

CBSE Class 11 English Core
Sample Paper 04 (2020-21)

Maximum Marks: 80

Time Allowed: 3 hours

General Instructions:

- i. This paper is divided into two parts: A and B. All questions are compulsory.
- ii. Separate instructions are given with each section and question, wherever necessary. Read these instructions very carefully and follow them.
- iii. Do not exceed the prescribed word limit while answering the questions.

PART - A (40 Marks)

1. Read the passage:

The Rabbit Who Caused All The Troubles

Within the memory of the youngest child, there was a family of rabbits who lived near a pack of wolves. The wolves announced that they did not like the way the rabbits were living. One night several wolves were killed in an earthquake and this was blamed on the rabbits, for it is well known that rabbits pound on the ground with their hind legs and cause earthquakes. On another night one of the wolves was killed by a bolt of lightning and this also was blamed on the rabbits, for it is well known the lettuce-eaters cause lightning. The wolves threatened to civilize the rabbits if they didn't behave, and the rabbits decided to run away to Desert Island. But the other animals, which lived at a great distance, shamed them saying, You must stay.

"where you are and be brave. This is no world for escapists. If the wolves attack you, we will come to your aid, in all probability." So, the rabbits continued to live near the wolves. And one day there was a terrible flood which drowned a great many wolves. This was blamed on the rabbits, for it is well known that carrot nibblers with long ears cause floods. The wolves descended on the rabbits for their own good, and imprisoned them in a dark cave, for their own protection.

When nothing was heard about the rabbits for some weeks, the other animals demanded to know what had happened to them. The wolves replied that the rabbits had been eaten

and since they ate the affair was a purely internal matter.

"They were trying to escape", said the wolves, "and, as you know, this is not the world for escapists"- James Thurber.

On the basis of your understanding of the above passage, answer ANY TEN questions from the eleven given below:

- i. According to the wolves, the earthquake was caused by rabbits because _____.
 - a. They keep hopping
 - b. They pound with their hind legs
 - c. They had a connection with the almighty
 - d. All of these
- ii. The rabbits decided to run away from their place of living to another safe place because.
 - a. The wolves wanted to eat them
 - b. No other animal supported them
 - c. They wanted to trouble other animals now
 - d. They were blamed by the wolves for every bad thing
- iii. The rabbits changed their decision later on when _____.
 - A. They felt ashamed of themselves
 - B. They were told to stay where they were and be brave
 - C. They realized there is no place in the world for escapists
 - D. Other animals assured them to aid in time of need
 - a. Only A
 - b. Only A and B
 - c. Only B and C
 - d. Only B, C and D
- iv. Pick "names" from the passage which the wolves have used to indicate the nature of rabbits.
 - a. Lettuce-eaters
 - b. Carrot nibblers
 - c. Both of these
 - d. None of these
- v. What characteristic of the wolves does the phrase 'for their own good' reveal?
 - a. selfless

- b. hypocrite
 - c. confused
 - d. selfish
- vi. The wolves justified their action to the other animals by saying _____.
- a. The rabbits are cowards
 - b. The rabbits are brave
 - c. The rabbits are escapists
 - d. The rabbits deserved to be eaten
- vii. The final fate of the rabbit was _____.
- a. Put in a dark cave
 - b. Imprisoned
 - c. Eaten by wolves
 - d. Escaped
- viii. The lesson you learned from the story is
- a. Never blame others for your mistakes
 - b. Be brave in life
 - c. Don't try to run away from your problems
 - d. Survival of the fittest
- ix. What happened when other animals asked for the rabbits?
- a. Wolves said that they ate them since they tried to escape
 - b. Wolves said it's a personal affair and others shouldn't interfere
 - c. Wolves said that they put them in jail
 - d. Wolves said that the rabbits escaped
- x. Find a word similar in meaning to "educate" in the passage:
- a. behave
 - b. escape
 - c. bolt
 - d. civilize
- xi. Find a word opposite in meaning to "stay in place" in the passage:
- a. affair
 - b. aid
 - c. descended
 - d. escaped

2. Read the passage:

Hundreds of thousands of years ago giant mammoths still roamed the earth and the surface of the earth was covered by dense forests. Men took shelter in caves and covered their bodies with animal skins. At that time, dogs became man's best friend. At first, they followed man on his hunting trips and waited to get whatever scraps it could get, from the kill its master made. Then the instinct for companionship made it adopt man as its leader.

Soon, the man began to train dogs to help him during the hunt, to carry his burdens, and to give him companionship as he sat by the fireside in the evenings. These changes took place much before recorded history came into practice.

These findings can only be confirmed by the study of the bones of primitive dogs that lay beside the bones of primitive men in caves. As the history of the dog goes back to a time when records were not maintained, it is impossible to be sure of these happenings.

