

Case study based questions
10th English

Section A - Reading (Type II - Discursive)

Passage - 1

10 Marks

Read the passage below and answer the questions that follow:

Be bone healthy

1. Every time a child takes a soft drink, is he laying the groundwork for a dangerous bone disease? Fizzy and sugary drinks don't cause osteoporosis but, because they are often a substitute for a glass of milk, the children miss out on taking in the calcium and Vitamin D they need to build a strong skeleton. Many of them also lead a sedentary lifestyle, so they aren't getting the bone-building benefits of vigorous exercise either. These children tend to suffer from brittle bones and fractures later on in life. In addition, they could be at a risk of being diagnosed with osteoporosis at an earlier age than most others.

2. The Indian society for Bone and Mineral Research (ISBMR), a body comprising experts on osteoporosis was established in 1996 with the aim of promoting research and circulating awareness about metabolic bone diseases especially this bone crippling disease. Osteoporosis starts in childhood but its consequences are apparent at a later stage in life. This condition causes bones to become riddled with holes like the framework of a house that's been attacked by termites. This can lead to broken bones which in turn can cause deformity, chronic pain, and disability. Osteoporosis can be fatal: upto 25% of older people who suffer a broken hip, die within a year. Osteoporosis isn't just your grandmother's health threat. Although it strikes over 50 million women in India, it also menaces over 12 million men. It causes loss of height, pain in joints and back, and fractures, and can be very depressing. So, it is important that we adopt preventive measures to save millions of people from the risk of suffering from osteoporosis.

3. There is a new medical understanding of the best ways to protect ourselves and our children. "Simple changes in lifestyle and nutrition will help save bones." says Dr. Mittal. He suggests. it's never too late to adopt bone-friendly habits, like exercise that includes walking, jogging or skipping, getting enough sunlight, and getting adequate calcium, especially through fruits, vegetables, and fermented dairy products. This move in the right direction will keep the bones healthy and prevent osteoporosis.

Q 1. Why are fizzy and sugary drinks blamed for causing osteoporosis?

- (1) Fizzy and sugary drinks are often a substitute for food, and make the children miss out on taking in the right nutrition to build a strong immune system, and so these drinks are blamed for causing osteoporosis.
- (2) Fizzy and sugary drinks are never a substitute for a glass of milk, and make the children miss out on taking in the protein required to build a strong skeleton, and so these drinks are blamed for causing osteoporosis.
- (3) Fizzy and sugary drinks are often a substitute for a glass of milk, and make the children miss out on taking in the right nutrition to build a strong skeleton, and so these drinks are blamed for causing osteoporosis.
- (4) Fizzy and sugary drinks are never a substitute for food, and make the children miss out on taking in the right nutrition to build a strong immune system, and so these drinks are blamed for causing osteoporosis.

Q 2. How do bones become weak?

- (1) Not taking in enough carbohydrates and Vitamin D and leading a sedentary life makes the bones weak.
- (2) Not taking in enough minerals and Vitamin E and leading a sedentary life makes the bones weak.
- (3) Not taking in enough protein and Vitamin C and leading a sedentary life makes the bones weak.
- (4) Not taking in enough calcium and Vitamin D and leading a sedentary life makes the bones weak.

Q 3. When does osteoporosis become apparent? Why is called fatal?

- (1) Osteoporosis becomes apparent later in life. It is called fatal because 25% of the people who suffer from hip fracture die within a year.
 - (2) Osteoporosis becomes apparent earlier in life. It is called fatal because 36% of the people who suffer from hip fracture die within a year.
-

(3) Osteoporosis becomes apparent later in life. It is called fatal because 36% of the people who suffer from hip fracture die within a year.

(4) Osteoporosis becomes apparent earlier in life. It is called fatal because 43% of the people who suffer from hip fracture die within a year.

Q 4. How does osteoporosis affect us?

(1) Osteoporosis causes brittle joints, fractures, height gain, back and joint pain, and depression.

