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# ENGLISH

## LANGUAGE & LITERATURE

Class X

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## ENGLISH LANGUAGE & LITERATURE

Class X

*As per the latest CBSE Syllabus and Paper Pattern released on 31 March, 2019*

*Includes Objective Type Questions*

*Based on NCERT*

*Author*

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# PREFACE

The **Complete Study** series by Sahitya Bhawan for Class X is designed as per the new curriculum released by the CBSE in 2019.

The purpose of the book is to prepare the student with an in-depth knowledge of **English Language and Literature** for class X. We have made every effort to cover the whole syllabus as per NCERT. This book will act as a guide for revision and preparation for the exam as the material is presented in concise and precise manner with enough questions for practise.

The key features are :

- The book has been divided into different sections: Reading, Writing and Grammar, Literature and Long reading texts.
- The 'Reading' section comprises of a short introduction about comprehension, tips and tricks for students and sample comprehension passages of each type.
- The 'Writing and Grammar' section, after a brief introduction, writing techniques and tips of writing, covers all the writing formats prescribed.
- Under the 'Literature' section, all the text-based questions, including the in-text and the end of text have been covered.
- Also included at the end of these are extra questions, carefully culled out from previous years' question papers and also the most important ones in each chapter.
- The 'Long-reading' section of the book contains chapterwise summaries of the novels prescribed, along with character sketches and questions of global understanding.

This book therefore will be an assured step towards success.

I am thankful to SAHITYA BHAWAN, AGRA for giving me the opportunity to write this book. Thanks are also due to my family members, without whose unstinted support and encouragement, it would not have been possible for me to write this book.

Suggestions for further improvement of this book are welcome and will be incorporated in further editions.

Wishing all the students the very best for their exams!

—Author

# SYLLABUS

## ENGLISH LANGUAGE AND LITERATURE

### CLASS X

#### Section-Wise Weightage in English Language and Literature

Section		Total Weightage 80
A	Reading Skills	20
B	Writing Skills with Grammar Literature Textbooks and Extended Reading	30
C	Text/s	30
	TOTAL	80

*Note :* The Board examination will be of 80 marks, with a duration of three hours. There will be an internal assessment for 20 Marks.

#### SECTION A : READING

20 marks

This section will have two unseen passages of a total length of 700-750. The arrangement within the reading section is as follows :

- Q. 1 : A Factual passage of 300-350 words with eight Very Short Answer type Questions. 8 marks
- Q. 2 : A Discursive passage of 350-400 words with four Short Answer type Questions to test inference, evaluation and analysis and four MCQs to test vocabulary. 12 marks

#### SECTION B : WRITING AND GRAMMAR

30 marks

- Q. 3 : Formal letter complaint / Inquiry / placing order / Letter to the editor / article in about 100-150 words. The questions will be thematically based on the prescribed books. 8 marks
- Q. 4 : Writing a short story based on a given outline or cue/s in about 150-200 words. 10 marks

The Grammar syllabus will include the following areas in class X.

1. Tenses
2. Modals
3. Use of passive voice
4. Subject – verb concord
5. Reporting
  - (i) Commands and requests
  - (ii) Statements
  - (iii) Questions

6. Clauses :

- (i) Noun clauses
- (ii) Adverb clauses
- (iii) Relative clauses

7. Determiners

8. Prepositions

The above items may be tested through test types as given below :

- Q. 5 : Gap filling with one or two words to test Prepositions, Articles, Conjunctions and Tenses. 4 marks
- Q. 6 : Editing or omission. 4 marks
- Q. 7 : Sentences Reordering or Sentence Transformation in context. 4 marks

