

QUEEN'S VALLEY SCHOOL

READING MANUAL

Class X

Session: 2017-18

Name: _____

Class: _____ Section: _____

Roll No: _____

PREFACE

With the introduction of CCE there has been a paradigm shift from getting marks at the end of the term to the process of learning and acquiring better language skills. Reading comprehension is one of the sub-skill, critical to the development of reading skills. Comprehension without reading is simply following words on a page from left to right while sounding them out.

While people read for many different reasons, the chief goal is to derive some understanding of what the writer is trying to convey and make use of that information- whether for fact gathering, learning a new skill, or for pleasure. With reading comprehension skills the reader can gather any information and use it efficiently function and enjoy the richness of life. Whether one is engaged in a novel, or pouring over a newspaper or just looking at a sign, reading skills allow you to interpret and become engaged in the world around you.

As young children, we first learn to read; and then around mid-elementary school, we start reading to learn. Some children who are proficient at oral reading can experience difficulty at this time, in terms of comprehending what they read. They can comprehend ideas, follow arguments, and detect implantations. Children must be able to understand the context of the words in individual sentences and also understand multiple concepts when reading longer WORKSHEETs. Reading comprehension skills increase the pleasure and effectiveness of reading.Strong reading comprehension skills help in all the other subjects and in the personal and professional lives.

Thus, this Reading Manual is an endeavour to develop comprehension skills. The WORKSHEETs in the manual are meant to instill in the children the confidence that they can read and comprehend unfamiliar material without any assistance. It would also develop a critical insight in them. The objective questions include alternate response type, matching type and multiple choice questions. Besides these, there are questions for logical and deductive reasoning and short-answer-type questions to develop the ability of organizing relevant facts. Their exploitation takes care of all the sub- skills of reading comprehension such as skimming, scanning and intensive reading.

All selected texts have been taken from authentic and reliable sources including leading newspapers, magazines and websites, and have been meticulously edited to suit the needs of the learners.

It is hoped that this manual acts as a catalyst in enabling learners to comprehend, re-organise and synthesise information as part of the larger objective of learning and imbibing language.

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Tips to answer short answer type questions:

- 1. The answer to a question should always be brief and to the point.**
- 2. It should begin with the language of the given question and in the same tense too.**
- 3. Do not begin your answer with 'because'. Always write complete sentences.**

1:

The Dangers of Crash Dieting

Crash dieting may help you lose weight, in the short term, but, ultimately it can hinder weight loss in the long term, as most of the weight that you have lost with crash dieting will bounce back, meaning you will gain all the weight that you have lost and more. Crash dieting not only removes fat but also lean muscle and tissue. Contrary to the belief of many who start this diet, this form of dieting is neither healthy nor successful in achieving long term weight loss as it induces the slowing down of the body's basal metabolic rate - the body seeks to conserve every calorie and so weight loss becomes increasingly difficult. Basal metabolic rate is the amount of calories your body needs on a daily basis, to maintain its regular activities. This means your body will need fewer calories than it did previously, making weight gain more likely once you stop dieting,

Most crash diets involve eating low-calorie foods for several weeks or eating the same food or food groups for several weeks. Even if you're only trying the diet for a week or two, eating such a strict diet of the same foods can cause nutritional deficiencies. Eliminating one or more food groups will not provide you with adequate, long-term nutrition. Nutritional deficiencies such as this can have multiple immediate side effects such as haggard look, dark under eyes, dull skin, sloppy posture and less stamina.

This is also why exercise is recommended in any weight-loss plan to build muscle and maintain your metabolic rate. Again common mistakes that are observed with exercise are joining the gym only till the New Year, so that you can lose weight and once the party is over, the party for not exercising continues. On the other hand, we have some who make New Year resolutions and with the gym memberships which are so tempting, especially during the New Year, take up annual memberships, which is not bad, What is bad is to break the resolution. It is good to take up an exercise programme during the new year and to make a resolution about exercise, provided you do not break your resolution, and continue exercising year long. What is important is consistency,

It's strongly recommended not to go on a Crash Diet, even if you are motivated to lose weight to fit into clothes a couple of sizes smaller. What is good is to make a conscious effort to lead a healthy lifestyle. This in the long run will help you achieve normal weight and help you be energetic and cheerful. Safe weight loss is considered to be no more than half a kilogram to one kilogram per week. No single food can be considered good or bad. A single meal does not make or break a healthy diet, as all foods can fit into a good diet when consumed in moderation.

1.1 Read the given questions and write the answers in 30-40 words:

(a) What harm does crash dieting do? Mention any two.

(b) There is a basic flaw in diet plans. What is it? _____

(c) Why is exercise important? _____

(d) What is the writer's view on gym membership? _____

1.2 Tick the correct option that is closest in meaning to the words given below:

a) hinder

- i. assist
- ii. obstruct
- iii. give
- iv. save

b) induce

- i. helps
- ii. trigger
- iii. reduce
- iv. increase

c) adequate

- i. sufficient
- ii. high
- iii. less
- iv. unequal

d) recommend

- i. give
- ii. force
- iii. order
- iv. suggest

WORKSHEET 2:

Adieu Facebook

A youngster quit Facebook in December after spending over three years on the social networking site. With that one act, he bid a silent adieu to more than 300 contacts that he had added to his account during the period. Like almost everyone from his 'friends' circle, the 20-year-old was a regular on the service; visiting it everyday to post photos and status updates. But last week, a new feature on Facebook called Timeline forced him to reconsider the pros and cons of being on the networking site.

Everyone has some skeletons in their closet and I am just not comfortable with Facebook digging up and displaying all the facets of my life on a bulletin board; says this youngster who joined the network in July 2007 while he was in Class

Facebook, you see, had compressed the time he spent on the site and arranged it in chronological order. And while he initially liked the new, neatly organised scrapbook-like feature, he wasn't happy to reveal posts from the past, those that, until recently, were hidden under layers and layers of recent updates. Just clicking on a date on the timeline could transport his friends back in time and enable them to view every embarrassing comment, link or photo he had posted on his profile. I think it's a recipe for disaster," he says. "In 2007, I had some wall posts, which seemed appropriate at the time, but now after a lapse of four years, I have moved on and don't want them to be openly displayed for all to see." And he is not alone. Many users, worried about how Facebook activity could possibly affect their offline lives, are choosing to commit 'Facebook suicide' that is the voluntary cancellation of one's Facebook account. While some have privacy concerns, others feel that the site that was meant to bring them closer to their friends actually does the opposite - it reduces their friendship to something superficial.

