ENGLISH

Grade 10

Government of Nepal
Ministry of Education, Science and Technology
Curriculum Development Centre

Publisher: Government of Nepal
Ministry of Education, Science and Technology
Curriculum Development Centre
Sanothimi, Bhaktapur

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First Edition: 2023

The audio files for the listening tasks provided in this book are available on the website of the Curriculum Development Centre.

Send your comments and suggestions to:

Curriculum Development Centre
Phone: 01-6630-568, Fax: 01-6630-797
Email: info@moecdc.gov.np
Website: moecdc.gov.np

Preface

The curriculum is the central guide that decides what is essential for teaching and learning. A textbook is one of the main tools to deliver the intent and content of the curriculum. An amendment in the curriculum and textbook is a regular process to make them relevant, practical, and useful for the overall development of a learner. This textbook 'English Grade 10' has been developed to address the main aims of the Secondary English Curriculum: exposing the students to the vast treasure of knowledge available in both written and spoken English and enabling them to communicate their ideas in English. It is aligned with the intent of the National Curriculum Framework for School Education, 2076, and is developed based on the new Secondary Level English Curriculum 2078.

This textbook was prepared by a team that includes Mr. Nim Prakash Singh Rathaur, Mr. Ananda Dhungana, Mr. Pashupati Pandya and Ramesh Dhakal. Director General Mr. Baikuntha Prasad Aryal, Subject Committee Chairperson Pro. Dr. Bal Mukunda Bhandari, Subject Committee members: Dr. Bamdev Adhikari, Dr. Netra Prasad Sharma, Mr. Tukaraj Adhikari, Mr. Basanta Raj Dhakal and Mr. Nawaraj Sapkota also contributed significantly on the development of this book. The content and language of the book were edited by Ms. Kunti Adhikari and Mr. Nabin Kumar Khadka. The illustrations in the book were done by Ms. Shaili Malla and Mr. Kushal Karki. Art editing of this textbook in its four-coloured version was done by Mr. Shreehari Shrestha. The Curriculum Development Centre extends sincere gratitude to all of them. With the view that the learning of English should be based on authentic materials, we have retrieved and adapted the texts and tasks including the audios from various authentic sources. Therefore, the Centre would like to extend its acknowledgements to all of them.

The contents in this book are arranged in such a way that the learners get an opportunity to practice listening, speaking, reading, and writing skills as well as grade-appropriate vocabulary, grammar, and language functions in each unit. Considerable effort has been made to make the book activity oriented and interesting to the learners. All the components of each lesson in this textbook are equally important. The teachers can adapt the contents and tasks to the need of their learners and classroom contexts. This textbook can be used as a major resource for classroom teaching but it is not all in all. The teachers are also encouraged to explore other resources too in addition to this book and use them to supplement the language learning of their learners. Curriculum Development Centre always welcomes constructive feedback for the betterment of this book.

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2019 AD

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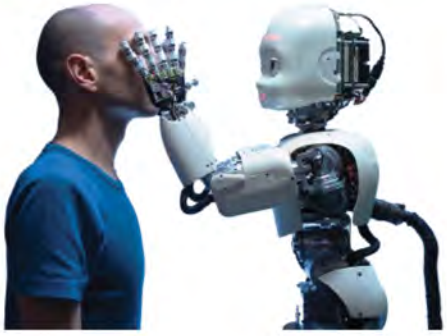
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1 Current Affairs and Issues

Getting started

Look at the pictures representing current issues and talk about them.









Reading I

Answer the following questions.

a. What do you know about artificial intelligence (AI)?

b. How do you think AI has changed the world?

How Driverless Cars will Change our World

By Jenny Cusack 30th November, 2021

It's a late night in the Metro area of Phoenix, Arizona. Under the artificial glare of street lamps, a car can be seen slowly approaching. Active sensors on the vehicle radiate a low hum. A green and blue 'W' glows from the windscreen, giving off just enough light to see inside – to a completely empty driver seat.

The wheel navigates the curb, parking as an arrival notification pings on the phone of the person waiting for it. When they open the door to climb inside, a voice greets them over the vehicle's sound system. "Good evening, this car is all yours – with no one upfront," it says.

This is a Waymo One robotaxi, hailed just 10 minutes ago using an app. The open use of this service to the public, slowly expanding across the US, is one of the many developments signaling that driverless technology is truly becoming a part of our lives.

The promise of driverless technology has long been enticing. It has the potential to transform our experience of commuting and long journeys, take people out of high-risk working environments and streamline our industries. It's key to helping us build the cities of the future, where our reliance and relationship with cars are redefined – lowering carbon emissions and paving the way for more sustainable ways of living. And it could make our travel safer. The World Health Organization estimates that more than 1.3 million people die each year as a result of road traffic crashes. "We want safer roads and fewer fatalities. Automation ultimately could provide that," says Camilla Fowler, head of automated transport for the UK's Transport Research Laboratory (TRL).

But in order for driverless technology to become mainstream, much still needs to change. "Driverless vehicles should be a very calm and serene way of getting from A to B. But not every human driver around it will be behaving in that way," says David Hynd, chief scientist for safety and investigations at TRL.

"It's got to be able to cope with human drivers speeding, for instance,

or breaking the rules of the road. "And that's not the only challenge. There's regulation, rethinking the Highway Code, public perception, improving the infrastructure of our streets, towns, cities, and the big question of ultimate liability for road accidents. "The whole insurance industry is looking into how they're going to deal with that change from a person being responsible and in charge to the vehicle doing that," says Richard Jinks, vice president of commercial at Oxfordshire-based driverless vehicle software company Oxbotica, which has been testing its technology in cars and delivery vehicles at several locations across the UK and Europe.



The ultimate vision experts are working towards is of completely driverless vehicles, both within industry, wider transport networks, and personal-use cars, that can be deployed and used anywhere and everywhere around the world.

But with all these hurdles in place, what exactly does the next 10 years have in store for autonomous vehicles?

Self-driving vehicles are steadily becoming a reality despite the many hurdles still to be overcome – and they could change our world in some unexpected ways.

Two years from now

The biggest hurdle for those in the driverless technology industry is how to get the cars to operate safely and effectively in complex and unpredictable human environments. Cracking this part of the puzzle will be the major focus of the next two years.

At the Mcity Test Facility at the University of Michigan, experts are addressing this. The world's first purpose-built testing ground for autonomous vehicles, it is a mini-town of sorts, made up of 16 acres of road and traffic infrastructure. It includes traffic signals and signs, underpasses, building facades, tree cover,

home and garage exterior for testing delivery and ride-hailing, and different terrains such as road, pedestrian walkways, railway tracks, and road-markings which the vehicles must navigate. It is here that experts test scenarios that even the most experienced of drivers may be pressed to handle, from children playing in the street to two cars trying to merge on a junction at the same time.

(Source: BBCFuture)

A. The following words have two different meanings. Match each word with the meaning used in the context of the text above.

a. glare	i.	an angry or fierce stare
	ii.	an intense blinding light
b. curb	i.	a stone edging to a pavement or raised path
	ii.	something that checks or restrains
c. hail	i.	to call to somebody in order to attract their attention
	ii.	to describe somebody/something as being very good or special
d. commute	i.	to replace a punishment with a less severe one
	ii.	to travel regularly between wokplace and home
e. serene	i.	calm and peaceful
	ii.	an expanse of clear sky or calm sea
f. liability	i.	a person or thing that causes you a lot of problems
	ii.	the state of being legally responsible for something
g. deploy	i.	to move soldiers or weapons into a position for an action
	ii.	to use something effectively
h. autonomous	i.	a vehicle that has the technology to drive itself
	ii.	able to do things and make decisions without help from anyone else

i. perception i. a belief or an image about how you see or understand something

ii. the ability to understand the true nature of something

B. Choose the correct alternatives to complete the sentences below.

a. One of the features of automated cars is that .....

i. they wait for the passengers.

ii. they approach slowly.

iii. They have their own voice to welcome people into them.

b. Driverless technology is being widely used particularly in .....

i. the USA ii. the UK iii. the UAE

c. The positive impact of such technology on the environment is .....

i. it prevents road accidents.

ii. it paves the way to sustainable life.

iii. it reduces carbon production.

d. One of the problems with driverless technology is that.....

i. it cannot deal with traffic system.

ii. it cannot deal with human drivers.

iii. it cannot cope with other cars.

e. One of the biggest challenges of the automated cars is .....

i. its safety from the human environment

ii. human safety from it

iii. its durability in the human environment

f. The automated technology developed so far is .....

i. completely trustworthy

ii. partly trustworthy

iii. not trustworthy at all

C. Answer the following questions.

a. Mention any three features of the driverless car.

b. Describe the benefits of driverless technology.

c. What, according to Camilla Fowler, is the special advantage of automated vehicles?

d. What are the problems with driverless vehicles in David Hynd's views?

e. What are scientists doing to make driverless technology safer?

f. Do you think driverless technology is safer than human-controlled driving? Why?

D. Think of any three other areas where artificial intelligence (AI) has been used. What are the benefits of using AI in these areas? Share your ideas with the class.

Pronunciation

Consult a dictionary and transcribe the following words as in the example. Then pronounce the words correctly.

Example : glare-/*gleə(r)*/

glare	curb	junction	carbon	car
president	hurdle	exterior	driver	traffic

Speaking

A. The following statements are from the article of Reading I. Find who made these remarks and report them in your own words.

Good evening, this car is all yours – with no one upfront.

It's got to be able to cope with human drivers speeding.

Driverless vehicles should be a very calm and serene way of getting from A to B.

The whole insurance industry is looking into how they're going to deal with the change from a person being responsible and incharge to the vehicle doing that.



B. Here are some remarks people made to you this morning. Report them to your friends in the class.

Example: Father–You have progressed in your studies to a great deal.

My father told me that I had progressed in my studies to a great deal.

a. Teacher – I am very busy now.

b. Sister- The cows have been fed.

c. Sohan- I know your address.

d. Ramila – I don't believe you.

e. Alice- I am too late to go out.

f. Sophie- My family is very supportive to me.

C. Let's play.

Work in a group of threes. Student A whispers something to student B. Then student B reports it to student C in a whisper. Use the given prompts.

Example:

A to B : I went to the market after school yesterday.

B to C : She/He said that she/he had gone to the market after school the previous day.

go to the market, eat chinese food, buy new mobile phone, play games in computer, watch a horror movie, paint a scene, visit a new park

Grammar I

A. Match the following statements with the correct reported speech and notice how the statements are changed.

a. Khushi said, "I go to school every day by bus."	i. Karma apologised for coming late.
b. Karma said to me, "I am sorry for coming late."	ii. Susan says that she will leave for Bhanu the following week.
c. Susan says, "I will leave for Bhanu next week."	iii. Tshering promised me to meet that Saturday.
d. Tshering said, " I will surely meet you this Saturday."	iv. The agent informed us that the bus left at six.
e. "The bus leaves at six," said the agent.	v. Khusi said that she went to school every day by bus.
f. " I have already finished my project work," said She.	vi. Yanjal said that he worked from home those days.
g. "I work from home these days,", said Yanjal.	vii. She said that she had already finished her project work.

B. Complete the following sentences with the correct reporting verbs.

advised admitted warned offered thanked
informed agreed apologised promised

a. "I broke the mirror." He ..... that he had broken the mirror.

b. "I'd go and see a doctor if I were you," Pemba said to me. Pemba ..... me to see a doctor.

c. "I will send you out if you make a noise again," said the librarian. The librarian ..... me not to make a noise again.

d. "I can come and help you plant rice," said Raman. Raman ..... to help me plant rice.

e. "The classes start from next week," said the assistant. The assistant ..... us that the classes start from the following week.

f. Sonam said to me, "Thank you so much for your help." Sonam..... me for my help.

g. "OK. I will return your money by Saturday," said Prakriti. Prakriti..... to return my money by Saturday.

h. "I will really work hard and score good grades," said Anupam. Anupam..... to work hard and get good grades.

i. "I am sorry for coming late," said the speaker. The speaker ..... for coming late.

Writing I

The use of AI in the technology is not only making people's lives easier but bringing new challenges. Write a newspaper article about the challenges brought by the advancement of AI in technology.

Reading II

Look at the picture below and answer the following questions.



a. Who do you think these people are?

b. What are they doing?

Open Letter to UN Secretary-General Antonio Guterres

His Excellency Antonio Guterres
United Nations Secretary General
United Nations Secretariat
42nd Street,
New York, NY 10017
7 August 2020

RE: Inclusion of children in the Youth Advisory Group on Climate Change

Your Excellency,

Congratulations on your recent announcement of seven young climate leaders- between the ages of 18 and 28 years old – to your Youth Advisory Group on climate change, who will advise you regularly on accelerating global action and the action to tackle the worsening climate crisis. We appreciate this important focus on bringing young leaders into decision-making and planning processes related to climate action. We also welcome the emphasis you place on receiving and giving frank and fearless advice, and the urgency of holding government and corporate leaders to account on climate action.

We are disappointed, however, that you have not expanded this list of young climate leaders to children in all their diversity. Millions of children took part in school strikes for climate action in 2019 and early 2020 and demonstrated their outrage and constructive solutions in equal measure. They have been agents of change in the climate debate using their channels of influence-schools, social media, and street protest- to catalyse global activism on the climate crisis. We have seen children from the global North to the global South engaging with political and corporate leaders- in their home countries and also within the international system-most recently at the UN Human Rights Council-claiming their right to a safe, clean, healthy and sustainable environment as critical foundation to realizing their wellbeing and rights.

It was, after all, a child, Greta Thunberg, who sparked this global movement through an inspiriting solo protest in 2018. By 2019, she was able to rightly assert: "We proved that it does not matter

what you do and that no one is too small to make a difference." In 2020, children are saying the same thing. Like Fabrizio, a 16 year old boy from Peru, who told us on a recent child-led online conversation, "The Future of Children is at stake now, tomorrow will be too late." Children like Fabrizio are vocal in their anxiety that our dash to economic recovery will scupper climate change at net-zero commitments. They continue to pressure on us all for urgency, and to fight for a green recovery.

Once again, Secretary-General, we congratulate you on the establishment of the Youth Advisory Group on climate change. We ask, however, that it be inclusive of children and adolescents younger than 18; respecting their right to be heard and to contribute their expertise directly. We also ask that as preparations for COP26 advance, you call for the UK and Italy to give children a safe space to influence these upcoming preparatory events. We would of course be happy to support a process that facilitates meaningful engagement with children across the globe on both your Group and COP26.

If the last two years have taught us anything it is that children, armed with information and a sense of purpose, have a unique role to play by participating in decision-making processes and in combating crises with constructive solutions. Let us make sure that we learn and apply this lesson to the planning process related to climate action.

Sincerely Yours,
Save the Children
Child Rights Connect

A. Fill in the blanks with the correct words given below.

tackle	corporate	outrage	catalyse
at stake	net-zero	expertise	

a. The .....headquarters of the company is in Dubai.

b. According to Greta, the leaders are failing to..... the key issues.

c. Some viruses ..... the step in the production of other viruses.

d. His .....in business helped him greatly to run the company.

e. Nepal government plans to reduce carbon dioxide emissions to ..... .

f. He does not have good knowledge of business. So, he has put his investment ..... .

g. His controversial remarks caused public ..... .

B. Write whether the following sentences are 'True' or 'False'. Write 'Not Given' if the information is not found in the letter.

a. Save the Children congratulates Antonio Guterres on his recent appointment as the General Secretary of the UN.

b. The Youth Advisory Group on Climate Change was announced on the request of the children between 18-21 years of age.

c. The dissatisfaction is that the representation of children is not inclusive.

d. Greta Thunberg protested for the right to a safe, clean, healthy and sustainable environment.

e. The children demand their physical safety in the UK and Italy.

f. The children think that they can participate in decision making to fight against the climate crisis.

C. Answer the following questions.

a. Where is the office of the UN Secretary General?

b. What is the purpose of writing this letter to Antonio Guterres?

c. Why was the Youth Advisory Group announced?

d. What roles have children played in the time of climate crisis?

e. Describe Greta Thuberg and Fabrizio's contributions.

f. What is the final demand of the children?

D. As a student, what roles can you play to control climate change and its effects? Share your ideas in the class.

Listening

A. Look at the picture and answer the following questions.



a. What does the picture depict?

b. What are the effects of this situation?

B. Listen and complete the sentences below with the correct words/phrases.

a. Pollution and .....are two of the human activities responsible for the rise in the temperature of the Earth.

b. Some gases allow the sunlight enter the Earth but prevent the heat from .....

c. Burning of fossil fuels causes the rise of .....

d. Our oceans, our weather, our food sources, and ..... have been affected by climate change.

e. Storms, floods, ..., and longer and more frequent droughts are some extreme weather conditions.

f. Ozone particles increase quickly at .....

g. Renewable energy sources such as ..... do not produce greenhouse gases.

C. Listen again and answer the questions in not more than three words.

a. What is the major cause behind the rise in the temperature of the Earth?

b. Name any three gases that trap the heat on the surface of the Earth.

c. What causes weather extremes?

d. What causes health problems such as asthma, heart disease and lung cancer?

e. What is the alternative to fossil fuels?

D. How can human beings minimise the effects of climate change? Discuss.

Grammar II

A. Choose the correct alternatives to complete the sentences.

a. Abhilasha said that she..... (witnessed, has witnessed, was witnessed) the accident.

b. The teacher explained that.....(the earth revolves round the sun, the earth revolved round the sun, revolve round the sun).

c. Smarika says that .....(she could not stay there anymore, I can't stay here anymore, she can't stay here anymore).

d. Sachita says that .....(she loves to listen to music, she loved to listen to music, I love to listen to music).

e. My brother reported that.....(he had completed his homework, I have completed my homework, he has done his homework).

f. My father said that the sun .....(is, are , was) very hot.

g. Jenifer said that she .....(want, wants, wanted) to be a nurse.

B. Rewrite the following sentences in indirect speech.

a. Raima said, "We had to cross the river and go ahead."

b. Smarika said, " I will meet you tomorrow, friends."

c. "I can't come to school tomorrow," Chandani said

d. Dorje said, "Sorry, I cannot lend you any money today."

e. The teacher said, "Now, you can solve the remaining problems yourselves."

f. The police said, "The incident probably took place yesterday."

g. I said to him, "I live in Changunarayan these days."

h. They said to us, "We would like to join you too."

i. The Science teacher said, "The coal gives off thick smoke."

j. Resham said, "I have never seen such a strange animal anywhere else."

k. "I love my children more than wealth," the father said.

Writing II

Write a letter to the Mayor of your municipality or the Chairperson of your rural municipality requesting him/her to involve the representatives of children in the decision making process related to children's issues in your municipality/rural municipality.

Project work

Collect at least 5 news items related to current affairs. Design the first page of a newspaper and write your news items on it. Stick it on the notice board of your classroom.

Extra bit

Reading comprehension techniques

Reading a text with certain techniques helps us better comprehend it. Depending on the purpose of reading, we can adapt different strategies of reading.

1. Skimming

Skimming is a reading technique used to quickly gather the most important information, or 'gist' from a text. While skimming, we quickly run our eyes over the text, noting important information. It's not essential to understand each word when skimming. This technique is useful when we need to find the main idea of a text. Reading the major parts such as the titles and headings carefully is an example of skimming.

2. Scanning

Scanning technique is used to find a particular piece of information. In this strategy, we run our eyes through the text looking for the specific piece of infor mation we need. We can use scanning for reading schedules, meeting plans, etc. When we read a text to find names, dates, numbers, etc., we scan it.

3. Extensive reading

Extensive reading refers to the general understanding of a subject and includes reading longer texts for pleasure. We can use extensive reading skills to improve our general knowledge of business procedures. Reading text such as fiction, non-fiction, newspaper articles or statistical data require extensive reading.

4. Intensive reading

Intensive reading strategy is used on shorter texts in order to extract specific information. It includes very close accurate reading for details. We use intensive reading skills to grasp the details of a specific situation. In this case, it is important that we understand each word, number or fact.

2 Festivals and Celebrations

Getting started

Look at the pictures and talk about them.



Holi



Eid



Machhindranath Jatra



Biska Jatra

Reading I

Answer the following questions.

a. What is the man in the picture doing?

b. Which is your favourite festival? Tell to the class about it.

Battle of the Oranges



All I can see is a flash of orange, then I am hit in the chest. It knocks my breath away. I slide backwards, fall bum-first in a pile of orange mush. What the heck ! I touch my head: my red hat is still there.

During the carnival, official public notices are plastered on the walls around Ivrea, ordering people, especially tourists, to wear a red hat. Or else they can be considered a 'fair target for gentle and moderate orange-throwing'.

The red hat people are ordered to wear is not just any hat. The berretto *frigio*, a sock-shaped hat sold on every street corner, is the symbol of the carnival itself. It is a symbol of freedom; worn in Roman times by freed slaves. During the Middle Ages it was on the heads of peasants rioting against feudal lords.

Back on my feet, I make sure my hat is on, and visible. I want to get another look, but soon I am hit again on my forehead. My head jerks back, I wipe my face, oh my goodness, it's blood! I am going to need stitches, maybe it's a concussion!

Then I remember blood oranges.

Shivering from the quick succession of shock and relief, I retreat to the back of the square, away from any flying fruit. This is the first of three yearly battles; everybody is fresh and excited from a year-long wait. Nine teams of aranceri (orange-throwers) on foot, wearing uniforms, hurl oranges at their opponents on horse-drawn carriages, clad in Doctor Whoesque costumes with padded shoulders and leather-covered cylindrical helmets. An hour into the battle, the square is covered in a thick sludge, mixture of orange pulp and horse manure. It smells sharp, sweet-and-sour.

Aranceri on foot rush back and forth, to the sides of the square stacked with orange crates, filling their shoulder bags and baggy tops. As soon as a cart approaches, they charge, bombarding it with oranges.



Horses halt, for a few minutes; oranges explode, then the cart takes off again, the aranceri chase it for a while, hurling the last of their supplies. They wear no protection, and walk around with their hair caked in orange bits, juice running down their faces. Some have broken noses, some clutch a side of their face, arms or ribs. They hold their heads high, shouting their team's war cries.

"This is the moment we wait for all the year," says Silvia, holding an orange cut in half on her right eye. "I'll be happy to have a black eye tomorrow."

She sits with me, sipping a glass of mulled wine. "I think carnival is good for our psychological health. During these three days I can let it all out, all the frustrations I have built up during the year. Afterwards I feel refreshed. Of course, accidents happen" she adds, pushing the orange on her swollen eye, "but you should try, it's good for you".

I am curious to know what it feels, I admit. I keep thinking I am wearing a hat, and the public are not supposed to join in the battle. Even so, that doesn't seem to stop hat-wearers from throwing the occasional orange. To prevent further trouble, volunteers advise the public to stay behind protective nets.

"Forget the nets" says Massi, an arancere of the Morte team, with a gigantic skull on the back of his orange-stained uniform, "if you want to live the carnival, you have to be in the middle of the battle."

"Aren't you afraid of getting hurt?"

Massi laughs. "If you compare the risk to the rush you get, a black eye is a small price to pay."

He fills his top with oranges. A cart is approaching. "Come on, throw your red hat away and come with me".

I am tempted, but I decline.

- Margherita

A. Match the words with their meaning.

a.	mush	i.	to throw something violently in a particular direction
b.	jerk	ii.	to hold something tightly
c.	concussion	iii.	a soft thick mass or mixture
d.	hurl	iv.	to drink something, taking a very small amount each time
e.	pulp	v.	to make something move with a sudden short sharp movement
f.	clutch	vi.	a temporary loss of consciousness
g.	sip	vii.	the soft part inside the fruits and vegetables

B. Write 'True' for true statements and 'False' for false ones.

a. The tourists are informed to wear a red hat through public notices.

b. *Aranceri* seem dressed in Doctor Whoesque costumes.

c. When a cart approaches, *aranceri* run away from the square.

d. The narrator feels bored during the festival period.

e. The volunteers encourage the visitors to join the battle.

f. The narrator accepts Massi's offer.

C. Answer the following questions.

a. What does the red hat symbolize?

b. How does the narrator feel when she wipes her face?

c. What does the square look like after an hour- battle of the oranges?

d. How do aranceri members chase the cart?

e. Does Silvia enjoy this carnival? Why?

f. Why does Massi say, "Forget the nets"?

D. You might know about some unique festivals like 'Battle of the Oranges'. Strange festivals are celebrated in many parts of the world. Collect some information about anyone of such festivals and share in the class.

Pronunciation

Listen to your teacher. Find the number of syllables in each word. And note which of the syllables is stressed. One has been done for you.

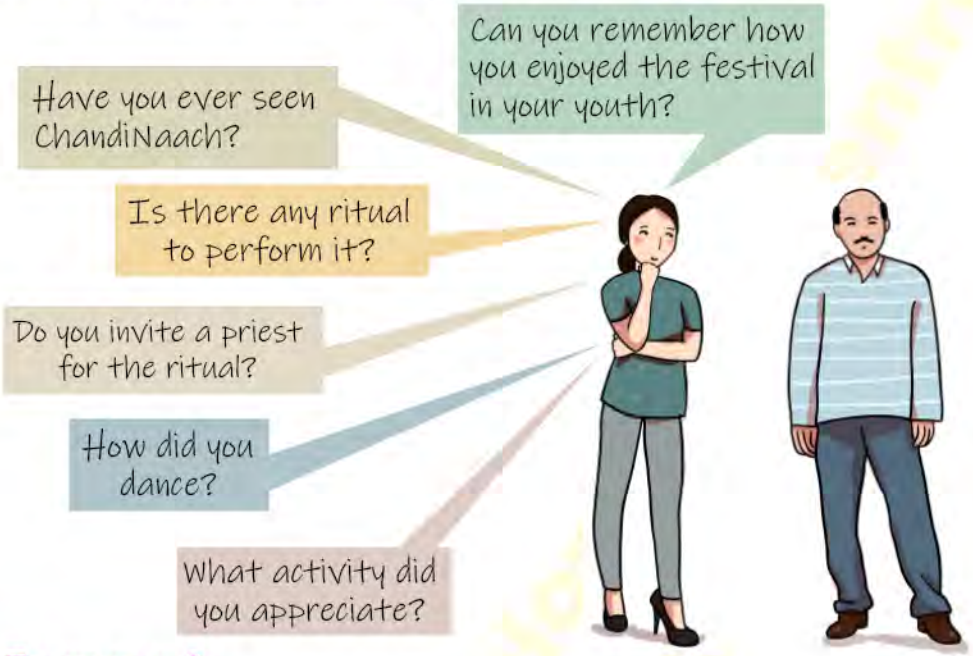
Words	Number of syllables	Stressed syllable
retreat	two	second
concussion		
opponent		
succession		
explode		
celebration		
consciousness		
liberty		

Speaking

A. Study the following question and its reporting.



Now, report the following questions in pairs.



Grammar I

A. Change the following sentences into indirect speech. The beginning of each sentence is given.

a. "Are you working tonight?"

Agaman asked Timothy .....

b. "Is this the road to the station?"

A stranger wanted to know from me .....

c. "Did you do your homework?"

My friend inquired her.....

d. "Have you been to Paris?"

The tourist was asked.....

e. " How long have you been working in this company?"

Usha inquired of Anju.....

f. "What flavour ice cream did you have at the party?"

My mother asked me .....

g. "Have you studied reported speech before?"

The teacher wanted to know.....

h. "Where will you stay tonight?"

I asked him.....

i. "How many players were shown yellow card by the referee?"

Sumangal asked his friend.....

j. " What magic did the medicine have on the patient?"

Sarita wanted to know from Sommaya.....

B. Change the following remarks into reported speech.

a. Kritika asked me, "Why did you go out last night?"

b. "Who was that beautiful woman, Usha?" said Sunita.

c. "How is your mother?" said Gaurab to Yang Dolma.

d. My friend wanted to know, "What are you going to do at the weekend?"

e. "Where will you live after graduation?" said my teacher.

f. Anusha said to Melisha, "What were you doing when I saw you?"

g. I said to the pilgrim, "How was the journey?"

h. "How often do you go to cinema?" said Krishna.

i. "Do you live in Patan?" said the Principal.

j. Niraj said to Luniva, "Did Phadindra arrive on time?"

Writing I

Write an essay describing a festival which is celebrated in your community. Include its brief history, people involved, major activities, religious or social importance, duration, and drawbacks, if any.

Reading II

Answer the following questions.

a. What are the main festivals celebrated in your community?

b. Why are they celebrated? Discuss.

Thanksgiving around the World

Festivals are not just the means of entertainment or rejoice. They also reflect our heritage, culture and traditions. Thanksgiving is celebrated around the world to extend thanks for the harvest, enjoying bountiful food, and spending time with family and friends. Even though Thanksgiving seems to be uniquely American, the tradition is followed in different countries in various forms.

Thanksgiving, USA



Celebrated on the fourth Thursday of November, Thanksgiving in the USA is a national holiday that commemorates the feast the Pilgrims held after the first harvest in 1621. The first celebration was attended by 90 Native Americans and 53 pilgrims. Thanksgiving has been celebrated intermittently ever since.

Thanksgiving dinner with family plays a central role in the celebrations, with Americans eating more food on Thanksgiving Day than any other day of the year, including Christmas. Roast turkey is essential – approximately 45 million of them are consumed every year – as well as mashed potatoes, sweet potatoes, sweet corn and assorted fall vegetables, all food that is native to the Americans.

Parades are a big part of the celebrations too. They range from small town affairs featuring the local marching band to Macy's Thanksgiving parade through the streets of New York. Billed as the world's largest parade, it features parade floats and huge balloons,

usually based on cartoon characters, current Broadway shows and other topical themes.

Chuseok, South Korea



Chuseok, also called Hangnail, is a Korean festive holiday celebrated on the 15th day of August, according to the lunar calendar. The festival is celebrated to commemorate the fall harvest and to honour one's ancestors. Similar to Thanksgiving Day in the USA, the Harvest Moon Festival, as it is also known, is one of the most popular holidays in Korea. Traditionally, Koreans return to their ancestral hometowns to celebrate with their families.



The festival day begins with a ceremony in which food and wine are offered to ancestors. This is followed by a meal that typically consists of fish and newly harvested vegetables and grains. The food most associated with the holiday is songpyon, a crescent-shaped rice cake that is cooked on a bed of pine needles. Later in the day, celebrants visit the graves of relatives, where more ceremonies are performed. Chuseok is also marked by gift giving and athletic events, including tug-of-war competitions, archery contests, and sirrum, Korean wrestling matches. Other activities include dancing and music playing. On this day, many Koreans wear hanbok, the traditional clothing.

