****

**GRADE : 12 READING COMPREHENSION- 4 DATE:**

**1. Read the passage carefully.**

(1) We sit in the last row, bumped about but free of stares. The bus rolls out of the dull crossroads of the city, and we are soon in open countryside, with fields of sunflowers as far as the eye can see, their heads all facing us. Where there is no water, the land reverts to desert. While still on level ground we see in the distance the tall range of the Mount Bogda, abrupt like a shining prism laid horizontally on the desert surface, it is over 5,000 meters high, and the peaks are under permanent snow, in powerful contrast to the flat desert all around. Heaven Lake lies part of the way up this range, about 2,000 metres above sea-level, at the foot of one of the higher snow-peaks.

(2) As the bus climbs, the sky, brilliant before, grows overcast. I have brought nothing warm to wear: it is all down at the hotel in Urumqi. Rain begins to fall. The man behind me is eating overpoweringly smelly

goat’s cheese. The bus window leaks inhospitably but reveals a beautiful view. We have passed quickly from desert through arable land to pasture, and the ground is now green with grass, the slopes dark with pine. A few cattle drink at a clear stream flowing past moss-covered stones; it is a Constable landscape. The stream changes into a white torrent, and as we climb higher I wish more and more that I had brought with me something warmer than the pair of shorts that have served me so well in the desert. The Stream (which, we are told, rises in Heaven Lake) disappears, and we continue our slow ascent. About noon, we arrive at Heaven Lake, and look for a place to stay at the foot, which is the resort area. We get a room in a small cottage, and I am happy to note that there are thick quilts on the beds.

(3) Standing outside the cottage we survey our surroundings. Heaven Lake is long, sardine-shaped and fed by snowmelt from a stream at its head. The lake is an intense blue, surrounded on all sides by green mountain walls, dotted with distant sheep. At the head of the lake, beyond the delta of the inflowing stream, is a massive snow-capped peak which dominates the vista; it is part of a series of peak that culminate, a little out of view, in Mount Bogda itself.

(4) For those who live in the resort there is a small mess-hall by the shore. We eat here sometimes, and

sometimes buy food from the vendors outside, who sell kabab and naan until the last buses leave. The kababs, cooked on skewers over charcoal braziers, are particularly good; highly spiced and well-done.

Horse’s milk is available too from the local Kazakh herdsmen, but I decline this. I am so affected by the cold that Mr. Cao, the relaxed young man who runs the mess, lends me a spare pair of trousers, several sizes too large but more than comfortable. Once I am warm again, I feel a pre-dinner spurt of energy – dinner will be long in coming – and I ask him whether the lake is good for swimming in.

(5) “Swimming?” Mr. Cao says. “You aren’t thinking of swimming, are you?”

(6) “I thought I might,” I confess. “What’s the water like?”

(7) He doesn’t answer me immediately, turning instead to examine some receipts with exaggerated interest. Mr. Cao, with great off-handedness, addresses the air. “People are often drowned here,” he says. After a pause, he continues. “When was the last one?” This question is directed at the cook, who is preparing a tray of mantou (squat white steamed bread rolls), and who now appears, wiping his doughy hand across his forehead. “Was it the Beijing athlete?” asks Mr. Cao. [4]

**On the basis of your reading of the passage, answer any eight of the given questions. (1 × 8 = 8)**

**(i)** What is the advantage of sitting in the last row of bus?

**(ii)** What did the author see soon after reaching the countryside?

**(iii)** How can you say that the scene looked like a constable landscape?

**(iv)** As the bus climbs, the sky, brilliant before, grows overcast. Replace the underline word without changing

the meaning of the sentence.

**(v)** What did the narrator wish for as the bus climb higher?

**(vi)** Describe the Heaven lake.

**(vii)** What do the vendors sell?

**(viii)** Why did Mr. Cao warn the narrator against swimming in the lake?

**(ix)** Name the bread traditionally used in Northern China.

**2. Read the passage carefully.**

(1) Millions of people in the United States are affected by eating disorders. More than 90% of those afflicted are adolescents or young adult women. Although all eating disorders share some common manifestations, anorexia nervosa, bulimia nervosa, and binge eating each have distinctive symptoms and risks. People who intentionally starve themselves (even while experiencing severe hunger pangs) suffer from anorexia nervosa.

(2) The disorder, which usually begins around the time of puberty, involves extreme weight loss to at least 15% below the individual’s normal body weight. Many people with the disorder look emaciated but are convinced they are overweight. In patients with anorexia nervosa, starvation can damage vital organs such as the heart and brain. To protect itself, the body shifts into slow gear: Menstrual periods stop, blood pressure rates drop, and thyroid function slows. Excessive thirst and frequent urination may occur. Dehydration contributes to constipation, and reduced body fat leads to lowered body temperature and the inability to withstand cold. Mild anemia, swollen joints, reduced muscle mass, and light-headedness also commonly occur in anorexia nervosa.

