

SAT 3

Class 10 - English Language and Literature

Time Allowed: 3 hours

Maximum Marks: 80

General Instructions:

1. 15-minute prior reading time allotted for Q-paper reading.
2. The Question Paper contains THREE sections-READING, GRAMMAR & WRITING and LITERATURE.
3. Attempt questions based on specific instructions for each part.

Section A

1. **Read the text carefully and answer the questions:** **[10]**

1. We live in an era where it is difficult to miss fast and junk food and the rise in teenage obesity and related health issues due to it.
2. During teenage, weight gain is normal but when it goes beyond control the person becomes obese. Our body requires energy to function, which is derived from the food we eat but when the intake of food becomes more than the amount that the body requires, the excess energy is stored as body fat.
3. Contemporary lifestyle sees an increasing consumption of junk food and spending time watching television and playing computer games. Overeating along with lack of physical exercise are the major causes leading to teenage obesity. Large intake of high-calorie food and low-nutrient food leads to unnecessary weight gain. Besides these, obesity can also be genetically inherited where some people have the genetic tendency to burn calories more slowly compared to others. Stress is also a reason for obesity where people resort to overeating to alleviate their stress.
Teenage obesity is growing immensely and has been named an 'obesity epidemic:
4. Several health issues arise out of it like diabetes, high blood pressure and cholesterol, sleep disorders, hormonal imbalance, and asthma. Along with these, obesity can also result in psychological problems like low self-esteem due to the constant jeering of peers. Obese teens are more prone to being teased and physically bullied compared to others of their age.
5. Therefore, it is necessary to control excessive weight gain. Inactivity is the major cause of obesity and regular exercise is the best way to control it. Physical activity like jogging, swimming and playing outdoor games can help to keep one fit. A balanced diet with lots of vegetables, fruit, and whole grains is also essential. Junk food and soft drinks should be substituted with lots of vegetables, fruit, and whole grains in the diet. Drinking around 8-10 glasses of water also helps to reduce calorie intake.
6. Parents have an important role in controlling teenage obesity as they should try to set examples by following a healthy diet and leading a healthy lifestyle. A combined effort of the parents and kids can help to control this eating disorder.
 - (i) According to the author, why is it difficult to miss junk food for teenagers today?
 - (ii) According to the passage, junk food is the major cause of obesity. True/false.
 - (iii) Obese teens are more prone to be bullied. The term 'prone' refers to _____

- (iv) What is the meaning of the phrase 'constant jeering of peers' in the passage?
- (v) If a teenager follows a good diet, _____ can still lead him to obesity.
 - a. heredity
 - b. junk food
 - c. bad habits
 - d. laziness
- (vi) Select the option with the underlined words that can substitute the word 'alleviate' (paragraph III).
 - a. Sameer had been promoted to the Manager's position.
 - b. The medicine reduced the headache soon.
 - c. The teacher was too angry with the class.
 - d. Richa's marks have been increased since last complaint made to her parents.
- (vii) According to the passage, which emotion leads to over-eating in teenagers?
- (viii) Select the problems that obesity may lead to, according to the passage.
 - (1) diabetes
 - (2) vertigo
 - (3) high blood pressure and cholesterol
 - (4) hormonal imbalance
 - (5) sleeping disorders
 - a. (1), (2), (3) and (4)
 - b. (3), (4) and (5)
 - c. (1), (2) and (5)
 - d. (1), (3), (4) and (5)

2. **Read the text carefully and answer the questions:**

[10]

