



B.K. BIRLA CENTRE FOR EDUCATION

**SARALA BIRLA GROUP OF SCHOOLS
A CBSE DAY-CUM-BOYS' RESIDENTIAL SCHOOL**

PRE BOARD 3 - 2025-26

ENGLISH (301)

SET 1

**Class: XII
Date: 09.01.26
Admission no:**

**Time: 3 hrs.
Max Marks: 80
Roll no:**

SECTION A – READING (22 Marks)

Q1. Read the following passage carefully and answer the questions that follow. 12

Gone are the days when malnutrition would mean a sickly thin child. Now it covers a spectrum that refers to deficiencies, excesses, or imbalances in a child's intake of energy or nutrients. The new century is a harbinger of new sights and technology. Keeping up with the times is also the changing face of malnutrition in kids. In the 21st Century, malnutrition has taken the form of an ugly three-headed monster - the one that combines under nutrition, poor vitamin and mineral status, and overweight.

Under nutrition which includes low weight-for-height or wasting, low height- for-age or stunting and underweight which is low weight-for-age. Under nutrition makes children vulnerable to all kinds of diseases and can even be life-threatening. This is usually treatable and preventable too. Low weight-for-age means the child has recently undergone severe weight loss, either due to diarrhea or any other health condition. Low height-for-age usually means long standing lack of nutritious food. This can be traced back to poor nutrition when the child was in the mother's womb, poor nutrition as a child and frequent illness. Stunting can severely limit a child in terms of its intelligence and physical capabilities. Underweight children can be so either due to stunting or wasting or due to both.

Micro nutrient malnutrition is deficiency of vitamins and minerals which are collectively called micro nutrients and they are required for healthy growth and development. Children who display difficult eating behavior or those who do not consume a variety of foods might not be meeting their vitamin and mineral requirements. Most of the times, absorption could also be an issue. Deficiencies of iodine, vitamin A and iron is a global health problem with many children deficient in them.

Gone are the days when a cherubic baby was a sign of a healthy baby. Overweight or obesity means a child is much too heavy for their age. This predicament is because there is an imbalance between consumption of calories and expenditure. Sugar and fat laden drinks and snacks are responsible for this. Excess fat can impair health.

The big three faces of malnutrition pose many issues at the individual and at the country level. For starters, all forms of malnutrition can lead to diet- related non- communicable diseases such as heart attacks and stroke, and often linked with high blood pressure. At a country level, lack of productivity from malnourished individuals and increase in healthcare costs pose an economic burden on the country.

Nation-wide efforts are needed to tackle this problem of malnutrition. Access to safe, nutritious foods even to the economically disadvantaged societies, providing nutrition education for families to make the correct dietary choice and improving assessment and nutrition monitoring can help weed and rectify malnutrition early.

Source (Hindustan Times/ Malnutrition and its three big forms parents must be wary of/ By Dr Pankaj Garg / Oct 07, 2021 /444 words)

Answer the following questions, based on the passage above.

I. Select the option that classifies writer's view on changing definition of emerging causes of malnutrition in wake of 21 century . (1)

- (a) Poverty and starvation (b) Lack of nutrition literacy
(c) Opulent resources (d) Lack of resources

II. Pick the option that correctly indicates a condition of a malnourished child: (1)

1. Wasted 2. Obese
3. Normal 4. Stunted
(a) 2,3,4 (b) 1,2,3
(c) 1,2,4 (d) 1,3,4

III. Share evidence from the text to support the view that the writer is urging for immediate intervention, detection and prevention of malnutrition. (1)

IV. Match the conditions appropriately: (2)

	Column I		Column II
1	Stunting	(i)	Thinner than normal weight
2	Obese	(ii)	Shorter than normal height
3	Wasting	(iii)	Overweight than normal
4	Underweight	(iv)	both thinner and shorter than normal

- (a) 1-iv, 2-iii, 3-ii, 4-I (b) 1-i, 2-ii, 3-iii, 4-iv
(c) 1-ii, 2-iii, 3-i, 4-iv (d) 1-iii, 2-ii, 3-iv, 4-i

V. Who are the ugly three-headed monster that the writer blames for malnutrition (1)

- (a) Under nutrition, micro nutrient related deficiency and overweight
(b) Micro nutrient adequacy, obesity and stunting
(c) wasting, overweight and vitamin adequacy
(d) stunting, excess nutrition and minerals adequacy

VI. Explain, why a cherubic baby is no longer considered a healthy baby (2)

VII. How malnutrition could be a threat to economic growth of a nation? (1)

VIII. "Nation needs to tackle malnutrition holistically ". What strategies need to be employed to prevent malnutrition and improve nutrition among children. (2)

IX. Identify the relation among the given set of words/ phrase and fill the blank with the appropriate one phrase Nutrition literacy: healthy child: Nutrition ignorance: ----- (1)

Q2. Read the following case-based passage and answer the questions. (10 Marks)

1. Introduction: In the hasty lifestyle of today's world, the choice of snacks can greatly impact one's health and well-being. This case study aims to analyse the preference for seasonal fruits compared to packaged snacks among different age groups and the implications for overall health.