(3) Anorexia nervosa sufferers can exhibit sudden angry outbursts or become socially withdrawn. One in ten cases of anorexia nervosa leads to death from starvation, cardiac arrest, other medical complications, or suicide. Clinical depression and anxiety place many individuals with eating disorders at risk for suicidal behavior.

(4) People with bulimia nervosa consume large amounts of food and then rid their bodies of the excess calories by vomiting, abusing laxatives or diuretics, taking enemas, or exercising obsessively. Some use a combination of all these forms of purging. Individuals with bulimia who use drugs to stimulate vomiting, bowel movements, or urination may be in considerable danger, as this practice increases the risk of heart failure. Dieting heavily between episodes of binging and purging is common.

(5) Because many individuals with bulimia binge and purge in secret and maintain normal or above normal body weight, they can often successfully hide their problem for years. But bulimia nervosa patients-even those of normal weight can severely damage their bodies by frequent binge eating and purging. In rare instances, binge eating causes the stomach to rupture; purging may result in heart failure due to loss of vital minerals such as potassium. Vomiting can cause the esophagus to become inflamed and glands near the cheeks to become swollen. As in anorexia nervosa, bulimia may lead to irregular menstrual periods. Psychological effects include compulsive stealing as well as possible indications of obsessive-compulsive disorder, an illness characterized by repetitive thoughts and behaviors. Obsessive compulsive disorder can also accompany anorexia nervosa. As with anorexia nervosa, bulimia typically begins during adolescence. Eventually, half of those with anorexia nervosa will develop bulimia. The condition occurs most often in women but is also found in men.

(6) Binge-eating disorder is found in about 2% of the general population. As many as one-third of this group is men. It also affects older women, though with less frequency. Recent research shows that binge-eating disorder occurs in about 30% of people participating in medically supervised weight-control programs.

(7) This disorder differs from bulimia because its sufferers do not purge. Individuals with binge eating disorder feel that they lose control of themselves when eating. They eat large quantities of food and do not stop until they are uncomfortably full. Most sufferers are overweight or obese and have a history of weight fluctuations. As a result, they are prone to the serious medical problems associated with obesity, such as high cholesterol, high blood pressure, and diabetes.

(8) Obese individuals also have a higher risk for gallbladder disease, heart disease, and some types of cancer. Usually they have more difficulty losing weight and keeping it off than do people with other serious weight problems. Like anorexic and bulimic sufferers who exhibit psychological problems, individuals with binge eating disorder have high rates of simultaneously occurring psychiatric illnesses, especially depression.

**On the basis of your reading of the passage, answer any 6 of the following questions. (1 × 6 = 6)**

**(i)** Who are the majority of people suffering from eating disorders?

**(ii)** What are the common symptoms that occur in anorexia nervosa patients?

**(iii)** What kind of risks do obese individuals face?

**(iv)** How many cases of anorexia can have fatal consequences?

**(v)** State one fact about anorexia nervosa patients.

**(vi)** This disorder differs from bulimia because its sufferers do not purge. Replace the underlined word without

changing its meaning.

**(vii)** Which can make people socially withdrawn?

**1. (i)** Sitting in the last row of bus, the author can be free of stares.

**(ii)** Fields of sunflower was the first thing, the author saw soon after reaching the countryside.

**(iii)** The ground was filled with green grass, the slopes were dark with pine and a few cattle were drinking at a clear stream flowing past moss-covered stones.

**(iv)** As the bus climbs, the sky, brilliant before grows darkened/clouded.

**(v)** The narrator wished he had brought some warm clothes as the bus climbed higher.

**(vi)** Heaven lake is long, sardine shaped and fed snowmelt from a stream at its head. The lake is an intense blue, surrounded on all sides by green mountain walls.

**(vii)** The vendors sell kabab and naan.

**(viii)** Mr. Cao warned the narrator against swimming in the lake because many people have been drowned

in it.

**(ix)** Mantou is a kind of bread, traditionally used in Northern China.

**2. (i)** Adolescents and young adult women are majority of people suffering from eating disorders.

**(ii)** Mild anemia, swollen joints and reduced muscle mass are some common occurrences of anorexia

nervosa.

**(iii)** Heart diseases, gall bladder diseases and some types of cancers are risks faced by obese people.

**(iv)** 1 out of 10 cases can have fatal consequences.

**(v)** Among the sufferers of anorexia nervosa, half of them will eventually develop bulimia.

**(vi)** This disorder differs from bulimia because its sufferers do not expel/clear out.

**(vii)** Anorexia Nervosa