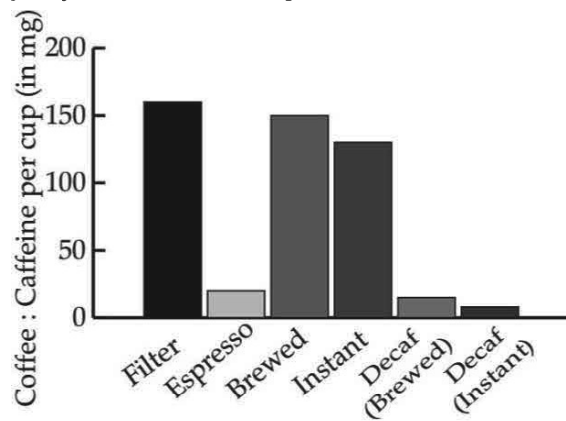
If you are addicted to coffee and doctors warn you to quit the habit, don't worry and just keep relishing the beverage, because it is not that bad after all! In fact, according to a new study, the steaming cup of Java can beat fruits and vegetables as the primary source of antioxidants. Some studies state that coffee is the number one source of antioxidants in the American diet, and both caffeinated and decaf versions appear to provide similar antioxidant levels.

Antioxidants, in general, have been linked to a number of potential health benefits, including protection against heart diseases and cancer, but Vinson, a dietician said that their benefits ultimately depend on how they are absorbed and utilised in the body. The research says that coffee outranks popular antioxidant sources like tea, milk, chocolate and cranberries. Of all the foods and beverages studied, dates actually have the most antioxidants based solely on the serving size, but since dates are not consumed anywhere near the level of coffee, the drink comes as the top source of antioxidants, Vinson said.

Besides keeping you alert and awake, coffee has been linked to an increasing number of potential health benefits, including protection against liver and colon cancer, type 2 diabetes and Parkinson's disease, according to some recently published studies.

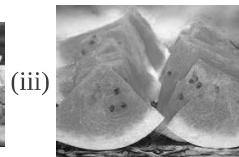
The researchers, however, advise that one should consume coffee in moderation, because it can make you

jittery and cause stomach pains.



- (i) Identify a similar analogy appropriately, based on your understanding of paragraph 1.
We can refer to a food lover in different ways like in this sentence: The gastronome was disappointed with the menu.
A similar reference to coffee is made in the line: _____.
- (ii) Fill the blanks with the appropriate option from those given in brackets, based on your understanding of paragraph 2.
The statement that, the potential benefit of coffee depends on how it is absorbed and utilised in the body, is a _____ (fact/opinion) because it is a _____ (subjective judgement/ objective detail).
- (iii) Justify the following, in about 40 words.
While the studies suggest that coffee is the number one source of antioxidants in the American diet, the researchers also advise its moderate consumption.
- (iv) Based on the statistics of caffeine per cup, which two versions of coffee have the highest concentration of caffeine?
- (v) Study the graph and draw an inference about what should be the most preferred version of coffee for Americans based on your understanding of paragraph 1.
- (vi) Select the option that correctly displays the popular sources of antioxidants that coffee outranks.

(Reference-Paragraph 2)



(v)



- A. (i), (iv) and (v)
 - B. Only (ii)
 - C. Only (iii)
 - D. (ii) and (v)
- (vii) Which of the following is the main takeaway from the study mentioned in the passage?
- A. Coffee is rich in antioxidants and good for health so it must be consumed by all.
 - B. Coffee protects against diseases like colon cancer and type 2 diabetes.
 - C. Coffee as a beverage has various health benefits provided it is taken in moderation.
 - D. Coffee is a part of the American diet as it is a rich source of antioxidants.

- (viii) Infer the reason behind Vinson's observation on dates having more antioxidants than coffee, yet not topping the list of top sources of antioxidants. (Answer in about 40 words)

SECTION B –GRAMMAR

3. Complete ANY TEN of twelve of the following tasks, as directed [10]

- (i) Fill in the blank by using the correct form of the word in the bracket, for the given portion of a letter: [1]

Dear Madam

This is with reference to posters _____ (bear) the message of 'crash diet' being posted around our school premises.

- (ii) Identify the error in the given sentence, from a report from the News for Kids site and supply the correction. [1]

As humans have taken over more and more land for cities, roads, and farms, natural areas had disappeared.

