

Decoding food labels

FOOD labels mention the contents of packaged products. But can they be taken **at face value**? **Flagging** the issue of **misleading** claims on labels that can **adversely** impact consumers' choices, the Indian Council of Medical Research (ICMR) has issued a set of **dietary** guidelines.

It **points out** the **glaring** example of the **deceptive** nature of 'sugar-free' foods. While these products may seem like a **boon** for diabetics or those watching their weight, they could be loaded with fats, refined cereals and hidden sugars, significantly **altering** their nutritional profile. Similarly, packaged fruit juices may have a **meagre** 10 per cent fruit pulp, with the rest containing added sugars and other **additives**. The guidelines **underscore** the importance of **scrutinising** labels beyond the attractive health claims. **Terms** like 'natural', 'whole grain' and 'organic' **may** not guarantee such qualities in the product. Manufacturers **often exploit** these terms to **capitalise on** consumer preferences for healthier options, while the actual contents may **fall short of** expectations. The ICMR also **questions** the nutrition claims — terms like 'low calorie' or 'high fibre' are **vague assertions** unless **backed** with **concrete** facts.



Unfortunately, the ICMR's advisory does not specifically **address** the needs of food allergy patients. For example, accurate **labelling** of gluten-free products **is crucial** to managing **celiac** disease and ensuring the **wellbeing** of the patients as even traces of **gluten** in foodstuffs can **trigger adverse** reactions in them. The medical body must **advocate** greater **transparency** and **adherence** to regulatory standards in gluten-free labelling. Misleading food labels contribute to the **perpetuation** of **faulty** dietary patterns, **exacerbating obesity** and other problems. The ICMR's **call to action** is clear: consumers must **exercise** caution and **diligence** while making healthier choices for themselves and their families.

- Red/blue coloring of words in the sentence indicates subject verb relationship; where 'red' denotes 'subject' and 'blue' denotes 'verb'. [Practice Exercise]
- **Glaring** (adjective) – Conspicuous, obvious, evident, blatant, manifest प्रत्यक्ष

Vocabulary

1. **Decode** (verb) – decipher, interpret, translate, unravel, explain विश्लेषण करना
2. **At face value** (phrase) – accept superficially, take as it appears, assume, accept without questioning, believe बिना जांचे
3. **Flag** (verb) – highlight, signal, indicate, mark, bring attention to संकेत करना
4. **Misleading** (adjective) – deceptive, false, confusing, ambiguous, deluding भ्रामक
5. **Adversely** (adverb) – negatively, unfavorably, harmfully, detrimentally, disadvantageously प्रतिकूल रूप से
6. **Dietary** (adjective) – nutritional, alimentary, dietary-related, food-related, eating-related आहार संबंधी
7. **Point out** (phrasal verb) – indicate, mention, highlight, draw attention to, note दिखाना
8. **Deceptive** (adjective) – misleading, false, illusory, deceitful, ambiguous भ्रामक
9. **Boon** (noun) – blessing, benefit, advantage, godsend, plus वरदान
10. **Alter** (verb) – change, modify, adjust, transform, revise बदलना
11. **Meagre** (adjective) – scanty, insufficient, sparse, minimal, inadequate मामूली
12. **Additive** (noun) – supplement, preservative, enhancer, ingredient, adjunct खाद्य पदार्थों में मिलाया जाने वाला पदार्थ
13. **Underscore** (verb) – emphasize, highlight, underline, stress, accentuate जोर देना
14. **Scrutinise** (verb) – examine, inspect, review, analyze, investigate जांच करना
15. **Often** (adverb) – frequently, regularly, repeatedly, commonly, usually अक्सर
16. **Exploit** (verb) – take advantage of, utilize, capitalize on, manipulate, abuse का लाभ उठाना
17. **Capitalise on** (phrasal verb) – take advantage of, profit from, leverage, exploit, benefit from लाभ उठाना
18. **Fall short of** (phrase) – fail to meet, lack, miss, be deficient in, be insufficient कम होना, काफी न होना
19. **Question** (verb) – doubt, challenge, query, scrutinize, interrogate प्रश्न करना
20. **Vague** (adjective) – unclear, ambiguous, indistinct, hazy, imprecise अस्पष्ट
21. **Assertion** (noun) – claim, declaration, statement, affirmation, contention दावा
22. **Back** (verb) – support, endorse, uphold, reinforce, approve समर्थन करना

