

**Kendriya Vidyalaya Mati, Shift - 1  
Akbarpur, Kanpur Dehat**

**WINTER BREAK  
HOLIDAY'S HOMEWORK  
2022 - 2023**

**ENGLISH (CORE) - 301  
Class - XI**

Section A: Reading Section  
Section B: Writing Section  
Section C: Grammar Section

- Mr. R. S. Singh (P. G. T. Eng)

# Section A: Reading Section

## Reading Comprehension

[20 Marks]

### 1. Read the passage given below.

(10)

1. This is the largest Malay house on the peninsula. It is built of wood painted green and white, with bold floral designs on a white background around some of the circular windows, and a very large porch for followers to wait in, up a ladder of course.
2. Really the upper class of Malay houses show some very good work. The thatch of the steep roof is beautifully put on, and between the sides of finely woven checked matting interspersed with lattice work and bamboo work, the shady inner rooms with their carved doorways and portieres of red silk, the pillows and cushions of gold embroidery laid over the exquisitely fine matting on the floors, the light from the half-shaded windows glancing here and there as the breeze sways the screens, there is an indescribable appropriateness to the region.
3. I waited for the elephant in a rambling empty house, and Malays brought pierced coconuts, buffalo milk, and a great bouquet of lotus blossoms and seed-vessels, out of which they took the seeds, and presented them on the grand lotus leaf itself. Each seed is in appearance and taste like a hazel-nut, but in the centre, in an oval slit, the future lotus plant is folded up, the one vivid green seed leaf being folded over a shoot, and this is intensely bitter.
4. The elephant at last came up and was brought below the porch of the house. They are truly ugly beasts, with their grey wrinkled, hairless hides, the huge ragged 'flappers' which cover their ears, and with which they fan themselves ceaselessly, the small mean eyes, the hideous

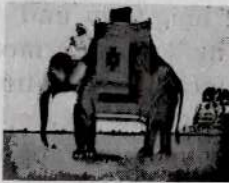
trunk which coils itself snakishly round everything, the formless legs, the piggish back, with the steep slope down to the mean, bare tail, features so unlike any other familiar and friendly beast.

5. Before I came out from England, I dreamt of *howdahs* and cloth-of-gold trappings, but my elephant had neither. In fact there was nothing grand about him but his ugliness. I dropped into one of two baskets on either side of his back from the porch, a young Malay lad dropped into the other, and my bag was tied on behind with more ropes.
6. My ride was not comfortable. One sits facing forwards with the feet dangling over the edge of the basket. This edge soon produces a sharp ache or cramp, and, when one tries to get relief by leaning back on anything, the awkward rolling position is so painful that one reverts to the former position till it again becomes intolerable.
7. After we had travelled two hours, the baskets slipped down very dangerously and needed adjustment. We were forced to dismount while the pack was adjusted. Then, while the elephant was still sitting, the driver jumped on the elephant's back and giving me his hands hauled me up over the head, after which the creature rose gently from the ground and we went on our journey.
8. Soon the driver abandoned the elephant for a gossip and a smoke, leaving the animal to go its own way for a mile or more. The elephant turned into the jungle, where he began to rend and tear the trees, and, going to a mud-hole, he drew what water there was out of it, and squirted it with a loud noise over himself and his riders, soaking my clothes with it. When he turned back to the road again, he several times stopped and seemed to stand on his head by stiffening his trunk and leaning upon it, and when I hit him with my umbrella he uttered the loudest roar I ever heard. My Malay fellow-rider jumped off and ran back for the driver, at which the baskets both came down on my side of the elephant.
9. On the driver's return I had to dismount again, and this time the elephant was allowed to go and take a proper bath in a river. He threw large quantities of clear water over himself, and took up plenty more with which to cool his sides as went along. Thick as the wrinkled hide of an elephant is, a very small insect can still draw blood from it, and so, like the water buffalo, he wisely plastered himself with mud from the river's edge for protection. Mounting again, I rode for another two hours, but he crawled along about a mile an hour, and seemed determined to lie down. He roared whenever he was asked to go faster, sometimes with a roar of rage, sometimes in loud distress. In despair, the driver got off and walked behind him, but at that point the elephant stopped altogether. The driver tried to pull him along by putting a hooked stick in his huge 'flapper' but this produced no other effect than a series of howls.
10. So, he climbed back on to his head, after which the brute made a succession of exaggerated stumbles. The driver with a look of disgust got off again. I let myself down his unshapely shoulder by a rope till I could use the driver's shoulders as steps. I walked the remaining miles to Kwala Kangsa, and the driver carried my suitcase! Such was the comical end of my first elephant ride.

*On the basis of the understanding of the passage, answer any ten of the questions given below with the help of the options that follow.* (1 × 10 = 10)

- (i) How are the upper class of Malay houses appropriate for the region?
  - (a) Pillows and cushions laid on the floor are embroidered with gold.
  - (b) The inner rooms have carved doorways with red silk curtains on them.
  - (c) The thatch of the steep roof looks beautiful.
  - (d) All of the above

- (ii) The author had previously regarded riding on an elephant as a luxurious means of travel because
- before coming out from England he did not know what an elephant was.
  - he thought it would be very costly to ride on an elephant.
  - he dreamt of howdahs and cloth of gold trappings on the elephant.
  - All of the above
- (iii) Why did the light in the inner room kept changing?
- Because of the winds that was swaying the screen.
  - Because of the changing direction of the Sun.
  - Because of movement inside the room.
  - Because the screens were being repaired.
- (iv) What was the first incident in which the elephant showed that it was not co-operative?
- It refused to move when the author sat on it.
  - Whenever the elephant was asked to go faster, it roared as if in distress.
  - It trumpeted its protest when it was not given water to drink.
  - None of the above
- (v) Which option correctly represents how the author had imagined elephants to be?



1.



2.



3.



4.

