

policymakers about

(i) Stressing the need to implement water-efficient technologies and methods which reduce their overall water consumption.

(ii) The necessity of policymakers to create and enforce strict regulatory guidelines that help promote water conservation and address water management issues effectively.

8. (a) a set of beliefs and practices shared by a group

Passage 4

1. (a) Probiotics, prebiotics and postbiotics are variations of the same thing, with just a difference of a prefix.
2. According to the given passage, beside maintaining our digestive tract, 'biotics' also maintain our gut health while improving symptoms of depression. It also improves sleep quality and reduces the occurrence of respiratory tract diseases. Further, it helps in the absorption of other nutrients and decreases the risk of common infections.
3. the phrase 'contains live and active cultures'
4. (a) increase and decrease
(c) beneficial and harmful

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certain foods or result from their metabolism, extend beyond the digestive tract. A growing body of scientific evidence has linked prebiotics, probiotics, and postbiotics, with improvements in metabolic diseases — including obesity and cholesterol abnormalities — depressive symptoms and poor sleep quality, among many other conditions.

3. Besides promoting general gut health, consuming food rich in probiotics can improve irritable bowel syndrome and antibiotic-related diarrhea, prevent traveller's diarrhea, produce vitamins and increase nutrient absorption, and decrease the risk of common infections. In fact, when consumed regularly, probiotics have been found to reduce the occurrence of upper respiratory tract infections (like the common cold).
4. Many different types of beneficial bacteria are considered probiotics. The most common ones include *Lactobacillus* and *Bifidobacterium*, of which there are dozens of strains. "You have to match what it is you're concerned about with the probiotic you should use," says Gregor Reid. Many different types of beneficial bacteria are considered probiotics.
5. Some foods, such as yogurt, kefir, kimchee, and fermented soybeans and kombucha naturally contain probiotics. But here's where things get complicated : not all fermented foods or yogurts contain probiotics, Reid says. As a consumer, a good starting point is to look for the phrase "contains live and active cultures" on the label; it's even better if specific strains of bacteria are listed, because then you'll know you're getting the right stuff.
6. Simply put, prebiotics are sources of food for the those beneficial microbes — the probiotics. They are typically a form of carbohydrate or fiber that we don't have the enzymes to digest. As a result, they move through the digestive tract to the intestine, where beneficial bacteria (probiotics) can feast on them.
7. When you consume foods that are rich in probiotics and prebiotics, the microbes in your gut consume the undigestible prebiotic fiber and produce bioactive compounds called postbiotics. They are ultimately the endgame that we want — they affect how our gut operates and keeps the good bacteria there and the bad bacteria out.

CBSE 2024

Questions

Based on your understanding of the passage, answer the following questions.

1. Which of the following statements best describes the author's attitude towards probiotics?
 - (a) Probiotics, prebiotics and postbiotics are variations of the same thing, with just a difference of a prefix.
 - (b) All fermented foods or yogurts naturally contain probiotics.
 - (c) All three biotics are equally important to support microscopic organisms that live in the gut microbiome.
 - (d) Only probiotics are important as they can improve irritable bowel syndrome and antibiotic-related diarrhea.
2. According to the writer, health benefits of all the 'biotics' extend beyond the digestive tract. Rationalise your response in about 40 words.
3. Complete the sentence appropriately.
To get the right probiotic and to match it with your body's requirement, it is important to see the label for
4. The passage include some words that are opposites of each other. From the sets (a) – (e) below, identify two sets of antonyms.
 - (a) Increase and decrease
 - (b) Probiotic and postbiotic
 - (c) Beneficial and harmful
 - (d) Feast and fermented
 - (e) Consuming and digestive
5. Complete the sentence appropriately.
The author wants to stress the fact that there is not just one type of beneficial bacteria considered as probiotic, in fact, some probiotics have
6. Based on the reading of the passage, examine in about 40 words, the importance of prebiotics for the human gut and how they are related to probiotics.
7. As a consumer, if you want to pick a probiotic product, what is the most important thing to keep in mind?
Pick the best answer.
 - (a) Any fermented product that contains probiotics.
 - (b) Checking the label for specific strains of bacteria.
 - (c) All products under 'probiotics' section in a grocery store are safe to pick.
 - (d) Checking the label which clearly says 'probiotics' is sufficient.

Competency Based

5. diverse strains or species, each with its own unique health benefits and functions
6. According to the given passage, prebiotics are a form of a carbohydrate or fibre which we cannot digest because we do not have the enzyme that does so. As a result, food containing prebiotics pass through the digestive tract into the intestine where beneficial bacteria or probiotics eat them. This digestion of prebiotics takes place due to the probiotics which in turn produces bioactive compounds called postbiotics. Thus, good bacteria remains inside while bad bacteria is excreted. This helps in improving gut health and reducing digestive tract problems.
7. (b) Checking that label for specific strains of bacteria
8. (a) Their relevance has been proven by scientific evidence.

Passage 5

1. The statement 'if solving a riddle is what was intended, then playing Sudoku is a better option' suggests that the writer is not impressed with the level of complexity in some poetry. Additionally, the phrase 'led to ponder if obscurity was the goal' implies that the writer believes some poets may intentionally make their work difficult to understand, which can be frustrating for readers. The author is of the opinion that poetry shouldn't be needlessly complex. Thus, the author's tone is sarcastic.
2. (a) the author acknowledges that weird poems can be off-putting and also appreciates their uniqueness and the challenge they present to readers.
3. Just as exploring a new city requires an open mind and a willingness to embrace the unexpected, studying poetry requires an openness to different styles and approaches, and a willingness to be challenged and surprised by what you find.
4. (a) Recognises the challenges of studying poetry but also acknowledges the rewards it offers.
5. True
6. (a) Intriguing and off-putting
(d) Simple and challenging
7. The given lines display an example of a simple poem in terms of language structure and content. The poem is simple in a sense that it describes a natural scene, to comprehend and has a peaceful effect