A. The meanings of some of the words/phrases from Anne Frank's diary are given below. Find the words from the text and write them. (एनी फ्रान्कको डायरीबाट केही शब्द / पदावलीहरूको अर्थ तल दिइएको छ । शब्दहरू फेला पार्नुहोस् र तिनीहरूलाई लेख्नुहोस् ।)

Ans.

a.

b.

musing a period of reflection or thought

stiff rigid, not soft or flexible

C. brooding to think a lot about something that makes you annoyed,

anxious or upset throng a crowd of people d.

c. f. resort to make use of something, especially something bad confide to tell somebody secrets and personal information

g.

liable likely to do something

h.

plunge to get into something

i.

plunk to sit down heavily or carelessly

j.

jot down to write something quickly

Match the words in column A with their synonyms in column B. ( स्तम्भ 'A' मा रहेका शब्दहरूलाई स्तम्भ 'B' मा रहेका समानार्थी शब्दहरूसँग जोडा

मिलाउनुहोस )

Column

A Column B

a. listless

i. announcement

b. adoring

ii. serious

c. decree

iii. loving

d. adorable

iv. attractive

e. anxiety

v. lethargic

f. capitulation

vi. worry

g. solemn

vii surrender

Ans. (a) v (b) iii (c) i (d) iv (e) vi (f) vii (g) ii

C.

Answer the following questions. (निम्न प्रश्नहरूको उत्तर दिनुहोस् ।)

Why is writing a diary a strange thing to the writer? (G लेखकका लागि कनि अनौठो कुरा हो ?)

Ans. Writing a diary is a strange thing to the writer because she has never written anything before and she feels that no one gets interested in the musing of a thirteen-year-old school girl's diary.

b.

What is the first reason for her to keep the diary? ( राख्नुको पहिलो कारण के हो ?)

Ans. The first reas for her to keep the diary is she doesn't have any friends to share her feelings and ideas.

C. Why is the writer unhappy despite having a loving family? (मायालु परिवार भए पनि लेखक किन दुःखी छिन् ?)

Ans. The writer is unhappy despite having a loving family because she doesn't have true friends with whom she could spend the time.

d.

Who is Kitty ? (किट्टी को हो ?)

Ans. Kitty is the writer's imaginative friend.

e.

Why did Margot and her sister not go to Holland together? (मार्गोट र उनकी बहिनी किन सँगै होल्यान्ड गएनन् 2)

Ans. Margot and her sister did not go to Holland together because they were sent to Aachen tostay with their grandmother.

f. Why didn't the writer have a birthday celebration in 1940? (१९४० मा लेखकको जन्मदिन किन मनाइएन ?)

Ans. The write didn't have a birthday celebration in 1940 because the war started and Jews started suffering due to the German's attack.

g. Why did the writer's uncle escape from Germany?

काका किन जर्मनीबाट भागे 2)

Ans. The writer's uncle escaped from Germany because they were suffering under Hitler's anti-Jewish laws.

D. Write T if the information is true, F if it is false and NG, if the information is not given. (तलका वाक्यहरू ठीक भए 'T' बेठिक भए 'F' र नदिएको भए 'NG' लेख्नुहोस् ।)

a.

The writer is tired of staying in her house. T

b. The writer wants people to read her diary. F

C. Edith Hollander Frank was a teacher in Holland. NG d. The writer attended school in Germany until she was six. F

e. The family came to Germany because it was difficult to live in Holland. F

f. Jews were prohibited to be on top of their houses during day time. NG g. There were very strict laws in Germany for Jewish people. NG

E. How does a diary entry help in understanding someone's lifestyle? Explain. (डायरी प्रविष्टिले कसैको जीवनशैली बुझ्न कसरी मद्दत गर्छ ? व्याख्या गर्नुहोस् ।)

Ans. Writing a diary is a wonderful way to slow down, contemplate and record your thoughts and experiences.