Dia de Acao de Gracas, Brazil



In Brazil, Thanksgiving is a relatively new festival – but it's celebrated with great gusto. It is said that when the former Brazilian President, Gaspar Dutra visited the USA, he was

fascinated with the holiday and established the festival in his home country in 1949.

Dia de Acao de Gracas begins with the mass to offer thanks for an abundant harvest – then there is a vibrant carnival and revellers head to the beach, Peru. Roasted turkey is still the centrepiece of the Brazilian Thanksgiving feast, but there are a few exotic twists. Cranberries do not grow in Brazil, so a sauce made of Jaboticaba, known as the 'Brazilian grape', is whipped up to spread on the bird.

Thanksgiving, Liberia



Liberian Thanksgiving is a vibrant and spicy affair. Founded in the 19th century by liberated American slaves, the festival gives thanks for freedom. Liberians celebrate the good things in life, while also marking their troubled past.

After a church service, families gather for a spread of roasted chicken, traditional green bean casserole and mashed cassava – all liberally doused with spices, of course. The Thanksgiving feast is topped off with an evening of dancing, singing and celebration.



Crop Over, Barbados

The celebration of Crop Over is Barbados's biggest party. The festival spreads over a length of 12 weeks, from May until August, when it culminates in the massive finale: the Grand Kadooment.

Originally a celebration of the sugar cane harvest, Crop Over has been celebrated since the 1780s when Barbados was the world's largest produce of the sweet-stuff. Carnivals pervade the lengthy celebrations, and calypso bands and dancers compete in ever grander and more flamboyant displays.

Homowo, Ghana



The Homowo festival, meaning to jeer or hoot at hunger in Ghana historically celebrates the ending of a long famine suffered by the Ghanaians. What could be better to celebrate the end of shortage than a feast? Palm nut soup with fish is served alongside traditional Kpokoi, a kind of grits made from unleavened corn dough and palm oil.

Starting in May with the sowing of millet, the festival takes place through August and September after a ban on drumming and singing that is meant to encourage proper care of the crops. The festival culminates in a night of singing and dancing and frantic beating of drums in loud defiance of hunger and famine.

Mehregan, Iran



A festival that dates back at least to the 4th century BC, Mehregan in Iran is held on the 196th day of the Iranian year. The festival celebrates a successful harvest and the goddess Mehr.

The celebration calls for new clothes, community blessings and a feast on a table decorated with marjoram. The spread includes sherbert drinks and lavish dinners; in some villages, a sheep is sacrificed and slow-roasted throughout the day.

Revellers rub kohl around their eyes as a good omen, and throw handfuls of marjoram, lotus and sugar plum seeds over each other.

A. The meanings of some of the words from the text are given below. Find the words and write against the correct meanings.

a. in a way occurring at irregular intervals; not continuous or steady .....

b. to remind people of an important event or person from the past .....

c. in a way that shows the usual qualities or features of a particular type of person or thing.....

d. a curved shape that is wide in the middle and pointed at each end .....

e. full of life and energy .....

f. a person who is having fun in a noisy way, usually with a group of other people .....

g. from or in another country; seeming exciting and unusual .....

h. to spread through and be easy to notice .....

i. brightly coloured and likely to attract attention.....

j. done quickly and with a lot of activity, but not very well organized .....

B. The following events represent different activities observed during Thanksgiving around the world. Study them carefully and write the names of countries where they are celebrated.

a. Families gather for a feast in the evening accompanied by dancing and singing.

b. People wear new clothes and get community blessings.

c. Palm nut soup, fish and traditional Kpokoi are served.

d. People return to their hometowns to celebrate the festival.

e. Celebrants go to the beach in a noisy way.

f. Parades are taken out in the streets.

g. Food and wine are offered to the forefathers.

C. Answer the following questions.

a. What is the main feature of American Thanksgiving?

b. What do parades include in Thanksgiving in America?

c. When and why is Chuseok celebrated in Korea?

d. How did Thanksgiving begin in Brazil?

e. Who started Thanksgiving in Liberia? Why was it started?

f. What is Thanksgiving celebrated in Barbados for?

g. What is Homowo marked in Ghana?

D. How do people extend their gratitude for food and harvest in your community? Share with your friends.

Listening

A. Look at the pictures below and answer these questions.

a. What do you see in the pictures below?

d. What special days do they denote?





B. People are talking about special days. Do they like or dislike each day? Mark (Ö) the correct answer.

Speakers	Special Days	Likes it	Dislikes it
1	April Fool's Day		
2	Earth Day		
3	Mother's Day		
4	Father's Day		
5	New Year's Eve		

C. Listen to the five speakers again and write True for the true and False for the false statements.

Speaker- 1

a. One of his co-workers played tricks on everyone.

b. He had a wonderful time.

Speaker- 2

a. The book club planted flowers.

b. He didn't go anywhere on Earth Day.

Speaker- 3

a. Her mother did not enjoy them making a mess in the kitchen.

b. The kids served the mother breakfast in bed.

Speaker- 4

a. He had a party with his friends.

b. He went to a big family dinner.

Speaker- 5

a. She went to a great party.

b. The neighbours had a noisy party.

D. Tell the class about a special day which you celebrated this year.

Grammar II

A. Rewrite the following sentences choosing the correct alternative from brackets.

a. Sujita asked her mother.....(when her father would come home, when will her father come home, when might her father come home).

b. She replied that she had never had caviar when I said to her, ".....caviar?" (Have you ever had, Will you have, Would you have)

c. The salesperson said to him, "What.....for you?" (I can do, can I do, I could do)

d. The tourist inquired from me .....to Banepa. (whether I belonged, whether I would belong, whether I am belonging)

e. The little girl asked us what time .....to come back. (were we supposed, we were supposed, we had been supposed)

f. The head teacher asked her ..... the exam form the week before. (whether she had filled out, whether she fills out, whether had she filled out)

g. Renuka asked me .....her. (if I have called, if I had called, if had I called)

B. Nihar Chaudhary interviewed her Social Studies teacher last week. Here is the report prepared by her after the interview. Read it carefully and list out direct questions asked by Nihar.

Today, I got an opportunity to interview Mr. Sudeep Prasad Joshi, our Social Studies teacher about a Newari tradition known as Ihi. Here is a brief report of the information imparted to me.

Mr. Joshi stated that Ihi is a Newari ceremony in which pre-adolescent girls are married to the Suvarna Kumar, a symbol of god Vishnu. I asked him why it was done. He said that it is done to ensure that the girl becomes and remains fertile. It was started to escape the *Sati* tradition. According to the tradition,

when a girl was married to Vishnu, she would not be a widow even after the death of her mortal husband. He added that it is performed to the girls between the ages five to nine. It is known as *Bel Bibaha* (Ihi)because when a girl was married to Lord Vishnu, bel (wood apple) fruit was given as a witness. Mr. Joshi explained why this particular fruit chosen was because of its peculiar quality of not getting rotten. Because of this property, bel is considered as *Divya Purusha* or incarnation of the god. He said that the ritual goes on for two consecutive days, which is tiring for the girl and her parents. During the ceremony, those participating could not eat certain foods or drinks, especially those with salt.

Writing II

A. Write a news story using the following clues.

Vitamin A Capsules Given to Children

health assistants give Vitamin A Capsules, October 19-20

children from six months to five years

deworming tablets to children between 1-5 years

announced by the Department of Health Services

Vitamin A programme continues since 2050 BS and deworming capsules since 2056 BS

Project work

Prepare a short questionnaire to gather information about various local festivals celebrated by your friends. Collect the information from your friends. Then make a brief report and present it to the class.

Extra bit

Word Stress

Stress is an extra force used when pronouncing a particular word or syllable.

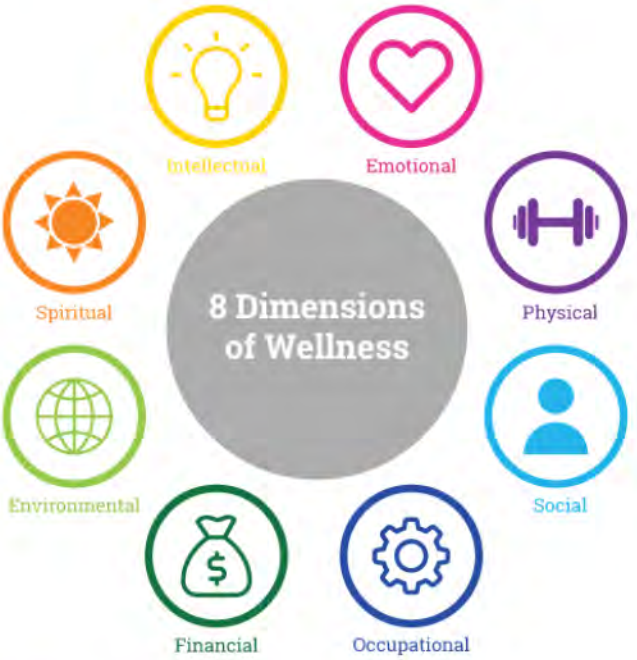
The rules of word stress

1. A word of one syllable has stress on the first letter, e.g. 'Do, 'Pot, 'Song, 'Read.
2. Nouns and most adjectives and adverbs of two syllables have stress on the first syllable, e.g. FA-ther, HAP-py, UN-der, PRES-ent.
3. A verb of two syllables has stress on the second syllable, e.g. cor-RECT, pre-SENT,be-LIEVE.
4. Most three-syllable nouns and adjectives have stress on the first syllable (except words with long vowel sound: engiNEER), e.g. POL-i-tics, GEN-er-al, DEL-i-cate, EX-cel-lent.
5. Three-syllable verbs have stress on the first syllable (except words with prefixes: reMEMber, conTINue), e.g. OR-gan-ize, DEC –o-rate, SIG-ni-fy.
6. Words that end in -cy, -ty, -phy and –gy have stress on the third-from-last syllable. e.g. de-MOC- ra-cy, un-CER -tain-ty.
7. Compound nouns have stress on the first part, e.g. HAIR-brush, SOME-thing, CLASS-room, BREAK-fast, FOOT-ball.

3 Health and Wellness

Getting started

Look at the figure below and talk about different dimensions of wellness.



Reading I

Look at the picture and answer these questions.

a. Who do you think the woman is?

b. What is she doing?

c. Have you ever been to hospital for treatment? How did the hospital staff treat you?



A Letter from a Patient

Dear health care worker,

I recently experienced a parent's worst nightmare. One evening my nine-week old baby developed an extremely high fever. We rushed to our local community hospital and were admitted through the emergency department to the pediatric unit. We were discharged three days later. Thanks to the skilled doctors and nurses who cared for our precious little one. While our infant's care and health outcomes were fantastic, our experience was less than satisfactory.

During my hospital stay, many staff took the opportunity to bad-mouth their colleagues to me when we were alone. I am not sure if this occurred because I looked rather trust-worthy or they wanted to let me know they were more competent than their colleagues. The emergency nurses complained about the doctors' orders and the delay in response of the pediatric nurses. The pediatric nurses complained about the emergency room nurses' inability to get an intravenous line. The pediatrician complained about orders made by the emergency doctor. Once admitted, our pediatric nurse complained about the pediatricians' approach to the care of my baby. Then the pediatrician complained about the pediatric nurse's lack of ability to obtain a urine sample.

At every opportunity the parent in me wanted to scream at the top of my lungs "Can everyone stop complaining about each other and look after my sick baby?" From my vantage point, it seemed that everyone was so focused on their own needs and skills that they appeared completely insensible that there was a sick baby that needed their help. In fact, it was downright disappointing. This did nothing other than state to me that egos were taking priority over my daughter's care.

I cannot tell you how many times nurses told me, "I am so busy today." I am not sure if they were telling me to excuse the fact that my daughter's medications were not on time or maybe they were simply looking for support. Every time I heard this statement my head played my own version that sounded more like "your daughter is not a priority."

Do not use patients or their families as your personal confidante. I was in that hospital room to care for my infant and see her condition improve, not to hear that staff were not equipped to see this goal through. Patients and their families need to know they are your

priority and your job is to care for them in an effort to restore health. Please take time to tell them this, share positive news with them as if you are happy too, because I know you are.

Use the chart, read it, write on it and refer to it. After all, this is where everything that happens should be documented. At every interaction with a physician and their students I was asked the same questions "Was she premature?" and "Was your delivery normal?" I answered these questions the same each time, surely someone wrote this down in our chart.

The majority of health care workers that approached my daughter referred to her as male. I would politely correct them with her or she. My daughter spent her time in hospital wearing only a diaper. Despite no obvious gender indicator, surely somewhere in my paperwork it indicated that she was female. As sleep deprivation and stress took their toll I wondered what other mistakes may exist on my baby's paperwork. Please be careful of what you say to patients and how you say it. When you are caught on such a slip up, be genuine in your apology and make a sincere effort to refrain from repeating the same mistake next time. Patients and their families need to know that you are listening and that you care about what it is they are saying. The gender error is one that left me with a sense of sloppiness and lack of focus on behalf of all who made this innocent mistake.

I am a health care worker just like you. People trust us to take care of their most precious loved ones in their most vulnerable states. This is our job and we do it with pride, but how we treat each other is dreadful. Patients know that healthcare is not a glamorous career choice. They know that most of us do it because we want to help sick people get well. Do your best to confirm this belief when people are in your care. I am not innocent of uttering some of these statements above. However, I can assure you that I will be more conscious of what I say to patients and their families after my daughter's hospital stay.

Fellow health care workers, choose to interact with your patients in a way that instills confidence in yourself and your fellow team members. You alone have the power to positively shape the patient's experience.

Yours truly,

An appreciative mother

(Adapted from https://hospitalnews.com/a-letter-from-a-patient/)

A. Match the words in column A with their meanings in column B.

Column A		Column B	
a.	nightmare	i.	treatment using drugs
b.	pediatric	ii.	a thing that is regarded as more important than others
c.	intravenous	iii.	a very unpleasant or frightening experience
d.	priority	iv.	relating to the medical care of children
e.	medications	v.	into or connected to a vein
f.	confidante	vi.	in need of special care, support, or protection
g.	deprivation	vii.	very bad or unpleasant
h.	vulnerable	viii.	the lack of something considered to be a necessity
i.	dreadful	ix.	a person with whom private matters and problems are discussed

B. Write True for true and False for false statements.

a. The sender of the letter was happy with the service of the health workers.

b. The staff of different departments in the hospital had harmonious relationships with each other.

c. The hospital staff were concerned with the requirements of the sick child.

d. The staff of the hospital shared their personal feelings with the writer.

e. The chart was unclear about the patient's gender.

f. The author took the mistakes of the health workers normally.

g. The writer seems to be more sincere in her duty than the hospital staff.

C. Answer the following questions.

a. What was the nightmare for the author?

b. What do you think the main purpose of this letter is?

c. According to the author, what was the main weakness of the hospital staff?

d. Did the nurses really say "your daughter is not a priority"? Why did the author think so?

e. What do the patients and their families expect from the health workers?

f. List the questions that the author was asked frequently in the hospital.

g. Why did the health workers make gender error about the author's daughter?

h. According to the author, how do people perceive the career of health workers.

D. If you become a health worker in the future, what would be your priority? How would you treat your patients and their families? Discuss with your friends

Pronunciation

Pronounce the following words and then put them in the correct columns.

food	book	cook	foot	moon	noon
roof	good	school	look	hook	stood
took	wood	too	zoo	zoom	wool
mood					

Short /ʊ/ as in 'book'	Long /u:/ as in 'food'

Speaking

A. Act out the following conversation.



B. Work in a group of three and have conversation for the situations below as in the example.

Example:

A: *Guard: Don't take photographs.*

B: *Your friend: What did the guard tell you?*

C: *You: He told me not to take photographs.*

a. Mother: Come home early.

b. Doctor: Drink plenty of water.

c. Guard: Don't touch the paintings.

d. Librarian: Keep your mobile phone in flight mode.

e. Teacher: Arrive at school on time.

f. Air hostess: Fasten your seat belt.

g. Brother: Wash your clothes yourself

C. One of your friends gives you the instructions to make a paper boat. Listen to him/her and report it to your friend.

Instructions for making a paper boat

1. Fold the paper in half on the longest side.
2. Fold it in half again on the longest side and open it out once.
3. With the fold at the top, fold the top two corners to the middle line.
4. Fold the bottom strip up on each side.
5. Put your thumbs inside the triangle.
6. Open it out into a diamond shape.
7. Fold the bottom half up on each side, so you have a triangle shape.
8. Put your thumbs inside and open it out.
9. Pull the outer corners of the triangles out to make the boat.

Grammar I

A. Study the following table. Observe how the imperative sentences change from direct speech to indirect speech.

Direct speech	Indirect speech
She said, "Keep quiet!"	She instructed me to keep quiet.
"Please close the window," the teacher said.	The teacher asked me to close the window.
The doctor said, "Don't overeat."	The doctor urged me not to overeat.
She said, "Take the test next week."	She advised them to take the test next week.
He said, "Take a taxi home."	He insisted on us to take a taxi home.
He said to me, 'Please wait here till I return."	He requested me to wait there till he returned.
Pranik said, "Let's go out."	Pranik suggested that we should go out.
I said to him, "Excuse me, sir."	I begged him to excuse me.

B. Change the following sentences into indirect speech. The beginning of each sentence is given.

a. "Please help me fix this machine."

She .....

b. "Don't please switch on the fan?"

The electrician .....

c. "Help me with my homework, please."

My friend.....

d. "Lend me some money, please."

She .....

e. "Do your homework!"

The teacher told me .....

f. "Don't smoke!"

The doctor.....

g. "Don't make a mess!"

My mother .....

Writing I

The letter in Reading I talks about different weaknesses of the health care workers in a hospital. Imagine you are one of the staff of the hospital. Now, write an email to the patient's mother apologising for your behaviour. Assure her that there will be improvement in the services your hospital provides.

Reading II

Look at the picture and guess.



a. What do you think this picture is about?

b. What is the woman doing?

A Healthy Diet for a Healthy Life

Ladies and gentlemen,

I'm delighted to have the honour of opening this international conference on the Joint Programming Initiative "A Healthy Diet for a Healthy Life".

It's a topic that's never out of the media, with endless variations on whether carbs, fat, sugar or protein are good or bad, or reports on the latest wonderfood that will stop cancer in its tracks or help us live longer.

We are now relying on science and innovation to help us tackle the new public health challenge that is diet and lifestyle-related diseases such as overweight and obesity – sometimes described as the greatest public health challenge of our times.

It's a challenge that all member states are facing to different degrees, so it makes perfect sense – both scientifically and economically - to pool our knowledge together.

That's why this Joint Programming Initiative is so important.

When Healthy Diet for a Healthy Life was launched, the Council of the European Union noted that in the last three decades the levels of overweight and obesity in the EU have risen dramatically, particularly among children, and that the trend of poor diet and low physical activity is getting even worse.

Many chronic conditions such as cancer, neurological and mental disorders, cardiovascular diseases, obesity and type 2 diabetes can be prevented or modified through better lifestyles and healthier diets.

Different projects are delivering insights such as how diabetes and obesity can be prevented, how they progress, how early diagnosis can improve quality of life, and how to select the best treatments.

But despite the improvements, much more needs to be done, particularly because of the trans-generational effects of obesity and diabetes.

Horizon 2020, Europe's 80-billion-euro research and innovation programme, is designed to tackle society's biggest challenges.

The two things that are most relevant to 'A Healthy Diet for A Healthy Life' are food safety and the bioeconomy, and health, demographic change and wellbeing.

For the next seven years, these challenges will fund the very best research on nutrition, health, diet-related disease and ageing and translate the knowledge gained into innovative and effective products, treatments, services and strategies to benefit all patients, and to prevent many people from developing disease in the first place.

It will require an unprecedented level of cooperation along the healthcare innovation chain, starting with researchers that characterise diseases, to those who use this knowledge by developing new biomarkers, diagnostics and medicines and to regulators who evaluate and approve them.

Unfortunately, different attempts to encourage healthier eating have not yet led to major changes in patterns of food purchase and consumption.

That's where a multidisciplinary approach comes in, with health and nutrition research and innovation that includes the social sciences. We all know, for example, that understanding people's behaviours and their relationship to food and exercise is vital in helping them to make healthier choices.

I'm convinced that Horizon 2020 can make excellent progress on research and innovation for healthy diets and healthy lives.

There's no point in all this effort if the good intentions of the Research Agenda aren't turned into concrete action.

So, implementation is important, and this will be achieved first by coordinating national research programmes and activities.

Today's launch of the implementation plan marks a major step forward in putting the Strategic Research Agenda into action.

And I also encourage you to explore other avenues besides joint calls and knowledge networks to implement your Strategic Research Agenda such as linking to other relevant JPIs and by benefiting from common European research infrastructures.

Above all, in this critical phase of implementation, I urge the Member States participating in this JPI to unlock national funding for research and to actively engage in aligning national research programmes and innovation policies.

Ladies and gentlemen,

I wish you an excellent conference, full of innovative ideas and interesting discussions. I look forward to hearing the results.

Thank you.

(The text is an adapted version of the opening address to the conference on the Joint Programmaing Initiative (JPI) delivered by Maire Geoghegan-Quinn, European Commissioner for Research, Innovation and Science, in Brussels on 28 March 2014.)

A. Consult a dictionary or the internet and define the following words/phrases.

a. wonderfood
b. cardiovascular diseases
c. bioeconomy
d. demographic change
e. multidisciplinary approach
f. economic inequalities
g. neurological disorders
h. biomarkers

B. Complete the sentences below with one of the words in red from the text above.

a. The children were especially ..... that there were enough cookies for each of them to have two.

b. The organization held its annual ..... in New York this year. The health ministers of more than forty countries attended it.

c. It is ..... that makes any organization a successful one.

d. Your life changes ..... if you perform well in your study.

e. Mr. Gurung is leaving the job because of ..... disease.

f. Early .....of a disease helps us to cure it soon.

g. We have faced ..... level of climate change at present.

h. The patient may need blood work or other ..... to determine his specific health problem.

i. The world looked for different ..... to find the solution to COVID-19.

C. Choose the best alternatives to complete the following sentences.

a. The greatest public health challenge at present is .....

i. cancer ii. diabetes

iii. obesity iv. cardiovascular disease

b. The Joint Programming Initiative will bring the ..... of member states together.

i. lifestyle ii. economy

iii. challenge iv. knowledge

c. The health care innovation chain begins from .....

i. researchers ii. biomarkers

iii. diagnostics iv. regulators

d. The need behind multidisciplinary approach is .....

i. the unchanged pattern of food purchase and consumption

ii. the lack of effective treatments for patients

iii. the poor quality of life

iv. the lack of progress in research and innovation

e. Through this speech, the speaker wants to .....

i. open the conference on the Joint Programming Initiative

ii. invite new public health challenge

iii. launch the programme 'A Healthy Diet for a Healthy Life'

iv. appeal the members of EU for collaboration for research and innovation

D. Answer the following questions.

a. What topic is the speaker talking about when she says, " It's a topic that's never out of the media...?"

b. According to the speaker, what is the cause of obesity among children in the EU?

c. What should people do to prevent themselves from the diseases like type 2 diabetes?

d. What is Horizon 2020?

e. Why is research very important to fight against the health challenges?

f. What result can Horizon 2020 give if it is implemented effectively?

g. What results does the speaker expect from the conference?

h. Do you think that the people of the EU will be benefitted by this conference? If yes, what benefits will they get?

E. Draft a short speech entitled, 'Importance of Exercise for Healthy Life ' and deliver it in a small group.

Listening

A. Answer these questions.



a. What do you think lactose intolerance is?

b. Do you have such a problem?

B. Listen to the audio and complete the sentences.

a. Dr Carla Shapiro talks about ..... in this interview.

b. All babies have .....that helps to break the sugar in milk.

c. People from ..... generally do not suffer from lactose intolerance.

d. The culture of consuming ..... developed the ability to break down lactose.

e. Food industries have produced ..... products for people who have the problem of lactose intolerance.

C. Answer the following questions.

a. According to the doctor, what is a big problem for many people?

b. What are two digestive problems?

c. What percentage of the world population is lactose intolerant?

d. Why did people begin to depend on milk?

e. Write an alternative for the people who are lactose intolerant.

D. Do you know about any other digestive problems? Share it with the class.

Grammar II

A. Circle the correct words to complete these sentences.

a. The doctor told me do /to do some exercise everyday.

b. She said, "Don't shout /Not to shout."

c. The doctor forbade me to eat/not to eat junk food.

d. I told her, "To speak/Speak slowly."

e. Sumina promised to tell no one/not to tell anyone.

f. My mother said, "To get /Get out of bed early!"

g. The mountain guide warned him to take/not to take the oxygen cylinder.

h. Sugam said to me, "Go/To go home and take a rest."

i. He ordered us we got out /to get out of his way.

j. The librarian requested them please do not make/not to make a noise.

B. Change the following sentences into indirect speech. Use the reporting verbs in brackets.

a. "Bring some sugar, Punita," she said. (ask)

b. "You must submit your assignment soon," the teacher said. (tell)

c. "Remember to come early, Anu," he said. (remind)

d. "You should see a doctor, Mrs Tamang," he said. (advise)

e. "Keep all the windows open, Nona," my father said. (warn)

f. "Go home, Prashun," Furba said. (tell)

C. Report the following sentences in indirect speech.

a. The hermit said, "Don't idle away your time."

b. Madan said to his friend, "Please help me with money."

c. "Be not afraid, noble prince", said the Guru.

d. He said to me, "Let me do my work."

e. The General said to his troops, "Guard the fort."

f. Aaswin said to the teacher, "Please excuse me, madam."

g. The guide said to the visitors, "Follow me carefully."

h. My teacher said to me, "Don't look behind."

i. Mother said to the daughter, "Get ready to receive the guests."

j. The boy said to the rescuers, "Please help me to get out of this well."

k. The teacher said to the boys, "Read silently."

l. The coach said, "Let's play a friendly football match."

m. The monk said to us, "Give up bad habits."

n. Father said to me, "Do not tell a lie."

Writing II

Obesity has become a matter of concern in recent years. Draft a speech on obesity based on the given guiding questions.

What are the primary causes of obesity?

What are its consequences?

What should an individual do to avoid it?

Project work

Design a wellness wheel chart of your own. Show the different activities you perform to stay healthy. Then, present it to the class.

Extra bit

1. An imperative sentence always indicates command, request or advice.

Verbs of Command	Verbs of Request	Verbs of Advice
tell, order, command, change, bid, require forbid	ask, request, desire, beg, solicit, beseech, pray, entreat, implore	advice, exhort, urge, persuade

2. The verb of the reported speech in an imperative sentence is changed into the infinitive.

   Direct: I said to my friend, "Please explain this lesson to me."

   Indirect: I requested my friend to explain that lesson to me.

3. If the reported speech is negative, the word "not" is used in Indirect speech before the infinitive.

   Direct: The teacher said to the boys, "Don't make noise."

   Indirect: The teacher asked the boys not to make noise.

4. A nominative of address or a vocative is omitted in indirect speech. The verb is followed by the person addressed and the infinitive.

   Direct: The teacher said, "Muna, come to the office."

   Indirect: The teacher told Muna to go to the office

5. When "let's" in the direct speech expresses a proposal or suggestion we may use "should" and change the reporting verb into propose or suggest.

   Direct: He said, "Let's play outside."

   Indirect: He suggested that they should play outside.

   or, He proposed them to play outside.

4 Work and Leisure

Getting started

Look at the activities shown in the pictures below. Discuss why they are important.









Reading I

Answer the following questions.

a. How do you often spend your leisure?

b. Why do you think it is necessary to keep a balance between work and leisure?

Cabbage White

Sarah and Jamie stood on their tiptoe and gave the card from their school to the tall man behind the counter of a farm. The man frowned and made a face.

"So you're looking for some work, And who are you?" "I'm Sarah. I'm twelve. This is my brother Jamie; he's eleven."

"Shouldn't you be at school?"

"We are on holiday. And would like to earn some money and support our parents." The man lifted his hat and scratched his head. "Working in the farm is a quite tough job for kids like you. I need somebody big and strong to work here," he said.

"There must be some work for us in this big farm. Could you please find one?" Sarah pleaded.

"And right. Let's see. Do you know what a Cabbage White is?" the man asked.

"Yes. It's a beautiful white butterfly that lays its eggs on cabbages. And those eggs change into caterpillars.", answered Sarah.

"And do you know what the caterpillars do?"

"They eat the cabbage leaves!" shouted Jamie.



"Aren't you afraid of caterpillars?" asked the man.

"Not at all." retorted Sarah.

"Alright. So, I think I have a job for you."

"Oh! Thank you very much. And what is the work?", they said.

"I want you to check every single cabbage in the garden and eliminate all the caterpillars," replied the man.

"Er...how?" wondered Jamie.

"You pick them off and collect them."

"Is it alright if we collect them in one of these pails?"

"Alright."

"How much will you pay us?" Sarah asked.

"Let me see how you get on, first. If I am happy with your work, I'll not disappoint you with the pay. I'll be in the greenhouse. Get started and I'll see you later."

Shortly, armed with a pail each, the children approached the cabbage patch. It was so enormous. "There must be a million cabbages here!" Jamie said.

"At least!" Sarah said. "And if there are ten caterpillars on each cabbage that makes there a billion caterpillars!"

Sarah stood open-mouthed. The job looked really tough. Jamie wondered about her arithmetic, but knew better than to dispute. They started on the first row of cabbages. It was really a hideous job. The caterpillars wriggled as they were picked up. It took the two children ages to finish the first row, and already they couldn't see the bottom of their buckets for caterpillars. And all around them, the air was filled with Cabbage White butterflies. The insects seemed to be mocking them. They seemed to be saying: "We don't care if you kill our caterpillars. We can lay millions of eggs."

Sarah and Jamie were now very desperate.

Sarah struck out at a butterfly. She missed, of course. She watched it fly gaily away. Then she had an idea, as brilliant in its way as Einstein coming up with $e=mc^2$.

"Jamie, caterpillars come from eggs, right?" He nodded at her remarks. "And where do eggs come from?" she inquired further.

