



ARMY PUBLIC SCHOOL GWALIOR
CLASS - IX
ACADEMIC SESSION 2022-23
WORKSHEET (SELF –ASSESSMENT)

Subject: English

Assignment No. : 1

Allotment Date: 20 April 2022

S. NO.	QUESTIONS	MARKS	NATURE
Q.1	<p>Read the passage carefully.</p> <p>Like all bad news and the common cold, allergies can pop up when you least expect them. I suddenly developed an allergy to Crocin (paracetamol) some years ago after having it all my life to treat everything from headaches to fever and toothache. A seafood-loving friend found himself unable to breathe after having Thai food for dinner. After undergoing a battery of expensive tests, he was told the chest tightness was not caused by a heart attack but by an allergy to shellfish, something he ate once a week and had never reacted to before.</p> <p>A stuffed or drippy nose, frequent sneezing, an itchy throat, rash, sinus, ear pain, difficulty in breathing, stomach cramps and itchy, red or watery eyes are some of the common symptoms of an allergic reaction. Pollen, dust, polluted outdoor air and indoor pollutants such as dust mites, animal dander, cigarette smoke and mould are among the common environmental pollutants, while other triggers include medicines, paint and chemicals in cleaners and cosmetics such as hair colour and skin creams. Among foods, eight allergens account for almost 90% of food allergies: milk, soy, wheat, egg, peanut, tree nuts, fish, and shellfish.</p> <p>Most of us wrongly believe that people with allergies are either born with the condition or develop identifiable symptoms in early childhood. You couldn't be more wrong. An allergy can occur at any time in your life and experts say its prevalence among adults is rising. While most people who develop allergies as adults have experienced some allergic reaction—either to the</p>	5 M	Understanding

same or an unrelated trigger before—a few have no history of sensitivity.

In an acute immune reaction, the allergy trigger may be one, but the symptom is usually caused by a combination of factors. Stress, a sterile environment that prevents the body from developing robust natural immunity and lifestyle-induced changes in the body's hormonal balance are thought to be some triggers. This is borne out by clinical evidence that shows that women are more likely to develop allergies at puberty, after pregnancy and at menopause, all of which point to hormonal causes.

Of course, avoiding the allergy trigger and taking an anti-allergy medication as soon as you can, after exposure to an allergen is the best possible protection. Since pollen levels generally peak in the morning, people with airway sensitivity and asthma should postpone outdoor exercises to later in the day or stick to exercising indoors as deeper and more rapid breathing induced by aerobic exercise causes more pollen and dust being inhaled, which can wreck your airways and lungs. Since air pollutants tend to cling to clothes and hair, changing your clothes when you come home or washing your hair before going to bed lowers exposure.

Allergies in adults can be treated using some anti-allergic medicines. For those who do not respond to the standard treatment, there's always the option of a series of allergy shots to help the immune system to build up a tolerance to the allergy. In most cases, though, identifying and avoiding the allergen is enough to stay free of trouble.

Based on your understanding of the passage, answer ANY FIVE questions from the six given below.[5]

Q1. What are the common symptoms of an allergic reaction?

Q2. What are among the common environmental pollutants?

Q3. What is an acute immune reaction?

Q4. How can you prevent/treat yourself from getting allergies?

Q5. When can an allergy occur?

Q6. Give the opposite of 'expensive', (para 1)

Q7. What does the word 'prevalence' in para 3 mean?

Q.2 Read the passage carefully.

5

**Critical
Thinking &
Problem
Solving**

What is a healthy diet? Many clinicians find themselves at a loss to answer this common question from patients. The difficulty of offering a simple answer is understandable. The overwhelming volume of data generated by food and nutrition researchers coupled with sometimes contradictory findings, the seeming flip-flops in

5. recommendations, and the flood of misinformation in diet books and the media can make it seem as though explaining the essentials of healthy eating is akin to describing the intricacies of particle physics. That is unfortunate, because there are now enough solid strands of evidence from reliable sources to weave simple but compelling recommendations about diet.

10. In the United States and other developed countries, the average woman can expect to live 80 years or more. With such longevity, it isn't enough merely to consume the calories needed to sustain the body, build it, and repair it. The foods that supply these calories can influence the risk of developing chronic conditions, which range from heart disease and cancer to osteoporosis and age-related vision loss.