When you were a teenager, you might have kept a diary hidden under your mattress. It was a place to confess your struggles and fears without judgment or punishment. It likely felt good to get all of those thoughts and feelings out of your head and down on paper. The world seemed clearer.

You may have stopped using a diary once you reached adulthood. But the concept and its benefits still apply. Now it's called journaling. It's simply writing down your thoughts and feelings to understand them more clearly. And if you struggle with stress, depression, or anxiety, keeping a journal can be a great idea. It can help you gain control of your emotions and improve your mental health.

Keep in mind that journaling is just one aspect of a healthy lifestyle for better managing stress, anxiety, and mental health conditions. To get the most benefits, be sure you also:

⚫ Relax and meditate each day.

• Eat a healthy, balanced diet.

• Exercise regularly-get in some activity every day.

Treat yourself to plenty of sleep each night.

Stay away from alcohol and drugs.

Use your journal to make sure you follow these guidelines daily.

Grammar

A.

Complete the sentences with the present perfect or present perfect continuous forms of these verbs. (Present perfect a Present perfect continuous को प्रयोग गरी दिइएका वाक्यहरू पूरा गर्नुहोस् ।)

rain

play

do

water

wait

clean

watch The boys...................computer games for over an hour.

a.

Ans. have been playing You.................TV all afternoon.

b. Ans. have been watching

C.

The road is wet; it............ just.............. heavily.

Ans. has just rained d. "Why are your clothes wet?" "1. .... just............ the plants."

Ans. have just watered

e.

I......... the flat for two hours.

Ans. have been cleaning f. You look tired. What........ you.........?

Ans. have you done g. I'm sorry I'm late...... you........ long?

Ans. have, been waiting

Put the words in brackets into the gaps. Use either present perfect or the present perfect continuous. (कोष्ठकमा भएका शब्दहरूलाई खाली थाउँमा राख्नुहोस् । Present perfect अथवा Present perfect continuous प्रयोग गर्नुहोस् ।)

a. How long..... (you/know) Gerry?

Ans. have you

b. You look dirty. What .............. (you/do) all day?

Ans. have you been doing

C. How many times...... (Charles/visit) New York till now?

Ans. has Charles visited

d. She... (learn) French words for hours, but she still doesn't remember all of them.

Ans. has ben learning

e.

The children..... (watch) videos for two hours.

Ans. have been watched

f.

My father.......... (never/eats) chocolates.

Ans. has never eaten

g. We.......... (not/see) Lisa recently.

Ans. have not seen

h. He............. (write) his essay all day but he........... (not finish) yet.

Ans. has been writing, has not finished

Writing-I

Keep a diary for a week. Mention the activities you did during the day. Also express your views and attitudes about a particular incident on each day. एक हप्ताको लागि डायरी लेख्नुहोस्। तपाईंले दिनमा गर्नु भएका गतिविधिहरू उल्लेख गर्नुहोस् । प्रत्येक दिनको एक विशेष घटनाको बारेमा आफ्नो विचार र मनोवृत्ति पनि व्यक्त गर्नुहोस् ।)

Ans. Diary Writing: Diary writing is a personal form of writing where a person maintains a diary to write about his/her personal life or a situation. Writing a diary is quite possibly the closest to home and casual classes of composing. It can be written in any language as per the comfort of the writer, whether English or Nepali. A journal composing can be founded on an encounter, a scene, a portrayal or portrayal of a certain occasion, or some other thing or movement that the author thinks about worth writing in his own journal.

Samples of Diary Writing Format

One should always mention the place, date and time before starting to write the diary. Then you can address the diary as "Dear Diary" or "Hi Dear" or "Hello my Diary", etc. Write everything you want to express to the diary. At the end mention your name.