Some scientists believe that dogs are the result of a mating between wolves and jackals. Other scientists say that some species of dogs descended from wolves while others descended from jackals. Some even go on to say that dogs descended from coyotes and foxes. A widely held theory is that the modern dogs that we keep as pets descended from a remote common ancestor.

This last substantiates the differences in size and appearance between various breeds of dogs. Other evidence of the wild ancestry of dogs is the built of their bodies, which is very distinctly adapted for speed and strength. Together with their keen sense of smell, hearing qualities, it becomes obvious that they have wild hunters in their genes.

From the time when recorded history began, there have been references to dogs in them. There are images of dogs on Egyptian tombs that are 5000 years old. The Egyptians considered their dog as the sacred and the whole family would go into mourning if the dog in an Egyptian home died. Today, the dog is an indispensable part of our lives. For hundreds of young, healthy blind people, the dog is their seeing eye.

A seeing-eye dog is usually a German shepherd dog. It takes three months to train a guide dog. First, come to the obedience exercise repeated daily as 'setting up exercises'.

Then a U – shaped leather harness is buckled on and the dog learns to walk at the left of the trainer. The dog is taught to stop and wait at the curb, watch traffic, and let the cars pass. Before the dog is passed on to a blind master, a final check is made. Then the blind master and his dog train together for four weeks before they go home to work smoothly

as a team.

On the basis of your understanding of the passage, answer ANY EIGHT questions from the eleven that follow.

- i. How did dogs become man's best friend at an early age?
 - a. By hunting food for his master
 - b. By being a constant companion
 - c. By protecting man from mammoths
 - d. By not letting the man feel alone in dark caves
- ii. How did men train dogs?
 - A. Dogs shall help the man in the hunt
 - B. Dogs shall carry heavy loads for man
 - C. Dogs shall burn the evening bonfires
 - D. Dogs shall hunt for food to survive
 - a. Only A and B
 - b. Only B and C
 - c. Only C and D
 - d. Only A, B and C
- iii. How did historians know that man and dog were historical companions?
 - a. By studying archaeological records
 - b. By studying the caves they used to live in
 - c. By the study of bones of man and dogs
 - d. By general assumptions
- iv. Who are considered as dog's ancestors?
 - a. Jackals
 - b. Wolves
 - c. Foxes
 - d. All of these
- v. What makes us believe that dogs have a wild ancestry?
 - A. Many varieties of dogs
 - B. Differences in the body built
 - C. Differences in strength and stamina
 - D. Sense of smell and hunting skills
 - a. Only A

- b. Only B and C
 - c. Only B, C and D
 - d. All of these
- vi. What happens when a dog dies in an Egyptian family?
- a. The whole family mourns of his death
 - b. There is state-mourning
 - c. Dog's burial becomes sacred
 - d. His image is put on a wall
- vii. Who is a "seeing-eye" dog?
- a. A dog that has perfect vision
 - b. A dog trained for night vision
 - c. A dog trained to be a blind man's support
 - d. A dog trained to be man's support
- viii. What is the total time taken by a "seeing-eye" dog to reach his master's home and be a team?
- a. 3 months
 - b. 4 weeks
 - c. 1 month
 - d. 4 months
- ix. Find a word in the passage that means "thick" {paragraph 1}.
- a. giant
 - b. surface
 - c. dense
 - d. scrap

Grammar (Attempt any 8 questions)

3. Choose the correct determiner:

_____ players have won this competition before, so _____ of them could win today.

- a. A few, all
- b. Every, no
- c. Both, either
- d. Each, every

4. Choose the correct determiner:

A colleague of _____ has lent us _____ holiday cottage for a week.

- a. their, its
- b. your, them
- c. him, her
- d. mine, his

5. Choose the correct tense:

He _____ in the States but he still does not have a command over the English language.

- a. have been living
- b. living
- c. have lived
- d. has been living

6. Choose the correct tense:

By the next month, we shall _____ the project.

- a. completing
- b. have completed
- c. completed
- d. has completed

7. Choose the correct order:

The decomposers

- A. and hence help to clean the environment
- B. help in decomposing the
- C. dead bodies of plants and animals
- D. and put back various useful elements into soil, air and water.

- a. CDBA
- b. CDAB
- c. BDCA
- d. BCAD

8. Choose the following correct option to reorder the sentence:

- A. opportunities for fostering greater
- B. in the modern world which provide
- C. there are many occasions
- D. contact with foreigners

- a. CDBA
- b. ABCD

c. BACD

d. CBAD

9. **Read the conversation given below and complete the passage that follows:**

Ali: Omar, why don't you leave this place? I can drop you on my way back home.