"The Butterflies lay them." "Right. So", she reasoned, "if we get rid of the butterflies, there won't be any more eggs or caterpillars."

"Right." Jamie agreed.

"So, why don't we get rid of the butterflies!"

"How?" he asked.

Nearby, there were beans climbing up bamboo poles. Sarah removed two poles. Two bean plants died. She handed one of the poles to Jamie, and then rushed into the cabbage patch, swinging her pole round and round trying to hit the butterflies. This seemed to Jamie like a good game, so he followed her. It is not easy to hit flying

butterflies, but it is not difficult to hit them when they settle on cabbages. Soon the ground was covered with dead butterflies. Sarah and Jamie fought on until they were completely exhausted. Then they stood back to admire their work. There were hardly any butterflies left. There were hardly any cabbages left, either. It is difficult to hit a butterfly on a cabbage without hitting the cabbage too. The cabbage patch looked like a battle-field. Not a cabbage was left standing. The children looked at each other. Without a word, they put down the bamboo poles and tiptoed out of the garden.



"He knows our names," Jamie said.

"But he does not know where we live," Sarah said.

"Thank goodness," they both said.

(Adapted from Happy Days and Short Stories by Jake Allsop)

A. Match the following meanings in the left column with the correct words in the right.

a.	to laugh at somebody in an unkind way	i.	frown
b.	very unpleasant	ii.	plead
c.	to twist and turn body or part of it with quick, short movements	iii.	open-mouthed
d.	in a cheerful way	iv.	dispute
e.	very surprised or shocked	v.	hideous
f.	to ask for something in a serious and emotional way	vi.	gaily
g.	to make a facial expression indicating disapproval	vii.	mock
h.	to argue or disagree strongly with somebody	viii.	wriggle

B. The word tiptoe refers to the way of walking with one's heels off the ground, in order to make them taller or to move very quietly. Consult a dictionary and find the meanings of the following words related to walking.

sneak stroll lurch stagger stride stumble

C. Answer these questions.

a. Why do you think the man frowned his face when Sarah and Jamie gave him their school card?

b. Why were Sarah and Jamie looking for a job instead of going to school?

c. Why was the man ready to give them work in his farm?

d. What work were they supposed to do at the man's farm?

e. Were there really a million or billion caterpillars in the cabbage field? If not, what do Sarah and Jamie mean by a million or billion caterpillars?

f. What were Sarah and Jamie desperate about?

g. What was Sarah's 'brilliant' idea?

h. Were the children happy with their work? Give reasons for your answer.

i. Why did they run away from the farm secretly?

D. Read the story and write 'True' for true statements, and 'False' for false ones. If the information is not given in the text write 'Not Given'.

a. Sarah and Jamie's parents were unable to work to support the family.

b. Sarah and Jamie have never been to school.

c. The man decides to pay them upon the completion of their work.

d. Sarah and Jamie had not expected to find so many caterpillars in the cabbage field.

e. Sarah's idea finally worked to finish off their job.

f. They were caught by the farm owner while running away.

E. Act out the the story in the class.

Pronunciation

Pronounce the words correctly with the help of your teacher and put them in the correct column below on the basis of the pronunciation of vowels in red.

stood	their	support	plead	beautiful
afraid	hideous	seemed	lay	gaily
ground	exhausted	tiptoe	bamboo	pail

Short vowel	Long vowel	Vowel combination
stood	plead	hideous

Speaking

A. Study the following conversations.

Conversation I

Customer : Would you mind if I sat near the window?

Waitress : Oh, well, alright.

Conversation II



Visitor : Do you mind if I smoke here?

Warden : I'm sorry but this is a 'No Smoking' zone.'

Conversation III

Dorje : Is it alright if I go out with my friends, mum?

Mom : OK, but don't make it late.

Conversation IV

Ved : I wonder if I could possibly sit next to you.

Sachita : I am sorry this seat has been booked for my friend.



B. Work in pairs. Student A asks for permission and student B responds to it. Use the right clues from the table below.

Clues for asking for permission	Responses
a. close the window	i. I'm sorry but the battery has gone down.
b. use the computer	ii. I'd rather you didn't if you don't mind.
c. ask a question	iii. Yes, please. It's a little cold here.
d. use the phone	iv. No, please don't. It's time to go to bed.
e. come late to work tomorrow	v. Yes, please feel free.
f. use the car	vi. Yes, sure. Here is the key.

C. Work in groups of three. Student A will ask for permission and student B will either grant or deny it. Then, student C will report it as in the example.

Example: Use the computer

Saloni : Would it be alright if I used your computer?

Nurgen : Oh well, alright.

Sailesh : Saloni asked for Nurgen's permission to use his computer and he granted it.

Or Saloni asked Nurgen if she could use his computer and he said she could.

a. go out b. use the pen c. close the door

d. borrow a book e. go to park with friends

f. take the car

Grammar I

A. Read the story below and tell what the underlined words are used for.



A Heron was walking sedately along the bank of a river. All he could see on the clear water was a little fish. "This might be a good breakfast for me," thought the Heron. Suddenly his eyes fell upon a big octopus passing by. "Master Heron should not be happy with such a tiny fish," he said to himself. "I wouldn't even trouble to open my beak for anything like that while I may have a lovely dinner. But I must play a trick on the octopus or it will escape." The fish and the octopus were smarter than the Heron. They swam into the depths of the river and disappeared. The poor Heron had to be content for breakfast on a tiny Snail.

B. Complete the sentences below with the correct words given below.

could can't must may should might would

a. This.....be Safal's coat. It is too small for him.

b. ..... you please tell me the way to the airport?

c. ..... you like to stay with us at the weekend?

d. Do you know where Jack is? He..... be in his office.

e. The sky is overcast. It ..... rain in the afternoon.

f. Sanam has been working in the field all day. She..... be tired.

g. The film is really wonderful. You ..... see it at least once.

C. Complete the sentences below with must or can't in the blank spaces.

a. The man is looking around. He ..... be lost.

b. He ..... be a doctor. He has not studied medicine.

c. Sushmita failed the test although she is a smart student.

She..... have prepared well this time.

d. The restaurant always serves really good food. They..... have employed excellent chefs.

e. There ..... be something wrong with the fan. It is making an unusual sound.

g. This ..... be Sumana's book. There is a stamp of the library on it.

h. He ..... have had hard times. He has lost his job and has to support his elderly parents.

Writing I

A. The following text is a job application letter for the post of School Secretary. But some sentences are written in wrong order. Put them in the correct order and rewrite the application.

Bhanu-10, Tanahun

18 August

The Headteacher,

Shree Janajagriti Secondary School,

Bhanu 10, Tanahun

Subject: Job application for the position of School Secretary

Dear Sir,

a. I am a young girl of 20.

b. After my SLC I worked as an office secretary for a year at Himalayan Investment Company Limited.

c. I am writing to apply for the position of School Secretary that was recently advertised on *The Tanahun Post*.

d. Moreover, I possess good skills of handling a wide range of tasks at the institution.

e. As an experienced secretary, I have a proven record of successfully managing the administrative and secretarial duties.

f. I have enclosed the copies of my relevant credentials required for the position.

g. I also possess sound skills of spoken and written English besides the Nepali language.

h. I look forward to working with your team.

i. If I am appointed as the secretary in your school, I will provide excellent customer service.

j. I have a keen interest to work with students and support their academics.

k. I possess all the skills and qualifications that you are looking for.

l. I am confident that I can be a valuable asset to your school.

Sincerely,

Pabitra Nepali

B. Read the following advertisement carefully and write a letter of job application for the advertised post. Consider yourself to be eligible for the post you want to apply.

VACANCY ANNOUNCEMENT

A well established & progressive Electronics & Home Appliances company requires motivated and skilled professional for the post of **Marketing Manager, Marketing Executive and Accountant.**

Location: Kathmandu

Number of Vacancies: 03

Salary: Negotiable

Requirements:

- Bachelor's degree in management from recognized university.
- Minimum 2 years of experience in related field. (i.e. Accounting and financial reporting and tax and VAT system for accountant) (Sales and marketing planning, projection report and reporting)
- Should have Computer Literacy in Words, Excel and other management software with commanding in English and Nepali Language.
- 2 wheeler driving license will be an added advantages for the candidate.

Applying Procedure: Curriculum Vitae (CV) to info@kimatsu.com.np , scan copy of citizenship. **Deadline:15 April, 2020.**

Only shortlisted candidates will be contacted for Interview. The decision of Company will be final.

Reading II

A. Look at the pictures below and answer the following questions.

a. What are the people in pictures doing?

b. Why are they doing these activities?

c. Who, do you think, is better at serving the god? Why?





Leave this Chanting and Singing

Leave this chanting and singing and telling of beads!
Whom dost thou worship in this lonely dark corner of a temple with doors all shut?
Open thine eyes and see thy God is not before thee!

He is there where the tiller is tilling the hard ground
and where the pathmaker is breaking stones.
He is with them in sun and in shower,
and his garment is covered with dust.
Put off thy holy mantle and even like him come down on the dusty soil!

Deliverance?
Where is this deliverance to be found?
Our master himself has joyfully taken upon him the bonds of creation; he is bound with us all forever.

Come out of thy meditations and leave aside thy flowers and incense!
What harm is there if thy clothes become tattered and stained?
Meet him and stand by him in toil and in sweat of thy brow.

-Rabindranath Tagore

A. Find the words from the poem which have the following meanings.

a. a small piece of glass or stone threaded with others to make a necklace .....

b. to prepare and use land for growing crops ....

c. a piece of clothing ... .

d. a layer of something that covers a surface ....

e. the state of being rescued from danger, evil or pain .....

f. a substance that produces a pleasant smell when you burn it .....

g. covered with marks. ....

h. hard unpleasant work that makes you very tired. ..... .

B. Find the modern equivalents of the following archaic words used in the poem.

a. dost b. thou c. thine d. thy

C. Answer the following questions.

a. Who is the poem addressed to?

b. What does the speaker advise people?

c. Where do people try to find the god?

d. Where, according to the speaker, does the god actually reside?

e. How can people have a glimpse of the god?

f. Why can't the god rescue people?

g. What does the speaker ask people to do in the last stanza?

D. Do you believe in the existence of god? What do you do to please him? Share your opinion.

Listening

A. Answer the following questions.

a. How long do Nepali people generally work in a day?

b. Why is it important to balance between work and leisure?

B. Listen and choose the correct alternative.

a. How long do people work in France in a year?

i. 513 hours ii. 1646 hours

iii. 2159 hours

b. Which of the following reasons for working is not mentioned in the audio?

i. to earn extra pay ii. to stay in the job

iii. to utilise free time

c. What do some people think about their vacation?

i. It is very short. ii. It doesn't pay extra.

iii. It will result in the loss of a job.

d. What is the average duration of vacation of German employees?

i. two weeks ii. four to six weeks

iii. five weeks

e. Which is the country where people enjoy the shortest vacation?

i. Germany ii. Great Britain

iii.The United States

C. Listen and write T if the information matches with the audio, F if it does not match and NG if the information is not given.

a. A French employee generally spends more time at work than a Japanese employee.

b. Many companies in Japan do not pay the workers for their extra time.

c. Many employees have lost their jobs for not working overtime.

d. English workers have longer vacations than they need.

e. According to the proverb, there are many dull boys in the world.

D. Why do you think employees need to go on a vacation? Discuss.

Grammar II

A. Match the following imperative sentences with their functions.

Sentences	Functions
a. Kindly tell me where the bus park is.	i. giving direction
b. Go straight and take the first turn on your right.	ii. warning
c. Cook the rice in medium heat until it turns tender.	iii. making a command
d. Please join us on the tour.	iv. giving advice
e. Don't feed the animals in the zoo!	v. making an order
f. Wear warm clothes.	vi. giving instruction
g. Put your hands up!	vii. making an invitation
h. Get out of here at once.	viii. making a request
i. Let's go for a walk.	ix. suggesting

B. Change the following imperative sentences into negative.

a. Turn left at the junction.

b. Please open the door.

c. Let him tell a story.

d. Put out the light.

e. Let's play a friendly football match.

f. Please help the man get out of well.

g. Instruct the people about how they should work.

Writing II

A. Study the following notice.

Government of Nepal

Ministry of Forest and Environment

Department of National Park and Wildlife Conservation

Chitwan National Park

Kasara, Chitwan

Rules and Regulations for the Visitors

1. An entry fee of NRs. 1500/- (Foreigners), NRs. 750/- (SAARC), and NRs. 100/- (Nepali) per person has to be paid at the Park's Entrance Gate.
2. Flora and Fauna of the park are fully protected and must not be disturbed at any cost.
3. Do not purchase illegal animal or plant products. The purchase of illegal animal or plant product may bring you to the legal prosecution.
4. The visitors of the park must respect the religious and cultural sites all around the park.
5. The visitors are required to place the trash in the rubbish bins and should care about the cleanliness.

6. The visitors are strictly prohibited to walk within the park between sunset and sunrise.

Thank you!

B. Write a set of rules and regulations for the visitors in the following places. You may use the expressions given below.

..... is/are .....(not) allowed to ..... , strictly prohibited/forbidden to ...., can/cannot ....., is/are required/expected to..... , must/must not .....

a. Library b. Hospital

Project work

Organise a speech contest entitled "Work is Worship" in your class. Ask your teacher to judge your speech. You may invite students from other classes as the audience.

Extra bit

Vowel Sounds

There are 2 types of English vowel sounds–Monophthong (short, long) and Diphthong (combination of two vowels). We will learn how to pronounce each vowel sound here.

Type of Sound	Sound	Spellings	Examples
short (single mouth position)	ə i ʊ ʌ æ ɒ	a, e, o, u i u, oo, ou e, ea, ie u, o a o, a	alive, the, today, supply thin, sit, rich put, look, should went, bread, friend fun, love, money cat, hand, fan rob, top, watch

long (single mouth position)	iː uː ɜː ɔː ɑː	ee, ea ew, oo, oe ir, ur, wor al, aw, or, our, oor a, al, ar	need, beat, team few, boot, lose third, turn, worse talk, law, port glass, half, car
Vowel combination (diphthong) (double mouth position)	eɪ ɔɪ aɪ əʊ aʊ ɪə eə	ay, ea, ae, ai oi, oy ie, i, ei, y o, oe, oa ou, ow eer, ear are, ere, ea, ai	pay, great, maid noise, toy, choice fine, like, might no, stone, road round, how, brown beer, hear, steer care, there, bear

Curriculum development 2080

5 Science and Experiment

Getting started

Look at the pictures. What do you think they are about?





Reading I

Answer these questions.



a. What can you see in the picture?

b. How does water boil?

Yes, You Can Boil Water at Room Temperature

Sometimes it's right on the box of rice mix—the high altitude version of cooking instructions. Usually this means that your rice will have to cook a little bit longer if you are in Denver or at the top of Mount Everest. Of course that's just a joke. No one cooks rice at the top of Everest. But why are the instructions even different? Why does it matter where you cook? The answer has to do with boiling water.

You ask some people on the street about the boiling temperature of water. Some might say 212°F or even better 100°C—but that's not always true. As you increase your altitude above sea level, the boiling point of water decreases by about 1°F for every 500 feet increase. That means your water in Denver is going to be 203°F and this will have an impact on your cooking. But why?

Water Vapour Pressure

There are many awesome things about water—one interesting factoid is that on the surface of the Earth you can find water in all three phases: solid, liquid, and as a gas. We call the gas phase of water 'water vapour'.

You might think that you need to boil liquid water to create water vapour—but you do not. You just need some liquid water at room temperature. Picture a glass of water. If you could zoom in with super vision (not actually possible), you would see that this water is made of a bunch of molecules—water molecules. Although these molecules are themselves made of three atoms: two hydrogens and one oxygen. Let's just think of them as tiny balls.

These tiny water balls are moving around in the water but stay fairly close to their ball neighbours. This motion isn't due to currents in the water, instead this is thermal motion. Imagine these tiny balls jiggling around in a giant collection of balls: The hotter the water, the greater the motion of these water balls. But wait! The speeds of the water particles are not all the same. Although there is an average ball speed, some are going faster and some are going slower. It's just like the height of a group of adult humans. There is an average height, but everyone is not the same. Some people are very tall, but that's just a small fraction of the total group.

If you have a glass of water sitting out on a table, the water balls don't just stay as a liquid. Some of these balls have enough thermal energy to break away and become free. Free from the liquid stage means the water ball is now a gas—water vapour. Boiling is not needed to get this water vapour. But wait! It works the other way too. Some of the water balls in the gas stage can interact with the liquid water and join the liquid water balls.



Water in a closed container will eventually reach an equilibrium state between water vapour and liquid water. At this equilibrium state the rate that water balls are freed from the liquid state are the same as the rate of water balls entering the liquid state. The pressure of this water gas in equilibrium is called the vapour pressure.You can see evidence of this water vapour in a closed container by looking at the water that condenses on the walls.

Boiling Water



Here is what water looks like when you get it to 100°C in slow motion. Yes, I know you have seen this before. But it's still cool.

What are the bubbles in the boiling water made of?

Are the bubbles made of air? What about some hydrogen and some oxygen? No. The bubbles are water vapour—they are small pockets of water in the gas phase. I mean, they could not be air. Where would this air come from? The only option is that the bubbles are made of water vapour.

So, what is happening to make these boiling bubbles of water vapour? It's all about temperature and vapour pressure. As the temperature of the water increases, the average speed of the water particles also increases. At some point, water molecules have enough energy to push back other water molecules in the liquid phase to form a bubble. But you have to have the water hot enough so that the particles are moving fast enough.

But wait! It is also about the vapour pressure. In order to keep the bubble from collapsing, the pressure inside the bubble must be equal to the pressure outside the bubble. Inside the bubble is the vapour pressure and outside is the water pressure. This means that for water to boil, the temperature must increase until the vapour pressure is equal to the outside pressure and a bubble can form.

What about that external pressure? That depends on two things. First, the water itself. In order for the water not to collapse, the deeper water must have a higher pressure. So, the water pressure depends on the depth, the density of water and the gravitational field. For a typical glass of water, the pressure at two centimetres below the surface is only a 0.2 percent increase over the atmospheric pressure. And that is the second thing that contributes to the total pressure - the atmosphere. The atmosphere also pushes down on the surface of the liquid to increase the pressure in the liquid.

Lower Pressure

What if I decreased the atmospheric pressure pushing on some liquid water? This would reduce the pressure in the liquid also. If I reduce this pressure enough, I can bring it down to the same level as the vapour pressure. Boom. Now the water particles have enough energy to form their tiny little boiling bubbles—without the need to increase the temperature.

I can even get water to boil at room temperature. Yes, you need a vacuum pump and a strong container to get this to work—but you can do it.

Notice that I hold onto the boiling water flask just to prove that it's not hot. Trust me. Oh wait. You don't have to trust me. You can do this on your own. You just need one of these large plastic syringes. Get the syringe and put some water in it with very little air. Now seal up the end and heat up the water just a little bit. Here you can see my version.







I used hot glue and a rubber stopper (along with a Lego piece) to seal the hole. The syringe was then heated to about 42°C (a little over 100°F).

Now I can pull the plunger out to decrease the pressure in the liquid and induce boiling.

It is pretty tough to pull the plunger back to decrease the pressure—but you can do it. Oh, why heat the water up? Well, I can not get a perfect vacuum by pulling the plunger, so I need a little boiling help by starting the water at a higher temperature.

This is exactly what's going on when you cook your rice at high altitude. Well, not exactly the same—there is not a human pulling back on a giant plunger that holds the air on Earth. The Earth's gravitational field does that for you.

- Rhett Allain

A. Find the words from the text that have the following meanings.

a. the height of an object or point in relation to sea level or ground level

b. a group of atoms bonded together

c. a state in which opposing forces are balanced

d. to change from a gas or vapour to a liquid

e. a piece of unreliable information that is repeated so often that it is accepted as the fact

f. a space or container from which the air has been removed

g. a device that is used to remove blockages from the drain of a basin or tub

B. Complete the sentences with the correct words or phrases from the text.

a. Water bubbles breakdown if vapour.....inside and outside the bubbles is equal.

b. As the altitude goes up, the boiling point of water .....

c. Random motion of molecules or particles is called .....

d. If the door does not open, try .....the key in the lock.

e. Certain chemicals can ..... undesirable changes in the nervous system.

C. Answer these questions.

a. What is the speed of the water particles compared with?

b. How are bubbles formed in the boiling water?

c. Mention two things on which external pressure depends.

d. How is the atmosphere related to the pressure of water?

e. What would happen if the atmospheric pressure on the liquid water was decreased?

f. What would the experimenter gain if s/he pulled the plunger out?

D. What would happen on the Earth if there were no gravity? Discuss possibilites with your friends.

Pronunciation

Pronounce the following pairs of words after your teacher. Write S for the same and D for the different pronunciations.

so sow	sale sell	get gate	hair heir
just jest	sale sail	said sad	beer bear
maid made	mail male	tail tale	tell tail
rear rare	sheer share	here hare	met mate

Speaking

A. Read and act out the following conversations.

Conversation I

Deshika : Who do you think will win the race?

Saloni : I think Punam will.

Shristi : Yes, if she runs faster, she will surpass them all.



Conversation II

Sirjana : Why do you think I have to study hard?

Kritika : Because if you study hard, you will get better results.

Manoj : Yes, if you get good results, you can get a scholarship.

B. Work in pairs. Have similar conversations in the situations given below.

a. eat too much/gain weight/get lazy

b. rain this evening/stay at home/keep in touch with parents

c. keep on heating/water changes into vapour/dries up

d. not stop smoking/get cancer/die early

C. Work in pairs. Have conversations using the following clues as in the example.

Example: If you were a food, what food would you be?

Nima : If you were a food item, what item would you be?

Prava : Well. If I were a food item, I would be an apple.

Nima : Why's that?

Prava : Because if one ate an apple a day, he would keep doctors away. And people in the world would be healthy.

a. What laws would you abolish if you could?

b. Which planet would you like to go if you were given an offer?

c. Why wouldn't you open windows?

d. Why would you water plants?

e. Why would you study law?

Grammar I

A. Match the clauses in column A with their appropriate continuation in column B.

Column A		Column B	
a.	If you go to Taplejung	i.	if you follow the doctor's advice.
b.	You will get well soon	ii.	unless you go behind it.
c.	The horse won't kick you	iii.	you can see the Pathibhara temple.
d.	If I were you	iv.	if you heat water?
e.	What happens	v.	if I did not reach the bus stop on time.
f.	I would miss the bus	vi.	I would see a doctor.
g.	Provided that they discussed properly	vii.	they won't have any misunderstanding.
h.	As long as they communicate well	viii.	the problem might be solved.

B. Complete the following sentences using the correct form of verbs in brackets.

a. If it is cold, I ..... (wear) a coat.

b. If Purna helps with the housework, his mother ..... (have) more time for him.

c. If I were a bird, I ..... (make) a good observation of the land below.

d. If I ..... (go) to Mustang, I would visit Muktinath.

e. If I ..... (be) a billionaire, I would buy a castle.

f. You'd save petrol if you ..... (drive) more carefully.

g. Say 'hello' if you ..... (see) her.

h. Provided that you ..... (consent), I will take a few days' leave next week.

i. Take care of the pence, the pounds ..... (take) care of themselves.

Writing I

Write stepwise instructions to draw a jellyfish as given below. You may use the following words and phrases.

circle, lines, semi-straight, creaky, on top of, above, below



Reading II

Answer the following questions.

a. What do you think the man in the picture is doing?

b. Do you like the sound of rain?

The Voice of the Rain



And who art thou? said I to the soft-falling shower,
Which, strange to tell, gave me an answer, as here translated:
I am the Poem of Earth, said the voice of the rain,
Eternal I rise impalpable out of the land and the bottomless sea,
Upward to heaven, whence, vaguely form'd, altogether changed, and yet the same.

I descend to lave the droughts, atomies, dust-layers of the globe,
And all that in them without me were seeds only, latent, unborn;
And forever, by day and night, I give back life to my own origin, and make pure and beautify it;
(For song, issuing from its birth-place, after fulfilment, wandering,
Reck'd or unreck'd, duly with love returns.)

- Walt Whitman

A. Match the words in column A with their meanings in column B.

Column A	Column B
a. eternal	i. come down
b. impalpable	ii. unclearly
c. vaguely	iii. indivisible particles

d.	descend	iv. take care of
e.	lave	v. not easily understood
f.	atomies	vi. to pour out as water
g.	reck	vii. never-ending

B. Fill in the blanks choosing the words given below.

impalpable recks globe drought beautify latent

a. The river ran dry during the ..... .

b. It is still ..... to understand how the earth originated.

c. The company produces a wide variety of make up and skin care products designed to gently and effectively ..... human skin.

d. His greatest ambition is to sail around the ..... .

e. Without training, his musical talent remained ..... .

f. What ..... it whether they win or lose?

C. Complete the summary of the poem using suitable words or phrases given below.

quenches rhythm mysterious heal atomies

condensation ascends showers originality

The poem is a conversation between the poet and the rain. When the poet asks the identity of the drizzle, she replies that she is the poem of the Earth. The rain expresses that it gives happiness to mother Earth.

The rain is a perpetual process which has different forms at different times. It rises from the land as water vapour and ..... high up to the sky. It takes the form of clouds. Though it changes its form or shape, its ..... remains unchanged. It shows that nature is not fully understood. Some parts of it always remain ..... .

The raindrops pour down from above to wash away ..... and dust layers. It .....the thirst of the dry Earth and heals everything that is becoming lifeless. In other words, the ..... make the Earth pure and beautiful.

Finally, the poet observes that the life of rain is similar to that of a song. A song also has a power to calm,....., transform and thrill. In the same way, repeated evaporation and ..... purifies the rain. It beautifies the whole earth as a .....does to a poem or a music.

D. Answer the following questions.

a. What are the two voices in the poem? Who do they belong to?

b. How is the cyclic movement of the rain shown in the poem?

c. Why are the showers necessary for the Earth?

d. How are the rain and music similar?

e. How are the clouds formed?

f. List the pairs of opposite words in the poem.

E. What may happen on the Earth if it does not rain for a long time? Discuss in a group.

Listening

A. Look at the picture and answer these questions.



a. What objects do you see in the picture?

b. Why are there the layers of liquids in the glass?

B. Answer these questions:

a. What is the narrator experimenting about?

b. Which liquids is the experimenter using?

c. In what order do the liquids fix in the glass?

d. What happens when we drop a plastic bottle top into the glass?

e. Why do the liquids not mix?

C. Listen to the audio and complete the sentences with the correct words.

a. The sponge sits on the ..... .

b. Objects with ..... density sit on the bottom.

c. After filling the oil, the mixture is left to settle for about ..... minutes.

d. The density of ..... is less than that of syrup and more than that of oil.

D. Why do water and vegetable oil not mix? Talk to your friends.

Grammar II

A. Complete the following sentences using the correct form of verbs in brackets.

a. If Gaurab were the captain, the team .....(play) better.

b. I .....(call) you had I known you were in Nepal.

c. If he .....(not/come) to Nepal, he would not have seen Mt. Everest.

d. Had you arrived a bit earlier, you.....(see) Manashi.

e. We could slow down global warming if we.....(reduce) energy consumption.

f. If he were to see me, he .....(know) me at once.

g. Were Rijisa in the USA, she.....(be) working for a company.

h. How would you feel if someone .....(ask) you for an autograph?

i. What.....(you/do) if Keshab had proposed you for marriage?

j. If I .....(have) a life jacket, I could certainly swim across the river.

B. Complete the following sentences with appropriate clauses.

a. If you don't leave soon,.....

b. If it rains in winter,.....

c. .....as long as you tell the truth.

e. A country cannot develop unless .....

f. .....if they insult you?

Writing II

A. Study the following letter to the editor of a national daily complaining about the shortage of water in Kathmandu.

Koteshwor, Kathmandu

19 May 2022

The Editor,

The Rising Nepal

Dharmapath, Kathmandu

Dear Sir,

Through this letter I would like to draw the attention of the concerned authorities to the pressing problem of water scarcity in our locality. The residents have been facing water scarcity for a long time. If this goes on unchecked, people are likely to fight with each other for some trickles of water.

The water tank cannot hold enough water to cater for the needs of the residents. Despite this situation, the residents are not conserving water. Most of them are wasting water while bathing, washing clothes and utensils and gardening.

In this context, I have some suggestions to offer to solve the problem immediately. I request you to call a general meeting of the residents to discuss the issue. It would be much better if we may take the help of local cable TV and community radio to spread the message of conserving water among the residents of our locality.

The residents should be sensitized to conserve water while bathing, cooking, washing clothes and utensils. If we organize a door to door campaign, it is sure to make the residents aware of the need for conserving water.

Water conservation experts may be invited to make us aware of various methods and technologies available to conserve water. We should encourage the practice of reusing water among the residents. Had we gone for rain water harvesting techniques only, it would certainly have lessened the crisis to some extent.

Finally, I hope that some immediate steps will be taken to address the issue.

Thanking You

Yours truly,

Rujuna Manandhar

B. Write a letter of complaint to the concerned authority about the unmanaged garbage in your locality. Mention the hazards of unmanaged garbage to public health and suggest some measures to solve the problem.

Project work

Study a local technology used in your locality. Take notes of its working principles and present it to the class.

Extra bit

Words often confused

1.accept /except/expect

accept (verb) - to receive

I accepted all my birthday gifts with gratitude.

except (conjunction) - apart from; otherwise than; were it not true

When Sumi travels, she packs everything except the kitchen sink.

expect (verb) : to hope /to wait

I expect that they will win the match.

2. affect/effect

affect (verb) - to have an effect on; influence; produce a change in; to stir the emotions

The dog's death affected his owners.

effect (noun) - to create or to cause/ to be implemented

The new principal is trying to bring positive effect in her students.

3. borrow/lend

borrow (verb) - to take or accept something for a short time with the intention of returning it to its rightful owner

May I borrow a pencil, please?

lend (verb) - to give something for a short time with the intention of getting it back

Would you please lend me a pencil?

4. breath/breathe

breath (noun) - air taken into the lungs and then let out

Take a deep breath.

breathe (verb) - to inhale and exhale

Just calm down and breathe.

5. complement/compliment

complement (noun) - that which completes or brings to

perfection; (verb) - to make complete

Red wine is a nice complement to a steak dinner.

compliment (noun) - something said in admiration, praise, or

flattery; (verb) - to pay a compliment to; congratulate

She gave me a nice compliment when she said I looked thin.