Use the given format for your response.

error	correction

- (iii) Report the dialogue between a grandson and his grandfather, by completing the sentence: [1]

Grandson: Grandpa, why do you eat an apple every day?

Grandpa: Because an apple a day keeps the doctors away, my son.

In response to the question about why he eats an apple every day, the grandfather explains that _____.

- (iv) He said to her, "Are you coming to the party?" [1]

Reported speech: _____

- | | |
|---|--|
| a) He asked her if she was coming to the party. | b) He asked her if she will be coming to the party. |
| c) He told her if she was coming to the party. | d) He asked her whether she was coming to the party. |

- (v) Fill in the blank by choosing the correct option. [1]

Give me _____ (some / many / little) advice on how to improve my writing skills.

- (vi) Identify the error in the given sentence that shows grandmother and grandson relation and supply the correction. [1]

My grandmother and I were good friends. He used to wake me up early and get me ready for the school.

Use the given format for your response.

error	correction

- (vii) Select the option that identifies the error and supplies the correction for the following line, from a news report: [1]

A doctor and his two children died in the fire accident that took place in Tamil Nadu's Tirupati district on Sunday.

Option no.	Error	Correction
A	died	dies

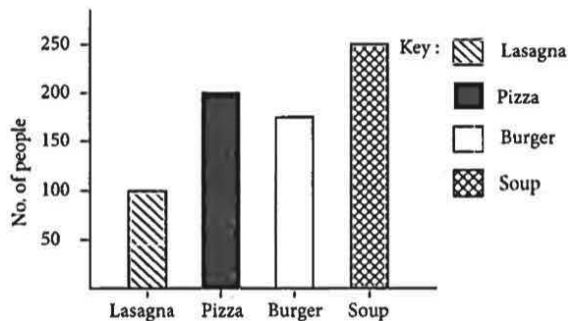
- Very dirty animals resting there

OR

You are Somya/Shekhar of 3B, Sector II, Rajendra Nagar, New Delhi. You have observed that the subways in New Delhi are seldom used by pedestrians. You have decided to write a letter to the editor of 'The India Daily Times' highlighting the need of creating awareness about the importance of such ways and their proper maintenance. Based on the points given below write the letter.

- Unutilized infrastructure.
- Many footpaths occupied by the vendors.
- Pedestrians are prone to accidents.
- Pedestrians prefer to jump the roads causing deaths.
- Causes of apathy-water and accumulation of filth.
- Faulty to be penalized

5. The given bar graph shows the most preferred choices of customers of a famous restaurant about savoury dishes. [5]
Analyse the given data and write an analytical paragraph.



OR

The school library is setting up a section of digital and audio books. However, teachers feel that the touch and feel of a paper book enhance the reading experience.

Write an analytical paragraph on the above argument in not more than 120 words.

SECTION C - LITERATURE

6. Read the given extracts and answer the questions for ANY ONE of the two, given. [5]

- (i) Read the extract given below and answer the questions that follow: (1 × 4 = 4) [5]

But presently up spoke little dog Mustard,
I'd have been twice as brave if I hadn't been flustered.
And up spoke Ink and up spoke Blink,
We'd have been three times as brave, we think,
And Custard said, I quite agree
That everybody is braver than me.

- What did Mustard say?
- Custard agreed to what?
- What is the rhyming scheme of the stanza?
- Name the poet.

- (ii) Read the extract given below carefully and answer the questions that follow: [5]

Tenth May dawned bright and clear. For the past few days, I had been pleasantly besieged by dignitaries and world leaders who were coming to pay their respects before the inauguration. The

inauguration would be the largest gathering ever of international leaders on South African soil. The ceremonies took place in the lovely sandstone amphitheatre formed by the Union Buildings in Pretoria. For decades this had been the seat of white supremacy, and now it was the site of a rainbow gathering of different colours and nations for the installation of South Africa's first democratic, non-racial government.

i. State any one inference about Nelson Mandela from the given extract.