- (a) Option 1      (b) Option 2      (c) Option 3      (d) Option 4

- (vi) When the elephant was asked to go faster, he protested by .....
- stopping in his tracks
  - turning and going back
  - roaring in rage
  - None of these
- (vii) Why does the author call the elephant's act of putting mud on itself wise?
- Because it would save it from taking a ride.
  - Because it would mean that the elephant had more time to relax.
  - Because the mud would save it from insect bites.
  - Because then it would have to be set free.
- (viii) How does the author describe the elephant?
- As truly ugly beasts.
  - Having small huge flapper.
  - Having small mean eyes.
  - Having well-formed legs.
- 1 and 4
  - 1 and 3
  - 3 and 4
  - 2 and 4
- (ix) "the light from the half-shaded windows glancing here and there". Pick the option in which the meaning of 'light' is not the same as it is in the passage.
- I opened the curtain to let some light come inside.
  - White light is light such as sunlight.
  - I had a light breakfast today.
  - I was dazzled by the light coming from the sun.
- (x) Pick the option showing the correct use of the word 'hauled'.
- He was hauled as a famous scientist by the media.
  - There was a haul in the wall.
  - I hauled myself out of the traffic.
  - A crane had to be used to haul the car.

(xi) Based on your understanding of the passage, choose the option that lists the correct sequence of the events described in the passage.

1. The baskets slipped down after the author had travelled for two hours.
2. The driver abandoned the elephant for a gossip and a smoke.
3. The author thought that the elephant would be wearing decorated trappings.
4. The elephant was allowed to go and take a proper bath in the river.

(a) 3, 1, 2, 4

(b) 1, 2, 3, 4

(c) 4, 5, 2, 1

(d) 1, 4, 3, 2

2. Read the passage given below.

(10)

A large majority of the elderly in India does not get long-term and palliative care, revealed a study conducted for the United Nations. The survey of more than 10,000 respondents across Northern, Southern, Western, Eastern, and Central India during May-June 2018, showed that 62.1% of the elderly did not get such care. More than half of these people, 52.4%, said they primarily need traditional family support, says a study by Agewell Research and Advocacy Centre.

Older people in India often face problems such as disability, restricted mobility, loneliness, poverty and lack of awareness on accessing old-term care. With a fast growing population of older people, the ever-increasing gap between generations and the fast and demanding lifestyle of young people, for a majority of older people, life is still a struggle for independence.

“According to 64% of elderly respondents, loneliness, marginalisation, and isolation are the most critical issues faced by bedridden, elderly patients as they cannot visit, meet or interact with their relatives, friends and neighbours,” said Himanshu Rath, founder of Agewell Foundation.

The elderly have to compromise and make adjustments in their lifestyle according to the wishes of the younger members of their families to ensure they are cared for, the study revealed. It highlighted that 67.6% of the elderly being taken care of their family members have to look after the children of the families. They have to perform tasks such as babysitting in return for proper care and support.

“Around 73.7% said they have to take care of the house and other properties of their younger family members to ensure long-term and palliative care in old age,” the study report said. “Over 75% of respondents have to limit their personal social interactions as their family members direct them to do so, otherwise their family members can avoid providing their basic needs of food and medicines.” Most elderly respondents (68.5%) said breaking up of the joint family system is one of the biggest factors for the challenges they face in getting long-term, palliative care.

Healthcare equipment such as wheelchairs, relief material such as adult diapers and care-giving service should be provided on a regular basis to destitute older people, who are bedridden and suffering from acute mobility issues, the report said.

“Though providing long-term and palliative care to older persons comes in the purview of family responsibilities in India, it is observed that older persons, who are financially

independent, have a high net worth or hold property entitlements, are treated comparatively well by their family members" said Rath.

"Managing home care for the elderly is a massive challenge as multiple service providers—nursing agencies, physiotherapists and medical suppliers—are small scale and unorganised and, therefore, provide incomplete care," he said. "In India, health insurance coverage is essentially limited to hospitalisation. The concept of geriatric care has remained a neglected area of medicine so far in the country."

### No Country for the Elderly

► 62.1% of elderly in India don't get long-term, palliative care, says the survey by Agewell Research and Advocacy Centre.

► Of them, 52.4% said they primarily lack family support.

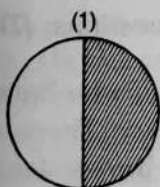
► Over 75% of elderly limit social interactions, else their family don't take care of their needs.



► 67.6% of the elderly being taken care of their family members have to babysit children.

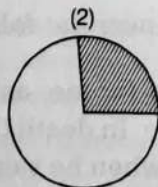
On the basis of the understanding of the passage, answer any ten of the questions given below with the help of the options that follow. (1 × 10 = 10)

- (i) According to the passage what is the primary need of all elders in India?  
 (a) Long term care (b) Traditional family support  
 (c) Independence (d) Proper healthcare
- (ii) Pick the option that lists the statements that are NOT TRUE according to the passage.  
 1. Older people in India often face problems.  
 2. The elderly have to compromise and make adjustments in their lifestyle.  
 3. Healthcare equipment such as wheelchairs, adult diapers, etc should not be provided on a regular basis.  
 4. Managing home care for the elderly is a small challenge.  
 (a) 1 and 2 (b) 2 and 3 (c) 1 and 3 (d) 3 and 4
- (iii) The word 'acute' as used in para 6, means the same as  
 (a) deserving (b) poor (c) serious (d) intermittent
- (iv) How does an elder get the proper care and support?  
 (a) By babysitting.  
 (b) By transferring their properties to the family members.  
 (c) By shifting into a old age home.  
 (d) By taking care of the household.
- (v) Based on the data given in the picture passage, choose the option that correctly states the outcomes of the survey during May-June 2018.



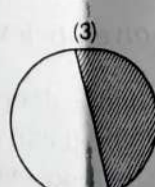
- Elderly did not get long term and palliative care.  
 Elderly get long term and palliative care.

(a) Option 1



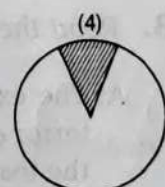
- Elderly did not get long term and palliative care.  
 Elderly get long term and palliative care.

