



B.K. BIRLA CENTRE FOR EDUCATION

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



TERM 1 2025-26

GRADE V

ENGLISH

Class: V

Date: 08.09.25

Admission no:

Time: 3hr

Max Marks: 80

Roll no:

General Instructions:

1. The question paper contains four section- Reading Skills, Writing Skills, Grammar and Literature.
2. Attempt questions based on specific instructions for each part.

Section A: Reading Skills

1. Read the passage carefully then answer the question:

(12 marks)

The Benefits of Eating Healthy Food

Eating healthy food is one of the simplest yet most powerful ways to take care of the human body. A balanced diet that includes fruits, vegetables, whole grains, lean proteins, and adequate water not only provides energy but also protects against various illnesses. Unlike processed or junk food, which is often high in sugar, salt, and unhealthy fats, nutritious food supplies essential vitamins, minerals, and fiber that strengthen the immune system and improve overall well-being.

One of the greatest benefits of eating healthy food is the maintenance of a healthy weight. Obesity is a growing problem worldwide, leading to diseases such as diabetes, heart problems, and high blood pressure. Choosing fresh and natural food helps in controlling weight without extreme dieting. Moreover, foods like leafy greens, nuts, and fish are known to improve brain function, memory, and concentration, which is especially useful for students and working professionals.

Healthy eating also supports mental health. Studies show that people who consume a diet rich in fruits, vegetables, and whole grains are less likely to suffer from depression and anxiety. This is because nutrients such as omega-3 fatty acids, magnesium, and antioxidants play a key role in regulating mood. Additionally, healthy food contributes to better digestion, glowing skin, stronger bones, and higher energy levels throughout the day.

In the long run, good food habits prevent chronic illnesses, reduce medical expenses, and increase life expectancy. Simply put, eating healthy is an investment in one's future. Therefore, making wise food choices today can guarantee a healthier, happier, and more productive tomorrow.

I. What is the main idea of the passage?

(1)

- a) Benefits of healthy eating.
- c) Junk food recipes

- b) Cooking methods
- d) Food festivals

II. What is a balanced diet? Balanced diet comprises of- (1)

- a) Fruits, Whole grains,
- b) high sugar
- c) Unhealthy fats
- d) food heavy salt.

III. What does healthy food mainly provide? (1)

- a) Essential nutrients
- b) Entertainment
- c) More sugar
- d) Empty calories

IV. Eating healthy helps in maintaining: (1)

- a) Healthy weight
- b) Obesity
- c) Laziness
- d) Fast food habits

V. Which foods improve brain function? (1)

- a) Leafy greens, nuts, and fish
- b) Ice cream and chips
- c) Soda and candy
- d) Fried snacks

VI. Complete the sentence- Healthy food contributes to _____ digestion. (1)

VII. Which nutrients play a key role in regulating mood? (2)

VIII. Why is eating healthy called an investment in the future? (2)

IX. What is the simplest yet most powerful ways to take care of the human body? (2)

2. Read the passage and answer the questions. (10 Marks)

Pollution – A Growing Threat

Pollution, a by-product of rapid industrialization and urban expansion, has emerged as one of the gravest threats to our planet. It contaminates the air we breathe, the water we drink, and the soil that sustains our crops. With an ever-increasing human population, the demand for energy, transportation, and manufactured goods has led to a significant rise in harmful emissions and waste.

Air pollution, primarily caused by vehicular emissions and industrial discharges, leads to respiratory diseases and environmental degradation. Water bodies are being choked with plastic, oil spills, and chemical waste, rendering them hazardous for marine life and human consumption. Soil pollution, often overlooked, hampers agricultural productivity and leads to bioaccumulation of toxins in the food chain.

The consequences of pollution are far-reaching. Rising global temperatures, melting ice caps, and frequent natural calamities are closely linked to environmental contamination. Despite international efforts and environmental policies, pollution continues to escalate due to poor enforcement and public apathy.

To combat this menace, a multi-pronged approach is essential. Sustainable practices, strict regulations, public awareness, and innovative technologies must work hand in hand. Only by fostering a collective sense of responsibility can humanity hope to reverse the damage and preserve the planet for future generations.

