

**BCM SCHOOL, BASANT AVENUE, DUGRI ROAD,
LUDHIANA**

CLASS – IX

ENGLISH ASSIGNMENT – ANSWER KEY

I. Answers

(i) The survey aimed to study the lifestyle and dietary habits of urban school students and how these affect their well-being.

(ii) "Students spend 18% of their day on screen-related activities" is a **fact** because it is an **objective detail**.

(iii) **(B)** Sleep and schoolwork together occupy over half of their day.

(iv) The most concerning aspect revealed by the chart is that students devote very little time to physical activity.

(v) Screen addiction : Health risk :: Outdoor games : **Fitness / Well-being**

(vi) Schools can:

- Introduce mandatory sports/yoga periods.
- Limit mobile use during school hours and hold awareness sessions.

(vii) **(C)** Eating balanced meals and exercising regularly.

(viii) The statement means that staying physically active and controlling digital habits are both essential for a healthy lifestyle.

(ix) **(A)** Both A and R are true, and R is the correct explanation of A.

II.

Monday, 10 February 2025
8:30 p.m.

Today I decided to make a small but meaningful change in my daily routine after our school's Health Awareness Week. I limited my screen time and spent an hour outdoors playing badminton with my friends. It felt refreshing and joyful to breathe in fresh air and laugh freely. I realised how much time I had been wasting scrolling through my phone. After this change, I slept better and woke up with more energy and positivity. Now I feel determined to maintain this healthy balance between studies, play, and screen use.

Simran