(b) Option 2



- Elderly did not get long term and palliative care.  
 Elderly get long term and palliative care.

(c) Option 3



- Elderly did not get long term and palliative care.  
 Elderly get long term and palliative care.

(d) Option 4



(vi) Based on the data given in the passage, choose the option that lists the statements that are TRUE.

1. The survey was conducted in the Northern and Eastern states in India.
2. More than 10,000 people were surveyed.
3. Around 72.7% of the elderly have to take care of the property of their younger family members to ensure their long-term care.
4. 64% of the respondents cited that loneliness, marginalisation and isolation are the most critical issues faced by the bedridden elderly patients.

- (a) 1 and 2                      (b) 2 and 3                      (c) 1 and 4                      (d) 2 and 4

(vii) The passage specifically focuses on .....

- (a) all old people in old age homes                      (b) elderly with mental disorder  
(c) bedridden old people                      (d) all old people

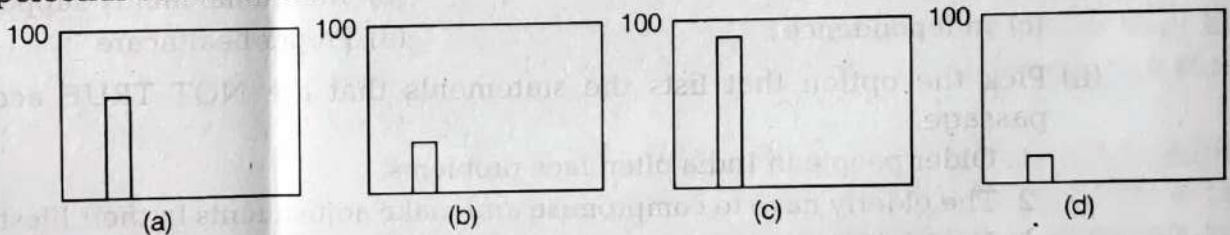
(viii) In India, the responsibility of the elders lies on .....

- (a) family systems    (b) old age centres    (c) government                      (d) hospitals

(ix) According to the report, what is an essential requirement for older people suffering from mobility issues?

- (a) Care giving services                      (b) Wheelchairs  
(c) Adult diapers                      (d) All of these

(x) Which of the following shows the correct details of respondents having to limit their personal social interactions?



(xi) Arrange the given data from the survey from the least accepted to the most observed problem faced by the elderly, from the following

1. Lack of traditional family support.
2. Limited personal social interactions.
3. Loneliness, marginalisation, and isolation.
4. Compromise for proper care and support.

- (a) 3,4,2,1                      (b) 4,3,1,2                      (c) 2,4,3,1                      (d) 1,4,2,3

## Reading Comprehension

[20 Marks]

### 1. Read the passage given below.

(10)

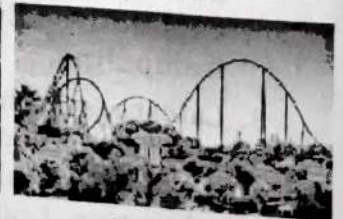
1. It was the city's first indoor play park of its kind. Like a good mother, I was sceptical of virtually every aspect of it. How could it succeed? Why should it succeed? How would a set of contraptions in a room hold the attention of today's children? Don't call me paranoid: I stood with dozens of mothers in similar states of quandary, while the cheerful staff whisked away the curious kids for an hour. "I thought she blew the whistle after 15 minutes," huffed the pre-teen when she returned.
2. The manager came up to me. "I told you, the child would have a blast," she laughed. And explained, "There are hardly any parks in our cities." She meant, hardly anywhere children can be themselves and like a Maria in 'The Sound of Music', where they could climb a tree, scrap their knees, and tear their dresses. Most of the recreation now is limited to electronic activity and given half a chance, children would jump for something more physically explorative. Even if it is simple stuff like climbing, whizzing down and jumping on a trampoline.
3. Latest research shows that computer games slow down brain development. The 'in' thing till yesterday, they are 'out' today. Says Nandita Sharma, parent of a well-adjusted teenager, "Any mother can tell that standing at a console juggling a joy-stick isn't conducive to physical relaxation. I rationed Karan's hours at the video games and made sure he spent evenings with his friends in the little space outside the house." Nandita was also afraid that the bright lights of computer games could hurt young eyes. Nor did she like the topic most of the games are

based on. "There's just too much violence and fast activity. I know my kid can't lag behind in today's world, and computer games certainly sharpen reflexes, but I wish the games would be more interactive and socially inclusive."

4. Indeed, apart from making a zombie out of the child, research indicates that computer games only stimulate activity in the parts of the brain associated with vision and movement. It can also lead the child to be more violent. The lack of mental calisthenics curbs their agility in controlling their response to an unsavoury situation.
5. Moreover, most electronic games isolate the child from the group fun of playing outdoors. Playing with peers and taking a toss or two appreciably strengthens the child's tolerance of others. This behaviour is governed by the frontal lobe, which continues to develop in humans till about 20 years. The more this lobe is exercised during moments of restraint, the more the fibres connecting the neurons in this part of the brain thicken, improving the individual's control of reactions. Playing electronic games, research shows does not encourage the development of this lobe.
6. So now parents know what to do-put away the placebos. After school and home assignment hours, the best thing they could do for their kid is invite his friends home and roll the carpet away!

