Diplomatic



Exercise 1: Match the job to the correct description:

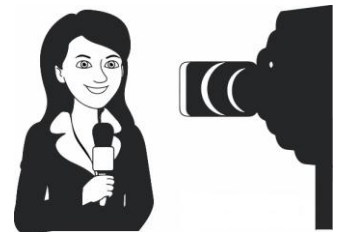
- | A | B |
|---------------------|--|
| 1. Police Officer | a. Person who drives a bus |
| 2. Cook | b. Person who teaches students |
| 3. Waiter | c. Person who makes and designs clothes |
| 4. Fashion designer | d. Works in a hospital and helps doctors |
| 5. Pilot | e. Works in a police station and keeps people safe |

- 6. Bus driver
- 7. Nurse
- 8. Teacher
- f. Flies an airplane
- g. Does cooking in a restaurant
- h. Takes people's order in a restaurant and serves food

Exercise 2: Complete the sentences with words given in the box:

Hire, quit, salary, cashier, musician, reporter, librarian, photographer, pilot, work experience

- 1. I work in a supermarket. When people want to buy something, they give me money. I am a _____.
- 2. I am looking for a job with a high _____. I want to make a lot of money.
- 3. I play a guitar. I am a _____.
- 4. I want to find a job but I don't have any _____. I have never worked before.
- 5. I love my job! I use my camera to take pictures of lots of interesting things. I am a _____.
- 6. You can see me when you watch news on television. I am a TV news _____.
- 7. I work in a library. I am a _____.
- 8. My company wants to _____ new workers.
- 9. I don't like my job. I want to _____.
- 10. I travel to many different countries for my job. I fly an airplane. I am a _____.



Exercise 3: Let's describe people's appearances. Correctly spell the words in bold and write them in the blank provided. The first letter of each word is underlined:

1. Do you have straight or (**yucrl**) hair? _____
2. I am a (**ireynfdl**) person with lots of friends. _____
3. We have a (**ufnyn**) classmate who makes us laugh. _____
4. At what age do most of the people have (**rayg**) hair? _____
5. My brother is a smart and (**ntelliegnt**) person. _____
6. I have a friend who is (**zyal**). She hates to work. _____
7. I was a (**ughanyt**) child. I did not listen to my parents. _____
8. My cousin is a (**hys**) person. He does not like to meet new people. _____
9. My grandfather exercises regularly. He is very (**tronsg**). _____
10. Do you have any (**latl**) classmates? _____

Exercise 4: Describing character. Complete the sentences with the words given in the box:

kind, anxious, bad-tempered, creative, tidy, thoughtful, honest, stubborn, brave, cheerful



1. I am not afraid of danger. I am a _____ person.
2. I get angry a lot. I am a _____ person .
3. I am truthful. I don't cheat or steal. I am a/an _____ person.
4. I carefully think about other people and how to help them. I am a _____ person.
5. I have a lot of imagination and new ideas. I am a _____ person.

6. I always make people happy because I am pleasant and enjoyable. I am a _____ person.

7. I am very neat and well-organised. I am a _____ person.

8. I never change my mind or consider anyone else's reason's or arguments. I am a _____ person.



9. I worry far too much about things. I am a/an _____ person.

10. I always behave in a caring way towards people. I am a _____ person.

Exercise 5: Complete the paragraph with the correct verbs:

Hello! My name (1) Sameer. I (2) eleven years old. I (3) a student. I (4) brown eyes and brown hair. I (5) a red cap. My trousers (6) blue. I (7) white sneakers. My T-shirt (8) red and white. I (9) good at sports. My favourite sport (10) football. I (11) a good player.