Poking and liking are not enough to keep a friendship going," says a business analyst. Having quit Facebook three years ago, she prefers meeting her 'real' friends face-to-face, instead of reading their trite posts online. On Facebook, people hype everyday issues including what they ate and where they went on a daily basis," says this analyst who continues to use Twitter.

Similarly, an engineering student quit Facebook last December four years after joining it. One fine day, he exported all the data from his account into a little zip file and hit the delete button. "I realised that when it came to my friends who really mattered, I could actually keep in touch with them over the phone or by meeting them in real life," he wrote on his biog.

1.1 Read the given questions and write the answers in the space that follows:

(a) What feature of Timeline takes away a person's privacy? _____

(b) What was the youngster's initial reaction to Timeline? _____

(c) Why did the youngster change his mind later? _____

(d) What does term 'Facebook suicide' mean? _____

(e) Tick the correct option that is closest in meaning to 'pros and cons':

- i. likes and dislikes
- ii. profit and losses
- iii. advantages and disadvantages
- iv. benefits

WORKSHEET 3:

Inquisitive Much?

What is intelligence? And how can one be intelligent all the time? One has to understand the basic fact that intelligence and intellect are at two opposite poles. A person who is an intellectual would have all the knowledge of the world but won't know how to give it shape. Knowledge burdens the individual if he does not have the intelligence to express it.

Intelligence is an integral part of the individual which finds fulfillment in expression. An intellectual who is burdened by excessive knowledge can never flow with intelligence. Intelligence demands that an individual be sensitive of his acts, thoughts and emotions. It also demands that the individual be inquisitive about the working of life and of one's own mind.

Intelligence implies that the individual be supple and flow along with life's source, so as to be one with the sublime realities of love, bliss and peace. Intelligence is the basic knowledge of life which is transformed into knowing.

The transformation process between knowledge and knowing requires the individual to be inquisitive, sensitive and observant. To do all this, the individual has to be in the present. This being in the present brings the individual back to harmony. Only meditation helps the individual to be in the present moment. He can then observe his own thoughts and actions.

Once he is able to observe his own thoughts and actions, he can clearly see his repressions, motivations and prejudices. This sets into motion the wheel of intelligence, which dispels ignorance behind thoughts, actions and emotions.

Intelligence strengthens the integration and harmony of the individual. Strengths to act intelligently according to the situation helps in obliterating thought processes which perpetuate fear, remorse and conflict within.

This conscious understanding of one's fear, remorse and conflict opens the doors of intelligence so that we can first understand and then transcend them. Otherwise, we remain in a state of ignorance. The art of understanding is what suffuses us with wisdom.

And the art of understanding oneself provides strength. The art of being wise and strong is intelligence. Without this basic intelligence, an individual is trapped within himself manifesting inner conflicts, hatred and ignorance in the external world,

Meditation also helps a person understand what others are trapped in. Once they handle the situation, the doors of intelligence and compassion are further opened. Without basic understanding about oneself, compassion can never flower. Without compassion, all intelligence is ignorance.

Meditation, therefore, provides the necessary strength to surrender to oneself and be with oneself. And this being with oneself without remorse, guilt or fear makes one intelligent and capable of acting rightly.

a) What does intelligence demand? Mention two points.

b) What happens when one is able to observe his own thoughts and actions?

c) How can intelligence become ignorance? _____

d) The word that means the same as 'melodiousness' is _____ (Para 6)

e) The word that means the opposite of 'knowledge' is _____ (Para 7)

WORKSHEET 4:

Colour Away Those Blues!

Chromotherapy is based on the fact that various lights have definitive energy bands and are linked to various organs of the body, and can help to heal them. The body has been divided into seven *chokras* or seven colours. For instance, it begins with the colour red going up to the head where violet is present. Their effects are also varied. Here, red works for vegetative functioning of the body, green is the centre around the heart and violet and blue represent mind related energy or spiritual energy or the cognitive energy of the body. This form of alternative therapy provides light to specific organs of the body, in order to heal them.

The remarkable thing about this form of therapy is that it has no side-effects. It can heal cataract, leukemia, anxiety and panic, among other things. But it has so far only been used as a supportive treatment, that is treatment given to prevent, control, or relieve complications and side effects and to improve the patient's comfort and quality of life. But let us not forget that there is definite interest in its scientific principles across the globe.

An interesting study that defines the reasons behind anxiety explains that changes in the biological clock leads to neurohormonal imbalance causing disorders. Croatian scientists suggest that 'Chromotherapy can regulate neurohormonal balance in human brain by activating or inhibiting complex physiological, biological and biochemical processes in human brain such as synthesis of various neurohormones'.

It is primarily based on the Einstein's theory that body has an energy outside it and if this energy correlate is brought in contact with the organ, it can actually heal the body. This includes all forms of mental or personality disorders.

While different colours have different frequencies and respond differently when applied to body parts, a few pointers could help next time you feel 'blue'. For instance, the colour orange is best for people suffering from digestive ailments and those with weak immune systems. Red works for increasing blood circulation and stimulating the body and mind. Consumption of yellow coloured fruits and vegetables energizes the muscles and nerves and is also beneficial to those suffering from paralysis.

Read the given questions and write the answer in a sentence:

(a) What is the principle on which Chromotherapy works?

(b) What is unique about this therapy? _____

(c) What does the phrase 'supportive treatment' mean? _____

(d) How can Chromotherapy regulate neurohormonal balance? _____

(e) How can we heal the body? _____

(f) What is the function of the red colour? _____

(g) The synonym of the word 'concrete' (para 2) is _____

WORKSHEET 6:

Crocodiles Know How To Have Fun!

Crocodiles, just like humans, think surfing waves, playing ball and going on piggyback rides are fun, a new study suggests. Vladimir Dinets, a research assistant professor in psychology at the University of Tennessee, Knoxville, has observed crocodiles engaging in play-like behaviour.

