

ENGLISH
SECTION A

I. Read the passage given below and answer the questions that follow: 8x1=8

A headache is usually caused due to spinal misalignment of the head due to poor posture. Sleeping on the stomach with the head turned to one side and bending over for a long time makes it worse. It is known that any shift in the level of body hormones and chemicals, certain food and drinks and environmental stress can also –trigger it. Modern life includes computers, driving, hand held devices and watching TV, all create severe stress on our neck and shoulders. While we know we should take constant breaks from these activities, we forget!.

Holding our arms out in front of us and/or working our necks to see the screen properly. We put pressure on our neck and shoulders that our body wasn't built for. This result in muscle and joint strain and pain.

In migraine headaches (one sided headaches) the pain is usually on one side of the head and may be accompanied by nausea, vomiting, irritability and bright spots and flashes of light. This headache is made course by activity, especially bending. The throbbing pain in the head gets worse by noise and light. Certain triggers for migraines may be chocolate, caffeine, smoking or MSG in certain food items. The pain may last for 8 to 24 hours and there may be a hangover for two to three days. Migraines are often preceded by an aura-changes in sight and sensations. There is usually a family history of migraine.

Work on your posture and customise the keyboard and monitor height to your needs. Our parents and teachers were right. It will hurt at first if you are improving bad posture, but the effort will be well worth it.

1. What are the various reasons that cause headaches?
2. The two things that can make migraine even worse are ___.
3. A migraine can last for ___.
4. Name foods which can act as trigger for migraines.
5. Sleeping on the stomach with the head turned to one side ___.
6. We put pressure on our necks and shoulders by ___.
7. The Symptoms of a migraine are ___.
8. Modern life includes ___.

II. Read the passage given below and answer the questions that follow:

(i) Just by the use of colours you can balance your diet. All you need to do is to pay a little attention to the food you eat. Nutrition experts strongly recommend adding colours to your diet. Sweets and candy bars are generally colourful, but remember they do not contain natural colours and hence are not healthy. The key is a variety of naturally coloured foods. Deeper the colour, greater the benefits. Getting more colours in your diet does not mean you have to drastically change your current eating habits.

(ii) Have a glass of 100% juice in the morning. Keep a mix of dry fruits on hand for a quick snack. Grab an apple or banana on your way out. Include at least two vegetables in your dinner. Get into the habit of starting your dinner with a salad. Eat fruit for dessert. Always add greens to sandwiches.

(iii) Most red fruits and vegetables, contain an antioxidant, which offers protection against ultraviolet rays and cancer, and helps to prevent urinary tract infections and diseases related to the circulatory system. Green vegetables not only look great but also posses excellent antioxidant properties that protect your eyes by keeping the retina in good condition and reduce the risk of cancerous tumours. Orange and yellow group fruits contain beta-carotene, an antioxidant that improves cell communication and thereby helps to stop the spread of cancer. Blue and purple group not only adds richness to your plate, but also has an influence on the pineal gland (the third eye) and the nervous system. White group contains sulphur compounds that protect DNA and also contain flavonoids, the antioxidants that protect cell membranes (iv) Therefore, the more colourful the diet is (all natural colours, of course), the better equipped your immune system is to cope with diseases.

II. 1) On the basis of your understanding of the above passage, answer the following questions: 4x2=8

- a) What can balance one's diet?
- b) Which eatables do not contain natural colours and are unhealthy?
- c) Adding which foods in one's diet can prevent cancerous tumours?
- d) How do antioxidants help?

II. 2) Answer the following with the help of the given options: 4x1=4

- a) Antioxidant properties of green vegetables _____
(i) protect our eyes by keeping the retina in good condition.
(ii) reduce the risk of cancerous tumours
(iii) cope with diseases (iv) all of these
- b) On which body parts do blue and purple group leave an impact?
(i) hands and legs
(ii) pineal gland and the nervous system
(iii) lungs and kidneys
(iv) none of these
- c) Colourful diet helps _____
(i) to make our foods tasty
(ii) our immune system to cope with disease
(iii) our eyes to be attractive
(iv) none of these
- d) Give one word from Para-1 which means the same as “severely”
(i) strongly (ii) generally (iii) drastically (iv) naturally

SECTION-B
WRITING AND GRAMMAR

III. Read the given line and complete the story in 150-200 words. Give a suitable title to your story. (10)

Last Sunday, I was watching TV. Suddenly I heard people shouting outside.....

IV. Write a diary entry about how you enjoyed your birthday celebration (8)

V. The following passage has some error edit the passage with correct words: 4x1=4

In the last 'bur decades, their has been a very significance rise in the number of lower middle and middle class woman who seek employment for supplement their household income.

VI. Fill in the blanks with appropriate words given below: 4x1=4

1. Reservation a) _____ from seats is one of the b) _____ very sensitive and controversial issues c) _____ debited in the country today. It has generated more heat d) _____ for light.

- a) (i) in (ii) of (iii) on (iv) for
b) (i) much (ii) more (iii) most (iv) many
c) (i) been debated (ii) being debated (iii) debating (iv) debate
d) (i) or (ii) too (iii) then (iv) than

VII. Rearrange the following words/phrases to form meaningful sentences: 4x1=4

1. and a very/the king/named A Canthus/talented sculptor/pygmalion was/ of Cyprus/of a village.
2. had finished/he smiled/when he/the ivory statue/of a beautiful woman/one day.
3. Smile/at having found/it was/the innocent/new and unique/of a child/something.
4. that he/a masterpiece/and called/he realized/this beauty/had created/Galatea.

SECTION-C
LITERATURE

VIII. Explain with reference to the context: 4x1=4

When the humid shadows hover
Over all the starry spheres
And the melancholy darkness
Gently weeps in rainy tears
What a bliss to press the pillow
of a cottage chamber bed
And lie listening to the patter
of the soft rain overhead

1. The poet describes the falling of rain in this stanza as _____
2. 'The starry spheres' refer to _____
3. 'Humid shadows' stand for _____
4. Which line shows that the poet is happy when it rains?

IX. Answer the following: 5x2=10

1. What is the role of Siva Subramania Iyer in Kalam's life?
2. Why did Kezia stutter in front of her father?
3. How did the "Shehnai" get its name?
4. What message does the poet convey in the poem "The Road Not Taken"?
5. Why was the County Inspector called for?

X. Answer in Detail: (Any one) 1x8=8

1. Narrate two incidents that showed how differences can be created, and also how they can be solved.

(or)

What should we do to make friends with the wind? How does the poet speak to the wind- In anger (or) with humour?

XI. Answer in Detail: (Any one) 1x8=8

1. Narrate Toto's experiences at the author's home

(or)

What are the messages you get from the story 'In the Kingdom of Fools', and also comment on the title.