

CLASS : XI

ENGLISH

REVISION FOR HALF- YEARLY – 2015

1.. Read the following passage carefully and answer the question that follow: (Select the correct answer for MCQ) 6marks

FOOD AND STRESS

We are what we eat. The type of food we eat has both immediate and long-term effect on us, at all the three levels - the body, the mind and the spirit. Food which is *tamasik* (i.e. stale or leftover) in nature is bound to generate stress as it tends to upset the normal functioning of the human body. Stale food should be avoided. Taking piping *hot* teal milk or steaming hot food, whenever available, must be preferred. Excessive use of spices also disturbs one's usually calm attitude. Further, it is a mistaken belief that smoking or drinking, even in moderation, relieves stress/ Simple meals with one or two food items, rather than too many lavish dishes, are advisable. Thus, vegetarian diet is preferable. Although it is customary to serve fruits with food, it is not the fight thing to do. This is because different kind of digestive secretions are produced by the stomach for variant foods. Mixing up top many varieties of food items at one meal creates unavoidable problems for the digestive system. In fact, anyone type of fruit, preferably taken in the morning, is better.

On an average, we eat almost three to four times the quantity of food than we actually need. A lot of body's energy is used up for digesting the excess food. It is said that after a particular level of food intake, the 'food actually eats one up'.

It is always good to eat a little less than your 'full-stomach' capacity. Besides, never eat food unless you are really hungry. Having dinner at 8 or 9 pm after a heavy snack at 5 or 6 pm in the evening is asking for trouble. In fact, skipping an odd meal is always good if the stomach is upset. There are varying views on the benefits o fasting, but we will not discuss them here. However, giving a break to one's stomach, at least once a week, by having only fruit or milk, etc. may be worth trying.

While a little bit of water taken with meals is all right, drinking 30 t60 much water with food is not advisable. Water, taken an hour or so before or after meals, is good for digestion.

One's diet must be balanced with all the required nutrients for a healthy living. Also remember, excess of everything is bad. Related to the problem of stress, excessive intake of salt is definitely out. Too much of sugar, fried food and chillies are not good either. Overindulgence and excessive craving for a particular taste / type of food generates *rajasik* (aggressive) or at worst, *tamasik* (dull) tendencies.

An even more important aspect of the relationship between food and stress lies not so much in what or how much we eat but how the food is taken. For example, food eaten in great hurry or in a state of anger or any other negative state of mind is bound to induce stress. How the food is served is also very important. Not only the presentation, cutlery, crockery, etc. play a role, the love and affection with which the food is served is also significant.

Finding faults with food while it is being eaten is the worst habit. It is better not to eat the food you do not like, rather than finding fault with it.

It is good to have regular food habits. Workaholics who' do not find time to eat food at proper mealtimes are inviting stomach ulcers.

One must try to enjoy one's food, and therefore, eating at the so-called lunch / dinner meetings is highly inadvisable. Every morsel of food should be enjoyed with a totally peaceful state of mind. Food and discussions should not be mixed.

There are accepted ways to 'charge' the food we eat. Prayer is perhaps 'the best method for energizing the food and it will do some definite additional good at no extra cost.

Lt. Gen. M. M. Walia

Q.1. How does *tamasik* food influence the person?

- a. Generates stress
- b. Makes a person energetic
- c. Generate large amount of energy
- d. Make a person bold

- Q.2. what are the mistaken belief people practise at the table?
- Smoking helps to digest
 - Smoking of drinking even in moderation relieves stress
 - Pickles add the taste
 - Spices help to enhance appetite
- Q.3. Why does the writer say that 'food actually eats one up'?
- Digestive system takes too much time
 - Excessive intake of food takes a lot of body's energy to digest it
 - Food sustains the body
 - It makes the person healthy
- Q.4 What generates rajasik & Tamasik tendencies ?
- Over indulgence of fried food
 - Too much use of spicy food
 - Over indulgence and excessive craving for a particular taste
 - Excess of everything
- Q.5 Where does the root cause of stress generated by food lie in ?
- How much we eat
 - What we eat
 - How the food is taken
 - Because of irregular food habit
- Q.6. What does 'induce' mean?
- Reduce
 - Cause, influence
 - Aggressive
 - To intake

ANSWER :

- a
- b
- b
- c
- c
- b

2. .Read the following passage carefully and answer the question that follow: (Select the correct answer for MCQ) 6marks

IMPORTANCE OF VEGETABLES

'Vegetables' are important protective food and highly beneficial for the maintenance of health and prevention of disease. They contain valuable food ingredients which can be successfully utilized to build- up and repair the body.