*On the basis of the understanding of the passage, answer any ten of the questions given below with the help of the options that follow.* (1×10 = 10)

- (i) Why was the author paranoid about the indoor play park?
  - (a) She was paranoid about children not liking it.
  - (b) It would not engage the children.
  - (c) It could never provide the feeling of playing in a real park.
  - (d) Author was worried about her child.
- (ii) What would children like to do most, when allowed to be themselves?
  - (a) Sit idle, doing nothing.
  - (b) Climb a tree, tear clothes.
  - (c) Do fulfilled physical activities.
  - (d) Play electronic games.
- (iii) Based on your reading of the passage, choose the option that lists the correct sequence in which the data is given.
  1. Parents need to make sure that children participate in physical activities.
  2. Computers games slow down brain development.
  3. There is a lack of parks in cities.
  4. Computer games sharpen reflexes.
  5. The frontal lobe develops till 20 years of age.
  - (a) 3,2,4,5,1
  - (b) 1,3,4,2,5
  - (c) 2,3,4,5,1
  - (d) 1,3,5,4,2
- (iv) What is the role of frontal lobe, as explained in the passage?
  - (a) Strengthen child's tolerant power.
  - (b) Helps in controlling an individuals's reactions.
  - (c) Child loves to play outdoor games.
  - (d) Both (a) and (b)
- (v) Which option correctly represents an indoor park?



1.

2.

3.

4.

- (a) Option 4 and 3
- (b) Option 2 and 4
- (c) Option 1 and 2
- (d) Option 3 and 1

(vi) Which of the following is not a disadvantage of playing too much of computer games?

- (a) Computer games hurt children's eyes due to their bright light.
- (b) They make children more violent.
- (c) They isolate children from their peers.
- (d) They stimulate vision and movement.

(vii) When were the mothers paranoid?

- (a) When the children were taken away inside the indoor play park.
- (b) When they saw the games in the park.
- (c) When the children showed their disinterest.
- (d) When the children wanted to pay video games.

(viii) Which of the following statements is NOT TRUE as per the passage?

- 1. Computer games make a zombie out of a child.
- 2. Some electronic games isolate the child from the group fun of playing outdoors.
- 3. Computer games aid brain development.
- 4. Nandita Sharma is the mother of Karan.

(a) 1 and 2

(b) 2 and 3

(c) 3 and 4

(d) 1 and 4

(ix) "I rationed Karan's hours at the video games and..... ." The word 'rationed' in the line means

- (a) to have a variable amount of something.
- (b) to have an unlimited amount of something.
- (c) to have a negligible amount of something.
- (d) to have a fixed amount of something.

(x) Parents prefer outdoor physical activity for their children in comparison to computer games. Why?

- 1. Computer games show down brain development.
- 2. Most of the games are full of violence.
- 3. Bright lights of the computer affect the eyes of the children.
- 4. Games lead to cognitive development of the child.

(a) 1 and 4

(b) 1, 2, 3 and 4

(c) 1, 2 and 3

(d) 3 and 4

(xi) Pick out the option that correctly lists the author's opinion towards gaming.

- 1. Supportive
- 2. Satisfying
- 3. Disapproving
- 4. Illogical
- 5. Compassionate

(a) 1 and 5

(b) 2 and 4

(c) Only 4

(d) Only 3

2. Read the passage given below.

(10)

A number of citizens suffer from a variety of diseases that can be linked to tobacco addiction. In a recent check-up camp organised by the Cancer Patients Aid Association (CPAA), 830 street children were examined and the following grim picture was established

- Children between the ages of 7 and 8 smoked *bidis*, older boys who were earning members, smoked cigarettes.
- The youngest smoker was 6 year old. All the boys, young and old, smoked *ganja*.
- Girls consumed *supari* or burnt tobacco powder.
- 87 children had already acquired pre-cancerous lesions; the youngest member of that group was 11 year old.
- 'Solutions' or 'white ink' or 'erasing fluids' are also inhaled by these children to get a 'high'.
- These substances are easily accessible, legal and cost a mere ₹ 2.

But this trend is not only confined to any particular segment of society. According to doctors, consumption of *gutkha* and smoking is quite rampant amongst children from higher income groups.

According to CPAA officials, consumption of *gutkha* has gone up considerably in the last few years. Since there is no restriction on the advertisements of this product, even during Ganesh festivals, companies producing *gutkha* sponsor events and display huge ads.

Over 50% of the people screened so far are addicted to tobacco. The most common form of tobacco use is *gutkha* and chewing tobacco. *Gutkha* is being consumed by people of all ages, upto 22 times a day.

4 million people die every year due to tobacco related causes. Unparalleled expansion of tobacco production and its aggressive and unrestricted promotion, especially in our country, confirms the fears that by the year 2030, approximately 10 million people will die every year of tobacco related causes.

Even though governments are now recognising and accepting the fact that tobacco harms their economies and kills their countrymen prematurely, not all governments are able to or want to introduce strong effective legislation and contribute in other ways to tobacco control.

More and more young smokers are being recruited into the ranks of the tobacco habituated by not only deceptive and manipulative advertising, but also by sponsorship of sporting and other youth related activities. Though the industry claims that use of tobacco is a decision made by informed individuals, the true picture is that today's youth is making an uninformed choice when it comes to tobacco consumption.

This is because the promotion of tobacco by the industry hides the truth about the effects of tobacco and goes to great lengths to make tobacco use seem to be the key to a healthy, happy, social life. More important is the fact that nicotine is addictive and addiction takes away an individual's ability to choose.

**Report of Cancer Patients Aid Association (CPAA)**

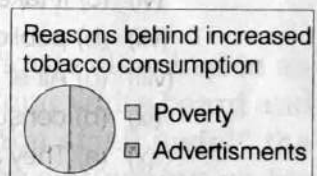
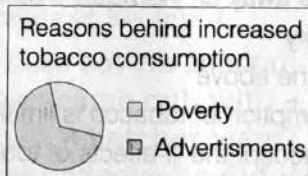
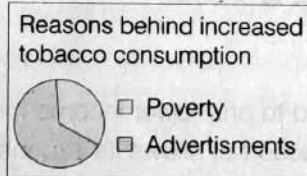
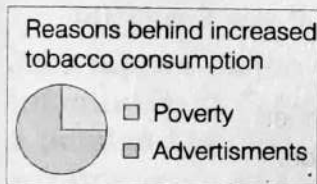
The Association in its survey gave the following information:

- Children between ages of 7 and 8 smoked *bidis*.
- The youngest smoker was 6 years old.
- 87 children had already acquired pre-cancerous lesions.
- Over 50% of people are addicted to tobacco.
- 4 million people die every year due to tobacco related causes.
- By the year 2030, approximately 10 million people will die every year of tobacco related causes.



