

D-3
15/6

INTERNATIONAL INDIAN SCHOOL BURAI DAH

TERM EXAMINATION (2019-2020)

ENGLISH (SET A) / CLASS X

Duration: 3 hours

Max. M : 80

General instructions:

- (i) *The question paper is divided into three sections:*
- | | |
|---------------------------------------|-----------------|
| <i>Section A: Reading</i> | <i>20 marks</i> |
| <i>Section B: Writing and Grammar</i> | <i>30 marks</i> |
| <i>Section C: Literature</i> | <i>30 marks</i> |
- (ii) *All questions are compulsory.*
- (iii) *You may attempt any section at a time.*
- (iv) *All questions of that particular section must be attempted in the correct order.*

Section A (Reading)

20Marks

- 1. Read the passage given below and answer the questions that follow:**

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1. Power foods are foods that provide rich levels of nutrients like fibre, potassium and minerals. With people becoming increasingly health conscious today, a lot of fitness trainer encourage their clients to include these foods in their daily diet to increase muscle development. There are various ways of incorporating power foods in your daily diet. Of course, the key to enjoying power foods is proper preparation of these foods, the use of season fresh foods, and identifying your choice of flavor among power foods.
2. Some of the recommended power food combinations are those that are prepared in our kitchens on a regular basis. Take for instance, the combination of chick pease and onions. This combination is a powerful source of iron which is required by the body to transport oxygen to its various parts. Iron deficiency can lead to anemia, fatigue, brain fog and tiredness. A study by the journal of agricultural and food chemistry says that sulphur compounds in onion and garlic help in the absorption of iron and zinc from chick peas. The combination is a hit with teenagers who need to

be diligent about getting iron in their diet. A quick way to prepare this power food is to make a chick pea salad with chopped onions, chat masala and cilantro.

3. Another favorite combination with power food takers is yoghurt and bananas. This makes for a perfect snack after a rough game of football. Exercising bums glucose and thus lowers blood sugar. Yogurt is packed with proteins that help preserve muscle mass, and bananas packed with carbohydrates that help in refueling energy and preventing muscle soreness. A quick and easy recipe with bananas is a bananas smoothie topped with cool yoghurt.
4. Among beverages, green tea is the best source of catechins that are effective in halting oxidative damaged to cells. According to researchers at the Purdue University, adding a dash of lemon juice to green tea makes the catechins even more easily absorbable by the body. So, the next time you have instead of are friends serve them rounds of iced green tea with mint and lemon juice.

1.1 On the basis of your understanding of the above passage, answer any eight of the following questions: 1x8=8

- a) What are power foods?
- b) What are the rules regarding the partaking of power foods?
- c) What is the advantage of including onions and garlic in our diet?
- d) Suggest a quick recipe with chick pea and onions.
- e) Why is yogurt and bananas, an enriching power food?
- f) Why is green tea recommended power food?
- g) What is the advantage of combining green tea with lemon juice?
- h) What is the key to enjoying power foods in a wholesome way?
- i) Which snacks makes a perfect after a rough game of football?

1. Read the passage given below: 12 M

1. Being healthy does not necessarily mean only physical fitness. It also includes mental and emotional well being. You need to follow some guidelines and maintain a time table of your daily activities in order to stay fit and fine throughout your life.
2. The first and the most important point to be taken care of in order to remain healthy is to follow healthy eating habits. One must avoid consumption of unhealthy junk foods. Try to include those foodstuffs that are rich in all the nutrients that are very essential for the proper growth of our body tissues. Make sure that these foods are rich in vitamins, minerals, proteins, good

carbohydrates as well as fats. It is a misconception that fats whether good or bad are always harmful for your body. Not all fats are bad for health. There are some types of fats that are essential for the body as well. To make sure that your heart keeps healthy all the time, have a wholesome meal. By doing this you will also have a healthy brain and a good immune system.

3. Burning calories is also very necessary for good health. For this, you will have to plan your schedule and give some time for exercise every day. This proves to be very beneficial in maintaining the wear and tear of all your body muscles. Another important point that you should always keep in mind is that you cannot stay healthy by skipping meals. Have your food at proper time intervals and avoid starvation. Instead of eating a large quantity of food at one single time, try to have 6-7 small courses of meals at regular intervals. This will help you maintain proper functioning of your digestive system.
4. Apart from the solid food, you must also pay attention towards liquids. Include beverages such as coconut water, fruit juices and especially water. You must drink at least 10-12 glasses of water in the entire day. This maintains a very good rate of metabolism.
5. Sleep is another important factor with regard to health. Along with proper liquid and solid you also need a sound and sufficient sleep to keep yourself fresh all day. If you do not have a sound sleep of 6-7 hours at night then you will feel tired and lazy all day and this will also affect your mood.

