



ENGLISH READING PASSAGE

Name: _____

Date: _____

Class: VIII Sec: ____

Read the following passage and answer the questions:

Vegetarianism

1. Vegetarianism promotes a natural way of life. But despite its implicit message of universal love and non-violence it has not spread, as it should have. This may be because it usually is an inward – looking habit and is best cultivated in the mind.

2. Leading vegetarianism way of life helps the animal kingdom to co-exist man. The animals supply milk, manure and energy. This has been centered to Indian culture for thousands of years. A vegetarian lifestyle is natural, multifaceted and helps self-preservation in a healthy way. Food and health are closely related.

3. In India, a vegetarian is usually a lacto-vegetarian. In the Western world vegetarians are subdivided as “Vegans” (pure vegetarians who do not take any food coming from animal kingdom), lacto-vegetarians, who use dairy products of the vegetable kingdom and lacto-ova-vegetarians. This category includes eggs, in addition to dairy products.

4. The Western science of food considers food as something to sustain only the human body, whereas the Indian science considers food as something which sustains not only the body, but also maintains the purity of heart, mind, and the soul. Thus an item of food which is injurious to the mind is not considered to be fit for consumption, even if it is otherwise beneficial to the body or satisfies the taste. Indian food science does not give so much importance to protein but gives importance to food that increases the strength of the body and its virility.

5. Vegetarian foods provide an infinite variety of flavours, whereas non-vegetarian foods have hardly any taste of its own. In fact, non-vegetarian foods have to be seasoned with ingredients from the vegetable kingdom to make them palatable.

6. In most sports disciples, vegetarians lead in endurance tests, “you are what you eat” is an old sayings and it is fact that it is the food that makes the man. The food we eat, its quality, quantity, timing and combination-is of utmost importance to a healthy life.

7. It is significant to note that in the USA nearly 30 to 40 million people have adopted vegetarianism in the last decade. More and more intellectuals in the UK, Germany, France, Switzerland, Italy, Israel, Mexico, Russia and its former allies, are gradually turning to vegetarian diet not only on ethical and humanitarian grounds but also for health and ecological reasons.

1.1 **Answer the following questions:**

a Why has vegetarianism not spread?

Ans.

b How are vegetarians classified in the western world?

Ans.



INDIAN SCHOOL NIZWA - WORKSHEET

c Besides sustaining the body, What else does Indian Science consider necessary for food intake?

Ans.

.

d Why are more and more intellectuals in some European countries and Israel adopting a vegetarian diet?

Ans.

.

e What does the saying: 'You are what you eat' mean?

Ans.

Q2 Find a suitable word from the text for the given meanings:

a. To keep something alive (para4)

Ans .

b. Morally correct (para7)

Ans.

c A period of ten years (para7)

Ans