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INDIAN SCHOOL SOHAR
FIRST TERM EXAMINATION 2014-15
ENGLISH (Core)

Class: XI
Date: 18-09-2014

Marks: 80
Time: 3 hrs

Instructions:

- *This paper consists of three sections: Section A, B and C. All the sections are compulsory.*
- *Separate instructions are given with each section and question, wherever necessary.*
- *Read these instructions carefully and follow them faithfully.*
- *Do not exceed the prescribed word limit while answering the questions.*

SECTION A - (20 Marks)

READING:

1. Read the following passage carefully and answer the questions that follow: (8)

ARE YOUR children toxic? I don't mean 'toxic' as in the pain-in-the neck teenager state that occurs between the ages of 12 and 16 and makes you wish you could flush them down the toilet because they grunt instead of talk, and loll about sighing endlessly for hours on end. I mean, are your children having the kind of childhood that is damaging them in a way that will debilitate them for the rest of their lives?

If they are not having a toxic childhood it is probably because you are not letting them lead the kind of lifestyle that many, if not most, of their friends are leading; a lifestyle that is causing great concern among teachers from many countries around the world. All around the world, teachers are examining and discussing how the cultural and lifestyle changes of the past 25 years are affecting the lives of children. They know that many of the changes that benefit adults are far from healthy for our children. "A toxic cocktail of the side effects of cultural change is now damaging the social, emotional and cognitive development of a growing number of children with knock-on effects on their behaviour," is how educationist and author Sue Palmer explains it.

110 teachers, psychologists, children's authors and leading childcare experts called on the government of Britain to act to prevent childhood being killed off altogether. According to them, processed food, computer games and over-competitive education are poisoning today's children, and increasingly children are being forced "to act and dress like mini adults", Research backs what these childcare experts are saying. Changes in diet, childcare patterns, parenting, family structures, play, bed times, family interaction, education, marketing, peer pressure, technology, electronics, and the way we communicate with our children are creating a 'toxic mix' that is damaging them. Children are becoming increasingly unhealthy and depressed, and are experiencing growing levels of behavioural and developmental problems. Not only this, the experts also point out that children lack first-hand experience of the world and regular interaction with their parents.

Of course, we do not need experts or research to tell us that academic pressure, marketing, absent careerist parents and the rest of the modern toxic mix is damaging our children. We can see it here in the increase in childhood obesity and childhood diabetes; in the rise in the number of children with attention deficit problems and in the increase in numbers of hyperactive children. We know it from the stress and strain related to exams and study, and in the increase in study/exam-related suicides. So before you answer the question "are your children toxic?" take a good long look at them and their lifestyle. And remember,

parents don't usually poison their children on purpose. Adults too are susceptible to "market forces" and peer pressure. It is almost natural when all around you other people's kids are eating junk and living toxic lives to look at your own child and think: mine must too.... But it doesn't have to be that way. Luckily, for all of us there are plenty of changes we can make to detoxify our children's childhood. All it needs is a little thought and some common sense. In the process we can help detoxify ourselves.

(a) On the basis of your reading of the above passage make notes on it, using headings and subheadings. Use recognizable abbreviations wherever necessary (minimum 4). (5)

(b) Make a summary of the above passage in 80 words using the notes made and also suggest a suitable title. (3)

2. Read the following passage carefully and answer the questions that follow: (12)

FOOD AND STRESS

We are what we eat. The type of food we eat has both immediate and long-term effect on us, at all the three levels - the body, the mind and the spirit. Food which is *tamasik* (i.e. stale or leftover) in nature is bound to generate stress as it tends to upset the normal functioning of the human body. Taking piping *hot* tea, milk or steaming hot food, whenever available, must be preferred. Excessive use of spices also disturbs one's usually calm attitude. Further, it is a mistaken belief that smoking or drinking, even in moderation, relieves stress. Simple meals with one or two food items, rather than too many lavish dishes, are advisable. Thus, vegetarian diet is preferable. Although it is customary to serve fruits with food, it is not the right thing to do. This is because different kind of digestive secretions are produced by the stomach for variant foods. Mixing up too many varieties of food items at one meal creates unavoidable problems for the digestive system. In fact, anyone type of fruit, preferably taken in the morning, is better.

