

# **BALIKA VIDYAPEETH LAKHISARAI**

*Class - VIII*

*Sub – English (passage)*

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*Sub Teacher – MD NAUSHAD*

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***Read the following passages carefully and answer the questions that follow -***

***Man does not live by food alone. Water is vital to human health and fitness. Although it is not a nutrient per se as are carbohydrates, fats, proteins, vitamins and minerals. It, in fact, is a key nutrient in as much as no life is possible without it.***

***Whereas we can do for weeks without food, we cannot live without water longer than a couple of days. Water approximates 60 per cent of the body weight of human adults. The total amount of water in a man weighing 70 kilograms is approximately a little over 40 liters. It is an excellent solvent - more substances are soluble in water than in any other liquid known so far. This makes it an ideal constituent of the body fluids which sustain life supporting chemical reactions. It dissolves varied products of digestion and transports them to the rest of the body. Likewise, it dissolves diverse metabolic wastes and helps drain them out of the body. Besides, it performs a***

*variety of functions some well known and well understood while others not so well appreciated yet vital. The no less important role of water is to distribute/dissipate the body heat efficiently, thereby regulating the body's temperature. Water accomplishes this role ideally because it has*

*thermal conductivity ensuring rapid heat from one part to the other. Above all, water has a high-specific heat, implying that it takes a lot of heat to raise the temperature of water and likewise much heat must be lost to lower its temperature.*

*Drinking a lot of water is an inexpensive way to stay healthy. Even excess of water is harmless.*

*Water therapy drinking a liter or so the first thing in the morning is kidney-friendly. The water regulation in the body is affected by hypo-*

*thalamus in two ways i.e., (i) by creating the sensation of thirst which makes us drink water and*

*(i) by controlling the excretion of water and*

*urine. If water regulation fails, medical emergency ensues.*

*1. Man cannot live for more than a couple of days*

*(a) Without food*

*(b) without water*

***(c) without oxygen***

***(d) without fruits***

***2. Water is an excellent solvent because***

***(i) It regulates excretion of urine***

***(i) It dis-***

***solves metabolic wastes***

***(ii) It drains wastes out of body***

***(iv) More***

***substances are soluble in it than in any other***

***3. The high thermal conductivity of water helps***

***to***

***(i) Dissolve food***

***(ii) Dissolve***

***metabolic wastes***

***iii) Regulate body temperature***

***(iv) Sustain life supporting chemical reactions***

***4. The total amount of water in a man weighing***

***70 kg is***

***(i) Approximately 70 liters***

***(ii) Approximately 60 liters***

***(ii) Approximately 40 liters***

***(iv) Ap-proximately 50 liters***

***5. High specific-heat of water means***

***(6) It has high thermal conductivity***

***(i) It***

***takes less heat to raise its temperature***

***(ii) It takes more heat to raise its temperature***

***(iv) It distributes the body heat efficiently***

***6. Drinking a liter of water in the morning is called***

***(i) Hypothalamus***

***(ii) kidney therapy (v) water therapy***

***(ii) water regulation***

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