

CBSE Board
Class X English Communicative
Sample Paper – 1

Maximum Marks: 80

Time – 3 hours

The question paper is divided into the following sections.

Section A:	Reading	20 marks
Section B:	Writing & Grammar	30 marks
Section C:	Literature	30 marks

SECTION A
(READING – 20 MARKS)

Q1. Read the following passage carefully:

Yoga does more than burning calories and toning muscles. It is a total workout that combines strengthening and stretching poses with deep breathing and meditation and relaxation. There are more than 100 different forms of yoga. Some are fast-paced and intense while others are gentle and relaxing. The intensity of a yoga workout depends on which form of yoga is chosen.

There are many types of yoga, from the peaceful *hatha* to the high-intensity power yoga. Techniques like *hatha* and *iyengar* yoga are gentle and slow. Bikram and power yoga are faster and more challenging. Each type of workout connects the body to the mind, leading to relaxation. It helps one focus while gaining flexibility and strength.

Yoga poses stretch your muscles and increase your range of motion. With regular practice, yoga improves your flexibility. It takes a lot of strength to hold your body in a balanced pose. Therefore, Yoga is just as good as aerobic exercise for improving health. Doing yoga regularly will strengthen the muscles of your arms, back, legs, and core. What's more, yoga will give you a full-body workout without putting any impact on your joints. People of all ages and fitness levels can do the most basic yoga poses and stretches. You don't need any equipment because you'll rely on your own body weight for resistance. But you'll probably want to use a yoga mat to keep you from sliding around in standing poses, and to cushion you while in seated and lying positions. Other, optional equipment includes a yoga ball for balance, a yoga block or two, and straps to help you reach for your feet or link your hands behind your back.

Even though there are many instructional books and DVDs on yoga, it is well worth it to invest in some classes with a good instructor who can show you how to do the postures. Yoga is a great activity for you if you have diabetes, high blood pressure, high cholesterol, or heart disease. It gives you strength, flexibility, and mind-body awareness. You'll also need to do something aerobic (like walking, biking, or swimming) if you're not doing a fast-moving type of yoga. Do you have arthritis? Yoga can help you stay flexible and strong without putting added stress on your joints. You get the added benefit of a mind-body approach that can help you relax and energize.

I. Complete the following sentences based on your reading of the text: [4]

1. There are many types of yoga _____.
2. A good yoga instructor can show you _____.
3. Arthritis patients can benefit from yoga as the postures _____.
4. Yoga is just as good as _____ for improving health.

II. Fill in the blanks with ONE word only: [4]

Yoga poses stretch your muscles so as to increase your range (a) _____ motion. It is a good idea to invest in some classes (b) _____ a good instructor who can show you how to do the postures. Each type of workout connects the body to the mind, leading to relaxation. It helps one focus (c) _____ gaining flexibility and strength. People of all ages and fitness levels can do the most basic yoga poses and stretches. Some are fast-paced and intense while others are gentle and relaxing. The intensity of a yoga workout depends on which form of yoga (d) _____ chosen.

III. Find a word in the passage that means the following: [2]

1. fortify: _____
2. tools: _____

Q2. Read the following poem carefully:

A Thing Of Beauty

A thing of beauty is a joy for ever:
Its loveliness increases; it will never
Pass into nothingness; but still will keep
A bower quiet for us, and a sleep
Full of sweet dreams, and health, and quiet breathing.
Therefore, on every morrow, are we wreathing
A flowery band to bind us to the earth,
Spite of despondence, of the inhuman dearth
Of noble natures, of the gloomy days,
Of all the unhealthy and o'er-darkn'd ways
Made for our searching: yes, in spite of all,
Some shape of beauty moves away the pall
From our dark spirits. Such the sun, the moon,
Trees old and young, sprouting a shady boon
For simple sheep; and such are daffodils
With the green world they live in; and clear rills
That for themselves a cooling covert make
'Gainst the hot season; the mid-forest brake,
Rich with a sprinkling of fair musk-rose blooms:
And such too is the grandeur of the dooms
We have imagined for the mighty dead;
An endless fountain of immortal drink,
Pouring unto us from the heaven's brink.

-John Keats

Answer the following questions by choosing the appropriate option from those given below: [5]

1. This poem is about _____.
 - a. attractive things
 - b. things that give eternal joy
 - c. flowery wreaths
 - d. musk-rose blooms
2. List the things of beauty mentioned in the poem.
3. Why is 'grandeur' associated with the 'mighty dead'?
4. What image does the poet use to describe the beautiful bounty of the earth?
5. Do we experience things of beauty only for short moments or do they make a lasting impression on us?

The things of beauty mentioned in the poem are the sun, the moon, trees, daffodils, clear rills and musk roses that bloom among the thick forest ferns.

The mighty dead people have left a legacy behind by their brave acts. Their selfless service and mighty deeds for their nation add grandeur to their actions.

The earth pours numerous beautiful things on the earth such as the sun, moon, flowers, rivers, and greenery. The earth is like an endless fountain of immortal drink that adorns us with beautiful bounty.

When we encounter a beautiful thing even for a brief period, it pleases our senses and creates a lasting impression on our minds.

Q3. Read the following passage carefully:

Turmeric is a perennial plant of the ginger family native to southwest India. It is commonly used as a spice in Bangladeshi, Indian and Pakistani cuisine. It is also used for dyeing and imparting colour to mustard condiments. The use of turmeric for colouring and flavoring food, for cosmetic purposes and for medicinal properties dates back to the ancient Vedic culture of India. Used in almost all Indian curries, it has zero cholesterol and almost no calories. Turmeric is rich in dietary fiber, iron, potassium, magnesium and vitamin B6.