Vegetables are valuable in maintaining alkaline reserve in the body. They are valued mainly for their high vitamin and mineral contents. Vitamins A, B and C are contained in vegetables in fair amounts. Faulty cooking and prolonged careless storage can, however, destroy these valuable elements.

There are different kinds of vegetables. They may be edible roots, stems, leaves, fruits and seeds. Each group contributes to diet in its own way. Fleshy roots are high in energy value and good sources of vitamin B group. Seeds are relatively high in carbohydrates and proteins. Leaves, stems and fruits are excellent sources of minerals, vitamins, water and roughage.

It is not the green vegetables only that are useful. Farinaceous vegetables consisting of starchy roots such as potatoes, sweet potatoes, the tubers and legumes are also valuable. They are excellent sources of carbohydrates and provide energy to the body.

. To derive maximum benefits of their nutrients, vegetables should be consumed fresh as far as possible. Most vegetables are best consumed in their natural raw state in the form of salads. An important consideration in making salads is that the vegetables should be fresh, crisp and completely dry. If vegetables have to be cooked, it should be ensured that their nutritive value is preserved to the maximum extent possible. The following hints will be useful in achieving this:

- (i) The vegetables, after thorough wash, should be cut into as large pieces as possible. (ii) The cut pieces should be added to water which has been brought to boiling point and to which salt has been added. This is necessary to avoid loss of B-complex vitamins and vitamin C.
- (iii) Only bare minimum water necessary to cover vegetables should be used. Spinach and other tender greens need no water.
- (iv) Vegetables should not be exposed to atmospheric air. They should be covered tightly while cooking

(v) They should be cooked for as short a time as possible. They should be cooked till they are just soft to the touch for easy mastication.

(vi) They should be served hot.

To prevent loss of nutrients in vegetables, it would be advisable to steam or boil vegetables in their own juices on a slow fire and the water or cooking liquid should not be drained off. If the vegetables are boiled hard and for a long time in a large quantity of water, they would lose their nutritive and medicinal values.

No vegetable should be peeled unless it is so old that the peeling is tough and unpalatable. In most root vegetables the largest amount of minerals is directly under the skin and these are lost if vegetables are peeled. Soaking of vegetables should also be avoided if taste and nutritive value are to be preserved. Finally, vegetables should not be cooked in aluminium utensils. Aluminium is a soft metal and is acted upon by both food acids and alkalis. There is scientific evidence to show that tiny particles of aluminium from foods cooked in such utensils enter the stomach and that the powerful astringent properties of aluminium injure the sensitive lining of the stomach, leading to gastric irritation, digestive and intestinal ailments.

An intake of about 280 grams of vegetables per person is considered essential for maintenance of good health. Of this, leafy vegetables should constitute 40 per cent, roots and tubers 30 per cent and the other vegetables like brinjals, ladies fingers the remaining 30 per cent.

Q.1. How are vegetables important for us?

- a. They build up and repair the body
- b. Give us energy
- c. They are tasty
- d. Highly beneficial when we fall ill

Q.2. What do farinaceous vegetables consist of -----

- a. Proteins
- b. Starchy roots
- c. Vitamins
- d. Energy

Q.3. How do cooking aluminium utensils affect the body of consumers?

- a. Cause day blindness .
- b. Cause heart attack
- c. Cause kidney failure
- d. Injure the sensitive lining of the stomach.

Q.4. How does salt work to sustain the value of vegetables while boiling?

- a. By retaining B complex vitamin & Vitamin C
- b. By adding the energy level
- c. By enhancing the nutrient value
- d. By adding taste

Q.5. Find the word which mean : 'to remove the skin from vegetable or fruit.

- a. to soak
- b. to peel
- c. scratch
- d. to expose

Q.6. How much vegetables does a person need for good health?

