

Reading Comprehension Questions Overview

Reading Comprehension Questions have a good weightage in the Rbi Assistant Exam and the type of question asked in Rbi Assistant exam is similar to the question mentioned below. It has been solved and explained by KD Live Experts under the guidance of Neetu Mam and they have tried to elaborate the concept used in Reading Comprehension Questions.

Comprehension On Reading Comprehension Questions

Read the passage carefully and answer the questions given beside. When we talk about healthy food, we also note other factors apart from balanced nutrition, such as freshness and hygienic conditions for the preparation and consumption of food. Now, in the midst of our busy lives where a thousand things simultaneously pull at our attention, why discuss something as mundane as the importance of dietary habits and healthy food, a topic that was covered in the 6th standard? Well, because our food choices are dictated by our demanding lives— most of us are always late for work, and so prefer something that is quick to make and easy to eat. We even tend to skip proper meals at times, and instead opt for fast food. And while this may start as exceptions, they soon become habits and disrupt our meal cycle. Eventually, before we know it, consuming processed food on a daily basis affects our health, and may even lead to the development of diseases like hepatitis, diabetes, obesity, and cardiovascular diseases. Every food item has a certain nutritional value. Our body requires nutrients like carbohydrates, proteins, fats, vitamins, and minerals to serve various purposes and needs of the body. These nutrients are present in different food items in varying proportions, and a healthy diet effectively combines these nutrients in a balanced manner. As a large portion of our body is composed of water, it's also important that we keep it hydrated. Therefore, a healthy, balanced is an important part of life as it provides the energy required to perform life activities, and impacts our everyday strength, performance, and recovery. Further, according to a study published by the U.S. National Library of Medicine, the food we eat has an effect on both our mental and physical health; negligence here proves to be severely detrimental for ambitious people, as to meet challenging commitments one needs that the mind is healthy and well. A healthy mind does not merely prosper at work but understands the value of maintaining a balance between personal and professional life, and as a result, excels at both. A composed mind is better at analyzing and solving hurdles during social interaction. A healthy diet is also crucial for overcoming depression and anxiety. A healthy lifestyle has short term as well as long term benefits. In the long term, combined with physical activity, a balanced diet can reduce the risk of having certain diseases like cancer, diabetes, cardiovascular disease, obesity, and so on. In the short-term, it can make us feel and look our best, give us more energy and help us maintain a healthy weight. The other aspect concerning the effects of healthy food on the environment corresponds to the natural environment we inhabit. We are all well aware of the fact that the natural resources are rapidly depleting because of the abusive manners of humankind. Exploitative development with little regard for long-term sustenance is causing environmental problems like global warming, mass extinction of species, and is degrading the quality of resources like land, water, and air. However, since we have a vast population to feed, it would be impractical to suggest that we completely 1. _____ the



process of development, industrialization, and the use of modern methods. Yet, the heavy usage of harmful chemicals to increase production only caters to quantity, and not quality. And therefore, a gradual switch to organic food that is healthy will also support the regeneration of the natural environment. While our lives may get busier in the pursuit of success, health is indeed a wealth we cannot afford to neglect at any point in time. It is not merely from the perspective of self-interest, but also as a responsibility one shoulders towards the society and the environment. Every time we eat something, it changes our lives a little. That change can either be one of the best things to happen to us, or it could be our downfall—the choice is ours.

Question On Reading Comprehension

Why it is important to discuss the importance of dietary habits and healthy food as per context?

Difficulty : Moderate

Average Time : 208 Seconds

Reading Comprehension Questions Options

1. Because maintaining a healthy body and environment is also our social liability that will enhance the country's developmental index.
2. Because our small healthy eating habits will result in changing our lives a little day by day and will support the natural environment too.
3. Because our food preferences are dominated by our onerous lives. We often miss out on routine meals and turn to processed food to avoid the last minute rush which soon replaces our healthy meal and leads to various diseases.
4. Both ii and iii
5. All of the above

Reading Comprehension Questions Solution

The correct answer is Option 4 i.e. Both ii and iii

Concept/Grammar rule	Application
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The given query is based on indirect observation i.e. reading the passage carefully and assessing the answer.

The passage tells us about maintaining a healthy lifestyle and its benefits.

Refer to the first and fifth paragraphs of the passage we came to know that why it becomes important to discuss a healthy lifestyle.

The rest of the option is correct but it is not in the context. Hence, the chosen option is correct.

Reading Comprehension Questions Tips and Tricks



- Try to solve Reading Comprehension Questions without taking any help from the solutions.
2. Reading Comprehension Questions require proper usage of concept so firstly read the question thoroughly and then use the right concept.
 3. In case you're not able to solve the question in less than 30 seconds in the exam then you should skip the question and move to the next question.

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About Neetu Mam

Neetu Mam is primarily passionate for the English language and teaching from the last 20 years however for the Reading Comprehension Questions. She has guided her team to provide the best explanation for the question.



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