6. lose/loose

lose (verb) - to become unable to find; to mislay; to fail to win or gain

Did you lose your glasses again?

loose (adjective) - not tight; giving enough room

I've lost twenty pounds, and now these jeans are really loose.

7. principal/principle

principal (noun) - a governing or presiding officer, specifically of a school; (adjective) - first in rank, authority, importance, degree, etc.

The student's parents had to have a meeting with the principal.

principle (noun) - a fundamental truth, law, doctrine, or motivating force, upon which others are based

The student's parents thought that they had instilled stronger moral principles in their son.

8. stationary/stationery

stationary (adjective) - not moving or not movable; fixed or still

I rode the stationary bike at the gym for an hour.

stationery (noun) - writing materials; specifically, paper and envelopes used for letters

My grandmother has given me a lot of stationery over the years. I think she wants me to use it to write her.

6 Food and Cuisine

Getting started

Rank 1 to 4 to the following food items according to your preference. Give reasons why you like one more than the others.









Reading I

Answer the following questions.

a. What are the common food items in Nepal? Which one is your favourite?

b. Have you ever eaten any dish that is quite uncommon in Nepal? If yes, what is it? How does it taste?

Strange Food from Around the World



There's nothing like the feeling of challenging yourself and winning, of taking a risk and having it succeed. That goes with so many things, and one of them is food.

You have to challenge yourself with food when you travel. You have to take chances on things you wouldn't normally even think of eating. This is what it's all about, experiencing the way other people do things, trusting that they know what they are doing. The food stuff that seems so strange to you is actually so delicious to many others. It doesn't always work out. Sometimes the fermented horse milk in Mongolia that sounds so bad really is so bad. However, if you take a chance on the following dishes, you won't be disappointed.

Haggis, Scotland



Oddly enough, when you take all of the parts of a sheep that no one else wants – the heart, the liver and the lungs – grind it up. And, mix it with mutton fat, oatmeal and spices. Then pack it in a sheep's stomach and boil it for a few hours. It tastes ... really good. Scotland isn't exactly known for its cooking and eating skills, but give me "haggis, neeps and tats" (haggis with turnips and potatoes) any day of the week.

Shiokara, Japan



Most Japanese food is simple: it sounds delicious, and it is delicious. But how about raw squid mixed with salty, fermented squid belly? This is shiokara, a Japanese staple, and one I used to hate. However, I'm slowly coming around. Once you get used to it and you have it with good conversation, this food takes on a whole new beauty.

Jellyfish, China



This dish can appear challenging to those of us who only associate jellyfish with the scary nature of some species of them. There's also a rubbery texture to jellyfish that some find a little challenging. However, the Chinese know what they're doing with these things. They mix jellyfish into salads, pair it with chicken, stir it through sesame oil ... it's all tasty, and it's all low-fat.

Green ants, Australia



You can keep your witchetty foods, as far as I'm concerned: too soft, too many guts. If I'm going for bush food, it's definitely green ants, little insects that are pulled from trees, lightly crushed between your hands, and then eaten. They're lemony, peppery, and delicious. Local producers are even putting them on top of goat's cheeses now, with lemon myrtle, for extra energy. Seriously good.

Crickets, Thailand



You hear, occasionally, that insects are the protein source of the future, and to that I say: no problem. In northern Thailand, deep-fried crickets are a staple, and they're delicious. They're nutty and crunchy, perfect with salt. I still struggle, however, with the larger insects. Anything that requires more than one bite is a bridge too far for this guy.

Snails, France



Snails aren't unusual – you'll find them on the menu at most French restaurants, even in Australia. However, some people are still nervous about eating garden snails, even though they needn't be. Fried up with plenty of garlic and butter, snail is yummy. Snails, in fact, are

eaten in many countries, particularly Vietnam, where fried snails are a very tasty staple dish.

Bun rieu, Vietnam



Everything about bun rieu, a traditional Vietnamese soup, sounds good; well, almost everything. It's a crab-based soup mixed with noodles. So far, so delicious. It's then topped with roasted tomatoes, crab meat, stewed pork, lime juice, chilli, fresh herbs, banana flower and bean sprouts. Also, extremely good. Then, however, you drop in a large piece of congealed pig's blood, which is a serious challenge for the unsuspecting diner. My advice: give it a try. You won't regret it.

- Ben Groundwater (Adapted from https://www.traveller.com.au/)

A. Match the words in 'Column A' with their meanings in 'Column B'.

Column A		Column B
a. ferment	i.	a large whitish wood-eating larva of a beetle or moth
b. squid	ii.	to go through a chemical change
c. witchetty	iii.	a sea creature that has a long soft body, eight arms and two tentacles around its mouth
d. myrtle	iv.	to change from a fluid to a solid state
e. congeal	v.	having a flavor like that of nuts
f. nutty	vi.	a bush with shiny leaves, pink or white flowers and blue-black berries

B. The idiom 'a bridge too far' in the text means 'something that is too extreme'. Match the following idioms with their meanings.

a.	get out of hand	i.	to say or do something to make people feel comfortable
b.	miss the boat	ii.	to think about the possible bad results of an action before doing it
c.	break the ice	iii.	to worry over past events which cannot be changed
d.	cry over spilt milk	iv.	to become difficult to control
e.	look before you leap	v.	to be too late to get what you want

C. Complete the sentences below with the correct information from the text in not more than four words.

a. Sometimes even having a food can give us the feeling of ..... . when it is like taking a risk.

b. When we travel we have the chance to ..... which we even do not think of eating.

c. The writer became disappointed while having .....which was really bad.

d. The writer's impression of the Japanese food is ..... .

e. Many people think .....as scary ones which Chinese turn into food.

f. Snails become very tasty when they are fried with ..... .

D. Answer the following questions.

a. Why does food become a challenge for people when they travel?

b. How is haggis prepared?

c. When do you feel that you like shiokara?

d. Where can people enjoy the bush food?

e. Why does the writer find it difficult to eat larger insects?

f. Name the country where snails are served as the main dish.

g. What kind of food is bun rieu?

h. If you have to choose one of the foods from the list above, which one do you choose? Why?

E. Which of the dishes mentioned in the text did you find the strangest of all? Give reasons.

Pronunciation

Listen to your teacher and notice where the stress lies in these words.

amateur	badminton	energy	gardener
industry	library	mystery	perfectly
government	quietly	character	terrible

Speaking

A. Practise the following conversations in pairs.

Conversation I

Teacher : Why are you late?

Student : Because I missed the bus, ma'am.

Teacher : It's okay. Be in time from the next day so that you won't miss the class.

Student : Okay, ma'am.



Conversation II

Pramila : Why do you want to go to Kathmandu after SEE?

Kiran : Well, the reason is that I want to study there.

Pramila : We've good schools in Nepalgunj too.

Kiran : But, the point is my mother has been transferred to Kathmandu.

B. Study the situations below. Then have conversations in pairs. One of you will ask for the reason and the other will answer.

a. Your friend is sobbing.

b. Suman has sold his bike.

c. Sunita has bought a lot of chocolates.

d. A woman is planting some trees.

e. One of your friends wants to join the army.

f. The people were running hurriedly.

g. Sanskriti was taken to the office.

h. Pema went home early from school.

C. Work in pairs. Take turns to ask and answer the following questions. You have to give reason while answering.

Example : *What kind of job do you like to do?*

A: What job do you like to do?

B: I want to be a doctor because a doctor can best serve the humanity.

a. Which subject do you like the most?

b. Where do you go shopping?

c. How much water do you drink a day?

d. When do you like to go on a holiday?

e. What will you do after your SEE?

f. Who is your favourite actress?

Grammar I

A. Match the sentence halves in I and II to make a complete sentence.

I	II
a. I bought a raincoat and an umbrella	i. . .. in order to utilise the time for planting paddy.
b. I won't be able to get to school on time	ii. ... since she didn't have to go to her office yesterday.
c. The Nepali cricket team is likely to perform well in this tournament	iii. ... as the monsoon started.
d. The construction company has deployed more workers at the site	iv. ... so that they can complete the construction in time.
e. We've decided not to go on holiday this year	v. ... since the movie was a hit.
f. The metropolitan city has planted trees at the side of the road	vi. ... because they have got the best coach ever.
g. The flight had been delayed	vii. ... because of the bad weather.
h. We've put a table and chair in the spare bedroom	viii. ... to reduce traffic noise.
i. Nisha went to visit her sister	ix. ... as I'm stuck in traffic.
j. We had to queue for two hours	x. ... so that Samip can get to study in private.

B. Complete the text below choosing the correct connective from the brackets.

The people at the fair were leaving (because/ but) the lights were

going out. The last two people in dodgem cars also left (as/so) it was getting dark. The big wheel stopped (as/and) the merry-go-round had already stopped. The stalls closed down and the stall-owners went home. At 2 a.m. four nightwatchmen walked round the funfair (to/so) see if there was anyone to be seen. "I'm fed up walking around," one of them said, "What can we do (as/so that) there is nothing we can do?" "We can sit and talk." They were bored (so/because) there was nothing to do on that quiet warm night. "We can have a ride on the merry-go-round!" one of them cried. "That'll be fun!" Three of them jumped on merry-go-round horses. (So/Since) the fourth started the motor. Then he jumped on too and round they went. They were having the time of their lives. Suddenly they realized there was no one to stop the machine (because/so) all of them were on it. They weren't rescued till morning, (so/as) they felt very sick indeed!

Writing I

A. We can prepare carrot pudding (*gajar haluwa*) using milk, carrot, sugar, cardamom powder and ghee. The steps for cooking carrot pudding are given below. But, they are not in order. Put them in the correct order.

Method

When carrot turns slightly golden brown, add milk.

Switch on the stove and melt ghee in a pan.

Add grated carrots and fry for about seven minutes.

Cook for four more minutes.

Cook this mixture till all milk dries up.

Turn off the stove, *gajar haluwa* is ready to serve.

Add sugar and cardamom powder after the milk dries up.

B. What is your favourite food? Write a recipe to prepare it. Mention the ingredients and the methods to cook it.

Reading II

Look at the picture and answer these questions.



a. Who do you think the man in the picture is?

b. What is he famous for?

You Inspire Others by Learning, not by Teaching

Nepali chef Santosh Shah is now shortlisted in the semis for the title of **MasterChef: The Professionals 2020** *on BBC One.* **Nepali Times** *caught up with Santosh Shah in London to talk about his life and career so far.*

From Siraha to Cinnamon Kitchen! Quite a journey. How did it begin?

I come from a very humble background. My father passed away when I was five years old. I started to work when I was around 9-10, engaging in petty trade. After I failed SLC, I followed what others in my village did — go to India.

I used to wash the skewer of a chef who worked in the tandoor section. I told him that I wanted to be a chef as well, and wanted to help him. He advised me to talk to the Executive Chef. One day, when I was serving tea to the Executive Chef, I requested him to give me a shot, and he did. I started helping the chef in the tandoor section who had originally recommended me.

From there I transferred to another hotel. I started taking a hotel management course, learnt English and computers on the side. Within seven years of hard work, I became an executive chef.

How does it feel to be in MasterChef? What has the experience been like?

In many ways, it feels the same. I am the same person experimenting with recipes and enjoying my job to the fullest. It also feels great to have the platform to introduce Nepali food to the world. I am glad to have made it this far. Even if I don't win, I am glad I was able to put the spotlight on Nepali cuisine.

It is difficult to say what "Nepali" cuisine is, as it is so diverse. How do you answer that when your international audience ask you the question?

I have been experimenting with Nepali food for the last two years. Our food, especially along our borders are influenced by Tibetan and Indian cuisine, but that is not the entirety of our diverse dishes. That is what I want the world to know. There is no *yomari, choila, kachila, tama, gundruk* outside Nepal. Our food is unique and diverse and varies by castes or geography, we have different techniques and ingredients.

Personally, what are the best aspects of Nepali cuisine for you? How much do you experiment, or do you try to keep to traditional ingredients and preparations?

Let me share an example. I know *sukuti* is a familiar, nostalgic food, and I am fond of *sukuti* dishes. But to outsiders unfamiliar with the texture, the hardness of the meat may not be palatable. So, I experiment with it and try to dehydrate it for different periods of time to soften it while making sure the original taste is not lost.

Food trends are dynamic. The Indian food trend has been there for long while in the last few years, I have seen an increase in the trend for Sri Lankan food. These come in waves, and I want a trend for Nepali food as well, beyond just *momo* and *dal-bhat*, so people actively seek out Nepali food and appreciate it for its diversity and richness.

In one of your shows you prepared an octopus dish in Nepali style. How did it go?

We need to understand that this is a global competition for a global audience. When I was working in an Indian kitchen, I had experimented with octopus recipes with Indian flavor. Having made that a few hundred times, I had the urge and confidence to try it with Nepali ingredients and it worked great. So, I went with it in the show. It was described by the judges as, "The most beautiful plate of food I have ever been served in MastercChef."

What advice do you have for other Nepalis who are also going abroad to make a future for themselves?

My advice to young Nepalis is to never stop learning, you are never too old to learn new things and to improve your craft. Asking what is next is important. Keep learning and be a positive force to others. You inspire others by learning, not by teaching.

So, what is next?

I am now set to start a high-end fine dining Nepali restaurant in London. The tentative name is 'Ayla' by Santosh Shah. I am hopeful that this will help create a separate identity for Nepali cuisine.

My ultimate goal is the Michelin Star for Ayla, which is the Oscar equivalent for Chefs. That would further help elevate the profile of Nepali cuisine globally.

(Adapted from Nepali Times)

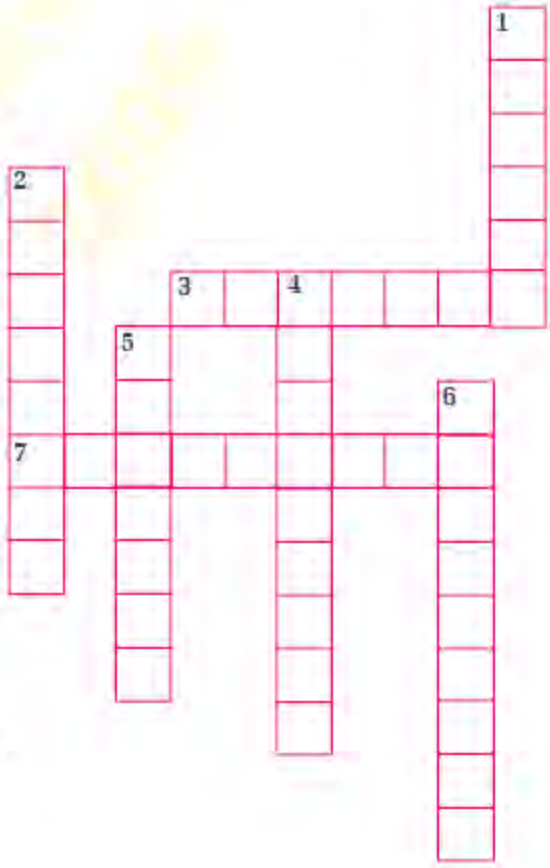
A. Complete the crossword puzzle with the help of the meanings given below.

ACROSS

3. a method of cooking meat or other food in a cylindrical clay oven
7. a person having administrative or supervisory power in an organization.

DOWN

1. a long pin for holding meat or other food while it is being roasted
2. the whole of something
4. a feeling of pleasure and sometimes slight sadness at the same time as you think about things in the past
5. raise to a more important or impressive level
6. remove water from (food) in order to preserve and store it



B. Write True for true and False for false statements. If the information is not given in the text, write NG.

a. The interview was taken in Nepal.

b. The judges were quite impressed by Santosh Shah's performance in the quarter-finals.

c. Santosh Shah was from a well-to-do family.

d. With the support of the chef in the tandoor section, Santosh started helping the Executive Chef.

e. The journey of Santosh to MasterChef was full of struggles.

f. Santosh is hopeful about the Nepali food market as the food trends are dynamic.

g. Santosh has made more experiments on food as the tastes of people differ geographically.

h. Santosh feels sorry for serving octopus in Nepali style.

C. Answer these questions.

a. What do you think is the reason that heightened the popularity of Chef Shah?

b. Did Shah spend a normal childhood? Why?

c. How does Shah feel about his performance in Cinnamon Kitchen?

d. What does Shah want to show the world about Nepali food?

e. Write two things that Chef Shah was careful about while carrying an experiment on *sukuti*.

f. According to Shah, what two things make a person successful?

g. Why does Shah want the Michelin Star for Ayla?

h. What have you learnt from the life story of Santosh Shah?

D. Chef Shah cooked many dishes in the competition. If you were one of the judges in the competition, which food would you ask him to cook? Why?

Listening



A. Answer these questions.

a. What do you know about food science?

b. Why do you think it is important?

B. Listen to the audio and fill in the missing activities that the food science is involved in.

a. grow the food

b. .....

c. ..... transport food

d. .....

e. take food to a factory

f. process food

g. .....

h. turn raw material into food products

i. .....

j. supply to the grocery store selves

C. Listen to the audio and write True for true and False for false statements.

a. The speaker takes about 5 minutes to talk about food science.

b. Food science is tied up with other sciences.

c. Food science exists around us every day.

d. Food scientists help to make the food supply sustainable.

e. The first priority of food scientists is growing food.

D. Recall and make a list of sciences that you listened to in the audio.

Grammar II

A. Choose the correct time expressions in the sentences below.

a. The boys are playing cricket (already/now).

b. The doctors are preparing a report for their most important patient (last/this) week.

c. The students are preparing for a test (at the moment/usually).

d. (Currently / Sometimes) the economists are working on the country's financial crisis.

e. Susan is playing tennis with Tim (now/then).

f. What are you doing (this/next) afternoon?

g. My teacher is helping us with Maths problem (that/this) morning.

h. The guard is ringing the bell (now / soon). It's time to go!

j. She is (still/yet) mowing the lawn.

B. Write NOW if the sentence uses present continuous for action at the moment, AROUND, if action is around the current moment, or FUTURE, if the action is sheduled for future.

a. The local governments are announcing their policies this month.

b. I think Mr. Rai is taking class at the moment.

c. We're meeting with Nabina later today.

d. I'm looking for a new job currently.

e. We're organizing a programme on Wednesday.

f. They are coming home right now.

g. Mom is making dinner for us tonight.

h. I'm sorry I don't have time. I'm attending a meeting.

i. She's looking for a new home as she's sold the old one.

C. **Complete the text below with the correct form of the verb given in the brackets.**

Why is Neelam smiling? It sounds like an easy question: she (have) a good time with friends and she (feel) good after a good shot. But psychologists often (argue) about this question. Some believe that smiling is an individual act: we smile because we feel happy unless we (try) to hide our emotions. Others claim that we smile to build social relationships. Some animals use a grin to show that they (not/will) fight, for example. Perhaps our smile serves the same function. So, who's right? In one study, researchers filmed people bowling. If you watch people doing a very social activity like this, it looks as if they always (smile). They stop smiling only when they (concentrate) on their next shot. But when do they start smiling again? After each good shot, the researchers took photographs to identify when the smile starts – while the player (look/still) down the alley or a few seconds later when they turn round to share their happiness with the group.

Writing II

Nowadays, many Nepali prefer fast foods like noodles, pizza, burger, etc. to typical Nepali foods. This has an adverse effects on their health. To what extent do you agree or disagree with this claim? Write a couple of paragraphs giving reasons to support your view.

Project work

What dishes are most commonly prepared during festivals or celebrations in your locality? Draw pictures showing the steps of preparing one of such dishes. Make a presentation in the class.

Extra bit

Commonly Misspelled Words in English

Correct spelling	Common missspelling	Correct spelling	Common missspelling
absence	absense	leisure	liesure
argument	arguement	license	lisense
beginning	begining	maintenance	maintainance
height	hight	modern	morden
believe	beleive	noticeable	noticable
calendar	calender	occasion	occassion
changeable	changable	pastime	pasttime
colleague	collegue	playwright	playwrite
deceive	decieve	receive	recieve
existence	existance	separate	seperate
experience	experiance	sincerely	sinserely
grateful	gratefull/ greatful	truly	truely

7 Cyber Security

Getting started

What do these pictures show? Talk about them.









Reading I

Answer the following questions.

a. Has anyone faked or bullied you in the social media? Share with the class.

b. What precautions do you take in order to avoid being faked or bullied?

Parents

Dad! I'm going to meet my facebook friend."

"When?" I asked.

"Now."

"I'm coming with you."

"No, I'm going alone."

"Look, Anuja..."

"You are obsessed dad. Nothing is going to happen to me."

Anuja, my daughter is only 13. She spends most of her time on computer chatting with her friends and sending messages. She has many e-friends. A couple of days ago she told me about her new e-friend. She is 12 and Anuja is very fond of her. And now she is going to meet her. I warned her about bad people who fake themselves as teenager, chat with girls like her and seek opportunities to take advantage of innocent girls. But she doesn't listen to me. She thinks I am an old man who is overprotective of his daughter, a man who sees ghosts in every dark corner.

"Look, honey. I'm not saying you can't meet your friend. All I'm saying is let me come with you. I will not get out of the car first and if I see a girl of 12 waiting, I'll do some window shopping and you can go and meet her. But if there is no girl, we will wait for 10 minutes and then come back. OK?"
"This is ridiculous." She stamped her feet.



"Why? Is it because I'm 60 years old? Or is it because I've a big belly? Or because there is no hair on my head that you're ashamed of going out with me?" I tried to joke.

"Oh Dad, you're impossible."

"You look like a boy in your new outfit." On the way, I commented on her dress.

"Dad! I think I must tell you something."

"I'm listening."

"I'm not a girl... I mean I'm not a girl for the girl... I mean the friend I am going to meet."

"You lost me."

"Sorry. What I want to tell you is that I chatted with her as a boy." "You mean you pretended to be a boy to this girl?" I stared at her and the car swerved a little which I controlled. "Yes, she knows me as a boy."

"God!" I tried to digest this new information.When we reached the place, I got out of the car and walked around. There was no girl in sight. Some hundred meters away, a car with dark windows was parked on the other side of the road. On the nearby playground, some boys were playing cricket and a couple of cows were munching dried hay. I looked at my watch and started pacing up and down the road. I looked at the car and started walking again. The car started and sped away. I again consulted my watch. Ten minutes up: no sign of any girl. I walked to my car, got into it and said, "You see, I was right. There is no one here. The girl you chatted on the internet must have been fake."

Next day, at lunch time I retold the whole event to my colleague, Dhurva. "So you think that some bad guy was trying to approach your daughter?" He smiled.

"Why are you laughing?"

"Let me tell you why the girl friend of your daughter didn't appear at the meeting place. It was because her mother came with her in a car before you reached there. The mother was watching if there was really a boy of 13. But all she could see was an old man with a big stomach and a bald head lurking around the meeting place. So she didn't let her daughter get out of the car. She just drove the car back home."

"You mean... You mean she saw me and..." I stammered. "Yes, she saw you. Do you know what she said about you?" He laughed. "She said that she saw a lecherous old man with an evil leer on his face..."

(Adapted from: Vishnu Singh Rai's Martyr and other Stories)

A. Choose the words/phrases given below and write against the correct definitions.

munching	ridiculous	window shopping	stammer
obsessed	lurking	outfit	leer
swerve	stamp		

a. remaining hidden so as to wait for somebody secretly .....

b. preoccupied with something continually to a troubling extent .....

c. the act of looking at goods displayed in shop windows without intending to buy them .....

d. bringing down one's feet heavily down on the ground .....

e. deserving or inviting disapproval; absurd .....

f. a set of clothes worn for a particular occasion or activity .....

g. to turn aside abruptly from a straight line or course .....

h. eating something hard, steadily and noisily .....

i. look or gaze in an unpleasant and offensive way .....

j. speaking with difficulty, repeating sounds or words and often stopping .....

B. Rewrite the following sentences in a chronological order.

a. Her father accompanied her to meet the friend.

b. They saw a car on the other side of the road.

c. Anuja told father that she wanted to see her new friend.

d. She revealed of her secret e-identity with her father.

e. She told her father about her new e-friend.

f. Anuja's father shared the incident with his friend.

g. He observed that Anuja was looking like a boy in her new dress.

h. They waited for Anuja's friend for ten minutes.

C. Read the story again and answer these questions.

a. Why do you think Anuja was unwilling to take her father along with her to meet her new friend?

b. How does she criticise her father?

c. Describe Anuja's e-friend.

d. What did Anja's father propose to go with her?

e. What was the shocking news for her father?

f. Why did they return without meeting Anuja's friend?

g. Why do you think Dhurva laughed at the story of Anuja's father?

h. How did the girl's mother see Anuja's father? Why didn't they talk to each other?

D. What can be the consequences of faking your identities and bullying other people on the social media and the internet?

Pronunciation

Read the following sentences with the correct pronunciation and write their intonation patterns.

a. I'm going to meet my e-mail friend.

b. Why? Is it because I'm 60 years old?

c. God! I tried to digest this new information.

d. Is it because I'm 60 years old? Or is it because I've a big belly?

e. She knows me as a boy, doesn't she?

f. Do you know what she said about you?

g. They came out of the car, waited for the girl and finally returned home.

h. You are obsessed dad.

Speaking

A. Both Anuja and her father were embarrassed after Dhurva revealed they were spotted by the girl's mother while waiting for Anuja's e-friend. Say what the father and daughter should and shouldn't have done to avoid the guilt.

Example:

a. Anuja shouldn't have introduced herself as a boy to her e-friend.

b. .....

c. .....

d. .....

e. .....

B. Study the following conversations.

Conversation I



Daughter : I finished all my project work last night. I'm really exhausted now.

Mother : You should do your work on time and go to bed early.

Conversation II

Teacher : Sambriddhi, why are you late again?

Sambriddhi : I'm sorry. I missed my bus.

Teacher : You should have reached the station on time.

Conversation III

Gagan : My friend is angry with me.

Sajan : I think you shouldn't have spoken to her harshly.

C. Work in pairs. Criticise your partner in the following situations.

a. Your partner has lost his/her money.

c. S/he got low grades in English.

d. S/he has forgotten to do her/his homework.

e. Somebody has hacked his/her email.

f. S/he was lost while visiting the market.

g. S/he is feeling drowsy in the class.

h. S/he cannot remember the password of her computer.

Grammar I

A. Read the sentences below and say whether the words in red are used to express advice, moral obligation or compulsion.

a. You should raise your voice against discrimination.

b. You must abide by the traffic rules while driving

c. You ought to be fair in your judgment.

B. Complete the sentences below with should, ought to or must. Use the negative forms where necessary.

a. Every child ..... take good care of their aging parents.

b. If you want to lose weight, you ..... exercise regularly.

c. A: Someone picked my pocket.

B : You..... inform the police about it.

d. A: How was the movie?

B : It was great. You ..... go and see it.

e. We ..... disrespect our nation at any cost.

f. You look ill. You ..... see a doctor.

g. In order to maintain healthy habits, we..... go to bed early and get up early in the morning.

h. You ..... offend people with your harsh words.

i. We ..... learn to apologise with people to build trust and cooperation.

j. If you find someone's goods, you ..... try to return them to the respective person.

Writing I

A. Read the following email of invitation.

Subject: Invitation to the wedding of our brother

niti.thapaliya@gmail.com

Subject: Invitation to the wedding of our brother

Dear Niti,
Our family has organised a small reception party with a few close friends, relatives and family members to celebrate our elder brother Naman's wedding. We would like to invite your family to attend the party. We hope that you and your parents will be able to join us to celebrate the function. The party will be held at ABC Party Venue, Dumre, Tanahun on 21st March at 5 p.m. For your convenience, I have attached the location map herewith
I do hope you will be there to share happy memories with us. Please let us know if you will be able to come.

With best regards,
Sambridhi

B. Imagine that you are Niti, and that you were unable to attend the function. Write a reply email to Sambridhi apologising for your inability to attend her brother's wedding due to an urgent family business.

Reading II

Answer these questions.

a. What do the following pictures show?

b. What precautions should we take while using the internet?

Cyber Security: Basic Internet Safety Tips



When you want to make your home secure, you lock the door. When you want to prevent your bike from being stolen, you use a bike lock. When you want to protect your valuable possessions, you keep them in a safe. But what do you do to protect your identity online?

Modern life is fundamentally intertwined with the internet. Nearly every daily task now has the opportunity for online integration, and almost everyone owns multiple devices, including laptops, phones, tablets, smartwatches, smart TVs and many more. The more accounts and devices you have online, the greater the potential is for criminals to access your personal information and take advantage of you.

Online safety is important no matter your age or life stage, but there are particular concerns for certain vulnerable groups like children, teenagers and senior citizens.

When it comes to internet safety, it's best to start with the basics. Here are some tips to guide you as you evaluate your online habits and make small changes to ensure your privacy and security on the internet.

A



While creating a new password, pay attention to strong password requirements. Use different user IDs or password combinations for different accounts. Make the password more complicated by combining letters, numbers, and special characters and create hard-to-guess passwords and keep them private. Change your passwords quite often. Don't share your passwords with other people. Make sure passwords and password hints are stored securely. Record passwords in an encrypted file on your computer, or select another secure password storage method. Avoid writing them down. Prevent "auto-login", uncheck "Keep me signed in" and "Remember my password" options.

B

It's important to protect your personal information offline too because once sensitive information is stolen, it can be proliferated online. Remember tips like shielding the personal identification number (PIN) pad when you make purchases and learning how to spot a credit card skimmer at gas pumps. Using a chip debit card is another way to protect your financial information. The more sophisticated chip technology is just one reason why the chip card is more secure than the traditional magnetic strip debit card. When you sign up for something online, always read the terms and conditions. Never enter your financial information on a website that is not secure.

C

Utilise passwords and other security options like fingerprint readers and face scanning technology. One report stated that 30% of smartphone users did not use passwords, screen locks or other security features to lock their phones. Secure all devices, including computers, phones, tablets and devices like smartwatches and smart TVs.

D

Promptly install software updates, especially when they include important security upgrades. Set up automatic updates on your devices so you never miss one!

E

Do not trust public wifi security. Avoid connecting to unsecured public wifi networks. Surf only through secure websites. Logout immediately after you have completed your online transaction. Read privacy and policy statements before any transaction. Check your account statement to ensure that authorised transaction has taken place. Make sure your own wifi networks are protected with strong passwords. Change your wifi password frequently with hard-to-guess characters.