(2) Osteoporosis causes brittle joints, fractures, height gain, back and bone pain, and mania.

(3) Osteoporosis causes brittle bones, fractures, height loss, back and joint pain, and depression.

(4) Osteoporosis causes brittle skulls, fractures, height loss, back and bone pain, and mania.

Q 5. Choose the correct option:

The synonym of 'lack of physical activity' as given in paragraph 1 is _____.

(1) sedentary

(2) suffer

(3) diagnosed

(4) substitute

Q 6. Choose the correct option:

The synonym of 'identifying exact medical condition' as given in Paragraph 1 is _____.

(1) sedentary

(2) suffer

(3) diagnosed

(4) substitute

Q 7. The antonym of 'damaging' as given in Paragraph 2 is :

- (1) menace
- (2) preventive
- (3) termite
- (4) framework

Q 8. The antonym of 'insufficient' as given in Paragraph 3 is :

- (1) Prevent
- (2) Understanding
- (3) Adequate
- (4) Adopt

Q 9. Who says that, "Simple changes in lifestyle and nutrition will help save bones"?

- (1) Dr. Mittal says that.
- (2) Dr. Karun says that.
- (3) Dr. Mirin says that.
- (4) Dr. Mithil says that.

Q 10. Choose the correct option:

The Indian society for Bone and Mineral Research (ISBMR), a body comprising experts on osteoporosis was established in _____ with the aim of promoting research and circulating awareness about metabolic bone diseases especially this bone crippling disease.

- (1) 1995
 - (2) 1996
 - (3) 1994
 - (4) 1997
-

Passage - 2

10 Marks

Read the passage below and answer the questions that follow:

Child Marriage: An Evil

1. Child marriages are rampant in North India. They continue to blight the lives of people. Children bound by marriage are victims of blind customs and superstitions, prevalent in rural areas and certain urban concentrations among the weakest socio-economic groups. Nothing seems to stop this anti-social practice despite the Child Marriage Act passed as early as in 1929, which makes child marriage a grave offence.
 2. Why do child marriages take place and what can be done to prevent them from happening? The evil thrives because of illiteracy and other related causes - the most important of which is the anxiety of parents to marry off their daughters at the earliest. In many high illiteracy states, like Rajasthan, the practice of child marriage is in vogue. Akha Teej is D-day for the parents of minor girls, since, on that day, the parents seek salvation from the anxiety of girls growing up in their midst.
 3. A child marriage is less likely to take place if the parents are literate or at least the father is. He is, then, aware of the legal minimum age for marriage and the health hazards his daughter will face by an early marriage. If the mother, otherwise literate, has been exposed to the importance of family planning, she is also less likely to solemnise her daughter's wedding before the legal minimum age.
 4. Among the other reasons that parents give away young daughters in marriage is the need, felt especially by families with more than one daughter, to keep wedding expenses down. By marrying two daughters simultaneously, parents save on expenses. Parental anxiety about grown-up (14 years and above) daughters going astray, forces the less educated to give away their female children in marriage.
 5. The Child Marriage Restraint Act in 1978, raised the minimum age of marriage for girls from 15 to 18 years and for boys from 18 to 21 years. The committee, on the status of women, in its report in 1974, had recommended that all offences under the Child Marriage Restraint Act should be made cognizable and special officers be appointed to enforce the law.
 6. The crux of the problem is that the role of a girl-child in traditional rural areas is circumscribed around marriage and motherhood.
-

Q 1. What are the reasons for child marriage in India?

- (1) Child marriages take place to ensure that the family line continues without any interruptions. This is especially true for families that own land.
- (2) Child marriages take place to ensure that the daughters are well taken care of in their old age, and do not have to worry about food or shelter.
- (3) Child marriages take place because parents are anxious to marry off their daughters at the earliest and to keep the wedding expenses down.
- (4) Child marriages take place so that the parents can plan and enjoy their daughter's wedding before they are too old to do so.

