

PRE BOARD EXAMINATION, JANUARY 2018

ENGLISH CORE (SET – A)

CLASS: XII

DURATION: 3 HRS

DATE: _____

MAX. MARKS: 100

GENERAL INSTRUCTIONS:

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

SECTION A- READING

(30)

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

12

1. 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 utilized to build up and repair the body.
2. Vegetables are valuable in maintaining alkaline reserve in the body. They are valued mainly for their high vitamin and mineral content. Vitamins A, B and C are contained in vegetables in fair amounts. Faulty cooking and prolonged storage can, however, destroy these valuable elements.
3. There are different kinds of vegetables. They may be edible roots, stems, leaves, fruits and seeds. Each group contributes to diet in its own way. Fleshy roots are high in energy value and good sources of the vitamin B group. Seeds are relatively high in carbohydrates and proteins.
4. 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, tubers and legumes are also valuable. They are excellent sources of carbohydrates and provide energy to the body.

5. To derive maximum benefits of their nutrients, vegetables should be consumed fresh as far as possible. Most of vegetables are best consumed in their natural raw state in the form of salads. An important consideration in making salads is that the vegetables should be fresh, crisp and completely dry. If vegetables have to be cooked, it should be ensured that their nutritive value is preserved to the maximum extent possible. The following hints will be useful in achieving this:

- i) The vegetables, after thorough wash, should be cut evenly.
- ii) The cut pieces should be added to water which has been brought to its boiling point and to which salt has been added. This is necessary to avoid loss of vitamin B-complex and vitamin C.
- iii) Only bare minimum water necessary to cover the vegetables should be used. Spinach and tender green need no water.
- iv) Vegetables should not be exposed to atmospheric air. They should be covered tightly while cooking.
- v) They should be cooked for as short a time as possible. They should be cooked till they are just soft to the touch for easy mastication.
- vi) They should be served hot.

6. To prevent loss of the nutrients present 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. If the vegetables are boiled hard and for a long time in a large quantity of water, they would lose their nutritive and medicinal values.

7. 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 are directly under the skin and these are lost if the 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 food cooked in such utensils enter the stomach and that the powerful astringent properties of aluminium injure the sensitive lining of the stomach, leading to gastric irritation, digestive and intestinal ailments.

8. An intake of about 280 grams of vegetables per person per day is considered essential for maintenance of good health. Of this, leafy vegetables should constitute 40%, roots and tubers 30% and other vegetables like brinjals the remaining 30%.

1.1) On the basis of your reading of the passage, answer the following questions by choosing the best of the given choices. (4x1=4)

a) How does salt work to sustain the nutritive value of vegetables while boiling?

- i) By increasing the energy level.

- ii) By adding taste
- iii) By retaining vitamin B complex and vitamin C
- iv) By reducing the body weight

b) Farinaceous vegetables consist of.....

- i) proteins
- ii) vitamins
- iii) energy
- iv) starchy roots

c) What are the factors that destroy the important elements present in vegetables?

- i) Faulty cooking and prolonged careless storage.
- ii) Lack of knowledge.
- iii) Improper peeling and cutting
- iv) None of these

d) Why is it advised to avoid soaking of vegetables?

- i) to reduce the risk of diseases
- ii) to preserve taste and nutritive value
- iii) to maintain acid reserve in the body
- iv) to eliminate harmful pesticides.

1.2 Answer the following questions briefly.

(1x6= 6)

- a) What are the conditions to be considered for preparation of salads?
- b) According to this passage, what is essential for maintenance of good health?
- c) How can nutrients in vegetables be best preserved while cooking them?
- d) What are the contributions of various groups of vegetables to our nutrition?
- e) How are vegetables important for us?

f) How do aluminium utensils affect the body of consumers?

1.3) Find words/phrases in the passage which mean the same as:

(1x2=2)

- i) Continuing for a long time or longer than usual (Para 2)
- ii) Not pleasant to taste/ unappealing (Para 7)

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

10

1. When we are young, we don't recognize that there will come a time when our limbs will grow weak, our eyesight less keen and our body unable to function as smoothly as before. The state, the society and the family owe a responsibility towards senior citizens.
2. Unfortunately, of late, we have not been able to recognize the concept of respecting, caring and helping older generations in a systematic way as some of the countries in the west have done. This is not to suggest that our culture and history do not recognize this phase of life. There have been many practices of caring and helping old people in our system. But, with the dismantling of the joint family system, the problem has assumed newer and complicated proportions. Although we have started recognizing the needs of the young but when it comes to the old we have blissfully chosen to ignore them and have left them to fend for themselves.
3. There are old age homes, residential units for lower income groups in particular districts where there is a part-time medical officer to attend the inmates. Then there are day care centres and mobile Medicare services besides other NGOs (Non-Government Organizations).
4. Old age homes in the country are not sufficient but are also ill-equipped to cater to old people. This should be the responsibility of the state since it needs close and regular monitoring. The social welfare departments in the Government have very little to boast when it comes to caring for old generation.
5. Society, too, has an important role to play. It must begin by respecting the aged and placing them before anyone else's interest. When one happens to see an old person climbing down the stairs, he or she should be helped; it is this kind of mindset that is the need of the hour. Offering seats to the old, helping them cross the roads, assisting them to carry their bags, fetching them water, etc. are some gestures which increase acceptability of old people.
6. In the family, senior citizens deserve a better deal. If they are thrown out of the family, the state cannot be blamed. They have given everything to their families and have the right to be recognized as important members. Sending old parents to deposit electricity bill, asking them to fetch children from schools and to guard the house while the rest of the family is away, are some of the many tasks which are thrust upon them. These become nothing short of enslaving the weakest class of people.