**SECTION C : LITERATURE TEXTBOOKS AND SUPPLEMENTARY READING TEXT**

**Internal Choice will be there.**

**30 Marks**

- Q. 8 : One out of two extracts from prose/poetry/drama for reference to context. Four objective type question (Including MCQs) : Two questions of one mark each on global comprehension and two questions of 1 mark each on interpretation. 4 marks
- Q. 9 : Five Short Answer type Questions to be answered in 30-40 words each from FIRST FLIGHT and FOOTPRINTS WITHOUT FEET to test local and global comprehension of theme and ideas (three from FIRST FLIGHT and two from FOOTPRINTS WITHOUT FEET). 2 x 5 = 10 marks
- Q. 10 : One out of two Long Answer type Questions from FIRST FLIGHT to be answered in about 100-150 words to assess creativity, imagination and extrapolation beyond the text and across the texts. 8 marks
- Q. 11 : One out of two long answer question from the book 'FOOTPRINTS without FEET' on theme or plot involving interpretation, extrapolation beyond the text and inference or character sketch to be answered in about 100-150 words. 8 marks

**ENGLISH LANGUAGE AND LITERATURE (Code No. 184)**

**Course  
CLASS - X**

**TEXT BOOKS**

**LITERATURE READER (First Flight)**

**PROSE (First Flight)**

- |                                 |                           |
|---------------------------------|---------------------------|
| 1. A Letter to God              | 7. Glimpses of India      |
| 2. Nelson Mandela               | 8. Mijbil the Otter       |
| 3. Two Stories about Flying     | 9. Madam Rides the Bus    |
| 4. From the Diary of Anne Frank | 10. The Sermon at Benares |
| 5. The Hundred Dresses –I       | 11. The Proposal          |
| 6. The Hundred Dresses –II      |                           |

**POETRY (First Flight)**

- |                             |                                    |
|-----------------------------|------------------------------------|
| 1. Dust of Snow             | 7. Animals                         |
| 2. Fire and Ice             | 8. The Trees                       |
| 3. A Tiger in the Zoo       | 9. Fog                             |
| 4. How to Tell Wild Animals | 10. The Tale of Custard the Dragon |
| 5. The Ball Poem            | 11. For Anne Gregory               |
| 6. Amanda                   |                                    |

**SUPPLEMENTARY READER (Footprints without Feet)**

- |                            |                                   |
|----------------------------|-----------------------------------|
| 1. A Triumph of Surgery    | 6. The Making of a Scientist      |
| 2. The Thief's Story       | 7. The Necklace                   |
| 3. The Midnight Visitor    | 8. The Hack Driver                |
| 4. A Question of Trust     | 9. Bholi                          |
| 5. Footprints without Feet | 10. The Book that Saved the Earth |

**ENGLISH LANGUAGE AND LITERATURE (CLASS X)**

Typology	Testing competencies/ learning outcomes	VSAQ 1 mark	Short answer questions 30-40 words 2 marks	Long answer question-I 100-150 Words (HOTS) 8 marks	Very long answer question-II 150-200 words (HOTS) 10 marks	Total
Reading Skills	Conceptual understanding, decoding, analyzing, inferring, interpreting and vocabulary.	4 MCQ + 8 Objective Type Question	04	—	—	20
Writing Skills and Grammar	Creative expression of an opinion, reasoning, justifying, illustrating, appropriacy of style and tone, using appropriate format and fluency, Applying conventions, using integrated structures with accuracy and fluency.	12	—	01	01	30
Literature Textbook and Extended	Recalling, reasoning, appreciating, applying literary conventions, extrapolating, illustrating and justifying etc.	04	05	02	—	30
Reading Text	Extracting relevant information, identifying the central theme and sub themes, understanding the writer's message and writing fluently.					
<b>Total</b>		01 × 28 = 28 marks	2 × 9 = 18 marks	8 × 3 = 24 marks	10 × 1 = 10 marks	80 marks



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# Comprehension Passages

## FACTUAL PASSAGES

### PASSAGE 1

Read the passage given below and answer the questions that follow :  $1 \times 8 = 8$

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 a risk of osteoporosis at a younger age than even 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, like the framework of a house that's been attacked by termites. This can lead to broken bones, which in turn can cause deformity and chronic pain of disability. Osteoporosis can be fatal : up to 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 menaces 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.

