

KV CRPF YELAHANKA, BENGALURU
AUTUMN BREAK HOLIDAY HOMEWORK - CLASS 11 AND 12-ENGLISH

1. Read the passage given below.

I saw 'Jaws', the popular shark movie, the summer it came out, in 1975 and became paranoid about sharks. Though I kept swimming after Jaws, it was always with the vague fear that a shark's teeth could tug on my leg at any moment. Never mind that there'd been only two shark bites since 1900 on the Connecticut coast, where I lived.

So, when I got this assignment for the National Geographic magazine, I decided to accept and do what I'd never wanted to do: swim with the sharks. I had to go to a place in the Bahamas known as Tiger Beach and dive with tiger sharks, the species responsible for more recorded attacks on humans than any shark except the great white. It was to be my first dive after getting certified—which meant it would be my first dive anywhere other than a swimming pool or a quarry—and without a diver's cage. Most people who got wind of this plan thought I was either very brave or very stupid.

But I just wanted to puncture an illusion. The people who know sharks intimately tend to be the least afraid of them, and no one gets closer to sharks than divers. The divers who run operations at Tiger Beach speak lovingly of the tiger sharks the way people talk about their children or their pets. In their eyes, these sharks aren't man-eaters any more than dogs are. The business of puncturing illusions is never just black and white. My fellow divers had hundreds of dives under their belt and on the two-hour boat ride to the site in the morning of our first dive, they kept saying things like, "Seriously, I really can't believe this is your first dive." All this was okay with me until I reached the bottom and immediately had to fend off the first tiger shark, I had ever laid eyes on. However, when I watched the other divers feeding them fish and steering them gently, it became easy to see the sharks in a very benign light.

I think it would be unfair not to mention that though tiger sharks are apex predators. They act as a crucial balancing force in ocean ecosystems, constraining the numbers of animals like sea turtles and limit their behaviour by preventing them from overgrazing the sea grass beds. Furthermore, tiger sharks love warm water, they eat almost anything, have a huge litter and are the hardiest shark species. If the planet and its oceans continue to warm, some species will be winners and others will be losers, and tiger sharks are likely to be winners. Based on your understanding of the passage, answer the questions given below.

- i. Cite a point in evidence, from the text, to suggest that the writer's post-Jaws fear was not justified.
- ii. State any one trait of the writer that is evident from lines 5-10 and provide a reason for your choice.
- iii. People thought the writer was 'either brave or very stupid'. Why did some people think that he was 'very stupid'?
- iv. Why does the writer say that people who know sharks intimately tend to be least afraid of them?
- v. Rewrite the given sentence by replacing the underlined phrase with another one, from lines 10 – 20.

Some academicians think that reward, as a form of discipline, is a simple right or wrong issue.

vi. What does the use of the phrase 'benign light' suggest in the context of the writer's viewpoint about the tiger sharks?

vii. Select a suitable phrase from lines 15-25 to complete the following sentence appropriately.

I agree the team will find this experience tough, but competing will be easier next time after they get this tournament _____.

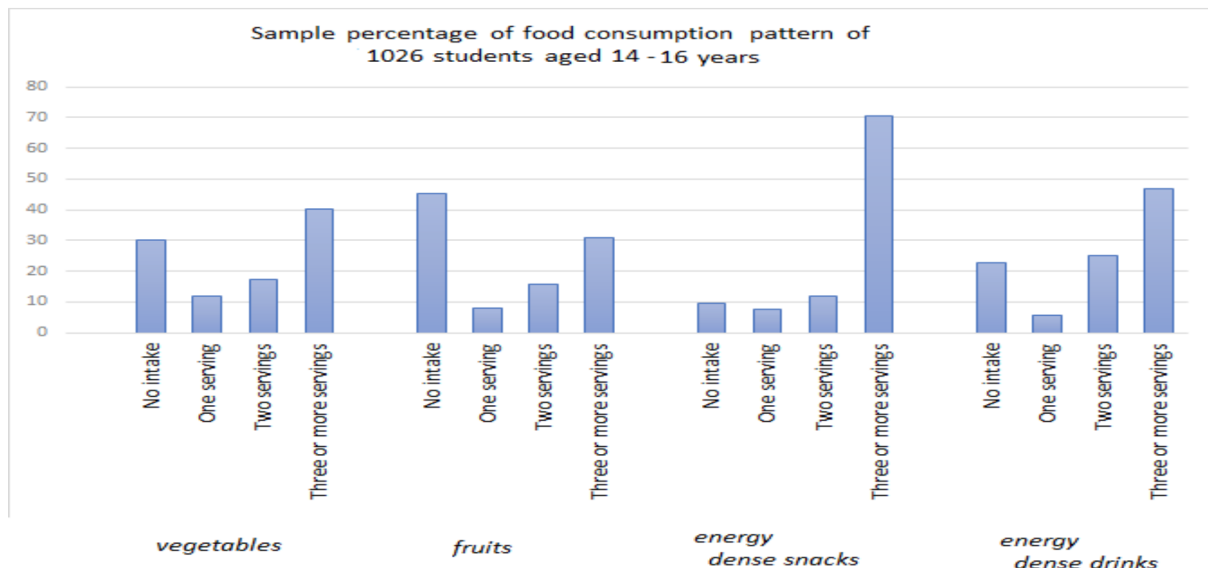
viii. Apex predators serve to keep prey numbers in check. How can we say that tiger sharks are apex predators?

