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**CERTIFICATE PROGRAMME IN
FUNCTIONAL ENGLISH (CFE)**

Term-End Examination

June, 2010

BEG-004 : ENGLISH IN DAILY LIFE

Time : 3 hours

Maximum Marks : 100

Note : All Questions are compulsory.

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

The Low Carb Diet :

The low carb diet is one of the most talked about and well known diets around right now. Specific low carb foods are now showing up in stores and on menus around the world. This is probably why when the average person decides they want to lose weight, the first thing that enters their mind is the low carb diet.

How is a low carb diet supposed to work ? The idea behind the low carb diet goes something like this carbs raise blood sugar and insulin levels. This leads to weight gain. So then, less carbs means less weight gain. Your body also uses carbs for energy. So, if you start eating mostly low carb foods and therefore restrict the amount of carbs you take in, your body will use glycogen and stored fat for energy instead, which is a process known as ketosis.

Is the low carb diet a "gimmick" diet ? Every human body has a certain number of calories that it requires from your diet each day in order for it to maintain your current weight. This is called your calorie maintenance level. Let's pretend for example that your maintenance level is 2500 calories. So then, if you started eating 2000 calories a day, you would lose weight. If you still ate 2500 calories a day, but then burned off 500 through working out, you would lose weight. If you did a combination of both, you would lose weight. So generally, weight loss is all about calories, not a low carb diet and eating low carb foods.

In the simplest sense, calories are what really controls a person's weight. Eating less of them is what will make weight loss happen. And, if you greatly limit your carbs, you just so happen to end

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up limiting your calories as well. Weight loss diets are all about limiting something. In that sense a low carb diet is a lot like a low calorie diet, except it limits JUST carbs. Why put such a big limit on only carbs when you can put a much smaller, much healthier, and much more proportionate limit on protein, carbs and fat as a whole ? This way you wouldn't have to eat only low carb foods. This way your calorie intake would decrease by restricting a little bit of everything (proteins, carbs and fat) rather than just carbs alone as you do on low carbohydrate diets.

As it turns out, most foods high in protein and fat will usually have very few carbs. Meat, chicken, turkey, cheese, fish eggs.... these are all examples of low carb foods.

- (a) Answer the following questions and choose the correct answer from A,B or C 5
- (i) According to the writer, what do people look for when they want to lose weight ?
- (A) They would look for literature on low carb foods.
- (B) They would look for low carb stores and menus.
- (C) They would look for people who know about low carb.

- (ii) Low carbs reduce weight because :
 - (A) high carbs raise blood sugar and insulin levels.
 - (B) the body uses carbs for energy.
 - (C) the body will use glycogen instead of carbs if you take less carbs.
- (iii) By calorie maintenance levels the author means :
 - (A) the diet needs a certain amount of calories to maintain weight.
 - (B) if you eat less than 2000 calories you will lose weight.
 - (C) if you eat more than 2500 calories and burn 500 calories you will gain weight.
- (iv) In a low carb diet the calories are :
 - (A) limited
 - (B) only carbs are limited
 - (C) proteins and fats are also limited
- (v) All high protein food is recommended :
 - (A) instead of low carbs to reduce weight
 - (B) if the calorie count is high
 - (C) if they come under the low carb foods

- (b) State whether the following statements are **10**
True or False :
- (i) It is very difficult to find information on low carb diets.
 - (ii) Carbs are said to raise blood sugar.
 - (iii) Ketosis is a process that uses stored fat for energy.
 - (iv) The amount of calories you need is your calorie maintenance level.
 - (v) Limiting Carbs implies gaining in calories.
 - (vi) Most people need 2500 calories.
 - (vii) If you burn your calories you will lose weight.
 - (viii) Calories actually control a person's weight.
 - (ix) Low calories is similar to low carb.
 - (x) Calorie intake does not reduce if you limit proteins.
- (c) Use the words/phrases listed below in filling up **5**
the blanks in the sentences listed below :
- Talked about restrict combination simplest sense proportionate
- (i) The _____ of intelligence and hard work is a sure key to success.
 - (ii) In the _____ we must accept that we cannot exist without money.

(d) Setting goals _____ our lives is an important aspect of life.

(i) in (ii) until

(iii) of

(e) We are likely to think clearly if we are clear _____ our goals.

(i) in (ii) of

(iii) about

3. Fill in the blanks with appropriate words from the list given below : 5

(a) Supporting (b) credible

(c) featured (d) effective

(e) discussed

(i) Arguments are usually _____ in expository writing.

(ii) Arguments are not _____ if they are not supported by facts.

(iii) A personal statement is never included in a _____ argument.

(iv) To develop an argument issues _____ must be fully developed.

(v) An argument is strong if it is based on _____ evidence.

4. Fill in the blanks in the paragraph below with the correct form of the words given : 10

Christmas is a) _____(celebrate) on the birthday of Jesus Christ. Nativity plays are b) _____ (stage) in many communities people can be c) ____ (see) d) _____ (prepare) many tasty dishes. Santa Claus e) _____ (spend) his time f) _____ (entertain) children is a common sight. He g) _____ (distribute) gifts to children the streets in many of the cities in India are h) _____ (decorate) and i) _____ (deck) up with lights and colourful decorations. Churches are also beautifully j) _____ (decorate).

5. Write questions for the following answers : 5

- (a) Wide angle lenses are fun to use.
- (b) Festive celebrations make the best subjects for photography.
- (c) Preparations for Diwali begin many days in advance.
- (d) People celebrate Diwali by lighting innumerable lamps.
- (e) People buy lots of new things in order to celebrate Diwali.

6. Complete the following sentences using the most appropriate modal auxiliary in each blank. The negative form can also be used. 10

- (a) I _____ leave early as I have some urgent work.
- (b) You _____ complete this assignment at an early date.
- (c) We _____ remember to always respect our country and the national flag.
- (d) We certainly _____ get together at the earliest to sort the problem.
- (e) It is important that we _____ crowd on the staircase.
- (f) They _____ understand the seriousness of the issue.
- (g) The committee decided that they _____ accept the new orders.
- (h) The dancers _____ have behaved as they did.
- (i) The criminal realized that he _____ tell his lawyer the truth.
- (j) He _____ be really a man who values his parents as he is totally devoted to them.

7. Fill in the conditional clauses to complete the sentences : 5
- (a) _____ I am likely to miss the bus.
 - (b) _____ he may not survive.
 - (c) _____ you will definitely fail.
 - (d) _____ the teacher is going to be very annoyed
 - (e) _____ you will be respected by your parents.
8. Transform these sentences into passive or active as the case may be : 5
- (a) He will complete the project allotted.
 - (b) The operation was conducted by the doctor successfully.
 - (c) The mark list was submitted by the teacher as per schedule.
 - (d) Rajan has written the letter to the minister.
 - (e) They collect the ideas for the script by talking to people.
9. Festivals are part of the culture of every community. It is therefore very important for people to celebrate festivals. Describe a festival that is part of your culture and say why it is important to continue to celebrate it. Your description should not exceed 150 words. 10

10. Each one of us must cope with change in our lives at some point of our lives. Think of how you coped with this change in a positive manner. Write a letter to your friend about this experience. Your letter should not exceed 100 words 10
11. Write an essay not exceeding 200 words on how important it is to set goals in life. Use your own experiences to illustrate how one should draw up goals for oneself and how one should work towards them in a strategic manner. 15
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