D A V CENTENARY PUBLIC SCHOOL

 SAMPLE PAPER CLASS VII SUBJECT ENGLISH M:M 90M

 READING SECTION

Q.1 **Read the passage carefully: 7M**

BPOs have often been faulted for the lack of women in their senior managerial positions.”Communication and self-expression are the key challenges that women working in the BPO sector face today. These problems arise from lack of confidence,” says the CEO of a blog for women who work in BPOs.

Not all BPO women are considered to be confident and on par with their male colleagues. Women at the senior level may be very confident but lower rung employees have a long way to go. Another interesting angle to the debate on female self-expression is the number of women from small towns and conservative backgrounds who are new to the BPO culture. What awaits them at the industry is a complete cross cultural dilemma—a new work culture pressure of deadline and never experienced before graveyard shifts. Such dilemmas tend to worsen when self-expression is curtailed or not encouraged. Employers do not present the full picture of the industry to prospective candidates. All is not rosy at the hiring stage. No employer comes forward to tell the flip side of the story. “Life has taken a turn since I started blogging. I hardly get time to talk to friends or family members because of work pressure. But my blog helps me express my thoughts and feelings to so many people who are facing problems similar to mine,” says a BPO employee.

The sector wants more women to join. The companies, especially, are looking at women for the stability factor. The current man-woman ratio in the BPO sector is 63:31 and the number of women is set to rise. So the blog is a platform that women can use to express their concerns.

**On the basis of your reading of the above passage, choose the correct options from the ones given. Write the correct option In your answer sheet:**

**(a) The BPOs are often criticized \_\_\_\_\_\_\_\_\_\_\_\_**

(i) for communication and self-expression

(ii) for the lack of women in their senior managerial positions

(iii) for the poor financial status

(iv) for the lack of manpower

**(b) According to the CEO of a blog, all women are not fit for BPOs because**

(I) they are not confident and on par with their male colleagues

(ii) they find it very difficult to manage with the men folk

(iii) they come from conservative backgrounds

(iv) they don’t have graveyard shifts

**(c) Two problems faced by small town women are \_\_\_\_\_\_\_\_\_\_\_\_\_\_**

(i) self-expression and poor background

(ii) a new work culture and never experienced before graveyard shifts

(iii) poor communication and living standard

(iv) big towns and conservative backgrounds

**(d) One of the advantages of ‘blogging’ is that \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

(i) it helps in the expression of better feelings for everyone

(ii) it gives time to talk to friends

(iii) it helps in the expression of thoughts and feelings to so many people

(iv) it gives an opportunity to become friendly

**(e) What do you mean by the BPO culture?**

(i) working conditions at a BPO

(ii) working and living atmosphere at a BPO

(iii) employment opportunities at a BPO

(iv) training at

Q.1 (ii) Games keep our body alert, active, youthful and energetic. They instill in us a spirit of adventure. Games increase the circulation of blood, boost metabolism, burn calories and improve the respiration and digestive system. They keep one away from diseases relating to heart, obesity, mental stress and sleeplessness. They instill in the player a spirit of self-confidence, self-reliance, discipline, justice, fair play and patriotism.

Games and sports keep one physically and mentally fit. As the maxim goes 'Health is wealth'. According to the World Health Organization, 'Health is a state of complete physical, mental and social well-being and not only the absence of disease.'

Games are very essential for students but they are neglected in schools. Games generate a feeling of sportsmanship and broaden one's outlook. Some schools dedicate timing for games only once a week. Many schools do not employ any physical instructor to guide the children in various games. Even parents want their children to complete their home assignments after school hours rather than play games. Many school children become obese due to lack of participation in games.

Effective measures should be taken to ensure people's active participation in games. The government should evolve a long-term national sports policy. Children should be informed about the advantages of games. They should be made to play games regularly. Training facilities for various games should be introduced. Participation in sports and games will improve the overall health of the nation and its citizens.

