

## Lesson 9

## Health is Wealth

Jonak is a ten-year-old boy. His uncle is a famous doctor of his city. Since yesterday, Jonak has been suffering from a fever. He also feels very weak. So his uncle is examining him. His uncle knows that Jonak does not like to eat the healthy food that his mother offers him. He likes to eat chocolates, chips, noodles, cold drinks etc. So his uncle decides to tell him something about health and hygiene while examining him.



**Uncle :** Jonak, you frequently fall sick. You should always eat good food to remain healthy because health is wealth.

**Jonak :** Uncle, can you please tell me what type of food should I eat to remain healthy?

**Uncle :** Yes Jonak, I would love to tell you about it. In breakfast you can eat bread, butter, banana, egg and a glass of milk. In meals you should eat rice, dal, meat, fish and lots of cooked vegetables. Again drink two to three litres of water daily and eat as much fruit as you can. Always try to avoid junk food because it is unhealthy.



**Jonak** : Uncle, you know that I do not like to eat fruit and vegetables. Instead I love junk food. But from now onwards I would surely try to eat everything that you ask me to eat.

**Uncle** : I feel very happy to hear it from you Jonak. I will also suggest you to keep yourself and your surroundings neat and clean.

**Jonak** : Uncle, please tell me how I can maintain cleanliness.

**Uncle** : It is very much important for every person to be neat and clean. You should take a bath every day, brush your teeth twice daily, wash your hands before eating anything, trim your nails regularly, comb your hair properly and always wear clean clothes and polished shoes. Always throw the garbage into a dustbin only. Do not spit here and there. Never forget to keep your house clean and tidy.

**Jonak** : Thank you uncle for your suggestions. I will always try to follow these. I see my mother cleaning the house. She always keeps everything in proper places, sweeps and mops the floor, dusts the furniture and removes the cobwebs.

**Uncle** : You are welcome, my child.

### New Words

fever health hygiene frequently sick wealth prefer surely  
suggest surroundings neat and clean maintain tidy trim  
polished dustbin spit junk food sweep mop cobwebs  
weak cleanliness throw garbage unhealthy meals instead

### For the teacher only

The students are expected to learn the use of sometimes, always, every day, frequently, often, never, regularly and the use of the present perfect tense.

### Comprehension

1. Answer the following questions in complete sentences.
  - a) How old is Jonak ?
  - b) What is his uncle ?

- c) How much water should we drink daily ?  
 d) Is the junk food healthy ?  
 e) How many times should we brush our teeth daily ?
2. Fill in the blanks.
- a) Jonak loves junk food.  
 b) You should always keep yourself and your surroundings neat and clean.  
 c) You should take bath every day.  
 d) trim your nails regularly.  
 e) comb your hair properly.
3. What does Jonak's uncle know about him?  
 4. What does Jonak's uncle ask him to eat for the breakfast?  
 5. See the use of **always**, **every day**, **sometimes**, **frequently**, **often**, **never**, regularly in the following sentences.
- a) I **always** take a bath in the morning.  
 b) My father reads the newspaper **every day**.  
 c) I **never** tell a lie.  
 d) I **sometimes** go to temple with my grandmother.  
 e) He **frequently** goes to the library.  
 f) She **often** visits her old grandparents.  
 g) I **regularly** sit at my study table at 6 p.m.

Now match the lines given in box A with the lines given in box B.

A	B
I never	practises dance every day.
My sister	quarrel with my sister.
I always	visit my relatives.
Sometimes I	buys novels because he enjoys reading it.
My brother frequently	prepares chicken curry because I like it.
My mother often	visits the doctor because he is suffering from diabetes.
My father regularly	go to school by bus.

## Grammar and usage:

**Present Perfect Tense**

The Present Perfect Tense expresses an action that began in the past and that has recently been completed or the effect continues to the present.

**Sentence structure of Present Perfect Tense**

Subject + has / have + past participle form of the verb

Riniki has written the letter.

They have arranged the programme.

Now look at the following table:

	<b>Singular</b>	<b>Plural</b>
First person :	I have sung	We have sung
Second person :	You have sung	You have sung
Third person :	He has sung Nibir has sung	They have sung

**Activity 1**

Fill in the blanks with the correct present perfect tense form of the verbs given in brackets.

- The boys ..... (return) from Mumbai just now.
- ..... you ever ..... (see) the Tajmahal?
- He ..... just ..... (finish) his homework.
- I ..... not yet ..... (do) the work.
- They ..... already ..... (post) the letter.
- He ..... (come) here just now.
- My grandfather ..... just ..... (tell) me an interesting story.
- We ..... never ..... (visit) the zoo.

## Writing Activity:

## Diary entry

## Format of a diary entry

Date : .....

Day : .....

Time : .....

Content : .....

.....

.....

(Name of the person who is writing)

The following is an example of a diary entry:

Date: 25 July, 2016

Day: Monday

Time: 11.30 p.m.

Dear Diary,

I woke up at 6 o'clock in the morning. We had breakfast and dressed up. Today we all went to the "Paradise Amusement Park" which is nearby my hometown. We started from home at quarter to seven. We reached there at quarter past eight. Then we bought our tickets and went inside. I was so excited seeing the rides. My parents and brother liked the "thunderfall ride". But my favourite rides were "water splash", "caterpillar ride", "wave pool", and "pirate ship".

At half past twelve we had our lunch. In the afternoon we walked around the park and enjoyed the natural beauty of the surroundings. We started for home at ten minutes to six and reached home at fifteen past eight. When the clock struck ten my mother served us dinner and at twenty to eleven I went to bed. It was a great day and I enjoyed it very much.

Akash

- You are Hiya / Hridoy. You went to Sivasagar with your family on 18 July, 2016 during your summer vacation. You saw many historical monuments like Rangghar, Karengghar, Talatalghar, Joysagar tank etc. there. You also went to meet your uncle's family there. Write the day's experience in your diary.

Partitive Expression

Complete the following by choosing words from the box

pinch	glass	scrap	morsel	speck	drop	blade	piece	clove
jar	lock	scoop	grain	shower	cup	ray	moment	ball

a) a ..... of paper

c) a ..... of milk

e) a ..... of dust

g) a ..... of fruit

i) a ..... of grass

k) a ..... of honey

m) a ..... of rain

o) a ..... of light

q) a ..... of wool



b) a ..... of salt

d) a ..... of blood

f) a ..... of food

h) a ..... of garlic

j) a ..... of hair

l) a ..... of ice-cream

n) a ..... of sand

p) a ..... of tea

r) a ..... of time