





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

Therefore, research indicates that small amounts of chocolate can indeed offer heart health benefits. 6 

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 

When blood pressure is lowered, there is a reduced risk of health problems such as stroke and coronary heart disease. 4 

Cocoa, from which chocolate is made, contains flavonoids. 2 

The main flavonoids present in cocoa have been shown to relax blood vessels and lower blood pressure (Stresing 2004). 3 

Chocolate has been shown to improve cardiovascular health. 1 

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

He has dark brown to black _____ hair.

Choose... ▼

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

Choose... ▼

He is quite handsome and is a _____ swordsman.

Choose... ▼

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

Choose... ▼

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

Choose... ▼

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

Choose... ▼

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

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

Choose... ▼

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

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.

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.

Choose... ▼

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

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... ▼

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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 _____ hair.

peculiar

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

dread locked

He is quite handsome and is a _____ swordsman.

egoistical

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

adventurous

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

realistic

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

skilled

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1

answered

1 out of

5 questions

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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.

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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.

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 _____ character.

optimistic ▼

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 _____ woman, one that you would meet in a supermarket.

bold ▼

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

modest ▼

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

long ▼

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