15. Although much remains to be learned about the role of specific nutrients in decreasing the risk of chronic disease, a large body of evidence supports the utility of healthy dietary patterns that emphasize whole-grain foods, legumes, vegetables, and fruits, and that limit refined starches, red meat, full-fat dairy products, and foods and beverages high in added sugars. Such diets have been associated with decreased risk of a variety of chronic diseases.

20. Diet, of course, is just one approach to preventing illness. Limiting caloric intake to maintain a healthy weight, exercising regularly, and not smoking are three other essential strategies. Compelling data from the Nurses' Healthy Study which was collected through a questionnaire of 5 questions shared with 100 respondents, show that women who followed a healthy lifestyle pattern that includes these four strategies were 80% less likely to develop cardiovascular disease over a 14-year period. The responses were tabulated (Table 1) for analysis.

Questions	Yes %	No %	Can't say%
1. Do you think you eat a healthy	50	42	8
2. Do you add greens and legumes to your daily intake?	70	30	0
3. Do you take sugar and milk products daily?	59	41	0
4. Do you exercise daily?	55	45	0

5. Have you ever been diagnosed with any cardio-vascular disease?	20	80	0
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25. A companion study, the health Professionals Follow-up Study, showed that similar healthy choices were beneficial in men, even among those who were taking medications to lower blood pressure or cholesterol. Although much solid information on optimal diets has emerged, the full picture of the relationships between diet and health will take years of further research to fill in. Yet several fundamentals have been established and are unlikely to change significantly.

On the basis of your understanding of the passage, answer ANY FIVE questions from the six given below.

- a) Why do the food researchers get data coupled with 'contradictory findings'?
- b) Comment on the approaches to prevent illness in line 20-21.
- c) Why do researchers feel that several fundamentals have been established and are unlikely to change significantly?
- d) Justify the researchers' suggestions of healthy dietary patterns leading to low risk of chronic diseases.
- e) Healthy diet helps to prevent the risk of cardio-vascular diseases. How does evidence from Table 1 support this statement?
- f) What purpose does the 'Can't Say' column serve in Q1 of the questionnaire (Table1)?

<p>Q.3</p>	<p>Attempt ANY ONE from i and ii.</p> <p>(i) You are Priyanshu / Priyanka. You went to a nearby centre for the first dose of vaccination against the corona virus. Write a diary entry by sharing your experience (word limit:100-150 words).</p> <p>(ii) Complete the story with the following beginning.(word limit:100-150 words) "Gaurav was delighted to know that he would be studying in the city in a new school. He was eager to meet his new teachers and classmates. He thought that his bad days were over. But he was shocked....."</p>	<p>5</p>	<p>Communi cation skill</p>
<p>Q.4</p>	<p>The following passage has not been edited. There is one error in each line. Identify the error and write its correction against the correct blank number. Remember to underline the correction. The first one has been done for you.</p> <p>Passage</p> <p>One morning I finished one business at the bank e.g. one some</p> <p>a) and was returning in pick up my motorbike which I had left --- --b) in the parking lot outside. Suddenly he realised that I had -- --</p>	<p>1x3</p>	<p>Analytical</p>

	c) lost the bike key. Upset, I searched about it in the bank. -- --		
Q.5	<p>Read the conversation and complete the passage that follows.</p> <p>Mr. Sharma : Why did you sell your new house?</p> <p>Mr. Mathur : It was a haunted house.</p> <p>Mr. Sharma : Do you believe in ghosts?</p> <p>Mr. Mathur : No, but the ghosts believe in human beings.</p> <p>Mr. Sharma asked Mr. Mathur (a) -----new house. Mr. Mathur replied that it was a haunted house. Mr. Sharma further asked (b) ----- in ghosts. Mr. Mathur replied that he did not, but the ghosts believed in human beings.</p>	2	Interdisciplinary
Q.6	<p>Answer ANY SIX questions in 30-40 words each.</p> <ol style="list-style-type: none"> 1. Why did Margie hate 'school'? What kind was it? 2. What does Tommy tell Margie about schools? 3. How did percussionist Ron Forbes help Evelyn in her career? 4. How did Bismillah Khan bring shehnai on the international scene? 5. How did the poet make his choice about the roads? 6. Why was the child always lagging behind his parents? 7. What happened when the child was separated from his parents? 	2x6	Evaluation
Q.7	<p>Answer ANY TWO of the following in about 120 words each.</p> <ol style="list-style-type: none"> 1. Compare the child's behaviour before and after he lost his parents?[Ch-1 The Lost Child] 2. What problems had Margie been facing with her mechanical teacher? Why did she hate it? What did her mother do to help her? 3. "The Road Not Taken' involves a moral dilemma about choice in life as the roads symbolise different options. Discuss the statement. 	4x2	HOT