23. **Concrete** (adjective) – definite, solid, tangible, specific, real ठोस
24. **Address** (verb) – tackle, deal with, manage, handle, confront सुलझाना, निपटाना
25. **Crucial** (adjective) – essential, critical, vital, important, key महत्वपूर्ण
26. **Celiac disease** (noun) – a digestive disorder caused by gluten intolerance, an autoimmune disorder affecting the small intestine, gluten-sensitive enteropathy, gluten intolerance, wheat allergy सेलिएक रोग
27. **Wellbeing** (noun) – health, welfare, fitness, happiness, prosperity भलाई
28. **Gluten** (noun) – a protein found in wheat and related grains, a composite of storage proteins, a type of protein, wheat protein, grain protein ग्लूटेन
29. **Trigger** (verb) – cause, provoke, initiate, activate, spark उत्तेजित करना
30. **Adverse** (adjective) – harmful, negative, unfavorable, detrimental, disadvantageous प्रतिकूल
31. **Advocate** (verb) – support, promote, recommend, endorse, champion समर्थन करना
32. **Transparency** (noun) – openness, clarity, visibility, accountability, candor पारदर्शिता
33. **Adherence** (to) (noun) – compliance, observance, obedience, conformity, allegiance पालन
34. **Perpetuation** (noun) – continuation, preservation, prolongation, sustenance, maintenance निरंतरता
35. **Faulty** (adjective) – defective, flawed, imperfect, inaccurate, incorrect दोषपूर्ण
36. **Exacerbate** (verb) – worsen, aggravate, intensify, heighten, escalate बढ़ाना
37. **Obesity** (noun) – excessive fatness, overweight, corpulence, adiposity, heaviness मोटापा
38. **Call to action** (noun) – a demand for action, a prompt to act, a call for intervention, an appeal for measures, a request for action कार्यवाही के लिए आह्वान
39. **Exercise** (verb) – practice, engage in, perform, undertake, utilize इस्तेमाल करना
40. **Diligence** (noun) – carefulness, attentiveness, conscientiousness, meticulousness, thoroughness कर्मठता, तत्परता

Summary of the Editorial

1. Food labels list the contents of packaged products but may be misleading.
2. Misleading claims on labels can adversely affect consumer choices.
3. The Indian Council of Medical Research (ICMR) has issued dietary guidelines addressing this issue.
4. "Sugar-free" products may still contain fats, refined cereals, and hidden sugars.
5. Packaged fruit juices may have only 10% fruit pulp and contain added sugars and other additives.
6. Consumers should scrutinize labels beyond attractive health claims.
7. Terms like "natural," "whole grain," and "organic" may not accurately reflect the product's qualities.
8. Manufacturers exploit health-related terms to appeal to consumer preferences.
9. Nutrition claims such as "low calorie" or "high fibre" need concrete backing.
10. The ICMR's advisory does not specifically address food allergy needs.
11. Accurate labeling of gluten-free products is crucial for managing celiac disease.
12. Traces of gluten in food can trigger adverse reactions in patients with celiac disease.
13. The ICMR must advocate for greater transparency in gluten-free labeling.
14. Misleading food labels contribute to faulty dietary patterns and obesity.
15. The ICMR urges consumers to exercise caution and diligence in making healthier food choices.