- | | | |
|------------------|---------------|-----------------|
| 1. a. is | b. are | c. was |
| 2. a. are | b. am | c. will |
| 3. a. are | b. were | c. am |
| 4. a. has | b. is | c. have |
| 5. a. has | b. am wearing | c. is wearing |
| 6. a. is | b. are | c. will |
| 7. a. am wearing | b. is wearing | c. were wearing |
| 8. a. were | b. is | c. am |
| 9. a. are | b. am | c. will |
| 10. a. is | b. were | c. wasn't |
| 11. a. are | b. am | c. will |



Exercise 6: Find the words given below from the word puzzle:

T	O	B	Z	R	D	G	S	F	T	X	E	F	U	H
X	T	J	J	R	E	P	A	T	G	M	B	Q	B	W
V	Q	G	S	D	N	C	R	Q	U	B	O	S	S	B
H	N	B	B	R	T	P	O	P	K	D	G	O	X	Z
Y	F	Y	G	O	I	K	T	E	C	V	E	P	H	E
R	I	L	R	W	S	L	C	P	I	I	Y	N	Q	V
G	D	Y	M	K	T	Q	A	B	S	S	Q	H	T	P
T	U	J	R	E	W	G	T	V	I	O	X	F	Z	F
O	M	A	E	E	E	K	B	K	H	A	A	W	F	L
X	S	X	X	Z	M	A	G	H	I	I	J	A	P	U
E	C	I	F	F	O	R	R	C	R	F	T	U	S	H
B	D	X	C	V	M	C	A	N	E	S	B	O	B	P
E	O	A	Y	Q	B	D	B	F	I	V	L	R	C	A
R	T	U	N	N	I	Y	K	E	U	M	M	K	Y	Q
K	P	S	L	U	D	A	B	U	C	T	O	P	A	D

Actor

Boss

Dentist

Earn

Factory

Farmer

Hire

Office

Staff

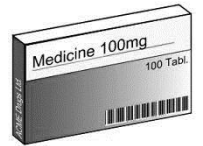
Student

Std. 5 : Sports/Health/Exercise

Exercise 1: Complete the sentences with words given in the box:

Bandage, disease, eyes, burn, medicine, collapsed, coughed, hot, nurses, operate

1. I feel too _____ today.
2. I caught a _____ when I was on a holiday.
3. My _____ really hurt if I use the computer too much.
4. The _____ in the hospital will look after you.
5. Take this _____ three times a day.
6. Try to stop the bleeding with a _____.
7. Be careful you don't _____ yourself on the hot oven.
8. I _____ all day because I had cold.
9. If she doesn't get better, the doctor will need to _____ her.
10. He _____ and died of a heart attack.



Exercise 2: Look at the words given here and put them in the appropriate columns:

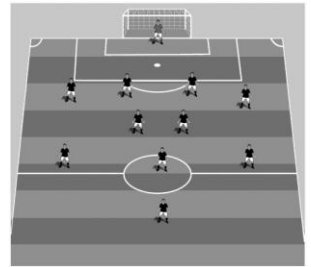
Venue	Team	Club	Racquet	Net
Wrestler	Players	Spectators	Helmet	Bat
Gymnast	Skater	Umpire	Referee	Ball
Olympian	Field	Ring	Pool	Court

People	Places	Equipment

Exercise 3: Choose the correct answer for the following:

1. You play football on a _____.

- a. course
- b. field
- c. ring



2. The person who controls a football match is _____.

- a. umpire
- b. referee
- c. none of the above



3. If you come second in a race, you are the _____.

- a. loser
- b. runner-up
- c. winner

4. You go ice-skating on a _____.

- a. ring
- b. rink
- c. course



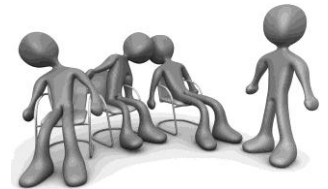
5. You hit the ball with a _____ in hockey.