He has conducted an informal survey of crocodilian-themed groups on social media and various conferences. Previous research by Dinets discovered that crocodiles are able to climb trees, work as a team and use lures such as sticks to hunt prey.

The new research shows that crocodilians engage in all three main types of play distinguished by behaviour specialists — locomotor play, play with objects and social play. 'Play with objects' is reported most often. Crocodilians have been spotted playing with wooden balls, noisy ceramic bits, streams of water, their prey and rubble floating in the water. Cases of locomotor play' include young alligators repeatedly sliding down slopes, crocodiles surfing ocean waves and caimans riding currents of water in their pools.

Observed cases of 'social play' include baby alligators riding on their older friends' backs, baby caimans playfully 'courting' each other and a male crocodile giving his lifetime mate rides on his back. Crocodiles have also been seen playing with other animals. Mr. Dinets observed a juvenile alligator playing with a river otter.

In rare cases, individual crocodilians have been known to bond so strongly with people that they become playmates for years. For example, a man who rescued a crocodile that had been shot in the head became close friends with the animal. They happily played every day until the crocodile's death 20 years later.

"The croc would swim with his human friend, try to startle him by suddenly pretending to attack him or by sneaking up on him from behind, and accept being caressed, hugged, rotated in the water and kissed on the snout," said Mr. Dinets.

Mr. Dinets's work provides further evidence that play is a universal feature of "intelligent" animals those with complex, flexible behaviour. This knowledge might help determine how intelligence evolves and what is needed for its development.

On the basis of your reading, answer the questions that follow:

a) Who is Vladimir Dinets? What are the chief findings of his study on crocodiles?

b) How do crocodilians exhibit their socializing skill?

c) What does the story of a man and a crocodile he had rescued tell us about the relationship between humans and crocodilians?

d) The element of 'play' encompasses animals

e) The word 'debris' means the same as _____ (Para 3)

WORKSHEET 7:

The Mystery Behind Crop Circles

The original crop circles were exactly that— huge circular patterns of flattened crops such as wheat, barley, rye, maize, or rapeseed, often created in mysterious circumstances overnight. Crop circles are also *referred* to as crop formations, because they are not always circular in shape. During the last 20 years, crop circles have evolved into complex geometric shapes, like the DNA double helix or the nautilus shell.

In 1966, an Australian sugar cane farmer said he saw a saucer-shaped spaceship rise up from a swamp before flying away. When he looked at the landing site, he found the reeds intricately woven in a clockwise direction. There are many other such anecdotal accounts appearing in alien UFO literature, where sometimes the crops were burnt, otherwise flattened.

But *in* 1991, two men from Southampton, England, admitted they conceived the whole idea as a prank some 15 years earlier. They made their masterpiece using planks, rope, hats and wire — and could create a 40-foot circle in 15 minutes. The only reason they came clean was because one of the men, Bower, was running up considerable mileage on his car and had to convince his wife he wasn't having an affair. He continues to demonstrate the art of crop circles today.

Many people still claim that while some crop circles are certainly fake, others are genuinely created by alien intelligence. They point out that the arrangements are too complex to be created by hand in such a short time

On the basis of your reading of the WORKSHEET, answer the following questions briefly.

(a) How did the term 'crop circles' originate?

(b) What do '...such anecdotal accounts' (paragraph 2) refer to?

(c) Why did one of the Southampton men have to reveal their secret about crop circles?

(d) Why do some people still believe that crop circles are a work of aliens?

(e) Which word in the third paragraph means the same as 'invented'? _____

WORKSHEET 8:

The Man Who Killed Pain

In the early nineteenth century surgical operations were cruelly painful. Patients were tied to the operation table with strong straps to prevent them from struggling. They were given doses of whisky to blunt their pain as much as possible. But this did not help them very much. Often, when a patient cried out aloud in agony, the surgeon hurried the operation.

'Is there nothing that will help patients feel no pain?' Dr. James Simpson thought. 'I must search for a painkiller until I find one.' And the more operations he saw, the more resolute he became. Simpson had to carry out two kinds of *tasks*. First, he had to find a chemical that could lessen or kill pain when the operation took place. Then, he had to be sure that the painkiller would not kill the patient as well, or harm the patient's health. But how could he make sure of this? He could not use his patients or other people in experiments. It might be perilous. So he decided to experiment on himself, and on some friends who volunteered to help.

One day, Simpson showed his friends a new chemical called chloroform. Simpson gathered as much information as he could about it and decided to test it. He, followed by two of his friends began to inhale it. When they had inhaled it for some time, the three men became unconscious. They saw nothing, heard nothing and felt nothing.

It was Simpson who came to himself first. The chloroform had done him no harm at all and he was happy and excited about it. Soon his friends too felt quite well. Now Simpson knew how to make operations completely painless.

Simpson and his friends successfully tested chloroform on 4 May 1847. But it did not bring relief to any patient till 1855. Most doctors refused to use it. They said they did not know what injury it might do to their patient's health. Many religious groups were also against the use of chloroform. They felt that God had good reasons for giving his creatures pain.

Anesthetics are now very common. Does anyone remember Simpson and the great work he did? Perhaps not, but he lives every time a patient has an operation and feels no pain.

On the basis of your reading of the WORKSHEET, answer the following questions.

(a) How did doctors in the early nineteenth century deal with pain during surgeries? Why was the method not effective enough?

(b) What was Dr Simpson's challenge? Why did he decide to experiment on himself and his volunteer friends instead of his patients?

(c) Religious groups opposed the use of chloroform because _____

(d) The expression 'came to himself' means? _____

(i) laughed excitedly (ii) realised his mistake (iii) experienced shock (iv) regained consciousness

WORKSHEET 9:

Voyage Towards Liberation

With my mother's permission and blessings, I set off successfully for Bombay, but on arrival there, friends told my brother that the Indian Ocean was rough in June and July, and as this was my first voyage, I should not be allowed to sail until November. Someone also reported that a steamer had just been sunk in a gale. This made my brother uneasy, and he refused to take the risk of allowing me to sail immediately. Leaving me with a friend in Bombay, he returned to Rajkot to resume his duty. Time hung heavily on my bands in Bombay. I dreamt continually of going to England.