Q 2. What are the recommendations of the committee on the status of women?

- (1) The committee on the status of women recommended that all offences under the Child Marriage Restraint Act should be made punishable and special courts be appointed to enforce the law.
- (2) The committee on the status of women recommended that all offences under the Female Abuse Restraint Act should be made cognizable and special officers be appointed to enforce the law.
- (3) The committee on the status of women recommended that all offences under the Female Abuse Restraint Act should be made non cognizable and special courts be appointed to enforce the law.
- (4) The committee on the status of women recommended that all offences under the Child Marriage Restraint Act should be made cognizable and special officers be appointed to enforce the law.

Q 3. What change did the Child Marriage Restraint Act 1978, bring about in the minimum legal age for marriage?

- (1) The Child Marriage Restraint Act, 1978 changed the minimum legal age for marriage for females from 15 to 18 and for males from 18 to 21.
 - (2) The Child Marriage Restraint Act, 1978 changed the minimum legal age for marriage for females from 15 to 18 and for males from 21 to 18.
-

(3) The Child Marriage Restraint Act, 1978 changed the minimum legal age for marriage for females from 18 to 15 and for males from 18 to 21.

(4) The Child Marriage Restraint Act, 1978 changed the minimum legal age for marriage for females from 15 to 19 and for males from 18 to 25.

Q 4. What is the importance of Akha Teej for the parents of minor girls in Rajasthan?

(1) Akha Teej in Rajasthan is the day that parents of minor girls can appeal to the government to find grooms for their daughters.

(2) Akha Teej is the first day of the full moon, and parents of minor girls in Rajasthan believe that it will grant their wishes.

(3) Akha Teej in Rajasthan, is the day for the parents of minor girls because on this day, the parents seek salvation from the anxiety of girls growing up in their midst.

(4) Akha Teej is the day that in Rajasthan, the minimum legal age for marriage for females from 15 to 18 and for males from 18 to 21.

Q 5. Choose the correct option:

The synonym of 'a feeling of worry or nervousness' as given in paragraph 2 is:

(1) salvation

(2) anxiety

(3) superstition

(4) offence

Q 6. Choose the correct option,

The antonym of 'singly' as given in paragraph 4 is _____.

(1) Expenses

(2) Anxiety

(3) Minor

(4) Simultaneously

Q 7. Choose the correct option,

The antonym of 'disapproved' as given in paragraph 5 is:

- (1) Amended
- (2) Recommended
- (3) Enforceable
- (4) Consummated

Q 8. Choose the correct option,

The synonym of 'means of escape' as given in paragraph 2 is :

- (1) Happening
- (2) Illiteracy
- (3) Anxiety
- (4) Salvation

Q 9. Choose the correct option,

The Child Marriage Restraint Act in ____, raised the minimum age of marriage for girls from 15 to 18 years and for boys from 18 to 21 years.

- (1) 1978
- (2) 1968
- (3) 1979
- (4) 1080

Q 10. Choose the correct option,

Child marriages are rampant in _____ India.

- (1) South
 - (2) North
 - (3) East
 - (4) West
-

Case study based questions
10th English

Section A - Reading (Type II - Discursive)

Passage - 1

10 Marks

Read the passage below and answer the questions that follow:

A for Allergy

1. Like bad news and common cold, allergies can pop up when least expected. I suddenly developed an allergy to crocin (paracetamol) some years ago after having it all my life to treat everything, from headache to fever to toothache.
 2. A stuffed or drippy nose, frequent sneezing, an itchy throat, rashes, sinus, ear pain, difficulty in breathing, stomach cramps, itchiness, red or watery eyes are some of the common symptoms of an allergic reaction. Pollen, dust, polluted outdoor air, and indoor pollutants, such as dust mites, animal dander, cigarette smoke, and mould are among the common environmental pollutants, while other triggers include medicines, paint, and chemicals in cleaners and cosmetics, such as hair colour and skin creams. Among foods, eight allergens account for almost 90% of food allergies: milk, soy, wheat, egg, peanut, tree nuts, fish and shellfish.
 3. Most of us wrongly believe that people with allergies are either born with them or develop them in early childhood. An allergy can develop at any time in your life and its prevalence among adults is rising. While most people who develop allergies as adults have experienced some allergic reaction - either to the same or an unrelated trigger before - a few have no history of sensitivity.
 4. In an acute immune reaction, the allergy trigger may be one, but the symptom is usually caused by a combination of factors. Stress, a sterile environment that prevents the body from developing immunity and lifestyle-induced changes in the body's hormonal balance are thought to be some triggers. This has been borne out by clinical evidence that women are more likely to develop allergies at puberty, after pregnancy, and at menopause, all pointing to hormonal causes.
 5. Avoiding the allergy trigger and taking anti-allergy medication as soon as you can, after exposure to an allergen is the best possible protection. Since pollen levels generally peak in the morning, people with airway sensitivity and asthma should postpone outdoor exercises to later in the day or stick to exercising indoors, as deeper and more rapid breathing induced by aerobic exercise
-

causes more pollen and dust being inhaled, which can wreck your airways and lungs. Since air pollutants tend to cling to clothes and hair, changing your clothes when you come home or washing your hair before going to bed, lowers exposure.

Q 1. What are among the common environmental pollutants?

- (1) Tree nuts, peanuts, milk, cottage cheese and other dairy products are among the common environmental pollutants.
- (2) Wood bark, sand, dew, citric acid and flannel are among the common environmental pollutants.
- (3) Rose water, peanuts, dust, and maggots are among the common environmental pollutants.
- (4) Pollen, dust, polluted outdoor air and indoor pollutants such as dust mites, animal dander, cigarette smoke and mould are among the common environmental pollutants.

Q 2. What is an acute immune reaction?

- (1) In an acute immune reaction the allergy trigger may be one but the symptom is usually caused by a combination of factors.
- (2) In an acute immune reaction the allergy trigger is limited to being either a food item or any type of animal fur.
- (3) In an acute immune reaction the allergy trigger always results in fatal consequences.
- (4) In an acute immune reaction the allergy trigger may be caused by a combination of factors but the symptom is usually one.

Q 3. How can you prevent/treat yourself from getting allergies?

- (1) People with asthma should opt for morning exercise and as air pollutants tend to cling to clothes and hair, changing clothes on returning home and washing hair before going to bed both lower the exposure to allergies
-

(2) People with airway sensitivity should only do exercise at dawn and as air pollutants tend to cling to hair, not washing hair before going to bed both lower the exposure to allergies.

(3) People with airway sensitivity and asthma should avoid morning exercise and as air pollutants tend to cling to clothes and hair, changing clothes on returning home and washing hair before going to bed both lower the exposure to allergies.

(4) People with food allergies should avoid morning exercise and as food particles tend to cling to clothes and hair, changing clothes on returning home and washing hair before going to bed both lower the exposure to allergies.

Q 4. Choose the correct option:

The synonym of 'evidence of disease or any physical disturbance' as given in paragraph 2 is _____.

- (1) allergy
- (2) reaction
- (3) symptom
- (4) cramp

Q 5. Choose the correct option:

The synonym of 'free from bacteria or other living microorganisms' as given in paragraph 4 is _____.

- (1) symptom
- (2) sterile
- (3) trigger
- (4) rapid

Q 6. Choose the Correct Option:

The synonym of 'free from bacteria or other living microorganisms' as given in paragraph 4 is _____.

- (1) sterile
- (2) forced
- (3) captivity
- (4) killed

Q 7. Choose the Correct Option:

The antonym of 'prepone' as given in paragraph 5 is _____.

- (1) Federation
- (2) Imagination
- (3) realise
- (4) postpone

Q 8. Choose the Correct Option:

The antonym of 'disconnect' as given in paragraph 5 is _____.