On the basis of the understanding of the passage, answer any ten of the questions given below with the help of the options that follow. (1 × 10 = 10)

- (i) What does the given passage want to drive attention on?  
 (a) Increasing rates of Cancer.  
 (b) Ill-effects of Tobacco.  
 (c) Tobacco addiction starts very young.  
 (d) Both (b) and (c)
- (ii) According to the CPAA, what is main cause of increasing consumption of Gutkha?  
 (a) Lack of restrictions on its consumption.  
 (b) Lack of restriction on its production.  
 (c) Lack of restrictions on its advertisement.  
 (d) Lack of economic stability in the poor groups.
- (iii) Pick the option that lists the statements that are NOT TRUE according to the passage  
 1. The check-up camp was organised by CPAA.  
 2. Consumption of *gutkha* has gone up rapidly.  
 3. Indian youth are making an uninformed choice with regards to tobacco consumption.  
 4. Governments are now recognising the fact that tobacco harms their economies.  
 (a) Both 1 and 2 (b) Only 1  
 (c) Only 3 (d) Both 3 and 4
- (iv) Based on the data given in the passage, choose the option that correctly states the depiction of the reasons behind increased consumption of tobacco.



1. (a) Option 2
2. (b) Option 4
3. (c) Option 1
4. (d) Option 3
- (v) How are people attracted towards tobacco?  
 (a) Deceptive advertisements (b) Sponsorship  
 (c) Government aid (d) All of these
- (vi) What effect of nicotine is mentioned in the passage?  
 (a) It causes cancer.  
 (b) It is the key to a healthy and happy life.  
 (c) It takes away an individual's ability to choose.  
 (d) It is fatal.
- (vii) The word 'promotion' as used in the last para of the passage means the same as  
 (a) spreading (b) publicity  
 (c) condemnation (d) scarcity
- (viii) Which of the following points are true regarding the camp organised by CPAA?  
 (a) Addictive substances are very cheap.  
 (b) Addiction starts as young as the age of 6.  
 (c) Tobacco was prevalent in all genders.  
 (d) All of the above
- (ix) The passage negates the assumption that  
 (a) consumption of tobacco is considered illegal.  
 (b) consumption of tobacco is limited to only lower income families.  
 (c) with the ban of tobacco, its consumption had decreased.  
 (d) tobacco consumption is rampant in only males.

(x) What contradiction does the government display regarding the consumption of tobacco?

- (a) They accept the ill-effects of tobacco but allows its expansion.
- (b) Governments know the effects of tobacco consumption but does not restricts its consumption.
- (c) Governments are aware of the effects of tobacco consumption but are unable to do anything about it.
- (d) Government cannot take control over the production of tobacco and related substances.

(xi) Which of the following statements/is/are not substantiated in the passage?

1. Girls did not consume *supari*.
2. 'Solutions' or 'White ink' cost only ₹2.
3. Older earning children smoked *bidis*.
4. Consumption of *gutkha* is widespread amongst children belonging to higher income groups.

(a) 2 and 4

(b) 1 and 3

(c) 2, 3 and 4

(d) 1, 2 and 3

## Reading Comprehension

[20 Marks]

### 1. Read the passage given below.

(10)

1. There are two types of diabetes, insulin-dependent and non-insulin-dependent. Between 90-95% of the estimated 13-14 million people in the United States with diabetes have non-insulin-dependent, or Type 2 diabetes. Because this form of diabetes usually begins in adults over the age of 40, it used to be called adult-onset diabetes. Its symptoms often develop gradually and are hard to identify at first; therefore, nearly half of all people with diabetes do not know they have it. This can be particularly dangerous because untreated diabetes can cause damage to the heart, blood vessels, eyes, kidneys and nerves. While the causes, short-term effects and treatments of the two types of diabetes differ, both types can cause the same long-term health problems.
2. What causes type 2 diabetes? There is no simple answer to this question. While eating sugar, for instance, doesn't cause diabetes, eating large amounts of sugar and other rich, fatty foods can cause weight gain. Scientists do not fully understand why obesity increases someone's chances of developing diabetes, but they believe obesity is a major factor leading to type 2 diabetes.
3. Age, sex, weight, physical activity, diet, lifestyle and family health history, all affect someone's chances of developing type 2 diabetes. The chances that someone will develop diabetes increase if the person's parents or siblings have the disease. Experts now know that diabetes is more common in African Americans, Hispanics, Native Americans, and Native



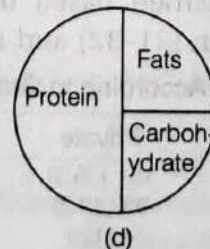
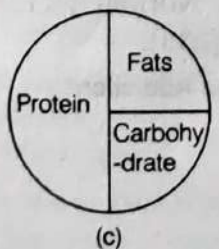
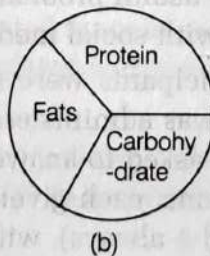
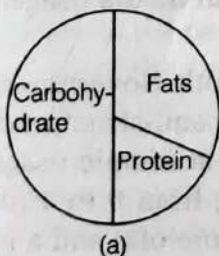
Hawaiians than in whites. They believe this is the result of both heredity and environmental factors, such as diet and lifestyle. While the chances of developing diabetes increase with age, gender isn't a risk factor, although African American women are more likely to develop diabetes than African American men.