I. What is the main cause of pollution mentioned in the passage? (1)

- a) Natural disasters b) Industrialization and urbanization
c) Overpopulation d) Deforestation

II. What hinders the success of environmental policies? (1)

- a) Climate changes b) Lack of technology
c) Poor enforcement and public apathy d) Global cooperation

III. What does water pollution primarily affect? (1)

- a) Wildlife on land b) Forests
- c) Marine life and human consumption d) Air quality

IV. What is the primary source of air pollution? (1)

- a) Plastic waste
b) Soil contamination
c) Vehicular emissions and industrial discharge
d) Agricultural activities

IV. Why is soil pollution a serious concern? (2)

V. Mention any two main types of pollution discussed in the passage? (2)

VI. What are the causes of water pollution mentioned in the passage? (2)

SECTION B-WRITING SKILL

(22 marks)

3. Picture Composition- Write in 10-15 lines what you understand about the given picture and describe what all you can see in the picture. (3)



4. With the help of the given help words, create a readable story: (1/2 x8=4)

The Mysterious Forest

Hint Words: (Use all or any of the words in the blanks below):

dog, forest, map, lost, treasure, friend, cave, adventure

One sunny morning, I decided to go on an 1. _____ with my best 2. _____. We packed some snacks and brought along my 3. _____ named Max. As we were walking near the 4. _____, Max started barking and digging in the ground. To our surprise, we found an old, dusty 5. _____!

The map showed a secret path leading to a hidden 6. _____. Excited, we followed the path, but soon we realized we were completely 7. _____. Just then, we saw a dark 8. _____ hidden behind some trees.

We looked around; unsure of what to do next...suddenly I woke up and realized that it was a dream.

5) Write an informal letter to your friend thanking him/her them for a wonderful and useful gift given on Friendship Day. (7)

6) Picture Composition. (8)



The picture given hereby requires you to write a short story based on the given picture in about 50- 70 words.

Section C Grammar

(10 Marks)

7. Identify the Tense in the sentence: (3)

- a. I will study for the test tomorrow.
- b. She is playing the piano beautifully
- c. I will be traveling to London next month.

8. Underline common noun(s) and proper nouns(s) in the given passage- (4)

a) Recently, Alice and Arun visited the museum in New York. They were very happy and they enjoyed going there.

9. Fill in the blanks with "a," "an," or "the". (3)

- a. We visited ___ museum last week.
- b. I found ___ egg in the nest.
- c. There is ___ spider on the wall!

Section D -Literature

(26 Marks)

10. Read the given extract and answer the questions briefly. (2x4=8)

A) “Oh, Jo, how could you do this? My dear girl, there was no need of this, but I love you dearly for it!” exclaimed Mrs March.

“My head feels deliciously light and cool, and I’m satisfied with what I have done. So please take the money and let’s have supper,” Jo replied. “What made you do it?” asked Amy.

I. How did Mrs March respond to Jo’s decision to sell her hair? (1)

II. Give the meanings for the following: 1) anxious- _____ (1)

III. Make sentence with the given word: 1) heartily- _____ (1)

IV. Write true or false, if false write the correct answer:

a) Meg decides to sell her hair to help her father financially- _____ (1)

B) I saw you toss the kites on high
 And blow the birds about the sky;
 And all around I heard you pass,
 Like ladies' skirts across the grass—
 O wind, a-blowing all day long,
 O wind, that sings so loud a song!"
 "I saw the different things you did,
 But always you yourself you hide.

With reference to context answer the following questions:

- I.** The wind does so many things, mention any one thing as an answer. (1)
- II.** Find and write one rhyming word from the passage itself for each of the following: (1)
- a) long- _____, b) grass- _____
- III.** Write the antonym for: (1)
- a) Day- _____ b) Always- _____
- IV.** Make sentence with the word- (1)
- a) kite-

11. Answer any five of the following six questions: (2x5=10)

- I.** What does Mrs March's statement "There's always light behind the cloud," suggest about her outlook on life?
- II.** What kind of toys did Manu and Ma make?
- III.** Which actions of the little people of Lilliputians indicate that they were soft hearted?
- IV.** Why was Colin happy to be out of his room?
- V.** How did Gulliver's relationship with the Lilliputians evolve overtime?
- VI.** How does Mrs March react to the news about her husband?

12. Answer in 100-150 words any 1 of the following. (8x1=8)

- I.** Write the summary of the poem "The Wind".
- II.** What do you learn from Jo's character in the story "Selfless Jo"?

-----All the Best-----