- (1) cling
- (2) rapid
- (3) induced
- (4) trigger

Q 9. Complete the following,

Among foods, _____ account for almost 90% of food allergies: milk, soy, wheat, egg, peanut, tree nuts, fish and shellfish.

- (1) Seven allergens
- (2) eight allergens
- (3) six allergens
- (4) five allergens

Q 10. Complete the following,

_____, a sterile environment that prevents the body from developing immunity and lifestyle-induced changes in the body's hormonal balance are thought to be some triggers.

- (1) Stress
- (2) Pain
- (3) Anxiety
- (4) Work

Passage - 2

10 Marks

Read the passage below and answer the questions that follow:

Benefits of politeness

1. Politeness has been well defined as benevolence in trifles. It is the desire to put those whom we meet perfectly at ease, and save them from every kind of petty discomfort and annoyance. The limited part of benevolence called politeness requires only an inclination to make them happy temporarily, while they are in our presence, and can be done without any sacrifice on our part or only with a slight sacrifice of our personal comfort.
 2. Politeness is said to be one of the most important characteristics of a civilized person. Politeness is the art of choosing from among your thoughts. It must be implemented in every walk of life. When we deal with people elder to us, we are polite. But an honest polite person is polite with everyone, including people of lower status, workers, and even children. Not just with humans, we must also be polite with animals as they help us.
 3. Politeness is a skill, and like any other skill, can be mastered with practice. The greatest enemy of politeness is ego. To be a polite person, you have to sacrifice your ego. It is difficult for an egoist to be polite. You have to imply politeness in your thinking, speech, and action. Actions speak louder than words. Polite actions will render fine results. Politeness will reduce your stress and boost you to be productive. Apart from your present benefits, you protect your future. Being polite makes you mentally healthy.
 4. Different rules of behaviour have to be observed depending on whether we are in the street or the drawing room, at home or school, among friends or with strangers, and so on. Our behaviour also varies on the basis of the country we hail from as there is great diversity of social etiquette between the cultures of different countries.
-

5. Politeness, besides being a duty that we owe to others, is a valuable possession for ourselves. It costs nothing, and yet may, in many cases, bring much profit. The great advantage of this excellence of conduct was very clearly expressed by Dr. Johnson when he said that the difference between a well-bred and an ill-bred man is that the former immediately attracts your liking and the latter your dislike.

Q 1. Why is politeness called a limited part of benevolence?

(1) Politeness is called a limited part of benevolence as politeness requires only an inclination to make others miserable and cannot be achieved without any sacrifice on our part or with only a small sacrifice of our personal comfort

(2) Politeness is called a limited part of benevolence as politeness requires only an inclination to make others happy, and does not consider the moral implications of doing so.

(3) Politeness is called a limited part of benevolence as politeness requires only an inclination to make others miserable, regardless of the sacrifice required to achieve this.

(4) Politeness is called a limited part of benevolence as politeness requires only an inclination to make others happy and can be achieved without any sacrifice on our part or only with a slight sacrifice of our personal comfort.

Q 2. List some of those we should be polite to.

(1) We should be polite to people elder to us, those of lower status, workers and children. We must also be polite towards animals.

(2) We should be polite to people younger than us, those of higher status, executives and animals

(3) We should be polite to people who are elder to us, those of higher status, strangers and family members.

(4) We should only be polite to our friends and family members. We must also be polite to our pets.

Q 3. Why is it difficult for an egoist to be polite?

- (1) The greatest ally of politeness is ego, and to be a polite person you have to sacrifice the ego. So it is difficult for an egoist to be polite.
- (2) The greatest ally of politeness is ego, and to be a polite person you have to protect the ego. So it is difficult for an egoist to be polite.
- (3) The greatest enemy of politeness is ego, and to be a polite person you have to sacrifice the ego. So it is difficult for an egoist to be polite.
- (4) The greatest enemy of politeness is ego, and to be a polite person you have to protect the ego. So it is difficult for an egoist to be polite.

