

St. Andrews Scots Sr. Sec. School

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Session: 2025- 2026

WORKSHEET

Class - IX

Subject - English

Topic - GRAMMAR WORKSHEET 11

Q1. Read the passages given below and answer the following questions -

A. The choices we make on a daily basis—wearing a seatbelt, lifting heavy objects correctly or purposely staying out of any dangerous situation—can either ensure our safety or bring about potentially harmful circumstances.

You and I need to make a decision that we are going to get our lives in order. Exercising self-control, self-discipline and establishing boundaries and borders in our lives are some of the most important things we can do. A life without discipline is one that's filled with carelessness.

We can think it's kind of exciting to live life on the edge. We like the image of "Yeah! That's me! Living on the edge! Woo-hoo!" It's become a popular way to look at life. But if you see, even highways have lines, which provide margins for our safety while we're driving. If we go over one side, we'll go into the ditch. If we cross over the line in the middle, we could get killed. And we like those lines because they help to keep us safe. Sometimes we don't even realize how lines help to keep us safe.

I'm not proud of this, but for the first 20 years of my life at work, I ignored my limits. I felt horrible, physically, most of the time. I used to tell myself, "I know I have limits and that I've reached them, but I'm going to ignore them and see if or how long I can get by with it." I ran to doctors, trying to make myself feel better through pills, vitamins, natural stuff and anything I could get my hands on. Some of the doctors would tell me, "It's just stress." That just made me mad. I thought stress meant you don't like what you do or can't handle life, and I love what I do. But I kept pushing myself, travelling, doing speaking engagements and so on— simply exhausting myself.

Finally, I understood I was living an unsustainable life and needed to make some changes in my outlook and lifestyle.

You and I don't have to be like everyone else or keep up with anyone else. Each of us needs to be exactly the way we are, and we don't have to apologize for it. We're not all alike, and we need to find a comfort zone in which we can enjoy our lives instead of making ourselves sick with an overload of stress and pressure.

Q1) Which of the characteristics are apt about the writer in the following context: "I know I have limits and that I've reached them, but I'm going to ignore them and see if or how long I can get by with it." ?

1. negligent
2. indecisive
3. spontaneous
4. reckless
5. purposeless
6. patient

- a) 2 and 5
- b) 3 and 6
- c) 1 and 4
- d) 2 and 3

Q2) The reason why living on the edge has become popular is because of the-

- a) constant need for something different.
- b) population being much younger.
- c) exhausting effort to make changes.
- d) strong tendency to stay within our limits.

Q3) The phrase "potentially harmful circumstances" refers to circumstances that can-

- (a) certainly be dangerous.
- (b) be fairly dangerous.
- (c) be possibly dangerous.
- (d) seldom be dangerous.

Q4). Choose the option that correctly states the two meanings of 'outlook', as used in the passage.

1. A person's evaluation of life
2. A person's experiences in life
3. A person's point of view towards life
4. A person's regrets in life
5. A person's general attitude to life

a) (1) and (4)

b) (2) and (3)

c) (3) and (5)

d) (4) and (5)

Q5) Choose the option that best captures the central idea of the passage from the given quotes.

1. It's all about quality of life and finding a happy balance between work and friends.
2. To go beyond is as wrong as to fall short.
3. Life is like riding a bicycle. To keep your balance, you must keep moving.
4. Balance is not something you find. It's something you create.

a) Option (1)

b) Option (2)

c) Option (3)

d) Option (4)

Q6) The author explains the importance of discipline and boundaries in our lives using the example of

a) road accidents.

- b) traffic rules.
- c) lines on the highway.
- d) safe driving.

Q7) The author attempts to _____ the readers through this write-up.

- a) rebuke
- b) question
- c) offer aid to
- d) offer advice to

Q8) What is the message conveyed in the last paragraph of the passage?

- a) Love what you do.
- b) Love yourself to love others.
- c) Be the best version of yourself.
- d) Be yourself

Q9) Which of the following will be the most appropriate title for the passage?

- a) Much too soon
- b) Enough is enough
- c) How much is too much?
- d) Have enough to do?

