

Class-7

Sub.-English

Chap - Paragraph Writing

Write and learn the following paragraphs.

2. How to keep fit and fine

Baked food v/s fried food; sports activity, walk to your house or school; Yoga – to fight fat and keep fit; avoid anger and tension; be calm and cheerful. Early to bed and early to rise ensure sound health and happiness. A sound mind lives in a healthy body. But keeping fit and fine is not a child's play. We have to be careful about our diet or food. We should eat balanced diet. Excess food can invite numerous problems. Not only balanced diet but physical exercise also helps in the growth of body. Yoga is good to fight needless fat. Anger and tension are our great enemies. They damage body and mind to a great extent. So one should be alert enough to be empowered by these two great enemies. One should try to be calm and cheerful in all circumstances.

4. Need for Education for All

Education is the key to a happy life. It develops the mind. Memory and knowledge have made men superior to all other animals. It has made men the 'Lord of the universe'. It is unfortunate that millions of people in India are uneducated. Hence, they are poor and backward. They are easily cheated and exploited by a class of educated people. No nation can prosper unless the masses are educated. Hence, education should be spread even in the remotest corner of our country. Each and every Indian must be educated. Only then we can bring overall progress in our country. Poverty, the greatest curse, can be uprooted by education only. Therefore, education for all is essential. It is the sole solution of every problem.



The Hidden Treasure

A peasant had several sons. But they were all lazy and did not help him in the farm. One day the peasant became ill. He knew he was dying. So he called all his sons together and said to them: "A treasure lies hidden in my fields. But to find it you shall have to dig hard for it."

The peasant died. At once his sons went to the fields, and dug every bit of die land, but they found no treasure.

They were very sad. Soon the rains fell and, as the earth has been well dug,, they sowed the corn.

There was a very fine crop that year. The sons now learnt what their father meant by treasure.

The treasure could be got only by hard work.

