

**Term II –(Practice 1)**

**CLASS: X**

**SUBJECT: ENGLISH**

**( Meenakshi Sharma – PGT English)**

**M.M. 40**

**MAX. TIME: 2 Hours**

**General Instructions:**

- 1. The Question Paper contains THREE sections-READING, WRITING & GRAMMAR and LITERATURE.**
- 2. Attempt questions based on specific instructions for each part.**

**SECTION A- READING (10 marks)**

**Q. 1 Read the passage given below and on the basis of the same, answer the questions which follow:**

**5**

**THE CUP THAT CHEERS**

1. If you're addicted to coffee, and doctors warn you to quit the habit, don't worry and keep relishing the beverage, because it's not that bad after all! In fact, according to a new study, the steaming cup of java even beat fruits and vegetables as the primary source of antioxidants. The study by the University of Scranton states that coffee is the number one source of antioxidants in American diet, and both caffeinated and decaf versions appear to provide similar antioxidant levels.
2. "Americans get more of their antioxidants from coffee than any other dietary source. Nothing else comes close to it" said the study's lead researcher, Doctor Joe Vinson, adding that high antioxidant level in food and beverages don't necessarily translate into levels found in the body. Antioxidants in general have been linked to a number of potential health benefits, including protection against heart disease and cancer, but Vinson said that the benefits ultimately depend on how they are absorbed and utilised in the body.
3. The researchers analysed the antioxidant content of more than 100 different food items, including vegetables, fruits, nuts, spices, oils and common beverages. The data was compared to an existing US Department of Agriculture database on the contribution of each type of food item to the average estimated US per capita consumption.
4. The results were surprising. Coffee came out on the top, on the combined basis of both antioxidants per serving size and frequency of consumption. It outranked popular antioxidant sources like tea, milk, chocolate and cranberries.
5. Of all the foods and beverages studies, dates actually have the most antioxidants of all based solely on serving size, but since dates are not consumed at anywhere the level of coffee, the drink comes as the top source of antioxidants, Vinson said.
6. Besides keeping you alert and awake, coffee has been linked to an increasing number of potential health benefits, including protection against liver and colon cancer, type II diabetes, and Parkinson's disease, according to some recently published studies.

7. The researchers, however, advised that one should consume coffee in moderation, because it can make you jittery and cause stomach pains.

Source: ANI

**Based on your understanding of the passage, answer ANY FIVE questions from the six given below.** **1\*5**

- i. What is the good news about coffee?
- ii. "Nothing else comes close to it" (Para 2) 'It' in this line refers to?
- iii. List the benefits of antioxidants. What factors determine the strength of these benefits?
- iv. On what basis does coffee rank as the top source of antioxidants?
- v. How are dates better than coffee? Why have they not made to the top of antioxidant rich foods?
- vi. Rewrite the following sentence by replacing the underlined word with a word that means the same from para 1-

I rarely visit that restaurant, since I don't enjoy the food that is served there.