- a. club
- b. stick
- c. bat



6. If you score more than the other team in a game, you _____ them.

- a. win
- b. beat
- c. lose



7. If you are successful, you _____ the match.

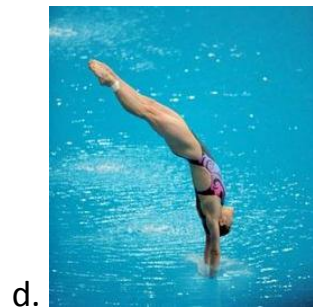
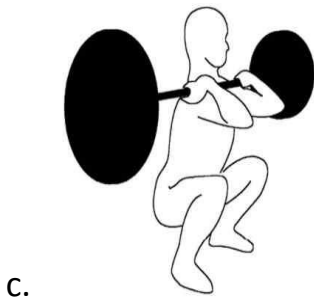
- a. win
- b. beat
- c. draw

8. If the score is 0-0, the game is a _____.

- a. Win
- b. Loss
- c. Draw



Exercise 4: Match the body movement pictures with the correct word.



1. Flex
2. Bend
3. Squat
4. Punch
5. Dive
6. Leap

Std.6 : Communication / Technology / Movies / Television

Exercise 1: Unscramble the following words based on the clues provided:

1. A performer in theatre, television or film.

ROCAT - _____

2. A series of moving pictures that tell a story.

ILFM - _____

3. Someone who finances and supervises the making of a show.

ERDUOPCR - _____

4. The person who determines the final content of a programme or a film.

ITORED - _____

5. Someone who creates new dances.

HPREHCOROERAG - _____

6. The first public performance of a play or a movie.

RPEIEREM - _____

7. A location or place used as a backdrop for a dramatic production.

ETS - _____

8. Place where movies or television shows are produced and recorded.

UIDTSO - _____

**Exercise 2: Complete the following paragraph with suitable words from the box:
(A subtle hint is provided in the brackets)**

extras, cast, credits, special appearance, reviews, plot, trailer, lead roles, supporting roles

In a celebrity-obsessed world, actors are as famous as politicians. We like to see our favourite actors playing a character in films, whether these are in _____ **(1)** _____ (main roles), or _____ **(2)** _____ (not main roles). Every year, there are several award functions that give awards to lead actors and supporting actors but never to the _____ **(3)** _____ (the actors who play people in a crowd, often without a speaking part.) We like reading the film _____ **(4)** _____, firstly to see who's in the _____ **(5)** _____ (everyone who acted in the film) and if there's a _____ **(6)** _____ by a famous actor who's only in the film for a couple of minutes. We'll also read film _____ **(7)** _____ to find out more about the _____ **(8)** _____ (or storyline) and how good the lighting, cinematography or costumes are. We might even watch a _____ **(9)** _____ (short extract from the film) to see the special effects.

Exercise 3: How well-versed are you with technology? Fill in the blanks with the correct word from the box:

device	up-to-date	user-friendly
innovations	invented	access
communication	connecting	advanced

1. Given the ongoing boom in technology, almost everyone has _____ to the internet.
2. I often have problems _____ to the internet.
3. Email and Social Networking websites have made _____, especially abroad, much simpler and faster.
4. It is important to have some kind of communication _____ such as a mobile phone or internet.
5. Smart phones are one of the best _____ in computer technology.
6. Many useful devices have been _____ over the last few decades.
7. Today teenagers are aware of the importance of having the most _____ technology.
8. Modern mobile phones or smart phones are very _____. Even elderly people find them easy to use.
9. Countries all over the world are now seeking all kinds of _____ technology

Exercise 4: Guess the correct word for each clue. Then find the word in the word puzzle below:

1. An electronic machine. You use it for going on the internet, store data, play games, and make presentations:

2. An electronic letter:

3. You can play this on the computer for fun:

4. You use this to type on the computer. It has letters or characters:

5. You travel with this computer:

6. You visit these by typing on the address bar of the page to access information:

7. You carry this phone wherever you go:

8. This device provides an internet connection without wires or cables:

Std. 7 : Sports/Health/Exercise

Exercise 1: What's your Fitness Mantra? Match the words on the left to their meanings on the right:

Word	Meaning
1. Abs	a. Stretching exercise you do at the beginning of your work out.
2. Shed	b. You are not young anymore but still strong and wise.
3. Warm ups	c. A short word for abdomen.
4. Cool down	d. To get rid of fat.
5. Wear yourself out	e. Tools you need for your exercise.
6. Fit as a fiddle	f. Stretches you do at the end of your work out.
7. New lease of life	g. A person who is unfit.
8. Prime of life	h. You have exercised so hard that you are exhausted.
9. Gear	i. You were feeling sick but now you are feeling much better.
10. In bad shape	j. You are really in good health.

