

Original Passage: Diet plays an important role in the prevention of many chronic diseases. Eating a balanced diet rich in fruits, vegetables, whole grains and lean protein can help reduce the risk of conditions such as heart disease, diabetes and certain cancers. On the other hand, a diet high in processed and unhealthy foods can increase the risk of these diseases. It is important to be aware of the types of food we eat and tries to include nutrient-dense options in our diet. **(124 words)**

Original Passage: A man in the east left all worldly thoughts and went to a wood, where he built a hut and lived there. His only clothing was a piece of cloth that he wore around his waist. But luckily, mice were plentiful in the wood; So he had to keep a cat. Cats need milk; So he had to rear a cow. Cows needed tending, so a cowboy was hired.

The boy needed room to stay. So a house was built for him. A maid had to be employed to look after the house. A few more houses had to be built to provide company for the maids, and people were invited to stay in them. Thus, a small town sprung up in the lovely woods. **(136 words)**

Original Passage: Nelson, in childhood, did not have a strong body. Yet he gave evidence of that stout heart and nobility which have so distinguished him throughout his illustrious career. One day he strayed from his grandmother's house with a cow. Dinner time passed; He was missing and could not be found. The family's apprehension became great, for they feared that he might be taken away by the gipsies.

After much searching, he was found sitting huddled on the banks of a river which he could not cross. "I wonder, child," said the old woman, seeing her, "that hunger and fear did not drive you home", fear! Grandmother," answered the future hero, "I was never afraid; What is it?" **(137 words)**

Precis 3:-

Title — Nelson and His Bravery

As a child, Nelson was not strong physically. Yet, he proved his worth through his successful career. One day, he went missing and his family worried that he had been kidnapped. He was eventually found on a river bank. Upon inquiry from his grandmother about his hunger and fear he replied that he had never feared anything.

(55 words)

Precis - Practice Assignment 1

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Precis 1:-

Title - Importance of Balanced Diet.

A healthy and balanced diet aids in the prevention of many diseases such as diabetes and cancer. On the contrary, an unhealthy diet can aggravate the risk of these diseases. Therefore, one must be conscious of what they eat and adopt a nutritious diet.

(44 words)

Precis 2:-

Title - The Birth of a Community

A man in the east abandoned his belongings to live in the wood alone. Fortunately, because of the mice present there he had to keep a cat. To feed it he got a cow and a boy. A house was built for the boy and soon people moved in the neighbors. Just like that a community was set up.

(54 words.)