



\*English\*

### Reading- A

1. Read the passage given below :

(1) An escalating epidemic of overweight and obesity is affecting many countries in the world; more than 300 million people are overweight or obese. Obesity could be region specific. In India, some people tend to be overweight because of their high calorie diet and lack of physical activity. In the United States, obesity is more prevalent in lower economic groups. Obesity is now well recognized as a disease in its own right. Though, obesity commonly means very overweight, it is defined as an excess amount of body weight that includes muscles, bone, fat and water. 'Obesity' specifically refers to an excess amount of body fat. Some people such as body builders or other athletes with a lot of muscle, can be overweight without being obese.

(2) A certain amount of body fat is needed for stored energy, heat insulation, shock absorption and other functions. Generally, women have more body fat than men. Usually men with more than 25% body fat and women more than 30% body fat are regarded as obese. Obesity tends to run in families suggesting a genetic cause. Environmental factors mean lifestyle behaviour such as what a person eats and his or her level of physical activity. Although you cannot change your genetic makeup, you can change your eating habits and levels of activity. You can learn how to choose more nutritional meals which are low in fat to become more active.

(3) Then there are psychological factors. Negative emotions such as boredom, sadness or anger, respond to people who overeat. There is also 'binge eating' i.e. when people eat large amounts of food thinking that they cannot control how much they are eating. Those with the most severe binge eating problems are also likely to have symptoms of depression and low self-esteem. These people may have more difficulty in losing weight and keeping it off, than people without binge eating problems.

(4) Obesity is more than a cosmetic problem; it is a health hazard. Several serious medical conditions have been linked to obesity, including type-2 diabetes, heart disease, high blood pressure and heart stroke. Obesity is also linked to higher rates of certain types of cancer. Other diseases and health problems linked to obesity include gall bladder disease and gallstones, liver disease and osteoarthritis which leads to deterioration of joints and gout which also affect the joint and reproductive problems in women.

(5) As the trend is to equate attractiveness with slimness, especially for women, obesity makes people

feel unattractive. There are many methods of treatment, but the benefits of exercise are much more than any other way of losing weight. Not only does exercise help you lose weight but also improves your fitness and flexibility and improves skin texture. Exercises are also free from the side effects of crash dieting, slimming capsules and the heat treatment used by slimming centres.

**Based on your understanding of the passage, answer the following questions:**

- (i) List a few causes of a person being obese.
- (ii) Which emotions are considered as negative?
- (iii) Why is a certain amount of body fat needed?
- (iv) What other serious medical conditions have been linked to obesity?

(v) Mention any two benefits of exercises.

(vi) Which word is the antonym of 'rigidity' in Paragraph 5?

## 2. Read the passage given below :

The Amazon is the world's largest tropical rainforest. It covers an area of nearly 2.8 million square miles, which is about the size of the continent of Australia. The Amazon rainforest gets its life from the

majestic Amazon river, the world's second largest river, which runs directly through the heart of the region. The rainforest itself is simply the drainage basin for the river and its many tributaries. The vast

forest itself consists of four layers, each featuring its own ecosystem and specially adapted plants and animals.

The forest floor is the lowest region. Since only two percent of the sunlight filters through the top layers to the understory, very few plants grow here. The forest floor, however, is rich with rotting vegetation

and the bodies of dead organisms, which are quickly broken down into nutrients and integrated into the soil. Tree roots stay close to these available nutrients and decomposers such as millipedes and earthworms use nutrients for food.

The understory is the layer above the forest floor. Much like the forest floor, only about 2-5 per cent of the sunlight reaches this shadowy realm. Many of the plants in the understory have large, broad leaves

to collect as much sunlight as possible. The understory is so thick that there is very little air movement.

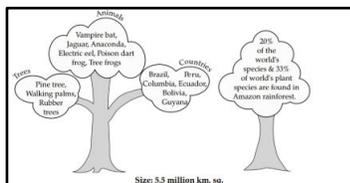
As a result, plants rely on insects and animals to pollinate their flowers.

The layer above the understory is the canopy. This is where much of the action in the rainforest occurs.

Many canopy leaves have specially adapted leaves which form "drip tips". Drip tips allow water to flow off the leaves which prevents mosses, fungi and lichens from occupying the leaves. Leaves in the

canopy are very dense and filter about 80 per cent of the sunlight. The canopy is where the wealth of the rainforest's fruits and flowers grow. Bromeliads-cup-like plants, provide drinking pools for animals

and breeding locations for tree frogs.



On the basis of your understanding of the passage, answer the questions that follow:

(i) Why is there very little air movement in the understory?