4. Both types affect the body's ability to use digested food for energy. Diabetes does not interfere with digestion, but it does prevent the body from using *glucose* (commonly known as sugar), for energy. After a meal, the normal digestive system breaks food down into glucose. The blood carries the glucose or sugar throughout the body, causing blood glucose levels to rise. In response to this rise, the hormone insulin is released into the bloodstream and signals the body tissues to burn the glucose for fuel, which causes blood glucose levels to return to normal. The glucose that the body does not use right away is stored in the liver, muscle or fat.
5. In both types of diabetes, however, this normal process malfunctions. A gland called the *pancreas*, found just behind the stomach, makes *insulin*. In people with insulin-dependent diabetes, the pancreas does not produce insulin at all so they take daily insulin injections to survive. This condition usually begins in childhood and is known as Type 1 diabetes.
6. In some cases people with non-insulin-dependent diabetes usually produce some insulin in their pancreas, but their bodies' tissues do not respond well to the insulin signal and therefore do not metabolise the glucose properly, a condition known as insulin resistance. Scientists have identified two causes of insulin resistance. The first is that there could be a defect in the insulin receptors on cells. Like an appliance that needs to be plugged into an electrical outlet, insulin has to bind to a receptor in order to function. Several things can go wrong with receptors. For example, there may not be enough receptors to which insulin may bind, or a defect in the receptors may prevent insulin from binding. The second possible cause is that, although insulin may bind to the receptors, the cells do not read the signal to metabolise the glucose.
7. There's no cure for diabetes yet. However, there are ways to alleviate its symptoms. In 1986, a National Institute of Health panel of experts recommended that the best treatment for non-insulin-dependent diabetes is a diet that helps one maintain a normal weight and pays particular attention to a proper balance of the different food groups. Many experts, including those in the American Diabetes Association, recommend that 50-60% of daily calories come from carbohydrates, 12-20% from protein, and no more than 30% from fat. Foods that are rich in carbohydrates, such as breads, cereals, fruits and vegetables, break down into glucose during digestion, causing blood glucose to rise. Additionally, studies have shown that cooked foods raise blood glucose higher than raw, unpeeled foods.

*On the basis of the understanding of the passage, answer any ten of the questions given below with the help of the options that follow.* (1 × 10 = 10)

- (i) What form of diabetes usually begins in adults over the age of 40?
  - (a) Type 1 diabetes
  - (b) Type 2 diabetes
  - (c) Both of the above
  - (d) Neither of the above
- (ii) Out of the following types of persons who have the least chance of developing diabetes?
  - (a) Whites
  - (b) Native Hawaiians
  - (c) African Americans
  - (d) Hispanics

- (iii) Which of the following statements is true?
- Both types of diabetes affect the body's ability to use digested food for energy.
  - Pancreas does not make insulin.
  - Type 1 diabetes is more common.
  - There exists a cure for diabetes.
- (iv) People suffering from Type 1 diabetes must have ..... insulin injections to survive.
- weekly
  - monthly
  - daily
  - yearly
- (v) The unused glucose in the body is stored in .....
- muscles
  - fat
  - liver
  - All of these
- (vi) What do experts recommend regarding the percentage of daily calories which should come from fat?
- 12 to 20%
  - 50 to 60%
  - More than 30%
  - Less than 30%
- (vii) What is the major function of Insulin?
- To absorb the nutrients present in the body.
  - To signal the body tissues to burn the glucose for fuel.
  - To make sure that the thyroid functions properly.
  - All of the above
- (viii) The word ..... in para 6 means the same as 'way out'.
- Outlet
  - Metabolise
  - Malfunctions
  - Signal
- (ix) Based on your reading of the passage, arrange the following statements as per their occurrence in the passage.
- What causes type 2 diabetes?
  - There are two types of diabetes.
  - There's no cure for diabetes yet.
  - Age, sex, weight, physical activity, diet, lifestyle and family wealth history all affect someone's chances of developing type 2 diabetes.
- 2, 1, 3, 4
  - 2, 1, 4, 3
  - 1, 2, 3, 4
  - 4, 3, 2, 1



(xi) Pick the option that correctly lists the purpose of the writer of the given passage.

1. To warn

2. To inform

3. To show concern

4. To make an observation

5. To show a research

6. To start conversation

(a) 3 and 5

(b) 2 and 4

(c) Only 6

(d) Only 1

## Section B: Writing Section

## Exercise 2

Read the following notes on 'road safety' and write a speech which you have to make in the morning assembly of your school.

### Road Safety

- Topic particularly important for young people — they are the cause and also the victims of many road accidents — most involved in fatal road accidents — age group 16-20.
- Scooterists and motorcyclists — most involved — show off by driving at breakneck speed — risk their own life as well as of others — many young people mostly belonging to well-off families drive scooters or even cars without proper training — rash driving — must follow traffic rules.
- General indiscipline in society — some shopkeepers and vendors occupy the whole pavement space — pedestrians have to walk on the road meant for vehicles — corners of roads occupied by repairers of scooters, cars etc. — or by three-wheelers and rickshaws — corners most accident prone. We must protest.

### Exercise 3

Read the following notes on modelling in Britain and then write your own views in favour of or against modelling as a profession and its effect on society.

Modelling is now the rage in Britain, with top models in the £ 30,000 a year bracket. Fashions are changing with baffling rapidity and models sell them to a public anxious to be 'with it.'

A few years ago models began when they were 21 but now they have their eyes on the glossies while still at school. Girls of 16 and 17 are well-launched on careers, earning about £ 30 an hour in advertising.

This trend is entirely a post-war phenomenon. These trends converged to produce this phenomenon. Slimming became a giant industry.

- High growth of the textile industry — expansion of the departmental store chain — clothes sold in hitherto unknown quantities to a new affluent market.
- Fashions change very fast and so models are in great demand. Many girls spend £ 7 a week on clothes.
- Fashion photographer — booming cosmetics industry — hair-dressing — all parts of fashion industry — models are the trend-setters.
- As the modelling became a big business, any girl with an attractive face and figure began to dream of it.
- As the fashions and advertising grew, London had over 40 modelling agencies by the early sixties.

### Exercise 4

A student was asked to write a paragraph on 'India in the 21st century'. The following are a few notes from the paragraph written by him.

