

## IEC Schools

### Grade (10) – English Revision Sheet

**Theme:** Food, Health, and Mood

**Time:** 50 minutes      **Total Marks:** 40

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#### A. Reading Comprehension (12 points)

Read the passage carefully, then answer the questions.

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Recent studies suggest that what we eat can influence how we think, behave, and even make decisions. Nutritionist Dr. Helen Carter argues that our diets are deeply connected to our emotions. “Food isn’t just fuel,” she explains. “It communicates with the brain.” For example, omega-3 fats found in fish help reduce anxiety, while processed foods high in sugar and saturated fat may increase stress and irritability.

In one experiment, volunteers were asked to record both their meals and moods for three weeks. Those who ate more whole grains, vegetables, and fresh fruit described feeling calmer and more productive, whereas participants who relied on fast food reported higher levels of fatigue and distraction. Interestingly, several people noticed that their sleep patterns also improved when they cut down on sugar.

Despite the evidence, Carter believes that food choices are still driven by habit rather than awareness. “People know what’s healthy,” she says, “but convenience often wins over conscience.” She adds that developing a balanced diet requires both knowledge and self-discipline, not temporary motivation.

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#### Questions

1. According to the passage, how does food affect the way people think or behave? (1 point)

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2. What kinds of food may *increase* stress and irritability? (1 point)

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3. Based on the experiment, what changes did participants experience after eating more fruits and vegetables? (2 points)
  4. Why does Dr. Carter believe people continue to eat unhealthily even though they know better? (2 points)
  5. What does the pronoun *several* in paragraph 2 refer to? (1 point)
  6. **Quote** the sentence that shows food has an effect on the brain, not just the body. (1 point)
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**Critical Thinking (2 points)**

Do you agree with Dr. Carter that convenience often wins over conscience when it comes to eating habits? Why or why not?

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**B. Vocabulary and Word Formation (8 points)**

**A) Fill in the blanks with the correct word from the box. (5 points)**

glutinous      capers      hum      starched tablecloth      wholesome food

1. The restaurant was filled with the gentle \_\_\_\_\_ of conversation and soft music.
2. Sushi rice is slightly \_\_\_\_\_, which helps it stick together.
3. The waiter placed the dishes carefully on a \_\_\_\_\_, giving the table a clean and elegant look.
4. Mediterranean dishes often include \_\_\_\_\_ to add a salty, unique flavor.

5. Nutritionists always recommend eating \_\_\_\_\_ to stay healthy and active.

**B) Word Formation — Choose the correct form of the word. (3 points)**

1. The soup tasted both rich and \_\_\_\_\_.  
a) wholesomely   b) wholesome   c) wholesomeness
  2. She prefers dishes that are \_\_\_\_\_ rather than dry.  
a) glutinous   b) glutinously   c) gluten
  3. The quiet \_\_\_\_\_ of the café made it a perfect place to relax.  
a) hum   b) humming   c) hummed
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**C. Grammar (10 points)**

**A) Choose the correct answer. (6 points)**

1. The chef \_\_\_\_\_ invented this dessert became famous worldwide.  
a) which   b) whose   c) who   d) whom
2. I stayed home because the restaurant was closed. What is the sentence type?  
a) simple   b) compound   c) complex   d) none
3. The baker \_\_\_\_\_ bread we ate yesterday uses only organic flour.  
a) whom   b) whose   c) who   d) when
4. This is the café \_\_\_\_\_ serves only vegetarian meals.  
a) which   b) who   c) whose   d) where
5. He wanted to eat pizza, but he decided to cook soup instead. What is the sentence type?  
a) simple   b) compound   c) complex   d) none

6. The woman \_\_\_\_\_ you met at the market is my cousin.  
a) whom   b) whose   c) which   d) when
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**B) Join the sentences using the correct relative pronoun. (4 points)**

1. The restaurant is near the sea. It serves traditional dishes with capers.  
\_\_\_\_\_
2. I met a chef. His recipes include many wholesome ingredients.  
\_\_\_\_\_
3. The rice is glutinous. It's used in many Asian desserts.  
\_\_\_\_\_
4. The tablecloth was starched. It made the dining table look formal and elegant.  
\_\_\_\_\_
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**D. Writing (10 points)**

**A) Editing (2 points)**

Correct the following sentences:

1. The cook which prepared the meal forgot to wash the vegetable.  
\_\_\_\_\_
2. People should eat more hole-some food to stay in a good helth.  
\_\_\_\_\_
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**B) Composition (8 points)**

Write an essay on **ONE** of the following topics. Support your opinion with reasons, examples, and personal experience.

1. Many people enjoy eating at restaurants, but homemade meals are often healthier. Which do you prefer?

2. Some students skip lunch at school. Do you think this is a good idea or a bad habit?

### **First Draft**

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### **Final Writing**

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☒ Answer Key

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**A. Reading Comprehension (12 points)**

**1. How food affects behavior:**

**Food influences mood, focus, and decision-making; it can make people feel calm or stressed depending on what they eat.**

**2. Foods that increase stress:**

**Processed foods high in sugar and saturated fats.**

**3. Results of the experiment:**

**Participants who ate more fruits and vegetables felt calmer, more productive, and slept better.**

**4. Why people still eat unhealthily:**

**Because they choose convenience over health — habits and lack of discipline make them ignore what they know is healthy.**

**5. Pronoun “several” refers to:**

**Several people (the volunteers in the experiment).**

**6. Quote showing food affects the brain:**

***“Food isn’t just fuel,” she explains. “It communicates with the brain.”***

**Critical Thinking (sample answer):**

**Yes, I agree. Many people prefer fast, cheap food even when they know it’s unhealthy because they don’t have time to cook or plan meals.**

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**B. Vocabulary and Word Formation (8 points)**

**A) Fill in the blanks (5 points):**

1. hum
2. glutinous
3. starched tablecloth
4. capers
5. wholesome food

**B) Word Formation (3 points):**

- a) fresh
  - clearly
  - a) crashing
  - a) beautiful
  - b) hot
  - b) logical
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**C. Grammar (10 points)**

**A) Multiple choice (6 points):**

1. c) who
2. c) complex
3. b) whose

4. a) which

5. b) compound

6. a) whom

**B) Join the sentences (4 points):**

1. The restaurant which is near the sea serves traditional dishes with capers.
  2. I met a chef whose recipes include many wholesome ingredients.
  3. The rice, which is glutinous, is used in many Asian desserts.
  4. The tablecloth, which was starched, made the dining table look formal and elegant.
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**D. Writing (10 points)**

**A) Editing (2 points):**

1. The cook who prepared the meal forgot to wash the vegetables.
2. People should eat more wholesome food to stay in good health.

**B) Composition (8 points):**

*(Sample points for marking — answers will vary)*