Omar: I have no home.

Ali asked Omar (a) _____ and offered to (b) _____. Omar replied that he had no home.

a. a. why he don't leave that place.

b. drop him on his way back home.

b. a. why he shouldn't leave that place.

b. drop him on his way back home.

c. a. why he wouldn't leave that place.

b. drop him on his way back home.

d. a. why he didn't leave that place.

b. drop him on his way back home.

10. **Read the conversation given below and complete the paragraph that follows:**

Pig: See how strong and hefty I am. Even the Jumbo was afraid of me.

Animals: Jumbo, was it out of horror?

Jumbo: I could have happily crushed the dirty pig under my heels but I avoided it so that I do not become dirty.

The jaunty pig said (a) _____. He further added (b) _____. All the animals enquired of Jumbo if that had been out of horror.

a. a. that he was very strong and hefty

b. that even the Jumbo has been afraid of him

b. a. that he was very strong and hefty

b. that even the Jumbo was afraid of him

c. a. that he would be very strong and hefty

b. that even the Jumbo was afraid of him

d. a. that he was very strong and hefty

b. that even the Jumbo had been afraid of him

11. Choose the correct tense:

The Council _____ made its decision.

a. has

b. having

- c. have had
- d. have

Literature

12. **Read the given extract and answer the questions that follow:**

And who art thou? said I to the soft-falling shower,
Which, strange to tell, gave me an answer, as here translated:
I am the Poem of Earth, said the voice of the rain,

- i. Who is 'I' in the first line?
 - a. The poet
 - b. The rain
 - c. The Earth
 - d. The sea
- ii. What does the rain address itself as?
 - a. The song of the sea
 - b. The poem of the Earth
 - c. The dance of the sky
 - d. The riddle of the Sun
- iii. Name the poet of the given lines.
 - a. Robert Frost
 - b. Ted Hughes
 - c. Walt Whitman
 - d. William Shakespeare

OR

Read the given extract 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!

- i. At what age did the poet lose his childhood?
 - a. When he crossed the age of eleven

- b. When he was nine years old
 - c. When he was just seven years old
 - d. At the age of ten
- ii. What could not be traced in Geography textbooks by the poet?
- a. Sun and Moon
 - b. Mountains and Valleys
 - c. Hell and Heaven
 - d. Oceans and Rivers
- iii. Name the poet of the given stanza.
- a. Robert Frost
 - b. Markus Natten
 - c. Walt Whitman
 - d. Stephen Spender
13. Attempt any two of these three extracts:
- a. **Read the given passage and answer the questions that follow:**
- IN July 1976, my wife Mary, son Jonathan, 6, daughter Suzanne, 7, and I set sail from Plymouth, England, to duplicate the round-the-world voyage made 200 years earlier by Captain James Cook. For the longest time, Mary and I — a 37-year-old businessman — had dreamt of sailing in the wake of the famous explorer, and for the past 16 years, we had spent all our leisure time honing our seafaring skills in British waters.
- i. Who was Mary?
- a. Narrator's wife
 - b. Narrator's daughter
 - c. Narrator's mother
 - d. Narrator's cousin
- ii. How old was the speaker?
- a. Fifty years
 - b. Thirty-seven years
 - c. Thirty-three years
 - d. Forty-five years
- iii. In which year did the narrator and his family commence their voyage?
- a. 1987

- b. 1992
- c. 1976
- d. 1967

b. Read the given extract and answer the questions that follow:

A CT machine scanned the mummy head to toe, creating 1,700 digital X-ray images in cross-section. Tut's head, scanned in 0.62 millimetre slices to register its intricate structures, takes on eerie detail in the resulting image.

- i. On whose mummy was the CT scan performed?
 - a. King Tut
 - b. Amenhotep III
 - c. Amenhotep IV
 - d. King Akhenaten
- ii. How many digital X-ray images were created by the CT machine?
 - a. 2200
 - b. 1496
 - c. 1866
 - d. 1700
- iii. Who scanned the mummy for an accurate forensic reconstruction?
 - a. Howard Carter
 - b. Zahi Hawass
 - c. Ray Johnson
 - d. Akhenaten

c. Read the given passage and answer the questions that follow:

No doubt about it at all. Who's the better for being spoilt—grown man, lad or girl? Nobody. You think it does 'em good when you run after them all the time, take their orders as if you were the servant in the house, stay at home every night while they go out enjoying themselves?

- i. Who is the speaker of these lines?
 - a. Mrs. Fitzgerald
 - b. Mrs. Pearson
 - c. Cyril
 - d. Doris
- ii. Who is referred to as "grown man" here?