Practice Exercise: SSC Pattern Based

1. **According to the passage, why might 'sugar-free' foods be misleading for consumers?**
 - A. 'Sugar-free' foods are typically more expensive than regular foods and may not provide any additional health benefits. [Editorial Page]
 - B. Although labeled as 'sugar-free', these foods might contain high levels of fats, refined cereals, and hidden sugars, altering their nutritional profile.
 - C. 'Sugar-free' foods are often high in artificial sweeteners, which can be harmful if consumed in large quantities over a long period.
 - D. 'Sugar-free' foods often have fewer nutrients and vitamins compared to naturally sweet foods.
2. **Based on the passage, we can infer that the author would be most supportive of:**
 - A. Implementing stricter regulatory standards for food labelling, especially concerning gluten-free products.
 - B. Allowing food manufacturers more freedom to make vague nutrition claims to promote healthier choices.
 - C. Encouraging consumers to rely on their own judgment rather than food labels when choosing healthier options.
 - D. Focusing on reducing obesity by discouraging the consumption of foods with misleading labels.
3. **According to the passage, all of the following are true about the ICMR's advisory EXCEPT that:**
 - A. It questions the validity of vague nutrition claims made by food manufacturers.
 - B. It addresses the need for clear labelling to aid food allergy patients, particularly those with celiac disease.
 - C. It emphasizes the importance of concrete facts to support nutrition claims like 'low calorie' and 'high fibre'.
 - D. It warns consumers to be cautious and diligent while choosing healthier food options.
4. **Based on the passage, which of the following can be inferred about the effectiveness of 'sugar-free' labels?**
 - (i) 'Sugar-free' labels can lead consumers to mistakenly believe that such products are universally healthy.
 - (ii) 'Sugar-free' products might compensate for the lack of sugar by including other unhealthy ingredients.
 - (iii) Consumers should avoid all products labeled as 'sugar-free' to maintain a healthy diet.
 - A. i and ii only
 - B. ii and iii only
 - C. i and iii only
 - D. i, ii, and iii
5. **What is the tone of the passage?**
 - A. Indifferent
 - B. Sarcastic
 - C. Optimistic

D. Alarming

6. Which of the following correctly outlines the sequence of issues flagged by the ICMR regarding misleading food labels?

- A. The ICMR highlights the problem of ‘sugar-free’ foods, discusses the low fruit pulp content in packaged juices, and emphasizes the scrutiny of terms like ‘natural’ and ‘organic’.
- B. The ICMR first discusses the low fruit pulp content in packaged juices, then the problem of ‘sugar-free’ foods, and finally emphasizes the scrutiny of terms like ‘natural’ and ‘organic’.
- C. The ICMR emphasizes the scrutiny of terms like ‘natural’ and ‘organic’, highlights the problem of ‘sugar-free’ foods, and then discusses the low fruit pulp content in packaged juices.
- D. The ICMR highlights the problem of ‘sugar-free’ foods, emphasizes the scrutiny of terms like ‘natural’ and ‘organic’, and then discusses the low fruit pulp content in packaged juices.

Comprehension:

In the following passage, some words have been deleted. Read the passage carefully and select the most appropriate option to fill in each blank.

While central banks in developed countries can be traced as far back as the 17th century, among developing countries, the Reserve Bank of India, established on April 1, 1935, _____ 1 _____ one of the oldest such institutions. The RBI, as Prime Minister Narendra Modi _____ 2 _____ at the opening ceremony of RBI@90 in Mumbai, has witnessed both the pre- and post-Independence eras.

Since it came into existence, it has navigated and managed the several transitions the country has undergone — from a time when the planning process _____ 3 _____ to a more market-oriented economy, and now an increasingly digital economy. As it looks towards the next 10 years, the RBI must learn from its past, adjust and adapt, and plan for the challenges it could _____ 4 _____ on its journey towards its centenary.

7. Select the most appropriate option to fill in blank number 1.

- A. was
- B. are
- C. is
- D. were

8. Select the most appropriate option to fill in blank number 2.

- A. pointed out
- B. point out
- C. pointing out
- D. points out

9. Select the most appropriate option to fill in blank number 3.

- A. held sway
- B. hold sway
- C. held swayed
- D. held swaying

10. Select the most appropriate option to fill in blank number 4

- A. encountered
- B. be encountered
- C. encountering
- D. encounter

11. Sentences of a paragraph are given below in jumbled order. Arrange the sentences in the correct order to form a meaningful and coherent paragraph.

