



<b>Sub-ENGLISH WORKSHEET-2</b>	<b>Grade -IX</b>
<b>Factual Passage /Discursive passage</b>	<b>Date :</b>

**Q A] Read the following passage carefully and answer the following questions :**

- 1 .Every time a child takes a soft drink ,he’s laying the ground work for a dangerous bone disease. No , fizzy and sugary drinks don’t cause Osteoporosis .But , they are often a substitute for a glass of milk, kids are not getting the calcium and vitamin D they need to build a strong skeleton. Many of them also lead a sedentary life style, they aren’t getting the bone building benefits for vigorous exercise either. These children aren’t just in jeopardy for brittle bones and fractures decade down the road. They could be at risk of osteoporosis at a younger age than ever before.
2. The Indian society for Bone and Mineral Research, a body of Osteoporosis experts, is trying to spread awareness about this bone Crippling disease. Osteoporosis starts in childhood but has consequences later in life. The condition causes bones to become riddled with holes, like the frame work of a house that has been attacked by termites. That can lead to broken bones , which in turn can cause deformity, chronic pain or disability . Osteoporosis can be fatal: up to 25% of older people who suffer a broken hip die within a year Osteoporosis isn’t just your grandmother’s health threat. Although it strikes over 50 million women in India, it also menaces over 12 million men. Osteoporosis causes loss of height, pain in joints and back , Fractures, and can be very depressing. So it is important that we adopt to Preventive measures, to save millions of people.
3. There is a new medical understanding of the best ways to protect ourselves and our children. “Simple lifestyle changes and nutrition will help save your bones,” says Dr. Mittal. He says” it is never too late to adopt bone –friendly habits – exercise , get enough sunlight, have adequate calcium. This way , we can keep our bones healthy and prevent osteoporosis.”

**On the basis of your reading the passage answer the following very short answer questions.**

1. What do calcium and vitamin D do to the skeleton?
2. What causes osteoporosis in children?
3. What should children do to avoid osteoporosis ?
4. What can osteoporosis lead to .?
- 5 “Osteoporosis can be fatal” what does it mean ?
6. What is emotional effect of osteoporosis .?
7. What should we do when we know that osteoporosis is depressing.?
8. What two important things should we care for to prevent osteoporosis.?

**Q.B] Read the following passage carefully:**

1. There are places and objects that signify impatience. The door closed button in elevators so often a placebo used to distract rider to whom ten seconds seems an eternity, speed dial buttons on telephones, remote controls, which have caused an acceleration in the pace of films and television commercials. Time is a gentle deity, said Sophocles . Perhaps t was for him. These

days it cracks the whip . We humans have chosen speed and we thrive on it – more t work fast than we generally admit. Our ability to work fast and play fast gives us power .It thrills us.

2. And if haste is the accelerator , multitasking is overdrive. These days it is possible to drive, eat, listen and talk on the phone-all at once, if you dare .An Entire class of technologies is dedicated to the furtherance of multitasking. Car Phones, bookstands on exercise machines. Water proof shower radios . Not long ago, for most people listening to the radio was a single task activity. Now it is rare for a person to listen to the radio and do nothing else. Even television has lost its command of our foreground. In so many households the TV just stays on, like a noisy light bulb, while the life of the family passes back and forth in its shimmering glow.
3. A sense of well being comes with this saturation of parallel pathways in the brain . We chose mania over boredom every time. Humans have never, ever opted for slower points out historian Stephen Kern. We catch the fever – and fever feels good . All humanity has not succumbed equally, of course . if you make haste you probably make it in the technology driven western world. Sociologist have also found that increasing wealth and increasing education bring a sense of tension about time. We believe that we possess too little of it .Western culture views time as a thing to hoard and protect . Time saving is the subject of score of books with titles like streamlining your life. Take your time. More hours in my day. Marketers anticipate our desire to save time and respond with fast ovens , quick play backs ,quick freezing and fast credit.

**On the basis of your reading the passage, answer the following short answer questions carefully:**

- A] (a) Why have humans being chosen speed ?  
(b) What is the result of man’s love for speed? Is it good or bad?  
(c) Define multi tasking . .  
(d) When we say we want to save time what does it mean?
- B] Choose the most appropriate option given against each blank....
- (a) “Placebo” here means \_\_\_\_\_.
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|--|----------------------------|
| (i) Sweets                             | (ii) Things done willingly |
| (iii) doing or saying things to please | (iv) medicinal matter      |
- (b) Shimmering means \_\_\_\_\_.
- |                        |                     |
|------------------------|---------------------|
| (i) Shining on and off | (b) bright          |
| (iii) glowing          | (d) glowing but dim |
- (c) “Eternity “ means \_\_\_\_\_.
- |                  |                   |
|------------------|-------------------|
| (i) continuity   | (ii) perenniality |
| (iii) last stage | (iv) perpetuity   |