

GENERAL INSTRUCTIONS:

1. The question paper is divided into three sections
Section A: Reading 20 Marks
Section B: Writing and Grammar 30 Marks
Section C: Literature 30 Marks
2. All questions are compulsory.
3. You may attempt any section at a time.
All questions of that particular section must be attempted in the correct order.

SECTION - A
READING [20 Marks]

Question I.

Read the following passage carefully and answer the questions that follow:

Physical health affects the mind and vice-versa. Which of the two is more important is like asking the age-old question: what comes first, the chicken or the egg. For our present subject, let us be clear that a sound mind in a sound body are prerequisites for high efficiency and good quality work in the office, factory or field, which lead to a sense of achievement and fulfillment.

Our health is, of course, important not only to us but also to our families and even to our employers. No wonder then that companies everywhere have a stake in the health and fitness of their employees and are willing to spend considerable money towards this purpose. Japanese companies particularly excel in this and the more successful among them start off the day with a body bending and stretching session and even singing the company song designed to promote loyalty and motivation among the workforce! This is considered an important factor contributing to high productivity and quality. Here is a lesson which has been emulated elsewhere in the world and could work wonders in India. It is estimated that some 20,000 American firms have established in-house health clubs. Typical of these is the soft drink manufacturer Pepsi Cola which has spent about \$2 million in setting up a health club at its head office in New York State. Such expenditure has

proved to be a wise investment in achieving better efficiency and higher productivity. It has, Indirectly, also helped reduce the premium on the health insurance of its staff. This business has grown so large that hundreds of consultancies have sprung up for the management of health clubs and fitness centres. In some cases there is a nominal contribution by the employees on the premise that they will value and use the facilities all the more. Some insurance companies have teamed up with employers in such ventures as better health contributes to a longer life and hence more premium! Though many firms in India have generous medical schemes, the movement towards health clubs and the like is yet to gain momentum.

Attempt any eight of the following questions on the basis of the passage you have read.

[8x1=8]

1. What are prerequisites for high efficiency and good quality work?
2. How do Japanese companies ensure loyalty and motivation?
3. What do you mean by 'wise investment'?
4. Why do companies have health clubs?
5. What does it mean by saying that "the idea of having health clubs in companies is yet to gain momentum?"
6. Why do companies take care of their employees' health?
7. What is directly affected by physical health?
8. What are Japanese companies particularly excellent in?
9. How much has Pepsi cola manufacturer spent in setting up a health club?

Question II.

[12]

Read the following passage carefully and answer the questions that follow:

1. Many of the serious health concerns in modern America can be linked to poor diet. People who regularly consume foods high in sodium, sugar and saturated fats not only increase their chances of obesity, but also increase their risks of developing heart disease, hypertension, diabetes and several types of cancer. Although some people who regularly consume unhealthy foods do so knowingly, there is also a significant portion of the population that remains undereducated about proper nutrition. What is more,

Individuals who live in food deserts—areas in low-income neighbourhoods that lack easy access to healthy, affordable food may not even have the opportunity to obtain nutritious food.

Food deserts are located in high-poverty areas, such as sparsely populated rural areas of densely populated, low income urban centers. Food deserts most often develop when major supermarket chains either relocate out of these areas or simply refrain from building stores there in the first place. Major food retailer chains tend to limit their store locations to wealthier urban or suburban neighbourhoods. This means that those who live in high-poverty areas often also live miles away from the fresh meats, dairy products, and produce available at supermarkets. Residents of these areas who do not have cars are thus forced to travel long distances on public transportation to do their grocery shopping, or else they are limited to the food only sell packaged, processed foods that offer little nutritional value.

3. Furthermore, less food restaurants are disproportionately concentrated in low-income areas; recent estimates suggest that those living in the poorest areas of a city experience 2.5 times more exposure to fast food restaurants than the wealthiest inhabitants of the city. Because individuals who live in food deserts tend to get their meals from fast food restaurants or convenience stores, they often suffer from a variety of health issues. Research has found that individuals who live in low-income neighbourhoods are much more likely to develop problems with obesity, diabetes, and hypertension than those who live in more affluent neighbourhoods.

A) On the basis of your reading of the passage, answer any four of the following questions in about 30-40 words each:

[4x2=8]

- How are food deserts and major food retailer chains related?
- What is this 'poor diet' the passage refers to? How does living in a specific area affect one's diet?
- Is providing cars to all the residents of high poverty areas a proper solution to the problem of food deserts? If yes, why? If not, suggest an alternative.
- Do you think both major supermarkets and fast food restaurants are interested in helping people? Give two pieces of evidence.
- When are there increased chances of obesity?