- a. Mr. Fitzgerald
- b. Cyril
- c. George
- d. Doris

iii. Who is treated like a servant?

- a. Mrs. Pearson
- b. Mrs. Fitzgerald
- c. Doris
- d. Cyril

14. Answer any five of the following questions:

- a. Author's grandfather in his portrait was displayed as _____.
 - a. a man with a big turban and loose-fitting clothes
 - b. a young and charming gentleman
 - c. an army man with glorious medals
 - d. a professional wrestler
- b. What according to Taplow, made Mr. Crocker-Harris stricter towards him? (**The Browning Version**)
 - a. His fondness towards sports
 - b. His fondness for the teacher
 - c. His indifference towards the teacher
 - d. His disinterest in studies
- c. What was translated by the poet in the poem, **The voice of the rain**?
 - a. Rain's response
 - b. Sea's answer
 - c. Earth's response
 - d. Land's reply
- d. What is another word for the tropical forests that are used by Dr. Myers as observed in the text **The Ailing Planet**?
 - a. The powerhouse of wildlife development
 - b. The powerhouse of forests
 - c. The powerhouse of evolution
 - d. The powerhouse of fisheries
- e. Who was Yuri in the lesson **Albert Einstein at School**?

- a. Einstein's friend
- b. Einstein's neighbor
- c. Einstein's teacher
- d. Einstein's classmate
- f. What did Susan Morgan refuse to take during her delivery?
 - a. A vaccine
 - b. Prescribed tonic
 - c. Holy water
 - d. Chloroform

PART - B (40 Marks)

15. Read the passage given below and answer the questions that follow.

The term dietary fibres collectively refers to indigestible carbohydrates present in plant foods. The importance of these dietary fibres came into the picture when it was observed that the people having a diet rich in these fibres had low incidence of coronary heart disease, irritable bowel syndrome, dental caries and gall stones.

The foodstuffs rich in these dietary fibres are cereals and grains, legumes, fruits with seeds, citrus fruits, cabbage, green leafy vegetables, apples, melons, peaches, pears etc. These dietary fibres are not digested by the enzymes of the stomach and the small intestine, whereas most other carbohydrates like starch and sugar are digested and absorbed. The dietary fibres have the property of holding water and because of it, these get swollen and behave like a sponge as these pass through the gastrointestinal tract. The fibres add bulk to the diet and increase transit time in the gut. Some of these fibres may undergo fermentation in the colon.

In recent years, it has been considered essential to have some amount of fibres in the diet. Their beneficial effects lie in preventing coronary (heart) disease and decreasing cholesterol level. The fibres like gums and pectin are reported to decrease postprandial (after meals) glucose level in blood. These types of dietary fibres are recommended for the management of certain types of diabetes. Recent studies have shown that fenugreek (Methi) seeds, which contain 40% gum, are effective in decreasing blood glucose and cholesterol level as compared to other gum containing vegetables.

Some dietary fibres increase transit time and decrease the time to release ingested food in the colon. The diet having less fibres is associated with colon cancer and the dietary fibres may play a role in decreasing the risk of it.

Dietary fibres hold water so that stools are soft, bulky and readily eliminated. Therefore high fibre intake prevents or relieves constipation.

The fibres increase motility of the small intestine and the colon and by decreasing the transit time, there is less time for exposure of the mucosa to harmful toxic substances. Therefore, there is a less desire to eat and the energy intake can be maintained within the range of requirement. This phenomenon helps in keeping a check on obesity. Another reason in helping in decrease of obesity is that the high-fibre diets have somewhat lower coefficients of digestibility.

Dietary fibres may have some adverse effects on nutrition by binding some trace metals like calcium, magnesium, phosphorus, zinc and others, thereby preventing their proper absorption. This may pose a possibility of nutritional deficiency, especially when diets contain marginal levels of mineral elements. This may become an important constraint on increasing dietary fibres. It is suggested that an intake of 40 grams of dietary fibres per day is desirable.

1. On the basis of your understanding of the above passage, make notes on it using headings and sub-headings. Use recognizable abbreviations (wherever necessary- minimum four) and a format you consider suitable. Also supply an appropriate title to it.
2. Write a summary of the passage in about 80 words.

Writing

16. You are Rohit/Rashi. As the Secretary of the Cultural Club of your school, you have organized a Cultural Evening as a Thanksgiving program on the last day of your school. Write a notice for your school notice-board, giving necessary information about this event is not more than 50 words.

OR

As the Sports Captain of your school write a notice for the school notice board informing budding cricketers to attend trials for the selection of under-18 school team.

17. Tourism Department, Government of Uttarakhand has launched an ambitious plan to develop adventure sports and eco-tourism activities in the state. Prepare a suitable poster for display at important public places/publication in newspapers.

