

Class 10 English Unit 3 Health and Wellness Exercise: Included all Questions and Answers (With Grammar + Writing Solution)

Reading I : A Letter from a Patient

A. Match the words in column A with their meanings in column B.

Answer:

a. nightmare

Ans: a very unpleasant or frightening experience

b. pediatric

Ans: relating to the medical care of children

c. intravenous

Ans: into or connected to a vein

d. priority

Ans: a thing that is regarded as more important than others

e. medications

Ans: treatment using drugs

f. confidante

Ans: a person with whom private matters and problems are discussed

g. deprivation

Ans: the lack of something considered to be a necessity

h. vulnerable

Ans: in need of special care, support, or protection

i. dreadful

Ans: very bad or unpleasant

B. Write True for true and False for false statements.

Answer:

a. The sender of the letter was happy with the service of the health workers.

Ans: False

b. The staff of different departments in the hospital had harmonious relationships with each other.

Ans: False

c. The hospital staff were concerned with the requirements of the sick child.

Ans: False

d. The staff of the hospital shared their personal feelings with the writer.

Ans: False

e. The chart was unclear about the patient's gender.

Ans: True

f. The author took the mistakes of the health workers normally.

Ans: False

g. The writer seems to be more sincere in her duty than the hospital staff.

Ans: True

C. Answer the following questions.

Answer:

a. What was the nightmare for the author?

Ans: The nightmare for author was that her baby was serious with high fever.

b. What do you think the main purpose of this letter is?

Ans: The main purpose of this letter, I think, is to suggest all the health workers to be serious in their duty.

c. According to the author, what was the main weakness of the hospital staff?

Ans: According to author, the main weakness of hospital staff was to bad mouth about other staff and other units.

d. Did the nurses really say 'your daughter is not a priority'? Why did the author think so?

Ans: No, the nurse didn't. The author thought it so because the nurse did not give priority to author's baby.

e. What do the patients and their families expect from the health workers?

Ans: The patient and thier families expect to be honest and serious in the duty, from the health workers.

f. List the questions that the author was asked frequently in the hospital?

Ans: Questions that author was asked frequently in the hospital were:

- Was the baby premature?
- Was the delivery normal?

g. Why did the health workers make gender error about the author's daughter?

Ans: The health workers made gender error about the authors daughter because they did not do better paper work.

h. According to the author, how do people perceive the career of health workers?

Ans: According to author, the people perceive the career of health worker as a noble and precious.

D. If you become a health worker in the future, what would be your priority?

How would you treat your patients and their families?

Answer:

If I became a health worker in the future I would have the priority like other health worker. The priority of a health worker is to provide quality healthcare services to patients and promote their well-being. This includes diagnosing illnesses, providing appropriate treatments, administering medications, offering health education and counseling, and managing chronic conditions.

In addition to providing direct patient care, health workers are also responsible for maintaining accurate medical records, monitoring and reporting disease outbreaks, collaborating with other healthcare professionals, and advocating for the health needs of their patients.

In many cases, health workers are required to prioritize their tasks based on the severity of a patient's condition. For example, a patient with a life-threatening illness or injury would be given priority over a patient with a less urgent medical issue.

Overall, the priority of a health worker is to ensure that patients receive the best possible care and treatment, and that their health needs are met in a timely and effective manner.

As a health worker, it is important to treat both patients and their families with compassion, empathy, and respect. Patients and their families often come to healthcare facilities feeling vulnerable, anxious, and afraid, and it is our responsibility to create a safe and supportive environment that promotes healing and recovery.

Here are some key principles to keep in mind when treating patients and their families. And I will try to follow them as far as practicable. I will respect their dignity: Patients and their families should be treated with dignity and respect at all times. This means listening to their concerns, treating them as individuals, and involving them in decision-making about their care.

I will communicate clearly. Effective communication is essential to building trust and establishing a positive relationship with patients and their families. Health workers should communicate clearly and honestly, using language that is easy to understand, and taking into account the patient's cultural background and beliefs.

I will provide them emotional support. Patients and their families may experience a range of emotions, including fear, anxiety, and grief. Health workers should provide emotional support and be empathetic towards their feelings and needs.

I will be responsive. Patients and their families should be able to access care when they need it. Health workers should be responsive to their needs and provide care in a timely and efficient manner.

Overall, the treatment of patients and their families should be based on a human-centered approach that focuses on meeting their needs, respecting their rights, and promoting their well-being.

Grammar I Exercise

B. Change the following sentences into indirect speech. The beginning of each sentence is given.

Answer:

a. "Please, help me fix this machine."

Ans: She requested me to help her fix the machine.

b. "Please, don't switch on the fan?"

Ans: The electrician requested me not to switch on the fan.

c. "Help me with my homework, please."