Q 4. What are the benefits of being polite?

- (1) Being polite has various benefits, like increasing stress and boosting productivity. It also makes a person mentally unhealthy and attracts others' liking.
- (2) Being polite has various benefits, like increasing stress and reducing productivity. It also makes a person mentally unhealthy and attracts others' dislike.
- (3) Being impolite has various benefits, like eliminating stress and boosting productivity. It also makes a person mentally unhealthy and attracts others' dislike.
- (4) Being polite has various benefits, like reducing stress and boosting productivity. It also makes a person mentally healthy and attracts others' liking.

Q 5. Choose the correct option:

The synonym of 'trivialities' as given in paragraph 1 is:

- (1) trifles
 - (2) insignificant
 - (3) sacrifice
 - (4) temporarily
-

Q 6. Find out the words that mean the same as "manners" in paragraph 2.

- (1) Good
- (2) Etiquette
- (3) Politeness
- (4) Characteristics

Q 7. Find out the words that mean the same as "civil" in paragraph 5.

- (1) Ill bred man
- (2) Etiquette
- (3) Well bred man
- (4) Distinguish

Q 8. Complete the following:

Politeness is an art of choosing _____.

- (1) among your thoughts.
- (2) among others thoughts.
- (3) among polite thoughts.
- (4) among difficult thoughts.

Q 9. Complete the following:

An honest polite person is polite with _____.

- (1) only people of higher status, not workers and children.
- (2) everyone, people of lower status, workers and even children.
- (3) except people of higher status, CEO's and children.
- (4) only people of lower status, politicians and even children.

Q 10. Complete the following:

To others, we _____.

- (1) must be rude.
- (2) must be in ego.
- (3) must be polite.
- (4) must be different.

Case study based questions
10th English

Section A - Reading (Type II - Discursive)

Passage - 1

10 Marks

Read the passage below and answer the questions that follow:

Where Have All the Sparrows Gone?

1. They were once everywhere. Chirping and flapping their wings at the window sills, on top of cupboards, and on the branches of trees. Where have all the little sparrows gone? This is the most frequently asked question about sparrows these days.
 2. The association between humans and house sparrows dates back to several centuries and no other bird has been associated with humans on a daily basis like the house sparrow. It is a bird that evokes fond memories of childhood. The nests of sparrows dotted almost every house in the neighborhood as well as public places like bus stands and railway stations, where they lived in colonies and survived on food grains and tiny worms.
 3. A study conducted by the Andhra University, Visakhapatnam highlighted the fact that the population of sparrows had fallen by over 60% even in the rural areas of coastal Andhra Pradesh. A survey conducted by the British Trust for Ornithology showed that the house sparrow's population in Britain has declined by about 58% since 1970.
 4. Certainly, there is no single reason for the decline of the house sparrows. Mobile tower radiation and excessive use of chemical fertilizers are aggravating the problem and have been identified as potent sparrow killers.
 5. It is said that sparrow chicks, which require insect food for their survival in their early days, have not been getting adequate supply from their parents. This has triggered large scale death of chicks, leading to a gradual decline in their population.
 6. Urban landscape too, has been dramatically altered over the years. No longer are sparrows able to find the tiny nooks, crannies and holes where they used to build their nests.
 7. Typically, sparrows were never an issue of concern for us with their diminutive presence in our household. Perhaps it is this diminutive presence because of which even their gradual disappearance has gone unnoticed. Mohammed Dilawar is rightly called the Sparrow Man of India as he has been successful
-

in drawing the attention of the world towards the declining number of house sparrows.

8. House sparrows are an important bioindicator and their decline is a grim reminder of the degradation of the urban environment and the danger from it to the humans in the long run.

Q 1. "The association between humans and house sparrows dates back to several centuries..." How?