2. Methodology: A survey was conducted among individuals across various age groups, ranging from children to seniors, to determine their snacking preferences. Participants were asked to indicate their preferred snack choices and provide reasons for their preferences. The data was then analysed to identify trends and patterns among different age demographics.

3. Survey Examination: The survey encompassed a comprehensive examination of snacking habits, including not only preferred snack choices but also delving into the underlying motivations and influences guiding these choices. Beyond mere preference, participants were encouraged to articulate the reasons behind their selections, providing invaluable insights into the multifaceted nature of snacking behavior.

4. Results: The survey results revealed interesting insights into snacking preferences among different age groups:

Age-group	%	Preferred snack	Reasons for preference
Children	77	Seasonal fruits	Taste, Health benefits, Parental guidance
Teenagers	65	Packaged snacks	Convenience, Taste, Peer influence
Young adults	52	seasonal fruits and packaged snacks	Transitional lifestyle(college, beginning careers, and establishing independence), Health consciousness, Convenience
Middle-aged	83	Seasonal fruits	Freshness, Nutrition, Health consciousness
Elderly	90	Seasonal fruits	Health benefits, Digestive ease

5. Implications for Interventions: By discerning the diverse preferences among different age groups, policymakers and health practitioners can tailor interventions to address specific demographic needs. For instance, targeting educational campaigns towards parents could empower them to instill healthy eating habits in their children from an early age. Concurrently, efforts to mitigate the influence of advertising and peer pressure on teenagers could involve regulatory measures and educational initiatives aimed at promoting critical thinking and informed decision-making. Furthermore, the prominence of seasonal fruits as a preferred snack choice among middle-aged adults and senior's points towards the importance of promoting access to fresh produce and nutritional education across all age demographics.

6. Conclusion: The survey outcomes serve as a roadmap for designing targeted interventions that not only cater to diverse demographic needs but also nurture a culture of health and well-being. By harnessing the insights gleaned from this study, stakeholders can collaboratively

work towards building healthier communities and promoting sustainable practices for generations to come. (Created for Academic Usage / 315 words)

Answer the following questions, based on the given passage.

i. Complete the following suitably. (1)

In the introduction, the researcher links a hasty lifestyle with the choice of snacks in the study to highlight .

ii. What would the following be classified as? (1)

To examine snacking preferences across various age groups in detail, and assess health implications. Select the appropriate response.

a) Primary purpose

b) Method of analysis

c) Secondary objective

d) Research outcome

iii. Give two points to support why it is likely that fresh fruits were given as an option to the survey participants to choose from in the study on snacking preferences. (2)

iv. Paragraph 3 includes words – ‘motivations’ and ‘influences’. Classify the following sentences as 'influence' or 'motivation': (1)

Sentence 1: Peer pressure leads teenagers to prefer packaged snacks over healthier options.

Sentence 2: The drive to maintain health as one ages makes middle-aged adults to choose seasonal fruits.

v. Read the following: (1)

Seema regularly enjoys snacking on chips and cool drinks while watching movies. Mohan, her neighbour, prefers to snack on oranges and also some nuts occasionally. Arindam, who lives across, often tends to eat a mix of carrot sticks and instant noodles, in between meals.

Select the option that identifies the correct demographic Seema, Mohan and Arindam belong to.

a) Seema – young adult; Mohan – teenager; Arindam -middle-age

b) Seema - teenager; Mohan – middle-age; Arindam -child

c) Seema – young adult; Mohan – child; Arindam - teenager

d) Seema - teenager; Mohan – elderly; Arindam -young adult

vi. Although children, middle-aged, and elderly groups all prefer seasonal fruits, why is the preference percentage highest among the elderly? (1)

vii. Analyse how targeted interventions based on the diverse snacking preferences of different age groups can lead to improved health outcomes. (Paragraph 5) (2)

viii. What is the ultimate goal for stakeholders, based on the insights from the study? (1)

a) Increase profitability through enhanced snack marketing

- b) Building healthier communities
- c) Reducing the cost of healthcare services
- d) Expanding the range of available snack product

SECTION B : CREATIVE WRITING SKILLS (18 marks)

3. Attempt any one of the two, (A) or (B), in about 50 words 1 x 4 =4

A. Your school is planning to conduct an inter-class seminar on the topic-The Importance of Mental Health-to create awareness in adolescents. As the head of the organising committee, write a notice to inform all students about the seminar and invite registrations from classes XI-XII. Include other necessary details. Put your notice in a box.