1. **Answer any four of the following questions:**

2x4=8

- a) What do you understand by the term 'being healthy'?
- b) What are the essential nutrients required for proper growth of our body tissues?
- c) What are the advantages of exercise?
- d) Besides solid foods and exercise, what other things are needed to maintain a good rate of metabolism?
- e) is another important factor with regard to health.

2. **Find word/ phrases from the passage mean the same as the following:**

1x4=4

- f) Using (para2)
- g) Wrong belief/ idea (para 3)
- h) Helpful/ advantageous (para 3)
- i) Weary /fatigued (para5)

SECTION-B (WRITING AND GRAMMAR)

30 Marks

3. Children today, are facing many health problems like skin problems, dental problems, eyesight problems, foremost being obesity. They are suffering from various deficiencies also. Write a letter to the Editor of a national daily asking the mothers to be careful about the health, food and exercise of their children.

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OR

You are Sameer / Sapna. Write an article in 100-120 words on the topic, 'Evils of Child Labour'.

4. **In 150-200 words write a story based on the input given below:** **10**

Today my English paper got over early. While waiting to submit the paper I had a nice time.....

OR

I had gone to my tuition class in the evening. The weather was pleasant. When I came out

5. **Fill in *any four* of the blanks choosing the most appropriate words from the given options.**

1x4=4

It is neither the size (a) the length of life (b)makes man human. The intellect is (c) in proportion (d).....the growth of the human body. Physically man may (e)to the stature of a giant, yet intellectually he may remain a dwarf.

- | | | | |
|-----------------|--------------|-------------|------------|
| (a) (i) or | (ii) nor | (iii) never | (iv) not |
| (b) (i) this | (ii) whose | (iii) which | (iv) that |
| (c) (i) roughly | (ii) usually | (iii) ever | (iv) never |
| (d) (i) at | (ii) to | (iii) with | (iv) in |
| (e) (i) earn | (ii) attain | (iii) grow | (iv) keep |

6. **Rearrange *any four* of the following word / phrases to make meaningful sentences.**

1x4=4

- (a) regular / is adaptable / for / human body/ vigorous exercise / and
- (b) strong / joints and muscles / helps to / exercise / make / bones
- (c) reduce / heart attacks / of / it can / the risk
- (d) in slimming / the calories/ in food/ it helps/ by burning up / us
- (e) to keep/ a healthy / in/ us/ state of mind/ it can/ help

7. The following paragraph has not been edited. There is an error in each line. Identify the error and write down its correction against correct blank number. Attempt *any four*

1x4=4

	Error	correction
(a) You could not worry about my health
(b) I would recover soon enough. However,
(c) must you do me a favour if you don't
(d) tell everyone about my ill- health.
(e) You know how irritating it should be to answer the same questions.

SECTION- C (Literature Text Book and Supplementary Reader) 30Marks

8. Read the extract given below and answer the questions that follow: 1x4=4

**“There is a languid, emerald sea,
Where the sole inhabitant is me-
A mermaid, drifting blissfully.”**

- a. Who do these lines refer to?
- b. How is the sea?
- c. Who is the sole inhabitant of the sea?
- d. What does the person refer to want to do?

OR

So he robbed a safe every year. Each year he planned carefully just what he would do, stole enough to last for twelve months, and secretly bought the books he loved through an agent.

- (a) Who is “he” in the above extract?
- (b) Why did he rob only one safe every year?
- (c) Find the word from the extract that means the opposite of “openly”
- (d) What is the present tense of “stole”?

9. Answer the following in 30 – 40 words each: 2x5=10

1. Why did Lencho not want to send the rest of the money by mail?
2. According to the poet, what do fire and ice represent? Do you agree with him?
3. Why was it difficult for Hari to rob Anil?

4. How did Horrace fulfill his desire of reading books after he was arrested?
5. When did Mandela begin to hunger for freedom?

10. Answer (*any one*) of the following questions in 100-150 words: **1x8=8**

(a) Though Peggy and Maddie were good friends, they differed in their thinking. Substantiate giving references from the story 'The Hundred Dresses-1'.

OR

(b) From the diary of Anne Frank throws light on teacher- student relationship, class atmosphere and discipline. Write the values of these aspects of school and how far these values are necessary for learning and life.

11. Answer (*any one*) of the following question in 100-150 words: **1x8=8**

a) Give a character sketch of the lady in red highlighting how she outwitted Horrace Danby.

OR

b) Write a character sketch of the secret Agent Ausable.