

The yellow/green provide more protection for the eyes. These foods contain lutein and zeaxanthin, and may help fight cataracts and muscular degeneration. These include mustard or turnip greens, cucumbers (with skin), greenbeans/peas lettuce and spinach.

Green foods pack natural chemicals called isothiocyanates, such as sulforaphane and indoles all of which stimulate production of cancer fighting liver enzymes. Broccoli or broccoli sprouts, cabbage, cauliflower belong to it.

Garlic and onion contain allicin, a tumour fighter. Mushrooms have other diseases-battling chemicals. These veggies are rich in flavonoids, which protect against cell damage : asparagus, celery, leeks.

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4. Make a sentence with each of the following pairs of words to bring out their meaning-difference (any five) :

- (a) bail, bale (b) chord, cord
(c) desert, dessert (d) fare, fair
(e) judicious, judicial (f) waist, waste.

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5. Convert the following into Indirect Speech :

- (i) My mother says, "If you don't study till evening you will be punished".
(ii) He said to me, "What are you doing" ?
(iii) She said to him, 'Please wait here till I return.'
(iv) He shouted, 'Let me go.'
(v) Alice said, 'How clever I am!'

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6. Fill in the blanks with correct form of verb :

- (a) The jury _____ divided in their opinions.
(b) There _____ many objections to the plan.
(c) No news _____ good news.
(d) One hundred rupees _____ too much for this pen.
(e) If I _____ a millionaire, I would be very happy.

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1(CCEM)0
General English
(101)

Time : Three Hours]

[Maximum Marks : 300

- Note** :— (i) Answers must be written in English.
(ii) Number of marks carried by each question is indicated at the end of each question.
(iii) Part/Parts of the same question must be answered together and must not be interposed between answers to other questions.
(iv) Candidates should attempt **all** questions.
(v) If you encounter any typographical error, please read it as it appears in the text-book.

1. Write an essay of about 400 words on any **one** of the following :

- (a) Value education - A remedy for social evils
(b) Obesity : An international problem
(c) Rising prices of essential commodities
(d) Internet - biggest invention of our times
(e) My favourite author.

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2. Read the following passage and answer the questions that follow, in your own words :

The general conflict in a modern man's life is born from the terrific pace of technological development. Old-day value systems appear to have crumbled under this mind-boggling speed. Many contemporary thinkers have said that this technological progress is detrimental to a man's mental and spiritual well-being. No amount of scientific progress or for that matter progress in any branch of knowledge can

be harmful if people keep one goal in sight-the goal of happiness of all people and the welfare of all. Such an approach in all scientific and technological endeavours by mankind can be maintained only if people are conscious of their spiritual core; man is basically a spiritual being. Even those who do not believe in God or religion are spiritual in their core.

This reality is undeniable. See how Russians who had condemned religion as the opium of the masses have started going to Churches again. Going to Church is a spiritual practice as going to any place of worship is. Hence there should be no rivalry or competition between religions.

Can there be a universal code of conduct for the whole of mankind in the present age when the world has become a global village, thanks to technology ? The answer is yes. Dharma is only one and its paths are many. A universal code of conduct can only be based on truth, non-violence and compassion.

Service to the poor and the downtrodden in society is very important, but service to the poor must be free from political motives, because they create a great divide in our society as well as perpetuate the distinction based on caste and creed.

- (a) What is the 'conflict' about ? How does it affect human life ?
- (b) How can the technological progress be useful to mankind ?
- (c) What is the significance of a place of worship ?
- (d) What change has come into the lives of the people of Russia ?
- (e) Make sentences of your own on the following words :
 - (i) Conflict
 - (ii) Undeniable
 - (iii) Spiritual

3. Read the following passage and make a precis of it in about 150 words (use your own words) :

Colour is the key to good nutrition. As a Physician who has studied nutrition and cancer prevention for more than 20 years, I believe our careless diet accounts for most common diseases including heart disease, cancer and diabetes-an epidemic of obesity and diabetes.

But here is a shocker : Eating fruits and vegetables every day won't guarantee you're getting enough essential nutrients. Iceberg lettuce and your favourite french fries, for instance, are hardly nutrients. A big clue : they lack colour. Produce that comes in vivid hues contain an arsenal of disease-fighting chemicals called phytonutrients.

To get enough of these vital ingredients just add a single serving (a piece of fruit, cut of juice, one to two cups of vegetables) from each of these seven colour families to your usual whole grains, protein and healthy fats. It couldn't be simpler.

Patients tell me this colour-coded plan doesn't feel like a diet- yet you'll probably drop a few kilos as fruits and vegetables naturally; edge out higher-calorie breads and snacks. You are also to up your intake of vitamins, minerals and fibre.

Red/purple foods contain anthocyanine, powerful antioxidants that may cut your risk of heart disease and stroke by inhibiting dot formation. Cherries, brinjal, plum, prunes, raspberries, red apples, red cabbages and strawberries are some of them.

Red coloured tomatoes or any tomato based food-even sauces or ketchup-provide a hefty dose of lycopene, a cancer fighting antioxidant, Guava, pink grape fruit and watermelon may also be tried.

The betacarotene in orange foods boosts eye and skin health and may decrease risk for certain cancers. These are apricots, carrots, mango, pumpkin and sweet potato. Orange papaya, peaches and pineapples are orange/yellow. These are rich in beta cryptoxanthin, an oxidant that protects cells from damage.