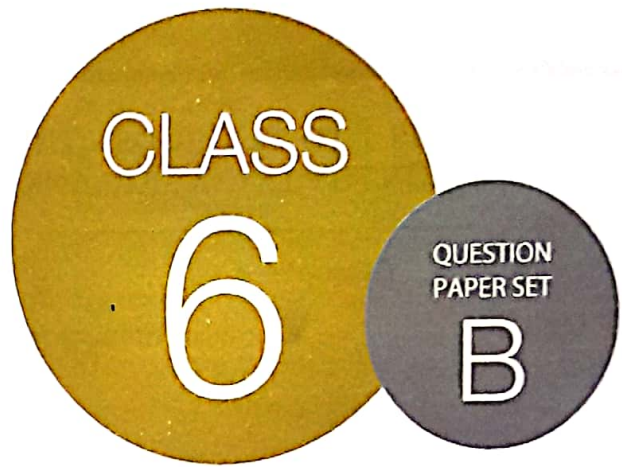




SOF INTERNATIONAL ENGLISH OLYMPIAD 2019-20

in association with
BRITISH COUNCIL



DO NOT OPEN THIS BOOKLET UNTIL ASKED TO DO SO

Total Questions: 50 | Time: 1 hr.

Name:.....
Section:..... SOF Olympiad Roll No.:..... Contact No.:.....

Guidelines for the Candidate

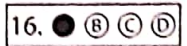
- 1. You will get additional ten minutes to fill up information about yourself on the OMR Sheet, before the start of the exam.
- 2. Write your **Name, School Code, Class, Section, Roll No.** and **Mobile Number** clearly on the **OMR Sheet** and do not forget to sign it. We will share your marks / result and other information related to SOF exams on your mobile number.
- 3. The Question Paper comprises four sections:
Word and Structure Knowledge, Reading, Spoken and Written Expression & Achievers Section.
Each question in Achievers Section carries 3 marks, whereas all other questions carry one mark each.
- 4. All questions are compulsory. There is no negative marking.
- 5. There is only ONE correct answer. Choose only ONE option for an answer.
- 6. To mark your choice of answers by darkening the circles on the OMR Sheet, use **HB Pencil** or **Blue / Black ball point pen** only. E.g.

Q.16: Fill in the blanks.

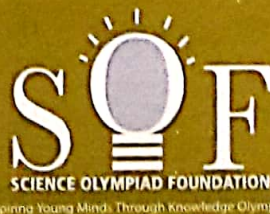
Please teach my dog ____ a ball.

- A.** to fetch **B.** learn **C.** show **D.** to learn

As the correct answer is option A, you must darken the circle corresponding to option A on the OMR Sheet.



- 7. Return the OMR Sheet to the invigilator at the end of the exam.
- 8. Please fill in your personal details in the space provided on this page before attempting the paper.



FOR QUESTIONS 1 TO 22, CHOOSE THE CORRECT OPTION TO FILL IN THE BLANK.

Example

I am so _____ as I went running today! Tomorrow I will need a rest.

- A. exhausted
 B. happy
 C. disgusted
 D. drain

1. The referee seemed to _____, but she did eventually make a decision.

- A. have surety
 B. be unsure
 C. have not
 D. create it

2. Remember, rain always _____ from the sky downwards, not the other way around.

- A. falls
 B. fell
 C. felled
 D. falling

3. Although I was born in Italy, _____ tasted pasta this good in my life.

- A. never
 B. I will never
 C. I've never
 D. never did

4. This is not really _____ of how we usually perform, I'm sorry.

- A. indicate
 B. indicatively
 C. indications
 D. indicative

5. As the whale is so _____, it is clearly visible without binoculars.

- A. magnetic
 B. multiple

- C. massive
 D. disgruntled

6. The employees did not receive a bonus because they were all _____ performing.

- A. under
 B. over
 C. within
 D. inside

7. I think this trouble is _____ account of the problems with graffiti at school.

- A. in
 B. on
 C. at
 D. with

8. I bet it's my little sister who _____ all my cold water from the fridge.

- A. finishing
 B. will have drink
 C. finished
 D. drink

9. "Do you know the answer _____ asked the teacher.