Exercise 2: Choose the correct option to complete the sentences given below:

1. He used to _____ jogging every day when he was at university.
 - a. do
 - b. go
 - c. get going

2. I love _____ a good game of chess from time to time.
 - a. play
 - b. playing
 - c. for playing

3. She _____ gymnastics for over five years now.
 - a. is doing
 - b. has been doing
 - c. was doing

4. This summer we _____ windsurfing every day on our vacation.
 - a. are going
 - b. are going to go
 - c. had been going

5. He's quite the athlete. He _____ basketball, baseball and hockey, too.
 - a. would play
 - b. is into playing
 - c. plays

6. My wife _____ horse riding twice a week.
 - a. does
 - b. goes
 - c. is going

7. Why don't we _____ a set of tennis?
- a. play
 - b. do
 - c. get
8. Some people think that _____ aerobics four times a week is the best possible way of keeping fit.
- a. going
 - b. doing
 - c. getting
9. His idea of the perfect summer holiday is to rent a sailboat and _____ sailing between the islands of the Tuscan archipelago.
- a. go
 - b. going
 - c. do
10. He _____ gymnastics for his local track club.
- a. does
 - b. goes
 - c. is going

Exercise 3: Match the words on the left to the words on the right:

A

1. Football
2. Tennis
3. Chess
4. Swimming
5. Horse Racing
6. Ice Hockey
7. Boxing
8. Golf

B

- a. Rink
- b. Board
- c. Ring
- d. Field
- e. Course
- f. Court
- g. Pool
- h. Track

Exercise 4: Are you as fit as a fiddle? Let's find out! Unscramble the words to find the correct word:

1. A **URESN** takes care of you when you have a small injury or feel sick.

2. You put a **LSERTPA** on a cut to keep it clean.

3. You take **EDICNEMI** to feel better when you are sick.

4. A vehicle that takes you to the hospital quickly is called an **UNBMALEC**.

5. A **HECIMST** sells or gives you medicine.

6. An **EJCIOTNN** is when a nurse puts medicine and a needle into your skin.

7. A **ENSITDT** checks your teeth.

8. You go to the **OHSATLIP** when you feel sick or have an injury.

9. A **COTRDO** operates on you when you are very sick.

10. You wrap a **NDAEGAB** around a sore muscle or sprained ankle.

Exercise 5: Column A has sports action words and Column B has their meanings. Match the action words to the meanings:

A. Word

B. Meaning

1. Pass

a. A hit or kick of a ball, especially one with which you score a goal or a point.

2. Strike

b. Shout in praise and encouragement.

3. Hit

c. A kick, hit, or throw of the ball to another player in your sports team.

4. Tie

d. A hit of a ball that starts the play in a game such as tennis.

5. Serve e. The action of moving the ball by kicking or bouncing it several times in games such as football and basketball.
6. Dribble f. To finish a competition with identical or inconclusive results.
7. Finish line g. An occasion when a player hits the ball in a game.
8. Throw h. To cross the line at the end of the race.
9. Cheer i. The action of throwing something such as a ball.