7. Old people are not too demanding except in cases where there may be genuine reasons of health or constraints of family environment. But listening to them, consulting to them, taking them along on holidays and above all giving them an impression that they are still relevant and much needed in a family will surely add to their lives.

2.1 On the basis of your reading of the passage, answer the following questions by choosing the best of the given choices: (1x2=2)

a) What is the general attitude of the people of our country towards senior citizens?

i) of indifference ii) of love and respect iii) of hostility iv) none of the above

b) What has added to the problems of older generations in Indian social background?

i) retirement of old people from their jobs ii) growing population of the young
iii) breaking up of the joint family system iv) increasing financial tensions.

2.2 Answer the following briefly: (6x1=6)

a) What is the plight of the old age homes in the country?

b) What is the role of the society towards senior citizens?

c) How do some families ill-treat the elderly?

d) How can the state ensure proper care for the elderly in the old age homes?

e) Mention any two bodily changes which come with old age.

f) How can the old people feel acceptable in society?

2.3 Find words/phrases in the passage which mean the same as: (1x2=2)

i) The act of taking something apart (Para 2)

ii) Limitations (Para 7)

3. Read the passage given below and answer the questions that follow: 8

1. Modern food has become our enemy. We have become so besotted by taste and presentation, that we eat food for its entertainment value not for its nutritional benefit. Each restaurant boasts of a new cuisine, which is a mixture of refined flour, oil and sugar, pasta, noodles, white rice, white bread and maida based products like pizzas, burgers, naan and rumali roti are the main options in Italian, Chinese, Indian or Mexican. The vegetarian dishes are either overcooked or have a lot of cornstarch and fat. A process of deprivation and elimination, however, cannot

achieve perfect health. The idea is to nourish the body; you might achieve some weight loss, but you will lose your health.

2. I have been providing solutions to people suffering from obesity and its related problems like high cholesterol, hypertension, diabetes, osteoarthritis and asthma. I realized that by advising a health-plan for these disorders, people lost excess baggage automatically. This means that weight loss can be a natural by – product of a health regime; you don't have to eat less to lose weight but to choose your food correctly. In fact, the link between ideal body weight and health is so crucial that if one were to concentrate completely on achieving good health one would automatically achieve some amount of weight loss.

3. Food influences almost every aspect of your being. It influences your nails, hair, skin, hormones and bones. The vegetables that you eat will affect the texture of your skin. The fact that the right kinds of fats are essential to achieve good health comes as a surprise to many people. Fat is the raw material for many hormones that influences various functions in your body. Most people try to cut calories by going on fat-free diets. While eating less fat is not a bad idea, going on a fat-free diet has its own set of problems. Fat influences vital aspects of your body right from blood pressure to pain sensitivity as in arthritis. For example PUFA based oils, and MUFA based oils like til oil, mustard oil, groundnut oil increase pain and inflammation of the joints. It is primarily composed of fat. The right fat intake (walnuts, almonds, tulsi seeds) would naturally influence your concentration, memory, ability to conceptualize, calculate and comprehend life better.

4. The brain is the vital organ that regulates the body and makes living possible. If you deprive your body of the right fats, you might fall prey to depression and other mental disorders. Fat is as essential to your health as vitamins, proteins and carbohydrates are. Therefore whilst embarking upon any weight loss programme, remember that health is so much more than just weight loss, at the same time achieve ideal body weight in a healthy way does provide a basis for achieving perfect health.

a) Make notes on the passage given above in any format using recognizable abbreviations. Give a suitable title to the passage. 5

b) Write a summary based on the notes that you have made, in about 80 words. 3

SECTION B- WRITING SKILLS

30 MARKS

4. You are Shankar/ Shivani, Secretary of your school Environment Club. On the occasion of 'World Save Energy Week', the club decides to create awareness about the urgent need to conserve electricity by designing a poster, highlighting the merits of conserving energy. Design the poster in not more than 50 words.

OR

4

You are Abhinav/Alka., in charge of the NSS Club of Amity Public School, Cochin. The club is organizing a Charity Show to collect articles and money for the people affected by the cyclone Ockhi. Write a notice in not more than 50 words for your school notice board, giving relevant details such as purpose of the show, kind of events, tickets, etc.

5. You are Aslam/Aida, 7/A, Gulmohar street, Ahmedabad. After passing the secondary school examination, a student has to make a very difficult choice from a number of streams available to him/her for further study at the senior school level. There is no valid mechanism to assess the suitability of a candidate for a particular stream. Write a letter to the Editor of a national daily in 120-150 emphasizing the need of educational counsellors for guidance in each school.

