

**DAV PUBLIC SCHOOL, POKHARIPUT
PERIODIC TEST –III**

SUB-ENGLISH

CLASS-VIII

TIME-1.30 MN

General Instructions-:

- **This question has two sections –Section A(MCQs)
Section B(Literature Short Answer)**
- **Adhere to the word limits.**
- **All questions are compulsory**

SECTION -A

A.Read the passage carefully and answer the questions by choosing the best option.

Exercising regularly is good for your mind as well as your body. Exercise can help prevent and treat some mental health conditions. It's thought that physical activity can reduce your risk of developing depression and dementia.

Exercise can help relieve stress and anxiety, and improve your mood. This is because exercise has an effect on certain chemicals in your brain, such as dopamine and serotonin, which can affect your mood and thinking.

Joining a walking club or Zumba class is a great way to meet people and be sociable, which can do wonders for your wellbeing. Exercising with others is also motivational, so you're more likely to stick at it.

You're likely to feel happier, calmer, have an improved self-image and a better sense of wellbeing if you're physically active. Exercise can also help you get a better night's sleep.

Physical health and mental health go hand in hand. If you have a long-term physical illness, you're at risk of developing a mental health problem such as anxiety or depression and vice versa. Having a mental health problem puts you at a greatest risk of heart disease and respiratory diseases. So staying physically active helps to protect both your physical and mental health.

1.Which of the following is not a benefit of exercise ?

- a) Relax mind b) improve body c)excess weight gain d) relieve stress

2.Mention the chemicals which have affects on your brain while doing exercise.

- a) Dopamine and serotonin b)hydrogen and nitrogen c)oxygen and carbon
d) none of these

3.Which habits can make you more sociable ?

- a) Joining walking club b) joining Zumba classes c) joining yoga classes d)
all the above

4. How mental health can be danger for you ?

- a) It causes heart Dieses b) respiratory dieses c) psychological problem d)
All the above

5. Find out the word in the passage which means “Stop”.

- a) Motivational b) depression c) prevent d) developing

B. Read the passage carefully and answer the questions by choosing the best option.

Good reading habits are the most beneficial habits a person can have. It is not only useful in gaining knowledge but also improve our social status. The more we read, the wiser we become and hence the more recognition we get in the society. Good reading also makes us competitive and argumentative.

It also improves your vocabulary and lets you learn new words every time you sit down to read. Reading good books is a way to progress and prosper in life. Whatever language you chose, reading a book is always helpful.

Reading elevates your thinking and takes you to a whole new level of knowledge and confidence. It lets you look at life and success from a whole new perspective. Children who have access to good reading books are seen to be more productive, creative and quick learners.

Books give us access to more information than a lecture that runs for an hour or two. You just have to develop good reading habits in you, by some method or the other. First, pick a book of the subject or genre you like. Getting your eyes on a book of your choice will help inculcate good reading habits in you.

6. Reading helps in _____ and _____

- a) gaining knowledge and social status b) making wiser and smarter c) being competitive and argumentative d) All the above

7. What happens to students who read books?

- a) Creative b) quarrelsome c) jealous d) dominating

8. What helps you to prosper in life?

- a) spending time in reading b) choosing a good book c) choosing a good room d) choosing a study table

9. In this passage, book has been compare with _____

- a) laptop b) lecture c) desktop d) none of the above

10. Find out the word from the passage which means “class /category”.

- a) Genre b) status c) lecture d) inculcate

C. Read the question carefully and fill the paragraph by choosing the right option .

How to make Kadha (Herbal drink)

To begin with, take water in a deep saucepan and boil it. In the meantime, crush ginger, cloves, black pepper and cinnamon in a mortar and pestle. Once the water boils, add all the crushed ingredients along with basil leaves to the saucepan. Cook on medium heat for about 20 minutes or till the decoction is reduced to half. Strain it in glass and pour honey. Your homemade kadha is ready.

First of all water (11) _____ and boiled .In the meanwhile ginger, cloves, black pepper(12) _____in a mortar and pestle. Then all the crushed ingredients with basil leaves (13)_____ to the saucepan. Now it (14) _____ for 20 minutes .The liquid is strained and one spoon honey (15)_____.Kadha is ready.

11.(a) are taken (b) is taken (c) has taken (d) takes

12.(a) are crushed (b) is crushed (c) crushes (d) is crushing

13. (a) are added (b) is added (c) added (d) adds

14.(a) cooks (b) cooked (c) is cooked (d) are cooked

15.(a) are poured (b) is poured (c) will be poured (d) pours

D.Fill the blank by using the most appropriate answer.

I brought a car ___I need for my job._____ I don't know how to drive _____I need it .I decided to buy an expensive one _____ I did not have money at that time .Finally I am happy _____I got a car.

16.(a)For (b)because (c) that (d) but

17. (a)Although (b) however (c) because (d) for

18.(a)Still (b)For (c)because (d) that

19.(a)For (b)because (c) that (d) but

20.(a)Which (b) who (c) that (d) so

SECTION B

E. Answer the following question within 40 to 60 words.(10x2=12)

21.Explain the line “the truth where by the Nation live.”(Children’s song)

22.What quality you need to be like William Morris?(The Case Of the Sharp-Eyed Jeweller)

23.My hobby is perhaps a little out of the ordinary. Explain ?(The Case Of the Sharp-Eyed Jeweller)

24. 'I considered this as downright mean and dishonest.' What did the narrator consider to be mean and dishonest? (The Undeserved Reward)
25. What do the words "head, heart and hand" refer to? (The Children's song)
26. Why does the poet call his motherland "land of faith and pride"? (Children's song)
27. Why had Mr. Reginer set a high price on the flower ring? (The case of the Sharp-Eyed Jeweler)
28. Rewards should be given to those who deserve them. Explain. (The Undeserved Reward)
29. Why does the writer feel sorry at the mentality of his countrymen? (The Undeserved Reward)