(1) The association between humans and house sparrows dates back to several centuries as no other bird has been associated with humans on a daily basis like the house sparrow. It is a bird that evokes fond memories of childhood.

(2) The association between humans and house sparrows dates back to several centuries as sparrows were the first birds kept as pets by humans. They evoke fond memories of childhood.

(3) The association between humans and house sparrows dates back to several centuries as sparrows were the first messenger birds trained by humans. They are a signifier of human evolution and civilization.

(4) The association between humans and house sparrows dates back to several centuries as sparrows were the first pets domesticated by humans. They are a signifier of human evolution and civilization.

Q 2. How has the urban landscape affected the population of sparrows?

(1) The house sparrow is no longer able to find the tiny nooks, crannies and holes where it used to build its nest.

(2) The house sparrow is no longer able to find the tiny nooks, crannies and holes where it used to build its kennel.

(3) The house sparrow is no longer able to find the tiny sticks, rocks and feathers with which it used to build its nest.

(4) The house sparrow is no longer able to find the large boulders, holes and valleys where it used to build its nest.

Q 3. Who is the Sparrow Man of India and why is he called so?

(1) Mohammed Rafi is called the Sparrow Man of India as he has been successful in drawing the attention of the world towards the declining number of house sparrows.

(2) Mohesh Dilawar is called the Sparrow Man of India as he has been successful in drawing the attention of the world towards the declining number of house sparrows.

(3) Mohammed Dilawar is called the Sparrow Man of India as he has been successful in drawing the attention of the world towards the declining number of house sparrows.

(4) Mohammed Dilawar is called the Sparrow Man of India as he has been successful in drawing the attention of the world towards the increasing number of house sparrows.

Q 4. Choose the correct option:

The synonym of 'become gradually less' as given in paragraph 3 is _____.

(1) highlighted

(2) conducted

(3) abundant

(4) declined

Q 5. Choose the correct option:

The synonym of 'more than required' as given in paragraph 4 is _____.

(1) miserly

(2) excessive

(3) adequate

(4) significant

Q 6. Declining sparrows is the reminder of?

- (1) The upgradation of the urban environment and the danger from it to the humans in the long run.
- (2) The degradation of the rural environment and the danger from it to the humans in the short run.
- (3) The upgradation of the urban environment and the benefit from it to the humans in the long run.
- (4) The degradation of the urban environment and the danger from it to the humans in the long run.

Q 7. What is the meaning of "diminutive" in paragraph 7?

- (1) Small
- (2) Large
- (3) All the time
- (4) Rarely

Q 8. Which bird is mentioned to have childhood memories with humans in the given passage?

- (1) Swans
- (2) Sparrows
- (3) Parrots
- (4) Chickens

Q 9. Why are sparrows no longer able to find the tiny nooks, crannies and holes where they used to build their nests?

- (1) Due to the afforestations.
 - (2) Due to the traffic.
 - (3) Due to the urbanisation.
 - (4) Due to water scarcity.
-

Q 10. What is the sound of the sparrow mentioned in the passage?

- (1) Flapping
- (2) Chirping
- (3) Chick
- (4) Evokes

Passage - 2

10 Marks

Read the passage below and answer the questions that follow:

Food Deserts and Nutrition

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 a significant portion of the population that remains under-educated about proper nutrition. Individuals who live in food deserts in low-income neighborhoods that lack easy access to healthy, affordable food may not even have the opportunity to obtain nutritious food.

2. Food deserts are located in high-poverty areas such as sparsely populated rural areas or densely populated, low-income urban centres. 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 neighborhoods. This means that those who live in high poverty areas often also live miles away from access to fresh meat and dairy products available at supermarkets. Residents of these areas who do not have cars have no other option but to travel long distances on public transportation to do their grocery shopping or remain limited to the food available at local convenience stores and gas stations. These types of food retailers often only sell packaged, processed foods that offer little nutritional value.

