



**PERIODIC TEST 1 (APRIL, 2023)**

**GRADE-IX SUBJECT - ENGLISH**

**TIME: \_ HOUR**

**MAX. MARKS: 40**

**General Instructions:**

1. 15-minute prior reading time is allotted for Question -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: READING**

**Q1. Read the paragraph carefully and answer the following questions.**

(10)

(1) Power foods are foods that provide rich levels of nutrients like fibre, potassium and minerals. With people becoming increasingly health conscious today, a lot of fitness trainers encourage their clients to include these foods in their daily diet to increase muscle development. There are various ways of incorporating power foods in your daily diet. Of course, the key to enjoying power foods is proper preparation of these foods, the use of season-fresh foods, and identifying your choice of flavour among power foods.

(2) Some of the recommended power food combinations are those that are prepared in our kitchens on a regular basis. Take for instance, the combination of chickpeas and onions. This combination is a powerful source of iron which is required by the body to transport oxygen to its various parts. Iron deficiency can lead to anaemia, fatigue, brain fog and tiredness. A study by the Journal of Agricultural and Food Chemistry says that sulphur compounds in onion and garlic help in the absorption

of iron and zinc from chickpeas. The combination is a hit with teenagers who need to be diligent about getting iron in their diet. A quick way to prepare this power food is to make a chickpea salad with chopped onions, chaat masala and cilantro.

(3) Another favourite combination with power food takers is yogurt and bananas. This makes for a perfect snack after a rough game of football. Exercising bums' glucose and thus lowers blood sugar. Yogurt is packed with proteins that help preserve muscle mass, and bananas are packed with carbohydrates that help in refuelling energy and preventing muscle soreness. A quick and easy recipe with bananas is a banana smoothie topped with cool yogurt.

(4) Among beverages, green tea is the best source of catechins that are effective in halting oxidative damage to cells. According to researchers at the Purdue University, adding a dash of lemon juice to green tea makes the catechins even more easily absorbable by the body. So, the next time you have friends serve them rounds of iced green tea with mint and lemon juice.

**On the basis of passage answer the questions given below:**

- (i) What are power foods ?
- (ii) What are the rules regarding the partaking of power foods ?
- (iii) What is the advantage of including onions and garlic in our diet?
- (iv) Suggest a quick recipe with chickpea and onions.
- (v) Why is yogurt and bananas an enriching power food ?
- (vi) Why is green tea a recommended power food ?
- (vii) What is the advantage of combining green tea with lemon juice?
- (viii) What is the key to enjoying power foods in a wholesome way ?
- (ix) Iron deficiency can lead to which diseases? Name any four?
- (x) Find the synonym of following words:
  - a. motivate ( para 1)
  - a. advocate (para 2)

## SECTION B -WRITING AND GRAMMAR (10)

II. You are going on a school picnic with your classmates and teachers. You are very excited. The night before the trip you sit down to write your diary. Describe what you have planned for the picnic and how you hope to enjoy yourself there. You are Ramesh. Write your diary in 100-150 words. 5 Marks

III. Write a letter to the Editor of The Times Newspaper, highlighting increasing technological addiction among the youth. You are Rehaan/ Reshma of 24D, Block 4 Defence Society New Delhi 5 Marks

### IV. Do as directed . 5 Marks

(i) Fill in the blank by choosing the correct option to complete the sentence.

When the third entered the house, the inmates \_\_\_\_ in the hall.

(a) were slept (b) were sleeping (c) slept (d) had been sleeping

(ii) Select the correct option to fill in the blank for the given line.

You \_\_\_\_ work hard if you want to get good marks.

(a) must (b) might (c) can (d) should

(iii) Complete the given sentence, by filling in the blank with the correct option:

Rohit \_\_\_\_ when we arrived at the party.

(a) had already left (b) has already left  
(c) have already left (d) was already left

(iv) Identify the error in the given sentence and supply the correction.

The boys were played in the park when it started raining.

Use the given format for your response.

ERROR	CORRECTION
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(v) Fill in the blank by choosing the correct option, to complete the sentence.

The German force lost no time in retreat lest they \_\_\_\_ be cut off and surrounded.

(a) would                      (b) should                      (c) might                      (d) could

### SECTION C: LITERATURE (15)

**VI. Answer the following questions in 30 to 40 words.**

**(3×3=9)**

- i) Why does the lost child lose interest in the things that he had wanted earlier?
- ii) Where did Bismillah Khan play the shehnai on 15 August 1947? Why was the event historic?
- iii) What should we do to make friends with the wind?

**VII. Answer the following question in around 100-120 words.**

**(6×1=6)**

Margie's mother was very particular about her studies. Justify with evidence from the story.