

Activity Worksheet

Challenging brain

Sub : ENGLISH

Grade: X

Date:

Name:

ID No.....

Speak Your Mind

Q. “Are health hazards caused by junk foods among youngsters?” Divide the class into two groups and discuss the pros and cons of the issue.

Ans.

For

Yes, they are caused by junk foods which are prepared unhygienically and in old ingredients, oil, etc. ...

Against

No, they are caused by inactivity or limited/no physical activity...



Power of Pen

Q. “Are we guilty of making ourselves ill?”

Write an article on the above topic in 200 words with the help of the given points.

Hints:

- Not serious about one’s own health
- Avoid health and hygiene
- Eat too much and neglect exercise
- Regularity not maintained
- Eat junk food, harmful for health

Ans.
