

BCM SCHOOL, BASANT AVENUE, DUGRI ROAD, LUDHIANA

CLASS – IX

ENGLISH ASSIGNMENT

I. Read the following passage carefully and answer the questions that follow:

(1) A study was conducted by the *Ministry of Health and Family Welfare* to understand the lifestyle and dietary habits of urban school students. The data collected from 800 students aged 13–15 years revealed how eating patterns and physical activity affect their overall well-being.

(2) The following chart shows the **percentage distribution of daily activities** of students in a 24-hour cycle.

Activity	Percentage of Day
Sleeping	32%
School & Homework	28%
Screen Time (TV/Phone/Computer)	18%
Physical Activity	8%
Meals & Family Time	9%
Other Activities	5%

(3) The data highlights that an average teenager spends almost one-fifth of their day on screens and only a small portion on physical activity. Experts warn that such a routine may lead to health problems like obesity, eye strain, and reduced concentration.

(4) Nutritionists suggest that maintaining at least one hour of outdoor activity and balanced meals at regular intervals can improve energy levels and sleep quality. Parents and schools play a vital role in motivating students to adopt healthy habits through sports, yoga sessions, and awareness campaigns.

Based on your understanding of the passage and the data, answer the questions given below:

(i) What was the main aim of the survey conducted by the Ministry?

(ii) Fill in the blanks with appropriate options:

"Students spend 18% of their day on screen-related activities." This is a/an _____
(fact/opinion) because it is a/an _____ (objective detail/subjective judgement).

(iii) Select the correct inference from the chart:

- (A) Students spend more time on physical activity than on studies.
- (B) Sleep and schoolwork together occupy over half of their day.
- (C) Students devote equal time to screen use and exercise.
- (D) Family time forms the largest portion of the day.

(iv) Complete the following statement:

The most concerning aspect revealed by the chart is _____.

(v) Complete the analogy using a word/phrase from paragraph (4):

Screen addiction : Health risk :: Outdoor games : _____

(vi) Suggest any two measures schools can take to reduce students' screen time.

(vii) Choose the correct option:

According to the passage, the healthiest way to maintain energy is by —

- (A) Sleeping longer hours
- (B) Using social media in breaks
- (C) Eating balanced meals and exercising regularly
- (D) Playing online games

(viii) Justify the statement:

“Physical fitness and digital discipline go hand in hand for a healthy life.”

(ix) Select the correct option for the Assertion and Reason given below:

Assertion (A): Parents and schools must encourage healthy lifestyles.

Reason (R): Students often fail to realise the long-term effects of poor habits.

- (A) Both A and R are true, and R is the correct explanation of A.
- (B) Both A and R are true, but R is not the correct explanation of A.
- (C) A is true, but R is false.
- (D) A is false, but R is true.

II. You are *Simran/Arnav*, a student of Class IX. After your school conducted a health awareness week, you decided to reduce your screen time and increase your outdoor play hours. Write a diary entry in 100–120 words describing the changes you made in your routine, how it affected your mood, and what you learnt about healthy living.