Meanwhile my caste-people were agitated over my going abroad. No ModhBania had been to England up to now, and if I dared to do so, I ought to be brought to book! A general meeting of the caste was called and I was summoned to appear before it. I went. How I suddenly managed to muster up courage I do not know. Nothing daunted, and without the slightest hesitation, I came before the meeting.

The Sheth — the headman of the community— who was distantly related to me and was on very good terms with my father, thus accosted me: 'In the opinion of the caste, your proposal to go to England is not proper. Our religion forbids voyages abroad. We, your fellow caste men, have also heard that it is not possible to live there without compromising our religion!' To which I replied: do not think it is at all against our religion to go to England. I intend going there for further studies. And I have already solemnly promised to my mother to abstain, from three things you fear most. I am sure the vow will keep me safe.'

"But" rejoined the Sheth, "You know my relations with your father and you ought to listen to my advice". "I know", said I. "You are as an elder to me. But I am helpless in this matter. I cannot alter my resolve to go to England. My father's friend and adviser, who is a learned Brahman, sees no objection to my going to England, and my mother and brother have also given me their permission." "But will you disregard the orders of the caste?" he asked. "I am really helpless. I think the caste should not interfere in the matter." This incensed the Sheth. He swore at me and pronounced his order: "This boy shall be treated as an outcaste from today. Whoever helps him shall be punishable with a fine of one rupee four annas."

The order had no effect on me, and I took my leave of the Sheth.

On the basis of your reading of the WORKSHEET, answer the following questions:

a) Why was the author restless after reaching Mumbai?

b) Who was the 'Sheth'? What 'proposal' of the narrator did he find 'improper'?

c) What did the author's fellow caste men believe?

d) How did the Sheth express his anger?

e) Find the term from the WORKSHEET that is opposite to the word 'prohibits' (para 1)

WORKSHEET 10:

Popping Open The Secrets Of A Fun Food

To most people, it may be just a fun food to munch while watching a movie. But to a couple of French investigators, popcorn was a biomechanical enigma waiting to be explained.

In an unusual study, Emmanuel Viroto and Alexandre Ponomarenko carried out experiments into what makes popcorn, well, pop. Cameras recording at 2,900 frames a second helped show what happened when a kernel of corn strutted its stuff.

When the temperature reached 100 degrees celsius, some of the moisture inside the corn started to turn into steam, the researchers found. As the temperature rose to around 180 degrees, pressure built to around 10 bar, or 10 times the atmospheric pressure at sea level. Unable to withstand the stress, the outer shell broke open, causing a dramatic drop in pressure that forced the kernel's starchy innards to expand and protrude.

"We found that the critical temperature is about 180 degrees, regardless of the size or shape of the grain," said Mr. Viroto, an aeronautical engineer at the elite EcolePolytechnique. The first thing to emerge from the fractured shell is a limb-shaped structure a "leg" that comes into contact with the surface of the pan and starts to compress under the heat. Tensed and then released, the "leg" causes the corn to leap up to a height ranging from a few millimetres to centimetres and emit a "pop" from the sudden release of water vapour. A few milliseconds later, the granules spewing from inside expand to form a spongy flake.

Evolution from fracture to flake takes less than 90 milliseconds (0.09 of a second).

The popcorn's leap results from an intriguing combination of thermodynamics and fracture mechanics, rather than just the blast of pent-up gases."A piece of popcorn has a singular way of jumping, midway between explosive plants such as impatiens and muscle-based animals such as human beings," the researchers said.

On the basis of your reading of the WORKSHEET, answer the following questions:

- a) What role do you think the camera played in the discovery of the process of popping up of corn grains? _____

- b) When does the corn moisture turn into steam? _____
- c) What is the effect of extreme pressure on the corn? _____

- d) What is a 'leg' in a grain of 'popcorn'? What is its function? _____

- e) What is responsible for the 'pop' sound of the popcorn?

- f) How is the spongy flake of the popcorn formed?

- g) What is responsible for the 'leap' or 'jump' of the popcorn, according to the study? _____

h) Which phrase in the WORKSHEET means the same as 'discharging'? _____
(para 3)

WORKSHEET11

The Cup That Cheers

If you're addicted to coffee, and doctors warn you to quit the habit, don't worry and keep relishing the beverage, because it's not that bad after all! In fact, according to a new study, the steaming cup of java even beat fruits and vegetables as the primary source of antioxidants. The study by the University of Scranton states that coffee is the number one source of antioxidants in American diet, and both caffeinated and decaf versions appear to provide similar antioxidant levels.

"Americans get more of their antioxidants from coffee than any other dietary source. Nothing else comes close to it" said the study's lead researcher, Doctor Joe Vinson, adding that high antioxidant level in food and beverages don't necessarily translate into levels found in the body. Antioxidants in general have been linked to a number of potential health benefits, including protection against heart disease and cancer, but Vinson said that the benefits ultimately depend on how they are absorbed and utilised in the body.

The researchers analysed the antioxidant content of more than 100 different food items, including vegetables, fruits, nuts, spices, oils and common beverages. The data was compared to an existing US Department of Agriculture database on the contribution of each type of food item to the average estimated US per capita consumption.

The results were surprising. Coffee came out on the top, on the combined basis of both antioxidants per serving size and frequency of consumption. It outranked popular antioxidant sources like tea, milk, chocolate and cranberries.

Of all the foods and beverages studies, dates actually have the most antioxidants of all based solely on serving size, but since dates are not consumed at anywhere 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 II diabetes, and Parkinson's disease, according to some recently published studies.

The researchers, however, advised that one should consume coffee in moderation, because it can make you jittery and cause stomach pains.

1. On the basis of your reading of the WORKSHEET, answer the following questions in your own words as far as possible. Use one or two sentences only for each answer.

- i. What is the good news about coffee? _____

ii. What does study by the University of Scranton states about coffee_____

iii. List the benefits of antioxidants. What factors determine the strength of these benefits?

iv. On what basis does coffee rank as the top source of antioxidants?

v. How are dates better than coffee? Why have they not made to the top of antioxidant rich foods?

