

Grade-IX

Time:-2hr

Sub.-English

Max.Marks-40

Q1. Read the following and answer any ten of the questions that follow 10M

Modern food has become our enemy. We have become so slavish to taste and presentation That we eat food for its entertainment value, not for nutritional benefit. Even as health awareness Is increasing, the variety of junk food and nutrition less food is also increasing. Each restaurant boasts of new cuisine, which is a mixture of refined oil, flour, sugar. Pasta, noodles, white rice, white bread and Maida based products like pizzas, burgers, naan, pasta and rumali rotis are the main options in Indian, Italian, Mexican cuisines. The vegetarian dishes are either overcooked or have a lot of cornstarch and fat. The non-vegetarian dishes are either white sauce based or made in rich gravies.

People are trying to lose weight by eating less in the day, so that the can accommodate such foods

In the night. They skip breakfast and lunch so that they can satisfy their taste buds in the night With a family dinner. Perfect health, however cannot be achieved by a process of eating less and not eating. The idea is to nourish the body. You might achieve some weight loss but you will also lose

Out on your health. Therefore whilst embarking upon any weight loss programme that health Is much more than just weight loss, at the same time achieving ideal body weight in a healthy way Does provide a basis for achieving perfect health.

Our weight is a balancing act, but the equation is simple: If you eat more calories than you burn, you gain weight. And if you eat fewer calories than you burn, you lose weight.

Our unhealthy lifestyle choices determine our dieting efforts. You can lose weight without feeling miserable.

Choose the correct alternatives:

1x10=10

1. We have become slave to modern food because of its
 - a. Taste b. taste and presentation c. nutritional value
2. Restaurants use more----- in their food.
 - a. Flour and oil b. sugar and oil c. refined four, oil and sugar
3. Perfect health can be achieved by-----
 - a. Skipping breakfast b. eating less c. eating nutritious food in appropriate
4. If you eat fewer calories then you burn, you-----
 - a. Lose weight b. gain weight become fat
5. The vegetarian dishes in the restaurants
 - a. Are overcooked b. full of corn starch c. are full of fat and corn starch
6. Which of the following statements is false?
 - a. We should develop good eating habits
 - b. Say no to more calories
 - c. Our unhealthy life style helps us lose weight
7. The passage tells -----
 - a. The way to remain healthy b. how to enjoy food c. the way to starve

8. What is meant by 'nourish'?
a. Feed b. grow c. improve
9. Find the word opposite in meaning to 'happy'
a. Unhealthy b. cranky c. miserable
10. Find the word opposite in meaning to 'neither'
a. Either b. variety c. starch
11. What is meant by 'satisfy'?
a. Contented b. greedy c. angry

Q2. Develop a story in about 150-200 words. (5M)

..... And that was the best gift I received on my birthday

Q3. Read the following paragraph and fill in the blanks with correct passive voice forms of the verbs given in the brackets. (5M)

An uncle of mine (a)----- (hit) by a fast running car Yesterday. He (b)----- (take) to the nearest hospital. He (c)----- (admit) in the surgical ward for operation. He (d)----- (breathe) hard.

Q4. A Read the extracts given below and answer the questions that follow (2x5=10)

I was one of many children- a short boy with rather undistinguished looks, born to tall And handsome parents. We lived in our ancestral house, which was built in the middle of the 19th century. It was a fairly large pucca house, made of limestone and brick, on the Mosque Street in Rameshwaram. My austere father used to avoid all inessential comforts and luxuries. However all necessities were provided for, in terms of food, medicine or clothes.

In fact, I would say mine was a very secure childhood, both materially and emotionally.

1. Where was Kalam born?
a. at island town of Ramezhwaram in Madras
b. in Tamilnadu
c. in Karnataka
2. From where has this chapter 'My Childhood' been taken?
a. From India of my dreams
b. From Wings of fire
c. None
3. In what sense was Kalam's childhood secure?
a. Parents love and support
b. Good society
c. He was getting all his basic needs
d. All
4. Who gave emotional and material security to Kalam?
a. His parents b. his Teachers c. his friends
5. Who used to avoid all inessential comforts and luxuries?
a. Kalam's father b. Kalam c. Arvindam

B. Read the following stanzas and answer the questions given below (2x5=10)

Wind come softly
Don't break the shutters of the windows
Don't scatter the papers
Don't throw down the books on the shelf

1. Who broke the doors of the window?
a. Wind b. children c. storm
2. The speaker is asking the wind to come
a. Quickly b. hurriedly c. softly
3. In the poem, the speaker asks the wind not to----- the papers
a. Scatter b throw c. take away
4. Trace a word from the extract which means 'thrown in all directions'.
a. A. scatter b. shutters c. shelf
5. The speaker is asking the wind not to throw down the
a. Books b clothes c. cereals