Sample 1

Dear Diary,

25th Feb 2022 Sunday 10 PM

Today is a special day for me. I have been selected in the football team of my school. I am sure that my school will win the football cup this year as we have many good players in our team. I am very happy today because I was chosen to be the captain of our team. My coach Mr. Rana told me that he had chosen me as I am a good player. He said that I should try to improve myself further and make the whole team play well with the help of other good players in the team. I was very excited when I received my new kit and wore it. The kit looked very nice on me and it made me feel like a professional player already. Our first match will be held next week and we will have to practice hard from now onwards. I went home after school today and immediately started practicing with a ball in front of my house itself. My mother did not like it when she saw me playing there but I told her about being selected in the school football team and she allowed me to play for some time more.

Sample 2

Raghubir Nepal

15th July 2022 Friday 8 PM

Dear Diary, Today I got up early in the morning. My uncle and aunt are due to arrive at 8:00 a.m. by the Saurya Airlines. I got ready fast and left home along with my dad at 7:00 a.m. We reached the airport at 7:45 a.m. The plane landed on 10 minutes

late at 10 a.m. My uncle and aunt had already spotted us among the crowd waiting for them on platform of the airport. They were very happy to see us after such a long time! We took a taxi from the airport and went home directly, where mom was waiting for us with breakfast prepared for all of us together!

Amit Bhattarai

Reading II

A.

Find the words from the text and fill in the cross word puzzle. (418412

शब्दहरू फेला पार्नुहोस् र क्रस वर्ड पजल गर्नुहोस् ।)

Across

2. moving often from place to place = NOMADIC

3. existing over a large area = WIDESPREAD 6. ruled by men = PATRIARCHAL

7. far-reaching = EXTENSIVE

8. belonging to a particular place= INDIGENOUS Down

1. deserving praise = COMMENDABLE

4. unusual or surprising = REMARKABLE

5. noticeable = PROMINENT Identify whether the following statements are true or false. (deal भनाइह साँचोवा गलत के हुन् उल्लेख गर्नुहोस् ।) B.

a.

The Rautes move from one place to another for their settlements.

TRUE

b. Rautes live in the far-western part of Nepal. TRUE

One of the means of their survival is woodcraft. TRUE d. The maintenance of the nomadic culture is highly regarded. TRUE

C.

e. The Raute community is female-dominated. FALSE Answer the following questions. (निम्न प्रश्नहरूको उत्तर दिनुहोस् ।)

2. What is the common belief about the history of the Rautes? (राउटेहरूको इतिहासबारे आम मान्यता के छ ?)

Ans. The common belief about the history of the Rautes is that once they fled from the state, they never returned and established a different pattern of life in the jungle.

b. How do Rautes earn their living? (राउटेले कसरी गुजारा चलाउँछन् ?)

Ans. Rautes earn their living by doing different activities wuch as they have mastered the craft of wooden products, learned to hunt monkeys and adapted to forest life.

C.

How do Raute children spend their days? (राउटे बालबालिकलकाको

C. दिन कसरी बित्छ ?)

Ans. Raute children spend their days playing with natural objects and roaming around the settlement.

d. Why do the Rautes have good knowledge of the forest and its ecosystem? (किन राउटेहरूलाई वन र यसकको इकोसिस्टमको राम्रो ज्ञान छ ?)

Ans. Rautes have good knowledge of the forest and its ecosystem because it is a part of their job to search for medicinal herbs, firewood and vegetables in the jungle.

e. Is the task division between male and female Rautes fair? Why ? (के राउटे महिला र पुरुषबिचको कार्य विभाजन उचित छ ? किन ?)

Ans. Though females play a more prominent role than their male counterparts in internal management, the society of Rautes is patriarchal and male-dominated. This shows that he females in Raute community are more confined within the household works. Therefore, the task division between male and female Rautes doesn't appear to be fair.

f. What is special about the hunting skills of the Rautes? ( राउटेहरूको सिकार सिपको विशेषता के छ ?)