F

Enable two-factor authentication in order to prevent hackers from accessing your personal accounts and information. Add the extra layer of security to keep your accounts safe even if someone knows your password.

G

Do not reveal details about your online account. Be careful while communicating with people you have met online recently. Accept people's friend requests in social media only if you know them in person. Delete inappropriate messages from your profile. Do not post information about your friends as you put them at risk. Remember that what you post online is not necessarily private; it can be seen by everyone.

H

Back up important personal information on external hard drives. Create new back-ups regularly.

By educating yourself about cyber security, you will put yourself one step ahead of the cyber criminals.

A. Match the words given below with their meanings.

a.	possession	i.	to prevent something bad from happening
b.	intertwined	ii.	quick to detect or respond to slight changes or signals
c.	integration	iii.	an act of buying or selling; deal
d.	avoid	iv.	protecting something from danger or harm
e.	sensitive	v.	something that you own or have with you; belongingness
f.	proliferated	vi.	the act of proving that something is real or true
g.	shielding	vii.	the act of combining two or more things together
h.	promptly	viii.	closely connected with somebody or something
i.	authentication	ix.	increased rapidly in number or amount
j.	transaction	x.	without any delay

B. State whether the following statements are true or false.

a. It is a good idea to use the same password in different accounts for safety purpose.

b. The teenagers are more vulnerable than any other age groups regarding the internet safety.

c. It is not safe to let the computer remember our passwords.

d. A cheap debit card is safer than the expensive one.

e. It is not safe to enable auto update of software in our devices.

f. We should never enter our financial details on websites.

C. Read the following paragraph headings and write the correct paragraph name (A-H) against them.

a. Keep your Personal Data Safe

b. Keep Personal Information Private

c. Set up Two-factor Authentication

d. Make Sure your Devices are Secure

e. Be Careful about WiFi

f. Pay Attention to Software Updates

g. Back up your Personal Data

h Protect your Personal Information with Strong Passwords

D. Answer these questions.

a. How do we try to protect our physical property?

b. What should we do to keep our passwords secret?

c. Mention any two safety measures for shopping with debit cards.

d. How can we secure our accounts even when someone finds our password?

e. Why do you think we should make online friends only to familiar people?

g. What can we do to keep our online data safe?

E. Have you ever lost your personal data and information while using the internet? Share your experiences in the class.

Listening

A. Answer these questions.

a. How often do you use the internet?

b. What do you use it for?



B. Tick (Ö)the internet safety measure if it is mentioned in the audio. If not, put a cross (X).

a.	Make sure your internet connection is secure.	
b.	Make sure that the computer has a Firewall and Antivirus working.	
c.	Always use a strong email password.	
d.	Do not share your password with anyone, except your parents.	
e.	Do not save your password on any devices.	
f.	Close unused internet accounts.	
g.	Be careful about where you click while using the internet.	
h.	Be careful about what you post from cyber cafes.	
i.	Inform your parents if you find violent content in the webpage.	

C. Answer these questions in not more than four words.

a. What does the internet allow us to do?

b. What protects a computer from virus attack?

c. What should you do after using the email?

d. Why should we not click on ads or links?

e. Whom should we consult for any internet-related problem in the cyber café?

D. Share a problem that you have faced while using the internet. How did you solve it?

Grammar II

A. Complete the sentences below with articles a or an.

a. Doctor : What is your problem?

Patient : I have ..... fever and I feel dizzy.

b. Would you like to be ..... actor in the future?

c. What ..... lovely garden you have!

d. We spent half ..... hour in complete silence.

e. Please keep ..... eye on our house while we are away.

f. Mr. Napit has brought ..... ewe in his farm.

g. Ms Sharma's opinion was criticised as having ..... one-dimensional perspective.

h. We had to catch ..... early bus to be here on time.

B. Fill in the gaps in the sentences below with a, an or the.

a. Could you open ..... window, please?

b. Did you read ..... book I gave you last week?

d. All the desks were full. So we had to sit on ..... floor.

e. Can you play ..... flute well?

f. You have ..... lovely house. I am particularly impressed by ..... living room.

g ..... president is elected every five years in Nepal.

h. Do you think that the tourist is from Japan? No, she looks like ..... European.

i. This is ..... biggest fish I have ever caught in my life.

j. Bhartmani is known to be ..... man of action.

C. Fill in the blanks with the correct articles. If no article is used, put a cross (X).

a. Mrs. Paudel went to ..... school to meet her son's teacher.

b. What time did you get ..... home yesterday?

c. ..... Netherlands consists of twelve provinces.

d. ..... Everest is the pride of our country.

e. ..... Nile is the longest river in Africa.

f. ..... New Road is a financial hub in Kathmandu.

g. ..... Aarohan Gurukul Theater was founded in 1982.

h. What did you have for ..... breakfast this morning?

i. Braille system was developed to help ..... blind for reading and writing.

j. Do you always play ..... badminton at school?

Writing II

Write a newspaper article on "Internet and Cyber Security". Use the following guidelines in your article.

Introduction to the internet and technology

Use of the internet in our daily lives

The abuses of the internet

Need and ways of data privacy

Conclusion

Project work

Prepare a pamphlet depicting cybercrime and awareness for it and display it in the class.

Extra bit

Patterns of Intonation

Intonation is about how we say things, rather than what we say, the way the voice rises and falls while speaking.

Falling Intonation (↘)

(The pitch of the voice falls at the end of the sentence.)

Falling intonation is the most common intonation pattern in English.

It is commonly found in statements, commands, wh-questions (information questions), confirmatory question tags and exclamations.

Statements

I'll be back in a ↘ minute.

Commands

Write your name ↘ here.

Wh- questions (requesting information)

Where do you come ↘ from?

Question Tags

He thinks he's so clever, doesn't ↘ he?

Exclamations

How nice of ↘ you!

Rising Intonation (↗)

The pitch of the voice rises at the end of a sentence. It is normally

used with yes/no questions, and question tags that are real questions.

Yes/no Questions

Do you like your new ↗ teacher?

Question tags

We've met already, ↗ haven't we?

Rise-Fall Intonation (↗↘)

The intonation rises and then falls.

Choices (alternative questions)

Are you having ↗ soup or ↘ salad?

Lists

Intonation falls on the last item to show that the list is finished.

We've got ↗ apples, pears, bananas and ↘ oranges.

Unfinished thoughts (partial statements)

Do you like my new handbag?

Well the ↗ leather is ↘ nice... (but I don't like it.)

Conditional sentences

The tone rises in the first clause and falls gradually in the second clause.

If he ↗ calls, ask him to leave a ↘ message.

Fall-Rise Intonation (↘↗)

The voice falls and rises usually within one word. **Hesitation/reluctance**

So you'd be willing to confirm that? ...Well ... I ↘sup↗pose so ...

You didn't see him on Monday? I don't quite ↘re↗member ...

Politeness-Doubt-Uncertainty

Perhaps we could ↘vis↗it the place?

8 Hobbies and Interests

Getting started

Look at the pictures and talk about the hobbies of the people.



Reading I

Answer the following questions.

a. What are the common hobbies people often practise?

b. What is your hobby? Why did you choose it?

Common Hobbies

Hobbies are not just a form of entertainment; they are also great for igniting our creativity and discovering some of our hidden talents.

Choosing a hobby for yourself can be a challenging task. Although you want a hobby that is interesting to you, you may also want one that can be enjoyed with friends.

Some people enjoy spending their free time outdoors fishing, camping, hunting, and hiking, while others prefer to be indoors reading a good book or browsing online courses to hone their skills.

The popularity of these hobbies differs around the world based on individual preferences and cultural influences. For example, while fishing is the most prevalent hobby in England, hiking is the most in-demand hobby in China.

The following are the most common hobbies practised around the world. The best aspect of these hobbies is that you can do most of them without spending a lot of money. Furthermore, those that require learning are easy to master.

Reading



Reading is one of the most popular hobbies across many cultures. It is not only a fun activity, but a way of improving yourself.

Whether you read to get information or be entertained, there is undoubtedly a book for you as you have got a variety of genres to choose from.

Another thing that makes reading a book an exciting hobby is that you don't require any special gear compared to most other hobbies. Simply head to your local library or download some PDFs.

If you are looking to connect with new people or share your reviews, you can join a book club. The best part about making reading your hobby is that you can have fun anywhere!

Dancing



Almost everyone loves dancing even when some of us are terrible dancers. Just put some music on and let your body feel and move to the beat. No wonder, dancing is one of the most popular hobbies today.

Dancing can help you improve your flexibility and mobility. As a physical activity, it is also an excellent way to let off excess energy and steam. Plus, it is an enjoyable form of exercise.

You can simply have fun dancing around your living room or take it up a notch by joining a dance studio. Or, you can take some online dancing courses.

Collecting Antiques



Collecting antiques has become a passionate hobby for lots of people. As a result, more people around the world are starting to appreciate old and quality items.

If you have an eye for tasteful decor, collecting antiques may be for you. The older, the better. Plus, you never know what treasure and years of stories you may find, right? You can also make a hobby out of refurbishing and renewing old furniture.

Painting



Painting allows you to be creative, relaxed, and expressive. Simply walk down to any art supply store, buy some paints and brushes and you're good to go.

You don't have to be a great painter— start simple and paint whatever comes to your mind. What could be more therapeutic? You can decide to paint on an easel or go fun wild with murals— your choice.

Photography



When you get a break, take your phone or camera, walk to a park, and take pictures. You don not have to be a pro photographer or have the best gear in the market to pick up this rewarding hobby.

All you need is a good eye, a camera or a smartphone, and a good understanding of basic photography skills like lighting, depth, and exposure. The best part of the photography hobby is that you can preserve memories and have beautiful pictures on your walls.

Writing



Writing is one of the most popular hobbies that people enjoy because of the freedom. People write everything and anything; from how they spent their day to new recipes.

Writing journals to keep track of your daily activities is also a great way to handle stress, relax, and boost productivity. Studies show that the world's most successful people keep journals.

Also, if you feel the need to share your knowledge on a particular topic or niche, feel free to write a blog. It's always a great way to express yourself and connect with people of like-minds.

And you could also try writing a book or poem. It doesn't have to feel major before you write it down.

Knitting



Knitting is also one of the rewarding common hobbies. Knitting gives you the chance to make good use of your free time while improving your winter wardrobe and making gifts for your family and friends.

You can knit mittens, hats, scarves, and blankets to keep yourself warm when it is cold. It also gives you the opportunity to exercise your hands and improve your coordination.

The best part is that you can knit on the bus, while watching your favorite shows, listening to music, or even hanging out with friends.

A. Write synonyms and antonyms for the following words from the text.

a. unrevealed (synonym)
b. sharpen (synonym)
c. boring (antonym)
d. unexcited (antonym)
e. healing (synonym)
f. frame (synonym)

B. Find the meanings of the following words/phrases from a dictionary and use them in sentences of your own.

a. ignite
b. in-demand
c. let off
d. a notch
e. passionate
f. refurbishing
g. a blog
h. hanging out

C. Write True if the information is true, False if it is false and NG, if the information is not given in the text.

a. Outdoor hobbies are more popular than indoor hobbies.
b. You need more effort for reading than for other hobbies.
c. Only good dancers choose dancing as their hobby.
d. Antiques are also used for interior decoration in a house.
e. Paintings can be used to express your feelings.
f. People who choose photography as their hobbies are pro photographers.
g. Keeping journals helps people become successful.
h. Flexibility in time and place is the best part of knitting.

D. Answer these questions.

a. What aspects of our life influence the hobbies we choose?
b. What makes reading the most popular hobby?
c. How can people practise dancing?

d. What things are necessary for one to go with painting?

e. Write the benefits of doing photography.

f. Why has writing become a popular hobby?

g. How can knitting be rewarding to a person?

E. Do you think a person's hobby really helps him/her in professional career? Discuss.

Pronunciation

Pronounce the following words after your teacher and notice the consonant clusters in them.

Example: string /str/ milk /lk/

scout	instant	pulp	help	street
frustrating	golf	twelfth	scratch	spurious
spleen	sprout	blog	sclerosis	trout
hundredth				

Speaking

A. Study the following examples of people expressing their preferences.

I'd prefer to stay home and do some reading rather than going out. I love reading classics.





I hate outdoor games. I would prefer to sleep.

I prefer lying on a beach to hang-gliding and canoeing. I'm really crazy about sandy beaches.



B. Work in threes. Have similar conversations in the following situations as in the example.

Examples: go to countryside

A: Let's go to the countryside. The weather is so lovely.

B: Wow! That's a great idea. I love visiting greenery.

C: No, thanks. I don't like walking long distances.

a. fly to India

b. play cricket

c. ride a bike

d. go to the stadium

e. watch the premiere show of *Pratigya*

f. go swimming

C. Work in groups. Take turns to express your likes, dislikes or preferences about different careers.

Example: a driver

A: I like driving a private car better than a taxi.

B: I don't mind helping passengers in urgency.

C: I hate being kept waiting by customers.

a teacher	a scientist	a sweeper
a beautician	a policeman	a business woman
a journalist	a singer	

Grammar I

A. Complete the following sentences with the correct passive forms of the verbs.

a. Ganga feeds the dogs.

The dogs .....by Ganga.

b. The police catch a lot of criminals in London.

A lot of criminals ..... in London.

c. They often help us.

We .....

d. They don't rent cars there.

Cars ..... there.

e. Do you turn the laptop on first?

..... the laptop..... first?

f. Somebody follows me home every evening.

Every evening ..... home.

g. We usually leave a saucer of milk for the cat.

A saucer of milk ..... for the cat.

h. I like journalists following me on the way.

I like ..... on the way.

i. I loathe people pulling my hair.

I loathe .....

j. Ashmina adores teachers checking her notebooks.

Ashmina adores ..... .

k. Deuniya does not mind anyone mocking at him.

Deuniya does not mind .....

B. Change the following sentences into passive voice.

a. The gardener waters the flowers every day.

b. People see foxes in their gardens at night.

c. We expect students not to talk during examination.

d. Rivers of fresh water form this lake.

e. National parks attract many domestic and foreign tourists.

f. They promise him higher wages.

g. Does Biraj always beat Balgopal?

h. Nobody knows the secret.

i. They are sure to help the helpless.

j. Scientists have to discover a more effective vaccine for Covid-19.

k. What do they prefer to eat?

l. Sources say most people in the region are still illiterate.

Writing I

People have different hobbies and interests which may lead them to their careers they adopt. Write an essay on your hobbies explaining how they might influence your career.

Reading II

Look at the picture and answer the following questions.



a. What are the children doing in the picture?

b. Do you like climbing trees? Why?

Climbing

High up in the apple tree climbing I go,
With the sky above me, the earth below.
Each branch is the step of a wonderful stair
Which leads to the town I see shining up there.

Climbing, climbing, higher and higher,
The branches blow and I see a spire,
The gleam of a turret, the glint of a dome,
All sparkling and bright, like white sea foam.

On and on, from bough to bough,
The leaves are thick, but I push my way through;
Before, I have always had to stop,
But to-day I am sure I shall reach the top.

Today to the end of the marvelous stair,
Where those glittering pinacles flash in the air!
Climbing, climbing, higher I go,
With the sky close above me, the earth far below.

- Amy Lowell

A. Find the words from the text above that have the following meanings.

a. a small flash of light, especially a reflected one

b. main branch of a tree

c. a little tower of a bulding or a castle

d. a set of steps leading from one floor of a building to another

e. causing great wonder; extraordinary

B. Choose the correct answer.

a. What does the speaker view from the branch of the tree?

i. the sky ii. the earth iii. the town

b. What aids the speaker to go up and up?

i. the apple tree

ii. the branches on the tree

iii. a stair bought for her support

c. What does the speaker compare the glow of a dome with?

i. a turret ii. a spire iii. sea foam

d. Which of the following statements is true?

i. The speaker used to climb onto the tree top.

ii. The speaker is sure to get to the top of the tree now.

iii. The tree leaves will certainly prevent her from going higher and higher.

e. Which of the following statements carries the message of the poem?

i. We should not give up in the middle of any situation or a goal.

ii. Be satisfied with what you have at the moment.

iii. We cannot enter the heaven without a staircase.

C. Answer these questions.

a. Why does the speaker want to climb on the tree?

b. What things are shining brightly when viewed from above?

c. Is it the first time that the speaker has climbed up the tree? How do you know?

d. Make a list of words from the poem which describe the light or brightness.

e. What do the sky and the earth symbolise in the poem?

D. "The more determined you are, the better opportunity you will achieve in life and obtain what you want in life." Do you agree with this statement? Discuss.

Listening

A. Look at the pictures and answer the questions.





a. Mention the two hobbies.

b. Which hobby would you choose? Why?

B. Listen to the audio and write the correct order (1-10) in the box.

☐ a. Reading	☐ b. Crafting
☐ c. Bird watching	☐ d. Gardening
☐ e. Playing video games	☐ f. Travelling
☐ g. Fishing	☐ h. Watching television
☐ i. Listening to music	☐ j. Collecting

C. Listen again and match the first halves of the sentence with their endings.

	First Half		Ending
a.	Travelling	i.	are inspiring the people for creativity.
b.	Ice fishing	ii.	has changed dramatically in recent years.
c.	Craft websites	iii.	is an excellent intergenerational activity.
d.	Watching television	iv.	makes the memories long lasting.
e.	Birding	v.	get a bad rap.
f.	Music	vi.	is more challenging
g.	Playing video games	vii.	brings people together.

D. Rank these ten hobbies according to your choice.

Grammar II

A. Study the following short conversations and observe how being or having is used.

Conversation I

Sushil : How do you feel if someone praises you?

Punya : I like people praising me. How about you?

Siddhartha : Well, I don't mind being praised.

Conversation II

Puja : How do you feel if a photo journalist takes your photograph?

Rama : I don't like having my photographs taken. How about you?

Mina : But I adore having my photographs taken.

Now, change the following sentences with passive voice using 'being' or 'having'.

a. Puja hates people shouting at her in the street.

b. Jahagir can't stand beggars wiping his feet.

c. Our class teacher detests students flattering her.

d. The headteacher likes teachers checking students' homeworks.

e. The actress does not mind journalists following her.

f. Rebika prefers people writing to her better than talking to her on the lines.

B. Change the following sentences into active voice.

a. A lot of books are stored online by various sites.

b. Computers are repaired with warranty here.

c. Chinese is rarely spoken in our community.

d. The criminal is thought to have fled to another country.

e. It is believed that the film can spell the spectators.

f. It is expected that the war is going to end soon.

g. She is supposed to be married.

h. I hate being kept waiting.

i. She loves having her clothes praised.

j. This road is not very often used.

k. Ajima is never punished by teachers.

l. Many accidents are caused by speeding.

Writing II

A. Imagine you are the headteacher of a school and your school has a vacancy for the post of Secondary Level English teacher. Write an advertisement for the post mentioning the required academic qualification, experience,

deadline and other necessary information.

B. Study the following example of paraphrasing.

Original text

"A 68-year-old Gastonia man says he scared off two men in ski masks trying to break in his home with his gun he can keep on his walker. And then, he taped a note to his door saying if they try to break in his house again, he will be waiting on them."

Paraphrased text

Two men attempted to break into a 68-year-old man's home. However, they were scared off by the gun the man kept on his walker. Afterwards, the man taped a note to the door warning that he would be waiting for the burglars if they came back.

Now, paraphrase the following texts.

a. Women have traditionally been seen as mothers and home makers and it is only in recent years that they have been making significant inroads into the job market. There is still a long way to go before they achieve complete equality with men but the situation has definitely improved.

b. In the 1920s, an American academic, Elton Mayo, researched the effects of the physical environment on the productivity of workers. The result, known as the Hawthorne Studies, named after the electrics company where it took place, showed that workers could be motivated to work harder by making small changes to the workplace, such as altering the lighting or the layout of a room.

Project work

Interview at least five of your friends inquiring about their hobbies. Note down what careers they might choose. Then prepare a chart including those bits of information, and display it in the class.

Extra bit

Some useful idioms and their meanings with examples.

1.	Spill the beans	Revealing the secret or hidden facts	Promise me that you will never spill the beans about it.
2.	Pull someone's leg	To make fun of someone	Don't take it seriously. I was just pulling your leg.
3.	Sit on the fence	Not to make a decision or take a side when given options or possibilities	You can't sit on the fence. Now you tell whom your support.
4.	Through thick and thin	Being faithful and loyal in all the circumstances	A true friend supports you through thick and thin.
5.	Once in a blue moon	An act that rarely happens	They take us on tour only once in a blue moon.
6.	Take it with a pinch of salt	Not being very serious about something	Please don't take the matter seriously. Take it with a pinch of salt.
7.	When Pigs fly	Something impossible to happen	I will live in the moon when pigs fly.
8.	Go down in flames	To fail miserably	Without proper actions, your dream will go down in flames.

9.	To cost an arm and a leg	something is very expensive	This house cost me an arm and a leg.
10.	See eye to eye	To accept or agree with each other's opinion	We have decided to see eye eye in key issues.
11.	A piece of cake	Something very easy and simple to do or perform.	Working in the foreign land was not a piece of cake for me.
12.	Beat around the bush	Avoiding the main matter	Don't beat about the bush. Try to come to your point.
14.	Hit the sack	Go to bed for sleep.	I am really tired. Now, let me hit the sack.
15.	Fit as a fiddle	Being in good health	Eating healthy food makes fit as a fiddle.
16.	Straight from the horse's mouth	To the information directly from the person's mouth rather than from anyone else's mouth	Did you get the news straight from the horse's mouth?
17.	Action speaks louder than words	What you do have a stronger effect than just talking about it.	should not just talk about helping others we must act. Action speaks louder than words.
18.	Bite off more than you can chew	Taking more responsibilities than one can manage	To please the manager, I accepted to work so, I bite off more than I can chew.

9 History and Culture

Getting started

Look at the pictures. Talk about the historical and cultural significance they carry.









Reading I

Look at the picture below and answer these questions.



a. Who is the man in this statue?

b. What do you know about him?

Pratap Malla



Pratap Malla was one of the most famous kings of Malla Dynasty. He constructed some magnificent and beautiful architectural structure around Kathmandu. The way he came to the throne is very interesting and controversial at the same time. He had the experience of administration even when his father was alive. When his father Laxmi Nara Singh's madness grew worse, he imprisoned his father and he himself ruled as a regent of his father in Kantipur.

He was an able administrator. Kantipur was highly developed during his reign. Trade with Lhasa (Tibet) was also going on well. By his tact he was making the kings of Lalitpur and Bhaktapur play against each other. Sometimes he sided with Bhaktapur and posed a threat to Lalitpur. On other occassions, he aligned with Lalitpur and fell upon Bhaktapur.

Pratap Malla was a religious-minded person. He built a beautiful temple at Guhyeshwari and fenced it. He renovated the temple of Pashupatinath and raised a pinnacle over it. At Swayambhu he built Pratappur, Kabeendrapur and many other temples and also set up a copper gilt 'Bajra'. He also renovated the temples of Basuki Bhimsen, Taleju, and Degutale. With a view to warding off evils, he erected an image of Hanuman, the monkey god, by the side of his palace gate and called the palace Hanumandhoka. He erected the golden gate of the palace, set up an image of Nri Simha, Kal Bhairab, and Vishwaroop at Layaku Bahi. Inside the palace, he also set up Sundari Chowk and Mohan Chowk. A pond was dug at Bhandarkhal and filled with water brought from Budhanilakantha. He installed an image of Narayan lying in the pond, an exact replica from Budhanilakantha Temple.

Pratap Malla was vastly-learned king and a poet. He could compose poems in Sanskrit, Nepal Bhasa, Nepali, Bengali and Hindi. He also knew Arabic, Roman and English scripts. Because of his excellent poems, he conferred on himself the title of 'Kabeendra', a king of poets. Himself learned, Pratap Malla had a galaxy of learned men in his palace as the Mughal Emperor Akbar had. Like Akbar, he also respected and patronised the scholars of his time.

Lambakarna Bhatta, who hailed from Maharastra, Nri Simha Thakur, from Bihar and Jamana Gurubhaju of Kantipur were some of the jewels in the galaxy of scholars in his palace. He was also very fond of music. So, musicians were welcomed and respected in his palace.

Pratap Malla had five sons Bhupendra, Chakrabartendra, Nripendra, Mahipatendra and Parthibendra. He wanted his sons to have experience in the administration of the country while he was still living. He made each of them rule over the country for one year in turn. But unfortunately, his second son Chakrabartendra Malla died the next day he took over the administration of the country. Both the king and queen were greatly grieved at his death. To console the grieving queen, he made a huge pond in front of the present Tri-Chandra College. The pond is known as Ranipokhari.

Pratap Malla had a sudden death while he was watching the religious dance of Harisiddhi.

During his reign for thirty-three years (1641 A.D. to 1674 A.D.), Nepal made remarkable progress in each and every field. There was peace and prosperity at home and no threats from outside. Trade with India and China made Nepal prosperous. Art and literature flourished. Kings of Bhaktapur, Lalitpur and other neighbouring kingdoms did not dare to invade Kantipur.

(Source: The History of Ancient and Medieval Nepal in a Nutshell with some Comparative Traces; by D. B. Shrestha and C. B. Singh)

A. Complete the following sentences with the correct words from the text.

a. Queen Rajendra Laxmi ruled the country as a..... because her son Rana Bahadur Shah was too young.

b. Many buildings were ..... as they were destroyed by the earthquake.

c. Many temples had their ..... made of gold.

d. As the original trophy was stolen, they made the exact ..... of it.

e. Madhav Prasad Ghimire was ..... the title '*Rastrakavi*' in 2003.

f. The government ..... Jhamak Kumari Ghimire for her contribution to Nepali literature.

g. The British soldiers tried to ..... Nepal but the brave Nepali people chased them away.

B. Choose the best alternative.

a. Why did Pratap Malla keep his father in jail?

i. Pratap Malla was insane.

ii. Pratap Malla wanted to be the king soon.

iii. Pratap Malla's father was insane.

iv. Pratap Malla had no experience of administration.

b. What made Kantipur a strong state during Pratap Malla's reign?

i. Pratap Malla's bravery

ii. Pratap Malla's diplomacy

iii. Pratap Malla's love for poetry

iv. Pratap Malla's love for art and culture

c. Which of the following was not renovated by Pratap Malla?

i. Pashupatinath

ii. Temple of Taleju

iii. Temple of Degutale

iv. Temple of Budhanilkantha

d. According to the text, which of the following did not happen during Pratap Malla's reign?

i. Trade with India and China

ii. Promotion of art and culture

iii. Invasion of Kantipur

iv. Presence of learned men at the palace

C. Answer these questions.

a. Name two countries that had trade with Kantipur.

b. How did Pratap Malla keep his kingdom safe from Lalitpur and Bhaktapur?

c. Where did Pratap Malla place the image of Lord Hanuman? Why?

d. Pratap Malla conferred himself with the title '*Kabeendra*'. Do you think this title suit him? Give reasons.

e. Pratap Malla used to invite the intellectuals at his palace. What does this indicate about his personality as a king?

D. Pratap Malla contributed a lot to Nepali culture during his reign. Can you name some of them which still exist?

Pronunciation

Pronounce the following phrases with an apostrophe. Take help of a dictionary or your teacher. Then, put the words in the right columns.

/s/	/z/	/iz/
Dick's house	**Luna's pet**	**Ramesh's phone**

Lisa's essay
children's shoes
Thomas's job
the girls' excitement
Socrates' philosophy
princess's necklace
Nepal's border
the aircraft's black box
the bus's arrival
my parents' wedding
Ulysses' friends
my brother's book
a week's work
James's office
the ladies' room
coach's decision

Speaking

A. Study how Aleena narrates the activities of her winter holidays.

When our school was closed for winter holidays, I was both excited and nervous. I was anxious to see my father and mother. So, I called my mother to tell her that I would be leaving for home Friday morning. The journey home went well and I saw beautiful landscapes. I reached the town at 4:30 pm and found my father and young brother waiting for me at the bus station. I was very happy to see them! Once home, I did many activities such as watering the garden and visiting my friends. I really enjoyed my winter holidays!

Now, narrate what you did during your recent holidays.

B. Work in pairs. Have conversations as shown in the example.

a. Tony/go/dentist/last week

Example: *A: What did Tony do last week?*

B: He went to the dentist last week.

b. Grandparents/eat ice cream/yesterday afternoon

c. Sima/send message/an hour ago

d. Manu/wash hands/5 minutes ago

e. Father/watch/football match/last night

f. Lunibha/feed the cat/yesterday

g. Kate and Tim/clean room/last weekend

C. Tell about a party that you attended. Use the given guidelines.

Who invited you

Where you were invited

Why the party was organised

Anything you offered or received.

Grammar I

A. Find the second part of each sentence. Then, change each verb into the correct form.

a. The alarm (go)	i. Brinda (reply) her.
b. As soon as the teacher (ask) the question	ii. while Trishna (sleep).
c. I (do) my homework	iii. we (see) the sun shining brightly.
d. When the doors (open)	iv. when the telephone (ring).
e. When we (wake)	v. the audience (rush) into the stadium.

B. Complete the sentences. Write in the correct form of each verb.

a. When I ..... (arrive) home, my dad ..... (prepare) snacks for me.

b. That day, when we ..... (leave) home, the sky ..... (be) overcast and it ..... (drizzle).

c. Last week, we ..... (book) a hotel online. The hotel ..... (be) really wonderful. The staff ..... (stand) at the gate to welcome us when we ..... (reach) there.

d. ..... (the children/sleep) when you ..... (reach) home that night?

e. Something very strange ..... (happen) on my way home yesterday. I ..... (walk) along the way. Suddenly, I ..... (see) my grandfather following me. But he had died a year ago.

f. We ..... (travel) to Chitwan when the police stopped us on the way. According to them, there ..... (be) a bomb there. So, we ..... (have) to wait for an hour.

C. Make sentences using the words given in the brackets. Use the correct forms of the verbs: simple past or past continuous.

Example: the telephone/ring several times/ while I/have dinner

The telephone rang several times while I was having dinner.

a. it/ begin to snow while we/return /home

b. Kamal/fall off while he/play on the verandah

c. Amit /wait for me/ when I /reach the station

d. Simran/ take my photos while I/not look at the camera

e. what/you do/yesterday when I/call you?

f. I break the glass/while I/wash it

g. the teacher enter the class/while some students/ dance in the class

i. I find the lost purse/while I /clean the room

j. Dipisha finish her homework/while her brother/ watch TV

Writing I

A. Study the events below. These are the major events that happened in the history of Nepal from 2017 B.S. to 2046 B.S. Write a couple of paragraphs about Nepal's journey from Panchayat to Multiparty Democracy.