OR

As the President of Leo Club of Temple Town, prepare a poster on behalf of Lions Club and Leo Club for 'Diwali Mela' to be held at Nehru Stadium, mentioning some of the attractions

18. You are the Sports teacher of Sister Nivedita SKV, A-Block, Defence Colony, You have been asked to place an order for different sports equipments for the year to Mehta & Sons Pvt. Ltd.

OR

Your cousin Aparna Ghose is just completing 12th standard and is keen to join a short-term medical transcription course in computer programming. She comes across an advertisement of ET & T Computer Education, Mansarovar Garden, New Delhi. Write a letter on behalf of Aparna to the firm imparting training in computers and enquire about the details such as the duration of the course, fees and other facilities, etc.

19. The sports In charge of your school has asked you to deliver a speech on The Value of Games and Sports in life in the morning assembly. Draft a speech in about 200 words.

OR

'Private cars should be banned in the congested commercial areas of the cities.' Write a debate in 150- 200 words either for or against the motion.

Literature

20. Answer two of the following questions in 30-40 words (1 from a & b and 1 from c & d):
- How did Carter defend his action of cutting the mummy free?
 - What is the importance of Hor? How did the author feel there? Answer in the context of Silk Road.
 - How does the Laburnum tree appear in September?
 - Why does the poet call this poem a 'translation'? (**The Voice of the Rain**)
21. How did the old lady satisfy herself about Ranga?

OR

How did the narrator come to know that it was John Byro's horse that his cousin had

stolen? What did he do then?

22. What preparations did the writer and his wife make for their round-the-world voyage?
(We are Not Afraid to Die)

OR

Compare and contrast the characters of Mr. Crocker-Harris and Frank.

23. Write a brief note on Mrs. Dorling.

OR

What impression do you form for Mrs. Annie Pearson?

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Solution

PART - A (40 Marks)

1.
 - i. (b) They pound with their hind legs
 - ii. (d) They were blamed by the wolves for every bad thing
 - iii. (d) Only B, C and D
 - iv. (c) Both of these
 - v. (d) Selfish
 - vi. (c) The rabbits are escapists
 - vii. (a) Put in a dark cave
 - viii. (c) Don't try to run away from your problems
 - ix. (a) Wolves said that they ate them since they tried to escape
 - x. (d) Civilize
 - xi. (c) Descended
2.
 - i. (b) By being a constant companion
 - ii. (a) Only 1 and 2
 - iii. (c) By the study of bones of man and dogs
 - iv. (d) All of these
 - v. (c) Only A, C and D
 - vi. (a) The whole family mourns of his death
 - vii. (c) A dog trained to be a blind man's support
 - viii. (d) 4 months
 - ix. (c) Dense

Grammar (Attempt any 8 questions)

3. (c) Both, either
Explanation: Both, either
4. (d) mine, his
Explanation: mine, his
5. (d) has been living
Explanation: has been living

6. (b) have completed

Explanation: have completed

7. (d) BCAD

Explanation: The decomposers help in decomposing the dead bodies of plants and animals and hence help to clean the environment and put back various useful elements into soil, air and water.

8. (d) CBAD

Explanation: There are many occasions in the modern world which provide opportunities for fostering greater contact with foreigners.

9. (d)

- a. why he didn't leave that place.
- b. drop him on his way back home.

Explanation:

- a. why he didn't leave that place.
- b. drop him on his way back home.

10. (d)

- a. that he was very strong and hefty
- b. that even the Jumbo had been afraid of him

Explanation:

- a. that he was very strong and hefty.
- b. that even the Jumbo had been afraid of him.

11. (a) has

Explanation: has

Literature

12. i. (a) The poet

ii. (b) The poem of the Earth

iii. (c) Walt Whitman

OR

i. (a) When he crossed the age of eleven

ii. (c) Hell and Heaven

iii. (b) Markus Natten

13. Attempt any two of these three extracts:

- a. i. (a) Narrator's wife
ii. (b) Thirty-seven Years
iii. (c) 1976
- b. i. (a) King Tut
ii. (d) 1700
iii. (b) Zahi Hawass
- c. i. (a) Mrs. Fitzgerald
ii. (c) George
iii. (a) Mrs. Pearson

14. Answer any five of the following questions:

- a. (a) a man with a big turban and loose-fitting clothes

Explanation: The grandfather's portrait in the drawing-room displayed him wearing a big turban and loose-fitting clothes.

- b. (b) His fondness for the teacher

Explanation: Taplow felt that Mr. Crocker-Harris was all shrivelled up inside and seemed to hate the idea of people liking him. In spite of his behaviour towards Taplow, the boy liked him and that he felt was what led to the teacher being stricter with him.

