

**CLASS –IX**

**English**

**Date:-22/04/2020**

**1 Convert the following into indirect speech.**

- A Neil said to Natasha, 'I am all right but you have hurt your arm'.
- B I said, 'The weather is stormy but we can go'.
- C 'Can you answer all the questions?' she said to me.
- D Rani said, 'we have to return home before it gets dark'.
- E 'May i go home now?' I said to the teacher.
- F Lily said to Sam, 'Are you going to Sally's house tomorrow afternoon?'
- G The hostess said to the guest, 'Do sit down'.
- H 'Go and polish your shoes right away. And be back in ten minutes!' shouted the teacher.
- I He said, 'I work in a factory'.
- J 'Don't go near the fire, children' said the mother.

**2 Solve the passage given below**

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9. Read the following passage carefully.

### SET A ROUTINE FOR GOOD HEALTH

(Factual: Instructions)

1. When the body works with the rhythms of nature, then it is able to function at its best. Our body is programmed to work with the cycles of day and night and the seasons throughout the year. If we honour our body by working within these cycles, we are more inclined to have good health, lots of energy and a calm mind.
2. The best time to wake up is between 6 am to 8 am. The first thing, drink a glass of warm water with a squeeze of lemon juice in it.
3. Urinate, then clear your bowel. Make this a habit. After this, wash hands and face. Brush teeth. Scrape the tongue of built-up *amal* (toxin) using a tongue scraper or metal spoon. Scrape gently twice down the middle and once either side of the tongue.
4. Dry body brush yourself for five minutes, starting at the feet and working up the body. Then go for a daily self massage routine using warmed sesame oil. Bathe in warm water, never hot or cold.
5. Then exercise gently—do yoga, walk or breathe in deeply. Dress in clean clothes.
6. Whatever be your choice for breakfast, limit salt intake; avoid oily, fatty, fried foods, alcohol, caffeine, red meat, hot spices, chemicals, preservatives, cheese, yogurt and soya sauce.
7. Before breakfast, sip hot water often throughout the morning, for about 30-60 minutes.
8. Make it a regular routine to have your lunch between 12 midday–1 pm. It goes without saying, clean hands before eating. Lunch needs to be the biggest meal of the day as the digestive fire of *pitta* is at its peak.
9. Consider having 1/8th teaspoon fresh grated ginger with a few drops lemon juice before lunch, and follow with a few sips of warm water. Choose foods such as soups, whole grain breads, grains, salads, steamed or stir-fried vegetables, beans or legumes.
10. Avoid drinking with meals. Warm water can be sipped five minutes after eating to aid digestion. Sit quietly for five minutes after eating. Include a gentle walk of five to 15 minutes to aid digestion.
11. Practice the art of having dinner early—preferable between 6 pm and 7.30 pm. Consider having 1/8th teaspoon fresh grated ginger with a few drops lemon juice before dinner, follow with a few sips of warm water.

12. Eat a light dinner comprising fresh vegetables, salads, cooked vegetables, whole grains, legumes, followed by something sweet.
13. Always leave three hours between dinner and going to bed. Only consume warm herbal teas after dinner or warm water. Try to avoid stressful activity in the evening. Retire to bed by 10–10.30 pm. Do not read, eat or watch TV while eating or in bed.
14. How about trying to limit your intake of animal meat? It really helps to stay fit and have a long healthy life. —Colin Hall, Spa Director Ananda in the Himalayas

**On the basis of the reading of the above passage, answer the following questions briefly:**

1 × 8 = 8

1. When our body functions at its best?
2. Working within the rhythm of nature provides us which things?
3. What should gentle morning exercise include?
4. Why lunch should be the biggest meal of the day?
5. Which things are to be avoided during breakfast?
6. What is recommended by the writer before dinner and lunch?
7. What is the suggestion of the writer at the end?
8. What is the central theme of the passage?



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