2. Find words from the above WORKSHEET which almost mean the opposite of excess:

_____ (Para 6-7)

3. Find words in the WORKSHEET that mean the same as:

'to enjoy' _____ (Para 1)

4. Find words in the WORKSHEET that mean the same as:

Possible _____ (Para2)

WORKSHEET 12:

Resolution Time

The New year is the time for resolution . Mentally, at least most of us could compile formidable lists of ‘do’s and ‘don’ts’. The same old favourites recur year in and year out with the children, do a thousand and one job about the house, be nice to people we don’t like, drive carefully, and take the dog for a walk every day. Past experience has taught us that certain accomplishments are beyond attainment. If we remain deep rooted liars, it is only because we have so often experienced the frustration that results from failure.

Most of us fail in our efforts at self improvement because our schemes are too ambitious and we never have time to carry them out. We also make the fundamental error of announcing our resolution to everybody so that we look even more foolish when we slip back into our bad old ways. Aware of these pitfalls, this year I attempted to keep my resolution to myself. I limited myself to two modest ambitions, to do physical exercise every morning and to read more in the evening. An overnight party on New Year ’s Eve provided me with a good excuse for not carrying out either of these new resolution on the first day of the year, but on the second, I applied myself assiduously to the task.

The daily exercise lasted only eleven minutes and I proposed to do them early in the morning before anyone had got up. The self discipline required to drag myself out of bed eleven minutes earlier than usual was considerable. Nevertheless, I managed to creep down into the living room for two days before anyone found me out. After jumping about in the carpet and twisted the human frame into uncomfortable positions. I sat down at the breakfast table in an exhausted condition. It was this that betrayed me. The next morning the whole family trooped into watch the performance. That was really unsettling but I fended off the taunts and jibes of the family good humouredly and soon everybody got used to the idea. However, my enthusiasm waned, the time I spent at exercises gradually diminished. Little by little the eleven minutes fell to zero. By January10th I was back to where I had started from. I argued that if I spent less time exhausting myself at exercises in the morning. I would keep my mind fresh for reading when I got home from work. Resisting the hypnotizing effect of television, I sat in my room for a few evenings with my eyes glued to a book. One night, however, feeling cold and lonely, I went downstairs and sat in front of the television pretending to read. That proved to be my undoing, for I soon got back to the old bad habit of dozing off in front of the screen. I still haven’t given up my resolution to do more reading. In fact, I have just bought a book entitled ‘How to Read a Thousand Words a Minute’. Perhaps it will solve my problem, but I just have not had time to read it.

On the basis of your reading of the WORKSHEET, answer the following question:

1. Why most of us fail in our efforts for self-improvement? _____

2. Why is it a basic mistake to announce our resolution to everybody?

3. What were the resolutions made by the narrator?

5. Why did the writer not carry out his resolution on New Year's Day? _____

5. Find out the words in the above WORKSHEET which convey the similar meaning to the following:

- A. Overwhelming _____(Para1)
- B. Drawbacks _____(Para2)
- C. Decrease _____(Para3)
- D. Mesmerize _____(Para3)

WORKSHEET 13:

God And Football

Spirituality seldom dribbled with soccer, until the 'Hand of God' came into play during the quarter final match of the 1986 World Cup football between Argentina and England. Diego Maradona claimed that divine intervention had helped him score the controversial goal.

A short film made in 2003 by Mike Walker – Does God play football? – explored the relationship between God and Tommy, a seven year old football fan. Tommy's only desire is to have a father of his own to play football with. In the absence of a real Dad, he adopts God as his father with the help of a local priest – very like how the human soul longs for communion with the Universal spirit.

An individual remains unfit for spiritual journey without the requisite physical and mental strength. Vivekananda said: "You will be nearer to Heaven through football than through the study of Bhagavad Giita". A players patience and perseverance is tested on the football field at every moment; the ability to wriggle out of tough situations and hold on to one's nerves in tight situations. A seeker, too, has to undergo such trials during the inward game of realization.

Look at football as a metaphor for life. The ball is the individual's ego. Team members are family and friends; trust in teammates is the foundation of a good relationship and helps the player win the match of happiness. The opposition players are obstacles like anger, pride, hatred, that must be overcome to reach the goalpost. The goalpost is the universal consciousness to which a person must ultimately submit the ego, to achieve true bliss. The coach is the guru who teaches the way and the player learns from his mistakes on the field. The referee is the law of karma that reinforces the correct rules for playing. The audience is society that reacts to performance on the field. As in life, a game that has started must end. As long as a person is in the game, one gets the illusion of limited time and space. Only when the game gets over, does one realize the limitlessness of time and space.

Every player is assigned a particular role on the field according to his skills – forward, midfielder, defender, or goalkeeper. Similarly, in life we have designated roles. Our capabilities and choices determine the contribution we make to the world through our work. Like a player who can manoeuvre the ball on the field, a person has the free will to choose his thoughts, words and actions. Football is meditation 'on the run'. A player is always 'in the moment' for the entire duration of the play. The player has no thought of past and no use for future, as all the scoring opportunities are created in the 'now'.

Football teaches one to be a good spectator, one who watches the game with passionate detachment. For him, an exciting football match is only that – a game. Wins or losses, even for his favourite team, do not bother him. A good spectator is like a joyful observer of life; he witnesses events around him as they come and go, and remains detached as he is always centered in truth.

Today, football is a faith binding a legion of followers across the world. People, irrespective of their religions, nationalities and cultures, are tuning in simultaneously to watch live football. If this is not universal brotherhood, what else is?

1. On the basis of your reading of the WORKSHEET, answer the following questions in your own words as far as possible. Use one or two sentences only for each answer:

a) What claim was made by Diego Maradona when he played for 1986 quarter-final match of the World Cup? _____

b) What is the theme of the short movie 'Does God play football'?

c) How can we get near to the Almighty by playing football? What are Vivekanand's views regarding this?

d) How does football symbolize life?

e) How is football meditation 'on the run'? _____

2. Find words in the WORKSHEET which mean the same as the following:

a) a figment of imagination (Para 4) _____

b) a planned and controlled movement or series of moves (Para 5) _____

c) Multitude (Para7) _____

WORKSHEET 14:

Valuing Individuals

A recent report in News Week says that in American colleges, students of Asian origin outperform not only the minority group students but the majority whites as well. Many of these students must be of Indian origin, and their achievement is something we can be proud of. It is unlikely that these talented youngsters will come back to India, and that is the familiar brain drain problem. However recent statements by the nation's policy-makers indicate that the perception of this issue is changing. 'Brain bank' and not 'brain drain' is the more appropriate idea, they suggest since the expertise of Indians abroad is only deposited in other places and not lost.