- 20th century India — big progress in every field of activity — remarkable strides in science and industry.
- Full faith that she will march into the new century as a scientifically advanced country.
- A new era of economic and social development.
- Science and technology will reach the common masses.
- Education will be linked to the economic and social needs of the country.
- A large number of jobs will be created.
- India would compete with other countries in her industrial output.

But you are not so optimistic; you hold a different view. Write a short essay on the basis of the notes given below.

- If the population continues to grow so rapidly .....
  - pollution of the air, water and soil
  - deforestation — extinction of many species of animals
  - housing problem
  - unemployment
  - social tensions
- If the gulf between the rich and the poor continues .....
  - vast inequalities of income
  - dishonesty, corruption, characterlessness
  - social tensions.

## WRITING FOR THE SCHOOL MAGAZINE

Perhaps many students of senior classes have the ambition of writing for their school magazine. A good article for the school magazine should have the following features:

- **It should be brief.** As the space in the magazine is limited it should be brief. Moreover, it is only rarely that a long article becomes attractive.
- **It should be light.** A heavy ill-digested mass of knowledge does not make a good article for the school magazine.
- **It should be interesting and humorous.** If you write on a common place, stale and hackneyed subject like 'Honesty is the best policy,' 'An obedient son/daughter', you cannot blame the editor if your article is not accepted.  
A humorous article is always a fresh and interesting one. There should be nothing of the grimness and dullness of the text-book about such an article.
- **It should have local colour.** Every school has its own atmosphere, its own comedies and side-shows. There should be something of this 'local colour' in your article.
- **Lastly, the language should be simple and correct.** Write carefully and revise carefully before you send your article for publication.

### Example 1

*Write an article for the School Magazine on 'Hazards of Smoking.'*

#### Hazards of Smoking

Dear Friends,

I think all of you know what great harm the use of tobacco in various forms is having on the health of our people. Out of estimated 920 million people in India, about 340 million people above the age of 10 years consume tobacco in one form or the other. It has been estimated that about 12 lakh persons die every year due to diseases related to tobacco consumption in the country. It is consumed in the forms of cigarette, beedi, huca, chilam, cigar, pipe, etc. It is chewed with the betel leaves or consumed along with pan masala.



#### I. HOW TOBACCO IS DANGEROUS TO HEALTH

There are about 4,000 chemical substances in the tobacco smoke out of which NICOTINE, TOBACCO-TAR and CARBON MONO-OXIDE are most damaging to health.

##### (A) NICOTINE

- is an addictive substance like any other narcotics and produces dependence (habit forming) on tobacco.
- raises pulse rate
- constricts blood vessels
- raises blood pressure
- affects the normal functioning of the heart.

**(B) TOBACCO-TAR**

is a dark brown substance which is collected in the lungs. It is the most harmful substance and is the main cause of lung cancer.

**(C) CARBON MONO-OXIDE**

is a poisonous gas which decreases the Oxygen carrying capacity of the blood.

**II. TOBACCO AND DISEASES**

The tobacco consumers are vulnerable to get:

- Peptic ulcer
- Diseases of respiratory system.
  - (a) Chronic Bronchitis — Persistent cough and breathlessness
  - (b) Cancers of lungs, lips, tongue, mouth, throat (voice-box), pharynx, cervix, bladder (a pouch in the body where urine is stored), and Pancreas (an organ which secretes insulin which help control diabetes).
- Heart diseases
- *Buerger's* disease (a disease in which there is decrease in blood supply to lower limbs leading to death of the limb)
- Paralysis and stroke.
- Visual impairment and partial blindness.
- Sterility

**WOMEN AND TOBACCO CONSUMPTION**

Pregnant mothers if they smoke run the greater risk of abortion and giving birth to:

- Premature child
- Dead child
- Low birth weight baby.

**III. SMOKERS HARM EVEN NON-SMOKERS (PASSIVE SMOKERS)**

The wife, children and friends of the smoker also inhale smoke while smoker smokes. They run greater risk of having tobacco related diseases than other people. The tobacco smoke pollutes the atmosphere within the house, office, bus, train, aircraft etc.

**IV. SOME MORE FACTS**

- (a) The use of tobacco reduces the efficiency of certain medicines like analgesics (pain killers), anti-asthmatic drugs, etc.
- (b) Its use lowers the stamina of athletes in sports and athletics.
- (c) If you stop using tobacco you will feel fresher and healthier, your headache will disappear and you will have an increased sense of taste and smell.

**V. HOW TO STOP SMOKING**

The best way is 'not to start smoking'. Don't be tempted to accept any tobacco product offered to you.



# Section C: Grammar Section

- 6.1. *There was an iron merchant named Krishna :*
- In his godown he had about a tonne of iron bars.
  - Once he had to leave his home and go to a distant city.
  - He did not know what to do with them.
  - If he kept them locked up in the godown he would have to pay a large rent. He would also have to pay the wages of a watchman.
- (KVS 2006)

## 7. SENTENCE REORDERING

- 7.1. *Rearrange the following words to form meaningful sentences.*
- Providence/Vivekananda./in/of/believed/the/God
  - World/country/finest/is/the/in/the/India/our
- (MSE 2006)
- 7.2. *Rearrange the words given below to make meaningful sentences.*
- Where/a/for/and/reading/are/a/library/stored/place/books/is/kept
  - a/part/books/of/good/all kinds/library/integral/the/are/of
- (NCT 2006)
- 7.3. *Re-arrange the following words to form meaningful sentences. One has been done for you.*
- Example :*
- Were created/a thousand years ago/in the sea/the foundations for/a whole city.  
 A thousand years ago, the foundations for a whole city in the sea were created.
- Oil/much more/was found/in the 1960s/North sea recently/the/under
  - Designed/as a result/very differently/those/the new rigs/from/in calmer waters/were
- (KVS 2007)
- 7.4. *Look at the words and phrases given below. Re-arrange them to form meaningful sentences in your answer sheet.*
- (MSE 2007)
- Fear/farmers/displacement/from/economic zones/special/large-scale
  - Carefully/walk/lest/fall/should/you
- 7.5. *Rearrange the following words in meaningful sentences.*
- (NCT 2007)
- Has a/range/Hyde Park/wide/of/facilities
  - Lake/is/for/the/popular/boating/and swimming
- 7.6. *Rearrange the following words in meaningful sentences.*
- (MSE 2008)
- the/had/crying/been/child/the/hours/two/last/for
  - fly/to escape/south/starvation/to/chill/and/they
- 7.7. *Rearrange the words or phrases given below to make meaningful sentences.* (NCT 2008)
- They/in the hall/for/two hours/watching/had been/television
  - Blessings/you/all/on/may/showered/be

