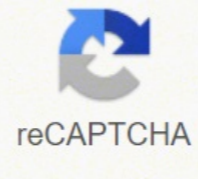




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Sample Paper 1

(Questions followed by Answers)

Time allowed : 3 hours

Maximum Marks : 80

General Instructions :

- This paper is divided into two parts : A and B. All questions are compulsory.
- Separate instructions are given with each section and question, wherever necessary. Read these instructions very carefully and follow them.
- Do not exceed the prescribed word limit while answering the questions.

Part A

(40 Marks)

READING

(20 Marks)

1. Read the passage given below :

1. Every time a child takes a soft drink, he's laying the groundwork for a dangerous bone disease. No, fizzy and sugary drinks don't cause Osteoporosis. But, because they are often a substitute for a glass of milk, kids are not getting the Calcium and Vitamin D they need to build a strong skeleton. Many of them also lead a sedentary lifestyle, so they aren't getting the bone-building benefits of vigorous exercise either. These children aren't just in jeopardy for brittle bones and fractures decades down the road. They could be at risk of Osteoporosis at a younger age than ever before.

2. The Indian Society for Bone and Mineral Research, a body of Osteoporosis experts, is trying to spread awareness about this bone-crippling disease. Osteoporosis starts in childhood but has consequences later in life. The condition causes bones to become riddled with holes, like the framework of a house that's been attacked by termites. That can lead to broken bones, which in turn can cause deformity, chronic pain or disability. Osteoporosis can be fatal; upto 25 percent of older people who suffer a broken hip die within a year. Osteoporosis isn't just your grandmother's health threat. Although it strikes over 50 million women in India, it also threatens over 12 million men. Osteoporosis causes loss of height, pain in joints and back, fractures and a fear of fractures and can be very depressing. So it is important that we adopt preventive measures, to save millions of people.

There is a new medical understanding of the best ways to protect ourselves and our children. "Simple lifestyle

changes and nutrition will help save your bones", say Dr. Mittal. To get us moving in the right direction, he says, "It's never too late to adopt bone-friendly habits exercise, get enough sunlight, and have adequate Calcium. This way, we can keep our bones healthy and prevent Osteoporosis."

On the basis of your understanding of the passage, answer ANY TEN questions from the twelve that follow :
(1 x 10 = 10)

- builds the skeleton for children :
(a) fizzy drinks
(b) minerals
(c) calcium and vitamin D
(d) sugary drinks
- A sedentary life style leads to :
(a) healthy life (b) brittle bones
(c) fractures (d) unhealthy life
- Osteoporosis may result in :
(a) deformed bones (b) chronic pain
(c) disability (d) all of these
- can not make our bones healthy :
(a) enough sunlight
(b) calcium
(c) sedentary life style
(d) vigorous exercise
- Osteoporosis affect in India :
(a) children (b) women
(c) men (d) all of these
- causes Osteoporosis.
(a) Fizzy and sugary drinks
(b) Avoid milk in diet
(c) Both (a) and (b) (d) None

ENGLISH LANGUAGE AND LITERATURE (Code No. 184)

CLASS - X(2020-21)

SECTION - WISE WEIGHTAGE

Sections	
A	Reading Skills (40 periods)
B	Writing Skills with Grammar (40 periods)
C	Literature Textbooks and Supplementary Reading Text(50 periods)
TOTAL	

PART A

Reading 20Marks

I. Multiple Choice Questions based on a Discursive passage of 400-450 words to test inference, evaluation and vocabulary. Ten out of twelve questions to be answered. (10x1=10)

II. Multiple Choice Questions based on a Case-based factual passage (with visual input- statistical data, chart etc.) of 300-350 words to test analysis and interpretation. Ten out of twelve questions to be answered. (10x1=10)

(Total length of two passages to be 700-750 words).

Literature Textbooks 10 Marks

III. Multiple Choice Questions based on an extract from drama/prose to test inference, evaluation and vocabulary. Any 1 out of 2 extracts to be done. (5x1=5)

IV. Multiple Choice Questions based on an extract from poetry to test analysis and interpretation. Any 1 out of 2 extracts to be done (5x1=5)

Grammar 10 Marks

V. Ten Multiple Choice Questions, out of twelve, to be answered. Questions shall be based on the following:

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