- A. ?"
 B. !"
 C. ?.
 D. “.

10. If you and Katy are going to the party, I'm going _____.

- A. as well
 B. as if
 C. into
 D. through

11. If the train is cancelled in the morning, I _____ take the car to work.

- A. have
 B. won't to
 C. will have
 D. could

12. The house named 'The Old Mill' used to be a working mill, _____ the name.

- A. hence
- B. too
- C. although
- D. there is

13. I always cry at weddings and I never have _____ tissue on hand.

- A. some
- B. a
- C. the
- D. an

14. The picnic was lovely, however, we couldn't help _____ crumbs all over the grass.

- A. scattered
- B. were scattered
- C. scattering
- D. to be scatter

15. Prior to attending nursery yesterday, he _____ in his room with his toy train.

- A. was played
- B. plays
- C. played
- D. to play

16. When I met my new puppy, I fell head _____ heels because he is just so cute.

- A. over
- B. under
- C. down
- D. in

17. I will be working _____ the clock to cram all my revision in.

- A. over
- B. about
- C. around
- D. on

18. I hope that I never get to see the _____ of elephants during my lifetime.

- A. destroy
- B. extinction
- C. reality
- D. flavour

19. When moving to the city, I had to make a real effort to _____ myself.

- A. put up
- B. establish
- C. ask
- D. allow

20. The way the children behaved was _____, especially in front of the visitors.

- A. despicable
- B. shrivelled
- C. shallows
- D. particular

21. In the summer, the swallow _____ from Africa to Europe.

- A. dissipates
- B. move
- C. migrates
- D. reapproves

22. These papers need to be taken _____ to the headmaster's office.

- A. security
- B. securely
- C. secure
- D. secured

FOR QUESTIONS 23 AND 24, CHOOSE THE PART OF THE SENTENCE THAT HAS AN ERROR.

23. The house is so quiet that even the tiniest mouses' can be heard.

- A. The house is so
- B. quiet that even
- C. the tiniest mouses'
- D. can be heard.

24. There is absolutely no way of differentiating one of my friend twin of the other one.

- A. There is absolutely
- B. no way of differentiating
- C. one of my friend twin of
- D. the other one.

FOR QUESTIONS 25 AND 26, CHOOSE THE CORRECT SYNONYM OF THE GIVEN WORD.

25. Fledgling
- A. Employee
 - B. Manager
 - C. Supervisor
 - D. Apprentice

26. Increment
- A. Deduction
 - B. Cessation
 - C. Accrual
 - D. Drive

FOR QUESTIONS 27 AND 28, CHOOSE THE CORRECT ANTONYM OF THE GIVEN WORD.

27. Parochial
- A. Sinusoidal
 - B. Elementary
 - C. Reformed
 - D. Liberal

28. Mesh
- A. Line
 - B. Court
 - C. Ball
 - D. Spat

FOR QUESTIONS 29 AND 30, CHOOSE THE OPTION WITH CORRECT SPELLING.

29. What is the spelling of this adjective that means mistake?
- A. Mesmaner
 - B. Misnomer
 - C. Mosmimer
 - D. Monsimer
30. What is the spelling of the word that means enduring?
- A. Priannual
 - B. Periannual
 - C. Peranneal
 - D. Perennial

READING

FOR QUESTIONS 31 TO 35, READ THE PASSAGE AND ANSWER THE QUESTIONS THAT FOLLOW.

This is how every brain works. It thinks over worst-case scenarios, like an anxious new parent. It's just trying to keep us safe and usually does a great job at it. That same vigilant hardwiring also makes it too easy to worry about the wrong things. It clouds our thinking with fear of outcomes that will never come to pass. Learning how to better separate the good worry, which protects us, from the useless worry, which harms us, is a vital life skill.

Consider the following simple exercise to increase your insight into how much you worry needlessly. It's an experiment I did for years with the goal of better identifying and reducing my "rocking chair" fretting while better harnessing the useful kind of worry.