2. **For example:** on/camel/has/hump/its/a/big/back  
Camel has a big hump on its back.
- (a) storehouse/this/of/hump/fats/is/a  
(b) uses/this/a source of energy/long journey/as/in the desert/during/fat/its  
(c) two flask-shaped bags/inside/for/it/storing/belly/its/has/water
3. **For example:** elephant/land animal/present/largest/is/day/the/of/the  
Elephant is the largest land animal of the present day.
- (a) mild/peace loving/is/animal/it/a/and  
(b) more easily/that is why/domesticated/be/can/and/it/trained  
(c) weigh up/elephant/an/to/can/5 tons
4. **For example:** Mother Teresa/greatest/missionaries/one of the/was/time/of  
our  
Mother Teresa was one of the greatest missionaries of our time.
- (a) dedicated/the poorest of the poor/entire life/she/to/her/the/service/of  
(b) she/apostle/was/of/unwanted/the/an  
(c) Mother Teresa/Calcutta/foreigner/and/home/settled/though/in/made/a/  
her
5. **For example:** spread/healthy carriers/some/of/diseases/are/germs/spread  
by  
Some diseases are spread by healthy carriers of germs.
- (a) healthy person/germs/a/carry/may/of/in/body/typhoid/his/chole  
dysentery/etc.  
(b) person/does not/such/usually/a/disease/suffer/the/from  
(c) people/however/who/into contact/carrier/come/with/are/the/catch  
danger/the/disease/in/of

6. which/your friend/told us the story/we all enjoyed
7. spent the money/have you/from me/that/you borrowed
8. how/I am going/the money/to get/know/I don't

### C.5. MULTIPLE CHOICE QUESTIONS

(a) Combine the sentences by choosing the most appropriate option.

1. Milkha will win the race. It is certain.
  - (i) It is certain how Milkha will win the race.
  - (ii) It is certain that Milkha will win the race.
  - (iii) Milkha will win the race it is certain.
  - (iv) Milkha will certain win the race.
2. The principal warned Ramesh. He needed a lot of improvement.
  - (i) The principal warned Ramesh that he needed a lot of improvement.
  - (ii) The principal warned Ramesh you needed a lot of improvement.
  - (iii) Ramesh needed a lot of improvement the principal warned.
  - (iv) The principal warned that a lot of improvement needed in.
3. He made a lot of money somehow. Nobody knows how.
  - (i) He made a lot of money somehow nobody knows how.
  - (ii) He made a lot of money somehow that nobody knows how.
  - (iii) He made a lot of money how nobody knows.
  - (iv) Nobody knows how he made a lot of money.
4. You will win in the end. I am sure of it.
  - (i) You will win in the end and I am sure of it.

(Sorted)

the correct option from those given in the brackets

(i) The postman (is delivering) letters twice a day.  
(ii) The postman (has delivered) letters twice a day.  
(iii) The postman (delivers) letters twice a day.  
(iv) The postman (delivering) letters twice a day.

(i) (Do) you celebrate your birthday last year?  
(ii) (Are) you celebrate your birthday last year?  
(iii) (Were) you celebrate your birthday last year?  
(iv) (Did) you celebrate your birthday last year?

(i) Did your sister (go) for shopping yesterday?  
(ii) Did your sister (going) for shopping yesterday?  
(iii) Did your sister (went) for shopping yesterday?  
(iv) Does your sister (go) for shopping yesterday?

(i) Akbar was only 14 when he (ascend) the throne.  
(ii) Akbar was only 14 when he (was ascending) the throne.  
(iii) Akbar was only 14 when he (ascended) the throne.  
(iv) Akbar was only 14 when he (had ascended) the throne.

(i) When I (reach) there he (was sleeping).  
(ii) When I (reached) there, he (was sleeping).  
(iii) When he (reached) there he (is sleeping).  
(iv) When he (reached) there he (has slept).

(i) While Rome (was burnt), Nero (was fiddling).  
(ii) While Rome (was burning), Nero (fiddled).  
(iii) While Rome (was burning), Nero (was fiddling).  
(iv) While Rome (burnt), Nero (was fiddling).

(i) (Had you worked) hard, you (would pass).  
(ii) (Had you worked) hard, you (will pass).  
(iii) (Had you working) hard, you (would have passed).  
(iv) (Had you worked) hard, you (would have passed).

(i) Had the patient (die) before the doctor (arrived).  
(ii) Had the patient (dead) before the doctor (arrived).

- (iii) Had the patient (died) before the doctor (arrived) ?
- (iv) Had the patient (died) before the doctor (arrives) ?
9. (i) We had already (caught) the thief when the police (reaches)
- (ii) We had already (catch) the thief when the police (arrived).
- (iii) We had already (caught) the thief when the police (had arr
- (iv) We had already (caught) the thief when the police (arrived
10. (i) He has been (work) for three hours.
- (ii) He has been (worked) for three hours.
- (iii) He has been (working) for three hours.
- (iv) He had (working) for three hours.
11. (i) Pakistan (prepared) for war for many years before she att
- (ii) Pakistan (has been preparing) for war for many years bef
- (iii) Pakistan (had been preparing) for war for many years bef
- (iv) Pakistan (preparing) for war for many years before she at
12. (i) The robber (was loading) the gun and fired the shot.
- (ii) The robber (loaded) the gun and fired the shot.
- (iii) The robber (had loaded the gun) and fired the shot.
- (iv) The robber (had been loading) the gun and fired.