

## HOLIDAY HOME WORK VII

### 1. READING

#### THE IMPORTANCE OF SLEEP

Sleep is very important. Did you know that sleep is more important than food? A person who does not sleep dies at a younger age than a person who does not eat. Let's say you go to sleep 12 hours later than you usually do, It will take your body about three weeks to return to normal. We spend about one-third of our lives in sleep. That's about 121 days a year!

How much sleep do we need? We are all different. A baby needs 16 hours of sleep every day. Children 6 to 12 years old need an average of 10 to 12 hours of sleep. A teenager needs 9 to 10 hours of sleep. An adult needs an average of 7 to 8 hours a night. There are some people who need only 3 hours of sleep. Others need 10 HOURS OF SLEEP. After the age of 50, the average sleep time goes down to 6.5 hours a night. We need less sleep as we get older. Most people have nights when they cannot sleep. About one in three has a problem with sleep. Many of these people cannot fall asleep or stay asleep. The name of this problem is insomnia. The word insomnia means "no sleep". Some people say, "I didn't sleep all night". They may sleep lightly and wake up several times. In the morning, they only remember the times they were awake, so they think they were awake all night. This is not a new problem. Many famous people in history had insomnia. Some of these people had special ideas to make them sleep. Benjamin Franklin, the famous statesman and inventor, had four beds. He moved 15 from one to the other to fall asleep. King Louis XIV of France had 413 beds and hoped to fall asleep in one of them. Mark Twain, the famous American writer, had a different way. He lay on his side across the end of the bed.

1. How is sleep more important than food?
2. How many hours of sleep does an adult need?
3. What is the name of the problem in which a person cannot fall asleep?
4. Who are the famous people mentioned in the passage who had insomnia?
5. If a person does not sleep for 12 hours, his body will take about \_\_\_\_\_ to return to normal.
6. Insomnia means \_\_\_\_\_.
7. Find the word in the passage that means 'a person who makes new things' \_\_\_\_\_.
8. Unscramble the given letters to form a meaningful word – mlorbep \_\_\_\_\_.
9. Write the opposite of 'famous' \_\_\_\_\_.
10. Write the missing letters- S\_at \_\_m\_n

## 2. READING

### SUNITA WILLIAMS

Sunita Williams did her schooling from the Nadeem High School in Massachusetts. In 1983, she completed her schooling and then moved on to pursue a Bachelor of Science degree. In 1987, she was awarded a Bachelor of Science degree in physical sciences and later received an MS degree from Florida Institute of Technology in 1995. She has to her credit, the appreciation of being the second woman of Indian origin to go into space from NASA. She comes next to Kalpana Chawla who was a close friend and guide to Sunita Williams. Sunita did her first exploration into space on December 9, 2006, with a fourteen-member crew in the space shuttle 'Discovery'. During the mission, she served as a flight engineer on the space shuttle and landed back on Earth on June 22, 2007.

Find One word from the passage.

- a) In which subject did she do her Bachelor of Science degree?
- b) Where did Sunita do her MS degree?
- c) Who is the first Indian woman to go into space?
- d) When did Sunita go for her first exploration into space?
- e) Which space shuttle was used for her first mission?
- f) Find from the passage the word which means 'to recognize something good'.
- g) Give the verb form of the word 'exploration'.
- h) Unscramble the word- eereignn
- i) Write the missing letters-D\_s\_\_v\_r\_

## 3. MESSAGE WRITING

You Rajat, receive a phone call from your father's office in his absence and have the following conversation with the speaker. Write a message, for your father as you have to go for your tuitions. Put the message in a box.

**Mr Gupta :** Hello, is this 25258654?

**Yourself :** Yes. May I know who's calling?

**Mr Gupta :** I am Suresh Gupta. Can I talk to Mr Mahajan?

**Yourself :** I am afraid Daddy is not at home. Do you have any message for him?

**Mr Gupta :** Yes, Please tell him that the meeting fixed for tomorrow i.e. 15th June has been cancelled  
**Yourself :** Ok Anything else.

**Mr Gupta :** Please tell him that we shall let him know as and when the next date for the meeting, is fixed

**Yourself :** Ok uncle, I shall tell Daddy when he comes back.

4. Write any 50 new words as well as its meaning and frame one sentence using each word.

**5. NOTICE WRITING**

- a. You are Ramu/Rakhi of Class VIA. You have lost a wrist watch in the school playground. Draft a notice requesting the finder to return it to you.
- b. You are Sakshi/Saksham of Class VIA has found a purse containing 110 ten rupee notes. Draft a notice saying that the owner of the purse may collect it from you by giving identification mark.

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