ix. Analyse why having a large litter is one of the features that empowers tiger sharks to emerge winners if global warming persists.

2. Read the passage given below.

Changing food preferences have brought about rapid changes in the structure of the Indian diet. The rapid proliferation of multinational fastfood companies and the influence of Western culture have replaced traditional home-cooked meals with ready-to-eat, processed foods thus increasing the risk of chronic diseases in urban Indians. Therefore, nurturing healthy eating habits among Indians from an early age would help to reduce health risks. To date, little is known about the quality and quantity of foods and beverages consumed by urban Indian adolescents.

This lack of evidence is a significant barrier to the development of effective nutrition promotion and disease prevention measures. Therefore, a self-administered, semi-quantitative, 59-item meal-based food frequency questionnaire (FFQ) was developed to assess the dietary intake of adolescents. A total of 1026 students (aged 14–16 years) attending private, English-speaking schools in Kolkata completed the survey. A sample percentage of the food consumption pattern is displayed (Fig. 1)



The survey results report poor food consumption patterns and highlights the need to design healthy eating initiatives.

Interestingly, while there were no gender differences in the consumption of legumes and fried snacks, the survey found more females consumed cereals, vegetables and fruits than their male counterparts.

In conclusion, the report suggested that schools ought to incorporate food literacy concepts into their curriculum as they have the potential of increasing the fruit and vegetable intake in teenagers. Additionally, healthy school canteen policies with improved availability, accessibility, variety and affordability of healthy food choices would support the consumption of nutritious food in students.

Adapted from: <https://nutritionj.biomedcentral.com/articles/10.1186/s12937-017-0272-3>

Based on your understanding of the passage, answer the questions given below.

- i. What does the researcher mean by 'changing food preferences'?
- ii. Why was this survey on the food consumption of adolescents undertaken?
- iii. With reference to fig.1, write one conclusion about students' consumption of energy-dense drinks.
- iv. What can be concluded by the 'no intake' data of fruit consumption versus energy dense snacks, with reference to fig.1?
- v. There were no gender differences observed in the consumption of healthy foods, according to the survey. Substantiate.
- vi. Why is 'affordability' recommended as a significant feature of a school canteen policy?
- vii. Identify a word from lines 9 - 18 indicating that the questionnaire was specifically designed to be completed by a respondent without the intervention of the researcher collecting the data.

3. Read the passage below and answer the questions that follow :

Concussions are brain injuries that occur when a person receives a blow to the head, face, or neck. Although most people who suffer a concussion experience initial bouts of dizziness, nausea, and drowsiness, these symptoms often disappear after a few days. The long-term effects of concussions, however, are less understood and far more severe

Recent studies suggest that people who suffer multiple concussions are at significant risk for developing chronic traumatic encephalopathy (CTE), a degenerative brain disorder that causes a variety of dangerous mental and emotional problems to arise weeks, months, or even years after the initial injury. These psychological problems can include depression, anxiety, memory loss, inability to concentrate, and aggression. In extreme cases, people suffering from CTE have even committed suicide or homicide. The majority of people who develop these issues are athletes who participate in popular high-impact sports, especially football. Although new sports regulations and improvements in helmet technology can help protect players, amateur leagues, the sports media, and fans

all bear some of the responsibility for reducing the incidence of these devastating injuries. Improvements in diagnostic technology have provided substantial evidence to link severe and often fatal psychological disorders to the head injuries that players receive while on the field.

Recent autopsies performed on the brains of football players who have committed suicide have shown advanced cases of CTE in every single victim. In response to the growing understanding of this danger, the National Football League (NFL) has revised its safety regulations. Players who have suffered a head injury on the field must undergo a concussion sideline assessment a series of mental and physical fitness tests before being allowed back in the game.