Ans: My friend requested me to help him with his homework.

d. "Lend me some money, please,"

Ans: She requested to lend her some money.

e. "Do your homework!"

Ans: The teacher told me to do my homework.

f. "Don't smoke!"

Ans: The doctor advised him not to smoke.

g. "Don't make a mess!"

Ans: My mother told me not to make a mess.

Writing I Exercise

The letter in Reading I talks about different weaknesses of the health care workers in a hospital. Imagine you are one of the staff of the hospital. Now, write an email to the patient's mother apologising for your behaviour. Assure her that there will be improvement in the services your hospital provides. Answer:

From: abc@gmail.com

To: sita21@gmail.com

Subject: Apology for your unpleasant experience during your hospital stay

Dear Sita,

I am writing this email to express my sincere apologies for the treatment you and your daughter received during your stay at our hospital. I deeply regret any shortcomings in the services provided by our staff.

As a healthcare professional and a member of the hospital team, I understand that our primary responsibility is to ensure the well-being and satisfaction of our patients. However, it is evident that we have failed to meet your expectations, and for that, I take full responsibility. I want to assure you that we are actively working to rectify our mistakes and improve the quality of our services to avoid similar incidents in the future.

Please believe me when I say that we are fully committed to providing the best possible care to our patients. Your trust and confidence in us are invaluable, and we are determined to regain your trust through our actions.

Once again, I apologize for any inconvenience or discomfort you and your daughter experienced during your time at our hospital. I kindly request you to consider giving us another opportunity to assist you and demonstrate our unwavering dedication to your well-being.

If you have any concerns or suggestions, please feel free to share them with me. Your feedback is crucial in helping us improve and deliver the level of care you rightfully expect and deserve.

Thank you for your understanding, and we look forward to the possibility of serving you better in the future.

Sincerely,
Suman Khatri

Reading II: **A Healthy Diet for a Healthy Life**

A. Consult a dictionary or the internet and define the following words/phrases.

Answer:

a. Wonderfood: Wonderfood refers to a food item that is highly nutritious and beneficial for overall health and well-being.

b. Cardiovascular diseases: Cardiovascular diseases, also known as heart diseases, refer to a group of disorders that affect the heart and blood vessels.

c. Bioeconomy: Bioeconomy refers to an economic system that utilizes biological resources, processes, and principles to produce goods, services, and energy.

d. Demographic change: Demographic change refers to shifts and transformations in the composition and characteristics of a population over time.

e. Multidisciplinary approach: A multidisciplinary approach involves the collaboration and integration of knowledge, expertise, and methodologies from

multiple disciplines or fields of study to address complex problems or challenges.

f. Economic inequalities: Economic inequalities refer to disparities in income, wealth, and opportunities among individuals or groups within a society.

g. Neurological disorders: Neurological disorders are conditions that affect the brain, spinal cord, and nervous system, leading to disruptions in normal functioning.

h. Biomarkers: Biomarkers are measurable indicators or characteristics that can be used to assess or indicate the presence, progression, or risk of a disease or medical condition.

B. Complete the sentences below with one of the words in red from the text above.

Answer:

a. The children were especially that there were enough cookies for each of them to have two.

Ans: delighted

b. The organization held its annual in New York this year. The health ministers of more than forty countries attended it.

Ans: conference

c. It is that makes any organizations successful one.

Ans: innovation

d Your life changesif you perform well in your study.

Ans: dramatically

e. Mr. Gurung is leaving the job because ofdisease of a disease.

Ans: cardiovascular

f. Early of a disease helps us to cure it soon.

Ans: diagnosis

g. We have faced level of climate change at present.

Ans: unprecedented

h. The patient may need blood work or other to determine his specific health problem.

Ans: diagnostic

i. The world looked for different to find the solution to COVID-19.

Ans: multidisciplinary approach

C. Choose the best alternatives to complete the following sentences.

Answer:

a The greatest public health challenge at present is

Ans: obesity

b. The Joint Programming Initiative will bring the of member states together.

Ans: knowledge

c. The health care innovation chain begins from

Ans: researchers

d. The need behind multidisciplinary approach is

Ans: the unchanged pattern of food purchase and consumption

e. Through this speech, the speaker wants to.....

Ans: appeal to the members of EU for collaboration for research and innovation

D. Answer the following questions.

Answer:

a. What topic is the speaker talking about when she says, "It's a topic that's never out of the media....?"

Ans: The speaker is talking about ' Healthy Diet for a Healthy Life' when he says, " it's a topic that's never out of media..."

b. According to the speaker, what is the cause of obesity among children in the EU? What should people do to prevent themselves from the diseases like type 2 diabetes?

Ans: According to the speaker, the cause of obesity among children in the EU is poor diet and low physical activity.

c. What should people do to prevent themselves from the diseases like type 2 diabetes?

