

INDIAN SCHOOL MUSCAT
1ST ASSESSMENT REVISION WORKSHEET
STD – XII (2017-18)
ENGLISH

1. Read the passage given below carefully:

1. For lasting and clear eyesight, eyes need care in the form of preventive measures, a continuous life-long exercise. Eyes don't just see, they do the talking. This is why of all our senses the most precious is eyesight. Eyes need care in the form of prevention, and knowing some preventive methods in eye care can make your eyes look bright and healthy and leave you with excellent eyesight.

2. How do we keep eyes bright and healthy? Eat good helpings of vegetables, fruits, omega-3 fatty acids, beta carotenes with vitamins A, C and E, enjoy good sleep and avoid direct sunlight. Therefore, good habits and good general health care does play a major role in eye care. Eyes are windows to the human body; while you look out through this window, we, the eye doctors, can look in to find conditions such as glaucoma, abnormal blood pressures, diabetes, heart diseases and other health concerns much before you notice its adverse impact, and help you take preventive measures.

3. It is never too early to begin eye checkups. Throw a torchlight from different directions and look for fixation in newborns and, if in doubt, take the baby to an eye specialist. By the time a child is four, it is imperative to have a check up every year to look for squint, signs of opacity brought in by cataracts and minus or plus powers to decide whether or not glasses are needed. Ultraviolet- protective sunglasses from childhood can help protect eyes from the harmful UV rays. Once in the teens, contact lenses can be worn in place of glasses, but never sleep with them on as they reduce the supply of air and blood to the cornea and can damage eyes. When in 20s, you can get rid of glasses with lasers, Lasik or permanent contact lenses.

4. An emerging and alarming trend is the Computer Eye Syndrome, which appears to be catching on in early adult life. We cannot escape the use of computers but, sadly, our eyes are not designed to cope with these screens. Continuous staring at the monitors reduces blinking, causes strain to the eyes and can lead to dry eyes as well. Therefore, it is always better to take a break of 10 minutes every hour and look at distant objects such as the landscapes or even television. Glaucoma or raised pressure in eyes and diabetic retinopathy are silent killers of eyesight. Therefore, checking eyes once every six months is essential. If afflicted with diabetes, diet, exercise and drugs are to be remembered in that order to keep the doctor away.

5. Around the age of 40, more or less everybody requires reading glasses, a condition known as presbyopia. But now you can get rid of these glasses as well, with lasers called INTRACOR and SUPRACOR. One can develop cataract - defined as the loss of transparency in the natural lens of the eye - at any age, but it usually strikes in old age. It is treated by replacing the opaque lens with an artificial lens called the intra-ocular lens. The latest in -21- cataract removal techniques is called femto second laser assisted cataract surgery, which is blade-free, hands-free and makes the operation precise, safe and accurate. That said, eye care is, inevitably, a continuous exercise through life.

1.1 On the basis of your understanding of this passage, answer the following questions with the help of the given options:

- a) We keep our eyes bright and healthy by:
- (i) playing in the sun
 - (ii) wearing spectacles

- (iii) rubbing our eyes frequently
 - (iv) eating good helping of vegetables and fruit
- b) By examining the eyes, the doctors can detect health conditions like :
- (i) fractures
 - (ii) sinus
 - (iii) glaucoma
 - (iv) tonsillitis

1.2 Answer the following questions briefly:

- a) State any two ways in which we can keep our eyes bright and healthy.
- b) What will prevent eyes from harmful UV Rays?
- c) What is 'Cataract'?

1.3 Find words from the passage which mean the same as:

- a. Negative and unpleasant (Para 2)
 - b. Grievously affected especially by disease (Para 4)
2. Imagine you are a member of RED CROSS Blood Bank Society, Bangalore. You have been asked by the President of the society, Mr. Manish Nair to organize a Blood Donation Camp. Write a **notice** in 50 words urging the people to come in large numbers for this noble cause.
3. M/s Blue Towers, a readymade jeans company is launching their 2017 range of jeans for men and women. Draft an attractive **advertisement**.
4. Draft a **poster** announcing a 'Book Week' being organized by the Cultural Society, Ahmedabad.
5. Write a letter to the Corporation authorities of South Chennai to **complain** about the general unsustainable growth of building activities in South Chennai with poor parking and other civic amenities to support it. Urge them to plan with a long-term view.
6. You are the Manager of Fitness Club of Gandhi Road, Hyderabad. Write a letter to M/s Rex Sports Co, Bangalore, **placing an order** for a minimum of 4 fitness equipments with details.
7. Write a letter to the librarian of the District Library in your town **asking for details** regarding membership. Also ask about the timings and rules and regulations of the library.
8. Write a letter to the **Editor** of a national daily inviting the attention of the authorities towards the increasing Environmental pollution in your city.
9. Water is very precious. Some scientists even go to the extent of saying that the Third World War may be fought on the issue of water. Write a **speech** in 150-200 words expressing your views to be delivered in the morning assembly in your school.
10. It is really a do or die struggle when we talk about environmental concerns. As an active member of the Green Club of your school write an **article** in about 150 – 200 words on your concerns and the need for change in our attitude and practices.