In an effort to diminish the amount of head and neck injuries on the field, NFL officials began enforcing stricter penalty calls for helmet-to-helmet contact, leading with the head, and hitting a defenceless player. Furthermore, as of 2010, if a player's helmet is accidentally

wrenched from his head during play, the ball is immediately whistled dead. It is hoped that these new regulations, coupled with advances in helmet design, will reduce the number of concussions, and thus curb further cases of CTE. Efforts by the NFL and other professional sports leagues are certainly laudable; we should commend every attempt to protect the mental and physical health of players.

However, new regulations at the professional level cannot protect amateur players, especially young people.

Fatal cases of CTE have been reported in victims as young as 21. Proper tackling form using the arms and shoulders to aim for a player's midsection should be taught at an early age. Youth, high school, and college leagues should also adopt safety rules even more stringent than those of the NFL. Furthermore, young athletes should be educated about the serious dangers of head injuries at an early age. Perhaps the most important factor in reducing the number of traumatic brain injuries, however, lies not with the players, the coaches, or the administrators, but with the media and fans.

Sports media producers have become accustomed to showcasing the most aggressive tackles and the most intense plays. NFL broadcasts often replay especially violent collisions while the commentators marvel at the players physical prowess. Some sports highlights television programs even feature weekly countdowns of the hardest hits. When the media exalts such dangerous behavior, professionals are rewarded for injuring each other on the field and amateurs become more likely to try to imitate their favorite NFL athletes. Announcers, commentators, television producers, and sportswriters should engage in a collective effort to cease glorifying brutal plays. In turn, fans should stop expecting their favorite players to put their lives on the line for the purposes of entertainment. Players must not be encouraged to trade their careers, their health, their happiness, and even their lives for the sake of a game.

i. Based on information in the passage, it can be inferred that all of the following statements are true except

- a) tackling is not always dangerous; however, players who use improper tackling form may injure others
- b) scientists have established a definitive link between players who die untimely deaths and the onset of CTE
- c) NFL officials have done little to address the problem of CTE
- d) athletes who are praised for exceptionally brutal hits are likely to continue engaging in such dangerous behavior

ii) According to the passage, which of the following factors contribute(s) to the incidence of CTE in amateur players?

- I. inconsistent application of safety regulations for all levels
 - II. lack of education about the dangers of head injuries
 - III. amateur players' desire to emulate professionals
- a) I only b) II only c) I and II only d) II and III only

iii) As used in paragraph 3, which is the best synonym for laudable?

- a) praiseworthy b) ineffectual c) memorable d) audacious

iv) The author's tone in the final paragraph can best be described as

- a) remorseful b) hopeless c) perplexed d) insistent

v) As used in the final paragraph, which is the best antonym for exalts?
a) mitigates b) venerates c) mollifies d) expedites

vi) In describing the sports media, the author emphasises its responsibility
a) entertainment value b) senselessness c) danger

vii) In the final paragraph, the author mentions sports highlights television programs as an example of how

I. the media glorifies violence

II. amateurs learn to mimic professional athletes

III. professional athletes gain approval

a) I only b) II only c) I and II only d) II and III only

4. ALS Project Work - Form a team of 2 students of your own section.

Identify a SDG (Sustainable Development Goal) and devise a project idea for social change.

Write down the SDG .if related to chapter then mention name of chapter and theme.

What is the problem identified, goals ,target group.

Do diligent research about the issue.

Identify the pain points.

Plan of action and Creative innovative solutions.

Write down the point of statement.

ABOUT ALS PROJECT WORK - 20 Marks

Out of 20 marks allotted , 10 marks will be allotted for the project report/script/essay etc. and 10 marks for the viva.

The Project can be inter-disciplinary in theme. The ideas/issues highlighted in the chapters/ poems/ drama given in the prescribed text books may be connected to the Sustainable development Goals [SDG]of UN and developed in the form of a project.

Project-Portfolio/ Project Report

On completion of the project the Project-Portfolio/Project Report must be submitted.

The 800-1000 words Project -Portfolio must include the following:

1. Cover page, with the title of the project,

2. school details/details of students.

3. Statement of purpose/objectives/goals

4. Certificate of completion under the guidance of the teacher.

5. Methodology adopted

6. Materials such as scripts for the theatre/role play, questionnaires for interviews, written assignments, essays, survey reports, and other material evidence of learning progress and academic accomplishment.

7. Student/group reflections.

8. Photographs that capture the positive learning experiences of the student(s).

9. List of resources/bibliography.

The following points will be considered while assessing the Project Portfolios: 1. Quality of content of the project 2. Accuracy of information 3. Adherence to the specified timeline 4. Content in respect of (spellings, grammar, punctuation) 5. Clarity of thoughts and ideas 6. Creativity 7. Contributions by group members Knowledge and experience gained.