Ans. The hunting skills of the Rautes is special because around 8-30 young and middle-aged Raute members go hunting in a group with their nets without using guns or bows and arrows.

g. Name the festivals that the Rautes celebrate. (राउटेहरूले मनाउने चाडपर्वहरूको नाम बताउनुहोस् ।)

Ans. The festivals that the Rautes celebrate are Saune Sankranti, Dashain, Tihar, Chaite Dashain and Maghe Sakranti.

h. What should modern people learn from the Rautes? (U आधुनिक जनताले के सिक्नुपर्छ ?)

Ans. Theere are ma things thatt modern people should learn fom Rautes. Some of them are:

odern peowledge about medicinal herbs and forests.

Modern people should understand the relationship between human beings and forests and the ecosystem.

Modern people should preserve their traditions and cultures in today's world.

D. How do cultures and traditions affect people's lifestyles? Discuss. (संस्कृति र परम्पराहरूले मानिसहरूको जीवन शैलीलाई कसरी असर गर्छन् ? छलफल गर्नुहोस् ।)

Ans. We begin to learn our culture and the ways of our society just after birth. That process is called socialization, and it involves far more than schooling. Our culture shapes the way we work and play, and it makes a difference in how we view ourselves and others. It affects our values- what we consider right and wrong. This is how the society we live in influences our choices. But our choices can also influence others andultimately help shape our society. Culture being the ideas, customs, and social behaviour of a particular people or society, it should shape our response to every day situations that we face.

Our society-through its particular culture, customs, institutions, and more provides us with the labels we use to categorize the people we encounter. These labels are based on beliefs about race, ethnicity, religion, gender, sexual orientation, economic class, and more. Sometimes our beliefs about these categories are so strong that they prevent us from seeing the unique identities of others. Sometimes these beliefs also make us feel suspicion, fear, or hatred toward some members of our society. Other times, especially when we are able to get to know a person, we are able to see past labels and, perhaps, find common ground.

Culture is a complex whole that involves social forms, customary beliefs, and material traits of a racial, religious, or social group. Lifestyle is the way in which a person or persons live. We can describe lifestyle as a component of culture. Moreover, an individual's lifestyle is always affected by his culture. Culture is a very broad concept that involves social behaviour and norms. We can define it as the overalls ways of living built up by a group of human beings which is transmitted from one generation to another.

In the simplest words, lifestyle is the way in which a person lives. It's a way of living. Lifestyle includes the behaviours, interests, needs, wants, motives, feelings, opinions, and behavioural orientations of a person, group, or culture. In other words, the work we do, how we behave, how we spend our leisure, and other social patterns express our lifestyle. Lifestyle can vary from person to person, as well.

Grammar-II

A.

Study the following conversation, (निम्न कुराकानी अध्ययन गर्नुहोस् ।) Binita: Have you travelled a lot, Samir?

Samir: Yes, I've been to lots of places.

Binita: Really? Have you ever been to Sri Lanka? Samir: Yes, I've been to Sri Lanka once.

Binita: What about China?

Samir: No, I haven't been to China.

B.

Rewrite the following sentences with since or for. Use the brackets. (निम्न वाक्यहरूलाई 'since अथवा for' को प्रयोग गरी पुनः लेख्नुहोस् ।

clues in the

कोष्ठकहरूमा दिइएका सदकेतहरू प्रयोग गर्नुहोस् ।) Example: I know Samim. (I came to this school)

I have known Samim since I came to this school. Pawan lives in Tanahun. (he was born)

1. Ans. Pawan has lived in Tanahun since he was born. b. Subin is unemployed. (last January)

Ans.

Subin has been unemployed since last January. Subash has a fever. (the last few days)

Ans. Subash has had a fever for the last few days. I want to go to Lumbini. (I was in grade five)

C.

d.

Ans. I have wanted to go to Lumbini since I was in grade five.

e.

My brother is studying engineering. (three years)

Ans. My brother has been studying engineering for three years. I am working in Bhanu Municipality. (last year)

f.

