

**SATISH CHANDRA MEMORIAL SCHOOL**

**COMPREHENSION**

**CLASS-3 SUB- ENGLISH**

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**Read the given passage below and answer the questions that follow:**

Television can damage your health. If you sit still for hours at a time, you use a lot less energy than if you are moving. But you don't eat less- in fact, you are likely to eat more- if you watch TV. Most of us like to snack in front of the box. Not only do you eat more when you watch TV, but you also eat the wrong foods: fatty and salty foods such as chips and sugary sweets.

- You eat more and exercise less, so you get fatter.
- You eat unhealthy foods, so you are less healthy.
- You exercise less. This is bad for your heart and other muscles.

There are some good TV programmes- you should choose the one to watch carefully and then switch the TV off afterwards.

**A. Answer the following:**

- i. \_\_\_\_\_ is bad for our heart and other muscles.
    - a) Eating more food
    - b) Eating less healthy food
    - c) Less exercise
    - d) Less exercise and more food
  - ii. Find the word from the passage which means the same as 'expected'.
    - a) fact
    - b) also
    - c) likely
    - d) snack
  - iii. In passage, television is referred to a box. True/False
  - iv. Television is harmful for our \_\_\_\_\_
  - v. \_\_\_\_\_ and \_\_\_\_\_ can be termed as unhealthy foods.
  - vi. We get fat when \_\_\_\_\_
  - vii. What happens when we eat while watching TV?
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**HOTS**

Do you over eat when junk food is served? Is it a good habit?

Your friend is upset from scoring less marks in the exam, what will you advice him/her?

- a) There are other students who have scored less so yo shouldn't be upset.
- b) You should work harder next time and you will surely score better.