

DEVAMATHA CMI PUBLIC SCHOOL

PRE-MIDTERM 2017 - 2018

Std. X

ENGLISH COMMUNICATIVE (101)

Time : 90 min.

Marks : 40

SECTION A - READING

I Read the following passage and answer the questions that follow :

‘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 utilised 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.

These are different kinds of vegetables. They may be edible roots, stems, leaves, fruits and seeds. Each group contributes to diet in its own way. 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. If vegetables have to be cooked, it should be ensured that their nutritive value is preserved to the maximum extent possible.

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.

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, 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, lady fingers the remaining 30 per cent.

- i) How are vegetables important for us?
- ii) are high in carbohydrates and proteins.
- iii) What do farinaceous vegetables consist of?
- iv) How can we prevent the loss of nutrients in vegetables?
- v) No vegetables should be peeled because.....

- vi) How does cooking in aluminium utensils affect the body of consumers?
- vii)should be avoided if taste and nutritive value are to be preserved.
- viii) How much vegetables does a person need for good health? (1x8=8)

SECTION B - CREATIVE WRITING & GRAMMAR

- II 2. You are Arun/ Arunima. Write an article on the topic ‘Sleep disorders and health problems’ for a medical journal. (5)
- 3. Read the conversation given below and complete the paragraph that follows. (1X4=4)

Anil : Why is there such a big crowd on that street?

Ravi : A new shop selling sports goods is opening today.

Anil : Is a filmstar doing the opening ceremony?

Ravi : I heard that Sachin Tendulkar is inaugurating it.

Anil asked Ravi. (a).....

Ravi replied that (b).....

Anil asked (c).....

Ravi replied that (d)

- 4. The following passage has not been edited. There is an error in each line against which a blank is given. Write the incorrect word and the correction in your answer sheet. (1/2x8=4)

a) once upon a time their were three -----

b) frogs. They live in a swamp. They -----

c) had a good time there. A troll to -----

d) lived in a swamp. The troll was as ugly -----

e) as a tree and as grumpy as a old woman.-----

f) The frogs were in fact three princes whom. -----

g) have been bewitched after they had eaten -----

h) fungi. The only thing which must make -----

i) them princes again was an egg cracked by a dragon. xx

- 5. Rearrange the words and phrases to form meaningful sentences. (2)

a) 100 years/ cinema/ has/ Indian/ of existence/ completed.

b) of great/ it is/ a matter/ film industry/ pride for/

SECTION C - LITERATURE

6. Read the extract given below and answer the questions that follow: (3x1=3)

They will be useful to you and they can never be to me. But will you do one thing?

- a) Identify the speaker here.
b) What does 'they' refer to?
c) What favour is the listened' intended to do?

7. Answer the following questions on two or three sentences each. (any three) (2x3=6)

- a) What special qualities in Nicola and Jacopo make them fit to be called gentlemen?
b) What advantage did Louisa Mebbin take from Mr. Packletide? Why?
c) Why does the poet refer to time as being sluttish?
d) Why does the woman dislike the mirror?

8. As postmaster, write a letter to your friend regretting your misbehaviour towards Ali, when Ali pestered postal employees. (8)

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