- c. (a) Rain's response

Explanation: The poet translated rain's response to the question asked by him about its identity and its impalpable nature.

- d. (c) The powerhouse of evolution

Explanation: The tropical forests are a 'powerhouse of evolution' in the words of Dr. Myers. Therefore, its destruction would cause several species to face extinction.

- e. (a) Einstein's friend

Explanation: Yuri was Einstein's friend. He was very sincere in his friendship towards Einstein.

- f. (d) Chloroform

Explanation: Susan was afraid of sedation before delivery because she believed that the use of chloroform can have adverse effects on the health of her baby.

PART - B (40 Marks)

15. **Title: A Fibrous Diet, Healthy Diet**

Notes:

I. Dietary fibres and its sources

- i. refers to indigestible carbohydrates present in plant foods
- ii. cereals, grains & legumes
- iii. Fruits with seeds: citrus fruits, apples, melons
- iv. Vegetables: green & leafy, carrots, cabbages

II. Mechanism of digestion

- i. Undigested by enzymes of stomach & small intestine
- ii. most other carbohydrates like starch and sugar are digested and absorbed.
- iii. Hold water, swell up & behave like a sponge on passing through gut
- iv. Add bulk to diet and 'transit time in gut'
- v. may undergo fermentation in the colon.

III. Importance of fibre

- i. No heart disease
- ii. decreases cholesterol levels
- iii. decreases pp(postprandial) blood glucose level
- iv. Hold water; stools are soft, bulky & easily eliminated; no constipation
- v. increases time of release of ingested food in colon; no colon cancer
- vi. decreases desire to eat & low coefficient of digestibility; no obesity
- vii. low incidence of coronary heart disease
- viii. no irritable bowel syndrome
- ix. no dental caries and gall stones.

IV. Overconsumption of fibre

- i. Bind metals, e.g Ca, Mg, P, Zn.
- ii. prevent absorption by body
- iii. increase nutritional deficiency
- iv. 40 g/day is desirable

o **Key to abbreviations:**

1. fib. = fibres
2. e.g. = examples
3. carbs = carbohydrates
4. & = and
5. ; = therefore
6. imp. = importance

7. Ca = calcium
8. Mg = magnesium
9. P = phosphorus
10. Zn = zinc
11. g = grams
12. / = per

Summary:-

Dietary fibers are Carbohydrates present in plants like cereals, fruits and vegetables. The people who have a diet rich in these fibres have a low incidence of coronary heart disease, irritable bowel syndrome, dental caries and gall stones. Fibres cannot be digested by our body. Fibres hold water. So, they swell up and behave like a sponge in the gut. They increase dietary bulk and the transit time in the gut. Dietary fibres hold water so that stools are soft, bulky and readily eliminated. Therefore high fibre intake prevents or relieves constipation. Fibres prevent heart disease, high cholesterol and blood glucose levels, constipation, colon cancer and obesity. Fibres bind important metals and prevent their absorption by the body. It's over consumption increase chances of nutritional deficiency. Therefore, it is advisable to consume forty grams of fibre daily.

Writing

16.

Cultural Club

HOLY CHILD ACADEMY, MANIPUR

15th July 2019

NOTICE

THANKSGIVING CEREMONY

The Cultural club is organizing thanksgiving Ceremony as per details are given below:

Date: 25th July 2019

Time: 6 p.m. onwards

Venue: School Auditorium

Cultural Programme and refreshment will follow. Please be in your seats by 5:50 p.m.

Maintain decency and decorum

Rohit/Rashi

Secretary

OR

MILLENNIUM SCHOOL, DELHI

NOTICE

05 Jan 20XX

CRICKET TRIALS FOR UNDER-18 SCHOOL TEAM

This is to inform all the students that selections for our under-18 school cricket team will be made on 29 Jan, 20XX between 9:00 AM and 5:00 PM in the school playground. Budding players who wish to be a part of the school team must attend the trials with complete cricket kits. In all, 20 players will be short-listed for the team purely on the basis of their all-round performance. For any queries or information please contact the undersigned.

ANKUR SHARMA

Sports Captain

17.

**TOURISM DEPARTMENT
GOVT. OF UTTARAKHAND**

launches
its ambitious project
to develop

ADVENTURE SPORTS & ECO-TOURISM

Activities offered:

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INSTRUCTORS/GUIDES AVAILABLE

at

APPROVED RATES

Contact
Secretary, Tourism
Government of Uttarakhand

OR

LIONS CLUB AND LEO CLUB
Organise a sparkling
DIWALI MELA
to
ILLUMINE YOUR LIVES WITH JOY & HAPPINESS
Venue: Nehru Stadium Chennai
Date: 4th to 6th November
Time: 5 p.m. to 8 p.m.
Entry fee: Adults: Rs.20, Children: Rs.5/-
Celebrate Eco-friendly Diwali
Save the Environment
CRACKER-FREE

Sponsored by: **Pepsi**

18. A-Block Defence Colony,

New Delhi

15 Jan 20XX

The Proprietor

Mehta & Sons Pvt.Ltd.