This may be so, but this brain bank, like most other banks, is one that primarily serves customers in its neighbourhood. The skills of the Asians now excelling in America's colleges will mainly help the U.S.A.. No matter how significant, what non-resident Indians do for India and what their counterparts do for other Asian lands is only a by-product.

But it is also necessary to ask, or be reminded, why Indians study fruitfully when abroad. The Asians whose accomplishments News Week records would have probably had a very different tale if they had studied in India. In America they found elbow room, books and facilities not available and not likely to be available here. The need to prove themselves in their new country and the competition of an international standard they faced there must have cured mental and physical laziness. But other things helping them in America can be obtained here if we achieve a change in social attitudes, specially towards youth.

We need to learn to value individuals and their unique qualities more than conformity and respectability. We need to learn the language of encouragement to add to our skill in flattery. We might also learn to be less liberal with blame and less tightfisted with appreciation, especially.

Choose the correct option given below to answer the following statements.

1. Among the many groups of students in American colleges, Asian students :
 - (a) are often written about in magazines like News Week.
 - (b) are most successful academically.
 - (c) have proved that they are as good as the whites.
 - (d) have only a minority status like the blacks.

2. The student of Asian origin in America include :
 - (a) a fair number from India.
 - (b) a small group from India.
 - (c) persons from India who are very proud.
 - (d) Indians who are the most hard working of all.

3. In general, the talented young Indians studying in America :
 - (a) have a reputation for being hard working.
 - (b) have the opportunity to contribute to India's development.
 - (c) can solve the brain drain problem because of recent changes in policy.
 - (d) will not return to pursue their careers in India.

4. There is talk now of the 'brain bank'. This idea :
 - (a) is a solution to the brain drain problem.
 - (b) is a new problem caused partly by the brain drain.
 - (c) is a new way of looking at the role of qualified Indians living abroad.
 - (d) is based on a plan to utilize foreign exchange remittances to stimulate research and development.

5. The brain bank has limitations like all banks in the sense that:
 - (a) a bank's services go mainly to those near it.
 - (b) small neighbourhood banks are not visible in this age of multinationals.
 - (c) only what is deposited can be withdrawn and utilized.
 - (d) no one can be forced to put his assets in a bank.

6. The author feels that what non-resident Indians do for India :
 - (a) will have many useful side effects.
 - (b) will not be their main interest and concern.
 - (c) can benefit other Asian countries, as a by-product.
 - (d) can American colleges be of service to the world community.

7. The performance of Indians when they go to study in the West:
 - (a) shows the fruits of hardwork done by school teachers in India.
 - (b) should remind us that knowledge and wisdom are not limited by the boundaries of race and nation.
 - (c) is better than people in the West expect of non-whites.
 - (d) is better than what it would have been if they had studied in India.

8. The high level of competition faced by Asian students in America :
 - (a) helps them overcome their lazy habits.
 - (b) makes them lazy since the facilities there are good.

- (c) makes them worried about failing.
- (d) helps them prove that they are as good as whites.

9. The author feels that some of the conditions other than the level of facilities that make the West attractive :

- (a) are available in India but young people do not appreciate them.
- (b) can never be found here because we believe in conformity.
- (c) can be created if our attitudes and values change.
- (d) can also give respectability to our traditions and customs.

10. One of the ways of making the situation in India better would be :

- (a) to eliminate flattery from public life.
- (b) to distinguish between conformity and respectability.
- (c) to give appreciation and not be tightfisted.
- (d) to encourage people and not merely flatter them.

11. Find word in the WORKSHEET which mean the same as: surpass (Para1)

12. Find word in the WORKSHEET which mean the same as: compliance(Para4)

WORKSHEET15:

Saving Mother Nature

It is an age old maxim that nature is our mother and if it is to be commanded, it must be obeyed. Nature binds truth, virtue and happiness together as by insoluble chain but man's ignorance of this immortal nature is the only source of his unhappiness. Ever since his appearance, man has been using the priceless gifts of nature without restraint. He has rather taken them for granted. Seldom did he think that the supplies of air, water and food and the industrial raw materials that he extracted from the bowels of the earth might disappear one day. Nature has been suffering because of thoughtless human intervention and its recycling process for hundreds of years. The relationship between man and nature reflects profound changes in the wake of modern scientific and technological advancement. And here lies the concern for the entire human race.

They say it truly that we have not inherited this earth from our ancestors but have borrowed it from our children. We are obliged to preserve nature for the benefits of future generation, which according to Charles Darwin 'endless forms of the most beautiful and most wonderful'. But introspect, what is man doing to this Mother Nature today? The forests are being slaughtered mercilessly to satisfy the needs of the teeming millions. With deforestation, the surroundings are also becoming concrete jungles. Moreover the protective ozone layer is being depleted which is going to affect more than half of the world population. So desperate are we to enjoy our today that tomorrow does not seem all that important. What is worse is that we have criminalised society. The violence we unleashed on nature has left its brutal scars on us as well. No doubt we are polluting our nature on an unprecedented scale and wrecking it in a way that makes regeneration impossible. As a result, the marvellous creatures and plants dependant on the rich nature are limping towards extinction amidst man's cruelty.

The progress of civilization is to be measured in proportion to man's success in meeting the challenges of nature. But the developments in the fields of industry and technology – the hallmarks of his material progress and prosperity are certainly a mixed blessing. Their side effects are gradually affecting the environment which in turn endangers the very existence. So we are at a stage not of mutual existence but of mutual annihilation.

It is now that man has realised that he has to work with nature and that he will never tolerate the rape of mother earth. He is bringing about industrial progress with the aim of making the world a better, beautiful and more comfortable place to live in. Man has understood that nature and its resources are vast but finite. If the present trends continue going on unchecked, the future of life on earth will be endangered. Nature's gifts are to be conserved. Let us all make a joint venture to make the nature as pure as before and try to maintain the immortal relationship of mother and son between nature and man. Let the rivers not burn. Let the fish not rot on the shores. Let the trees not be our ghosts! Let the cities not be choked with polluted and foul smelling air! Let us all join hands and let all take a pledge to arise, awake and stop not till the goal of saving Mother Nature is achieved.