- A. at the forefront of this discourse, facing scrutiny and accountability
- B. The renewed spotlight on significantly high sugar, salt and fat content in food has sparked a debate about public health and transparency
- C. This affords an opportunity for the stakeholders to reaffirm their commitment to consumer wellbeing
- D. Some major business houses — Cadbury, Nestlé and IndiGo — find themselves
 - A. BDAC
 - B. CABD
 - C. BCAD
 - D. ABCD

12. Sentences of a paragraph are given below in jumbled order. Arrange the sentences in the correct order to form a meaningful and coherent paragraph.

- P. This negligence not only perpetuates suffering but also erodes trust in the institutions meant to safeguard public health.
- Q. A grim picture of a system in desperate need of attention and reform
- R. The dire state of facilities at hospitals in Haryana paints
- S. It is evident from recent reports that the health infrastructure is failing to meet the needs of the public
 - A. RPSQ
 - B. RQSP
 - C. QSPR
 - D. QPRS

13. For the four-sentence (S1 to S4) paragraph below, sentences S1 and S4 are given. From the options P, Q, R and S select the appropriate sentences for S2 and S3, respectively.

S1: The Supreme Court's recent decision to uphold an appellate tribunal's ruling on taxing yoga camps organised by the Patanjali Yogpeeth Trust marks a significant stride towards equity and accountability in the realm of service taxation.

S4: It was a reasonable interpretation of the law as the tribunal rightly observed that the services rendered were akin to those provided by health clubs and fitness centres, falling within the taxable category.

P: The PHIT Act currently has 76 co-sponsors in the House of Representatives and 18 in the Senate.

Q: The verdict underscores the principle that no entity should be exempted from contributing to the public coffers when it comes to commercial ventures.

R: At Health & Fitness, she has built a team that shares her view about relationships.

S: In October last year, the Customs, Excise and Service Tax Appellate Tribunal had ruled that yoga camps conducted for a fee — even if in the name of ‘donation’ — by the trust constituted a ‘health and fitness service’ and were subject to service tax.

- A. P and Q
- B. P and R
- C. P and S
- D. Q and S

14. Select the option that can be used as a one-word substitute for the given phrase.

Gradual recovery of health and strength

- A. Convalescence
- B. Potency
- C. Benefaction
- D. Rejuvenation

15. Select the most appropriate ANTONYM of the word given in brackets to fill in the blank.

The teacher could judge that his intentions were _____ (nefarious) so he was not stopped from entering the hall.

- A. pious
- B. traitorous
- C. envious
- D. Perfidious

16. Select the INCORRECTLY spelt word.

- A. Arbitrary
- B. Favourite
- C. Agreement
- D. Conviction

17. Select the most appropriate meaning of the given idiom.

On the ball

- A. Doing a job in a slow and incorrect manner
- B. Doing a job in a quick and competent manner
- C. Playing with a ball
- D. Exercising using a ball

18. The following sentence has been divided into parts. One of them may contain an error. Select the part that contains the error from the given options. If you don't find any error, mark 'No error' as your answer.

My students / had expect/ guidance from my end.

- A. had expect
B. guidance from my end
C. My students
D. No error
19. **Select the option that can be used as a one-word substitute for the given group of words.**
Capable of being bent or pulled into different shapes
A. Lithe
B. Willowy
C. Ductile
D. Lissome
20. **Select the option that expresses the given sentence in passive voice.**
He didn't eat a single morsel of food at his daughter's wedding.
A. A single morsel of food is not eaten by him at his daughter's wedding.
B. A single morsel of food was not eaten by him at his daughter's wedding.
C. A single morsel of food can not be eaten by him at his daughter's wedding.
D. A single morsel of food was not being eaten by him at his daughter's wedding.
21. **Select the most appropriate ANTONYM of the underlined word.**
My teacher accepted my excuse for being late.
A. Trusted
B. Rejected
C. Agreed
D. Believed
22. **Select the option that can be used as a one-word substitute for the given group of words.**
A large cage, building, or enclosure to keep birds
A. Aviary
B. Burrow
C. Apiary
D. Dormitory
23. **Select the most appropriate option that can substitute the underlined segment in the given sentence.**
Disability was viewed as God's retribution for wickedness in the past.
A. revenge for legal works
B. punishment for wrongdoing
C. payback for doing help
D. fine for misbehavior
24. **Select the most appropriate idiom for the given situation.**
I was very excited about my new assignment. I sent the email without the required attachment.
What have I done?
A. Shook a leg
B. As swift as an eagle
C. Jumped the gun
D. Tested the waters

25. Select the most appropriate homonym to fill in the blank.

The villagers kept the _____ out, to collect the rain water.