Q10) The author uses colloquial words such as “yeah” and “Woo-hoo!”. Which of the following is NOT a colloquial word?

- a) hooked
- b) guy
- c) stuff

d) stress

B. Power foods are foods that provide rich levels of nutrients like fibre, potassium and minerals. With people becoming increasingly health conscious today, a lot of fitness trainers encourage their clients to include these foods in their daily diet to increase muscle development. There are various ways of incorporating power foods in your daily diet. Of course, the key to enjoying power foods is proper preparation of these foods, the use of season-fresh foods, and identifying your choice of flavour among power foods.

Some of the recommended power food combinations are those that are prepared in our kitchens on a regular basis. Take for instance, the combination of chickpeas and onions. This combination is a powerful source of iron which is required by the body to transport oxygen to its various parts. Iron deficiency can lead to anemia, fatigue, brain fog and tiredness. A study by the Journal of Agricultural and Food Chemistry says that sulphur compounds in onion and garlic help in the absorption of iron and zinc from chickpeas. The combination is a hit with teenagers who need to be diligent about getting iron in their diet. A quick way to prepare this power food is to make a chickpea salad with chopped onions, chaat masala and cilantro.

Another favourite combination with power food takers is yoghurt and bananas. This makes for a perfect snack after a rough game of football. Exercising burns glucose and thus lowers blood sugar. Yoghurt is packed with proteins that help preserve muscle mass, and bananas are packed with carbohydrates that help in refuelling energy and preventing muscle soreness. A quick and easy recipe with bananas is a banana smoothie topped with cool yoghurt. Among beverages, green tea is the best source of catechins that are effective in halting oxidative damage to cells. According to researchers at Purdue University, adding a dash of lemon juice to green tea makes the catechins even more easily absorbable by the body. So, the next time you have friends, serve them rounds of iced green tea with mint and lemon juice.

- (a) What are power foods ?
- (b) What are the rules regarding the partaking of power foods ?
- (c) What is the advantage of including onions and garlic in our diet ?
- (d) Suggest a quick recipe with chickpea and onions.
- (e) Why is yoghurt and bananas an enriching power food ?
- (f) Why is green tea a recommended power food ?
- (g) What is the advantage of combining green tea with lemon juice ?
- (h) What is the key to enjoying power foods in a wholesome way ?

C. These days, it is not unusual to see people listening to music or using their electronic gadgets while crossing busy roads or travelling on public transports, regardless of the risks involved. I have often wondered why they take such risks : is it because they want to exude a sense of independence, or is it that they want to tell the world to stop bothering them ? Or is it

that they just want to show how cool they are ? Whether it is a workman or an executive, earphones have become an inseparable part of our lives, sometimes even leading to tragicomic situations.

The other day, an electrician came to our house to fix something. We told him in detail what needed to be done. But after he left, I found that the man had done almost nothing. It later turned out that he could not hear our directions clearly because he had an earphone on. Hundreds of such earphones addicts commute by the Delhi Metro every day. While one should not begrudge anyone their moments of privacy or their love for music, the fact is 'iPod oblivion' can sometimes be very dangerous.

Recently, I was travelling with my wife on the Delhi Metro. Since the train was approaching the last station, there weren't too many passengers. In our compartment, other than us, there were only two women sitting on the other side of the aisle. And then suddenly, I spotted a duffel bag. The bomb scare lasted for several minutes. Then suddenly, a youth emerged from nowhere and picked up the bag. When we tried to stop him, he looked at us, surprised. Then he took off his earpieces, lifted the bag, and told us that the bag belonged to him and that he was going to get off at the next station.

We were stunned but recovered in time to ask him where he was all this while. His answer : he was in the compartment, leaning against the door totally immersed in the music. He had no clue about what was going on around him. When he got off, earplugs in his hand, we could hear strains of the song.

- (i) What reasons does the author offer for the people taking risks on the road ?
- (ii) Why didn't the electrician carry out the work properly ?
- (iii) Why were the people in the Metro doubtful about the bag ?
- (iv) Why were the passengers stunned ?
- (v) Explain the term 'earphone addicts'?