Std. 8 : Education / Health

Exercise 1: Rearrange the words to make complete sentences:

1. the / for / is / known / academic / school / excellence
2. is / accommodation / there / for / campus / students / five / hundred / on
3. an / Maths / is / important / curriculum / school / part / of / the
4. she / of / degree / has / a / in / Physics / from / the / London School of Economics
5. studying / I / am / and / Economics / work / I / want / to / bank / in / a
6. Aditi / University / studied / engineering / at / Civil / Virginia
7. graduated / Raina / has / just / university / from
8. went / lecture / we / to / a / on / art / Italian
9. is / she / wants / studying / medicine / and / she / to / be / a / doctor
10. primary / my / daughter / and / at / is / seven / she / is / school

Exercise 2: Complete the sentences with the correct word from the box:

learning disabilities, truant, assessing, degree, dropped out, illiterate, revise, curriculum, graduated, scholarship

1. An _____ person is unable to read and write.
2. A _____ comprises all the courses offered by an educational institution.
3. Usually, students with _____ are taught general skills in separate classes.
4. It is always a good idea to _____ your English tenses once in a while.
5. He was expelled from school for playing _____.

6. He _____ of school during his exams on account of personal and financial problems.
7. She _____ from university after studying for four years.
8. He left university with a _____ in law.
9. He can't afford university, but he hopes to win a _____ in order to study medicine.
10. _____ papers is one of the main obligations of a teacher.

Exercise 3: Read the following passage and do as directed:

Recent research shows that we can improve our health with regular exercise, even if we are usually couch potatoes or work in a sedentary job.

Regular moderate activity has many physical and psychological benefits. Firstly, exercise reduces blood pressure and decreases the risk of heart disease. Secondly, it also minimizes the chance of getting several types of cancer. Thirdly, it decreases the risk of elderly people falling and injuring themselves. On the psychological side, regular moderate activity can help with depression and anxiety.

Exercise is particularly beneficial to people who already have risk factors for heart disease. People who smoke, or have high cholesterol or high blood pressure are more likely to die early. However, if these people take up regular exercise and become fit they can substantially reduce their chances of premature death.

The good news is that you can accumulate your exercise. You can exercise bit by bit, 10 mins at a time, as long as you do about half an hour of moderate exercise a day.

Some ideas for increasing your physical activity are:

- Take the stairs instead of the lift.
- Park your car further away from where you're going and walk.
- Do some active gardening.
- Walk to the local grocery store instead of driving.

So make a move. Even a little exercise can help to decrease your risk of major illness. You don't have to be an Olympic athlete to be healthy.

Match the words/phrases used in the above passage with their meanings:

Words/Phrases	Meaning
1. Regular moderate activity	a. Apprehension or nervousness
2. Premature death	b. A person who takes little or no exercise and watches a lot of television
3. Substantially reduce	c. Dying early
4. Accumulate your exercise	d. Medium intensity exercise on most days
5. Couch potato	e. Deskbound
6. Anxiety	f. Do your exercise bit by bit
7. Sedentary	g. Do a lot to decrease

Exercise 4: Many expressions in English language contain health words but their meanings sometimes have no relationship to health.

Match the following expressions/idioms to their meanings:

Expressions/Idioms	Meanings
1. As fit as a fiddle	a. To have a high body temperature
2. Coming down with something	b. Not feeling well
3. Feeling a bit off colour	c. Exactly what is needed or wanted
4. My back is killing me	d. In good health
5. A taste of his own medicine	e. A very bad headache
6. Just what the doctor ordered	f. My back is very painful
7. Sick and tired	g. Something difficult and unpleasant to experience
8. A bitter pill to swallow	h. Becoming sick
9. Splitting headache	i. The same treatment that he gives to others is given to him
10. Run a fever	j. Very annoyed

Exercise 5: Fill in the blanks with the correct word from the box below:

peers, inquisitive, Theory, procrastinate, analysed, distance learning, visual, research, qualifications, evaluated

1. I am thinking of doing a degree by _____ next year.
 2. When I have a lot of revision to do, I always _____.
 3. The scientist _____ the raw data before making a conclusion.
 4. Before making a decision, I _____ all the options.
 5. His essay discussed the _____ of Relativity.
 6. Some learners prefer to learn through _____ information, rather than words.
 7. She did a lot of _____ before writing her essay.
 8. She didn't have enough _____ to get a job.
 9. Students were under a lot of pressure to be liked by their _____.
- She was a very _____ student, always doing extra work and research after class.
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