3. Furthermore, fast 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. As 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 neighborhoods are much more likely to develop problems with obesity, diabetes, and hypertension than those who live in more affluent neighborhoods.

Q 1. Why is a poor diet a serious health concern in modern America?

- (1) A poor diet is a health concern because it can lead to malnutrition and decreased risk of developing heart disease, hypertension, diabetes and several types of cancer.
- (2) A poor diet is a health concern because it can lead to extreme physical fitness and decreased risk of developing heart disease, hypertension, diabetes and several types of cancer.
- (3) A poor diet is a health concern because it can lead to obesity and increased risk of developing heart disease, hypertension, diabetes and several types of cancer.
- (4) A poor diet is a health concern because it can lead to malnutrition and increased risk of developing stomach cramps, hypotension, joint pain and several types of cancer.

Q 2. How do food deserts develop?

- (1) Food deserts often develop when major supermarket chains either relocate out of these areas or simply refrain from building stores there in the first place.
 - (2) Food deserts often develop when major supermarket chains flood the market and edge out local retailers.
 - (3) Food deserts often develop when small local retailers either relocate out of these areas or simply refrain from building stores there in the first place.
 - (4) Food deserts often develop when major supermarket chains either relocate into these areas or simply begin building stores there in the first place.
-

Q 3. Why do people living in low income areas suffer greatly from a variety of health issues?

- (1) People living in low income areas are most often exposed to meals from unclean restaurants. They often suffer from a variety of health issues.
- (2) People living in low income areas are most often exposed to infrequent meals. They often suffer from a variety of health issues.
- (3) People living in low income areas are most often exposed to meals from exclusive restaurants or organic markets. They often suffer from a variety of health issues.
- (4) People living in low income areas are most often exposed to meals from fast restaurants or convenience stores. They often suffer from a variety of health issues.

Q 4. Choose the correct option:

The synonym of 'to stop oneself from doing something' as given in paragraph 2 is _____.

- (1) proceed
- (2) refrain
- (3) desert
- (4) chain

Q 5. Choose the correct option:

The antonym of 'visitor' as given in paragraph 3 is _____.

- (1) individual
- (2) neighbourhood
- (3) inhabitant
- (4) rural

Q 6. Choose the correct option:

The synonym of 'reasonably priced' as given in paragraph 1 is _____.

- (1) significant
- (2) affordable
- (3) poverty
- (4) sparsely

Q 7. Choose the correct option:

The antonym of 'impoverished' as given in paragraph 3 is _____.

- (1) assuage
- (2) destitute
- (3) inhabited
- (4) affluent

Q 8. Which types of foods increase a person's chances of obesity?

- (1) Foods that are high in sodium, sugar, and saturated fats increase a person's chances of obesity.
- (2) Foods that are high in protein, carbohydrates, and lipids increase a person's chances of obesity.
- (3) Foods that are very low in sodium, sugar, and saturated fats increase a person's chances of obesity.
- (4) Foods that are very low in nutritional value, and which have no animal proteins, are likely to increase a person's chances of obesity.

Q 9. Why do people living in food deserts need to travel long distances to do their grocery shopping?

- (1) People who live in food deserts do not have access to packaged, processed food products due to the lack of supermarkets. So, if they want food with proper nutritional value, they have to travel long distances.
 - (2) People who live in food deserts do not have access to the full variety of fast foods, especially desserts, due to the lack of supermarkets. So, if they want food that tastes good, they have to travel long distances.
-

(3) People who live in food deserts do not have access to fresh meat and dairy products due to the lack of supermarkets. So, if they want food with proper nutritional value, they have to travel long distances.

(4) People who live in food deserts do not have access to the processed foods found at local retailers. So, if they want food that tastes good, they have to travel long distances.

Q 10. Choose the correct option:

The main sources of food in food deserts are _____.

- (1) local convenience stores and supermarkets
 - (2) local convenience stores and gas stations
 - (3) supermarkets and gas stations
 - (4) gas stations and local farms
-