Turmeric is used to cure arthritis, heartburns, stomach ailments, jaundice, liver problems, and gallbladder disorders. It is also used to treat headaches, bronchitis, colds, lung infections as well as depression, Alzheimer's disease, water retention and kidney problems. Turmeric contains curcumin, a substance with powerful anti-inflammatory and antioxidant properties. This helps the body fight foreign invaders and also has a role in repairing damage. Turmeric is much stronger than vitamin E and vitamin C, and this may help boost one's immunity, maintain normal cholesterol levels, and stop aging.

Turmeric also significantly increases the antioxidant capacity of the body. Turmeric boosts levels of brain growth hormone which increases the growth of new neurons and fights various degenerative processes in the brain. Regular use of turmeric can help in fighting heart disease. Research has shown that the use of turmeric leads to several changes on the molecular level that may help prevent and perhaps even treat cancer.

Q1. Answer the following questions by choosing the most appropriate alternative from the ones given. [5]

1. Native to southwest India, turmeric is used to boost one's _____.
 - a) cholesterol levels
 - b) molecular levels
 - c) one's immunity
 - d) neurons

2. Turmeric helps fight degenerative processes in the brain by _____.
 - a. increasing the levels of new neurons
 - b. maintain cholesterol levels
 - c. delaying aging
 - d. boosting brain growth hormone

3. Turmeric is used in Indian curries as _____.
 - a. it contains curcumin
 - b. it is rich in dietary fiber
 - c. it cures stomach ailments
 - d. it maintains cholesterol levels

4. The antioxidant properties of turmeric _____.
 - a. imparts colour to mustard condiments
 - b. helps the body fight foreign invaders
 - c. fights heart disease
 - d. stops cell degeneration

5. Find words from the passage that mean
 - a. characteristic: _____
 - b. sickness: _____

SECTION B
(WRITING & GRAMMAR- 30 MARKS)

Q3. Write an article in about 180 words for your school magazine on the two sides of technology. [8]

Q4. Write a short story with the help of outline below. [10]

Master sent a slave to the market—slave returned frightened—said he saw a woman in the market—the woman was Death herself—she made a threatening gesture at him—slave feared for his life—asked master to lend him his horse—he wanted to escape death—master obliged and lent him his horse—slave rode the horse to Bagdad—master went to the market to investigate—found Death there—he asked her why she threatened his slave—she said she didn't threaten—she was surprised to see him there—she had an appointment with him in Bagdad in the evening.

Q5. Complete the passage by choosing the correct option from those given in brackets: [4]

Chinese martial arts, also known as kung fu, (a) _____ a number of fighting styles that have developed (b) _____ the centuries in China. The origin of Chinese martial arts has been associated (c) _____ the need for self-defense, hunting techniques and military training in ancient China. Legend says that Chinese martial arts originated (d) _____ than four thousand years ago (e) _____ the semi-mythical Xia Dynasty. The earliest references to Chinese martial arts date back to 5th century BCE. The Shaolin style of kung fu is regarded as (f) _____ of the first institutionalized Chinese martial arts.

Q6. The following passage has not been edited. There is ONE error in each of the lines. Write the missing word against the correct blank number in your answer sheets. [4]

Correction

- a) Usain Bolt is known as fastest man _____
- b) in the world ever recorded. the age _____
- c) of 12, Bolt become the school's _____
- d) fastest runner the 100 metres _____
- e) distance. He is known to extremely _____
- f) powerful and quick the field. He completed _____
- g) 100m 9.58s winning gold medal _____
- h) World Championship in 2009, Berlin. _____

Q7. Rearrange the following words and phrases to make meaningful sentences. [4]

- a) the basis/ of/ atomic / forms/ John Dalton's/ chemistry/ theory
- b) Daltonism/ is also / into colour blindness /referred/ to as/ his research
- c) he and his brother/ recognized that/ this condition/ must be hereditary/ were colour blind/ since both
- d) Millions tons of plastic enters the ocean every year.

SECTION C (LITERATURE – 30 MARKS)

Q8. Read the given extract and answer the following questions by choosing the most appropriate option. [4]

Belinda was as brave as a barrel full of bears,
And Ink and Blink chased lions down the stairs,
Mustard was as brave as a tiger in a rage,
But Custard cried for a nice safe cage.

1. Ink and Blink are

- i. the kitten and the mouse
- ii. the dog and the dragon
- iii. the dragon and the mouse
- iv. the kitten and the dragon

2. Why did Custard cry for a nice safe cage?

- i. because he didn't like the other animals
- ii. because he didn't like Belinda
- iii. because he was a coward
- iv. because he liked to be in his cage

3. The rhyme scheme of the poem is

- i. abab
- ii. aaab
- iii. aabb
- iv. abcd

4. Write the antonym of 'brave'.

Q9. Answer the following questions in about 30 – 40 words each. [8]

1. What genre of stories does Jenkins want the narrator to write? Why?
2. How do we know that Patol Babu was a meticulous man?
3. "The hand that mocked them and the heart that fed. "Whose hand and heart has the poet referred to in this line?
4. Why does the poet decide to stand and wait till the snake has finished drinking?

Q10. Comment on Caesar's friendship with Antony. [8]

Q11. What role does the diary play in Anne's life? [10]