Ans: People should adopt better lifestyles and healthier diets to prevent themselves from the diseases like type 2 diabetes.

d. What is Horizon 2020?

Ans: Horizon 2020 is a Europe's 80-billion euro research and innovation program designed to tackle society's biggest challenges.

e. Why is research very important to fight against the health challenges?

Ans: Research is very important to fight against the health challenges to benefit all patients, and prevent many people from developing disease in the first phase.

f. What result can Horizon 2020 give if it is implemented effectively?

Ans: Horizon 2020 can give excellent progress on research and innovation for healthy diets and healthy lives if it is implemented effectively.

g. What results does the speaker expect from the conference?

Ans: The speaker expects to unlock national funding for research and to actively engage in aligning national research programmes and innovation policies from the conference.

h. Do you think that the people of the EU will be benefitted by this conference? If yes, what benefits will they get?

Ans: Yes, I think, the people of the EU will be benefitted by this conference. They get the benefits which include to improve life style, to give better knowledge about how to prevent chronic diseases, innovative and effective products, treatments, services, and strategies, and opportunities for competitive European businesses.

D. Draft a short speech entitled, 'Importance of Exercise for Healthy Life' and deliver it in a small group.

Answer:

Ladies and gentlemen,

Good morning/afternoon/evening,

I stand before you today to emphasize the crucial role exercise plays in leading a healthy life. In this fast-paced world, where our schedules are often filled to the brim with work and responsibilities, it is imperative that we prioritize our

physical well-being. Regular exercise is not a luxury; it is a necessity if we are to live fulfilling and vibrant lives.

Exercise offers numerous benefits that extend far beyond a toned physique. First and foremost, it is vital for maintaining a healthy heart and cardiovascular system. Engaging in activities such as running, swimming, or cycling gets our hearts pumping, improving blood circulation and reducing the risk of heart disease. Regular exercise also helps control blood pressure and cholesterol levels, further safeguarding our overall health.

Additionally, exercise is a powerful tool for stress reduction. The demands of modern life often lead to high levels of stress, which can have detrimental effects on both our physical and mental well-being. Engaging in physical activity triggers the release of endorphins, commonly known as “feel-good” hormones, which elevate our mood and reduce stress and anxiety. Through exercise, we find a natural and effective way to combat the challenges and pressures we face daily.

Moreover, exercise promotes weight management and helps prevent obesity. Sedentary lifestyles and unhealthy eating habits have contributed to a global epidemic of overweight and obesity. By incorporating regular physical activity into our routines, we can burn calories, build lean muscle, and maintain a healthy weight. Exercise also boosts our metabolism, leading to increased energy levels and improved productivity throughout the day.

Beyond the physical benefits, exercise has a profound impact on our mental health. Studies have consistently shown that regular exercise can alleviate symptoms of depression and anxiety. Engaging in physical activity stimulates the production of serotonin, dopamine, and norepinephrine, neurotransmitters that regulate our mood and emotions. It fosters a sense of accomplishment, boosts self-confidence, and improves cognitive function, enhancing our overall mental well-being.

Lastly, exercise is a fantastic way to foster social connections and build communities. Joining a sports team, participating in group classes, or even taking a simple walk with a friend can create opportunities for interaction and companionship. The sense of camaraderie and support that comes from engaging in physical activities with others can greatly enrich our lives and contribute to a sense of belonging.

In conclusion, exercise is not just about achieving physical fitness; it is about embracing a healthier lifestyle. Its benefits extend beyond the physical realm, positively impacting our mental and emotional well-being. Let us make exercise a priority in our lives, setting aside time each day to engage in activities that nourish our bodies and minds. By doing so, we can pave the way for a healthier, happier, and more fulfilling life.

Thank you.

Grammar II Exercise

A. Circle the correct words to complete these sentences.

Answer:

- a. The doctor told me **to do** some exercise every day.
- b. She said, "**Don't shout.**"
- c. The doctor forbade me **not to eat** junk food.
- d. I told her, "**Speak** slowly."
- e. Sumina promised **not to tell anyone**.
- f. My mother said, "**Get** out of bed early."
- g. The mountain guide warned him **not to take** the oxygen cylinder.
- h. Sugam said to me, "**Go** home and take a rest."
- i. He ordered us **to get** out of his way.
- j. The librarian requested them **not to make** a noise.

B. Change the following sentences into indirect speech. Use the reporting verbs in brackets.

Answer:

- a. "Bring some sugar, Punita," she said. (ask)

Ans: She asked Punita to bring some sugar.

- b. "You must submit your assignment soon," the teacher said. (tell)

Ans: The teacher told us that we had to submit our assignment soon.

- c. "Remember to come early, Anu," he said. (remind)

Ans: He reminded Anu to come early.