B) On the basis of your reading of the passage, fill in any two of the following blanks with appropriate words / phrases.

a. Many of the serious health concerns in modern America can be linked to _____ [2x]

b. ~~Food~~ deserts are located in _____

c. ~~Major food retailer~~ chains tend to limit their store locations to _____

C) Find out the words that mean the same as under. Attempt any two of the following. [2]

a) Sparsely

b) Utility

c) Comfortable

SECTION - B

WRITING AND GRAMMAR [30 Marks]

Question III.

[8]

You are Ashish / Astha, a resident of 25, Vigyan Vihar, Amla, Madhya Pradesh. You are worried to see your younger brother's frequent habit of using Internet as a homework tool. Write a letter to the editor of a famous newspaper expressing your concern over the youth who seem to be so dependent upon the computers in the present times.

OR

You are Rizwan Ali, resident of 456, Rajouri Garden, New Delhi. Write a letter to the editor of a national daily, drawing the attention of the concerned authorities to the deteriorating law and order situation in the city.

Question IV.

[10]

Write a short story, in about 200-250 words, with any one set of the clues given below. Give a suitable title to the story.

A thief brought before a king – the thief charged with stealing jewellery from a man's house – keeps high opinion about himself – says he is poor and honest – only his hand is guilty – made a hole in the wall – stole jewellery – you are right – says the king – your hand will get punishment, not you.

OR

A 15 year old boy was going on a deserted road, feeling a little *scared and uneasy*. Hesitatingly, he stepped ahead. Suddenly

Question V.

Fill in any four of the following blanks choosing the most appropriate option from the ones given below. Write the answer in your answer-sheet against the correct blank numbers. [4]

The rag pickers of India (i) _____ a pitiable sight. It is poverty that (ii) _____ them to resort to rag picking. Day in and day out they may be (iii) _____ on the roads, the lanes and the bylanes of a city or town looking for cast-off clothes or something else showy or shoddy that (iv) _____ sell. More often than not, it is children who (v) _____ to rag picking.

- | | | | |
|------------------------------|----------------------|------------------------|----------------------|
| i) (a) presented | (b) will present | (c) present | (d) may present |
| ii) (a) goad | (b) goads | (c) will goad | (d) may goad |
| iii) (a) see | (b) seen | (c) will be seen | (d) are being seen |
| iv) (a) may | (b) will | (c) shall | (d) could |
| v) (a) have taken | (b) will take | (c) take | (d) shall take |

Question VI.

There is an error in each line. Mark the error in any four sentences of the given paragraph and write the correct word in the space provided. [4]

	Error	Correct
Some political thinkers <u>thinks</u> that	a) _____	_____
liberty and equality <u>couldn't</u> go together	b) _____	_____
they think that liberty implies <u>a</u> freedom	c) _____	_____
to do what one <u>can</u> like to do.	d) _____	_____
This is true if freedom is <u>interpret</u> in its absolute sense	e) _____	_____

Question VII.

Rearrange any four of the following words and phrases to form meaningful sentences.

- a) contains / water and kernel / inside it / fruit / the coconut
 b) fibrous covering / its / in a / outer / is hard shell / enclosed
 c) the tender coconut / highly / the water / in / nutritious / is
 d) the heat / it helps / to / of the body / keep down
 e) per / chapters / subject / make / of / a list.

SECTION - C**LITERATURE AND LONG READING TEXT [30 Marks]****Question VIII.**

[4]

Read the following extract and answer the questions that follow.

A. *The two boys were seated at the bedside of a girl of about twenty two who propped up on the pillows, wearing a pretty lace jacket, was listening to their chatter, her eyes soft and tender.*

1. Who is the girl in this extract?
2. Where are the boys?
3. What was the purpose of the boy's visit?
4. What do you mean by 'Propped up'?

OR

B. *And so, I missed my chance with one of the lords
 Of life.
 And I have something to expiate
 A pettiness.*

1. Had the poet missed his chance of meeting it again?
2. What do you mean by 'expiate' and 'pettiness'?
3. What had he done?
4. Why did the poet want to beg forgiveness?

Question IX.

[8]

Answer any four of the following questions in 30-40 words.

1. Who was Ali? Where did he go daily?
2. Why did the frog tell the nightingale to puff her lungs out with a passion?
3. What makes Helen, the ghost, and her other co-ghosts organise the Writer's Inspiration Bureau?
4. How does Mrs. Slater plan to outshine the Jordans? What does it reveal about her character?
5. How does the poet declare his rhyme to be powerful?

[8]

Question X.

Attempt any one of the two following long answer type questions in 100-120 words.

- A. How did Antony manage to sway the minds of the people of Rome in his funeral speech?

OR

- B. "When the albatross arrived on the ship, the mariners experienced a sense of joy and were infused with new hope." Comment.

[10]

Question XI.

Answer the following question based on prescribed novel text for extended reading in about 200-250 words.

- A. Who is Miss Sullivan? How does she help Helen?

OR

- B. Why is Helen Keller considered as a role model and an inspiring personality for coming generations?
