

Kendriya Vidyalaya NDA

Periodic Test- I
Max Marks-40

class -X

Subject –English
Time: 90 min

Section-A

(READING:8 MARKS)

i. Read the passage given below carefully:

(8 Marks)

1. There seems to be an inverse relation between sleep and weight, meaning the less you sleep, the more you weigh as indicated by research result: Sleeping five hours or less a night elevates the risk of obesity by 15 per cent, while six hours elevate it by 6 per cent and more than seven hours a night does not raise the risk of obesity.

2. Despite eating right and regular exercise regime, if you are still gaining weight, high stress levels and sleep deprivation can be the culprits. Chronic sleep deprivation can leave you short-tempered and cause unnecessary stress to the heart, which raises risk of cardiovascular diseases. The body functions the best when it is well rested. Insufficient sleep leads to physiological stress. When we try to cope with a tired body, which cannot handle stress well, we tend to overeat. Some people believe that eating might help them get back to sleep, but it simply adds more calories. Symptoms of not getting enough rest also include fatigue and being irritable.

3. When we enter into a state of physiological or psychological stress, our body adjusts by raising the cortisol, also called the 'stress hormone', is at its peak in the morning and lowest in the evening. Stress causes cortisol to rise and leads to various physiological changes, which include increase in blood sugar, followed by an increase in insulin. Raised levels of cortisol help to deal with immediate stress.

Answer the following Questions:

i) What is the relation between sleep and weight?

ii) What is the immediate result of sleep deprivation?

iii) What is another name for 'stress hormone'?

iv) When is cortisol at its peak?

v) How does stress often lead to an increase in blood sugar?

vi) Find the word in Para 1 which means 'shown'.

vii) Find the word in Para 2 which means opposite to 'calm'.

viii) Which word has been used in the Paragraph for 'anxiety'?

Section-B (Writing Skills and Grammar :16 marks)

2. On the basis of the unit 'Education', Write an **article** on the topic:

"The need to recognize and empower the Girl Child" (5 marks)

Cues for help:-

(Need to stop female infanticide, early marriage & dowry system to protect the future of the girl child- Only ½ of the girl child survives- need to stop discrimination against girls for nutrition & education -When women progress, all of the society benefits- Women's equality is important for development - provision for girls under Sarva shiksha abhiyan)

Q.3. Recently you bought a new smart phone but the phone developed a fault. Write a **letter of complaint** to the company Manager, Nokia, New Delhi. (5 marks)

4. Complete the following Paragraph with the correct option given below: (1/2x4= 2 marks)

A sparrow is a small bird(a)_____ (that, who, which)is found throughout the world.

There are(b)_____ (much, many, few)Different species of sparrows

.Sparrows are only (c)_____ (about, of, over)four to six inches (d)_____ (in, on, of) length.

5. 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 against the correct question/Statement.

(1x4= 4 marks)

	Incorrect	Correct
England had been long famous for her dramatists.	(a)-----	
the greatest of who was William Shakespeare	(b)-----	
It is hard to find the educated	(c)-----	
man in the English speaking world		
whom has not heard of his name.	(d)-----	

Section -C (LITERATURE AND LONG READING TEXT (16marks))

6. Read the following extracts and answer the questions. (1x4=4 marks)

"other creatures loathed his voice. But ,alas, they had no other choice."

i) Whose voice is talked about in the above lines?

ii) Why did the creatures of the bog loathe the voice of the frog?

- iii) Why didn't they have any choice?
- iv) What do you understand by the word 'loathed'?

OR

Nicola was glaring at his younger brother in vexation. "we could not think of troubling you, sir."

- i) Why does Nicola not want to trouble his sir?
- ii) What do the above lines tell about Nicola?
- iii) Whom does Nicola glare at?
- iv) What favour did Jacopo take from the Narrator?

7. Answer the following questions in 30-40 words each. (ANY THREE) (3x2=6 marks)

- i) Although Nicola and Jacopo are young boys, the narrator refers to them as 'gentlemen'. Why does he do so?
- ii) In what way did the villagers help Mrs Packletide shoot the tiger??
- iii) How do you know Ali was a familiar figure at the post office?
- iv) Why do you think the rich and the powerful people get monuments and statues erected?

8. Answer the following questions in about 150 words (4 marks)

Why does Helen Keller call the February month dreadful? What happened to her in that month?

OR

Write the character sketch of Helen Keller in her childhood.

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