Vikram’s English Academy (ICSE)

COMPREHENSION 2

**Read the following passage and answer the questions given below:**

**1. Give meanings:**

**(i) regulating-** controlling

**(ii) punctures-**holes

**(iii) tart­­-** acidic

**2. Answer the following questions:**

**i) What does a serving of kiwi offer?**

A serving of a kiwi fruit offers twice the vitamin of an orange, as much as potassium as a banana and the fibre of a bowl of whole grain cereal- all for less than 100 calories.

**ii) Why has kiwi been considered a ‘nutritional all-star’?**

Kiwi has been considered a ‘nutritional all-star’ as Rutgers University researchers found that Kiwi fruit has the best nutrient density of 21 commonly consumed fruit.

**iii) How is kiwi fruit helpful for the eyes?**

Kiwi fruit is helpful for the eyes as it supplies one’s eyes with protective lutein, a carotenoid that is concentrated in eye tissues and helps protect against harmful free radicals.

**iv) How can you make a kiwi fruit ripen?**

One can ripen a kiwi fruit by simply keeping it in room temperature for three to five days. One can also ripen it faster by placing it in a paper bag with an apple or a banana.

**3. In not more than 50 words note how kiwi fruit benefits one’s health.**

Kiwi has twice the Vitamin C of an orange, potassium and fibre. It promotes heart health, regulates digestion and lowers cholesterol levels, having the best nutrient density of twenty- one fruits. Kiwi, an antioxidant, protects against free radicals in eyes, harmful by-products. Kiwi is rich in magnesium and offers clean energy.