On an average, we eat almost three to four times the quantity of food than we actually need. A lot of body's energy is used up for digesting the excess food. It is said that after a particular level of food intake, the 'food actually eats one up'.

It is always good to eat a little less than your 'full-stomach' capacity. Besides, never eat food unless you are really hungry. Having dinner at 8 or 9 pm after a heavy snack at 5 or 6 pm in the evening is asking for trouble. In fact, skipping an odd meal is always good, if the stomach is upset. There are varying views on the benefits of fasting, but we will not discuss them here. However, giving a break to one's stomach, at least once a week, by having only fruit or milk, etc. may be worth trying.

While a little bit of water taken with meals is all right, drinking too much water with food is not advisable. Water, taken an hour or so before or after meals, is good for digestion.

One's diet must be balanced with all the required nutrients for a healthy living. Also remember, excess of everything is bad. Related to the problem of stress, excessive intake of salt is definitely out. Too much of sugar, fried food and chilies are not good either. Overindulgence and excessive craving for a particular taste/ type of food generates *rajasik* (aggressive) or at worst, *tamasik* (dull) tendencies.

An even more important aspect of the relationship between food and stress lies not so much in what or how much we eat but how the food is taken. For example, food eaten in great hurry or in a state of anger or any other negative state of mind is bound to induce stress. How the food is served is also very important. Not only the presentation, cutlery, crockery, etc. play a role, the love and affection with which the food is served is also significant.

Finding faults with food while it is being eaten is the worst habit. It is better not to eat the food you do not like, rather than finding fault with it.

It is good to have regular food habits. Workaholics, who do not find time to eat food at proper mealtimes are inviting stomach ulcers.

One must try to enjoy one's food, and therefore, eating at the so-called lunch / dinner meetings is highly inadvisable. Every morsel of food should be enjoyed with a totally peaceful state of mind. Food and discussions should not be mixed.

There are accepted ways to 'charge' the food we eat. Prayer is perhaps 'the best method for energizing the food and it will do some definite additional good at no extra cost.

Lt. Gen. M. M. Walia

A. Answer the following questions by selecting the most appropriate options from the ones given below: (6)

Q.1. How does *tamasik* food influence the person?

- a. Generates stress
- b. Makes a person energetic
- c. Generate large amount of energy
- d. Make a person bold

Q.2. What is the mistaken belief people practice at the table?

- a. Smoking helps to digest
- b. Smoking and drinking even in moderation relieves stress
- c. Pickles add the taste
- d. Condiments help to enhance appetite

Q.3. Why does the writer say that 'food actually eats one up'?

- a. Digestive system takes too much time
- b. Excessive intake of food takes a lot of body's energy to digest it
- c. Food sustains the body
- d. It makes the person healthy

Q.4 What generates Rajasik & Tamasik tendencies ?

- a. Over indulgence of fried food
- b. Too much use of spicy food
- c. Over indulgence and excessive craving for a particular taste
- d. Excess of everything

Q.5 Where does the root cause of stress generated by food lie in ?

- a. How much we eat
- b. What we eat
- c. How the food is taken
- d. Because of irregular food habit

Q.6 What does 'induce' mean?

- a. Reduce
- b. Cause, influence
- c. Aggressive
- d. To intake

B. Answer the following questions:

(3)

- 1) How does the type of food consumed effect us.
- 2) How is 'excess of everything bad'?
- 3) What is the relationship between food and stress?

C. Find the words from the passage which mean the same as:

(3)

- 1) usual (para 1)
- 2) longing(para3)
- 3) noteworthy (para4)

SECTION B - (30Marks)

WRITING SKILLS & GRAMMAR:

3 You are the General Manager of a leading Newspaper. You need an editor for your newspaper. Draft an advertisement in not more than 50 words to be published in the times of India, New Delhi under the classified columns. Give relevant details and contact number and address.

(4)

OR

You are the In-Charge of Cultural Club of your school. Draft a notice in 50 words, for your school Notice Board inviting students to participate in the Inter House Debate Competition. Sign as Mohan/Mahima.