- d. "You should see a doctor, Mrs. Tamang," he said. (advise)

Ans:

e. "Keep all the window open, Nona," my father said. (warn)

Ans: He advised Mrs. Tamang that she should see a doctor.

f. "Go home, Prashun," Furba said. (tell)

Ans: My father warned Nona to keep all the window open.

C. Report the following sentences in indirect speech.

Answer:

a. The hermit said, "Don't idle away your time."

Ans: The hermit told me not to idle away my time.

b. Madan said to his friend, "Please help me with money."

Ans: Madan requested his friend to help him with money.

c. "Be not afraid, noble prince", said the Guru.

Ans: The Guru told noble prince not to be afraid.

d. He said to me, "Let me do my work."

Ans: He told me to let him do his work.

e. The General said to his troops, "Guard the fort."

Ans: The General told his troops to guard the fort.

f. Aaswin said to the teacher, "Please excuse me, madam."

Ans: Aaswin requested the teacher to excuse him.

g. The guide said to the visitors, "Follow me carefully."

Ans: The guide told the visitors to follow him carefully.

h. My teacher said to me, "Don't look behind."

Ans: My teacher told me not to look behind.

i. Mother said to the daughter, "Get ready to receive the guests."

Ans: Mother told the daughter to get ready to receive the guests.

j. The boy said to the daughter, "Get ready to receive the guests."

Ans: The boy told the daughter to get ready to receive the guests.

k. The teacher said to the boys, "Read silently."

Ans: The teacher told the boys to read silently.

l. The coach said, "Let's play a friendly football match."

Ans: The coach suggested us that we should play a friendly football match.

m. The monk said to us, "Give up bad habits."

Ans: The monk told us to give up bad habits.

n. Father said to me, "Do not tell a lie."

Ans: Father told me not to tell a lie.

Writing II Exercise

Obesity has become a matter of concern in recent years. Draft a speech on obesity based on the given guiding questions.

What are the primary causes of obesity?

What are its consequences?

What should an individual do to avoid it?

Answer:

Ladies and gentlemen,

Today, I stand before you to address a growing concern that has plagued our society in recent years: obesity. This condition has reached alarming levels, posing significant threats to the health and well-being of individuals across the globe. In this speech, I will delve into the primary causes of obesity, its dire consequences, and provide practical steps that individuals can take to prevent it.

First and foremost, let us explore the primary causes of obesity. While the condition is multi-faceted, two key factors stand out: poor diet and a sedentary lifestyle. The rise in consumption of processed and unhealthy foods, loaded with excessive fats, sugars, and empty calories, has contributed greatly to the prevalence of obesity.

Coupled with this dietary shift, our modern lifestyles have become increasingly sedentary, with long hours spent sitting at desks, engaging in screen-based activities, and relying on technology for even the simplest tasks. The combination of these factors has created an environment that fosters weight gain and obesity.

Now, let us turn our attention to the consequences of obesity. Beyond the obvious physical effects, such as joint problems and increased risk of chronic diseases like diabetes, heart disease, and certain types of cancer, obesity takes a toll on mental and emotional well-being as well.

Individuals living with obesity often face social stigma and discrimination, which can lead to low self-esteem, depression, and anxiety. Furthermore, the economic burden of obesity on healthcare systems is staggering, as it requires extensive resources to manage and treat related illnesses.

It is crucial for individuals to take proactive measures to avoid falling victim to obesity. To that end, I would like to emphasize a few key strategies.

First and foremost, adopting a balanced and nutritious diet is essential. Incorporating fresh fruits and vegetables, lean proteins, whole grains, and reducing the intake of processed and sugary foods can go a long way in maintaining a healthy weight. Additionally, it is vital to establish an active lifestyle.

Regular exercise, such as brisk walking, jogging, swimming, or engaging in team sports, not only helps manage weight but also improves cardiovascular health and boosts mental well-being. Making small changes in daily routines, like taking the stairs instead of the elevator or parking farther away to encourage walking, can also contribute to a more active lifestyle.

Moreover, it is crucial to foster a supportive environment that encourages healthy habits. Families, schools, workplaces, and communities can play a significant role in promoting healthy eating habits and regular physical activity. Education and awareness campaigns can empower individuals with the knowledge needed to make informed choices regarding their diet and lifestyle. By creating a culture that values health and well-being, we can collectively tackle the obesity epidemic.

In conclusion, obesity has emerged as a pressing concern in recent years, stemming from poor dietary choices and sedentary lifestyles. Its consequences are far-reaching, impacting physical, mental, and emotional well-being while straining healthcare systems. However, through individual responsibility and collective action, we can overcome this challenge. By adopting a balanced diet, engaging in regular physical activity, and fostering supportive environments, we can build a healthier future for ourselves and future generations.

Thank you.