Answer the following questions by selecting the most appropriate options from the ones given below:
1. Games and sports
(a) are essential for the proper development of the society.
(b) are necessary only in schools.
(c) keep one physically and mentally healthy.
(d) are given importance in schools.

2. Lack of games and sports in schools is because
(a) the parents want their child to study than to play.
(b) the children are not interested to play.
(c) the school does not appoint physical trainers.
(d) the government does not help with funds.

3. When games and sports are neglected at school age, it leads to
(a) obesity and other heart diseases in the child.
(b) the child gives poor academic performance.
(c) mental disorder in the child.
(d) bad name to the school.

4. Games and sports impart
(a) recreation and enjoyment.
(b) self–reliance and discipline in an individual.
(c) healthy soul and mind.
(d) a sense of irresponsibility in an individual.

5. ‘Maxim’ means
(a) maximum.
(b) proverb.
(c) belief.

* Q.1 (iii) Which diet is good for health – ‘Veg or non-veg?’

A vegetarian diet provides a variety of proven health benefits. Vegetarians have significantly reduced rates of obesity, coronary heart disease, hypertension, type II diabetes, diet-related cancers, diverticular disease, constipation and gall stones.
Many people are semi-vegetarians who have eliminated red meat, but may eat poultry or fish. Kids or families may follow a vegetarian diet for a variety of reasons. A doctor or a registered dietitian can help to plan and monitor a healthy vegetarian diet. Parents should give their kids a variety of foods that provide enough calories and nutrients to enable them to grow normally.
On the contrary, Non-vegetarian foods are rich in protein of high biological value and in Vitamin B complex, especially B12 which is not available in plant foods. Fish, especially the small varieties are a rich source of calcium.
The incidence of high BP, heart disease, obesity and high cholesterol levels is found to be greater among non-vegetarians. Elders who suffer from these problems should reduce the intake of fleshy foods in their diet. Egg-white and most varieties of fish contain less fat, but are rich in protein, vitamins and minerals.
Vegetarian or non-vegetarian, the decision depends on various factors such as cultural or dietary habits of the family, personal preference, taste and averting of certain foods for health reasons. Whatever the case, a well-balanced diet supplying proteins, fats, carbohydrates, vitamins and minerals should be taken.

I. Choose the correct option after reading the passage carefully:
1) The vegetarian population has low risk of
(a) obesity, coronary heart disease, hypertension, type II diabetes, diet-related cancers, diverticular disease, constipation and gall stones.
(b) digestive problems.
(c) hypertension and cancer.
(d) heart and kidney diseases.

2) Plant foods are devoid of
(a) vitamin B2.
(b) vitamin B1.
(c) vitamin B12 which is present in Non-vegetarian food products.
(d) vitamin B6.

3. The non-vegetarians are prone to suffer from
(a) low BP and kidney disease.

(b) malnutrition and low cholesterol levels.
(c) night blindness and insomnia.
(d) high BP, heart disease, obesity and high cholesterol levels.

4. The semi-vegetarians are those
(a) who eat poultry or fish.
(b) who eat vegetables and eggs.
(c) who avoid only red meat.
(d) who avoid red meat but may eat poultry or fish.