1. On the basis of your reading of the WORKSHEET, answer the following questions in your own words as far as possible. Use one or two sentences only for each answer:

a) Why has nature been suffering all these years?

b) What is man doing to Mother Nature at present? What is its ultimate effect going to be?

c) How are the developments in the field of industry and technology a mixed blessing?

d) How is the future of life on the earth endangered?

e) How can the immortal relationship of nature and man be maintained and strengthened?

What can be the 'motto'

f) Words in the WORKSHEET that mean the same as:

i. To examine one's own thought's or feelings (Para 2)

ii. Destruction (Para 3)

iii. Everlasting (Para 4)

WORKSHEET 16:

Sea Rises, Japan Quakes

Tokyo: A ferocious tsunami spawned by the biggest earthquake ever recorded in Japan (and the fifth worse in the world since 1900) slammed the country's eastern coast on Friday, killing hundreds – Kyodo says toll could cross 1000, sweeping away houses, boats and cars across cities and farms. Hours later, the tsunami hit Hawaii and set off warnings as far away as the west coast of the US and South America.

Japanese police officials said the toll was at least 1,000 with 300 hundred bodies found in Sendai, a port city in north-eastern Japan and the closest large population to the epicentre. The full extent of injuries weren't known and the toll is feared to rise substantially.

Walls of water whisked away houses and cars in central Japan, where terrified residents fled the coast. Train services were shut down across central and northern Japan, including Tokyo, and air travel was severely disrupted. A ship carrying over 100 people was swept away by the tsunami, Kyodo News reported.

Even for a country used to earthquakes, this one was horrific because of the tsunami that swallowed everything in its path as it surged several kilometres inland before retreating. The government evacuated thousands of residents near a nuclear plant about 250km northeast of Tokyo after a backup generator failed.

1. On the basis of your reading of the WORKSHEET, answer the following questions:

I. How did the tsunami come in Japan?

II. Where is Sendai situated? _____

III. What were the aftermaths/repercussions of Tsunami?

IV. Why were the residents living near the nuclear plant asked to evacuate?

2. Find words in the WORKSHEET that mean the same as:

a. produced (Para 1) _____

b. fierce (Para 1) _____

c. brush with a sweeping movement (3 Para) _____

d. bring disorder to (Para 3) _____

WORKSHEET 17:

Indian Examination System

The first written public examinations were introduced over 2,000 years ago with the establishment of the imperial examination system in 606 AD in China. By the middle of the 19th century, competitive examinations had been introduced in Britain and India to select government officials. Public examination in schools have a shorter; but still considerable, history.

At present, the examination system in India is characterised by heterogeneity. They differ in their vintage, organisational design, financial stability, autonomy, organisational culture and credibility. For instance, the National Institute of Open Schooling is unique in conducting exams through the distance mode; the Indian School Certificate Examination confines itself to only private schools; and the West Bengal Board of Madrasa Education is for Islamic educational institutions only. In a situation where public funds are involved, the equity, efficiency and transparency of this expenditure need to be assessed to ensure that the taxpayers' money is being spent with due care and concern. The Amrik Singh report (1997) on reorganising boards wondered, "Can there also be a system whereby it becomes possible to grade and categorise the boards in respect of how efficiently and honestly examination are organised?"

To do so, a set of parameters were chosen to measure effectiveness, transparency and economic efficiency of the functioning of these organisations. These include indicators like cost incurred per students, fee charged per student, number of examinees per employee and number of affiliated schools per employee. An analysis was made of the boards chosen on the basis of these parameters. The functioning of a total of 20 boards was analysed in terms of 18 performance indicators in 2005.

The data collected from the states shows that most boards have an operating surplus. However, the boards seem to be more sensitive to the needs of the disabled. All of them have some special provisions for such candidates. While these provisions vary widely in scope, most provide for a longer duration of examination, concessions in the examination of languages. The CBSE, along with the Maharashtra board, seem to fare the best.

Another important measure of effectiveness of the functioning of the boards is the time taken for declaration of examination results. It was found that this ranged from a mere 26 days in the case of Karnataka Secondary Education Examination Board in 2005 to 48 days for class X in neighbouring Maharashtra. The Supreme Court has recently issued directions that results should be declared within 45 days from the end of examinations. In 2005, 10 of the 20 boards, which provided this information, could not declare results within 45 days.

The reason for such a wide variation in performance in such a vital parameter was the processes utilised. Boards, which have adopted a centralised system of assessment in comparison to the earlier system of sending answer sheets to examiners, have an obvious edge. Similarly many boards have outsourced the work of compilation of results faster and used technology extensively. These boards are also able to declare results. In addition, agencies,

which have consciously designed question papers with a high proportion of multiple choice responses, do not need much time for evaluation. In fact, the Karnataka board has 60 percent of all the questions as objective type.

A. On the basis of your reading of the above WORKSHEET answer the following:

(a) How have the Chinese played an important role in enhancing the education system?

(b) Mention any four distinguishing features of examination in India?

(c) What are the basic parameters to measure effectiveness in functioning of an organization?

(d) What is the time limit fixed by Supreme Court for declaring the results?

(e) What efforts are being made by different Boards to declare the results at the earliest?

(f) What were the special provisions provided to candidates under CBSE and Maharashtra board?

B. Find out the words which mean the same as the following:

(a) keep on hold/restrict (para 2)

(b) easily seen / clear (para 3)

(c) thorough and detailed examination (para 7)

WORKSHEET 18:

Youth Power

With the pace of life speeding up, youngsters, who can easily adapt to and lead these changes, find the cards in their favour. Today, the young symbolise change, innovation, positivity and a pure mind not twisted by the 'shoulds' and shouldn'ts' of a one-track ideology. With over 40 per cent of India's population under the age of 35, and a similar figure worldwide, this stratum of society is just learning to harness its power that has been lying latent.