I had been pleasantly besieged by dignitaries and world leaders who were coming to pay their respect before the inauguration.

ii. State TRUE OR FALSE.

None of the terms (a)-(d) can be applied to the question- The inauguration would be the largest gathering ever of international leaders on South African soil.

i. A hypothesis- a proposed explanation for a phenomenon

ii. An assumption- something that is taken for granted or assumed to be true without proof.

iii. A premise- a proposition that forms the basis of an argument.

iv. A theory- a well-substantiated explanation for a natural phenomenon.

iii. Nelson Mandela is of the view that 'For decades this had been the seat of white supremacy, and now it was the site of a rainbow gathering of different colours and nations for the installation of South Africa's first democratic, non-racial government'. Elaborate in about 40 words with reference to the extract.

iv. Which phrase would correctly substitute the word 'amphitheatre' in the given sentence from the extract.

The ceremonies took place in the lovely sandstone amphitheatre formed by the Union Buildings in Pretoria.

7. **Read the given extracts and answer the questions for ANY ONE of the two, given.** [5]

(i) Read the following extracts and answer the question/complete the sentences that follow: [5]

If when you're walking round your yard

You meet a creature there,

Who hugs you very, very, hard

Be sure it is a Bear.

If you have any doubt, I guess

He'll give you just one more caress

i. The word 'You' in the first line here is the _____.

ii. Which distinctive feature of a bear is mentioned here in these lines?

iii. Why does the poetess say that a bear's hug may confuse a novice?

iv. Which poetic device is used here? Choose the correct option:

a. Simile

b. Alliteration

c. Hyperbole

d. Repetition

(ii) **Read the following extracts and answer the questions/complete the sentences that follow:** [5]

His ball went. I would not intrude on him;

A dime, another ball, is worthless, now

He senses first responsibility

In a world of possessions.

- a. These lines tell us that the boy _____.
- b. The word 'worthless' tells us that _____.
- c. Losing the ball teaches the boy to _____.
- d. Giving another ball to the child is _____.

8. **Answer ANY FOUR of the following five questions, in about 40-50 words** [12]
- (i) Describe the wildlife of Coorg. [3]
 - (ii) The poem evokes a sense of black and white. Justify. Answer in the context of the Poem **Dust of snow**. [3]
 - (iii) Why did Lencho become angry when he counted the money? [3]
 - (iv) Clarify why it is fair to say that Mr. Keesing was innovative with his punishments. [3]
 - (v) Why does Natalaya quarrel with Lomov? (**The Proposal**) [3]
9. **Answer ANY TWO of the following three questions, in about 40-50 words.** [6]
- (i) What changes have taken place in the field of books since twentieth century? [6]
 - (ii) What filled Bholi, a dumb cow, with a new hope? [3]
 - (iii) How right or wrong is it to judge someone on the basis of his/her physical appearance? (For Anne Gregory) [6]
10. **Answer ANY ONE of the following two questions, in about 100-120 words** [6]
- (i) A few days after the experience, the narrator sat with his wife and recalled a long conversation he'd had with his young son the day before. The narrator's son had spoken to him about his close friend, Freddie, and the many ways Freddie helped him. When the narrator suggested inviting Freddie home for lunch, his wife casually said, "Freddie is like your friend in the black aeroplane!" That night the narrator decided to record his thoughts in his diary to clear his head. As the narrator, write the diary entry. [6]
 - (ii) Why did Lencho write a letter to God? What did he experience? [6]
11. **Answer ANY ONE of the following two questions, in about 100-120 words.** [6]
- (i) Scientists contribute to make the world a better place. Griffin is an antithesis to this statement. Justify. [6]
 - (ii) Hari Singh says- **He knew it but neither his lips nor his eyes showed anything**. Anil successfully addressed the situation by not addressing it at all. Elaborate based on your reading of The Thief's Story. [6]

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