5. The word in the passage that means ‘avoiding’ is
(a) obesity.
(b) averting.
(c) diverticular.
(d) eliminate.

Q.1 (iv) Read the following passage and tick the correct answer

People love and enjoy their favourite sweet treat, but majority of ice cream eaters don't have a clue of the harmful chemicals contained in their favourite brands of ice cream. Ice cream is harmful? But it tastes so good! Chocolate, Vanilla, Cookies N Cream, Strawberry, Chocolate Chip, Chocolate Chip and a host of other flavoured brands - harmful? How so? Children love ice cream! What's so bad about ice cream?
First of all, ice cream is a dairy product. Dairy products are the biggest cause of leukemia, especially in young children.
Do you know that many conventional and commercial brands of ice cream contain car antifreeze solution?
Propylene glycol is an ingredient used in many ice creams. Propylene glycol is also used in radiator fluid (antifreeze). Propylene glycol is also used in many other so-called foods, such as cup cakes commonly found and sold at most conventional super markets.
Ice cream is sweet because of the number one and most addictive drug in the world - sucrose (sugar)! Various forms of synthetic chemical sugars and sweeteners can be found under such umbrella terms as maltose, dextrose, glucose and saccharin. These chemical artificial sweeteners are carcinogenic (cancer causing) and will kill the person.
However, it is important to state or say that because most of our jobs are so stressful and demanding, we feel so bad (tired, lethargic, stressed) at the end of the day, we feel we need a treat (ice cream, cookies, chocolate, candy). And subconsciously or unconsciously, this is why most of us end up with daily rituals of eating that special treat - that favourite brand of chocolate, cookies, candy, or ice cream to relax (and paralyze) the mind.

Answer the following questions by selecting the most appropriate options from the ones given below:
1. In children, ice creams and other dairy foods can cause
(a) obesity.
(b) Leukemia.
(c) Paralysis of the mind.
(d) Speech disorders.

2. Carcinogenic sugar in ice cream is
(a) milk.
(b)cream.
(c) chocolate.
(d) maltose.

3. Though people know about the ill –effects of ice cream, still
(a) they have it as a special treat.
(b) they avoid ice cream.
(c) they eat healthy foods.

 WRITING SECTION

Q.2 Write a message to your mother informing her you will come late from tution class as you will prepare for your maths exam . 5M

Q. 3 write a speech to be delivered in morning assembly on the topic importance of taking healthy diet . 8M

Q.4 Write a short biosketch of your grandmother highlighting her qualities and her appearance . 7 M

 GRAMMAR SECTION

 Q. 4 The following passage has not been edited . There is one error in each line , underline the error and write correct word in the space provided. 6m

Tomorrow on twelve o’clock midnight I shall (a)…………….

obtain my freedom and mix into the people . But (b)…………..

after I leave this room I want to say something . (c)……………

In my own clear conscience I declare I despise (d)……………

freedom ……you take falsehood of truth . I simply (e)……………..

marvel over you who have bartered heaven for earth (f)……………

Q.5 Unjumble the following jumbled words to make meaningful sentences . (4M)

a) is a / Holi / of fun / time / frolic / and

b) colours / loses / no doubt / without / Holi / shine / its

c) should / we / chemical / avoid / colours / natural / and / go for / colours

D) Flowers / these / smell / sweet / very

Q.6 Fill in the following blanks using appropriate modals. (4m)

a) My grandmother …………go for a morning walk daily.( should/ used to)

b) The mobile manual says that it ………..be switched off for two minutes fortnightly. ( ought to/ should)

c) Your results are poor. You ………….talk to your parents.

( ought to/ should) d) you…………wear formal at workplace.( must/ should)

Q. 7 In the passage given below , one word is missing in each line . Write the missing word along with the word that comes after and before .6M

This famous monument built by shah Jahan (A)……………

In memory his wife . The construction began (B)……………

in 1632 completed in 1657 . The architect was (C)…………….

Isa khan came from Shiraz . The beauty of this (D)……………..

Building well-known in the world. (E)………….

It located in Agra (UP). (f)………….

 LITERATURE SECTION

Q.8 Answer the following question 3x5=15 M

a) Why did Prem chopra go to super robot plaza ?

b) What all could Ram singh do ?

c) Why was Trishna going ?

d) How was Trishna saved ?

e) Why was Captain Kumar worried ?

Q.9 write diary entry on behalf of vishal describing his sea voyage . 5M

Q.10 Value based question

True friends are hard to find . Narrate an incident when some friend helped you in your time of need and you realized that ‘ a friend in need is a friend indeed ‘.