(ii) How are bromeliads useful for animals and tree frogs?

(iii) According to the above passage, which animals are found in Amazon rainforest?

(iv) Why is Amazon rainforest unique in terms of flora and fauna?

(v) How are 'drip tips' useful for leaves?

(vi) Pick the antonym of 'unmixed' from Paragraph 2.

### Section-B Literature

3. Write the Ncert questions and answers of Ch- The Sound of music

4. Write the central theme and poetic devices of 'The Road not taken' poem

### Section-C Grammar

The following paragraph has not been edited. There is one error in each line. Identify the error and write its correction against the correct blank number. Remember to underline the correction.

The first one has been done for you.

Error Correction

5) Sachin Tendulkar is a best eg.: a, the cricketer in India.

He has play for (a) .....

more than 20 years for a country.

(b) .....

He retired from the games

(c) .....last year.

### Writing Skill

6)a) You have recently visited a historical monument. Write a description of that place in 100 to 120 words.

or

A few days ago you went to Chandigarh with your family members and visited Rock Garden. that Write a descriptive paragraph about Rock Garden in 100-120 words.

### \*Biology\*

Class :- IX

1. Do the NCERT questions of chapter 2 in fair note book.

2. Prepare a power point representation on any one of the mentioned topic:-

i. Types of plant tissues.

ii. Role of Xylem and Phloem

Note:- Try to add special effects and animations to your presentation.

### \*Chemistry\*

1. Complete practical file.

2. Prepare Ch-2 for oral presentation.

3. Prepare a model from any chapter of chemistry.

4. Write NCERT questions in Chemistry notebook.

### \*Physics\*

1. Chart/poster on any topic from NCERT physics chapters
2. Project report preparation and topic can be selected from NCERT chapters 13,14,15
3. Working model

\*हिंदी\*

1) निम्नलिखित विषयों में से किसी एक विषय पर अपने शब्दों में कविता लिखो।  
उदाहरण के लिए आपको कविता की कुछ पंक्तियाँ दी गई हैं:

क) "एक किसान"

एक फसल  
जितनी फूटती है  
पृथ्वी के गर्भ से  
उससे कहीं ज्यादा  
फूटती है यह  
एक किसान के अंतर्मन से...

अथवा

ख) "कोरोना और ज़िन्दगी"

इतनी साफ सड़क पर  
ये कोहरा कैसा है  
रोशनी में भी इंसान नज़र नहीं आते  
ये अंधेरा कैसा है...

2) "गर्मी में ठंडक का एहसास कराने आ गए पंखें" विषय पर एक प्रभावी विज्ञापन तैयार करें।

3) पढ़ाए गए पाठ्यक्रम को अच्छे से याद करें व लिखित अभ्यास करें।

आपकी छुटियाँ आनंददायक हों, सब स्वस्थ रहें।

\*Social science\*

- 1 Do any 20 questions from the chapter of history ( french revolution)
- 2 Do any 20 questions from the civics chapter (what is democracy?why do we need democracy)
- 3 make any one assignment on the given topics .
  - 1 what is good democracy and democracy.
  - 2 the middle class played a very important role in the rise of french revolution. Explain
  - 3 draw major features of democracy is india is a democratic country.

Holiday Homework

**\*Mathematics\***

**Assignment**

- 1) write degree of polynomial of  $5x^3+4x^2+7x$
  - 2) classify the following as linear quadratic and cubic polynomial  $x^3+x$  and  $x^2+8x+9$
  - 3) find zero of polynomial of  $2x+5$
  - 4) find remainder when  $x^3+3x^2+3x+1$  is divided by  $5+2x$
  - 5) factories  $3x^2-x-4$
  - 6) write in expanded form  $(2x+1)^3$  and  $(2a-3b)^3$
  - 7) evaluate by using suitable identity as  $(99)^3$
  - 8) in which quadrant and on which do each of points  $(-2, 4)$   $(3, -1)$  ,  $(1, 0)$  lies???
  - 9) plots the points  $(2, 5)$   $(-1, 7)$   $(0, 4)$  and  $(1, 6)$   $(3, -1)$  on graph
  - 8) what is name of horizontal and vertical lines drawn to determine the position of point in Cartesian plane?
  - 9) what is name of each part of plane formed by these two lines.?
  - 10) define the quadrant system ? Explain it with negative and position signs  
(Some important questions)
- \* what is point of intersection of the both axis?

\*The coordinate axes divides the plane into four parts are called.....

\*what is coordinate of point on X axis and point on y axis?

\*define coordinate of origin

\* what is name of polynomial containing one term

Note: write these questions in your fair notebook