

2
According to psychologists it is the result of fear due to inexperience, deprivation, isolation and feeling of inferiority among them.

Choose... ▼

It is a matter of grave concern that 'stress' or 'mental pressure' has emerged as a deadly and silent killer for teenagers of the day.

Choose... ▼

If they are observed closely, this allows to undue pressure on their mind due to unhealthy competitions and sky rocketing expectations of their parents and teachers from them.

3
Choose... ▼

Finally, the society as a whole must be aware of the importance of stress management.

6
Choose... ▼

In order to prevent these catastrophic diseases, children need to be taught to 'de-stress themselves' through meditation or cultural activities and this will inculcate feelings of self confidence in them and inspire them to face the realities of life in a better way.

5
Choose... ▼

Whatever the reasons may be, the effects are disastrous leading to both physical and mental ailments like insomnia, hypertension and nervous breakdown etc.

4
Choose... ▼

Fill each blank with the suitable word given in the box.

Her _____ eyes depict the deep love and peace they transmit to everybody when she speaks.

prakashitha

expressive ✓

She had lived over 30 years next to chimpanzees in the rainforest, and her body is as fit as that of a young woman in her _____.

mid-twenties ✓

She has taught at many universities and fought battles against strong opponents to get protection for chimpanzees and other apes, which has proved her bold character.

optimistic ✓

subawadi

As the greatest and most popular scientist of chimpanzees in the world and today also an active member of the UN Security Council and close friend of Kofi Anan, Jane Goodall is a normal and modest woman, one that you would meet in a supermarket.

bold ✓

nirbitha

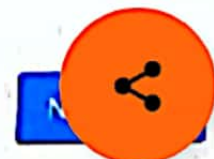
In fact, being an optimistic person, she is confident about her future plans in safeguarding the chimpanzees in the world.

modest ✓

nihathamani

In fact, she does not even look like a woman over 50, though her long hair tied in a ponytail is grey.

long ✓



Choose the best topic sentence for the following group of supporting sentences.

.....They send cards for many occasions such as to family and friends on birthdays and holidays. They also send thank-you cards, get well cards, graduation cards, and congratulation cards. It is very common to buy cards in stores in North America and send them through the mail, but turning on the computer and sending cards over the internet is so popular.

Select one:

- ☐ a. All North Americans follow the tradition of sending cards to almost every occasion in their lives.
- ☐ b. Sending cards is very popular in North America.
- ☒ c. Americans use cards as a method of expressing feelings towards each other.
- ☐ d. E-cards are replacing the traditional greeting cards in North America.



Fill each blank with the suitable word given in the box.

He has dark brown to black dread lock hair.

On certain occasions, he strikes as an extremely realistic individual who struggles to survive his day to day feats just like any other ordinary person.

He is quite handsome and is a skilled swordsman.

At times, he is very egoistical as he is preoccupied with his own glory.

Captain Jack Sparrow is a very specifically built fictional character, who has a very peculiar sense of style as he wears his goatee in two braids.

He is a very adventurous pirate known for his improvisations during and outside of battle, allowing him to perform unpredictable actions.

suvisheshi

peculiar

dread locked

arthmarthakami
egoistical

adventurous

yatharthavadi
realistic

skilled

daksha

8 of 19

Arrange the given sentences into a well-structured paragraph by ordering them from 01 - 06 accordingly.

Cocoa, from which chocolate is made, contains flavonoids.

2

4



Therefore, research indicates that small amounts of chocolate can indeed offer heart health benefits.

6

5



A study (Taubert et al. 2007) into the body's response to the low consumption of cocoa found that these health benefits are comparable to those achieved through the use of conventional blood pressure medicine.

5

6



When blood pressure is lowered, there is a reduced risk of health problems such as stroke and coronary heart disease.

4

3



The main flavonoids present in cocoa have been shown to relax blood vessels and lower blood pressure (Stresing 2004).

3

1



Chocolate has been shown to improve cardiovascular health.

1

2



- Words in **bold** highlight where repetition/substitution of 'chocolate' occurs. Those underlined relate to the idea of 'health'. Both of these terms are key elements of the topic sentence.
- Pronouns are highlighted and explained in the boxes.

Pronoun
'those' refers
to 'benefits
achieved
through
conventional
... medicine'

Chocolate has been shown to improve cardiovascular health. **Cocoa**, from which **chocolate** is made, contains flavonoids. The main flavonoids present in **cocoa** have been shown to relax blood vessels and lower blood pressure (Stresing 2004). When blood pressure is lowered, there is a reduced risk of health problems such as stroke and coronary heart disease. A study (Taubert et al. 2007) into the body's response to the low consumption of **cocoa** found that **these** health benefits are comparable to those achieved through the use of conventional blood pressure medicine. Therefore, research indicates that small amounts of **chocolate** can indeed offer heart health benefits.

Pronoun
'these' refers
to 'reduced
risk of health
problems'

By repeating/substituting key words and using appropriate pronouns, you stay focussed on the topic and avoid confusing your reader.

EXERCISE NO. 1.

Arrange the sentences A, B, C,D and E to form a logical sequence & to construct a coherent paragraph.

- A. Whatever the reasons may be, the effects are disastrous leading to both physical and mental ailments like insomnia, hypertension and nervous breakdown etc.
- B. According to psychologists it is the result of fear due to inexperience, deprivation, isolation and feeling of inferiority among them.
- C. It is a matter of grave concern that 'stress' or 'mental pressure' has emerged as a deadly and silent killer for teenagers of the day.
- D. In order to prevent these catastrophic diseases, children need to be taught to 'de-stress themselves' through meditation or cultural activities and this will inculcate feelings of self confidence in them and inspire them to face the realities of life in a better way.
- E. If they are observed closely, this all owes to undue pressure on their mind due to unhealthy competitions and sky rocketing expectations of their parents and teachers from them.

(Answer: CBEAD)

