

STD: XI
Date: 07/08/2023

MID TERM TEST 2023-24
ENGLISH LANGUAGE - I

DURATION: 1 hour
Max Marks: 20

INSTRUCTIONS:

- i) The question paper is divided into four Sections – A, B, C, D. All questions are compulsory.
- ii) Write the number of each question clearly.
- iii) Questions 5,6,7&8 have four alternatives and only one of them is the correct answer. Choose the right answer and write it against the appropriate question number in your answer book.
- iv) Questions 9 and 14 have an internal choice.
- v) Do not exceed the prescribed word limit while answering the questions.
- iv) Figures to the right indicate marks.

SECTION - A (READING SKILL)

Read the following passage carefully:

Power foods are foods that provide rich levels of nutrients like fibre, potassium and minerals. With people becoming increasingly health conscious today, a lot of fitness trainers encourage their clients to include these foods in their daily diet to increase muscle development. There are various ways of incorporating power foods in your daily diet. Of course, the key to enjoying power foods is proper preparation of these foods, the use of season-fresh foods, and identifying your choice of flavour among power foods.

Some of the recommended power food combinations are those that are prepared in our kitchens on a regular basis. Take for instance, the combination of chickpeas and onions. This combination is a powerful source of iron which is required by the body to transport oxygen to its various parts. Iron deficiency can lead to anaemia, fatigue, brain fog and tiredness. A study by the Journal of Agricultural and Food Chemistry says that sulphur compounds in onion and garlic help in the absorption of iron and zinc from chickpeas. The combination is a hit with teenagers who need to be diligent about getting iron in their diet. A quick way to prepare this power food is to make a chickpea salad with chopped onions, chaat masala and cilantro.

Another favourite combination with power food takers is yoghurt and bananas. This makes for a perfect snack after a rough game of football. Exercising burns glucose and thus lowers blood sugar. Yoghurt is packed with proteins that help preserve muscle mass, and bananas are packed with carbohydrates that help in refueling energy and preventing muscle soreness. A quick and easy recipe with bananas is a banana smoothie topped with cool yoghurt.

Among beverages, green tea is the best source of catechin that are effective in halting oxidative damage to cells. According to researchers at the Purdue University, adding a dash of lemon juice to green tea makes the catechin even more easily absorbable by the body. So, the next time you have friends over, serve them rounds of iced green tea with mint and lemon juice.

On the basis of your reading of the above passage, answer the following questions in complete sentences in about 10 – 15 words each:

- (1) What are power foods? (1)
(2) Suggest a quick recipe with chickpea and onions. (1)
(3) Why is yoghurt and banana, an enriching power food? (1)
(4) Why is green tea recommended in your diet? (1)

Choose the correct meaning of the word in the context of the passage from the alternatives given below.

(5) deficiency (1)

- (a) shortage (b) surplus (c) need (d) plenty

(6) fatigue (1)

- (a) strength (b) energy (c) activation (d) exhaustion

The alternatives provided are words from the passage. Select the alternative that best matches the meaning given below:

(7) A deficiency of red blood cells. (1)

- (a) muscle (b) anaemia (c) sulphur (d) fatigue

(8) A prescribed selection of foods (1)

- (a) smoothie (b) cell (c) preserve (d) diet

SECTION – B (WRITING SKILL)

Attempt the following. (3)

9. You are Nelson/ Nikita Dias, the Sports Secretary of Rosary Higher Secondary School, Ponda. Your institution is organizing an Inter-Class Badminton Tournament. Draft a notice inviting students to participate in the tournament giving all the required information. (about 30-40 words)

OR

9. You are Anita Naik, residing at Flat No 4, Tree House Apartments, Ponda, Goa. You wish to sell your bike. Draft an advertisement to be published in the classified columns of a local newspaper giving details of the make, model, condition and other relevant information. (about 30-40 words) (3)

SECTION – C (GRAMMAR)

Rewrite the following sentence according to the instruction given in the brackets:

10. Anita _____ speak French fluently. (1)

(Use the Modal of 'ability')

SECTION – D (TEXTUAL)

Read the following stanza carefully and answer the questions that follow in complete sentences of about 10 – 15 words each:

“Each one holding one of my mother’s hands,
And she the big girl- some twelve years or so.
All three stood still to smile through their hair
At the uncle with the camera. A sweet face,
My mother’s, that was before I was born.”

11. What has the camera captured? (1)

12. Name and explain the figure of speech in the third line. (1)

Answer the following question in about 25 - 30 words:

13. How did the grandmother get the narrator ready for school? (2)

Answer any one of the following questions in about 50 - 60 words:

14. Mention four traits of uncle Khosrove. (4)

OR

14. Why did Marga Minco want to forget 'The Address'? (4)