- A. crus
- B. cruse
- C. crews
- D. Cruise

Answers

1. B 2. A 3. B 4. A 5. D 6. A 7. C 8. A 9. A 10. D 11.A 12.B
 13. D 14.A 15.A 16.C 17.B 18.A 19.C 20.B 21.B 22.A 23.B 24.C
 25. B

[Practice Exercise]

Explanations

1. B) B is correct as the passage clearly states that 'sugar-free' foods can be misleading because they might contain high levels of fats, refined cereals, and hidden sugars, which alter their nutritional profile.
 A is incorrect because the passage does not discuss the cost of 'sugar-free' foods or their comparative health benefits.
 C is incorrect because the passage does not mention artificial sweeteners as a concern in 'sugar-free' foods.
 D is incorrect because the passage does not compare the nutrient and vitamin content of 'sugar-free' foods to naturally sweet foods.
2. **A) Implementing stricter regulatory standards for food labelling, especially concerning gluten-free products.**
 A: This is correct because the passage emphasizes the need for greater transparency and adherence to regulatory standards, particularly in the context of gluten-free labelling.
 B: This is incorrect because the passage criticizes vague nutrition claims and implies that stricter regulation is needed.
 C: This is incorrect because while the passage advises caution, it does not suggest that consumers should entirely rely on their own judgment without proper labelling.
 D: This is incorrect because the passage mentions the role of misleading labels in exacerbating obesity but focuses more on the need for accurate labelling and regulatory standards.
3. **B) It addresses the need for clear labelling to aid food allergy patients, particularly those with celiac disease.**
 A: This is correct because the passage states that the ICMR questions vague nutrition claims made by food manufacturers.
 B: This is incorrect because the passage explicitly mentions that the ICMR's advisory does not specifically address the needs of food allergy patients.
 C: This is correct because the passage highlights the need for concrete facts to back nutrition claims like 'low calorie' and 'high fibre'.
 D: This is correct because the passage advises consumers to exercise caution and diligence in making healthier food choices.
4. **A) i and ii only**
 i. The passage suggests that 'sugar-free' labels might mislead consumers into thinking these products are inherently healthy, which can affect their choices.
 ii. The passage states that 'sugar-free' products could contain other unhealthy components such as fats and hidden sugars.
 iii. The passage advises caution and scrutiny but does not suggest outright avoidance of all 'sugar-free' products
5. **D) Alarming**
 A. This option is incorrect because the passage actively highlights the issues with misleading food labels and the potential health risks, showing concern rather than indifference.

