

Riviera International Academy

Assignment-2077

(Jestha 23, 2077, Friday)

Class: Seven

Subject- Science

- What type of example would a pencil sharpener be?
- Differentiate between three types of lever.
- Write short note on inclined plane.

Subject- English

1. Read the following text.

Junk Food Should be Banned

We all know food is the most essential thing for any living being. Everybody in the world such as human beings, animals, plants, microorganisms need food to survive. In fact, the food which we eat is a factor in our existence.

Everybody should be aware of the food which we take. Health is the most valuable property. We know that the health of anyone is determined by the food they eat. So, there is a strong relationship between food and the health of people.

The previous speaker has just said that we live in the 21st century. It is the time of information and technology. People are too busy in their day to day lives. They are always feeling tense to manage their time. In this context, junk food has become the common and global culture of the people. Junk food is now available all over the world. We see it everywhere; in grocery stores, department stores, fast food restaurants. Television advertisement makes such food looking appealing.

But I strongly argue that junk foods contain little nutritious value. These foods are high in calories, fat, sugar, salt or caffeine. Junk food can cover, cereals, candies, chips, cookies, cheese, puffs, biscuits, noodles, French fries, gum, ice-cream, sodas, cold drinks and most sweet desserts.

Honourable chairperson, there are various problems with junk food. The main problem is that they have high satisfactory value that is why so many people consume it even though they know it is not healthy. Another problem is that junk food tends to replace other more nutritious food. Similarly, an increase in junk food is directly associated with the increase in obesity, heart diseases, high blood pressure, certain types of cancer and tooth decay. Fats from junk food trigger the brain to want more food. This effect can last for several days. Mothers who eat junk food while pregnant or breast feeding have children who are prone to obesity. Children are also more prone to diabetes, raised cholesterol and high blood pressure. Additives and preservatives such as common food dyes can cause children to become more hyperactive and easily distracted than usual. If children eat junk food regularly, it is likely to lead them to violent behaviour later in life.

2. Read the text above and fill in the gaps with correct words from the box.

harmful violent appealing calories global culture obesity
additives preservatives

- (a) TV advertisements for junk food look very.....
- (b) Junk foods are low in nutritional value but high in.....
- (c) Pop music and junk food have become.....
- (d) The increase of junk food is directly associated with an increase in.....
- (e) Children who are used to taking junk food are likely to become.....later in life.
- (f) Junk food is veryto health.

3. Read the passage and write 'True' for true and 'False' for false statements.

- (a) Junk food advertisements on television do not attract us.
- (b) An increase in junk food is directly associated with an increase in tooth decay.
- (c) Children these days drink coke more than fruit juice.
- (d) If pregnant women eat junk food, they can give birth to fat children.
- (e) Noodles are junk food.

Subject- Mathematics

Source: Depends upon your research.

Homework: Read & write.

- All prime numbers from 1 to 100.
- All square numbers
- All cube numbers
- Odd numbers from 35 to 55
- Even numbers from 75 to 95

The End.