- a. 280 grams
- b. 40% leafy & 30% tubers & roots c.
- As much as they can eat
- d. Maximum brinjals & ladies fingers

ANSWERS :

- 1. a
- 2. b
- 3. d
- 4. a
- 5. b
- 6. a

3. Read the passage below carefully and complete the notes:

India has stood for freedom: Even before Independence we viewed our own struggle and difficulties on the larger canvas of global problems. If democracy is basically tolerance for others' opinions, the concept of co-existence is democracy on the international plane, for it embodies tolerance of other nations and systems. Similarly non-alignment gives depth to our independence and self-reliance for it enables us to retain our freedom of judgment and action on international issues in the light of our national interests. We avoid involvement in the conflicts and disputes of others and this helps to blunt conflict between power blocs. I should like to think that it has also helped world stability.

A country is an extended family. When income and resources are limited, one must budget to ensure that waste is avoided, resources husbanded, priorities established, education and other social needs catered to, special provision made for those who are weaker or smaller. Industry has to be balanced with agriculture; technology with culture; state ventures with private initiative; economic growth with social justice; the large with the small. Every section

of society must be stimulated to creative activity.

That is our planning. In no way is it totalitarian or coercive. Industrializing, modernizing and transforming an ancient society of immense size, population and diversity is a daunting venture and inevitably, a gradual one. Otherwise there will be resentment. Transformation should not cause too much dislocation or suffering for the people nor should it jettison the basic spiritual and cultural values of our civilization.

India's planning experience sums up the successes and problems of our democratic development. The magnitude and significance of democracy's operation in India are not well understood, for it is often treated as an *adventitious* or borrowed growth. Why has democracy worked in India? Our national leadership was dedicated to it and we wanted it to work, but, also, because in our society there were elements and traditions which supported the growth of democracy.

In our democratic system, there may be differences in many spheres but we rise above them. To achieve the objective of keeping the country united, we have to transcend political and party-

based differences, which create *dissensions*. If we cannot remain united and the country does not remain strong, with whom shall we have differences? Against whom shall we fight? With whom shall we be friends? Brothers and sisters, if the country falls, nobody survives. When we were fighting for the freedom of our country, it did not mean only political freedom. It also meant social justice, equality and economic justice. Only one phase is over and another one is under way. We have to cover a long and difficult path. Whereas the enemies were visible during those days; now they are in disguise. Some of them are openly our enemies, but many become unintentional pawns of others.

_____ *Title*

I. What democracy envisages

1. Tolerance for other's opinions
2. _____
3. Non alignment
- a. _____ b. _____ c. _____

II. Country - an extended family

1. Society to stimulate creative activity
by:
 - a. _____
 - b. _____
 - c. _____
 - d. _____
 - e. _____

III. Challenges in promoting democracy:

1. Avoid being _____
2. _____
3. _____

4. _____

IV. Factors contributing to democ.y:

1. _____
2. _____

V. How to promote democ.y:

1. _____
2. _____

Key to Abbreviations used

democ.y - democracy

non alignm. t – non

alignment activ.y – activity,

contr.-contributing

SECTION B WRITING AND GRAMMAR

- a. You are Gopal/Gopika, a social worker. You have observed that young boys and girls go on increasing their academic qualification without proper direction. Most of them do not get any employment creating a problem of educated unemployed. Some of them drift into unsocial activities. Write an article in 150-200 words of how this problem of ‘educated unemployed’ can be resolved.
- b. Cyclones often hit the coastal areas causing a lot of devastation in terms of life and property. A scientific mechanism is necessary to cope with the situation in time of emergency. Write an article in 150-200 words on how the victims of cyclones can be helped. You are Kamal/kamala.

GRAMMAR EXERCISES

- 1. Which sentences below are incorrect because ‘the’ is not needed**
2. The sun was shining.
3. She rushed out of the room.
4. We grow the potatoes and the carrots.
5. One of the men stood up.
6. How long have you been learning the English?

7. He loves playing the tennis.
8. Could you pass me the butter?
9. I was born in the June.
10. She was amazed at the beauty of the island.
11. My mother has a sleep after the lunch every day.

2. Read the passage below and decide whether a, the, or no articles needed to fill each gap correctly.

Spanish is one of ----- most widely spoken languages in ----- world. It is spoken all over----- South America except for ----- Brazil. Like Italian and Portuguese, ----- Spanish language is related to Latin. ----- -- recent report stated that -----number of Spanish speakers in ----- United State of America will be higher than -----number of English speakers by -----year 2090. As -----result of this, nearly all North American schools teach Spanish. ----- language with -----most speakers in ----- world is Mandarin Chinese.