Often branded as rebellious or inexperienced by those older than them, it is from this passion of youth that genius develops and talent is uncovered. Albert Einstein, undoubtedly one of the greatest scientists to have lived, came up with his inspirational theories while in his late 20s. Mark Zuckerberg, founder of the social networking site, Facebook, started it while still a student at Harvard University. Bill Gates started Microsoft and oversaw the creation of the operating system Windows all before he was 30. The field of sports has always been the domain of the young. Lewis Hamilton, who has won championships at Formula 1 and three other racing levels; Michael Phelps, who has won 14 Olympic gold medals and has broken 37 world records in swimming; and Usain Bolt, the Jamaican sprinter and three-time Olympic gold medallist are all under 25 years of age.

The UN Programme on Youth's most recent report, the World Youth Report 2007, reviews the progress and challenges in youth transitions to adulthood and suggests clearly that although youth face a number of challenges as they try to make the transition into adulthood, many are determined to succeed and are using varied approaches to ensure their survival. They are not a passive group waiting for resources and opportunities to be handed to them. In all regions, they want to make a better life for themselves.

1. Complete the sentences given below :

(a) Through this WORKSHEET the writer wants to convey that

(b) Young people symbolize _____

(c) The older people often find the young people _____

(d) The word 'stratum' means _____

(e) Being in the most active stage of life, the young people _____

(f) The founder of networking site 'Facebook' is _____

(g) The young aspires to do what? _____

2. According to the WORKSHEET, the three qualities of the today's youth are :

(a)

(b)

(c)

3. Make nouns from :

(a) Sports

(b) Racing

WORKSHEET 19:

Understanding Pain

Pleasure and pain are the inseparable facets of human existence. While the experience of our well being is rather vague and intangible, experience of pain is real, and affects our body, mind and spirit, altering our lives in more ways than one. Pain is an unpleasant sensory and emotional experience caused by tissue damage that results from physical trauma, burns, illness, injury or surgery. Despite the agony caused by pain, it is essential for our survival. If you don't feel pain, you could cause great harm to your body by inadvertently touching a hot iron or jamming your finger in the drawer and not even know it. Or you could rupture the appendix and be unaware of what was going on inside your body. Pain rings an alarm bell, alerting you to pay immediate attention and take quick action.

Have you ever wondered why a severely wounded soldier continues to battle on so defiantly or an athlete injured during a race goes on to win it? It happens so because the brain does not react immediately to the pain signals, the sufferer just ignores them because there are more important tasks to attend. The pain registers only after the task or event is over. The perception of pain has been studied extensively by psychologists who suggest that there is a "gating system" in the central nervous system that opens and closes to let pain pass through to the brain or block it. Psychological factors such as attention to pain, emotional state of a person, anticipation of pain and the way that a person interprets a situation can both open and close the "gates". This is why when you are depressed or anxious your pain seems worse and intolerable—because your feelings can open the pain gate. On the other hand, when your attention is diverted or focussed on pleasant tasks, your pain is almost imperceptible. Thus the physical cause of the pain may be the same, the pain circuits identical, yet the perception of pain is dramatically different.

1. On the basis of your reading of the above WORKSHEET complete the sentences

given below :

- a) Pain is unpleasant, yet _____
- b) Pain rings an alarm bell means that pain _____
- c) When does the brain react to brain signals? _____
- d) "Gating system" in the central nervous system _____
- e) Unhappiness or worry affects our system by _____
- f) The writer feels that pain is a _____

2. Answer the following questions briefly :

- a) How would you define pain (in medical words)?

b) What are the effects of pain? Write any two of them.

3. Which word in the WORKSHEET means the same as following:

a. Burst (Para 1)_____

b. Viewpoint (Para 3)_____

WORKSHEET 20:

The Need of World Government

What is immediately needed today is the establishment of a World Government or an International Federation of Mankind. It is the utmost necessity of the world today, and all those persons who wish to see all human beings happy and prosperous naturally feel it keenly.

Of course, at times, we all feel that many of our problems of our political, social and cultural life would come to an end if there were one Government all over the world. Travellers, businessmen, seekers of knowledge and teachers of righteousness know very well that great impediments and obstructions are faced by them when they pass from one country to another, exchange goods, get information, and make an effort to spread their good gospel among their fellow-men.

In the past religious sects divided one set of people against another, colour of the skin or construction of the body set one against the other. But today when philosophical light has exploded the darkness that was created by religious differences, and when scientific knowledge has falsified the theory of social superiority and when modern inventions have enabled human beings of all religious views and of all races and colours to come in frequent contact with one another, it is the governments of various countries that keep people of one country apart from those of another. They create artificial barriers, unnatural distinctions, unhealthy isolation, unnecessary fears and dangers in the minds of the common men who by their nature want to live in friendship with their fellow-men. But all these evils would cease to exist if there were one Government all over the world.

On the basis of your reading of the WORKSHEET, answer the following questions in one or two sentences:

1. What is the urgent need of the world today?

2. The people who face impediments and obstructions when they pass from one country to another are _____ for _____

3. The past religious sects performed the function of

4. What was the factor that set one man against another?

5. The theory of racial superiority stands falsified today because of

6. What do the governments of various countries do to keep people of one country apart from those of another?

7. Pick out the most appropriate equivalent (synonym) of the following words taken from the above WORKSHEET:

I. Establishment:

- (A) Placement
- (B) Foundation
- (C) Installation
- (D) Evolution
- (E) Development

II. Righteousness :

- (A) Rectitude
- (B) Religiosity
- (C) Requirement
- (D) Scrupulousness
- (E) Exactitude

III. Artificial:

- (A) Man-made
- (B) Un-natural
- (C) Supernatural
- (D) Machine made
- (E) Designed

8. Pick out the most appropriate word exact opposite in meaning (antonym) of the following, words taken from the above WORKSHEET:

I. Prosperous :

- (A) Adverse
- (B) Advanced
- (C) Retarded
- (D) Impecunious
- (E) Affluent

II. Impediments :

- (A) Handicaps
- (B) Obstacles
- (C) Obstructions
- (D) Hindrances
- (E) Promoters

III. Differences :

- (A) Resemblances
- (B) Discriminations
- (C) Similarities
- (D) Dissimilarities
- (E) Agreement