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Subject: Hindi

Assignment No. : 1

Allotment Date: 20 April 2022

क्रमसं ख्या	प्रश्न	अंक	प्रकृति
1-	जन्मदिनपर मित्रद्वारा भेजे गए उपहारके लिए उसका आभार प्रकट करते हुए पत्र।	5	INFORMATIVE
2-	(क) निम्नलिखित शब्दोंके दो-दो पर्यायवाची शब्द लिखिए- अ. बालकब. संसारस. पैर (ख) निम्नलिखित शब्दोंके विलोम शब्द लिखिए- अ. संक्षेपब. अवनतिस. प्रचीन	3x2=6	UNDERSTANDING
3-	निम्नांकित शब्दोंमें प्रयुक्त उपसर्ग एवं मूलशब्दको अलगकीजिए। अ. प्रकृतिब. प्रतिक्रियास. अनुमान	3	ANALYTICAL SKILL

4-	<p>निम्नलिखितशब्दोंमेंप्रयुक्तप्रत्ययतथामूलशब्दअलगकीजिए-</p> <p>अ. नियमितब. पौराणिक स. मालवीयदअकेलापन</p>	4	INTERDISCIPLINARY
5-	<p>दिएगएशब्दयुग्मोंमेंउचितस्थानपरअनुस्वारअथवाअनुनासिककाचिह्नलगाइए-</p> <p>अ. पखा, पाच ब. भैस, भडार स. चदा, चाद दसाप, सगीत इ. अगार, आगन</p>	5	HOT
6	<p>पाठकाशीर्षक 'दुखकाअधिकार' कहाँतकसार्थकहै? स्पष्टकीजिए-</p>	5	CRITICAL THINKING AND PROBLEM SOLVING
7	<p>निम्नांकितप्रश्नोंकेउत्तरदीजिए-</p> <p>अ. पोशाकहमारेलिएकबबंधनऔरअड़चनबनजातीहै? ब. भगवानाअपनेपरिवारकानिर्वाहकैसेकरताथा? स. 'रैदास' नेअपनीस्वामीकोकिन-किननामोंसेपुकाराहै? द. कविने 'गरीबनिवाजु' किसेकहाहै? स्पष्टकीजिए।</p>	3x4=1 2	EVALUATION



ARMY PUBLIC SCHOOL GWALIOR
CLASS - IX
ACADEMIC SESSION 2022-23
WORKSHEET (SELF –ASSESSMENT)

Subject: Mathematics

Assignment No. : 1

Allotment Date: 20 April 2022

S. NO.	QUESTIONS	MARKS	NATURE
1	What is the product of a rational and an irrational number? a) Always an integer b) Always a rational number c) Always an irrational number d) Sometimes rational and sometimes irrational	1	understanding
2	What is the value of $(256)^{0.16} \times (256)^{0.09}$? a) 4 b) 16 c) 64 d) 256.25	1	application
3	The decimal expansion of $\sqrt{2}$ is (a) finite decimal (b) 1.4121 (c) non-terminating recurring (d) non-terminating non-recurring	1	understanding
4	The sum of $0.3\bar{}$ and $0.2\bar{}$ is (a) $5/99$ (b) $5/9$ (c) $5/10$ (d) $5/100$	1	Interdisciplinary
5	Find the value of $525^2 - 475^2$. (a) 100 (b) 10000 (c) 50000 (d) 100000	1	Analytical Skill
6	Simplified value of $(16)^{-1/4} \times \sqrt[4]{16}$ is (a) 16 (b) 4 (c) 1 (d) 0	1	Critical Thinking and Problem Solving
7	Find the value of $\sqrt[3]{216} - \sqrt[3]{125}$ (a) 1 (b) -1 (c) $\sqrt[3]{91}$ (d) 65	1	application
8.	If $x - 2$ is a factor of $5x^2 - kx - 18$, then find the value of k. (a) -1 (b) 1 (c) 0 (d) 5	1	Analytical Thinking
9	.Zero of the polynomial $p(x) = cx + d$ is (a) $-d$ (b) $-c$ (c) d/cd (d) $-d/c$	1	Understanding
10	Find the value of k if $x^2 + kx + 6 = (x + 2)(x + 3)$ for all k. (a) 1 (b) -1 (c) 5 (d) 3	1	Interdisciplinary