1st Poush, 2017 - King Mahendra dismissed the elected government, suspended parliament, imprisoned the Prime Minister, Ministers, banned political parties and activities, seized all power

22nd Poush, 2017 - King Mahendra announced the partyless autocratic Panchayat System

10th Jestha, 2036 - announcement of Referendum

20th Baishak, 2037 -the election of referendum took place

10th Jestha, 2042 - non-violent civil disobedience movement

7th Falgun, 2046 -the mass movement formally started

26th Chaitra, 2046-restoration of multiparty system

B. Some people think studying history is just a waste of time while others think that it is essential. What do you think of these ideas? Write your opinion in about 200 words.

Reading II

What do these flowers represent in your culture?

a. Night jasmine (*Parijat*)

b. Lotus

c. Globe amaranth (*Makhamali*)

Flowers in Russian Culture

Flowers are a staple item in the gift-giving world. For many of us, it usually does not matter which blossoming bunch we receive. Flowers are a thoughtful gesture of good will, as long as they produce a pleasant aroma and a visually pleasing colour palette.

The Russians are practically no different, and similarities exist regarding using flowers as a token of expressing love and affection. It is always heartwarming to receive flowers. However, flower-gifting in Russia has some unique traditions. Flower etiquette, in Russia is strictly guided by a range of rules depending on the setting. For instance, the kinds of flowers gifted in a romantic setting differ immensely from those gifted when visiting a Russian home. If flowers are gifted outside these rules, it is possible to offend the receiver.



Red carnations are filled with a deep sense of patriotism. The origins of this symbolism reside in the 1917 February Revolution. The Russian Social Democratic Workers' Party of Bolsheviks had produced masses of cardboard pins designed like red carnations. These badges gained widespread popularity and became a symbol of resistance against the Russian Provisional Government.

Contrasting to the victorious symbols of red carnations, white carnations represent bad omens. The washed-out petals are believed to strip holders off good luck and talent. Therefore, white carnations should not be given as gifts to performers. On the other hand, Russians believe that placing a white carnation under your pillow while you sleep leaves you inspired upon waking the next morning.



In Russia, red poppy flowers symbolise weakness and fleeting love. Consequently, giving a red poppy to a loved one contradicts the desire for a long, healthy relationship. Interestingly, however, poppy seeds are viewed differently. At traditional Russian weddings, poppy seed is often eaten as a symbol of happiness for a married couple. Sometimes, the seeds are placed in the bride and groom's shoes as a symbol of procreation.



In many cultures, yellow is a bright and happy colour that symbolises friendship. However, in Russian culture, yellow flowers symbolise sadness and dishonesty. Therefore, giving a bunch of yellow flowers to a beloved one represents an inevitable break-up. This is most famously represented in the break-up song called 'yellow tulips.'



Chamomile is the national flower of Russia. Its slender white petals encapsulate a bright yellow centre. Russians believe that chamomile, in the form of tea and aromatherapy, offers a vast range of medical benefits in treating fatal diseases from cancer to diabetes.

A lesser-known belief suggests that the chamomile is a mosquito and fly repellent – another protective quality beyond that of fatal diseases. Throwing a bunch of these white and yellow flowers into a fire is believed to deter irritating insects.



Among women, chamomile holds a fortune-telling function. The self-murmured pattern of 'he loves me, he loves me not' is repeated until the last dainty petal is plucked. A similar fortune-telling function is served by the Lily of the Valley flower. Each lily petal is plucked with the inner monologue of the holder following an 'it will happen, it won't happen' pattern.



The white calla lily is an elegant flower that would pair nicely with a snowy wedding dress. However, bringing a white lily bouquet to a Russian wedding would not pair so nicely with the responses you would receive from other attendees. These flowers symbolise death and are believed to foreshadow the split of the newly-wed couple.

A. Find out the single words for the following meanings.

a. a strong, usually pleasant smell .....

b. different colours of paint, especially as used by an artist .....

c. to a great degree .....

d. lasting only a short time .....

e. the act or process of producing children or baby animals .....

f. enclose (something) in or as if in a capsule .....

g. a type of treatment which involves massaging the body with special fragrant oils .....

h. causing to be kept away .....

i. to be a sign of something that will happen in the future ...

B. Words like gift-giving, heartwarming, cardboard, etc., are compund words. Make a list of such compound words from the text.

C. Complete the sentences below with the correct information from the text.

a. People do not care which flowers they are receiving as long as the flowers are beautiful and they give .....

b. Flowers are gifted worldwide to express .....

c. Following the strict flower ..... while gifting flowers in Russia saves you from offending people.

d. Red carnations symbolise..... produced by the Russian Social Democratic Workers' Party of Bolsheviks.

e. Russian people believe that the white carnation ..... so, we should not gift them to performers.

f. Russian people do not gift red puppy flowers to their ..... because they think if they do so their love becomes weak.

g. When Russians want break-up from their beloved ones they gift .....

h. Chamomiles have ..... values so they can be used for the treatment of fatal diseases.

i. We should not gift a white lily bouquet in a Russian wedding as it symbolises .....

D. Answer these questions.

a. Mention any two reasons for which people gift flowers to others.

b. How do people feel when they are gifted flowers?

c. What determines the selection of flowers for gifting in Russia?

d. Which event in Russian history is reflected by the red carnation?

e. Does a Russian like to keep a white carnation under his/her pillow? Why?

f. What's the reason for connecting the red puppy with fragile love?

g. What makes the Russian people eat red puppy seeds in their wedding?

h. Do you prefer to grow chamomile in your garden? Why?

i. What colour is chamomile?

j. Write the names of two flowers used for fortune telling.

k. Which flower is mostly used in Russian weddings?

E. Do you know other flowers that are commonly used for gifting? Write the names of those flowers and the occasions on which they are gifted.

Listening

A. Look at the picture and answer these questions.



a. What do you see in the logo?

b. What do you think this logo represents?

B. Listen to the audio and complete the following sentences.

a. The Queen's Windsor Castle is being protected by the ..... soldiers.

b. The Gurkhas began to work in the British Crown ..... ago.

c. The soldiers have been preparing to take their duty in the month of .....

d. Drill is all about putting everyone into .....

e. The soldiers are in training for ..... weeks.

f. This is the ..... time the Gurkhas are guarding the Buckingham Palace.

C. Listen to the audio again and answer these questions.

a. When did Gorkhas begin to guard the Queen?

b. Name two places which are guarded by the Gurkhas.

c. What will each soldier carry in the parade?

d. How long is the training course in total?

e. How did the soldier's family feel about their son joining the British Army?

D. Do you know any other countries where the Gurkhas are serving in the army? Share in the class.

Grammar II

A. Complete the following sentences with the correct form of the verb in the brackets.

a. The children ..... five minutes ago. (arrive)

b. Ramchandra ..... the ticket before he went to the cinema. (buy)

c. Alexander ..... one-fourth of the world before he was thirty. (conquer)

d. When she came out of the airport, nobody .... for her. (wait)

f. I found a thousand rupee note in my pants pocket while I ..... it. (wash)

g. Somebody ..... at my door while I was taking a rest. (knock)

h. Every year, he ..... some money which he spent to buy a new house. (save)

i. I ..... my breakfast before I went to work. (have)

j. The train ..... before we reached the station. (leave)

B. Complete the story below with the correct form of the verbs given in the brackets.

A young lady …….. (enter) a shop in Birendranagar, Surkhet. She …….. (put) a few items of food in a bag. She …….. (choose) a time when not many people …….. (be) there in the street. She …….. (wait) for the moment when no one else would see her running away. When the shopkeeper ……..(check) the goods, she gave him a thousand-rupee note. As soon as the shopkeeper …….. (open) the box, she……..(snatch) all the money from it. Meanwhile, she…….. (run) out of the shop before the shopkeeper …….. (realise) what ……..(happen). When the shopkeeper …….. (check) the amount in the box, he…….. (find) that the thief …….. (take) only Rs. 450. As the thief …….. (leave) a thousand-rupee note behind, the operation …….. (cost) her Rs. 550.

Writing II

A. Write a story using the outlines given below.

The Bat, the Birds, and the Beasts

a great conflict between the birds and the beasts ..... two armies collected together ..... the bat refuses to join ..... says he is a beast ..... beasts request ..... says he is a bird ..... peace made, no battle ..... rejoicing ..... bat wishes to join ..... both turn against him ..... threaten to tear into pieces ..... bat flies away ..... moral

B. Write a story that begins with the sentence 'One warm summer afternoon an old owl was dozing when a grasshopper disturbed it with a very raspy song.'

Project work

Collect information about one of the famous kings of Nepal. Then, write the major events that took place during his reign. Display the events in a timeline on a chart paper.

Extra bit

Some loanwords used in the English language

Word	Original Language	Word	Original Language
anonymous	Greek	cigar	Spanish
loot	Hindi	cookie	Dutch
safari	Arabic	metropolis	Greek
lemon	Arabic	avatar	Sanskrit
ketchup	Chinese	entrepreneur	French
utensil	French	catalogue	French
justice	French	massage	Portuguese
vigilante	Spanish	pizza	Italian
language	Latin	noodle	German
alcohol	Japanese	karma	Sanskrit
amen	Hebrew	chess	Persian
bungalow	Urdu	boycott	Irish
husband	Norwegian	zombie	African

10 Games and Sports

Getting started

What activities are shown in the pictures below? Talk about their importance.









Reading I

Look at the pictures below and answer the questions.

a. What objects can you see in the picture?

b. What do they represent?

The First Olympic Games



In ancient Greece, there lived a man called Tantalus. He was half man and half god. His father was the great Greek god Zeus. One day Zeus invited him up to Mount Olympus, high above the clouds for dinner. When Tantalus received the invitation, he was very proud. "Dinner with the gods!" he thought. "What a grand honour!" said Tantalus and climbed up to the very top of Mount Olympus in his embroidered robes to dine with his father and the other gods. They had an exquisite dinner together. The next morning Tantalus lay in bed remembering the glorious evening. "I must return the invitation." "But what can I serve them? I must give them something I value more than anything." And then Tantalus had a terrible idea, a horrible one. He decided to take his son, Pelops, and chop him up and serve him as a stew to the gods. The gods, who saw everything, were furious. "How could he do such a thing?" they asked. "He knows we hate human sacrifice. We will have to punish him." As a punishment they sent him down to the underworld, where he had to stand in water up to his neck forever.

Meanwhile, the gods brought Pelops back to life. As a special present they gave him a chariot with a team of snow-white horses that could run faster than the wind. "Take these horses," said Zeus to Pelops, "and find yourself a kingdom, for you shall become a great ruler." Pelops thanked the gods and mounted his chariot and galloped down the dusty mountain road and out onto the plain. As he came around a curve, he reined in his horses, for he saw an old man dressed in rags by the side of the road. "Where are you going?" shouted the old man. "I'm off to find a kingdom," Pelops replied. "Then I have an idea for you," said the old man. "I know of a kingdom called Elis, where a beautiful princess lives. Her name is Hippodamia. The man who marries the princess will inherit her father's kingdom." "That sounds perfect," said Pelops. "There's just one problem," cautioned the old man. "If you want to marry the princess, you have to run a chariot race against the old king. If you win, you get the princess and the kingdom. If you lose, you get your head chopped off. So far, twelve people have lost." "I won't lose," said Pelops. "My horses can run faster than the wind." "But the king's can run faster than lightning,"

warned the old man. "I am not afraid," said Pelops. He thanked the old man and started off.

After many hours he reached the palace and wished to see the king. The servants led him to the king's chamber. There, he saw the beautiful princess, Hippodamia sitting next to the king. Her black eyes sparkled like stars when she saw the handsome young visitor. Pelops bowed low before the king. "I have come to woo your daughter," he said. "My daughter and my kingdom are yours," the king said, "if you win the chariot race." "My horses can run faster than the wind," said Pelops. "Mine can run faster than lightning," countered the king. He had never lost a race. His horses were magic, and had been given to him by Ares, the god of war. "Tomorrow morning at sunrise," the king declared, "the race shall begin." Later that evening, the princess wandered out near the king's stables. She did not see the stable boy, who was brushing the horses' shiny black coats so they would look their best for the race in the morning. Hippodamia looked up at the starlit sky and said to herself, dreamily, "Oh, I do wish my father would lose the race, just this once." Now the stable boy, who had always adored the princess from afar, overheard Hippodamia. "I can make her wish come true." he thought. After the princess went inside, he carefully took out the bronze pins that held the great wooden wheels on the chariot and replaced them with pins made of candle wax.

Early next morning, the royal musicians blew their horns. Crowds of people gathered on the lush green fields of Olympia. The king stood in his chariot, his helmet gleaming in the sun. He was hardly able to hold back his snorting horses. Pelops stood in his chariot. His horses pawed the ground. The signal was given, and they were off. "On, my fiery steeds," shouted the king. "Faster!" shouted Pelops. The crowd cheered. The horses galloped neck and neck, faster than wind, faster than lightning. Now, thought the king, "I will pull ahead and win!" He whipped his horses harder, but instead of speeding up, they fell behind. Something was wrong! The wax pins had melted in the heat. Suddenly the wheels flew off, and the king was thrown to his death. Of course, Pelops had won the race, so he would marry Hippodamia and rule the kingdom. But Pelops and Hippodamia were very sad that the old king had died. He had not really been a mean king, you see. It's just that he had loved his daughter so much he didn't want to give her away in marriage. So, before their wedding, Pelops and Hippodamia decided to have a great funeral feast in honor of the king. They invited heroes from all over Greece to take part in athletic

games and races, in memory of the king's great chariot race. Pelops decreed that such games should be held every four years, till the end of time. And since the games took place on the fields of Olympia, they have been known ever since as the Olympic Games.

Pelops and his lovely Hippodamia went on to become wise and good rulers of the great kingdom of Elis. True to Pelops's decree, the games were held every four years on the fields of Olympia. But around 500 A.D. there was a great earthquake that knocked down the buildings and a huge flood that covered the fields with water and



mud. They remained buried for almost 1,500 years. People forgot about the Olympic Games. Because no one could see the Olympic fields, many people believed the fields and the games had never even existed! Imagine their surprise when, in 1875, archaeologists dug into the earth at just the right place and discovered the ancient fields of Olympia, where the games had taken place so long ago. There was great rejoicing around the world and, with the help of a Frenchman named Baron Pierre de Coubertin, the Olympic Games were started once again. And, today the Olympic Games continue. Every four years athletes from all over the world come together to compete in a spirit of peace and friendship. The games are held in different countries, and an Olympic flame is always kept burning in the stadium until the games have ended. This flame is lit from the rays of the sun on the Olympic fields in Greece.

(Adapted from: The First Olympic Games: A Gruesome Greek Myth With a Happy Ending by Richards, Jean and Thacker, Kat)

A. Complete the sentences with the words given below.

exquisite inherited underworld embroidered stew
decreed mounted rejoicing furious lush

a. We are having .....for lunch today.

b. The demon was sent to the .....for his disobedience to the gods.

c. The sleeves of his coat were .....in gold.

d. Smita was absolutely ..... at having been cheated.

e. Her wedding dress was absolutely .....

f. The prince ..... the kingship after his father's death.

g. There was a great .....when the Nepali Football Team won SAFF U-19 championship.

h. The king .....his horse and rode away from the palace.

i. The government .....that the following day would be a holiday on the occasion of Eid.

j. It was wonderful to spend a week in the..... green countryside.

B. Write if the following statements are true, false or not given based on the information given in the text.

a. Tantalus' father Zeus was also half god and half man.

b. Tantalus wanted to take revenge with the gods.

c. The gods revived Pelops to rule in Elis.

d. Princess Hippodamia was impressed with Pelops at the first sight.

e. Hippodamia wanted to kill the king so that she could inherit the kingdom.

f. The Olympic Games were not held for about 1,500 years due to the fear of the earthquake.

g. In every Olympic Games the torch is carried from Greece.

C. Answer these questions.

a. Who was Tantalus?

b. Why were the gods angry with him?

c. What punishment did gods give Tantalus?

d. What special qualities did the horses of the king and Pelops have?

e. What was the risk of proposing princess Hippodamia?

f. How did the stable boy help Pelops win the race?

g. How did the king die?

h. Why did Pelops and Hippodamia organise a feast?

i. How did the events of the feast become the origin of modern Olympic Games?

j. How is the Olympic torch lit?

D. What is the significance of the Olympic Games in the world today? Discuss.

Pronunciation

Consult a dictionary and find the number of syllables and the stressed syllable in the following words. Then pronounce them correctly.

invitation	embroidered	exquisite	furious	inherit
princess	beautiful	carefully	marriage	earthquake
stadium	Olympic	archaeologists		

Speaking

A. Wok in pairs. Ask what activities people have done recently and answer using the given clues.

Example : A : Which place has Kathy recently visited?

B : She has visited London.

a. Shovan/ paint/ house

b. Sarmistha/ watch/ a movie

c. Lakpa/ scale/Mt. Annapurna

d. Srijana/ plant/ potato

e. Swikriti/release/new song

f. Nandita/ take/ driving test

g. Ashok/ visit/ grandparents



B. Ask three of your friends what they have recently done. Keep notes of their work and tell it to the class.

Example: Krisha has recently visited a library in her community. She has got the membership of the library. She has also borrowed two books for fifteen days.

Grammar I

A. Complete the text below with present perfect or present perfect continuous tense of verbs in the brackets.

Kaski, Pokhara

21 August

Hi Nima!

Just a quick note from Pokhara. We ..... (be) here for two days now. We ..... (stay) in a hotel in Lakeside since we arrived. By now, we already (visit) ..... many places of interest here. I feel really excited to be here. We..... (not be) to Sarangkot yet. We plan to go there too. I ..... always (wish) to go paragliding. I ..... (convince) my parents for this.

How ..... (you/spend) your holidays? I guess you ..... visit) your grandparents. Please have a great time. We will have a great fun back at school.

With love,

Nirjala

B. Complete the sentences below with present perfect or present perfect continuous tense of the verbs given in the brackets.

a. Siddhartha ..... (learn) to drive just in ten years!

b. It ..... (rain) all the summer. There are floods and landslides in many places.

c. Palden : You must have finished the book. I think you ..... (read) it since last week.

Ricky : No, I ..... (not/finish) it yet. Actually, I started it just yesterday.

d. What ..... (you/cook) for so long?

e. You ..... (promise) to help me many times. You really need to help me today.

f. The children have their exams next week. So they..... (prepare) a lot.

g. The film is really wonderful. ..... (you/watch) it yet?

h. Sitaram ..... (paint) his house all day. He ..... (not/finish) it yet.

i. Finally they..... (fix) the leakage in their roof.

j. I am so tired now. I ..... (work) hard lately.

Writing I

A. Read the following paragraph about a popular footballer and answer the questions.



English footballer David Beckham became a popular player in the late 1990s. By early 2000s he was familiar athlete all over the world. Firstly he became popular in his country England playing for Manchester United Club. Then he was recognised in Spain while playing for Real Madrid. He is considered a valuable player in the team because of his skills to take

dangerous free kicks, range of passing to long distances and crossing ability. He is not only a skillful and talented player but an incredible leader as well. As a captain of the national team, Beckham led England in 2002 World Cup where the team lost only to Brazil. He earned 58 cups for England during his tenure. The footballer has got a huge fan following base from all over the world. He is still loved by many even after his retirement.

a. Which sentence is the topic sentence of the paragraph?

b. Are the other sentences related to the topic sentence?

c. Which sentence concludes the paragraph?

d. Are the topic and concluding sentences similar or different?

B. Write a similar paragraph about your favourite player. Mark the topic, supporting and concluding sentences in your paragraph.

Reading II

Answer these questions.

a. What do you think the most popular sport in the world is?

b. How often do you play or watch it?

Popularity of Different Sports in the World



Sports are popular for a number of reasons. Keeping healthy, for example, is often cited as a reason for participating in sports. Others will tell you that they do sports for recreational purposes. Sports are even more popular with people who do not necessarily participate in them, but love being spectators. Since time immemorial, people have been awed and inspired by extraordinary human beings who are able to perform tremendous athletic feats. Here is a brief discussion of the most popular sports in the world.

Football, better known as soccer in the US and Canada, is the most popular sport in the world, with an estimated four billion fans. The origins of football as we know it are in England in the 19th century, though history points to people playing similar games as far back as two thousand years, beginning in China. One reason for football's popularity is that unlike other sports that require expensive equipment, all you need to play football is a ball and your foot. Hence, anyone, rich or poor, can enjoy the sport. It is played all over the world, but is particularly popular in Europe, Central and South America, and Africa.

Cricket boasts a fan base of 2.5 billion. The game is most popular in the UK and some other countries, notably India, Pakistan and Australia. Like baseball, it involves two teams, a bat, a large field, and scoring runs. There are significant differences, however, including a long rectangular pitch at the center of a cricket field, where the ball is thrown to a batsman, as opposed to a mound at the center of a baseball diamond facing a batter at home plate.

Hockey, both on ice and in a field, boasts a following of two billion people. Field hockey is mainly played in Europe, Africa, Asia, and Australia, whereas ice hockey is particularly popular in Canada, the US, and Northern Europe. The game involves two teams trying to put a ball into the opposing team's net with a hockey stick. Unlike ice hockey, field hockey usually does not involve body contact in the form of checking.

An estimated one billion people worldwide follow tennis, tuning in from around the world. In tennis, players on both sides of an elongated net try to hit a ball with a racket so that it either goes past their opponents or bounces on their opponents' side twice to score points. Pro tennis players, like Roger Federer and Serena Williams, are popular household names around the world.

Volleyball involves two teams, each on one side of a raised net, trying to "volley" a ball onto the ground of the opposing team's side for points. The game has a following of 900 million people, mostly in North America and Western Europe but also in Asia, Australia, and South America. One popular variant of the game, known as beach volleyball, is played on sand with two people on each team, as opposed to regular volleyball, where there are normally six players on each team.

Also known as Ping Pong, table tennis originated in England in the early 20th century, the game is now popular worldwide, with an estimated following of 875 million. It is especially popular in Asia, but is also followed in Europe, Africa, and the Americas.

Invented by James Naismith, a Canadian teaching at a school in the US in the late 19th century, basketball is now played worldwide, and has an estimated following of 825 million. In basketball, two teams attempt to dribble a ball up a court and shoot it into a raised, hoop-shaped net to score points. If you like to run, jump, and shoot, then you'll love the game of basketball. Like football, it is particularly popular because not much equipment is needed besides two baskets and a ball, and so is an accessible sport regardless of class.

America's national pastime is thought to have descended from the English sports, rounders and cricket. Baseball involves two teams trying to hit a ball with a bat between two white lines, with the batters running around a series of bases to score runs. Today, baseball is popular, not only in the US, but also in East Asia and Latin America. The sport has an estimated 500 million fans.

Rugby has an estimated following of 475 million people. The sport originated in England and is now most popular in the UK and other Commonwealth countries like Australia and New Zealand. In rugby, two teams try to kick, carry, or pass a ball over the goal line to score points. Rugby is a contact sport involving a lot of tackling, similar to American football. But American football players wear a lot of padding and hard helmets to protect themselves, rugby players wear very little protection.

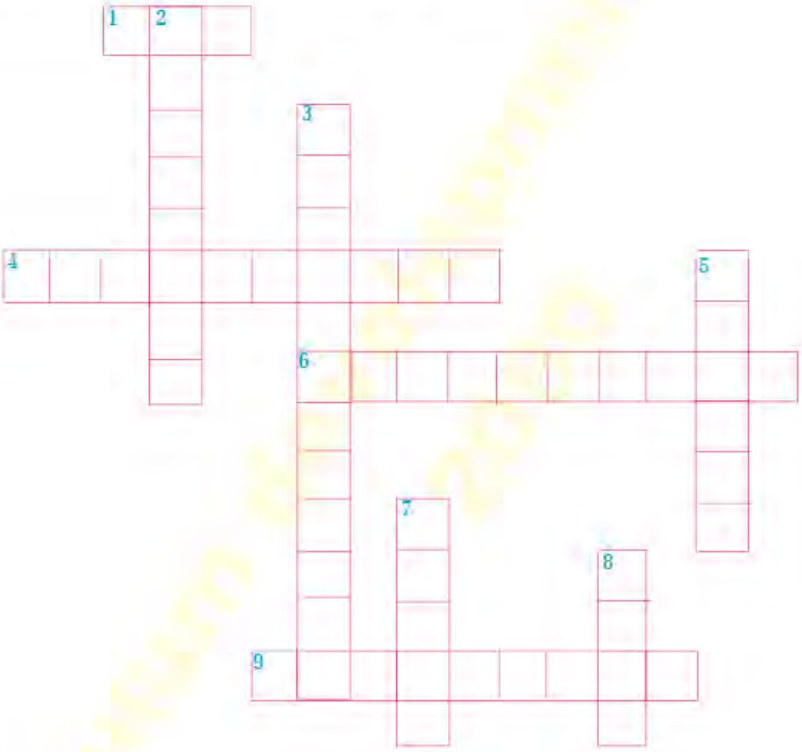
An estimated 450 million people are fans of the game that involves trying to put a small ball in a hole with the fewest strokes possible. Golf originated in Scotland in the 15th century. Interestingly, however, the word golf originated in the Netherlands, from the word "kolf" or "kolve," which translates to "club." Golf is particularly popular in Western Europe, East Asia, and North America.

(https://www.worldatlas.com/articles/what-are-the-most-popular-sports-in-the-world.html)

A. Fill in the crossword puzzle with the correct words from the text.

ACROSS

1. a person who works as a professional, especially in a sport
4. existing for longer than people can remember; very old
6. possible to approach, enter, or use
9. long and thin, often in a way that is unusual



DOWN

2. a British game by two teams using a bat and ball
3. connected with activities that people do for pleasure when they are not working
5. a hit of the ball before it touches the ground
7. a large pile of earth or stones; a small hill
8. showing or feeling respect and slight fear

B. Write the names of the sports shown in the pictures below.



.....



.....



.....



.....



.....



.....

B. Choose the correct alternative and answer the questions.

a. Which two games are popular in the world for their cheap equipment?

i. football and hockey

ii. football and basketball

iii. basketball and volleyball

b. In which countries is cricket particularly popular?

i. Canada, America and Africa

ii. UK, American and Australia

iii. India, Pakistan and Australia

c. What is the significant difference between regular volleyball and beach volleyball?

i. the number of teams

ii. the number of players

iii. the size of playground

d. Which of the following games involve the use of ball and bat?

i. baseball and cricket

ii. rugby and cricket

iii. hockey and cricket

e. Which country is supposed to have named 'golf'?

i. Scotland ii. England iii. the Netherlands

f. Which of the following games have their varieties in terms of the places they are played?

i. rounders and baseball

ii. hockey and volleyball

iii. football and cricket

C. Answer these questions in short.

a. Mention any two reasons behind the popularity of sports in the world.

b. What do historical evidences say about the origin of football?

c. What is the main difference between cricket and baseball?

d. How is regular volleyball played?

e. Who originated basketball and when?

f. What risk is involved in rugby?

D. Rank the games mentioned in the text above in the order of your preferences.

Listening

A. Answer the following questions.



a. Name any two most popular sports in Nepal.

b. Which one of the two do you like the most? Why?

B. Listen to the audio and fill in the blanks with the correct words/phrases.

a. Nepal and Bangladesh are going to play the finals of ..... football tournament.

b. Nepal had played a ..... match against Bangladesh on Saturday.

c. Team Nepal managed to reach ..... despite having scored no goal.

d. The only goal for Bangladesh came through an ..... goal by a Kyrgyz player.

e. Nepali team coach, ... is hopeful that Nepal will win the title of the tournament.

f. The final match is going to be played at ..... at 5:30 pm.

C. Write True or False or Not Given against the statements based on the information from the audio.

a. The football tournament was organized by Nepal.

b. Nepal reached the finals of the tournament despite the loss against Kyrgyzstan on Saturday.

c. Nepal had registered a win of 1-0 against Kyrgyzstan on the first match of the tournament.

d. Bangladesh has not scored a goal of its own throughout the tournament.

e. Three countries had participated in the tournament.

D. When did you last watch a football tournament? Share it with the class.

Grammar II

A. Complete the text below with the correct alternative from the brackets.



A man who..... (wanted, is wanted, was wanted) to buy an ass went to market. Coming across a likely-looking beast, he .....(was arranged, arranged, had been arranged) with the owner that he should..... (allowed, be allowed, was allowing) to take him home on trial to see what the beast was like. When the man .....(reached, was reached, will be reached) home, he put the beast into his stable along with the other asses.The newcomer looked around, and immediately went and chose a place next to the laziest and greediest beast in the stable. When the master .....(saw, was seen , had been seen) this, he put a halter on him at once, and .....(led, was lead, was leading) him off and .....(handed, was handed, will be handed) him over to his owner. The latter.....(surprised, was surprising, was surprised) to see him back so soon. He inquired, "Why, do you mean to say you.....(have tested, have been tested, was tested) him already?" "I don't want to put him through any more tests," replied the other. "I .....(could see, could be seen, could have seen) what sort of beast, he is from the companion he chose for himself."

B. Complete the sentences below with the correct alternative from the brackets.

a. People always ..... (are admired, admire, are being admired) this picture.

b. His leg was hurt in the accident'. This is to say: He ..... (hurts his leg, is hurt his leg, hurt his leg) in the accident.

c. Some people dress their children very badly. The passive form of the sentence is : (Their children are very badly dressed, Their children dress very badly, There are very badly dressed)

d. Two of my dinner plates have been broken. That means .....(someone broke two of my dinner plates, two of my dinner plates have broken, someone has broken two of my dinner plates)

e. They will forget this story in few years. This story ..... (will forget, will be forgotten, will have been forgotten) in few years.

f. You must answer all the questions. All the questions..... (must be answered, must answer, must answered).

g. The packet of biscuits has been eaten by the boys. This is to say..... the packet of biscuits. (the boys ate, the boys have eaten, the boys had eaten)

h. The bridge was built last year. The active voice of the statement is ..... (the bridge built last year, people built the bridge last year, the people have built the bridge last year)

i. The field is being ploughed by the farmers. The farmers..... (plough the field, are ploughing the field, will plough the field)

j. How is a tiger trapped? The active voice of the statement is: .....? (How does a tiger trap, How are people trap a tiger, How do people trap a tiger)

k. 'The teacher will help us.' This statement has a passive voice as ..... (we will be helped, the teacher will be helped, we will help the teacher)

l. 'The tiger should be preserved' is the passive voice of ..... (the tiger should preserve, we should preserve the tiger, people should be preserved)

m. The bird has built a nest. It means ..... (a nest has built, a nest has been build, a nest has been built) by the bird.