**Q. 2 Read the passage given below and on the basis of the same, answer the questions which follow:** **5**

### **Mental Health and Wellness**

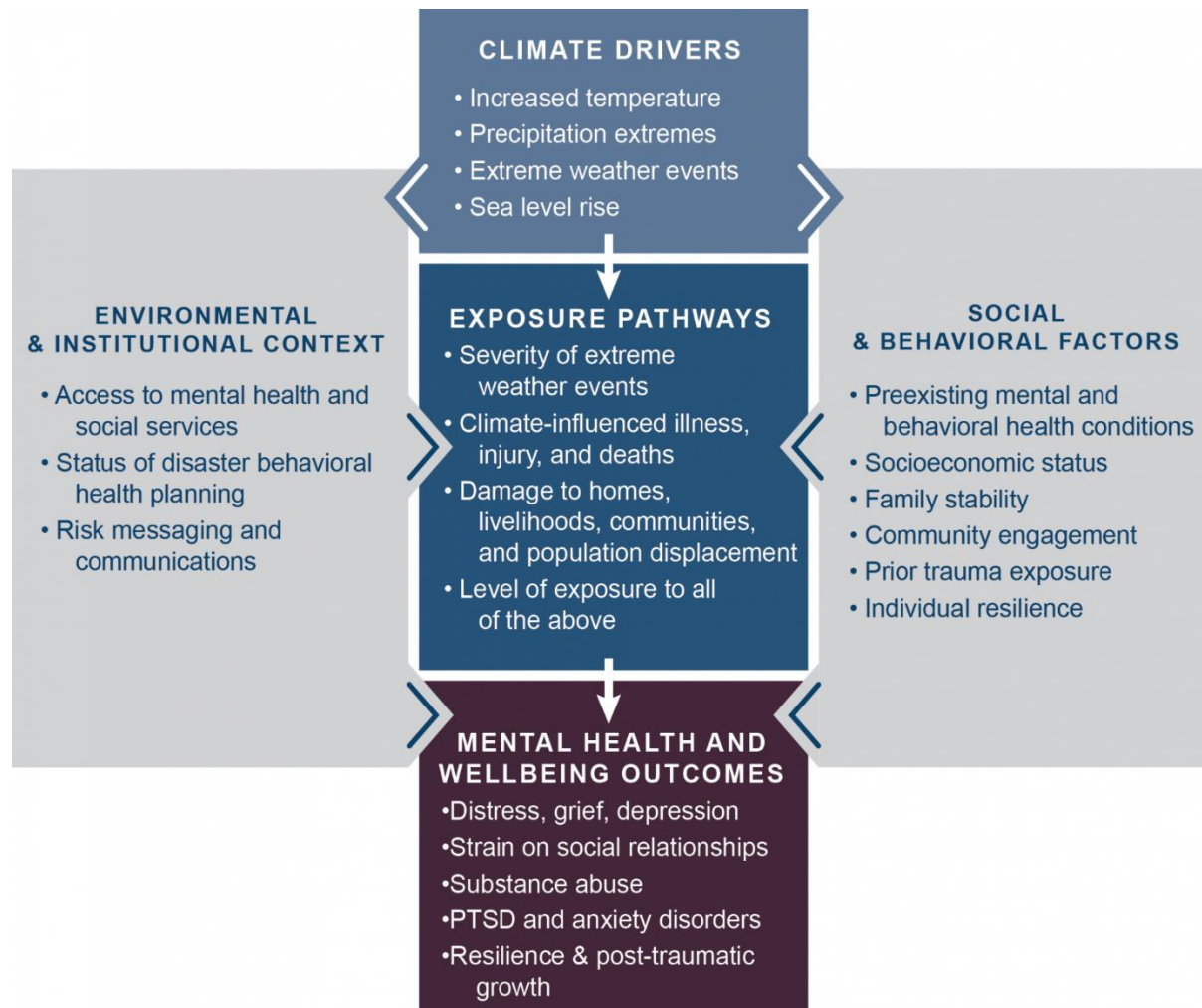
Mental wellness is a term that is increasingly used in the popular lexicon, but it is vague and not well-understood. People associate mental wellness with many different types of activities: meditating, listening to music, talking to a friend, taking a walk in nature, taking a vacation, getting a massage, taking a bubble bath, squeezing a stress ball, or just carving out some time for peace and quiet in daily life. When we talk about mental wellness, we are not just focusing on our mental or cognitive functioning, but also our emotions; our social relationships; our ability to function in daily life; and even our spiritual or existential state. Most people would agree that mental wellness is different than happiness, but very few could elaborate precisely how the two are different. Sometimes the term mental wellness is used synonymously with mental health or mental well-being, two terms that are also not well-defined. Below we offer a simple and concise definition for mental wellness.

The question arises: What is mental wellness? Mental wellness is an internal resource that helps us think, feel, connect, and function; it is an active process that helps us to build resilience, grow, and flourish. This definition characterizes mental wellness as a dynamic, renewable, and positive resource, and as an active process that requires initiative and conscious action. It recognizes mental wellness as an internal experience that encompasses multiple dimensions:

- Mental: How we think; how we process, understand, and use information.
- Emotional: How we feel; how we manage and express our emotions.
- Social: How we connect; our relationships with others.
- Psychological: How we act or function, or how we "put the pieces together;" taking external inputs along with our internal capacity and then making decisions or doing things.

Our new definition of mental wellness distills the concepts included in many existing definitions, notably from the World Health Organization (WHO) and the U.S. Surgeon General, to align with

current practices and understanding. Key concepts included in those definitions are: feeling good, being resilient and functional, enjoying positive relationships, contributing to society or community, realizing potential, and having a sense of fulfilment. Mental wellness is sometimes associated with the concept of psychological well-being, which includes self-acceptance, growth, purpose, autonomy, environmental mastery, and positive relationships. Mental wellness has been described as a process, a resource, a state of being, or a balance point between resources and challenges.



The key things everyone should know about mental wellness are that mental wellness is more than just the absence of mental illness. There is a tendency to think of mental wellness and mental illness as a simple continuum, with severe and chronic mental disorders on one end, happiness and flourishing on the other end, and varying degrees of resilience or coping with mental and emotional disturbances in the middle. The complex relationship between mental illness and mental wellness is best understood by envisioning them sitting on two separate continuums.

Based on your understanding of the passage, answer ANY FIVE questions from the six given below. 1\*5

1. Why does the writer believe that the term mental wellness is not well understood?

2. What is the opinion of a layman about the relation between mental wellness and mental illness?
3. What is the psychological aspect that affects mental wellness?
4. What does the term “put the pieces together” mean in the context?
5. What social and behavioural factors influence the mental health?
6. How does the writer’s definition of mental wellness align with the existing definition by WHO?

