
SECTION A- Reading 20 Marks.

Q 1. Read the passage given below and answer the questions that follow. 8M

1. Overweight and obesity are affecting many countries in the world: More than 300 million people are overweight or obese. In India, some people tend to be overweight because of their high calorie diet and lack of physical activities. In the United States, obesity is more prevalent in lower economic groups. Obesity is now well recognized as a disease in its own right. Though obesity commonly means overweight, it is defined as an excess amount of body weight that includes muscles, bone, fat and water. "Obesity" specially refers to an excess amount of body fat. Some people, such as body builders or other athletes with a lot of muscle, can be overweight, without being obese.
 2. Women have more body fat than men. Usually men with more than 25% body fat and women more than 30% body fat are regarded as obese. Obesity occurs when a person consumes more calories than he or she burns.
 3. Obesity tends to run in families, suggesting a genetic cause. Environmental factors mean lifestyle behaviors such as what a person eats and his or her level of physical activity. Although you cannot change your genetic makeup, you can change your eating habits and levels of activity. You can learn how to choose more nutritional meals which are low in fat and become more active.
 4. Then there are the physical factors. Negative emotions, such as boredom, sadness, anger respond to people who overeat. There is also "binge eating" when people eat large amount of food thinking that they cannot control how much they are eating. Those with the most severe binge eating problems are also likely to have symptoms of depression and low self-esteem.
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5. Obesity is a health hazard. Several serious medical conditions have been linked to obesity, including type-2 diabetes, heart disease, high blood pressure and stroke. Obesity is linked to higher rates of certain types of cancer. Other diseases and health problems linked to obesity include gall bladder disease and gallstones, liver disease and deterioration of joints.
 6. The benefits of exercise are much more than any other way of losing weight. Not only does exercise help you lose weight but it also improves your fitness and flexibility and improves skin texture. Exercises also free one from the harmful side effects of crash dieting, slimming capsules and the heat treatment used by slimming centers.

1.1 On the basis of your reading of above text, answer the following questions in your answer sheet:

6 marks

- a) What is obesity?
- b) When can women be described as being obese?
- c) What are the environmental factors which cause obesity?
- d) What are the consequences of binge eating?
- e) Mention any four diseases linked to obesity.
- f) What are the benefits of exercise?

1.2 Find words in the passage which mean the same as the following. Write your answers in the answer sheet against the correct blank numbers: 2 MARKS

- a) eats/uses (para 2)
- b) Signs (para 4)

Q 2. Read the following passage carefully and answer the questions that follow. 12M

1. The quality of fruits and vegetables that feed most of Delhi's population is being affected by the river's pollution. It is not pesticides, but a toxic mix of industrial effluents that are contaminating the fruits and vegetables that are being grown on the river bed. This is risking the lives of those people specially who eat greens grown on this soil. The National Green Tribunal has been asking for a ban on artificial colours applied to fruits and vegetables and on the waxing of certain fruits such as apples.
2. That the government is conscious of this grave danger looming large over the city's population is evident from the fact that they recently issued an advertisement asking consumers to clean their vegetables in various solutions, to do away with the chemical residue. They have advised consumers to discard the outer layers of leafy vegetables such as lettuce and cabbage. In the case of melons, carrots and turnips, consumers are advised to rub the surface first with a dry brush or towel and then rinse it. Others advise that vegetables be kept in boiling water before being rinsed and an even more ingenious solution to the problem is to soak the vegetables in diluted vinegar before rinsing them. Another advice given is to dip the vegetables in ozonized water to help reduce pesticide residues. A more sober approach given by some is to eat a variety of fruits and vegetables to avoid excessive consumption of the same kind of pesticides.
3. The Energy and Resources Institute in its study has found that the level of toxic metals like nickel, lead, manganese chromium, and zinc are high in many water samples. Sometimes it is as high as ten times the accepted limits and water in the vicinity of thermal plants the mercury concentration is as high as 200 times more than the required

level. Even the polished food grains are not free from this menace for these items, contaminated with hazardous substances are being sold in wholesale and retail markets. Farmers growing vegetables and fruits for a livelihood have thus no choice but to use the polluted water as the pollution and industrial agencies have failed in their task of controlling the flow of effluents into the river.