C. Change the sentences below into passive voice.

a. People could hear the noise of explosion from a distance.
b. We ought to break down the building before it collapses.
c. Has he translated the book in any other language?
d. I like people driving me to my home.
e. Can anybody solve this problem?
f. We had to book the ticket in advance because of the festive season.
g. Who might have stolen your bicycle?
h. I didn't notice that you were recording the class.
h. Does he always sing songs in the party?
i. She will draw the painting beautifully.
j. Let the mechanic repair my bike.
k. People believe that the Mahabharata was fought in the 10^{th} century BCE.
l. What are you instructing them now?

Writing II

Write a dialogue between you and your friend about the upcoming Sports Day/ Week in your school. Include the following points in your dialogue.

Time and venue of the sports day/week

Types of events

Participants

Prize distribution, etc.

Project work

Find information about a sport that you like the most. Then prepare a pamphlet about it. Include pictures, drawings and illustrations in the pamphlet.

Extra bit

Facts about English Language

English language is widely spoken on six continents. It is the primary language of the U.S., Britain, Canada, Australia, Ireland, New Zealand, and various Caribbean and Pacific island nations, also an official language of India, the Philippines, and many sub-Saharan African countries. It is one of the most widely spoken languages in the world, and the most widely taught foreign language. Its history began with the migration of the Jutes, Angles, and Saxons from Germany and Denmark to Britain in the 5th and 6th centuries. The Norman Conquest of 1066 brought many French words into English. Greek and Latin words began to enter it in the 15th century, and Modern English is usually dated from 1500.

English easily borrows words from other languages and has coined many new words to reflect advances in technology. English has become so ubiquitous that all pilots, regardless of their native language, must be able to communicate in English.

Here is the list of top 10 most contributing languages to English:

S.No.	Language	Examples
1	Latin	agriculture, language, justice, science, forum, circus, dominatrix, religion, city
2	French	art, dance, jewel, painting, ballet, government, salon, brigade, infantry
3	Greek	phobia, academy, siren, lexicon, muse, democracy, psyche, atlas, platonic, biology, comedy, tragedy
4	German	blitz, kindergarten, poodle, noodle, pretzel, sauerkraut, lager, zeppelin
5	Italian	opera, piano, broccoli, spaghetti, prima, pesto, viola, pizza, cappuccino, latte
6	Spanish	canyon, tornado, tortilla, barricade, guitar,
7	Dutch	cruise, dock, dyke, yacht, easel, landscape, sketch, booze, cookie, gin
8	Scandinavian	ski, saga, sauna, slalom
9	Japanese	kimono, sushi, tsunami, kamikaze
10	Arabic	alcohol, algebra, zero, zenith, giraffe, sultan

11 Ethics and Morality

Getting started

Look at the poster and talk about the qualities required to succeed.



Reading I

Look at the picture and answer the questions.

a. What do you think the people are doing?

b. Why is it good or bad?



Wisdom of Little Girls



It was an early Easter. Sledging was only just over; snow still lay in the yards; and water ran in streams down the village street.

Two little girls from different houses happened to meet in a lane between two homesteads, where the dirty water after running through the farm-yards had formed a large puddle. One girl was very small, the other a little bigger. Their mothers had dressed them both in new frocks. The little one wore a blue frock, the other a yellow print, and both had red kerchiefs on their heads. They had just come from church when they met, and first they showed each other their finery, and then they began to play. Soon the fancy took them to splash about in the water, and the smaller one was going to step into the puddle, shoes and all, when the elder checked her:

'Don't go in so, Malasha,' said she, 'your mother will scold you. I will take off my shoes and stockings, and you take off yours.'

They did so; and then, picking up their skirts, began walking towards each other through the puddle. The water came up to Malasha's ankles, and she said:

'It is deep, Akoulya, I'm afraid!'

'Come on,' replied the other. 'Don't be frightened. It won't get any deeper.'

When they got near one another, Akoulya said:

'Mind, Malasha, don't splash. Walk carefully!'

She had hardly said this, when Malasha plumped down her foot so that the water splashed right on to Akoulya's frock. The frock was splashed, and so were Akoulya's eyes and nose. When she saw the stains on her frock, she was angry and ran after Malasha to strike her. Malasha was frightened, and seeing that she had got herself into

trouble, she scrambled out of the puddle, and prepared to run home. Just then Akoulya's mother happened to be passing, and seeing that her daughter's skirt was splashed, and her sleeves dirty, she said:

'You naughty, dirty girl, what have you been doing?'

'Malasha did it on purpose,' replied the girl.

At this Akoulya's mother seized Malasha, and struck her on the back of her neck. Malasha began to howl so that she could be heard all down the street. Her mother came out.

'What are you beating my girl for?' said she; and began scolding her neighbour. One word led to another and they had an angry quarrel. The men came out, and a crowd collected in the street, every one shouting and no one listening. They all went on quarreling, till one gave another a push, and the affair had very nearly come to blows, when Akoulya's old grandmother, stepping in among them, tried to calm them.

'What are you thinking of, friends? Is it right to behave so? On a day like this, too! It is a time for rejoicing, and not for such folly as this.'

They would not listen to the old woman, and nearly knocked her off her feet. And she would not have been able to quiet the crowd, if it had not been for Akoulya and Malasha themselves. While the women were abusing each other, Akoulya had wiped the mud off her frock, and gone back to the puddle. She took a stone and began scraping away the earth in front of the puddle to make a channel through which the water could run out into the street. Presently Malasha joined her, and with a chip of wood helped her dig the channel. Just as the men were beginning to fight, the water from the little girls' channel ran streaming into the street towards the very place where the old woman was trying to pacify the men. The girls followed it; one running each side of the little stream.

'Catch it, Malasha! Catch it!' shouted Akoulya; while Malasha could not speak for laughing.

Highly delighted, and watching the chip float along on their stream, the little girls ran straight into the group of men; and the old woman, seeing them, said to the men:

'Are you not ashamed of yourselves? To go fighting on account of these lassies, when they themselves have forgotten all about it, and are playing happily together. Dear little souls! They are wiser than you!'

The men looked at the little girls, and were ashamed, and, laughing at themselves, went back each to his own home.

'Except you turn, and become as little children, you shall in no wise enter into the kingdom of heaven.'

- Leo Tolstoy

A. Replace the words or phrases in red in the sentences below with the correct words from the box.

abusing	finery	lassies	scrambled
fancy	folly	rejoicing	chip

a. The women were dressed in their best clothes to go to the party.

b. Do you sometimes imagine of living in a luxurious house?

c. When Shila was chased by a dog she managed to climb quickly climb onto the wall.

d. The young girls impressed everyone with their performance.

e. It was his stupidity to leave the bike unlocked in the street.

f. Each one blamed the other of cheating. Soon, they started mistreating each other.

g. Could you please give me a piece of paper? I can't find the duster.

h. The farmers danced in happiness when it rained after a long drought.

B. Choose the correct alternative to complete the sentences.

a. The two little girls were dressed in new frocks probably because .....

i. they were twins.

ii. they had to go to church.

iii. they went to the same school.

b. When Malasha was going to splash into the puddle, ...

i. Akoulya asked Malasha not to go into the puddle.

ii. Akoulya asked her Malasha to take off her shoes and stockings before going.

iii. Akoulya asked Malasha to go into the puddle alone.

c. While running home, the girls were caught by.....

i. Akoulya's mother

ii. Malasha's mother

iii. Akoulya's grandmother

d. Akoulya's grandmother.....

i. was able to calm down the crowd

ii. could not calm down the crowd

iii. chased away the crowd with stones

e. While the men were busy fighting, the two girls.....

i. joined the fight of the men

ii. played a game together

iii. started to fight with each other

f. At the end, the men .....

i. were guilty of their deed

ii. were pleased with their deed

iii. were proud of their deed

C. Answer these questions.

a. How were the girls dressed?

b. Where did the girls begin to play?

c. Why did Akoulya get angry with Malasha?

d. Why did the crowd gather in the street?

e. How did Akoulya's grandmother try to calm down the crowd?

f. Why are the girls called wiser than men?

g. What lesson do you learn from the story?

D. Remember a similar incident that happened during your childhood and share it in the class.

Pronunciation

A. In English, all words in a sentence are not equally stressed. This creates a special rhythm in spoken English. Study how the important words are stressed in the following sentences.

a. The 'man was 'happy to re'ceive the 'gift.

b. I 'want you to 'start the 'party.

c. I 'didn't 'mean 'that.

d. 'Where did he be'gin his 'schooling?

e. 'What did you 'do 'yesterday?

B. Mark stressed syllables with a stress mark (')in the following sentences to show sentence stress.

a. Have a seat, please.

b. The story was interesting, but it did not contain enough messages.

c. Would you like a cold drink?

d. What did you tell her this morning?

e. Don't take it so easy. He won't give up so quickly.

f. Most people are fully aware that motorcycles can be dangerous to ride.

g. 'Does she work with you?' 'Yes, she does.'

h. He bought a red car for his daughter.

i. I am Brazilian.

j. We are not familiar with this new computer program.

Speaking

A. A Youth Club President is asking for its members' agreement to her plan to raise a fund. Act out the conversation in threes.

President : Well, everyone, do we all agree that we'll conduct a fair to raise a fund?



Surya : Yes, I agree. We need some fund to manage prizes and all...

Asmita : I don't think that's right. Not all students might spend their money on the fair. We should find other options too.

B. Work in threes and have similar conversations as above. Use the situations below.

a. The headteacher is trying to take students' agreement on conducting extra classes for students.

b. The zoo manager is asking for its committee members to add a lion in the zoo.

c. The chairperson of your ward wants all of you to participate in cleanliness campaign.

d. The class monitor is asking all friends to make a job chart and follow it.

e. The English teacher wants all the students to make a good presentation in class at regular interval.

Grammar I

A. Study the following sentences and notice how the affirmative sentences change into negative.

Affirmative	Negative
a. He sometimes goes swimming.	He does not always go swimming.
b. Manisha has a bath daily.	Manisha does not have a bath daily.
c. Have a cup of tea.	Do not have a cup of tea.
d. I have already met him.	I have not met him yet.
e. Only he can solve it.	None but he can solve it.
f. Only this medicine could save him.	Nothing but this medicine could save him.
g. I want a little milk.	I do not want much milk.
h. Let's listen to the music.	Let's not listen to the music.
i. You must buy it.	You need not buy it.
j. I liked it, too.	I did not like it, either.
k. He had to do the job on time.	He did not have to do the job on time.

B. Transform the following sentences into negative.

a. My sister lives with my parents.

b. Maryam knows the answer well.

c. I want to leave now.

d. Anusha agrees with me.

e. The boy killed the cockroach with his shoe.

f. His father recognized me at once.

g. He apologized for his misconduct.

h. He ate a few mangoes.

i. We sold a little honey.

j. The rich are sometimes happy.

k. Kanchan frequently visits me.

l. Shailesh bought several books.

m. Garima let me use her toilet.

n. All of them can help her.

C. Complete the following sentences choosing the correct forms of verbs in brackets.

a. A number of soldiers ..... (was, were, are) injured in the war.

b. The number of deceased soldiers ..... (were, is, are) not stored in the record book.

c. A pack of lions ..... (was, were, is) approaching the camp.

d. His pants ..... (was, were, is) torn during the match.

f. The truthful ..... (was, is, are) always trustworthy.

g. To cry ..... (was, are, is) never the solution to any problems.

h. Here ..... (lie, lies, lying) the tomb of Albert Einstein.

i. Either she or her friends ..... (was, is, are) responsible for this accident.

j. None ..... (were, is, are) under the sun.

k. All that ..... (glitter/ glitters/glittering) is not gold.

l. Everything ..... (is, were, are) fine when it's done correctly.

m. Either the sculpture or the paintings ..... (was, were, are) in the museum today.

n. Each of the dancers..... (twirl, twirls,twirling) brilliantly.

o. Neither she nor I ..... (were, am, are) getting the lunch special.

Writing I

You might have read or heard some moral stories. Write your favourite one in your own words.

Reading II



Answer the following questions.

a. Can you stand on your head?

b. Do you want to keep a world record? What would it be?

World Record



Scene : It is a big TV studio.

Characters : Albert Hargreaves,

Daisy Hargreaves, the wife of Albert

Mabel Phillips,

Michael Moonshine

Michael : Thank you. Thank you. Yes, ladies and gentlemen, this is the program that gives you the chance to break a world record. We have here in the studio tonight two people who are trying to break world records. Let's meet them and see what they're doing. Tell me, sir, what is your name?

Albert : Albert Hargreaves.

Michael : Albert Hargreaves. Well, Albert, what are you doing?

Albert : I'm standing on one leg in a bucket of hot soup.

Michael : Ladies and gentlemen, he's standing on one leg in a bucket of hot soup!

(The audience gives a round of applause.)

Michael : Albert, how long have you been standing on one leg

in that bucket of hot soup?

Albert : I've been standing here for six hours and fifty-eight minutes.

Michael : And what is the world record for standing on one leg in a bucket of hot soup?

Albert : It's seven hours and three minutes, Michael.

Michael : Seven hours and three minutes! And you've been standing there for six hours and fifty-nine minutes now. Well, Albert, you've only got four minutes to go!

(The audience applauds.)

Michael : Albert, you've been standing on one leg in that bucket of soup for almost seven hours now.

Albert : That's right, Michael.

Michael : Would you tell me – is the soup still hot?

Albert : Yes. My wife's been approaching every half-hour with more sizzling soup. Here she appears now.

(Mrs. Hargreaves comes in.)

Daisy : Here you are, Albert.

(She pours some boiling soup into the bucket.)

Albert : Aaargh!

Michael : Well, I'm glad it's your leg in the soup. Albert, and not mine.

(The audience laughs.)

Michael : Now we have another contender in the studio, a very charming young lady. Can you tell the viewers your name?

Mabel : Mabel Phillips.

Michael : Mabel Phillips. Well, Mabel, what are you doing?

Mabel : I'm leaning on this brush.

Michael : She's leaning on a brush, ladies and gentlemen! I can't help thinking the same.

(The audience applauds and laughs.)

Michael : Well, Albert has been standing on one leg in his bucket of hot soup for seven hours and one minute, so he's only got two more minutes to go! Poor Mabel's got a long way to go...And here is another young man – and he hasn't got any trousers on.

(The audience giggles.)

Michael : Now, sir, what are you doing?

Man : I'm looking for my trousers.

Michael : I can see that. And how long have you been making an exploration for your trousers?

Man : I've been looking for them for five minutes.

Michael : And what's the world record?

Man : Pardon?

Michael : What's the world record for looking for trousers?

Man : I'm not trying to break a world record. I took my trousers off to have a bath, and when I got out of the bath, my trousers were gone.

Michael : I see. Get out of the way! We're on television! .... I think that's a nonsense.

(The audience laughs.)

Michael : Sorry about that, ladies and gentlemen. Now back to Albert Hargreaves. Albert, you've been standing in that bucket of hot soup for seven hours and two minutes. Only one more minute to go, and you will break the world record. And here comes Mrs. Hargreaves with more blistering soup!

Daisy : Here you are, Albert.

(She pours some more soup into the vessel.)

Albert : Aaargh!

Michael : Tell me, Albert, how does it feel?

Albert : Scorching!

(The audience laughs.)

Michael : No, no! I mean how does it feel to be approaching the world record?

Albert : Well, Michael, I've been dreaming about this moment, I've been thinking about nothing else

Michael : Yes, Albert.

Albert : I've been practising every day

Michael : Yes, Albert.

Albert : Twice on Sundays!

Michael : Yes – and here turns up Mrs. Hargreaves

Albert : Oh no, not again!

Michael : It's all right, Albert, she's only looking at her watch!

(The audience laughs.)

Daisy : Albert! Albert! Only ten seconds to go! Ten, nine, eight, seven (Mabel pushes Albert.)

Mabel : (Ironically) Congratulations, Albert!

Albert : Aaargh!

Albert falls over.

Michael : Well, ladies and gentlemen, Albert Hargreaves hasn't broken a world record, but he has broken...his leg!'

A. Complete the following table to extend the words to different word classes.

S.N.	Verb	Noun	Adjective	Adverb
1	ironize	irony	ironic, ironical	ironically
2	charm		charming	
3	scorch			scorchingly
4		sizzle		
5	beautify			
6				purely
7		taste		
8	surprise			

B. Write True for true and False for false statements.

a. Two people are going to cast their performance to break the world record today.

b. Michael is one of the contestants.

c. Michael also tried dipping his foot on the bucket.

d. Albert broke the world record for standing on a bucket of hot soup.

e. The word "sizzling" is similar in meaning to "scorching".

f. The program is a comedy show.

C. Answer these questions.

a. Who is Mabel Phillips?

b. What is she trying to do?

c. How do they maintain the heat of the soup?

d. How far was Albert from breaking the record?

e. How did the man lose his trousers?

f. Why do you think Mabel pushed Albert?

E. How do you feel if somebody interrupts you on the verge of winning point? Do you think it is ethical?

Listening

A. Answer these questions.



a. Why do you think eagles are different from other birds?

b. Write two features of eagles.

B. Listen to the audio and match the following statements with their messages. One has been done for you.

Statements

a. Eagles fly alone.

b. Eagles do not move its focus from the prey.

c. Eagles never surrender to the size or strength of the prey.

d. Eagles love storm.

e. Eagles do not eat dead things.

Messages

	i. Don't be afraid of challenge; face it.
	ii. Do not rely on your past success.
a	iii. Stay away from narrow minded people.
	iv. Remain focused in your life.
	v. Be fearless for your success.

C. Why do you think eagle is the king of birds? Discuss in group.

Grammar II

A. Change the following sentences into affirmative.

a. Dev Narayan does not perform well.
b. The dog did not bite Fatima.
c. A room in the flat did not need painting.
d. All the students did not have to sit in the re-examination.
e. He never drinks wine.
f. Don't pour much water in the curry.
g. Nobody came to me.
h. There is not any one in the locality living in luxury.
i. He does not have a bath every day.
j. Neither the boy nor the man goes to school.
k. She does not have anything in her bag.
l. He does not work with us.

B. Rewrite the following letter correcting the errors in subject-verb agreement.

Dear Hiring Manager,

I feel that I am the ideal candidate for the position of Communication Manager in your company. I have three years of experience as a receptionist in a company that are similar to yours. My phone skills and written communication is excellent. These skills, and others that I have learned on the job, helps me understand that every person in a company help make the business a success. At my current job, the team always say that I am very helpful. Everyone appreciate when I go the extra mile to get the job done right. My current employer and co-workers feels that I am an asset to the team. I along with my colleagues are efficient and organized. Is there any other details about me that you would like to know? If so, please contact me. Here are my resume. You can reach me by e-mail or phone. I looks forward to speaking with you in person.

Sincerely Yours

Adara Banu

Writing II

A. Read the following message of condolence.

HEARTFELT CONDOLENCES!



Late Satya Mohan Joshi

(May 12, 1920 - October 16, 2022)

We are deeply saddened to share the sudden passing away of Satya Mohan Joshi, the centenarian, the legend and a prominent Nepali –Newah scholar. Writer, researcher, and historian honourable Joshi was a well-wisher of our organization. The three-time winner of the prestigious Madan Puraskar, Joshi is the author of more than 60 publications on literature, culture and history of Nepal. He was an intelligent and iconic figure with unparalleled contributions.

Our organization is honoured to have had late Joshi's graceful presence as the Chief Guest and Keynote Speaker in the 11th National Convention held on May 2012 and Nepal Sambat 1141 celebration on November 2020. We are deeply grieved by the loss of one of our prominent Newah community members.

We are with the whole nation in mourning. We extend our heartfelt condolences to the entire bereaved family members at his colossal loss. Our thoughts and prayers are with the family and the loved ones during this difficult time. Let us pray for the eternal peace of the departed soul.

Newah Organization of America (NOA)

B. Write a similar message of condolence using the given outlines.



Jayananda Lama (1956-2022 A.D.) ..... passed away at his residence, Kaushaltar Bhaktapur ..... senior folk singer and actor ..... incredible loss for the Nepali art sector .....Kalakate Kainyo, Herda Ramro, Chuin Chuin Chuikane Joota, Mulako Chana ..... his super hit folk songs .....acted in more than a hundred movies ..... heartfelt condolences

C. Imagine you and your friend, Purna were working in a factory. Unfortunately he broke his hand while working with a machine. Write a letter of sympathy using the clues given below.

Purna – 28 years old – working together for 3 years – regular and dutiful –a sort of mechanical failure – gets hand broken on 20th Oct 2022 – in hospital under treatment – wish speedy recovery.

Project work

Collect any three letters or messages of condolence published in newspaper. Make a collage of them and present it to the class.

Extra bit

Sentence Stress

All the words in a sentence are not given equal importance in spoken English. Some words are stressed more than the others. The one that is the most stressed is said to receive the sentence stress. This usually implies differences in meaning. In the following sentences, the sentence stress is indicated in boldface.

They **u**sually per**form** at **pub**lic **pla**ces.

Rita is **spen**ding her **ho**liday in **Eng**land.

Content words are usually stressed. They are the words that still have some meaning if you put them out of context. Grammatical words are not stressed .

The following tables can help you decide which words are content words and which words are grammatical words.

Content Words	**Examples**
Main verbs	sell, give, constitute
Nouns	car, music, Mary
Adjectives	red, big, interesting
Adverbs	quickly, why, never
Negative Contractions	don't, aren't, can't

Grammatical Words	**Examples**
Pronouns	he, we, they
Prepositions	on, at, into, behind
Articles	a, an, the
Conjunctions	and, but, because
Auxiliary verbs	do, be, have, can, must

But, even grammatical words can be stressed in some specific contexts.

Look at the following dialogue:

"They've been to Mongolia, haven't they?"

"No, THEY haven't, but WE have." (Here the speaker wants to emphasize the doer.)

Note also that when "be" is used as a main verb, it is usually unstressed—even though as a main verb it is also a content word.

12 Nature and Development

Getting started

Look at the pictures below. Discuss why the development projects are important for the nation. Discuss.









Reading I

Look at the picture and answer these questions.

a. Which development project is shown in the picture?

b. Why is this project a national pride?

Kathmandu-Terai/Madhesh Fast Track: A Project of National Pride



An infrastructure of national pride, Kathmandu-Terai/Madhesh Fast Track (KTFT) is a mega highway project of strategic importance in Nepal. The 72.5 km long fast track will connect Khokana, Lalitpur with Nijgadh, Bara at the East West highway junction. The project consists of road with the total length of 55.49 km, 87 bridges with the total length of 10.60 km, and three twin tunnels with the total length of 6.41 km. The total travel time is estimated as one hour.

Benefits

The fast track will enhance the country's economic growth and create job opportunities as well. There are so many benefits from KTFT which are the blessings that bring prosperity and progress. Here are some of the potential benefits that KTFT will bring to our nation.

A. Accelerate the country's economic growth

The construction of KTFT contributes to connect Kathmandu and Terai closer. Since the travel distance is lesser in KTFT, the daily fuel saving could potentially reach more than NRs. five billion. This proximity is sure to have several positive implications on the economic growth of our country.

KTFT–enhanced connectivity can open up a viable option to tourists that come to Nepal through the southern border. At the same time, many of the tourists beyond India will also have options to travel to Nepal via fast track.

B. Development of high skill

KTFT is the project with many complicated structures like high bridges and twin tunnels. The technology involved in those structures will be totally new to the people of Nepal. The Nepali people involved in KTFT will certainly get a chance to sharpen their knowledge and skills from the new technology.

C. Employment opportunities

This project is sure to create job opportunities for young people of the country. The new job opportunities will definitely help families upgrade their economic conditions.

D. Kathmandu-Terai accessibility

KTFT connects Kathmandu with Nijgadh allowing a shorter travel distance at a higher speed. The project will facilitate the people of Terai in different fields, including health, education, jobs and new markets.

Similarly, local traders can also be benefitted from KTFT. The cheaper transportation reduces the shipping costs, which reduces the cost of goods at the consumers' end. Another major benefit of KTFT is to facilitate the Nijgadh International Airport, which is currently under construction. The project connects the airport to the capital efficiently.

KTFT can also be used exclusively to provide food, water, and medical supplies in case of natural calamities, such as earthquake and flood.

E. Reduction in high density of the Kathmandu Valley

After the operation of KTFT, the distance from Kathmandu to Terai will be limited within an hour. People from faraway places can easily enter Kathmandu within an hour to access its facilities. They do not need to settle in Kathmandu which contributes to reduce the density of the Kathmandu Valley. Thus, an over increasing congestion of the Kathmandu Valley can be reduced with the realisation of the concept as a greater Kathmandu.

Drawbacks

The poor behaviour of road users, increment in road accidents, deficit on smooth link roads, deforestation and land degradation are some burdens of KTFT. Here are some of the constraints that might adversely affect the development of our country.

A. Road-user behaviour and threat in traffic safety

Considering the vulnerable condition of Nepali Roads, the addition of another more advanced infrastructure can pose new challenges. Since the average design speed of KTFT is around 70 km/hr, high speed can also cause road accidents.

B. Establishment of link roads

After the operation of KTFT, the next challenge will be to ensure the smooth connectivity with the neighboring highways and cities with the formation of link roads. Without these supporting link roads, KTFT will not function effectively. The section from different link roads to the zero point has to be further improved and possibly expanded to accommodate the high inflow of traffic brought by KTFT.

C. Effects on environment

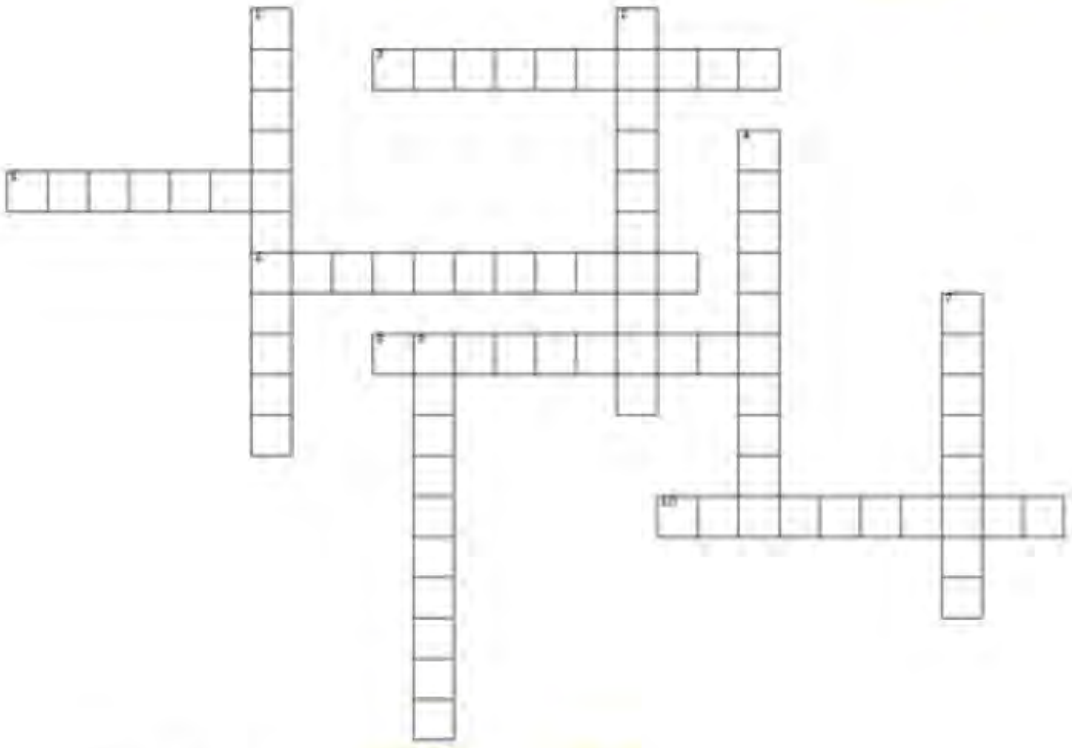
Construction of such a large infrastructure will adversely affect the environment. Some major effects during the construction phase can be the pollution of air by dust particles with the rock blasting, quarrying and dumping of filling particles. The deforestation during the period of construction can accumulate the air pollution which will be one of the major causes for environmental degradation.

Conclusion

KTFT has to promise to accelerate socio-economic revolution in Nepal. Such a noble mission can be accomplished only if we could implement innovative strategies and apply advanced technologies in our transportation system.

(Adapted from the article 'Kathmandu-Terai/Madhesh Fast Track (Expressway) Road Project (KTFT): Blessing Or Curse?' by Arbind Shrestha)

A. Complete the crossword puzzle below with the words from the text.



3. weak and without protection
5. the amount by which something is less than what is needed
6. to provide with a space
8. events that cause great harm and misery
10. using new methods or ideas

DOWN

1. things that limit or control what you can do
2. to make an action or a process possible or easier
4. the state of being crowded
7. the physical movement of goods from one point to another
9. to collect or increase something gradually

B. Complete the following sentences choosing the best alternatives.

a. The total length in KTFT from Khokana to Nijgadh is .....

i. 72.5 km ii. 55.49 km iii. 10.60 km

b. Nepal can reduce the consumption of petroleum products after completing KTFT as it .....

i. contributes to economic growth

ii. enhances connectivity

iii. shortens travel time

c. The main challenge of the project upon completion is .....

i. managing crowd in Kathmandu

ii. controlling road accident

iii. establishing link roads

d. According to the writer, the success on completing the project depends on .....

i. cost ii. technology

iii. socio-economic benefits

C. Answer these questions.

a. What type of project is Kathmandu-Terai/Madhesh Fast Track?

b. How is KTFT going to reduce the consumption of petrol in Nepal?

c. Will this project help promote tourism in Nepal? How?

d. How does this project contribute to the development of high-skill human resource in Nepal?

e How does the project help the people living in the Eastern Terai?

