

Class 10 - English Language and Literature

Discursive Passage Test 01

1. Read the text carefully and answer the questions:

1. Mountains have always been held in great awe by mankind. They have been a challenge to humans. Those brave among us have always wanted to conquer them. You see, the more incredible the mountains, the greater the thrill – a challenge to the bravery of the human race.
Climbing mountains is an experience that is hard to put into words. You are in a beautiful environment and, when you reach the top, you feel incredible. But you also have to climb down, which is when most accidents happen – people are tired, it gets dark, it's harder. So, mountain climbing is undoubtedly one of the most popular adventure sports along with being challenging and risky for the climber.
2. Without any perceived risk, there can't be a feeling that any significant challenge has been surmounted. Fair, but we have to bear in mind that mountaineering is not a sport that can be embraced without preparation. The enthusiasts must develop in themselves the spirit of adventure, willingness to undertake hardships and risks, extraordinary powers of perseverance, endurance, and keenness of purpose before climbing a mountain. They should also know how to handle the mountaineering equipment. Then comes the penance of the rigorous training. This could very well be the lifeline up there. It helps inculcate and hone survival instincts that allow the climber to negotiate perilous situations. There are numerous institutes in India and abroad that offer such training.
3. Mountain climbers are unanimous in agreeing that the unpredictable weather is what they fear the most. There may be sunshine one moment and a snowstorm the other. At higher altitudes, snow is a regular feature and being decisive about setting up camps or proceeding further is crucial. The icy sheets after ice storms make walking treacherous, while the powdery snow makes a mountaineer sink deep into the snow. Up there, where the intention is to embrace Nature's wonder, one realises that it cannot be done without facing its formidable glory. A true mountaineer may challenge the mountain, yet is always respectful to the powerful forces of nature.
4. Summiting mountains carries its own health risks such as oxygen and altitude sickness problems, frost bites, swelling of hands and feet, fluid collection in brain or lungs and exhaustion. Yet, the gratification mountaineers feel from mastering something that is so frightening, urges them to undertake these endeavours. We may think that the mountaineers are fearless, experts say, "Not at all. It's fear that keeps them so intrigued with such arduous journeys." Impulse and brazenness can be deadly foes. In the words of the Indian mountaineer, Bachendri Pal, "The biggest risk ... is to not to take the risk at all. Remember that."
 5. Why does the writer say that mountains inspire **awe** in humans? (Paragraph 1)
 - A. They present us with opportunities for exciting sports.
 - B. They evoke the wish in us, to master them.

- C. They inspire in us, deeds of valour.
 - D. They represent peace and calm, to us.
6. Select the option that corresponds to the following relation below:
The more incredible the mountains-the greater the thrill (Paragraph 1)
- A. The higher the stamina-the lower the food intake
 - B. The more you laugh-the lesser your illness
 - C. The smaller the car-the bigger the advantage
 - D. The heavier the luggage-the higher the penalty
7. Select the option that displays what the writer projects, with reference to the following:
So, mountain climbing is undoubtedly one of the most popular adventure sports (Paragraph 1)
- A. doubt
 - B. caution
 - C. conviction
 - D. denial
8. Complete the following with a phrase from paragraph 1.

Opinion	Reason
_____	Best experienced rather than described

9. The writer compares training to penance in the line- Then comes the penance of the rigorous training. (Paragraph 2)
State 1 point of similarity between training and penance.
10. Based on your reading of the text, list 2 reasons why the writer says that **mountaineering is not a sport that can be embraced without preparation.** (Paragraph 2)
- A. _____
 - B. _____
11. What connect does the writer draw out between unpredictable weather and setting up of camps? (Paragraph 3)
12. The writer says, "A true mountaineer may challenge the mountain, yet is always respectful to the powerful forces of nature." (Paragraph 3)
Select the reason the mountaineer is respectful to the forces of nature, up in the mountains.
- A. survival
 - B. experience
 - C. tradition
 - D. directive
13. Supply 1 point to justify the following:
While mountain climbing, an impulsive mountaineer is either disaster-prone or as good as dead.
14. Evaluate the INAPPROPRIATE reason for the feeling of exhilaration on reaching a summit, that the mountain-climbers experience.
- A. Achievement of a seemingly impossible feat
 - B. Spectacular panoramic view
 - C. Application of the inculcated survival instincts
 - D. Opportunity to use sophisticated mountaineering equipment

2. **Read the text carefully and answer the questions:**

1. We live in an era where it is difficult to miss fast and junk food and the rise in teenage obesity and related health issues due to it.
2. During teenage, weight gain is normal but when it goes beyond control the person becomes obese. Our body requires energy to function, which is derived from the food we eat but when the intake of food becomes more than the amount that the body requires, the excess energy is stored as body fat.
3. Contemporary lifestyle sees an increasing consumption of junk food and spending time watching television and playing computer games. Overeating along with lack of physical exercise are the major causes leading to teenage obesity. Large intake of high-calorie food and low-nutrient food leads to unnecessary weight gain. Besides these, obesity can also be genetically inherited where some people have the genetic tendency to burn calories more slowly compared to others. Stress is also a reason for obesity where people resort to overeating to alleviate their stress.

