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Margao- Goa
MID TERM EXAM- 2024-25
ENGLISH LANGUAGE I

STD XI

Time: 1 Hour

Max. Marks: 20

Instructions:

- i) The question paper is divided into 4 sections – A, B, C, D. All questions are compulsory.
- ii) Write the number of each question clearly.
- iii) Questions 4,5,6,7 & 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.
- vi) Figures to the right indicate marks.

SECTION -A (READING SKILLS)

Read the following passage.

Humans have been fasting for thousands of years. Sometimes, it was done out of necessity when there wasn't any food available. In other instances, it was done for religious reasons. There's nothing "unnatural" about fasting, and our bodies are well-equipped to handle short periods of not eating. Intermittent fasting (IF) is one form of fasting, which is an eating pattern that cycles between periods of fasting and eating. Unlike traditional diets that focus on specific foods, IF emphasizes when you eat rather than what you eat. It does not say anything about which foods to eat, but rather when you should eat them. There are several different intermittent fasting methods, all of which split the day or week into eating periods and fasting periods.

Here are the main approaches to IF: **Time-Restricted Eating (16:8 Diet):** In this method, you fast for a specific window each day (e.g., 16 hours) and consume all your calories within a shorter time frame (e.g., 8 hours). Research suggests that time-restricted eating can improve health markers, reduce fat mass, and even enhance cognitive function. **Alternate-Day Fasting (5:2 Diet):** With this approach, you alternate between fasting days (where you consume very few calories) and regular eating days. Studies show that alternate day fasting can lead to weight loss and improved metabolic health without negatively affecting overall well-being. Remember, before starting any diet, it's essential to seek medical advice. Intermittent fasting may not be suitable for everyone, but for those who can follow it safely, it offers potential health benefits and encourages mindful eating habits. (Source: Google Healthline. Words:257)

On the basis of your reading of the above passage, answer questions 1,2& 3 briefly in 10-15 words and questions 4, 5, 6,7 & 8 by choosing the best alternative from those provided.

1. What is Intermittent Fasting? 1
2. What is Time-Restricted Fasting? 1
3. Explain Alternate-Day Fasting? 1

Complete the following sentence by choosing the correct alternative from those given below:

4. IF emphasizes _____ 1
- Who you eat rather than how you eat.
 - When you eat rather than what you eat.
 - Which you eat rather than when you eat.
 - What you eat rather than who you eat.

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

5. Well-equipped 1
- Well un-prepared
 - Well ill-equipped
 - Well- resourced
 - Well inadequately equipped
6. Cognitive 1
- Sensory
 - Mental
 - Emotional
 - Physical

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

7. deserves special attention 1
- Handle
 - Period
 - Emphasizes
 - Instances
8. breakdown of food and its transformation into energy 1
- Suitable
 - Metabolic
 - Habit
 - window

SECTION B (WRITING SKILLS)

Attempt any one of the following:

3mks

9. You are Seema/Sohan Naik, the Gymkhana Secretary of Ideal Higher Secondary School, Margao. Draft a notice for the school notice board about a Workshop on Martial Arts, being organized in your school giving necessary details.

(About 30-40 words)

OR

9. You are Naveen, General Manager of Cyber Technologies Ltd. You wish to appoint a Software Engineer. Draft an advertisement to be published in the classified columns of a local daily giving the necessary details.

(About 30-40 words)

SECTION C (GRAMMAR)

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

10. Ram _____ dance gracefully.

1mk

(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:

*"The cardboard shows me how it was
When the two girl cousins went paddling"*

11. Name and explain the figure of speech in the given lines.

1mk

12. What does the word 'cardboard' denote in the poem?

1mk

Answer the following question in about 25-30 words:

13. What were the indications of the first impending disaster?

2mks

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

4mks

14. Did the boys return the horse because they were conscience-stricken or because they were afraid? Explain your answer.

14. Why did the narrator of the story want to forget the address?

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