Chandni Chowk, New Delhi

Subject: Supply of Sports Equipments for School

Dear Sir,

We are pleased to inform you that the rates sent by your company vide letter no. 256/341/SNSKV, dated 4 Jan 20XX, have been approved for the year 20XX-XX. Keeping the rates, terms and conditions in view, we hereby place an order for the early and timely supply of the following equipment:

| S.No. | Items | Quantity |
|-------|---------------------|----------|
| 1 | Basket Ball (Nevia) | 08 |

| | | |
|---|-----------------------------|----|
| 2 | Cricket Bat (Cookabura) | 10 |
| 3 | Shuttlecock (Light Feather) | 20 |
| 4 | Football (Nike) | 06 |

It is expected that the order will be delivered within ten days of the issue of this letter. The payment will be made by cheque within one week of the delivery. In case any item is found missing/damaged, the payment will be held back till the item is replaced.

It is requested to kindly give us a 15% discount for the sports equipment and a further 10% discount that is usually granted as per the norms stated for institutional buyers.

Yours truly

Girish Yogi

OR

C-176, Lajpat Nagar

New Delhi-110024

5 August 2019

The Administrative Officer

ET&T Computer Education

Mansarovar Garden

New Delhi

Sub: Information Regarding Computer Programming Course

Sir,

Apropos your advertisement in the Statesman, dated 3rd August 2019 regarding a crash course in computer programming, I solicit some information. I have just completed my 12th standard from CBSE, New Delhi and I am interested in doing a short-term computer programming course in the evening session. Kindly supply me the following details:

- i. Duration of short-term courses.
- ii. Other courses are available.
- iii. Fees to be paid—whether payment in instalments is permitted.
- iv. Size of the class/group.

- v. Availability of computer time.
- vi. Timings of classes and frequency.

I am sending a self-addressed envelope. Please despatch the requisite information at the earliest.

Yours faithfully,
Aparna Ghose.

19. Good Morning to one and all present here.

Respected Principal, Worthy Teachers, and My Dear Friends.

Today I am going to express my views on the values of Games and Sports in our life. Sports is a natural instinct in Man. It is the most ancient and most natural means of recreation and fitness for him. Besides being the best means to keep oneself healthy, it is the surest way to kill boredom and stress in modern-day life.

Games and sports help people build their physical stamina and mental agility. It helps them raise their level of endurance. Sportspersons usually live healthier and longer lives as compared to someone who practices no sports or takes little exercise. Since games and sports promote healthy competition, they instil in one the spirit of excellence, goal setting, and target achievement. In turn, it boosts one's confidence and teaches one to accept victory and defeat as they come.

A sense of pride and patriotism is associated with games and sports. The international sports competitions bring people of different nationalities and races closer, thus, fostering greater international tolerance, understanding, interaction, and appreciation. Sportspersons live with honour for themselves and their countries. They learn to recognize and appreciate talent in others.

Many sportspersons have iconic status and earn millions of dollars in sporting fees and endorsement contracts. They are role models for millions of youth worldwide who treat their favourite sportspersons as their heroes or even demi-gods. People admire sportspersons more than political leaders, scientists or even actors. Now, friends, I hope you will take a keen interest in sports to lead a healthy and cheerful life.

I would like to end my speech on this note. Wishing you excellence in your desired sports.

Thank you

OR

For the Motion

Respected judges, honorable opponents and friends,

I will speak for the motion, "Private cars should be banned in the congested commercial areas of the cities."

The commercial areas of the cities are prone to traffic jams during working hours. This causes problems like incidents of road rage, increase of pollution due to vehicle exhausts, wastage of precious time and congestion etc. Thus, I am in favour of private cars being banned from entering such areas.

Most private cars emit carbon dioxide, various nitrogen oxides and particulate matter from their exhausts as they run on petrol or diesel. These emissions, besides being hazardous to human health, contribute to global warming also. The continuous honking in these areas due to the jams leads to noise pollution. Vehicles of traders as well as their customers occupy the limited parking space in such areas, leading to illicit parking also. This leads to further traffic jams. If private cars are banned from entering commercial complexes, their lands can be put to better use e.g. opening more shops or food outlets for visitors etc.

Thank you!