11	Find the remainder on dividing $5y^3 - 2y^2 - 7y + 1$ by y . (a) -1(b) 1(c) 0(d) 2	1	Interdisciplinary
12.	Find the value of $525^2 - 475^2$. (a) 100(b) 10000(c) 50000(d) 100000	1	Application
13	Factorise : $1 - 2ab - (a^2 + b^2)$.	2	Evaluation
14	Find three different irrational numbers between the rational numbers $5/7$ and $9/11$.	2	Analytical Thinking
15.	Add $2\sqrt{2} + 5\sqrt{3}$ and $\sqrt{2} - 3\sqrt{3}$.	2	Evaluation
16.	Rationalise the denominator of $1/[7+3\sqrt{3}]$	2	Evaluation
17.	Factorise : $4x^2 + 9y^2 + 16z^2 + 12xy - 24yz - 16xz$.	2	Analytical thinking
18.	Find the value of m , if $x + 4$ is a factor of the polynomial $x^2 + 3x + m$.	2	Problem solving
19.	If $p(x) = x^2 - 2\sqrt{2}x + 1$, then find the value of $p(2\sqrt{2})$	2	Evaluation
20.	Factorise : $125x^3 - 64y^3$	2	Interdisciplinary
21.	Represent $\sqrt{9.3}$ on the number line	3	Critical thinking
22.	What is the value of $(256)^{0.16} \times (256)^{0.09}$?	3	HOTS
23.	If $3x + 2y = 12$ and $xy = 6$, find the value of $27x^3 + 8y^3$	3	HOTS
24.	Factorise : $27a^3 + \frac{1}{64b^3} + \frac{27a^2}{4b} + \frac{9a}{16b^2}$	3	HOTS



ARMY PUBLIC SCHOOL GWALIOR
CLASS - IX
ACADEMIC SESSION 2022-23
WORKSHEET (SELF –ASSESSMENT)

Subject: Science

Assignment No. : 1

Allotment Date: 20 April 2022

S. NO.	QUESTIONS	MARKS	NATURE
1	Q1. Which kind of mirrors are used in the headlights of a motor-car and why? Q2. Define melting point. Q3. How the unused energy is stored in plants and animals?	1 1 1	Information
2	Q4. List three events that occur during the process of photosynthesis. Q5. A ray of light, incident obliquely on a face of a rectangular glass slab placed in air, emerges from the opposite face parallel to the incident ray. State two factors on which the lateral displacement of the emergent ray depends. Q6. What is the minimum number of rays required for locating the image formed by a concave mirror for an object. Draw a ray diagram to show the formation of a virtual image by a concave mirror.	3 3 3	Understanding
3	Q7. For which position of the object does a convex lens form a virtual and erect image? Explain with the help of a ray diagram.. Q8. What are the characteristics properties of the particles of matter.	3 3	HOT
4	Q9. Describe one activity to show that carbon dioxide is essential for photosynthesis. Q10. At what distance should an object be placed from a convex lens of focal length 18 cm to obtain an image at 24 cm from it on the other side. What will be the magnification produced in this case?	3 3	Interdisciplinary

5	<p>Q11. Explain why solids have fixed shape but liquids and gases do not have fixed shapes.</p> <p>Q12. A rubber band is a solid, but it can change its shape. why?</p>	<p>3</p> <p>3</p>	Analytical Skill
6	<p>Q12. Draw the ray diagram in each case to show the position and nature of the image formed when the object is placed:</p> <p>(i) at the centre of curvature of a concave mirror</p> <p>(ii) between the pole P and focus F of a concave mirror</p> <p>(iii) in front of a convex mirror</p> <p>(iv) at 2F of a convex lens</p> <p>(v) in front of a concave lens</p>	5	Critical Thinking and Problem Solving
7	<p>Q13. Draw diagram of stomata when</p> <p>a. It is open</p> <p>b. It is closed</p>	5	Evaluation



ARMY PUBLIC SCHOOL GWALIOR
CLASS - IX
ACADEMIC SESSION 2022-23
WORKSHEET (SELF –ASSESSMENT)