3. Fill in the blanks by using a or an

He was wearing -----hat. I have just bought-----new computer. What ---- --interesting life you've had! Do you have to wear ----- uniform? The book was given to me by ----- uncle. This should only take half -----hour. - ----- plane flew overhead. He took me to --- expensive restaurant. This is -- ----- one-way street. She wanted to be---- MP.

4. Complete this narration using suitable determiners

A-----months back, -----big fire broke out in our locality. It had caused a ----- damage, but fortunately----- was hurt. It was a calm night and I was reading in the hall. I smelt----- burning and heart ----- shouting down the road. I saw a house on fire with -- -----flames leaping from one roof to another. I immediately phoned the police and fire department, and -----of us rushed out.

5. Use the appropriate modal to fill in the blanks.

(Meaning of the modal are given in the bracket)

1. Teacher to student : you -----study at least three hours a day.(Speaker's authority)
Student to his classmate: I -----study at least three hours a day (external authority) His classmate: you -----study for more three hours. (Moral obligation)
2. ----- I read your newspaper? (informal permission)
-----I come in ? (formal permission)
3. She ----- speak Spanish. (present ability)

- She -----swim when she was 11 years old. (Past ability)
4. -----you babysit for us on Friday? (polite request)
-----you close the door? (Formal request)
 5. The stadium -----= be emptied in four minutes. (possibility) I -
----- do it now, if you like. (Less possible)
They----- well win. (Something is possible)
 6. They----- burn coal; now they burn fuel oil only. (Expresses a past habit or routine)
 7. You ----- not begin until I tell you. (formal prohibition)
Reference books ----- not be taken out of the Library. (Written prohibition)

6. JUMBLED SENTENCE

REARRANGE THE WORDS SO THAT THEY ARE IN THE CORRECT ORDER.

1. attention. Babies need constant
2. author? Is who your favourite
3. the team's the place victory guarantees final. Tonight's
4. highlights a of number instances The of injustice. Report
5. on contains museum interesting rural some The exhibits Spanish life
6. She a on in in tower an estate block London. Lives
7. The on today's Flights the displayed are of monitor. Details
8. What the school. Wear fairly take to I towards kids a relaxed attitude

7. The following passage has not been edited. There is one error in each line. Write the incorrect word and the correction in your answer sheet. Remember to underline the word that you have supplied.

1. I would welcome the chance to working as part -----
of a small dynamic team how I could make ----- an
significant contribution while developing -----
my skills yet further. I must be happy to -----
show you a portfolio of mine work ----- I
am available with interview next week and -----
look forward to hear from you. -----

SECTION C TEXT BOOKS

A. Read the stanza given below and answer the questions that follow :

- “ When did my childhood go?

Was it the day I ceased to be eleven,

Was it the time I realised that Hell and Heaven,

Could not be found in Geography,

And therefore could not be,

Was that the day!"

- a. How did the poet realise his being grown up?
- b. What does the Hell and heaven stand for?
- c. What kind of phase of his life does the stanza reveal?
- d. What is the poet asking for?

Ans.a. . The poet realised his being grown up, when he was able to differentiate between truth and fiction. / when he was analysing the statement of adults.

Ans.b. It stands for the world of imagination that fascinates only small children./ These are nothing but the product of our imaginative mind that helps the person to escape from reality.

Ans.c. The stanza reveals the phase of rationalism where he is using his seat of reasoning .

Ans.d. He is asking for the time when his childhood went.

B. Read the stanza given below and answer the questions that follow :

“ When did my childhood go?

Was it the time I realised that adults were not

All they seemed to be,

They talked of love and preached of love,

But did not act so lovingly,

Was that the day!"

- i. What does the stanza expose?
- ii. According to the poem when did his childhood go?
- iii. What contrast did he find in adult's behaviour?
- iv. How did he find the hypocrisy in adult's behaviour?

Ans.1. The stanza exposes the hypocrisy of the adult.

Ans.2. It might go when he was able to analyse the contrast of adult's way of thinking and way of life.

Ans.3. They talked of human values but did not practise in their day to day life.