OR

B. Your school is organising an inter-House webinar on enhancing coding skills, As the President of the Computer Club, write a notice to inform all House members from IX-XII about the webinar and specify the number of registrations invited per House. Include other necessary details. Put your notice in a box.

4. Attempt any one of the two, (A) or (B), in about 50 words 1 x 4 =4

A. Draft a formal invitation in (card format) not more than 50 words from Vani Gopalan, Chief Project Officer of an NGO, for the launch of the 'Each One Teach One' programme, addressed to school Principals and Coordinators. Mention a compelling highlight of the programme along with other necessary details

OR

B. An invitation had been issued by Mr. Cherian, the HR Head of your company inviting you for the company picnic. As Joseph Vijayan, Asst. Manager, Operations, draft a informal reply in not more than 50 words, consenting to attend. You are **Rima /Raj Thomson**.

5. Attempt any one of the two, (A) or (B), in 120-150 words 1x5=5

A. Financial literacy is increasingly recognised as a crucial 21st-century skill for young individuals. Write a letter to the editor of a local daily discussing the benefits of providing financial literacy education to children. Also, suggest effective ways to raise awareness about the importance of this education among parents and guardians. You may use some of the given cues along with your own ideas to draft the letter. You are a counsellor, Chitra Mahapatra from Puri, Odisha.

-Skills learned during childhood tend to have a lasting impact.

-Understanding the power of finances beneficial for young learners.

-The long-term benefits of learning financial independence from a young age

OR

B. You are Maya Syiem from Shillong. You read the given advertisement and wish to apply for the post advertised. Write this job application along with your bio-data.

Join our Creative Team!

A renowned publishing house in Shillong

-A NEW WORLD-

is seeking a talented illustrator for children's books.

Creative individuals with a passion for storytelling through art, welcome.

Experience, not mandatory.

Team players with degree/ diploma in Fine Arts/ Graphic Design may apply with 5 samples from portfolio illustrating a variety of work.

Write to the Project Lead, 23-C Rosewood Lane, Shillong-793005

6. Attempt ANY ONE of two in about 120-150 words. 1x5=5

A. In an era of rapid globalisation and technological advancement, the preservation of cultural heritage remains a vital challenge, particularly for the youth. India continues to navigate the complexities of maintaining tradition alongside modernity. Write an article exploring the role of cultural heritage in shaping the identities of today's Indian youth. Provide examples to illustrate your points wherever necessary. You may use some of the given cues along with your own ideas. You are Arti Nirula of Class XII-A.

- The benefits of preserving cultural heritage for young people. It contributes to their sense of identity and community
- Suggest ways in which young people and institutions can work together to ensure the preservation of cultural heritage
- Global interactions and technologies influenced or changed these traditional practices among today's youth

OR

B. You are Hina Aziz, student of Class XII-D and a member of the school magazine editorial board. Write a comprehensive report detailing the activities undertaken by students as part of the celebrations on Yoga Day. Include descriptions of the events, participation details, and the overall impact of these activities on the school community. You may organise your report by following - *Who - What - When - Where - Why - How*

SECTION C:

LITERATURE TEXTBOOK AND SUPPLEMENTARY READING TEXT (40 marks)

7. Read the following extracts and solve ANY ONE of the given two, (A) or (B). (6)

A. And such too is the grandeur of the dooms

We have imagined for the mighty dead;

All lovely tales that we have heard or read:

An endless fountain of immortal drink,
Pouring unto us from the heaven's brink.

(A Thing of Beauty)

I. Which of the following themes is best represented in the given extract?

- (a) The beauty of nature
- (b) The power of imagination
- (c) The immortality of art and literature
- (d) The inevitability of death

II. State whether the given statement is TRUE or FALSE, with reference to the extract.

By referring to the dead as "mighty", the poet emphasizes their importance and the power they exerted on the people.

III. Complete the sentence appropriately.

The "endless fountain of immortal drink" is an apt analogy for the tales of the mighty dead because _____ .

IV. Explain how the imagery of a "fountain" conveys the poet's view about stories and legends.

V. Which of the following words best rhymes with "read"?

(lead / made / seed)

VI. Select the option that is NOT true about the lack of punctuation at the end of line 1 in the extract

- (a) Creates a sense of continuity and flow that connects the line with the second line.
- (b) Encourages the reader to continue reading seamlessly without any pause.
- (c) Creates a sense of anticipation and expectation for the reader.
- (d) Encourages a revisit to the ideas in the preceding lines.