OR

6

You are Payal / Piyush, 21, Vaishali, Bengaluru. You come across the following advertisement. You consider yourself eligible for the post. Write an application in response to the advertisement.

[Applications are invited for the post of a Financial Consultant in a well established company in Chennai. The applicant must have 3 years of experience, pleasant personality and excellent communicative abilities. Qualification: MBA/ M.Com from a recognized institute. Salary commensurate with qualification and experience. Apply to the Director, Paragon Automobiles Ltd., Sector 10, Chennai, within 10 days, with detailed resume.]

6. Recently you got a chance to participate in a week long workshop on Energy Conservation. By the end of the workshop, you were much enlightened about the need and ways of conserving energy. Write an article titled 'Energy Conservation: the need of the hour. You are Amit/ Annie. (Word limit: 150-200 words)

OR

10

Your school organized an Exhibition cum sale of the items made by the students in their work experience classes. You had an excellent and overwhelming response from the parents and the visitors. The proceeds of the sale have been donated by your school in a function to 'Helpline India', an organization for supporting the orphans. Prepare a report on the exhibition in 150-200 words to be published in your school magazine. You are Praveen/ Praveena of ABC Public School, Agra.

7. Jose/ Jansie attended a seminar on Drug Abuse and Illicit Trafficking and was appalled to hear about this increasing menace and its detrimental effect on society. He/ she jotted down some points which he/she decided to use while talking about drug abuse in the school assembly. Using the inputs given below, write a speech in about 150-200 words that he/ she could deliver in the school assembly.

- 120 million drug users in the world
- Affected group- earlier high income group, today all sections of society, especially students
- Compared to the past, it is easily available- in different forms.
- Increase in crimes- eve teasing, violent clashes at home, thefts etc...
- Damage to moral, physical, psychological, intellectual growth- loss of human potential.
- How to prevent effectively- awareness programmes, sustained treatment, etc.

OR

10

You are Sumit/ Sunita of Sunrise Public School, New Delhi. You have been chosen to participate in a debate competition on the topic 'Newspaper Reading Today is a Waste of Valuable Time.' Mention your views in 150-200 words either for or against the motion.

SECTION C LITERATURE: TEXT BOOKS AND LONG READING TEXT (40 MARKS)

8. Read the extracts given below and answer the questions that follow: (4x1=4)

*Aunt Jennifer's tigers prance across a screen,
Bright topaz denizens of a world of green.
They do not fear the men beneath the tree;
They pace in sleek chivalric certainty.*

- a) What does the expression 'Aunt Jennifer's tigers' imply?
- b) What does 'prancing tigers' symbolize?
- c) Why are they referred to as 'denizens of a world of green'?
- d) What qualities of the 'tigers' are highlighted here?

OR

*If we were not so single-minded
about keeping our lives moving,
and for once could do nothing,
perhaps a huge silence
might interrupt this sadness
of never understanding ourselves
and of threatening ourselves with death.*

- a) Why does the poet feel that we should not be single-minded?

- b) Why does the poet want us to 'do nothing for once'?
- c) What is the 'sadness' that the poet refers to in the poem?
- d) Name the poem and the poet.

9) Answer **any four** of the following questions in about 30-40 words each: (3x4=12)

- a) Why was Zitkala- Sa so averse to the cutting of her long hair? How did she try to avoid this injustice?
- b) Why does Mr. Lamb say, "So you're not lost, are you? Not altogether"?
- c) What did the poet Kamala Das driving from her parents' home realize when she looked at her mother? (My Mother at Sixty -Six)
- d) Why is 'grandeur' associated with the 'mighty dead'? In what context does the poet mention this in the poem 'A Thing of Beauty'?
- e) What were the options that Sophie was dreaming of? Why does Jansie discourage her from having such dreams?
- f) How did Mr. Hamel say farewell to his students and the people of town?

10.) Answer **any one** of the following questions in about 120-150 words: 6

A person with weaknesses is provoked by worldly pleasures and he falls prey to such flaws in him. The real personality, according to the author, is that remains unflinching in all sorts of provocations. It is equanimity. Explain and highlight the message inherent in the lesson, 'The Rattrap.'

OR

How did the Champaran episode prove to be a turning point in Gandhi's life? Explain with reference to the text, Indigo.

11.) Answer **any one** of the following questions in about 120-150 words: 6

Evans and his friends had planned his escape from prison most meticulously, down to the minutest detail. Elucidate.

OR

How do you find the behaviour of Maharaja's minions towards him? Are they sincere or are they driven by fear when they obey him? Do you find a similarity in today's political order?

12. Answer the following question in about 120-150 words: 6

What changes did Silas Marner undergo as his centre of attention shifted from gold to the little child Eppie? Explain with suitable instances from the text.

13.) Answer the following question in about 120-150 words:

6

Do you think Godfrey felt at peace with himself after confessing to his wife? How can you say? Why didn't he confide in his wife before?

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