

**BDP / BCA / BTS**  
**Term-End Examination**  
**December, 2022**

**FEG-1/BEGF-101 : FOUNDATION COURSE IN**  
**ENGLISH-1**

*Time : 2 hours*

*Maximum Marks : 50*

**Note :** Answer *all* questions.

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1. Read the passage given and answer the questions that follow :

1 We've all been there. We have searched endlessly for solutions to life's problems at the bottom of a bag of potato chips. We've looked for God at the end of a stack of pakodas. We've tried to find the true meaning of life in decadent, rich chocolate. But when it's done frequently and excessively, without us realizing it, emotional eating can affect weight, health and overall well-being. Using food as a way to *always* escape

our feelings is a tried-and-tested way of making sure we'll never get back into shape. It's also one of the hardest habits to break.

2 A common myth about emotional eating is that it's initiated by negative feelings. While people do turn to food when they're stressed out, lonely, sad, anxious or bored, they also do so in love, excitement and happiness. Remember how your grandfather used to give you chocolate as a reward for being a good child ? Or when your mum made your favourites when you did well in your exams ? Studies have shown that emotional eating is behaviour that we have learned, through which we develop the habit of reaching out for the same foods in happy or sad moments.

3 It also doesn't help that certain foods are designed to be harder to resist. For example, chocolate has a common mood elevator which produces a high similar to the one you feel when you're in love or on top of the world. Certain foods are embedded with natural or man-made

chemicals that make you happy. Your brain starts to associate that food with 'happiness' or 'celebration' and you reach for it the next time you want that feeling.

4 Emotional eating is pointless because the same high you get with chocolate or another favourite food will be reversed an hour or two later when your sugar levels crash. Which is why, in so many cases, binges make you feel worse than when you started. You also start to feel guilty about binge eating, and sometimes use food again as a way to deal with that guilt. It's a vicious cycle. And it doesn't address what's really bothering you.

5 It has been said that nothing in life is permanent except change. Well, in today's times, you could say that nothing in life is permanent except stress. It's always going to be there. And eating our stress away with chocolates and samosas isn't going to help.

- (a) Answer the following questions :
- (i) Which is one of the hardest habits to break and why ? 2
  - (ii) When do humans usually turn to food ? Discuss. 2
  - (iii) Name the foods that are difficult to resist. Why ? 2
  - (iv) Why is “emotional eating pointless” ? Discuss. 2
  - (v) Give an appropriate title to the passage. Give reasons for it. 2
- (b) Pick out words from the passage which mean the same as the following : 5
- (i) self-indulgent (para 1)
  - (ii) started/commenced (para 2)
  - (iii) refrain from/avoid (para 3)
  - (iv) to uplift (para 3)
  - (v) become low suddenly (para 4)

(c) Make sentences of your own with the following words/phrases : 5

(i) tried-and-tested way

(ii) get back into shape

(iii) reward

(iv) reaching out

(v) binges

2. (a) Select the correct alternative and complete the passage given below : 5

Hindustan Times \_\_\_\_\_ (is/are) the paper that brought out the news of the birth of the quadruplets. According to the news each of the babies \_\_\_\_\_ (weigh/weights) about 500 grams and \_\_\_\_\_ (is/are) doing well. Three of them \_\_\_\_\_ (is/are) girls. Everyone is surprised since neither of the parents \_\_\_\_\_ (has/have) any history of twins in the family.

(b) Choose a comparative or superlative form of adjective : 5

(i) The Marriage of Figaro is \_\_\_\_\_ (beautiful) of all Mozart's operas.

(ii) The new car is \_\_\_\_\_ (fast) than my old one.

(iii) My mother and her sisters are all \_\_\_\_\_ (short) than their children.

(iv) I think Sarita is \_\_\_\_\_ (intelligent) person in our class.

(v) Let's meet in the library — it's \_\_\_\_\_ (quiet) than all the other rooms.

3. Write a paragraph on any **one** of the following topics in about 150 words : 10

(a) How to lead a healthy and fit life ?

(b) Being an environmentally responsible tourist

(c) Planning for a Beach holiday

(d) An invention that has changed the world for the better

(e) An autobiography of an important year of your life

4. Write a dialogue on any **one** of the following. 10

- (a) While Covid had lots of negatives, it also taught humans a lot of life lessons. Discuss with your friend.

**OR**

- (b) You are going on a trek with a friend. Discuss the weather, items of clothing, food, and other essentials.

(In both dialogues, you need to take about 10 to 12 turns)

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