

P.S.Senior Secondary School, Mylapore

Worksheet-1 2020 March

Class: X

English

SECTION – A (READING)

Q1. Read the passage given below –

1. Overweight and obesity are affecting many countries in the world: More than 300 million people are overweight or obese. In India, some people tend to be overweight because of their high calorie diet and lack of physical activities. In the United States, obesity is more prevalent in lower economic groups. Obesity is now well recognized as a disease in its own right. Though obesity commonly means overweight, it is defined as an excess amount of body weight that includes muscles, bone, fat and water. "Obesity" especially refers to an excess amount of body fat. Some people, such as body builders or other athletes with a lot of muscle, can be overweight without being obese.

2. Woman have more body fat than men. Usually men with more than 25 per cent body fat and women having more than 30 per cent body fat are regarded as obese. Obesity occurs when a person consumes more calories than he or she burns.

3. Obesity tends to run in families, suggesting a genetic cause. Environmental factors mean lifestyle behaviours such as what a person eats and his or her level of physical activity. Although you cannot change your genetic makeup, you can change your eating habits and levels of activity. You can learn how to choose more nutritional meals which are low in fat and become more active. Then there are the physical factors. Negative emotions such as boredom, sadness, anger are responses shown by people who overeat. There is also "binge eating" when people eat large amount of food thinking that they cannot control how much they are eating. Those with the most severe binge eating problems are also likely to have symptoms of depression and low self-esteem.

4. Obesity is a health hazard. Several serious medical conditions have been linked to obesity, including type-2 diabetes, heart disease, high blood pressure and stroke. Obesity is linked to higher rates of certain types of cancer. Other diseases and health problems linked to obesity include gall bladder disease and gallstones, liver disease and deterioration of joints.

5. The benefits of exercise are much more than any other way of losing weight. Not only does exercise help you lose weight but it also improves your fitness and flexibility and improves skin texture. Exercises also free one from the harmful side effects of crash dieting, slimming capsules and the heat treatment used by slimming centres.

1.1 On the basis of your reading of above text, answer the following questions in your answer sheet:

a) How is obesity defined?

b) When does one become obese? How does this vary between men and women?

- c) What are the environmental factors which cause obesity?
- d) What are the reasons for binge eating?
- e) When is obesity a serious health hazard?
- f) What are the benefits of exercise?

1.2 Find words in the passage which mean the same as the following

- a) structure (para 2)
- b) decline (para 4)

SECTION – B (WRITING AND GRAMMAR)

Q2. As you sow,so shall you reap", Write a story of about 200 words, which brings out the truth of this statement.

Q3. Write a letter to the Editor of, "The Hindustan Times" about the benefits of yoga and meditation and why it should be made compulsory in school for the students. Mention the ability of yoga to cure physical and emotional problems faced by young students. Use your own ideas along with those from the unit of health and medicine of the MCB to write the letter.

Q4.Rearrange the words and phrases to make meaningful sentences

- a)are anxious /about the prospect /most people /of dental surgery
- b)numerous /the reasons /for this fear /are
- c)relate the problem /many people /in childhood /to a bad experience
- d)right from a /very young age/ better/it is/to take/care of teeth

Q5.Fill in the gaps-

- *Take a thermometer and wash it in fresh and cold water.
- *Bring down the mercury level to 96.4.
- *Keep it under the patients tongue for about two minutes.
- *Note the reading of the mercury level.
- *Wash the thermometer and put it back into its holder.

A thermometer (1) in fresh and cold water. Once the mercury level goes down to 96.4 degrees, it (2)..... for two minutes. After that the temperature (3 from the reading of the mercury level. (4) Then the thermometer..... into its holder.

Q6.Read the following dialogue and then complete the paragraph using reported speech.

Mary-Molly I am going to fly out tomorrow to Arizona to visit my sister Martha and her husband Harry.

Molly-Harry is very cranky! He'll be finding a lot of faults with you.

Mary-I know that.

Molly-Just buy a one way ticket! Harry will be very glad to pay your way back.

Mary informed Molly (a) _____ and her husband

Harry.

Molly replied that Harry (b) _____

Mary admitted (c) _____.

Molly advised her (d) _____ as Harry would be glad to pay her way back.

Q7. LITERATURE

1. How do we know that Lencho was a good farmer?
2. What did Lencho hope for? Why did it turn out to be a disaster?
3. What did lencho do to express his sadness?
4. How did the people at the post office react to his letter?
5. Why did he call the people at the post office “crooks?” Were they really so? Why?

P.S.SENIOR SECONDARY SCHOOL

CLASS – X

ENGLISH WORKSHEET – 1

1. Based on Unit 7, Glimpses of India, prepare a travel brochure. You can choose any 1 of the states given in the lesson. The use of chart paper or A4 size paper is highly recommended.

- You may do it by hand or take a print out
- Do spend more time on the cover design
- Remember to stick to the topic you have chosen
- Your brochure should be informative.
- Remember it is a travel brochure. So it must have all the necessary information
- No need of complete sentences
- Specify the packages that you offer
- Do not copy from the internet
- Be as creative as you can
- A chunk of your marks go for originality and creativity

2. This is an exercise in story writing. Use the picture as an input . Write an original story in about 150 to 200 words based on the picture given below.