OR

B I looked again at her, wan, pale

as a late winter's moon and felt that old familiar ache, my childhood's fear,

but all I said was, see you soon, Amma,

all I did was smile and smile and smile.....

(My Mother at Sixty-six)

I. What dominant emotion does the poet experience?

- (a) Rage
- (b) Helpless fear
- (c) Indifference
- (d) Relief

II. What does the use of the word "but" at the beginning of the line, but all I said..", suggest?

III. Select the word that WILL NOT complete the sentence appropriately.

The description of the mother as "wan, pale / as a late winter's moon" creates a vivid image of:

- (a) vulnerability
- (b) sensitivity
- (c) frailty
- (d) mortality

IV. Assertion (A): The poet compares her mother's face to a "late winter's moon" to express her fading vitality.

Reason (R): A late winter's moon symbolizes brightness and youthful energy.

- a. Both A and R are true, and R is the correct explanation of A.
- b. Both A and R are true, but R is not the correct explanation of A.
- c. A is true, but R is false.
- d. A is false, but R is true.

V. What message do these lines highlight, in the context of familial relationships, and the speaker's Sense of anxiety and fear at the prospect of losing her mother?

VI. Complete the sentence appropriately.

The repetition of the word, 'smile' suggests that _____.

8. Read the following extracts and solve ANY ONE of the given two, (A) or (B) (4)

A. Climate change is one of the most hotly contested environmental debates of our time. Will the West Antarctic ice sheet melt entirely? Will the Gulf Stream ocean current be disrupted? Will it be the end of the world as we know it? Maybe. Maybe not. Either way, Antarctica is a crucial element in this debate not just because it's the only place in the world, which has never sustained a human population or therefore remains relatively 'pristine' in this respect; but more importantly, because it holds in its ice-cores half-million-year-old carbon records trapped in its layers of ice.
(Journey to the End of the Earth)

I. How does the absence of a human population in Antarctica make it significant in the climate Change debate?

II. Why is "climate change" described as a "hotly contested" issue in the extract provided? This is so, because there _____.

- (a) is universal agreement on the causes and implications of climate change
- (b) is a planned path ahead about how to address climate change
- (c) are differing views on the causes and implications of climate change
- (d) are minimal reports of fresh threats to climate change

III. Ice-core records act like a "time machine" because they _____.

IV. Give one reason why the writing style of the extract can be called factual and informative.

OR

B. In other words, the Tiger King is dead. The manner of his death is a matter of extraordinary interest. It can be revealed only at the end of the tale. The most fantastic aspect of his demise was that as soon as he was born, astrologers had foretold that one day the Tiger King would actually have to die. "The child will grow up to become the warrior of warriors, hero of heroes, champion of champions. But..." they bit their lips and swallowed hard. When compelled to continue, the astrologers came out with it. "This is a secret which should not be revealed at all. And yet we are forced to speak out. The child born under this star will one day have to meet its death."
(The Tiger King)

I. Complete the sentence appropriately.

The author's purpose in using foreshadowing, is to .

II. In the given extract, what emotion were the astrologers feeling when they "bit their lips and swallowed hard"?

(a) Humiliation

(b) Disbelief

(c) Grief

(d) Unease

III. Which trait are the astrologers lauding when they say "warrior of warriors, hero of heroes, champion of champions"?

IV. How is the line, "the most fantastic aspect of his demise", an example of contrast?

9. Read the following extracts and solve ANY ONE of the given two, (A) or (B). (6)

A. Usually, when school began, there was a great bustle, which could be heard out in the street, the opening and closing of desks, lessons repeated in unison, very loud, with our hands over our ears to understand better, and the teacher's great ruler rapping on the table. But now it was all so still! I had counted on the commotion to get to my desk without being seen; but, of course, that day everything had to be as quiet as Sunday morning. Through the window I saw my classmates, already in their places, and M. Hamel walking up and down with his terrible iron ruler under his arm. I had to open the door and go in before everybody. You can imagine how I blushed and how frightened I was.
(The Last Lesson)

I. List any two sensory details present in this extract.

II. Why does the protagonist feel anxious about entering the classroom on this particular day?

(a) The classmates have started the lesson

(b) The teacher is in a bad mood

(c) The classroom is too quiet

(d) The protagonist is running late

III. Complete the sentence appropriately.

The phrase "as quiet as Sunday morning" suggests that _____

IV. Pick evidence from the extract that helps one infer that this was not the protagonist's first time being late to school.