Ans.4. He found that they pretend to have certain belief that they do not really have.

LONG ANSWER QUESTIONS

1. Bring out the spiritual elements in the character of the grandmother.
2. What light does the lesson throw on Indian family values?
3. Evaluate the writer's attitude towards his grandmother when he was a child.

SHORT ANSWER QUESTIONS

1. What does one see on the mirror inside the cage in the zoo at Lusaka Zambia?

Answer: Standing in front of the mirror inside the cage in that zoo, one finds his own reflection on the mirror, suggesting that human beings are the world's most dangerous animal.

2. According to the Lester Brown, what are the four principal biological systems of the earth? Answer: They are four: fisheries, forests, grasslands, and croplands.

3. What do you mean by the concept of 'Sustainable development'?

Answer: Sustainable development means: development that meets the needs of the present, without compromising the ability of future generations to meet their needs", i.e., without stripping the natural world of resources future generations would need.

4. 'What goes under the pot now costs more than what goes inside it' what does that suggest? Answer: That suggests that the cost of firewood has become higher than cost of rice and other staple food.

5. What is the role of industries in the preservation of environment?

Answer: Industries and industrialists have to exercise control in use of natural resources. The top officials need to become the guardians of our environment if we have to think about our future generations

LONG READING TEXT - THE CANTERVILLE GHOST

1. How does the writer justify that the place is haunted?

Ans. The Canterville Ghost is well designed and imaginative product of a creative mind of Oscar Wilde. The Canterville Ghost is not just a suspense story of ghost but also it is the great example to give a universal message through word woven.

The following are the examples, incidents and action that may prove that the place has been haunted.

The Ghost has been seen by many a person and there was a man who can be trusted by one and

all witnessed the appearance of the ghost. He was nothing but the Rector of the Parish, the Rev. Augustus Dampier. Secondly the grandmother of Lord Canteville felt unconscious when two skeleton hands were placed on her shoulder. Moreover, Lady Canterville often had very little sleep at night. Mrs. Umney always found blood stains on the carpet.

The rankling of the chain heard by Mr. Otis, one who did not believe in the superstitiousness. The disappearance of Virginia made the Otis family confirmed about the presence of the Ghost. These are the examples described by the writer to justify that the place is haunted.

2. Do you think that The Canterville Ghost is just a ghost story? Justify.

Ans. VALUE POINTS

-Yes /No

-Ghost stories get us to the world of horror

-Makes the readers curious, excited, anxious

-Main themes would be – death, horror, witch, evils, traditional prophecies

-It is a story with a difference. The writer used the Ghost as an image to weave a plot of cross culture understanding. The ghost is not horrible. He didn't succeed to terrify the Otis family. He also wanted to leave the place

-He confessed his misdeeds, wants to terrify only not to murder anybody

-He himself was frightened by the twins; his miserable condition makes the story humorous.

3. How did the Ghost himself get rid of his stereo type role?

Ans. VALUE POINTS

-Became dejected as nobody fears him

-Made no appearance

-The ghost confides in Virginia

-The Ghost seeks help from Virginia

-He requested Virginia to weep for him as a result he got salvation. Prayed for him

-He was repentant

-God has forgiven him because of Virginia

4. What are the attempts made by the Ghost to terrorize the Otis family?

Ans. VALUE POINTS

- The persistent blood stains
- Strangely there was thunder and lightning – at their arrival
- The sound of clanking metal
- The ghost with burning – red eyes
- Emitting a ghostly green light
- Extinguishing the candle, giving out frightening sounds of demoniac laughter

5. Describe the behavior of each character in the story with the Ghost.

Ans. VALUE POINTS

- Mr. Otis – challenged the existence of the ghost, to prove his modernism
- Mrs. Otis – cool minded ordered Umney to clean up the floor
- Virginia – restored faith in him, provides platform to express his inner heart, establishes empathy and helps him to get rid of this victimization.
- The Twins – made a fun of him, first who dared to frighten the Ghost, made the Ghost realize his mistakes and shortcoming, made him belittled.
- Washington – wanted to remove the blood stains practically, with Pinkerton's champion stain Remover, shows his indifferent attitude towards the existence of the ghost.

Q. 6 . It was the ghost who was haunted by the American family. Explain the statement indicating instances from the novel.