2.1 Answer the following questions in about 30-40 words. 2x4=8m

- What is the type of contamination of greens taking place in Delhi?
- How should leafy vegetables be consumed?
- What were the findings of The Energy and Resources Institute?
- What was the condition of farmers in such precarious condition?

2) Which word in the passage substitutes the meaning for the above statement 1x4=4 M

- The sewage being thrown into the water
- Something is threatening the present situation
- The object which is found just within that locality
- Poisonous and dangerous substances

SECTION B- Writing and Grammar - 30 Marks

- Many mainstream 'masala' movies use incorrect English to entertain and earn. This affects student's understanding of the language. As the cultural Secretary of your school, you wish to spread awareness of the same. Write a letter in 100-120 words to the editor of a national daily, providing inputs on the pros and cons of it. You are Arun/ Aarthi, 112 bank Street Agra. 8 marks
- Try to sketch a plot for an adventure story. Some clues and ideas are given below that may give you a start. 10 marks
- Adventure: You meet a man somewhere who talks of a ruined temple in a jungle. Shows you a magnificent jewel - talks on inscriptions on temple walls- you are an expert in interpreting ancient languages and scriptures – you interpret it in a logical way- helps government to unearth the treasure - you are greatly rewarded in the mission of treasure hunt-
- Fill in the blanks with suitable word 4 marks

James was _____ a) honest boy who lived in a European countryside. He was very hard working and excelled b) _____ academics. When he grew up he went to (c) _____ university and finally took up a job in an advertising firm. As officer he was kind and considerate. He was known d) _____ his commitment and dedication..

- There is an error in each line of the given passage. Write the error and the correction in your answer sheet against the correct blank number. The first one is done as an example. 4 marks.

The year 2012 marked the 50th anniversary for the James bond films. A first James Bond movie title ' Dr No was released in 1962. Numerous events was held for the fans all upon the world.

Incorrect	correct
e.g for	of
(a) _____	_____
(b) _____	_____
(c) _____	_____
(d) _____	_____

7. Re arrange the following to form meaningful sentences. 1x4 = 4 m

1. me/the sense/ it gives/ of freedom/ enjoy/ I
2. and/ it pleases/ responsibilities/ me / be/ of /duties / rid
3. odd people/ I / moment/ who/ amuse me/ meet / for a
4. add/ often tired/ feel/ travel/ I am/ to my/ I can/ personality / of myself / and/ that by

SECTION C LITERATURE AND LONG READING NOVEL- 30 MARKS

8. ANSWER ANY ONE OF THE FOLLOWING : 1X4=4M

I am not cruel only truthful
 The eye of a little god, four cornered
 Most of the time I meditate on the opposite wall.

- a. How is the mirror not cruel but truthful?
- b. Explain "the eye of a little god, four cornered".
- c. What is meant by meditate?
- d. What is the poetic device used in the second line?

OR

Are we pinching it before aunt Elizabeth Comes?"

- b. What does "it" refer to heré?
- c. How does Victoria conclude that her parents "are pinching it"?
- d. What is meant by pinching?
- e. What has happened before this incident?

9. Answer any four of the following words in about 30 to 40 words each. 2x4=8m

- a. When did the postmaster realise his mistake?
- b. What is the message conveyed in the poem "Not marble nor gilded monuments"
- c. How did the creatures in the Bingle Bog react to the nightingale's singing?
- d. Why were the boys in the deserted square at night? What quality do they exhibit?
- e. What was the contribution of the villagers for shooting the tiger planned by Mrs. Packletide?