

Every time we breathe, eat or drink, we take in tiny grains of plastic. There is more plastic at the bottom of the ocean than there are fish! We are so thoughtless that we throw plastic everywhere, without thinking. This plastic ends up in oceans which in turn is swallowed by the fish. Most of the time, it results in the death of marine animals. Plastic is present in the entire food chain.

Scientific
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Awareness3 GOOD HEALTH
AND WELL-BEING

From the highest parts of the Himalayas to the sandy Sahara, there is plastic everywhere. The Curiosity Rover has left plastic on Mars too. Plastic litters places and pollutes them. There are toxic chemicals in plastic that pollute the environment. These chemicals mix with our blood through the intake of polluted food, water and air, thus affecting our health as well.

Sadly, it is also a fact that plastic is something we cannot do without as most of our day-to-day things are made of plastic. Medical equipment like ventilators that save so many lives are also made using plastic. Plastic is long lasting, lightweight and cheap which makes it a very popular option to make products. It is also used to make bags, bottles, containers and to pack food safely. This makes it difficult for us to stop the use of plastics completely.

The need, now, is to learn to use plastic carefully and not poison ourselves and the environment. As the famous quote goes, 'Plastic lends a helpful hand but don't let it ruin our beautiful land'.

A. Replace the wrong words with the correct ones from the passage.

Pollution caused by electricity is everywhere. From the lowest parts of the Himalayas to the sandy Bay of Bengal, there is electricity. The Comfortable Rover has left plastic on Venus too. Plastic clears places and empties them. There are healthy vitamins in plastic that cleans the environment. These vitamins are mixed with the bones inside our bodies.

B. Complete the following.

1. Every time we breathe eat or drink, we take in tiny grains of plastic.
2. Plastic is in the entire food chain.
3. We need to use plastic carefully and not poison ourselves.
4. Toxic chemicals in plastic mix with our blood and harm us.

C. Answer the following questions.

1. How are we polluting the oceans?
2. Why are marine animals suffering?
3. How is plastic helpful in the medical field?
4. How do you think we can stop overusing plastic?
5. What do you think 'Plastic lends a helpful hand but don't let it ruin our beautiful land' means?

D. Think of six things made of plastic that are used in your house. Which are the things that are useful and which are the ones that are unnecessary? Make a list.

Reading Comprehension



My Puppy Ate My Earbuds

My puppy ate my earbuds.

My puppy ate my socks.

My puppy ~~chewed~~ my tennis shoes
and all my Lego blocks.

He gnawed upon my iPod
as if it were a bone.

He nibbled my Nintendo Switch
and munched my mobile phone.

He grazed upon my skateboard,
consumed my catcher's mitts,
and chomped my chess and checkers sets
to tiny little bits.

He polished off my pillow,
my blanket, and my sheet.

My homework seems to be the
only thing he will not eat.

—Kenn Nesbitt



A. Complete the lines with words from the poem.

1. My puppy chewed my tennis shoes.
2. He gnawed upon my iPod.
3. He chomped my checkers set.
4. He munched my mobile phone.

B. Arrange the items that the puppy chews in the poem in the correct columns.

Items that are worn	Electronic Items	Items on a bed	Items related to games
socks	earbuds	pillow	Lego blocks
tennis shoe	iPod	blanket	Skateboard
	mobile phone	sheet	Chess
			Checkers

C. From the poem, make a list of six words related to eating.

D. Answer the following questions.

1. What happened to the poet's Lego blocks?
because it considered as bone.
2. Why did the puppy gnaw the iPod?
3. Use two adjectives to describe the puppy. naughty cute
4. Why do you think the puppy just 'grazed' at the skateboard?
5. Who is 'my' in this poem? Poet

Synonyms

A. Read the words and circle the synonyms of the highlighted words.

1. fun	tall	short
2. fast	slow	big
3. glad	sad	happy
4. slow	relaxed	angry
5. depart	important	creak

exciting
speedy
hungry
intelligent
leave



B. Write synonyms of the words in colour.

1. Rishi was **upset** as he couldn't reach on time.
2. After the match, the players were **exhausted**.
3. The baby felt **secure** in her father's arms.
4. Saurabh was **courteous** to the guests.
5. The film will **begin** at 11 o'clock.
6. I reached there **last**.

sad
tired
safe
polite
start
at the end.

Antonyms

C. Write antonyms of the words in colour.

1. The orange tasted incredibly **sweet**.
2. Ritu laid her head down on the **hard** pillow.
3. The maths test was very **difficult**.
4. I took the **dull** pencil from my pencil box.
5. Tia's game is **better** than Ria's game.
6. **Lock** the door, please.
7. Mum was **displeased** with the results.
8. The snail moved **slowly**.

sour
soft
easy
bright
worse
open
Pleased
fastly

D. Write two antonyms for each of these words.

words	antonyms
1. answer	confute deny
2. wrong	right correct
3. accept	refuse reject
4. begin	finish end
5. clever	fool dumb
6. huge	little tiny
7. gentle	rude brutal