

SPICES THAT HEAL US

1. RTCS:

A. "Let me start with haldi, which is called turmeric in English. It helps in improving our energy level and digestion. It helps in reducing body pain too." -

- I. State one health benefit mentioned in the extract.
- II. Complete the analogy:
Energy level : Improvement :: Body pain : _____
- III. Find a word from the text that means the same as 'enhancing' or 'making better'.
- IV. **Assertion (A):** Haldi is considered a beneficial spice for overall health.
Reason (R): Haldi does not aid in improving digestion, boosting energy levels, and reducing body pain.
 - a) Both (A) and (R) are true, and (R) is the correct explanation of (A).
 - b) Both (A) and (R) are true, but (R) is **not** the correct explanation of (A).
 - c) (A) is true, but (R) is false.
 - d) (A) is false, but (R) is true.
- V. A person recovering from intense physical exertion is experiencing muscle soreness and tiredness. State one way haldi can assist in their recovery based on the passage.

B. "Adrak (ginger) is another herb that can help us when we have cough and cold. It also gives relief from pain. Do you know, ginger has been used in cooking for more than 4000 years? Even today, it is extensively used in cooking Indian food." -

- I. While haldi is known to improve digestion, ginger is specifically mentioned to help when we have _____.
- II. Turmeric : Energy level improvement :: Ginger : _____
- III. Find a word from the text that means the same as 'widely' or 'largely'.
- IV. **Assertion (A):** Ginger has a brief history of traditional use in cooking spanning over 4,000 years.
Reason (R): Ginger continues to be a staple ingredient in Indian cuisine today
 - a) Both (A) and (R) are true, and (R) is the correct explanation of (A).
 - b) Both (A) and (R) are true, but (R) is **not** the correct explanation of (A).
 - c) (A) is true, but (R) is false.
 - d) (A) is false, but (R) is true.
- V. During winter, someone suffering from a persistent throat irritation and joint stiffness is advised to drink warm ginger tea. Name one symptom mentioned in the text that ginger directly helps address in this situation.

2. SAQs (word limit-40-50)

- I. Mention the primary discomfort alleviated by dalchini (cinnamon) and laung (clove).
- II. State two distinct physical benefits provided by kali mirch (black pepper).
- III. Identify the main operational purpose of serving saunf (fennel seeds) and ajwain (carom seeds) following a meal.
- IV. State the practical importance of understanding the medicinal properties of everyday kitchen spices.
- V. Describe the traditional method used by the speaker's grandmother to treat gas discomfort in babies.

3. HOTs (word limit- 100-120)

- I. Amit is packing his bags for a week-long trekking trip in the mountains where medical shops are unavailable. Based on your reading of the chapter, select three essential spices he must pack in his first-aid kit. Justify your selection by explaining the specific emergency medical condition each spice will handle during the trek.

- II. **Scenario:** You are Rahul / Riya, the Head Boy / Head Girl of Poorvi Public School. The school health club has decided to celebrate "**Ayurveda and Kitchen Remedies Week**" to raise awareness about the healing power of Indian spices like turmeric, ginger, and fenugreek.
- Task:** Write a notice in about 50 words to be placed on the school notice board, inviting students from Classes 6 to 8 to participate in a "**Traditional Health Drink Competition**". Provide all necessary details such as date, time, venue, and rules for registration.