3. 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," says 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."

**Answer the following questions (any eight) :**

- What is the main concern of the author about children's health in this passage?
- What builds the skeleton for children?
- How do fizzy and sugary drinks affect children?
- How does a sedentary lifestyle affect us?

- What causes osteoporosis?
- What is the statistic about Osteoporosis?
- How can osteoporosis be fatal?
- How can we protect ourselves from osteoporosis?
- Find a word that means the same as 'enough' from the passage.

**Ans.**

- The author is concerned about the bone ill-health of children caused due to inadequacy of calcium and Vitamin D.
- Calcium and vitamin D build the skeleton for children.
- Though fizzy and sugary drinks do not cause osteoporosis, they are often a substitute for a glass of milk for kids. Thus the kids do not get adequate calcium and vitamin D.
- Due to sedentary lifestyle, kids are not getting bone-building benefits of vigorous exercise.
- Deficiency in Calcium and Vitamin D causes osteoporosis.
- Osteoporosis can be fatal—up to 25 percent of older people who suffer a broken hip die within a year. It strikes over 50 million women in India and also menaces over 12 million men.
- Osteoporosis can be fatal because there is always the threat of fractures and subsequent death.
- By following simple lifestyle changes and taking adequate nutrition, by adopting bone-friendly habits – exercises, getting enough sunlight, and having adequate calcium, we can keep our bones healthy and protect ourselves from osteoporosis.
- adequate.

### PASSAGE 2

Read the following passages and answer the questions that follow :  $1 \times 8 = 8$

Fifty years ago people ate ice cream only in summer. Now it is eaten all the year round. It originated in the Orient, centuries before English schoolboys first tasted it. Marco Polo saw people eating ice cream there and brought back the idea to Italy. From Italy the idea was carried to France. It became very popular in France with the rich, and an effort was even made to keep the recipes a secret from the common people. But, of course, they soon learned

about this delicious new food and ice cream became popular with everyone. Soon it spread all over the world. The first factory to manufacture ice cream was started in Baltimore, Maryland, in 1851. However, the real development of ice cream and the ice cream business didn't take place until after 1900 with new developments in refrigeration.

The basis of all ice cream is cream, milk or milk solids, sugar, and sometimes eggs. Vanilla, chocolate, berries, fruit ingredients, and nuts are added as flavors. This is the usual proportion of ingredients in ice cream: about 80 to 85 percent cream and milk products, 15 percent sugar, half to four and a half percent flavoring, and three-tenths of one percent stabilizer.

A small amount of gelatin is used in order to retain the smoothness of the ice cream by preventing the formation of ice crystals.

When you eat a third of a pint of vanilla ice cream, you are getting about as much calcium, protein, and vitamin B as are in half a cup of whole milk, and as much vitamin A and calories as are in one cup of milk.

**Answer the following questions (any eight) :**

- When and how did ice cream originate?
- How did ice cream become popular across the world?
- How did the rich men in France establish their superiority?
- Where was the first ice cream factory started?
- Why did not ice cream business pick up?
- What ingredients go into the making of ice cream?
- What gives smoothness to ice cream?
- What nutritional values does ice cream have?
- Write a word that is similar to 'proportion'

**Ans.**

- Ice cream originated in the Orient, centuries before English schoolboys first tasted it.
- Marco Polo first saw people eating ice cream in the orient, and brought back the idea to Italy. From Italy the idea was carried to France. It became very popular there and an effort was made to keep the recipes a secret from the common people. But as ice cream gained popularity among people there, it spread to the entire world.
- After ice cream became popular in France with the rich, they tried to keep the recipes a secret from the commoners. This way they showed their superiority.
- The first factory to manufacture ice cream was started in Baltimore, Maryland, in 1851.
- Ice cream business did not pick up due to lack of proper refrigeration.
- Cream, milk or milk solids, sugar, and sometimes eggs. Vanilla, chocolate, berries, fruit ingredients and nuts are added as flavors.
- A small amount of gelatin is used in order to retain the smoothness of the ice cream by preventing the formation of ice crystals.

