



ANANDALAYA

Weekly Test 2

Class : IV

Subject : ENGLISH

Date : 27/10/2015

M.M : 25

Time : 1 Hour

Name : _____

Section : _____ Roll No.: _____

Section A (Reading)

1. Food plays an important role in keeping you healthy. Here are some important facts.

How Much Food Do You Need Each Day?

The amount of food you need each day depends somewhat on your age, sex, size, and the amount of physical activity you engage in.

Young people need more food in proportion to their weight than adults do. This is because they are using additional energy for growing and building new tissue. Boys generally seem to need more calories than girls. A calorie is the unit of heat used to measure energy supplied by food. A large person usually needs more calories than a small person.

A very active person burns up more calories than someone who gets little exercise. You may use up 350 calories or more per hour while swimming, playing tennis or football, running or bicycling. But you will use only 80 to 100 calories per hour while watching TV.

Contrary to what many people think, mental activity and hard concentration do not require extra food. There are tables based on studies of human nutrition needs. They show about how many calories fairly active people of average size and weight require.

Unless you are underweight or overweight, you probably don't need to count calories. But it is helpful to be aware of the approximate number of calories available in different foods.

- A.1 Match the following.

1. Young people need	a. does not consume many calories
2. A very active person	b. only if you are under weight or over weight
3. Mental activity	c. needs more calories
4. You need to count calories	d. food related to weight

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- A.2 Answer these questions.

- a. Which is the best activity for a student? Watching T.V. or playing different games?
Give a reason for it.

1

- b. What is a calorie?

1

- c. Find the words from the passage which mean the following:

1. The action of focusing your attention on something _____

1

2. The process of eating food necessary for life _____

Section B (writing)

2. Our earth is the only planet which has the most precious liquid that is the WATER. Write in a paragraph on The importance of water in our lives.

Section C (Grammar)

3. Here is a letter Neelima has written to her friend Anamika. Complete the letter with the past tense forms of the verbs in brackets. One has been done as an example. 3

Dear Anamika

Just a note about something interesting that happened yesterday.

Last evening I was reading a book in bed. Suddenly a rubber ball a) came (come) flying through the balcony door. I b) _____ (get) up and c) _____ (pick) it up and d) _____ (look) over the balcony. Down below e) _____ (stand) a boy looking up at the balcony. I f) _____ (ask) him if it g) _____ (be) his ball. You know what he said? “No. But if you return it, it will be mine.”

Wasn't he clever!

Have a good day. Give my regards to uncle and aunt. Bye!
Neelima

4. Complete the story using suitable words from the box.

2

hungry cruel wealthy dense strange

Once upon a time there lived in Greece a) _____ man who had a slave called Androcles. The master was very b) _____ and treated Androcles like a beast. Tired of this torture, Androcles ran away to the c) _____ forests. There he saw a lion groaning in pain because of a thorn in his paw. Androcles drew courage and pulled the thorn out. Long before, Androcles was caught again. He was brought before the king who punished him by throwing him in front of a d) _____ lion. The lion roared and rushed towards Androcles. Strangely enough for the audience, the lion licked his hand instead of killing him. The king was amazed to learn the truth and released Androcles giving him his freedom.

Section D (Literature)

5. Write words from the lesson which mean the following

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1 Sweet liquid produced by flowers: _____

2 A person who is not your friend: _____

3 An ornament worn round the neck: _____

4 Dried grass given to animals: _____

6. Make meaningful sentences using the following words.

3

1. hunted

2 .delighted

3. brought

7. Read the given extract and answer the following: 1
1. "You are a true friend!"
Who said this to whom?

2. When was this said? 1

Answer the following questions:

1. How did the poor miller try to impress the king? 1

2. Why did the little man get angry at the queen? 1

3. Who is called the enemy of our forests? Why? 1
