

Q1. Read the given passage and answer the questions that follow:-

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 indentifying your choice of flavour among power foods. 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. Another favourite combination with power food takers is yoghurt and bananas. This makes for a perfect snack after a rough game of football. Exercising burns glucose and thus lowers blood sugar. Yoghurt 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 yoghurt. 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 serve your friends, rounds of iced green tea with mint and lemon juice.

- (a) What are power foods?
- (b) What are the rules regarding the partaking of power foods?
- (c) What is the advantage of including onions and garlic in our diet?
- (d) Suggest a quick recipe with chickpea and onions.
- (e) Why is yoghurt and bananas, an enriching power food?
- (f) Why is green tea a recommended power food?
- (g) What is the advantage of combining green tea with lemon juice?
- (h) What is the key to enjoying power foods in a wholesome way?

Q2. Write a story in 150-200 words with the help of the following outline. Give it a suitable title also.

Bunya was a foolish boy, who was an attention seeker. He was a woodcutter and would go deep into the jungle to cut trees. One day he wanted to do an act of mischief. He shouted at the top of his voice, “There’s a tiger, tiger, there’s a tiger”

Q3. You are Manasi/Manav. You visited The Green Gardens Resort during the holidays. Write an article for your school magazine about why the place attracted you. Include the following points

- Accessibility
- Reasonable charges
- Hygienic surroundings
- Scenic beauty
- Facilities available

Q4. Answer the given questions in 20-30 words:-

- (a) What is the dust of snow?
- (b) What mood of the poet is conveyed in these lines?
- (c) What did the crow do to the hemlock tree?
- (d) What did the tree have on it then?
- (e) What is ‘fire’ a symbol of?
- (f) What is ‘Ice’ a symbol of?
- (g) What will fire do to the world?
- (h) What will the world end in?

Q5. Answer these questions in 80 -100 words:-

- (a) What does the poet want to convey through the poem ‘Dust of Snow’?
- (b) What side of nature do ‘crow’ and ‘hemlock’ represent?
- (c) Why does the poet use such poetically uncommon bird and tree? What does it reflect?
- (d) Justify the role of the crow in the poem “Dust of Snow” in changing the poet’s mood.

Q6. Our attitude towards a situation evokes both negative and positive response. Analyze this with reference to the poem, ‘Dust of Snow’ to bring out the inherent valuable lessons.