Teenage obesity is growing immensely and has been named an 'obesity epidemic':

4. A number of health issues arising out of it like diabetes, high blood pressure and cholesterol, sleep disorders, hormonal imbalance, and asthma. Along with these, obesity can also result in psychological problems like low self-esteem due to the constant jeering of peers. Obese teens are more prone to being teased and physically bullied compared to others of their age.
 5. Therefore, it is necessary to control excessive weight gain. Inactivity is the major cause of obesity and regular exercise is the best way to control it. Physical activity like jogging, swimming and playing outdoor games can help to keep one fit. A balanced diet with lots of vegetables, fruit and whole grains is also essential. Junk food and soft drinks should be substituted with lots of vegetables, fruit and whole grains in the diet. Drinking around 8-10 glasses of water also helps to reduce calorie intake.
 6. Parents have an important role in controlling teenage obesity as they should try to set examples by following a healthy diet and leading a healthy lifestyle. A combined effort of the parents and kids can help to control this eating disorder.
7. According to the author, why is it difficult to miss junk food for teenagers today?
 8. According to the passage, junk food is the major cause of obesity. True/false.
 9. Obese teens are more prone to be bullied. The term 'prone' refers to _____
 10. What is the meaning of the phrase 'constant jeering of peers' in the passage?
 11. If a teenager follows a good diet, _____ can still lead him to obesity.
 - a. heredity
 - b. junk food
 - c. bad habits
 - d. laziness
 12. Select the option with the underlined words that can substitute the word 'alleviate' (paragraph III).
 - a. Sameer had been promoted to the Manager's position.
 - b. The medicine reduced the headache soon.
 - c. The teacher was too angry with the class.

- d. Richa's marks have been increased since last complaint made to her parents.
13. According to the passage, which emotion leads to over-eating in teenagers?
14. Select the problems that obesity may lead to, according to the passage.
- (1) diabetes
 - (2) vertigo
 - (3) high blood pressure and cholesterol
 - (4) hormonal imbalance
 - (5) sleeping disorders
- a. (1), (2), (3) and (4)
 - b. (3), (4) and (5)
 - c. (1), (2) and (5)
 - d. (1), (3), (4) and (5)
15. Which of the following option may make a teenager prone to getting surplus fat?
- a. playing too much of badminton
 - b. eating a balanced diet
 - c. playing too much of online games
 - d. going to a lot of parties
16. Identify the tone of the given phrase 'Therefore, it is necessary to control excessive weight gain'.

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Solution

- 1.
- i. B. They evoke the wish in us, to master them.
 - ii. D. The heavier the luggage-the higher the penalty
 - iii. C. conviction
 - iv. hard to put in words
 - v. very difficult / requires perseverance (Any other relevant)
 - vi.
 - A. Because mountaineering includes difficulties likehaving to walk on icy sheets that cannot be accomplished without proper preparation of equipment
 - B. Because mountaineering includes dealing with several Health hazards that cannot be managed without preparation.
 - vii. If the weather is unpredictable, it makes it difficult to decide when to set up camp as mountaineers would prefer to climb when its sunny and camp when it's snowing.
 - viii. A. survival

ix. Survival is key in mountain climbing and it can be done with meticulously planning / careful decision-making/ careful application of training (any one or more)

It has no room for rash or impulsive decisions/ actions- these would lead to accidents or fatalities.

x. D. Opportunity to use sophisticated mountaineering equipment

2.

i. According to the author, it is difficult for the teenagers to miss junk food today due to the contemporary life of teenagers.

Explanation: In the passage, the author clearly says that, 'Contemporary lifestyle sees an increasing consumption of junk food, and spending time watching television and playing computer games.'

ii. False - It is given in the passage that 'inactivity' is the major cause of obesity.

iii. Likely or exposed

iv. To be teased by friend circle

v. (a) heredity

vi. (b) The medicine reduced the headache soon.

Explanation: The term 'alleviate' means to decrease or (b) reduce. Options (a), (c) and (d) are wrong as per the meaning of the term. Hence, (b) is the correct answer.

vii. Stress/anxiousness leads to overeating in teenagers.

viii. (d) 1, 3, 4 and 5

Explanation: According to the passage, all (1), (3), (4) and (5) are the result of obesity while (2) is nowhere mentioned in the passage. Hence, (d) is the right answer.

ix. (c) playing too much of online games

Explanation: It is given in the passage that 'Inactivity is the major cause of obesity'. This means that (c) playing too much of online games which does not involve any physical activity may make a teenager get extra fat. Options (a), (b) and (d) are not a reason for it. Hence, (c) is the right answer.

x. concerned

Explanation: The author says that 'Obese teens are more prone to being teased and physically bullied compared to others of their age. So, as a concern he wants them to control weight that will also make them healthy.'