- D. This option is correct because the passage uses a cautionary tone, emphasizing the potential dangers and health risks of misleading food labels, urging consumers to be vigilant.
- C. This option is incorrect because the passage does not express hope or positivity about the current state of food labeling. Instead, it warns about the potential risks.
- B. This option is incorrect because the passage maintains a serious and cautionary tone, without using irony or sarcasm to convey its message.
6. A) Option A is correct as it follows the passage accurately: first discussing 'sugar-free' foods, then the fruit pulp content in packaged juices, and finally the need to scrutinize terms like 'natural' and 'organic'. B is incorrect because it reverses the order of discussing the fruit pulp content and 'sugar-free' foods. C is incorrect because it incorrectly places the emphasis on scrutinizing terms like 'natural' and 'organic' at the beginning. D is incorrect because it places the emphasis on scrutinizing terms like 'natural' and 'organic' before discussing the fruit pulp content in packaged juices.
7. C) 'is' का उपयोग होगा क्योंकि "is" का अर्थ होता है कि कोई चीज़ वर्तमान में है या अस्तित्व में है। sentence में mention है कि भारतीय रिजर्व बैंक (Reserve Bank of India) एक प्रचलित संस्था है, जो कि वर्तमान में भी अस्तित्व में है। इसलिए 'is' यहाँ सही है। 'was' गलत है क्योंकि इसका मतलब है कि यह past में था, लेकिन अब नहीं है। 'are' और 'were' भी गलत हैं क्योंकि 'are' present plural के लिए है और 'were' past plural के लिए है, जबकि RBI एक single entity है।
'is' will be used because it means that something currently exists. The sentence indicates that the Reserve Bank of India (RBI) is an existing institution, which still exists in the present. Therefore, 'is' is appropriate here. 'was' is incorrect as it implies it existed in the past but no longer does. 'are' and 'were' are also incorrect as 'are' is for present plural and 'were' is for past plural, while RBI is a single entity.
8. A) 'pointed out' का उपयोग होगा क्योंकि "pointed out" का अर्थ होता है कि किसी ने पहले से ही कुछ उल्लेख या इंगित किया है। sentence में कहा गया है कि प्रधानमंत्री नरेंद्र मोदी ने RBI@90 के उद्घाटन समारोह में कुछ उल्लेख किया था, जो कि एक बीती हुई घटना है। इसलिए 'pointed out' यहाँ सही है। 'point out' गलत है क्योंकि यह present tense में है। 'pointing out' भी गलत है क्योंकि यह present continuous tense में है। 'points out' भी गलत है क्योंकि यह present tense में है और वाक्य past की घटना का वर्णन कर रहा है।
'pointed out' will be used because it means that someone has already mentioned or indicated something. The sentence states that Prime Minister Narendra Modi mentioned something at the opening ceremony of RBI@90, which is a past event. Therefore, 'pointed out' is appropriate here. 'point out' is incorrect as it is in the present tense. 'pointing out' is also incorrect as it is in the present continuous tense. 'points out' is incorrect as well because it is in the present tense and the sentence describes a past event.
9. A) 'held sway' का उपयोग होगा क्योंकि "held sway" का अर्थ होता है कि किसी चीज़ का नियंत्रण या प्रभुत्व था। sentence में कहा गया है कि जब योजना प्रक्रिया का देश पर प्रभाव था, तब से लेकर अब तक कई परिवर्तन हुए हैं। इसलिए 'held sway' यहाँ सही है। 'hold sway' गलत है क्योंकि यह वर्तमान काल में है। 'held swayed' और 'held swaying' भी गलत हैं क्योंकि ये English phrases नहीं हैं।

'held sway' will be used because it means that something had control or dominance. The sentence states that the country has undergone several transitions since the planning process had an influence, indicating a past event. Therefore, 'held sway' is appropriate here. 'hold sway' is incorrect as it is in the present tense. 'held swayed' and 'held swaying' are also incorrect because they are not proper English phrases.

10. D) 'encounter' का उपयोग होगा क्योंकि "encounter" का अर्थ होता है कि भविष्य में किसी चीज़ का सामना करना। sentence में mention है कि RBI को अगले 10 वर्षों में अपने रास्ते पर जिन चुनौतियों का सामना करना पड़ सकता है, उनकी योजना बनानी होगी। इसलिए 'encounter' यहाँ सही है। 'encountered' गलत है क्योंकि यह past event का वर्णन करता है। 'be encountered' भी गलत है क्योंकि यह passive voice में है। 'encountering' भी गलत है क्योंकि यह present continuous tense में है।

'encounter' will be used because it means to face something in the future. The sentence states that the RBI must plan for the challenges it could face on its journey towards its centenary in the next 10 years, indicating a future event. Therefore, 'encounter' is appropriate here. 'encountered' is incorrect as it describes a past event. 'be encountered' is also incorrect as it is in passive voice. 'encountering' is incorrect as well because it is in the present continuous tense.

11. A) BDAC

B: This sentence sets the context and introduces the topic of the paragraph: the debate about public health and transparency related to food content.

