



PRE-MID TERM EXAM PAPER (2025-26)

Class: X

ENGLISH COMMUNICATIVE

Max Marks: 30

Date: 15-05-2025

SET-1 ANSWER KEY

Time: 1 Hour

SECTION A: READING (8 marks)

1. Read the passage carefully and answer the questions that follow:

8

1. For most of us, a strong immune system implies fewer sick leaves and being able to avoid seasonal colds, stomach bugs or just about any infection. But research shows that a ramped up immune system goes much further: it helps us age better and live longer.
2. Lifestyle plays a crucial role in proper functioning of your immune system. Chronic stress, such as prolonged job insecurity or a difficult marriage, takes a toll on many aspects of your health, including immunity. There is compelling evidence that this kind of stress, causes a measurable decline in the immune system's ability to fight infections. Try activities that relax you — yoga, meditation, trekking, volunteering or learning a new skill.
3. The more physically fit and active you are, the less likely you are to fall ill. Exercise helps flush out toxins, and increases the circulation of the body's immune system cells. You need to exercise at least 30 minutes each day. Practice yoga and pranayama that focuses on deep breathing.
4. A nutritionally balanced diet is a key for a strong immunity. Fill your plate with fruits and vegetables, especially purple, blue, green, red, orange and yellow veggies that are rich in antioxidants.
5. Excessive exposure to pollution can cause inflammation. Besides putting you at a higher risk for asthma and other respiratory diseases, breathing polluted air over a long time can damage your immune system. To avoid pollution, plan outdoor activities early in the morning or late evening as air pollution is highest during rush hours. Use the recycled air option on your air conditioner to cut down fumes while driving and cover your nose and mouth while outdoors.
6. You may eat healthy, sleep eight hours, and exercise daily, but researchers have discovered a much simpler way to boost immunity, and it is as easy as watching a sunrise. Positive emotions like awe, the feelings you get on seeing the wonders of nature, help boost immunity. Explore the great outdoors. Look for reasons to feel lucky every day. Make time for a favourite activity, or simply help another person — it will bring a smile to your face.

Based on your understanding of the passage, answer the following questions.

1. What is the most appropriate way to flush out toxins from the body? (1 mark)
(a) Sleeping (b) Eating antioxidants (c) Exercising (d) Dieting

Answer- exercising

2. List two ways discovered by the researchers to boost your immunity. (1 mark)

Positive emotions like awe, the feelings you get on seeing the wonders of nature, help boost immunity.

3. Briefly explain in 30 – 40 words how stress affects our immunity. (2 marks)

There is compelling evidence that this kind of stress, causes a measurable decline in the immune system's ability to fight infections.

4. In order to avoid pollution, which is the most suitable time to go for outdoor activities? (1 mark) **early in the morning or late evening**

5. State whether the given statement is True or False.

Lifestyle plays a pivotal role in proper functioning of your immune system. (1 mark)

6. According to the majority of us, a strong immune system implies. (1 mark)

(a) sleeping peacefully. (b) falling less ill. (c) ageing better. (d) living longer

Answer- falling less ill

7. Substitute the underlined word in the following sentence with a word from paragraph (2) that means the same. (1 mark)

Yoga and meditation help cure persistent diseases.---*chronic/prolonged*

SECTION B: WRITING & GRAMMAR (6 marks)

2. You are Viren / Vaishali, a student of class X, write an email, in 50 words, to the Principal of your school, requesting him/her for a change your section from X-A to X-B. Include a reason why you desire the change. You may copy the given template to write your email. (3 marks)

From :	
To :	
Cc : ssc@xyzschool.com	
Date : April 10, 2024, 07:05 PM	
Subject :	

2B. Content – 1 mark, Organisation (fluency, coherence/expression) – 1 mark, Accuracy – 1 mark

3. Fill in each blank with the most appropriate option given below. Attempt any THREE. (1 x 3 = 3 marks)

i. Fill in the blank by choosing the correct option to complete the weather warning given by the IMD.

IMD on Sunday----- a 'thunderstorm' alert for districts in coastal Maharashtra in view of the extremely severe cyclonic storm 'Biparjoy' gushing over the Arabian Sea.

(a) will issue (b) will be issuing **(c) issued** (d) is issuing

ii. Complete the given narrative by filling in the blank with the correct option.

I _____ watching that programme every week since it started.

(a) has been (b) had **(c) have been** (d) were being

iii. Fill in the blank by choosing the correct option to complete the Disclaimer given by a news channel.

Except for the headline, this story _____ edited by YTV staff and is published from a syndicated feed.

(a) will be **(b) has not been** (c) has not (d) have not been

recovering from her disease.

d) break / gap / to stop/to wait / silence

5. Answer the following questions in about 40-50 words. (2x4=8)

i. Why do you think the author refers to the two young boys as gentlemen?

The boys had lost their home and their father had been killed in the war as well. The war had led them to the streets. Their sister was suffering from tuberculosis of the spine. They worked very hard to pay for her treatment. All this did not break their spirit. They remained dedicated and selfless. They would rather work hard and earn money than having anybody feeling sorry for them and helping them. Therefore, the author refers to them as Gentlemen.

ii. What did the nurse tell the author about the boys?

The nurse explained that the boys were quite alone in the world except their sister Lucia. Their father, a widower and a well-known singer, was killed in war. Added to that, a bomb blast destroyed their house. The boys and their sister were left to the streets, suffered horribly from starvation. They had always known a comfortable and a cultured life before these tragic happenings in their lives. The boys grew to hate the German and soon joined groups to protest against them. As soon as the war was over, the boys ran back to find their ailing sister and admitted her to that hospital where her treatment was going on at that time.

iii. To some extent the nightingale was herself responsible for her downfall and death. Comment.

The nightingale was a brainless creature who got carried away by the frog's appreciation. She could not guess that she was being fooled by the frog.i Her strong desire for recognition and fame left her open to exploitation.ii Despite having an appreciative audience she did not have much faith in her own abilities.

iv. How was the nightingale received by the creatures of Bingle Bog?

The creatures of Bingle Bog favoured the nightingale's songs to a great extent. In fact, they gathered in crowds to hear the nightingale sing. Animals and birds, from far and wide, came to hear her sing her melodious songs.

v. Bring out the irony in the frog's statement. 'Your song must be your own'.

The nightingale suffered disgrace and death because she was not sure that her own original song was melodious. Her lack of confidence made her believe the frog the frog critiqued her original song and therefore it is ironical when at the end he remarks that 'your song must be your own'.