READING COMPREHENSION SK LABU BESAR

NAME:_____ **CLASS:**_____

EXERCISE 1

Read the passage below carefully and answer the questions that follow.

Cleanliness is very important when we handle food. There are many ways to ensure that the food we prepare is clean and healthy to eat.

First, we must wash all fruits and vegetables carefully before eating or cooking. We must never eat unwashed apples and oranges or unwashed beans and carrots. The reason is they may still contain pesticides which may harm us.

Not only must we wash all pots and pans but also dishes, forks and spoons. We must use clean water and soap to do this. Clearly, this will help remove all germs and bacteria.

Personal cleanliness is also very important. Make sure that your hair is covered before you begin to cook. Always wash your hands with soap and water before you prepare or serve food.

Finally, remember to keep all food covered. Also keep gardens and drains clean. Remember! Rubbish attracts flies and rats. Unclean surroundings too, may lead to diseases.

What is the best title for the text?

A Correct ways on handling food
B Wash all the fruits and vegetables by eating and cooking.
C Always keep all the food covered
D Use clean water and soap to remove all germs and bacteria

2 The opposite meaning of **'before'** is

A after
B now
C just now
D then

3 Why is it important to use soap and water when cleaning the dishes, forks and spoons?

A It will help remove all germs and bacteria.
B It will make the dishes, forks and spoons look clean
C It will make the dishes, forks and spoons look fresh
D It will kill all the germs and bacteria.

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4 What do you have to do before you begin to cook?

A wear an apron
B wear a head cover
C wear a pair of gloves
D wear a white shirt.

5 We have to keep all food covered because ...

A To keep flies and insects away.
B To keep food warm.
C To keep it cleans.
D To attract rats.

Write your answers in the spaces provided.

6 Why do we need to cover our head before we begin to cook?

_____

7 Why do we have to keep our gardens and drains clean?

_____

8 List three items to clean dishes?

1 _____

2 _____

3 _____

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EXERCISE 2

Read the poster below carefully and answer the questions that follow.

HEALTHY TIPS-SUPER FRUITS

Kiwi: Tiny but mighty

This is a good source of potassium, magnesium, vitamin E and fibre. Its vitamin C content is twice that of an orange.

Apple: Eat the skin too!

Although an apple has low vitamin C content, it has antioxidants which help to lower the risks of colon cancer, heart attack and stroke.

Orange: Sweetest medicine

Taking two to four oranges a day may help keep colds away, lower cholesterol and dissolve kidney stones.

Watermelon: Coolest thirst quencher

The watermelon consists of 92% water and is packed with nutrients which help to boost our immune system.

Guava and papaya: Top awards for vitamin C!

They are the clear winners for their high vitamin C content. Guava is also rich in fibre which helps prevents constipation. Papaya is rich in carotene, that is good for the eyes.

Tick (✓) the correct answer.

1 Fruits are good source of ...

vitamins and fibre.	
omega 3 and magnesium.	
carotene and potassium.	

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2 The most suitable proverb for the tips is ...

First come, first served.	
Where there's a will, there's a way.	
An apple a day keeps the doctor away.	

3 The poster above is about ...

A The importance of local fruits.
B Buying fruits that good for your health.
C Medicine made from fruits.
D Benefits of fruits.

4 Why is it important to use soap and water when cleaning the dishes, forks and spoons?

A It will help remove all germs and bacteria.
B It will make the dishes, forks and spoons look clean
C It will make the dishes, forks and spoons look fresh
D It will kill all the germs and bacteria.

Write your answers in the spaces provided.

6 Which fruit is rich in vitamin E?

_____

7 What fruit contains the most vitamin C?

_____

8 What do we eat to quench our thirst? Why?

_____

_____

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