D: This sentence introduces the specific entities involved in the debate mentioned in sentence B. It logically follows B by narrowing the focus from the general topic to specific examples.

A: The phrase "at the forefront of this discourse" directly follows the introduction of these companies, specifying their role in the debate

C: It connects to the entire discussion by offering a resolution or next step, which is for stakeholders to reaffirm their commitment. "This" refers back to the entire situation discussed in the previous sentences.

12. B) RQSP

R: R starts with a subject "The dire state of facilities" and an incomplete verb "paints," leading into a needed complement.

Q: Q completes R's thought with "A grim picture," serving as the object of "paints."

S: S uses the pronoun "It" to introduce evidence, adding credibility to the problem described in R and Q.

P: P provides a conclusion and impact of the discussed issue using "This negligence" to reference the situation described in S.

13. D) Q and S

Q is appropriate because it emphasizes the principle behind the verdict, highlighting the importance of equity and accountability in taxation, which aligns with the significance mentioned in S1

S is appropriate because it gives the specific details about the tribunal's ruling, explaining that yoga camps conducted for a fee by the trust are taxable, which leads into S4's interpretation of the law

P: Irrelevant to the context of the Supreme Court's decision and the taxation of yoga camps.

R: Irrelevant and does not provide any logical progression related to the taxation of yoga camps.

14. A) **Convalescence** (noun) – The time spent recovering from an illness or medical treatment; gradual recovery of health and strength. स्वास्थ्यलाभावधि

- **Potency** (noun) – The power of something to influence or make an impact. शक्ति

- **Benefaction** (noun) – A donation or gift, especially one made to a charity. दान
 - **Rejuvenation** (noun) – The action or process of making someone or something look or feel better, younger, or more vital. पुनर्जीवन/ कायाकल्प
15. A) **Nefarious** (adjective) – Wicked, evil, sinful, iniquitous. दुष्ट
Antonym: Pious (adjective) – Devout, religious, spiritual, godly. धार्मिक
- **Traitorous** (adjective) – Treacherous, betraying, disloyal, perfidious. विश्वासघाती
 - **Envious** (adjective) – Jealous, desirous, resentful, covetous. ईर्ष्या
 - **Perfidious** (adjective) – Treacherous, untrustworthy, deceitful, disloyal. विश्वासघाती
16. C) The incorrectly spelled word among the given options is 'Aggreement'. The correct spelling is 'Agreement'. This word means "a mutual understanding or arrangement" or "a contract or document outlining such an understanding" समझौता, अनुबंध।
17. B) **On the ball** (idiom) – Doing a job in a quick and competent manner त्वरित और सक्षम तरीके से कार्य करना
18. A) **'had expect'** के बदले 'had expected' का प्रयोग होगा क्योंकि 'had' के साथ Past Perfect tense में main verb का past participle form प्रयोग होता है।
- **'had expected'** will be used instead of 'had expect' because with 'had', the main verb in Past Perfect tense should be in its past participle form.
19. C) **Ductile** (noun) – (of a metal) able to be drawn out into a thin wire. कोमल, तार खींचने योग्य
- **Lithe** (adjective) – (especially of a person's body) thin, supple, and graceful. लचीला
 - **Willowy** (adjective) – (of a person) tall, slim, and lithe. दुबला
 - **Lissome** (adjective) – (of a person or their body) thin, supple, and graceful. लचीला, लचकदार
20. B) A single morsel of food was not eaten by him at his daughter's wedding.
21. B) **Accepted** (verb) – Consented to receive, gave approval to, acknowledged. स्वीकार करना
Antonym: Rejected (verb) – Dismissed, refused, declined, turned down. अस्वीकार करना
- **Trusted** (verb) – Had faith in, believed in, relied on. विश्वास किया
 - **Agreed** (verb) – Had the same opinion, consented, concurred. सहमत होना
 - **Believed** (verb) – Accepted as true, felt sure of the truth of. माना
22. A) **Aviary** (noun) – A large cage, building, or enclosure to keep birds पक्षीशाला
- **Burrow** (noun) – A hole or tunnel dug by a small animal, especially a rabbit, as a dwelling. बिल/ सुरंग
 - **Apiary** (noun) – A place where bees are kept; a collection of beehives. मधुमक्खी पालन गृह
 - **Dormitory** (noun) – A large bedroom for a number of people in a school or institution. शयनागार
23. B) Given the context of the sentence, the most suitable substitute for "retribution for wickedness" is "punishment for wrongdoing", which means that option B is the correct answer.