- One third of a pint of vanilla ice cream, has about as much calcium, protein, and vitamin B as in half a cup of whole milk.
- Share.

**PASSAGE 3**

**Read the following passage and answer the questions that follow :**

**1 × 8 = 8**

Before chocolate became an elixir fit only for the kings, Mayans drank a cold, frothy mix made from kakawa beans harvested from the Mexican rainforests. Found in rows inside football-size fruit filled with white pulp, the beans need two weeks for fermenting, drying and roasting. Then Mayans began bartering beans with the Aztecs. The Spanish court kept the sources of the beans secret for nearly 100 years. Inevitably, word spread and chocolate travelled swiftly throughout Europe. The first chocolate shop in London opened in 1657, serving the drink in gold and silver cups.

Still, the brew tasted rather fatty due to the cocoa butter and gritty from imperfect crushing of the seeds. A Dutch inventor separated the cocoa butter in the early 1800s, and before the century was out, a conching machine smoothed the chocolate. A Swiss chocolatier added evaporated milk to create the first chocolate bar. Soldiers who ate the bars for energy during World War I brought their taste home, creating a huge market for chocolate bars and snacks invented in the early 1900s.

**Answer the following questions (any eight) :**

- What did the Mayans drink before they came to know about chocolate?
- How was the frothy mix made?
- How does the fruit look inside and outside?
- How did the Mayans use the beans for trade?
- What processes go into the making of chocolate?
- Why did the Spanish court keep the secret about chocolate?
- When and where was the first chocolate shop opened?
- Why did the brew tasted fatty and what was done to improve it?
- How did chocolate spread across the world?

**Ans.**

- Before they came to know about chocolates, the Mayans drank a cold frothy mix made from kakawa beans.
- The kakawa beans were fermented, dried and roasted before they were crushed to make the frothy mix.
- The fruits are football sized, filled with white pulp inside.
- The Mayans used the beans for bartering with the Aztecs.
- The chocolate beans are removed, fermented, dried, roasted and crushed. Then the cocoa butter is separated, and the chocolate smoothed.

- (f) The Spanish court kept the source of beans a secret because the drink made out of it was an elixir, fit only for the kings.
- (g) The first chocolate shop was opened in 1657 in London.
- (h) The brew tasted fatty because of the cocoa butter present in it. A Dutch inventor separated the butter in the early 1800s to improve its taste.
- (i) Soldiers who ate the chocolate bars for energy during World war I brought their taste home, creating a huge market for chocolate bars and snacks invented in the early 1900s.

#### PASSAGE 4

Read the passage given below and answer the questions that follow : 1 × 8 = 8

Unconsciousness is a state where a person appears to be in deep sleep from which he/ she cannot be awoken. The individual does not respond to any external stimuli, like sprinkling cold water on the face, and for that matter even painful ones like piercing with a pin, tingling a nerve etc. This insensible state is brought about by some interference in the normal functioning of the brain and the nervous system.

Unconsciousness when partial is called stupor and when complete is called coma. In cases of stupor, the individual can be roused with difficulty but the eyelids cannot be opened due to resistance by the individual. In a coma, however there is no response when an individual is being called, but the lid can be opened without any resistance.

The usual case of unconsciousness includes fainting, sunstroke, concussion (brain injury), etc. Fainting is caused by the temporary reduction in the blood supply to the brain because of fright, unexpected good or bad news etc. People held up in stuffy places like the elevators often faint. A sudden fall in blood pressure can also cause fainting. The individual appears pale, becomes weak and slow, breathing becomes shallow and skin turns cold and clammy. Excessive summer heat can make the individual faint. Prolonged exposure to sun may cause sunstroke, which starts with headache, vomiting, dizziness, cramps or dryness of the throat.