V. What does the term 'terrible iron ruler' indicate about M. Hamel?

VI. Which of the following headlines best suggests the central idea of the extract?

(a) The Fears of a Latecomer

(b) The Importance of Punctuality

(c) The Rigidity of the School System

(d) The Anxiety of a Young Student

OR

B. Unaware of what his name represents, he roams the streets with his friends, an army of barefoot boys who appear like the morning birds and disappear at noon. Over the months, I have come to recognise each of them. "Why aren't you wearing chappals?" I ask one. "My mother did not bring them down from the shelf," he answers simply. "Even if she did, he will throw them off," adds another who is wearing shoes that do not match. When I comment on it, he shuffles his feet and says nothing. "I want shoes," says a third boy who has never owned a pair all his life. Travelling across the country I have seen children walking barefoot, in cities, on village roads. It is not lack of money but a tradition to stay barefoot, is one explanation.

(Lost Spring)

I. What is the writer's purpose in allowing the boys to speak for themselves via dialogue, as opposed to only a writer's commentary?

II. The line, "It is not lack of money but a tradition to stay barefoot" can be best classified as:

(a) a fact

(b) an opinion

(c) a theme

(d) a plot point

III. Explain any one possible inference that can be drawn from the line, "an army of barefoot boys who appear like the morning birds and disappear at noon",

IV. Identify the line from the text that bears evidence to the fact that the writer's association with the boys is not a recent one.

V. Based on the context provided in the extract, select the most likely comment that the writer would have made, based on the boy's reaction to the mismatched shoes.

(a) "Why are your shoes mismatched? That's not a good look."

(b) "Don't worry about your shoes, you can wear a matching pair later."

(c) "I like your shoes. What matters is that they protect your feet."

(d) "Have you chosen to mismatch your shoes?"

VI. Complete the sentence with ONE word.

The phrase "he answers simply", suggests that the boy's response to the writer's question about why he wasn't wearing chappals was .

10. Answer any five of the following six questions in 40 50 words each: (5x 2=10)

I. What can be inferred from Rajendra Prasad's recorded upshot of the lawyer consultations, at Motihari?
(Indigo)

II. Douglas uses sensory details to create a vivid image of the unfortunate experience in the pool. What might be the impact on the reader if the narration were more informative than sensory?
(Deep Water)

III. How does the setting of the remote forest location in "The Rattrap" contribute to the overall tone and mood of the story? (Rattrap)

IV. What do you understand by 'interstices'? How does Umberto Eco utilise his interstices? (Interview)

V. "One of these days you are going to talk yourself into a load of trouble;" her father said aggressively. What do you learn about Sophie's father from these lines? (Going Places)

VI. How does Subbu's character reflect both creativity and loyalty in *Poets and Pancakes*?

11. Answer any two of the following three questions in 40 -50 words each: (2x 2=4)

I. What impact is Mr. Lamb's death likely to have on Derry's future emotional development and social integration? (On the face of it)

II. How does the inclusion of the "Toy Tiger" in the climax of Kalki's "The Tiger King" function as a satirical device to highlight the Maharaja's fatal hubris and ultimately underscore the central irony of his life? (The Tiger King)

III. How did Zitkala-Sa find the 'eating by formula' a hard trial? (Memories of Childhood)

12. Answer any one of the following two questions, in about 120-150 words. (1x 5=5)

A. In *Keeping Quiet*, Neruda suggests that silence and stillness can lead to profound self-discovery. Explain how the poem encourages individuals and nations to reassess their actions.

OR

B. Several characters across the literature texts undergo a moment of realisation that transforms their understanding of life.

Discuss how any two of the following characters arrive at such a moment of revelation:

-The rattrap peddler (*The Rattrap*)

-Douglas (*Deep Water*)

-The poet in *My Mother at Sixty-six*

-Franz in (*The Last Lesson*)

Explain:

- What triggers their realisation- how it changes their attitude or emotions- how it contributes to the message of the text

13. Answer any one of the following two questions, in about 120-150 words. (1x 5=5)

A. The influence of belief in traditions such as religion, family bonds and patriotism can be used to develop narrative techniques like setting, motivation, sources of conflict, and pacing. Analyse how the writer has incorporated such influences to good effect in the story, *The Enemy*. Support your answer with valid textual evidence. (Enemy)

OR

B. To what extent do Jack Finney's use of stream of consciousness and the blurring of fantasy and reality serve as the primary narrative engine for conveying Charlie's profound need for escapism and his idealized view of the past? (The Third Level)

*****ALL THE BEST*****