Begin by writing down all the major things you're currently worried about. It's not pleasant to ruminate on them, but the fact is that your brain is constantly thinking about them anyway. Just because a worry is subconscious doesn't shield you from its negative effects.

I suggest two rules for making the list. First, try to make the time frame for whether they will happen within just six months. That limits you to concrete and quantifiable worries. Limit your worries to those outcomes resolved in the next 180 days.

Second, keep the number at 10. If you have more than that, pick the biggest ones. If you have fewer than 10, good for you, but challenge yourself to go deeper and find other worries of which you may be less aware.

Some of your 10 worries will be big, others small or even trivial. Some you may feel you have no control over while some you do. Don't worry about their seriousness or ranking them; just capture what's causing you any anticipatory fear. By clearing your mind of needless worry, you can **home in** on the real concerns you might be able to stop. And even if you can't stop them, there's value in occupying your mind with action over fear.

FOR QUESTIONS 36 TO 40, READ THE PASSAGE AND ANSWER THE QUESTIONS THAT FOLLOW.

If you've read about the latest health trends, you may know that sugar is being listed as a major contributor to how overweight and unhealthy some people are. If you know people who have considered juicing, fasting or cleansing in an effort to lose weight or improve their well-being, you're probably aware that cutting out foods is not effective as a long-term lifestyle approach to healthy eating.

There is one kind of diet that is worthwhile, according to some experts, reducing sugar in your diet can help you drop pounds, improve your health and even give you more beautiful, radiant skin.

"Early on in my practice, when I would notice that people had real addiction to sugar, we'd start trying to wean them of sugar or limit their intake or eat in moderation, but the word 'moderation' it never worked," food expert Alpert said.

"What was so successful in getting my clients to kick their sugar habit was to go cold turkey which means to totally cut out sugars. When they did, I wasn't their favourite person, but the number one positive effect was that it recalibrated their palate," she said.

For the duration of the three day sugar detox, Alpert recommends no added sugars, but also no fruits, no starchy vegetables (such as corn, peas, sweet potatoes and butternut squash), no dairy, no grains and no alcohol. "You're basically eating protein, vegetables and healthy fats."

For example, breakfast can include three eggs, any style; lunch can include up to 6 ounces of poultry, fish or tofu and a green salad, and dinner is basically a

31. Choose the best title or heading for the passage.
- A. Worrying Makes Me Feel Alive
 - B. Worrying is Always Good
 - C. No Need to Worry
 - D. Why No Worry At All?
-
32. Why do people worry about things?
- A. They feel they must not worry.
 - B. It's part of nature.
 - C. Worrying gets things done.
 - D. They have a lot of skills.
-
33. The writer wants people to _____.
- A. list their worries
 - B. stop worrying
 - C. ignore their worries
 - D. make changes to their lives
-
34. How long should people look ahead?
- A. 10 days
 - B. 180 weeks
 - C. 1 day
 - D. 6 months
-
35. What does the phrase 'home in on' mean in the last paragraph?
- A. Ignore
 - B. Revise
 - C. Focus
 - D. Fear

larger version of lunch, though steamed vegetables, such as broccoli, kale and spinach can be eaten in place of salad. Snacks include a handful of nuts and sliced peppers with hummus. Beverages include water, unsweetened tea and black coffee.

Though they don't contribute calories, artificial sweeteners are not allowed on the plan, either. "These little pretty colored packets pack such a punch of sweetness, and that's how our palates get dulled and immune and less reactive to what sweetness really is," Alpert said. It now seems that consuming artificial sweeteners causes people not only to store more fat, they also end up overeating later on to **compensate** for the increased energy storage.

36. Choose the best title or heading for the passage.
- A. Fruit is the Answer
 - B. No More Sweets
 - C. Some Sugar is Good for You
 - D. How to Eat Sugar Well

37. What benefit is there from not eating sugar?
- A. Less money waste
 - B. Better breathing
 - C. Better teeth
 - D. Better skin

38. How long does the 'detox' last?
- A. Whole life
 - B. 3 days
 - C. Breakfast, lunch and dinner
 - D. A week

39. Artificial sweeteners are generally bad because they _____.
- A. make people hungrier
 - B. add a bad taste
 - C. don't taste very nice
 - D. can only be used in hot drinks

40. What is the meaning of the word 'compensate' in the last paragraph?
- A. To reinvent something
 - B. Move away from doing something
 - C. Help with balancing a diet
 - D. Make up for

SPOKEN AND WRITTEN EXPRESSION

FOR QUESTIONS 41 TO 45, CHOOSE THE MOST SUITABLE OPTION TO COMPLETE EACH CONVERSATION.