Concussion commonly results in unconsciousness. Direct injury to the brain caused by either a blow on the head or a fall from a height etc. may result in concussion. The patient may 'black out' for a short time. An individual could suddenly become unconscious due to a heart attack. The initial signs are vomiting, profuse sweating and pain on the left side of the chest.

**Answer the following (any eight) :**

- (a) What happens when one is in a state of unconsciousness?
- (b) What does the author mean by 'insensible state'?
- (c) According to the passage, how is unconsciousness caused?
- (d) What are the two types of unconsciousness?

- (e) How does unconsciousness usually show in humans?
- (f) What happens when there is a temporary reduction in the blood supply to brain?
- (g) What are the initial signs of heart attack?
- (h) How does excessive heat in atmosphere harm us?
- (i) What is concussion and how does it occur?

**Ans.**

- (a) When one is in a state of unconsciousness, he/ she appears to be in deep sleep from which he/she cannot be awoken.
- (b) By insensible state, the author means the state when an individual does not respond to any external stimuli, like sprinkling cold water on the face, and for that matter even painful ones like piercing with a pin, tingling a nerve etc.
- (c) According to the passage, unconsciousness is caused by some interference in the normal functioning of the brain and the nervous system.
- (d) The two types of unconsciousness are Stupor, when unconsciousness is partial, and when it is complete it is called Coma.
- (e) Unconsciousness usually shows as fainting, sunstroke, concussion or brain injury etc.
- (f) A temporary reduction in the blood supply to brain causes fainting.
- (g) The initial signs of a heart attack are vomiting, profuse sweating and pain on the left side of the chest.
- (h) Excessive heat can make an individual faint.
- (i) Concussion means a sudden 'black out' for a short time. Direct injury to the brain caused by either a blow on the head or a fall from a height may result in concussion.

#### PASSAGE 5

Read the passage given below and answer the questions that follow : 1 × 8 = 8

1. Martin Luther King, one of the greatest men ever to walk on this earth, started the defence force with which the American Blacks got their rights and gained freedom from the distressing racial discrimination.

2. Martin was born on January 15, 1929. His family lived on the outskirts of Atlanta. The fact that he could not play with White children, or that he had to offer a seat in the bus to a White, disturbed him. When he was eight years old, his father a Baptist pastor, told the family a sad story: Bessie Smith, a great singer, met with an accident. An ambulance rushed her to the nearest hospital; but she was not admitted because she was a Black. The ambulance took her from one hospital to another, but she could not find a place for herself because these hospitals were only for the Whites. She died for want of blood. From that day, Martin Luther King dreamt of becoming a liberator of the Blacks.

3. King completed his studies at More House College, and then earned a doctor's degree in theology at Boston University. In 1955, King married Alabama Soprano Coretta Scott. That very year he became a pastor and preached his first sermon in the Baptist Church of Atlanta. As a young man, he was greatly impressed by Mahatma Gandhi's success in the political field and the power of ahimsa. King decided to follow the path of non-violence and get millions of Blacks their due. He felt that the Blacks had immensely contributed towards the building of America, and there was no reason why they should not be treated with respect.

4. King drew national attention in 1956. Since the Blacks were not permitted to sit in the same buses as the Whites, he led a boycott of public buses in Montgomery. A year later, after many arrests and threats, the US Supreme Court gave a ruling that racial segregation of public transport was unlawful. This victory taught the Blacks the power of non-violence. After 1957, King began visiting various places to deliver lectures. Soon he became a powerful orator, drawing the attention of people the world over.

**Answer the following (any eight) :**

- What was Martin Luther King's contribution?
- What was Martin Luther King disturbed about as a child?
- What caused the death of the lady?
- What motivated him to fight for the rights of the blacks?
- Why did he want to fight for the Blacks?
- What strategy did he follow in his fight?
- Why did he support non-violence?
- What did he do in Montgomery? Why?
- What ruling did the US supreme Court give?