Subject: Social Science

Assignment No. : 1

Allotment Date: 20 April 2022

S. NO.	QUESTIONS	MARKS	NATURE
1	(i) Who introduced 'Reign of Terror' in France? (a) King Louis XVI (b) Napoleon (c) Robespierre (d) Mirabeau (ii) What is called as an old Regime? (a) France after 1774 (b) France before 1774	1 1	Information

	<p>(c) Time period of Louis XVI</p> <p>(d) Reign of Terror</p> <p>(iii) Taille was the tax levied by-</p> <p>(a) State</p> <p>(b) Church</p> <p>(c) King</p> <p>(d) National Assembly</p> <p>(iv) What did the French Revolution of 1789 stand for--</p> <p>(a) Liberty</p> <p>(b) Equality</p> <p>(c) Fraternity</p> <p>(d) All of these</p> <p>(v) What is the time lag between Gujarat and Arunachal Pradesh?</p> <p>(a) 4 hours</p> <p>(b) 3 hours</p>	<p>1</p> <p>1</p> <p>1</p>	
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	<p>(c) 2 hours</p> <p>(d) 5 hours</p> <p>(vi) What is the total area under Indian land mass?</p> <p>(a) 3.28 million sq. km</p> <p>(b) 5 million sq. km</p> <p>(c) 2.4 million sq. km</p> <p>(d) 5.6 million sq. Km</p> <p>(vii) Which narrow channel separates India and Sri Lanka?</p> <p>(a) Palk strait</p> <p>(b) Maldives</p> <p>(c) Indira Point</p> <p>(d) Bangladesh</p> <p>(viii) What is the total boundary of India?</p> <p>(a) 15,200 km</p> <p>(b) 17,800 km</p>	<p>1</p> <p>1</p> <p>1</p>	
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	<p>(c) 29,500 km</p> <p>(d) 70,000 km</p> <p>(ix) Which of the following is not an argument against democracy?</p> <p>(a) Instability</p> <p>(b) No morality</p> <p>(c) Delays</p> <p>(d) Accountable</p> <p>(x) Name the political party of Zimbabwe-</p> <p>(a) Congress</p> <p>(b) Revolutionary Party</p> <p>(c) ZANU-PF</p> <p>(d) Communist Party</p>	<p>1</p> <p>1</p>	
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2	<p>(a) Why has 82°30' E has been selected as the Standard Meridian of India?</p> <p>or</p> <p>(b) What are the drawbacks of Democracy ?</p>	3	Understanding
3	<p>(a) What were the salient features of Robespierre's government ?</p> <p>(b) What does the principle of 'one person, one vote, one value' mean?</p>	3 3	HOT

<p>4</p>	<p>(a) What distinguishes democracy from other forms of governments?</p>	<p>3</p>	<p>Interdisciplinary</p>
<p>5</p>	<p>(a) What were the conditions of women in France before the revolution? Describe briefly.</p> <p>or</p> <p>(b) India occupies an important strategic position in South Asia. Discuss.</p>	<p>5</p>	<p>Analytical Skill</p>
<p>6</p>	<p>Here is a passage given, read it properly and answer the following questions.</p> <p># The country is ruled by a hereditary king and the people have no role in electing or changing their rulers.</p> <p># The king selects the legislature as well as the executive. He appoints the judges and can change any of their decisions.</p> <p># Citizens cannot form political parties or any political organisations. Media cannot report anything that the monarch does not like.</p>	<p>5</p>	<p>Critical Thinking and Problem Solving</p>

	<p># There is no freedom of religion. Every citizen is required to be Muslim. Non-Muslim residents can follow their religion in private, but not in public.</p> <p># Women are subjected to many public restrictions. The testimony of one man considered equal to that of two women.</p> <p>(a) About what kind of government system is discussed here ?</p> <p>(b) How you can say that secularism is not followed here ?</p> <p>(c) Do you think the given process of electing a government is suitable for making of a good society? If no.Why?</p>		
7	<p>(a) "India's land routes have been important since ancient times." Explain.</p> <p>or</p> <p>(b) How can you hold Louis XVI responsible for</p>	5	Evaluation

	preparing the background of the French Revolution?		
8	On an outline map of India , label the following. (a) Palk Strait (b) Andaman and Nicobar Islands (c) Tropic of Cancer	3	Map skill