

Delhi public school, Jammu

REVISION SHEET-2

SESSION-2018-19

Class IX

Sub-English

Section A: Reading

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

Many people wake up with a very low energy level and feel exhausted for most part of the day. With a lot of work to handle and usually a hectic schedule, eating habits of many people are often erratic. It is presumed that some rest and vitamin supplements can do the trick, and one can be up and about in no time.

However, in reality, people ignore the warning signs in their body. These warning signs indicate that poor dietary habits should be looked into, to get rid of nutritional deficiencies. Merely popping tablets is not the solutions.

Low intake of fruits and vegetables leads to many health problems. Most nutritionists suggest the consumption of five portions of fruits and vegetables on a regular basis. These advices are based on the guidelines of World Health Organizations and are about 25 years old.

Research work now suggests that eating at least seven portions of fruits and vegetables a day is very effective in keeping individual disease- free for a long time. For an adult, it is believed a maximum of 400 grams of fruits and vegetables should be consumed every day.

Poultry products and fish, pomegranate, watermelon, black grain, soya bean and some dry fruits like dates and sultanas are all rich source of iron. Raw and fresh vegetables and fruits contain a lot of nutrients. However cooking can remove some of these nutrients from them. They are also thought to be richer in nutrients as compared to frozen fruit and vegetables. Ready-to-eat meals and packaged sauces, soups and puddings should be eaten occasionally or in small amounts, as they often contain high quantities of salt, sugar and fat.

Questions:

1. Why are the eating habits of many people erratic?
2. What do the warning signs in a human body indicate?
3. What do most nutritionist recommend?
4. Which food products are rich in iron?
5. Why should raw and fish vegetables be consumed more than frozen food?
6. Why should ready-to-eat meals and packaged food not be eaten regularly?

Section B : Writing and Grammar

2. You are Simmi. On the occasion of World Environment Day, you want to urge the government to establish “Green Economy” to protect our environment. Write a letter to the editor highlighting the steps to be taken for the successful implementation of a green economy.

3. Write a story with the help of the following story line in about 200-250 words.

“ *He opened the factory door -----peeped inside-----some light ----last shift over-----could be thieves.....*”

4. Complete the following paragraph with the correct options given in the brackets.

In the 1960s and 1970s, children in India (a) _____ a lot of time reading story books, comics and magazines. But the advent (b) _____ television in many Indian homes (c) _____ the situation.. Nowadays, students (d) _____ very little time to reading.

- (a) (i) spend (ii) spent (iii) are spending (iv) were spending
(b) (i) at (ii) in (iii) of (iv) with
(c) (i) changed (ii) changing (iii) change (iv) has changed
(d) (i) are devoting (ii) devote (iii) has devoted (iv) devoted

5. In the following passage one word has been omitted in each line. Write the missing word along with the word that comes before and after it.

	Before	Missing	After
It is the adult world destroys	(a)
the intelligence sharp minds of	(b)
children and abilities. Like, the	(c)
constant rejection and quieting child	(d)
especially when she ask questions.	(e)

6. Read the following dialogue and complete the report that follows:

Ram : How are you Mohan?

Mohan : Fine, Thank you.

Ram : When are you going to Delhi?

Mohan : I am going tomorrow.

Ram asked Mohan (a) _____

Mohan replied (b) _____

Ram asked (c) _____

Mohan replied (d) _____

Section C: Literature

7. Read the extract given below and answer the questions that follow each.

“ let us remember, whenever we are told

To hate our brothers, it is ourselves

That we shall dispossess, betray ,condemn.

Remember, we who take arms against each other.”

- (i) Who instigate the commoners to hate foreigners?
- (ii) What are the results of hatred?
- (iii) What does 'hating our brother mean'?
- (iv) Why does the poet call all strangers and foreigners 'brothers'?

8..Answer the following questions in 30-40 words.

- (i) Why did the policeman not allow the westerners to enter the temple?
- (ii) What is the most important thing to do while killing a tree?
- (iii) Why does the author prefer packing things himself?
- (iv) What shows Santosh Yadav's concern for the environment?

9. Answer any one in 80-100 words.

How did Maria Sharapova reach the top?

Or

Describe the scale of destruction caused by the devastating storm in the village of Prashant?

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