**Ans.**

- Martin Luther King started the defence force with which the American Blacks got their rights and gained freedom from the distressing racial discrimination.
- As a child, the fact that he could not play with White children, or that he had to offer a seat in the bus to a White, disturbed Martin Luther King.
- The lady died of delay in treatment and blood loss because she being a Black was not admitted in any of the nearest hospitals meant for the Whites.
- The way Blacks were treated with bias by the Whites made him realize that the Blacks were deprived of even basic rights. This motivated him to fight for the cause of the Blacks.
- Martin Luther King felt that the Blacks had immensely contributed towards the building of America, and there was no reason why they should not be treated with respect. So, he wanted to fight for the rights of the Blacks.
- He followed the policy of non-violence in his fight.

- He was greatly impressed by Mahatma Gandhi's success in the political field and the power of ahimsa.
- In Montgomery he led a boycott of public buses.
- The US Supreme Court gave a ruling that racial segregation of public transport was unlawful.

**PASSAGE 6**

**Read the passage given below and answer the questions that follow : 1 × 8 = 8**

1. Papaya is the healthiest fruit with a list of properties that is long and exhaustive. Belonging to the family of Caricaceae fruits, it is commonly known as Papaw in Australia and Mamao in Brazil. It first originated in Southern Mexico and neighbouring Central America, but is now available in every tropical and subtropical country. Papaya favours digestion as well as cures skin irritation and sun burns. You can munch on it as a salad, have it cooked or boiled or just drink it up as milkshake or juices. Modern science confirms the age-old beliefs that papaya has much to contribute to the health cause. The most important of these virtues is the protein-digesting enzyme in the milky juice or latex. The enzyme is similar to pepsin in its digestive action and is said to be so powerful that it can digest 200 times its own weight in protein. It assists the body in assimilating the maximum nutritional value from food to provide energy and body building materials.

2. Papain in raw papaya makes up for the deficiency of gastric juice and fights excess of unhealthy mucus in the stomach, dyspepsia and intestinal irritation. The ripe fruit, if eaten regularly corrects habitual constipation, bleeding piles and chronic diarrhoea. The juice of the papaya seeds also assists in the above mentioned ailments.

3. The juice, used as a cosmetic, removes freckles or brown spots due to exposure to sunlight and makes the skin smooth and delicate. A paste of papaya seeds is applied in skin diseases like those caused by ringworm. The black seeds of the papaya are highly beneficial in the treatment of cirrhosis of the liver caused by alcoholism, malnutrition, etc. A tablespoonful of its juice; combined with a hint of fresh lime juice, should be consumed once or twice daily for a month. The fresh juice of raw papaya mixed with honey can be applied over inflamed tonsils, for diphtheria and other throat disorders. It dissolves the membrane and prevents infection from spreading.

**Answer the following (any eight) :**

- Why do we call papaya as the healthiest fruit?
- Where did the fruit originate and where is it available now?
- What are the different ways in which we can consume papaya?
- How has modern science proved the benefits of the fruit?
- In what ways is raw papaya beneficial?
- How can we use papaya as a cosmetic?

- (g) How does papaya cure liver cirrhosis?  
 (h) Describe in brief the digestive property of papaya.  
 (i) Can we categorise the fruit under 'body building foods'? How?

**Ans.**

- (a) Because it has various good properties.  
 (b) The fruit first originated in Southern Mexico and neighbouring Central America. Now it is available in every tropical and subtropical countries.  
 (c) We can consume papaya as a salad, have it cooked or boiled or just drink it up as milkshake or juices.  
 (d) Modern science has confirmed the age-old beliefs that papaya has much to contribute to the health cause.  
 (e) Papain in raw papaya makes up for the deficiency of gastric juice and fights excess of unhealthy

mucus in the stomach, dyspepsia and intestinal irritation.

- (f) The paste of papaya, used as a cosmetic, removes freckles or brown spots due to exposure to sunlight and makes the skin smooth and delicate.  
 (g) The black seeds of the papaya are highly beneficial in the treatment of cirrhosis of the liver caused by alcoholism, malnutrition, etc.  
 (h) The ripe fruit, if eaten regularly, corrects habitual constipation, bleeding piles and chronic diarrhoea.  
 (i) Yes, because, it assists the body in assimilating the maximum nutritional value from food to provide energy and body building materials.

