

Chhattisgarh Board Of Secondary Education, Raipur

Academic Session 2020–21 Month October

Assignment – 02

Class - 12th

Subject - English

पूर्णांक-20

निर्देश :- दिए गए प्रश्नों को निर्देशानुसार हल कीजिए

Instruction :-Please attempt the question as per given instructions.

Q. 1. Why should child labour be eliminated and how?

Mark-4 Word Limit 75-100

Q. 2. Mention the hazards of working in the glass bangles industry?

Mark-4 Word Limit 75-100

Q. 3. How does the world depicted on the classroom walls differ from the world of the slum children?

Mark-4 Word Limit 75-100

Q. 4. Read the passage carefully and on the basis of your understanding make notes on it, using headings and subheadings. Use recognizable abbreviations (Wherever necessary minimum four) Also suggest an appropriate title to it.

Mark-4 Word Limit 75-100

1. Amomon means "fragrant spice plant" in arabic and Hebraic. And in "Italian, Canella means little tube" These are a few of the many terms given to the popular spice known as cinnamon Dating back as far as 2800 B.C. Chinese writings describe cinnamon as an important part of the Culture, so much so that over the years this spice was traded right up there with silver. Now. a-days we find it in sweetened cereals baked goods and sprinkled on various foods such as yoghurt. Yet, many do not. consider its wealth of reading capabilities including the potential as a weight loss remedy.

2. Cinnamon is derived from the inner bark of the cinnamon tree grown and harvested mostly in Srilanka but also found in Brazil, Indonesia, Vietnam, China and Burma. After a cinnamon tree grows for about six to eight years, it is cut down leaving a stump to allow it to grow again making it a very sustainable practice. It is then stripped from the bark, dried and packaged as sticks for export.

Several studies have been published regarding the weight loss properties of cinnamon which include its unique ability to be used for type-2 diabetes which is a disease often resulting from obesity. When eaten, the spice seems to slow down glucose absorption within the intestines while stimulating insulin production. This normalizes blood glucose levels which in turn can indirectly decrease weight gain.

3. A study from the Department of Family and Consumer Sciences called, "Effect of ground cinnamon on after meal blood glucose level in normal weight and obese adults" found the cinnamon may be effective in moderating post meal glucose level in normal weight and obese adults.

4. Columbia University nutritionist Tara Ostrowe comments in Reader's Digest on benefits of this spice, "Cinnamon really is the new skinny food--- Scientists already credit cinnamon in helping lower blood sugar concentration and improving insulin sensitivity. When less sugar is stored as fat, this translates into more help for your body when it comes to weight loss."

Q. 5. Read the passage and write a summary of the passage in about 75 words.

Mark-4 Word Limit 75-100

There are so many lessons one can learn from a dog. Imagine this scenario : it is raining heavily outside and you need to leave for some one's house. The dog is up and eager to go with you. You tell it to stay at home. As you leave, you see it squeezing out through the gap in door

way. You scold it and order it back home. Then at every turn you make, you suddenly see it following you sheepishly at a distance. It follows at the risk of being reprimanded for the mere reason of being some where nearby. How else can we experience so selfless an instance of love and faithfulness? We can learn lifelong lesson from this sincere warm display of perpetual companionship Observe the eating habits of your dog. It does not eat, except when hungry, it does not drink unless it is thirsty. It does not gorge itself. It stops eating when it has had enough. A dog also sets a perfect example of adaptability. If it is moved to a strange place, it is able to adopt itself to that place and to its thousand peculiarities without a murmur of complaint. It is able to learn and adapt to new family's way and customs. It is quick and ready to please. Man, being accustomed to comfort and wealth will be lost, if suddenly stripped of all he is accustomed to.

A dog teaches us a thing or two about, unselfish love. When a dog knows death is approaching, it tries, with its last vestige of strength, to crawl away else where to die in order to burden its owners no more. A dog does things with all vigor. However, when there is no thing to do, it lies down and rests. It does not waste strength and energy needlessly. Many working people are burning the candles at both ends. Many suffer nervous breakdowns due to stress. Perhaps they should learn to rest like a dog does. A dog above all is truly man's best friend.