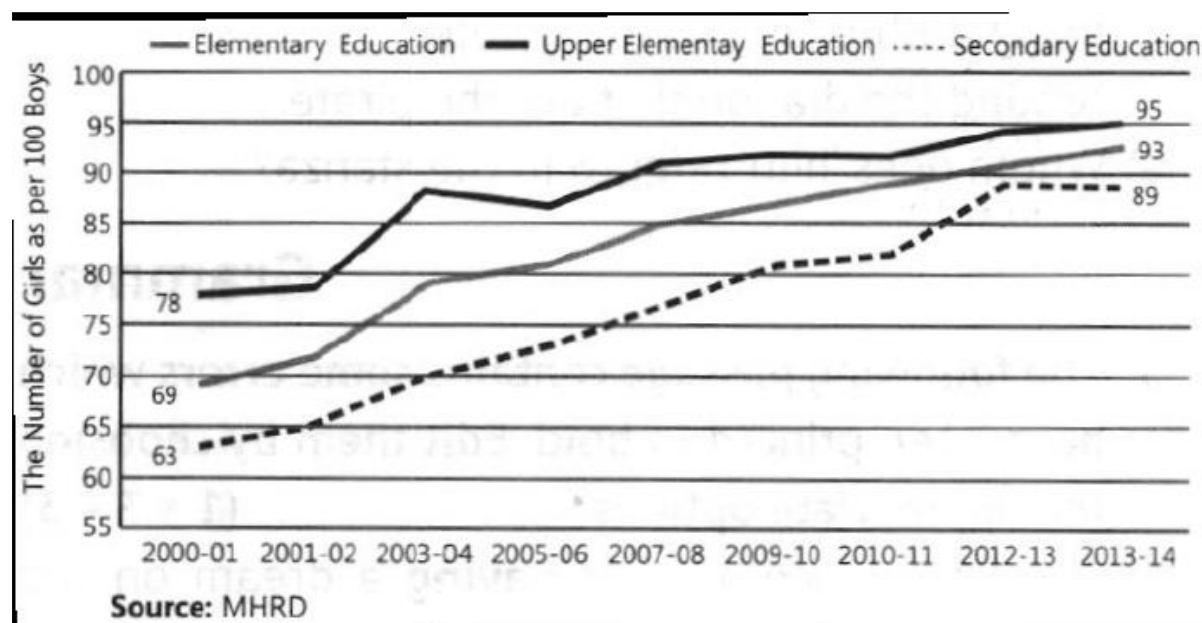
## SECTION B - WRITING AND GRAMMAR (10 marks)

**Q. 3 Attempt any one out of i & ii**

**(5)**

**i) On the basis of the given line graph, write a paragraph in about 100-120 words describing the given information.**

The Number of Girls per 100 Boys in Elementary and Lower-Secondary Education in India Selected Between 2000 and 2014



ii. You are Naveen of 43, Ram Nagar, Meerut. You wish to join Medical Coaching Classes. Write a letter to the Director of Elite Classes, RK Puram, New Delhi enquiring about the coaching classes for the next examination. Ask for all necessary details including hostel facility in 100-120 words.

**Q. 4 The following paragraph has not been edited. There is one error in each line. Identify the error and write its correction against the correct blank number. Remember to underline the correction.**

**(1/2\*6=3)**

|  | Error     | Correction |
|--|-----------|------------|
| A study revealed that mobile-phone conversations was     | was       | were       |
| much annoying than those that occurred                   | (a).....  | .....      |
| face-to-face. The problem seeming to be that             | (b).....  | .....      |
| conversations on mobile phones were very noticeable than | (c).....  | .....      |
| face-to-face conversations. Which seems odd,             | (d) ..... | .....      |
| since two people talking together projects twice         | (e).....  | .....      |
| the amount of audio as one person talking on the phone.  | (f).....  | .....      |

Q. 5 Read the following conversation and report it in the paragraph that follows:( 1\*2=2)  
Teacher : Where will the next chess match take place?

Ravi: It hasn't been decided yet.

The teacher asked Boris a) \_\_\_\_\_. He replied that it b) \_\_\_\_\_ yet.

### SECTION C- LITERATURE (20 marks)

Q. 6 Answer any six questions in 30-40 words each.

(2x6=12)

1. Who was Dr Frederick A Urquhart? Why did Richard Ebright look to him for fresh ideas?
2. What did Bill, the Hack Driver, say about Lutkins?
3. Describe how Custard's reaction was different from that of others, on seeing the pirate?
4. Why was Bholi frightened to go to school?
5. What does Whitman mean in the poem Animals, when he says "they bring me tokens of myself"?
6. What makes Amanda wish herself as an orphan?
7. What is the first point of controversy between Natalya and Lomov? What argument does Lomov put to prove his point?

Q. 7 Answer any two of the following questions in about 120 words each.

(4x2=8)

1. Read the following quote.

"We are too involved in materialistic things, and they don't satisfy us. The loving relationships we have, the universe around us, we take these things for granted." - Mitch Albom.

Matilda was never satisfied with her life and desired more. The given quote reflects her character. Justify.?

2. Why did Kisa Gotami understand the message given by Buddha only the second time? In what way did Buddha change her understanding?

3. Whenever we want to achieve something, difficulties always come in the way. What did Valli have to do to go and ride a bus?

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