41. Mike: Did you get a quote from Jimmy for the building works?
Bill: Yeah, but I've heard he's really bad for cutting _____.
- A. paper
 - B. hair
 - C. corners
 - D. nails
42. Bella: I wish I _____ eaten breakfast this morning, I'm so hungry now.
- A. should have
 - B. have
 - C. had
 - D. will have

43. Mother: Have you tidied your room yet?
Daughter: I have started, I _____ have the hoovering to do then I'm finished.
- A. just
 - B. must
 - C. could
 - D. please
44. Alice: Do you think this baking tin is big enough for our cake?
Suzi: I _____ think so. It looks small and it has to feed 12 people.
- A. will have
 - B. haven't
 - C. will
 - D. wouldn't

45. Sally: If you needed to know my name then you _____ asked me yesterday, when you had the chance.

- A. will
- B. should've
- C. should
- D. maybe

ACHIEVERS SECTION

FOR QUESTIONS 46 AND 47, CHOOSE THE CORRECT OPTION TO FILL IN THE BLANK.

46. There is something we can do _____ all the difficulties.

- A. have
- B. within
- C. because
- D. despite

47. Come the summer, _____ a lot to work on, so will need a break.

- A. I'll have had
- B. I'd had
- C. I'm being had
- D. I'm having to

48. CHOOSE THE CORRECT SYNONYM OF THE GIVEN WORD.

Subdue

- A. Evoke

- B. Rewind
- C. Conquer
- D. Bemoan

49. CHOOSE THE CORRECT ANTONYM OF THE GIVEN WORD.

Porous

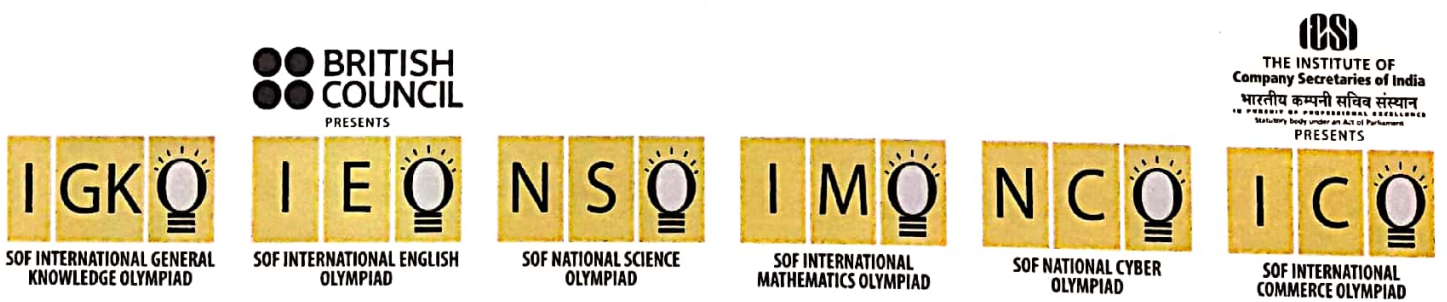
- A. Redistributed
- B. Impermeable
- C. Bumbling
- D. Threatening


50. CHOOSE THE MOST SUITABLE OPTION TO COMPLETE THE CONVERSATION.

Felix: I just need to check that we're all on the _____ about the rules before we start playing.

- A. best place
- B. easiest lines
- C. different course
- D. same page





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National Office: Plot 99, First Floor, Sector 44 Institutional area, Gurugram - 122 003 (HR) India
 Email: info@sofworld.org | Website: www.sofworld.org
 Regd. Office: 406, Taj Apt., Ring Road, New Delhi-110 029
Note: Please address all communication to the National Office only.