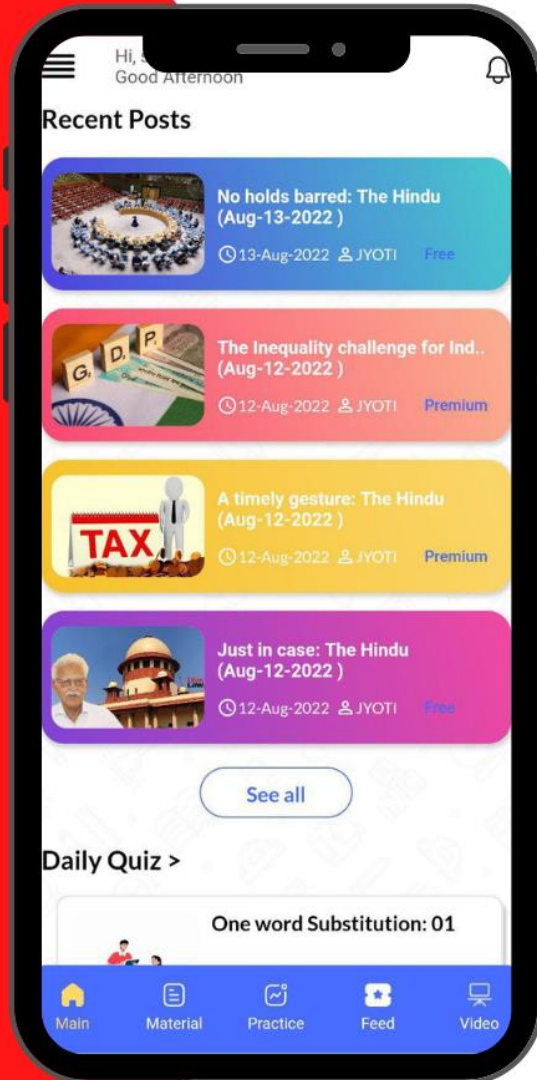
- **Retribution** (noun) – punishment that is considered to be morally right and fully deserved दंड
- **Revenge** (noun) – the action of hurting or harming someone in return for an injury or wrong बदला
- **Payback** (noun) – an act of retaliation; getting back at someone प्रतिशोध
- **Fine** (noun) – a sum of money to be paid as a penalty जुर्माना

24. C) **Jumped the gun** (idiom) – Acted too quickly or prematurely without thinking. जल्दबाजी में काम कर देना

- **Shake a leg** (phrase) – Move quickly; hurry up. जल्दबाजी में काम करो
- **As swift as an eagle** (phrase) – Very fast or quick. बहुत तेज़
- **Test the waters** (phrase) – To try something cautiously before fully committing. सावधानी से कुछ परीक्षण करना

25. B) 'cruse' का प्रयोग होगा क्योंकि यह शब्द एक छोटे से पानी या तेल के बर्तन को दर्शाता है, जिसे गाँववाले बारिश का पानी इकट्ठा करने के लिए बाहर रख सकते हैं। 'Crews' और 'Cruise' का संदर्भ में कोई अर्थ नहीं है और 'crus' यहाँ सही शब्द नहीं है। इसलिए, 'cruse' सबसे उपयुक्त विकल्प होगा।

- **Cruse** should be used because it refers to a small container for water or oil, which villagers could keep outside to collect rainwater. 'Crews' and 'Cruise' have no relevance in the context, and 'crus' is not the correct term here. Thus, 'cruse' would be the most appropriate choice.



Learn Vocabulary Through Reading Articles

English Madhyam