## DISCURSIVE PASSAGES

### PASSAGE 1

#### Read the following passage :

It's common sight to see children racing down hills, playing in the rain, chasing each other through fields, or walking through the meadows to school. Rarely would you come across a child howling because of a scraped knee or a hurt elbow. Kids grow into strong, sturdy people with lots of physical energy and stamina. I attribute this glory of well-being to the region's open spaces and grounds that allow us to grow up in the midst of nature.

I have noticed how sluggish the 'healthy' urban children are, especially in comparison to children in my village. Children in cities look incapable of climbing even one small hill – something that would be a child's play for many of us.

When I ask most people at these felicitation parties what their kids are doing, they proudly tell me how busy these kids are with their studies, tuitions and TV! It makes me wonder if after all this, if they have any time at all to play. Video games and computer games hardly classify as play or sport.

We have all heard that all work and no play makes Jack a dull boy or Jill a dull girl. This isn't a maxim but a reality. I urge you all to look at play not as a waste of time but as a necessity. Play encourages children to participate, socialize, cooperate and team up. It allows them to experiment – toughening them up physically and mentally.

*Mary Kom – Olympic Medalist*

#### I. Answer the following questions (any four) :

2 × 4 = 8

- (a) How do the children in urban areas look?  
 (b) What arguments does the author put forth about children's well being?  
 (c) According to Mary Kom, why are the children in hilly areas strong?  
 (d) How are the kids in cities busy?  
 (e) To what does Mary Kom attribute the glory of children growing physically and mentally strong?

#### II. Find words (any four) which means the same from the given options : 1 × 4 = 4

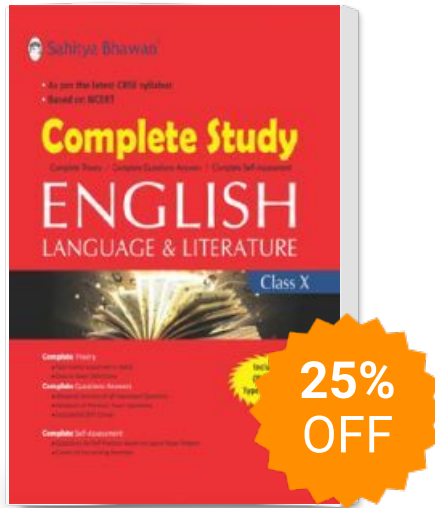
- |                  |                      |                   |
|------------------|----------------------|-------------------|
| (e) Howling      | (i) shouting         | (ii) crying       |
|                  | (iii) singing        | (iv) laughing     |
| (f) Stamina      | (i) stability        | (ii) vitamins     |
|                  | (iii) energy         | (iv) well being   |
| (g) Sturdy       | (i) Hard             | (ii) Soft         |
|                  | (iii) Gentle         | (iv) Strong       |
| (h) felicitation | (i) congratulation   | (ii) celebration  |
|                  | (iii) beautification | (iv) facilitation |
| (i) sluggish     | (i) fast             | (ii) slow         |
|                  | (iii) dull           | (iv) sleepy       |

**Ans.**

- I. (a) Urban children are sluggish and look incapable of climbing even one small hill.  
 (b) The author puts forth the argument that children grow strong and sturdy with physical energy and stamina if they do lots of physical activities.  
 (c) Children in the hilly areas race down the hills, play in the rain, chase each other through fields, or walk through the meadows to school. Thus, as they grow up in the midst of nature they are strong.  
 (d) Kids in the urban areas are busy with their studies, tuitions and television.  
 (e) Mary Kom attributes the glory of children growing physically and mentally strong to the region's open spaces and grounds that allow children to grow up in the midst of nature.

- II. (e) (ii) crying  
 (f) (iii) energy

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