4. Every day many innocent lives are lost because of drunken and reckless driving on city road; Growing number of pubs and night clubs are the root cause for this. Write a letter to the editor of local newspaper in 120 to 150 words, suggesting ways to curb this menace. You are Lalita/Lalit of Sec-11, Rohini. (Heavy fines suspension of driving license impounding of vehicle.) (6)

OR

Vinita / Vishal Dua brought a 14 inch coloured Television from M/s Ram Dutt & Co., 26, Raja Bazaar, New Delhi. On reaching home and operating it, he / she found that the tuner knob was malfunctioning and picture quality was blurred. He / she decides to write a letter, complaining about the problem. Write the letter in 120-150 words, requesting for an urgent action.

5. You are a press reporter. Recently the railways cancelled a few trains due to floods. Passengers were stranded at the New Delhi Railway station. Write a report in about 150 words, high-lighting the problems faced by the passengers by using the following inputs. (10)

1. More than thousand passengers on the platform
2. Total Chaos
3. No authentic information available
4. Inadequate food, tea and baby milk
5. Road travel very expensive
6. No electricity.
7. Unhygienic condition.

OR

Youths form the very back bone of a nation as they are a great store house of energy and strength. Using this input write an article in 150 words on “The Role of Youth in National Development” to be published in “The Indian Express” . You are Puneet/Purnima of Vandana International School Delhi.

6. Correct the sentence wherever required. (4)

- i) Have you have your breakfast.
- ii) That you may help me or not. I do not bother.
- iii) Can you have a cup of coffee.
- iv) Much of students failed in examination.

7. In the unedited passage given below, one word has been omitted in each line. Write the missing word along with the word that comes before and the word that comes after it in your answer sheet. Ensure that the word that forms your answer is underlined. (4)

Psychologists found that playing with toys and (a)
games serves vital functions in a child’s life, (b)
including: Helping him to discover environment (c)
developing ability to concentrate, releasing (d)
emotional tension, and communication others. (e)
The fact is toys are essential to the (f)
mental physical development (g)
of child. (h)

8. Rearrange the following jumbled up words to form meaningful sentences. (2)

The first one has been done as an example.

a temporary / lapse / is / consciousness / of / sleep

Sleep is a temporary lapse of consciousness.

i) the number / when we sleep / varies enormously / the time / necessary / of / hours / and

ii) called / insomnia / in / sleeping / is / difficulty

SECTION C – (30Marks)

LITERATURE AND LONG READING TEXT:

9. Read the following extract and answer the questions that follow: (3)

And who art thou? said I to the soft falling shower

Which strange to tell gave me an answer ,as here translated:

I am the Poem of Earth ,said the voice of the rain,

Eternal I rise impalpable out of the land and the bottomless sea.

a.) There are two voices in the extract. Who do they belong to?

b.) What do you understand by: 'strange to tell'.

c.) How does the rain introduce itself and why?

OR

Some twenty-thirty-years later

She'd laugh at the snapshot."See Betty

And Dolly," she'd say, "and look how they

Dressed us for the beach" The sea holiday

Was her past, mine is her laughter. Both wry

With the laboured ease of loss.

a) Who would laugh seeing the snapshot?

b) What past is the poet referring too?

c) Explain: ". Both wry

With the laboured ease of loss."

10. Answer any three of the following in 30-40 words each: (3x3=9)

a) How did John Byro react on seeing the white horse?

b) Comment on the mood of the sea on 2nd January 2010? How did the writer and his family and the crewmen prepare for that?

c) Describe the pictorial sketch of the Hosahalli village.

d) Why did Albert feel his medical certificate was burning a hole in his pocket?

11. Answer any one of the following in about 120-150 words: (6)

Describe the changing relationship between the author and his grandmother.

OR

What are the earth's biological systems? How do they sustain humanity?

12. Answer the following in about 120-150 words: (2x6=12)

(a) Narrate the elaborate preparations made by the ghost to tame the Otis family.

(b) Why do you think the family member try to avoid talking about the ghost? What character trait do they display?