Against the Motion

Respected judges, honorable opponents and friends,

I will speak against the motion, "Private cars should be banned in the congested commercial areas of the cities"

Our public transport system in cities is not efficient enough to satisfy the needs of the daily commuters in the cities. Freedom of travelling is inhibited when one is at the mercy of public vehicles. Public vehicles have their stops fixed and times of arrival and departure scheduled in way that may not meet the needs of all the commuters. Thus, I am not in favour of banning private cars from entering the congested commercial areas. Moreover, if traders and their customers use taxis or autos, it will become a very costly affair. Therefore, trade and business will suffer. Retail prices will increase, causing difficulties for the common man.

Thus, both business and the economy will be adversely affected due to such a measure, which we cannot afford. So government should think over some other strategy to overcome the problem of pollution like odd-even rule, which was tried earlier with limited success.

Thus, our economy will blossom and environmental pollution can be contained without putting a ban on cars being plied in congested commercial areas.

Thank you!

Literature

20. Answer two of the following questions in 30-40 words (1 from a & b and 1 from c & d):
- Carter in his defense wrote later that if he hadn't cut the mummy free, thieves would have avoided the guards and ripped it apart to remove all the gold. The mummy had been kept with a lot of wealth, in the form of gold ornaments, etc.
 - Hor was a small town on the main east-west highway that followed the old trade route from Lhasa to Kashmir. The town was on the shore of Lake Manasarovar. But the author does not feel impressed by it. He found Hor a grim, miserable place. It had no vegetation but only dust and rocks. There were heaps of garbage too.
 - In the afternoon of an autumnal September sunlight, the laburnum top appears silent and quite still. A few leaves of the tree are turning yellow. All the seeds of the tree have fallen.
 - The voice of the rain is naturally mysterious and is different from our own. So, the poet who alone understands it translates the reply of the rain into English.
21. The old lady ran her hand over Ranga's chest. She looked into his eyes. She was satisfied to find the sacred thread on his body. She was that he had not lost his caste.

OR

John Byro was a farmer. He once came to the narrator's house. He told the narrator's mother that his beautiful white horse had been stolen. That is how the narrator came to know whose horse was stolen by his cousin Mourad. He immediately ran to Mourad's house and told him what he learned about the stolen horse.

22. The writer wanted to go around the world by sea in the same way as Captain James Cook had done about 200 years earlier. For about 16 years, both he and his wife had been dreaming of what the famous explorer had done. They used to spend all their free time

improving their sailing skills on the British sea. They made a huge boat. It was 23 meters long. It was made of wood and weighed 30 tons. It was a beautiful boat and was made with great skill. Months were spent in fitting it out. They tested it in the roughest weather they could find. Finally, they started their voyage in July 1976.

OR

Crocker-Harris and Frank are both teachers in Taplows school. But they are poles apart in their characters. Crocker is a very strict teacher. He is a man of discipline. He has his own principles. He is true to his duty. He never does any favour or disfavour to his students. On the other hand, Frank is not true to his duty. He teaches science. He himself does not like the subject he teaches, but he calls his students slackers. He is jealous of Crocker. He encourages Taplow to say things against Crocker and mock at him. It does not behove a teacher to encourage a student against another teacher. In trying to degrade Crocker-Harris, he degrades himself only.

23. Mrs. Dorling was at one time Mrs. S's friend. But the two were not in contact. Both had a daughter each. Mrs. Dorling herself was a mean, greedy and dishonest woman. She won the confidence of Mrs. S's and carted away all the table silver and precious old things to her own house. She had taken for granted that the narrator and her family would not come back alive from the war. The sight of the narrator at her doorstep gave her a shocking surprise. She did not allow the narrator to walk into her house. She sent her away dejected. When she saw the narrator at her doorstep, she became scared that the narrator would see all her mother's precious things and would ask to take back everything. Mrs. Dorling is greedy and means person. In fact, when she had offered to take away all the antique and precious things of Mrs. S, to keep in her safe custody, her intention was not honourable at all. She had all the intention of grabbing all those things. She was quite sure that Mrs. S and her family would not come alive after the war.

OR

Mrs. Pearson is the main character in the play 'Mother's Day'. She is a pleasant but worried-looking woman in her forties. She speaks in a light, flurried sort of tone, with a touch of suburban cockney. She loves her husband and children very much and runs after them all the time. Her excessive love and care have spoilt them and they have

become thoughtless and selfish. She feels neglected and lonely but lacks the courage to discuss things with them. Perhaps she hates any unpleasantness as well. She is not willing to act like a tough mom as she is nervous and fluttering by nature. She is so tender-hearted that she is shocked to see the rough treatment meted out to her children. She decides to change back to her original personality to deal with her family herself. She is indeed a loving and affectionate mother and a devoted wife.