Ans. I have been working in Bhanu Municipality.......... last year. My cousin is in the army. (he was eighteen)

g.

Ans. My cousin has been in the army since he was eighteen.

h.

They are waiting for the bus. (half an hour)

Ans. They have been waiting for the bus for half an hour. Krish is doing his homework. (two hours)

Ans. Krish has been doing his homework for two hours.

j.

Pramila is going to dance classes. (a month) Ans. Pramila has been going to dance classes for a month

Additional Information

Use of for and since

We often use for and since when talking about time. for+ period: a "period" is a duration of time five minutes, two weeks, six years. For means "from the beginning of the period to the end of the period".

since+point: a "point" is a precise moment in time 9 o'clock, 1st January, Monday. Since means "from a point in the past until now".

We lived there for five years. He has been away since Tuesday.

for

For can be used with all tenses. Here are a few examples:

They study for two hours every day. They are studying for three hours today.

He has lived in Jhapa for a long time. He has been living in Palpa for three months.

I worked at that bank for five years. Will the universe continue for ever?

We do not use for with "all day", "all the time":

since

Since is normally used with perfect tenses: He has been here since 9am.

He has been working since he arrived.

I had lived in Kathmandu since my childhood. We also use since in the structure "It is [period] since":

It was a year since I had seen her. How long is it since you got married?

Writing-II

Write an essay on the effects junk foods have on children. Use the clues

given below. Introduction to junk food

causes: advertising, lack of education, etc.

Negative/harmful effects of junk food on health (headache, heart attacks, dental problems, high blood pressure, obesity, high cholesterol, etc.) Effects on the economy (more expenditure/extra burden to family, etc.) Effects on other factors like socialisation, poor academic achievement, etc.

Conclusion

Junk food is defined as the food which is harmful to our health, all foods which are unimportant to our body are called junk foods. The foods which have very little nutritional value are called junk foods. Junk foods lack fiber, contains more sugary or salty and hot components and are highly saturated in fats.

The consumption of junk foods is increasing because they are tasty to eat and easy to cook. All fast foods like pizza, noodles, burgers, French fries and chips are junk foods.

Junk food contains low level of nutrients and dietary fibers which are very

essential for good health. The best substitute of junk food is leafy green

vegetables and fruits.

Our new generation is addicted of eating junk foods which destroy their health. The research and study shows that junk food leaves negative impacts on our health.

Parents must discourage their kids to consume fast foods because these junk foods leave ill effects on their health. The most deadly impact of junk food is overweight or obesity. The high concentration of fats and sugars makes man obese which is very dangerous for health.

Though these foods taste good but contain no nutrients. Along with obesity it also cause kidney failure, diabetes and high blood pressure. Obesity is the cause of imbalance in hormones of body and gives birth to many chronic diseases.

One who consumes more fast foods he or she become victim of nutritional deficiencies which result in cardiovascular diseases because junk food contain more cholesterol and fat which cause disorder in heart and circulation of blood. It clogs in arteries and cause heart attack. Oily junk foods are enemy of your heart.

Junk foods contain high level of carbohydrates which for the time being satiate your hunger but it makes man inactive and lazy. Avoid eating junk food because it affects your health bit by bit and weakens your activity.

It is digested very hardly; much of energy of body is used in the digestion of fast foods. Level of oxygen is reduced when one eats junk food, due to reduction of oxygen level in body our brain start functioning poorly. Excess of fast foods damage liver and kidneys too, both are vital organs of body.

Junk foods contain zero amount of fiber which disturbs stomach, affects digestive system and cause constipation which is root cause of several other diseases.

Junk food doesn't possess required level of energy, all fried packed food available in market are unhealthy. There is excess of sodium, sugar and fat components in fast food which leave negative impacts on our health.

Many diseases are caused by poor nutrition like diabetes, obesity, kidney failure etc, junk food possess no useful nutrient. Intake of junk food is slow poisons which sooner or later affect our health.