D. How is KTFT likely to affect the environment? Discuss.

Pronunciation

The following words are pronounced differently in the American English and the British English. With the help of a dictionary or your teacher, pronounce the words in both varieties.

vitamin	privacy	schedule	advertisement	leisure
mobile	vase	dynasty	herb	produce
basil	garage	hostile	montage	salon

Speaking

A. Look at the pictures and talk what might happen next. Discuss what is sure to happen and what might probably happen.

Example : The river is sure to be polluted.



a



b



c

B. Practise the conversations below.

Conversation I

Yugen : Where is Karan?

Ritik : It's two. He must be at his office.

Samyog : He might be at the canteen.

Binay : He can't have gone out. His car is there at the parking.

Conversation II

Hema : Will the price of petrol go down?

Dilasha : I'm pretty sure it will go down when people use more electric vehicles.

Crystal : It's unlikely to go down. The demand of petrol is increasing day by day.

Sneha : I think it certainly won't go down. If it goes down, they will cut the production.

Now, have conversations in the situations given below. You may use the expressions from the box.

must/may/ might/could + infinitive

must/can't have + past participle

may/might/could have + past participle

definitely/certainly/ probably.....

likely to .....

sure to .....

a. The SEE schedule is going to be published.

b. Your pet dog is lost.

c. Grishma is not at home.

d. Poonam is carrying heavy luggage.

e. Tina doesn't speak Nepali.

f. Chhoisang is preparing for IELTS.

g. The road is cleared by the police.

h. The dog is barking.

Grammar I

A. Match the sentence halves in A with B to form sentences.

A	B
a. Hurry up! We're leaving …..	i. one day.
b. They'll be watching a movie in a theatre …..	ii. in ten minutes.
c. We will have arrived home…..	iii. next winter.
d. It's definite. My friends and I are going to travel …..	iv. at this time next week.
e. I think he will be rich and famous …..	v. by this time Sunday.

B. Complete the sentences with the correct form of the verb in brackets. Use the future simple, be going to, future perfect or future continuous.

a. As per the schedule, the exam ..... (start) at exactly 11 o'clock.

b. See you at the airport! I ..... (carry) an orange suitcase.

c. Don't worry! I ..... (not leave) without you.

d. We certainly ..... (not finish) all the work by this week.

e. Sagun has decided that he ..... (invite) some of her friends for dinner after work.

f. ..... the receptionist ..... (remember) to call the students this afternoon?

g. What ..... you ..... (do) at the weekend?

h. I ..... (not/work) tomorrow so we can go shopping.

i. If you touch the stove, you ..... (burn) yourself.

j. Next week at this time we ..... (fly) to Dubai for a trip.

Writing I

There may be different development works ongoing in your community. Study one of them and write a report on it. Take the text in Reading I as a sample.

Reading II

Look at the picture below and answer these questions.

a. What is shown in the picture?

b. How does it look?

Composed upon Westminster Bridge, September 3, 1802

Earth has not anything to show more air:
Dull would he be of soul who could pass by
A sight so touching in its majesty:
This City now doth, like a garment, wear
The beauty of the morning; silent, bare,
Ships, towers, domes, theatres, and temples lie
Open unto the fields, and to the sky;
All bright and glittering in the smokeless air.
Never did sun more beautifully steep
In his first splendour, valley, rock, or hill;
Ne'er saw I, never felt, a calm so deep!
The river glideth at his own sweet will:
Dear God! the very houses seem asleep;
And all that mighty heart is lying still!



- William Wordsworth

A. Consult a dictionary and write the meanings of the following words.

a. doth b. majesty c. domes d. glittering

e. splendor f. glideth g. mighty

B. Complete the summary of the poem choosing the correct words/phrases.

magnificence Westminster Bridge straightforward

the bustling city the countryside the morning's beauty

happily asleep the most beautiful scene

A speaker shares his impressions of the view from ..... in the poem 'Composed Upon Westminster Bridge, September 3, 1802' by William Wordsworth. The speaker finds the city of London with .....in the Earth. According to him, anyone who does not stop at the Westminster Bridge to see the scene that morning should be dull. The city wins the heart of the speaker as it is wearing .....

It is early morning when the speaker describes the majesty of the city. The various landmarks visible from the bridge stand before him in all their ..... in the morning light. The speaker finds him lucky as there is no "London fog" to hide the view.

According to the speaker the sun is shining on the buildings as it shines on ..... He is also surprised to feel more peace in ..... of London than anywhere else. The River Thames moves slowly beneath him. He also thinks that the city is..... before another busy day.

C. Answer these questions.

a. When was the poem composed?

b. According to the speaker, who is dull of soul?

c. How does the poet describe the beauty of morning?

d. What does the word 'garment' refer to? Who is wearing it?

e. How does the poet feel when he sees such a beautiful sight?

f. Why does the poet use the words like; valley, rock and hill?

g. What impression of London does the speaker create? How does he do that?

h. What is the main theme of the poem?

D. Does your city or village look similar to London early in the morning? Tell your friends.

Listening

A. Look at the picture and answer these questions.



a. Which part of the world is shown in the globe?

b. What does the red mark symbolise there?

B. Listen to the audio and answer the following questions.

a. How long is the Pan-American Highway?

b. How many countries are connected by this highway?

c. Where does the Darrien gap lie?

d. Why is it not possible to drive throughout this highway?

C. Listen again and complete the following sentences with the correct information.

a. The Pan-American Highway is a network of .....

b. The Pan-American Highway is the ..... in the world.

c. The official section of the highway runs from the US-Mexico border to the capital city of .....

d. The highway passes through all the major .....

D. Recall the names of the countries mentioned in the audio. Check who can remember the largest number of them.

Grammar II

A. Choose the correct answers and complete the text.

My uncle's family usually comes to stay with us for Dashain, but ..... (by this Dashain/this Dashain) we are going to visit them instead. They live in a village in Kalikot. I can hardly wait. I ..... (will have had/will be having) a fantastic time there. School holidays ..... (are going to start /will start) on Friday, and we are going to leave the following morning. At this time next week, I ..... (will be trekking/ will have trekked) to Rara Lake with my cousin, Sunil. He's an experienced trekker, and I ..... (am going to practise/ will have practised) rock climbing with him every day. ..... (By /On) the last day of our visit, Sunil's dad is going to take us to visit Manma, the district headquarters. I hope by then I ..... (will have explored/will be exploring) a lot about the life of people in Karnali. I ..... (will be getting/will have got) a lot of experience of trekking by the time we get back to Kathmandu after Dashain.

B. Complete each sentence using the correct form of the verb in brackets. Use the future simple, be going to, future continuous, future perfect tenses or future perfect continuous tenses.

a. Tennis practice starts at 10, and we plan to play for two hours. (finish)
   By 12 o'clock, ...

b. The phone is ringing! (answer)
   I..... the phone.

c. Do you want to come to the disco with us? (come)
   .....you .....?

d. Look at those clouds. (rain)
   Do you think .....?

e. Let's hurry up. The children are alone at home. (stay)
   By the time we reach home, the children ..... alone at home for two hours.

f. Their plane lands at 7.30. Let's get there earlier. (wait)

At 7 o'clock, we.....

Writing II

A. Study the following notice.

Sanskriti Sadan Secondary School

Sundarbazar-4, Lamjung

June 3, 2022

NOTICE!

This is to inform all the students that our school is organising a **Tree Plantation Programme** to create awareness among the students and the public about the importance of conserving trees as part of the **World Environment Day Celebration** on June 5.

All the students are requested to participate actively in the programme. About two hundred different seedlings will be planted within the school premises on the occasion.

Headteacher

B. Imagine you are the secretary of the Child Club of your school. Write a notice on behalf of your Child Club about a programme that you are going to organise soon.

Project work

Consult the internet and make a list of the projects of national pride. Find out which of them will have direct benefits to you. Also discuss what benefits you will get from them.

Extra bit

American English and British English are not only different in accent but they are also different in pronunciation and spellings. The list below is intended to provide an overview of the most common spelling differences between American and British English.

Word endings	British English	American English
Words ending with -re	centre metre litre	center meter liter
Words ending with -our	colour humour neighbour	color humor neighbor
Words ending with –ise or -ize	apologise organize recognise	apologize organize recognize
Words ending with –yse	analyse paralyse catalyse	analyze paralyze catalyze
Words ending with ae or oe	oestrogen paediatric	estrogen pediatric
Words ending with -ence	defence offence licence	defense offense license
Words ending with -ogue	analogue dialogue catalogue	analog dialog catalog
Words ending with al/el/il/ol/ul	travelled travelling traveller fuelled fuelling	traveled traveling traveler fueled fueling

13 Population and Migration

Getting started

Look at the pictures and discuss what they represent.









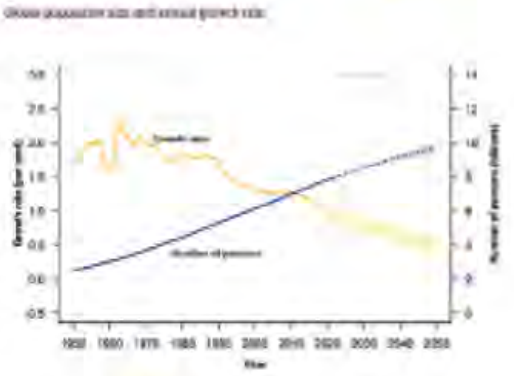
Reading I

Answer these questions.

a. What is the population of Nepal as per the population census, 2078 B.S.?

b. What are the factors that influence the population change in a country?

A Century of World Population Trends: 1950 to 2050



Today, the world's population is more than three times larger than it was in the mid-twentieth century. It took around 37 years since 1950 for human numbers to double, surpassing 5 billion inhabitants in 1987. Furthermore, the global population is estimated to double again in about 70 years, rising to over 10 billion by 2059.

Over the one hundred years the world population was growing the fastest, particularly between 1962-1965, when it was increasing on average by 2.1 percent per year. Since then, the pace of population growth has slowed by more than half owing to reduced levels of fertility. In 2020, and for the first time since 1950, the rate of population growth fell below one percent per year and it is projected to continue to slow in the next few decades and through the end of this century. The global population could grow to around 8.5 billion in 2030, and add 1.18 billion in the following two decades, reaching 9.7 billion in 2050.

Given its reliance on assumptions at the country level about the two components of global population growth—fertility and mortality—the projection of the global population is inherently uncertain. It typically becomes more uncertain over time. However, the size of the world population in the near future is relatively certain. This is because the size and age structure of the population over the next few decades are largely the result of demographic processes that have already taken place in the recent past. In particular, most of the women whose offspring will contribute to the population growth through 2050 are already alive. The global population is still growing, though at a reduced rate. Some countries and regions continue to experience further population growth, while others have witnessed stabilization or begun to decrease in population size.

The world's two most populous regions in 2022 were Eastern and South-Eastern Asia. 2.3 billion people, representing 29 percent of

the global population lived in these regions. Central and Southern Asia had 2.1 billion population representing 26 percent. China and India accounted for the largest populations in these regions, with more than 1.4 billion each in 2022.

The total population of Europe and Northern America and that of sub-Saharan Africa was comparable in size in 2022, with more than 1.1 and 1.2 billion people respectively. However, these two regions have reached such population size as a result of very different growth trajectories since the mid-20th century. Europe and Northern America have been growing at an annual rate of less than one percent since the mid-1960s, reaching a growth rate close to zero in 2020 and 2021. The annual growth rate of the population of sub-Saharan Africa peaked at three percent in 1978 and remained above 2.8 per cent during the 1980s. Since the 1980s, sub-Saharan Africa has been the region with the fastest growing population.

Almost 44.8 million people lived in the two regions of Oceania in 2022. With 2.5 million inhabitants in 1950, the population of Oceania, excluding Australia and New Zealand reached close to 13.6 million in 2022.

Population of the world, SDG regions and selected groups of countries, 2022, 2030 and 2050 according to the medium scenario

Region	Population (in millions)		
	2022	2030	2050
World	7942	8512	9687
Sub-Saharan Africa	1152	1401	2094
Northen Africa and western Asia	549	617	771
Central and Southern Asia	2342	2372	2317
Latin America and the Caribbean	658	695	749
Australia/New Zeland	31	34	38
Oceania	14	15	20
Europe and Nothern America	1120	1129	1125
Least development countries	1112	1338	1914
Landlocked developing countries	557	664	947
Small island developing states	74	79	87

In the next three decades, the regions of the world will experience different growth rates of their population. Consequently, the regional distribution of the population in 2050 will significantly differ from that of today.

Central and Southern Asia is expected to become the most populous region in the world by 2037 as the population of Eastern and South-Eastern Asia could start declining by the mid-2030s.

Between 2022 and 2050, the population of sub-Saharan Africa is expected to almost double, surpassing two billion inhabitants by the late 2040s. With average fertility levels remaining close to three births per woman in 2050, sub-Saharan Africa is projected to account for more than half of the growth of the world's population between 2022 and 2050. In 2022, the size of the population in this region was growing at an annual rate of 2.5 percent, the highest among all eight regions or more than three times the global average of 0.8 percent per year.

Europe and Northern America are projected to reach their peak in population and to begin experiencing a decline in the late 2030s due to sustained low levels of fertility.

More than half of the projected increase in the global population between 2022 and 2050 is expected to be concentrated in just eight countries: The Democratic Republic of the Congo, Egypt, Ethiopia, India, Nigeria, Pakistan, the Philippines and the United Republic of Tanzania. The populations of the Democratic Republic of the Congo and the United Republic of Tanzania are expected to grow rapidly, between two and three percent per year over the 2022-2050 period. Disparate population growth rates among the world's largest countries will change their ranking by size: For example, India is projected to surpass China as the world's most populous country in 2023.

(Adapted from World Population Prospects 2022)

A. Match the following words with their correct meanings.

a.	populous	i.	a path followed by something
b.	mortality	ii.	relating to the population and different groups within it
c.	projection	iii.	iii. an estimation of what figures will be in the future
d.	demographic	iv.	the process of making somebody/ something unlikely to change
e.	peak	v.	having a large population; densely populated
f.	stabilization	vi.	to be greater than something; exceed
g.	trajectory	vii.	the number of deaths in a particular situation or period of time
h.	surpass	viii.	completely dissimilar
i.	disparate	ix.	to reach the highest point or value

B. Complete the following sentences with the correct information from the text.

a. The highest population growth rate in the past hundred years was ..... .

c. Population growth rate is likely to reach ..... by mid-twenty first century.

c. The factors that determine the growth rate of world population are ..... .

d. In the early 2020s Eastern and South-Eastern Asia had ..... population.

e. The population of sub-Saharan region is likely to reach ..... by the end of 2040s.

f. The low level of fertility will cause a fall in population size of Europe and Northern America by ..... .

g. India is likely to exceed the population of China by ..... .

C. Answer these questions.

a. What was the size of the world population in the mid-twentieth century?

b. What was the fastest population growth rate in the past century?

c. Why has the population growth rate declined in the recent years?

d. What is the predicted world population size by 2050?

e. How do fertility and mortality contribute to the size of the population?

f. Which countries contribute to the largest population in Eastern and South-Eastern Asia?

g. Why will population regions have a different population variation in the next 30 years?

h. Which countries are most likely to contribute to the growth of world population by 2050?

D. Do you think the world population will increase as projected in the text? Discuss.

Pronunciation

The sound /r/ remains silent while pronouncing the word

'world'. Pronounce the following words correctly and write them in the right column.

furthermore fertility growth uncertain future
experience comparable zero distribution birth
concentrated

Pronounced with /r/ sound	Pronounced without /r/ sound

Speaking

What do the following figure and chart illustrate? Interpret them to your friends.

a. First aid for an unconscious person









b. Household Facilities in Nepal

Facilities	% HHs	Facilities	% HHs
Radio	50.8	Mobile Phone	64.6
Television	36.5	Motor	1.6
Cable Television	19.3	Motorcycle	9.6
Computer	7.3	Cycle	32.4
Internet	3.3	Other Vehicle	0.7
Telephone	7.4	Refrigerator	7.2

Source: National Population and Housing Census 2011, CBS

Grammar I

A. Match the sentence halves and make meaningful sentences.

a.	We continued the match	i.	however, I always reach my office on time.
b.	Dolma was selected for the post	ii.	yet it was not too cold.
c.	Christina attended the class	iii.	despite looking very sociable.
d.	I often leave home quite late,	iv.	though it is not far from my home.
e.	Chintamani never participates in social functions	v.	although it was raining heavily.
f.	It was snowing heavily,	vi.	although we had the map of the town with us.
g.	He did not give up smoking	vii.	even though she had no prior experience for the job.
h.	I have never been to Bandipur	viii.	despite the fact that she was not feeling well.
i.	We were lost in the town	ix.	in spite of the warnings of the doctor.

B. Complete the sentences below in a suitable way. Use the connectives of contradiction where necessary.

a. Although I had not seen him before, ...

b. Even though it was snowing outside, ...

c. In spite of his hard work, ...

d. ..... Sarmistha gave a good speech at the function.

e. ..... she spoke excellent French.

f. I had not eaten anything since last evening .....

g. ..... we were not qualified for the final match.

h. ..... even though the restaurant was not very popular.

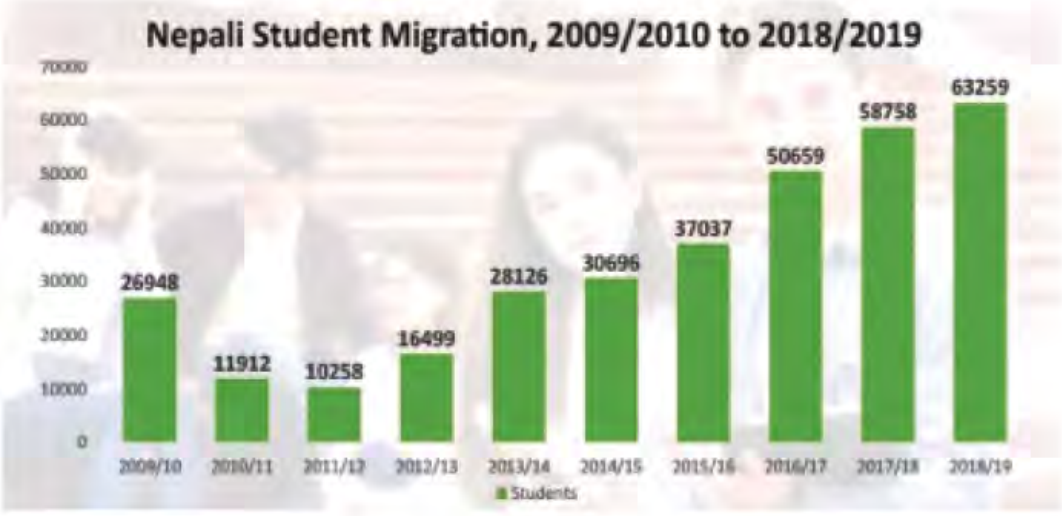
i. ..... I could only attempt half of the questions.

j. ..... she was not pleased with us at all.

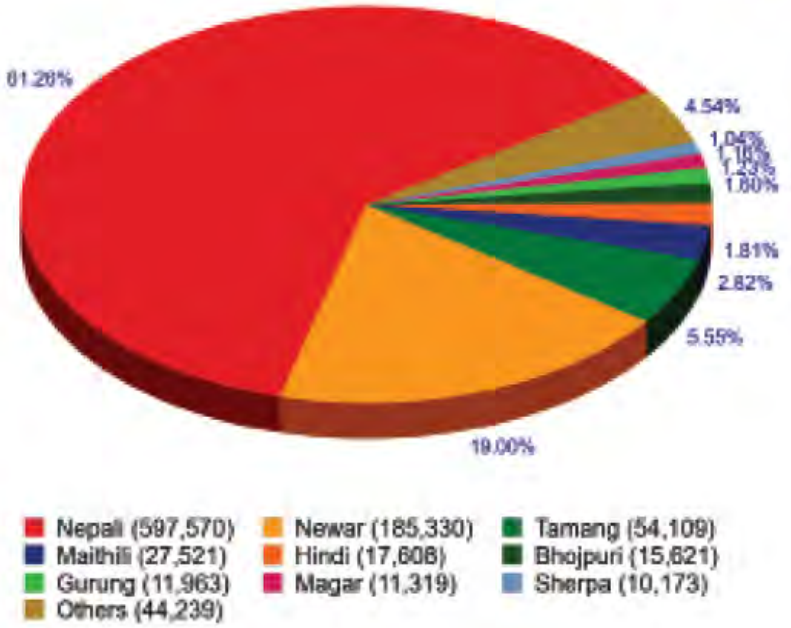
Writing I

Study the graph and chart below and write an interpretation of each of them.

a. Nepali Student Migration



b. Distribution of Population of Kathmandu Metropolitan in Terms of Languages (Based on the population census of 2011)



Reading II

Answer these questions.

a. Have you ever noticed birds and animals migrating to new places?

b. Why do you think they migrate?

Discovering Migration: What Birds Reveal



A snow-covered forest in winter can be a quiet place. In spring, however, this same spot is filled with the chirps, chatter, and calls of birds. Where do they go during the winter? In the past, people used to think that during the winter, birds slept in holes that they dug in the ground. Others thought they hid in the mud on the

bottoms of ponds—alive, but waiting for spring. Others claimed that familiar summer birds transformed into other types of birds in the winter. The truth is, in some ways, more incredible. What birds do during this time is migrate: They fly over land and oceans without a roadmap or compass to destinations that are sometimes thousands of miles away.

Like marathon runners, birds pace themselves so they do not run out of energy before they can land. They are always adjusting speed, height, and flight path to account for changing winds, their own weight, and storms. In the spring, they retrace their paths back to their summer homes. Each fall, about five billion birds migrate south for the winter from North America. Nearly all 500 of the 650 species of North American birds migrate. Yet this is just one small part of the picture. More than half of all the bird species in the world-approximately 5,000 species-migrate, and each species is on a different journey.

Other animal species also migrate, including insects, amphibians, reptiles, fish, and mammals. Migration is happening all the time: Herds of wild beast arrive every January at green pastures in the southern Serengeti of Africa. Swarms of free tailed bats arrive each March to caves in Texas. Northern fur seals gather on Alaskan islands each June. In September, Chinook salmon swim up rivers in Washington State. If you are in the right place at the right time, you can witness these amazing journeys. Yet, no matter where you live, you can see some birds migrating. In fact, much of what we know about migration comes from studying birds.



Not all birds travel from north to south: Some travel east to west. White-winged scoters are diving ducks. They can stay underwater for up to a minute to grab shellfish from the ocean floor. In the summer, they live near ponds and lakes in Alaska and western Canada. In the fall, they fly to milder conditions on the Pacific and Atlantic coasts, where there is less snow. Other migrants do not travel very far for a big difference in climate. Instead of going north or south, they travel up and

down. Mountain birds, such as brindled titmice and mountain chickadees, migrate about 1,000 feet to lower elevations. They move from high-altitude evergreen forests to wooded valleys and streams.

Even within a bird species, some birds may migrate while others do not. This is called partial migration. Robins are a sign of arrival of spring in Northern states, because they migrate south during the cold winter months. But some robins live year-round in the South. Some bird species migrate in one nonstop trip. Others stop along the way. Sea terns cannot rest for long on the water during their flights over oceans because they become waterlogged. For most birds, though, nonstop travel is unusual. It is much more common for birds to stop along the way to rest and refuel. Even a small cluster of bushes with berries can provide crucial energy for birds on the move. Birds may stay at stopover points for a few days or a few weeks, depending on how much energy they need.

They might also wait for better weather or wind conditions for the next leg of their journey. Some layover sites attract huge crowds of migratory birds. A 75-mile stretch of the Platte River in Nebraska is a gathering spot for up to nine million birds each spring. They stop to feed in the fertile wetlands along the river. Almost all of the world's sandhill cranes-numbering about 500,000—spend about six weeks on the Platte River. Mostly, they eat corn, which quickly adds fat and gets them ready for the rest of their migration. Once the cranes have fed and rested, they continue their northward migration to Canada, Alaska, and Siberia. Some birds take long perilous journeys to reach their destinations. Many duck species and water fowls travel from Siberia to Nepal to avoid cold.



The migrating birds may travel during the day, at night, or both. Ducks, geese, and swans travel during the day and at night. Some birds that travel during the day can feed while flying. Swallows and swifts, for example, feed on flying insects while they travel. In contrast, most songbirds feed and rest during the day and travel at night. It is thought that cooler and less windy conditions at night make for better flying. Hidden in the night sky, the birds are almost

invisible-except for all the chattering. Only when songbirds pass in front of the moon they are visible. In fact, moon watching is a way of counting how many migrants travel at night. During migration season, a moon watcher may see as many as 200 birds an hour.

(Adapted from Animal Behaviour by Gretel H Schueller and Sheila K. Schueller)

A. Study the following word list and find their synonyms and antonyms as shown in the example. Write NA if the word does not have a synonym or antonym in the list.

Example:

Word	Synonym	Antonym
witness	onlooker, viewer, bystander, spectator	participant

a. transform	stagnate, change, remodel, commute, revamp, hold on
b. incredible	unbelievable, credible, plausible, amazing, wonderful
c. roadmap	guideline, plan, direction, map, protocol, procedure
d. retrace	backtrack, forget, recall, recollect, reminisce
e. grab	clutch, snatch, free, liberate, release, capture
f. elevation	height, altitude, flat, level, lowness
g. waterlogged	dehydrated, dry, wet, sodden, arid, soaked, drenched
h. refuel	refill, replenish, deplete, exhaust, restock
i. cluster	array, band, bunch, chump, clump
j. crucial	trivial, insignificant, unimportant, vital, fundamental
k. perilous	risky, dangerous, harmless, precarious, terrifying

B. Complete sentences (a-f) with their correct endings (i-vii).

a. In the past people had the misconception that

b. To supply themselves with energy

c. When the weather is favourable in spring

d. As a sign of partial migration

e. To wait for a favourable weather

f. For better flying conditions

i. some birds travel to a different place while others do not.

ii. some birds stop to feed themselves with grains.

iii. birds fly back to their habitats.

iv. birds hid underground or changed into some other birds.

v. some birds choose to fly during the night.

vi. birds fly rapidly like the marathon players.

vii. birds fly in large groups.

C. Answer these questions.

a. What is incredible about the migration of birds?

b. What things do birds consider while flying to their destinations?

c. Which animals other than the birds migrate to new places?

d. What do scoters dive underwater for?

e. Which birds travel up and down instead of going north to south?

f. What is partial migration of birds?

g. Why can sea terns not stay long in water?

h. How do birds feed themselves during their journeys?

i. What are the signs of birds flying in the night sky?

D. You might have seen or heard animals migrating to new places. What could be the reasons for animals to migrate? Discuss.

Listening

A. Answer these questions.

a. What do you think is the status of population of animals in the world today?

b. Why is wildlife important to human beings?

B. Listen to the audio and fill in the gaps with the correct words/phrases.

a. According to World Wildlife Fund, we need to overhaul the way we ..... .

b. The wildlife across the world is ..... .

c. The population of animals and birds has decreased by ..... in the past 50 years.

d. World Wildlife Fund monitored about ..... animal species in its study.

e. Agriculture is responsible for ..... of deforestation in the world.

f. We can save the wildlife for the future generation by ..... .

C. Answer these questions in not more than four words.

a. What does the decline in wildlife indicate?

b. What is the biggest reason for the destruction of habitats of wild animals?

c. Where do terrestrial species live?

d. Where should we look to stop the trend of population decline?

D. What efforts is Nepal making to save wildlife? Discuss.

Grammar II

A. Complete the sentences below with the correct alternatives from the brackets.

a. Even though ..... (we have different ideologies, we have similar ideologies), we are intimate friends.

b. (Despite/ Even though) ..... our hard efforts, we could not establish a hospital in the village.

c. (Even though/ In spite of) ..... the film was very popular, it was a commercial failure.

d. I enjoyed all the luxuries of life..... (despite the fact/ though) that I grew up in a remote village.

e. I watched a late night movie. (However, In spite of) I didn't feel sleepy in the morning class.

f. Even though ..... (scientists have made lots of research, scientists have made no research), there is no evidence of life on mars.

g. (Even though/ In spite of) ..... my efforts, I can't ever score excellent marks in the exam.

h. My room was burgled ..... (although, yet) I had locked it securely before going out.

i. I called Siddhartha several times..... (in spite of, but) he did not respond.

j. Even though we had not invited them ..... (they came to the party/ they did not come to the party)

B. Join the following pairs of sentences with the connectives given in the brackets.

a. I was really exhausted. I could not sleep well. (Although)

b. She did not meet the requirements. She was shortlisted for the job. (In spite of)

c. I decided to work for the company. The pay was quite low. (Even though)

d. We lost the match. We had prepared for the match really well. (Yet)

e. Dipisha completed her assignment. She had badly injured her hand. (Despite)

f. Kripa exercises every day. She is gaining weight. (However)

g. Barcelona won the match. They were limited to ten players. (Nevertheless)

h. I love to watch cricket on TV. My brother loves to watch football. (While)

i. He had not gone to bed until midnight. He woke up early in the morning. (In spite of)

j. He was selected for the school team. He had not played well. (Although)

Writing II

A large number of youths and professionals leave Nepal and migrate abroad each year. Write an essay expressing your opinion about the impacts of such migration. Also include suggestions and solutions to the problems caused by migration.

Project work

Work in groups. Study the birds and animals that migrate to or from your places and prepare a report on 'Migratory Birds/ Animals of our Locality'. Include the following points in your report.

Names of birds/ animals

Reasons for migration

Time/season of migration

Activities during the migration

Duration of migration

Extra bit

Types of Adjectives

An adjective modifies a noun or pronoun by providing descriptive or specific detail. Adjectives are usually used before the noun or pronoun they modify.

a. Descriptive adjective

A descriptive adjective names a quality of the noun or pronoun that it modifies.

Example: brown bear tall building rich man

b. Proper adjective

A proper adjective is formed from a proper noun.

Example: Chinese tea French soldier Nepali people

c. Adjective of quantity

An adjective of quantity describes the quantity, amount or the idea of a noun or pronoun.

Examples: much money, a little water, more information, some time, sufficient food

d. Numerical adjectives

Numerical adjectives are to denote the number of nouns or pronouns.]

Example: five people, sixty students

e. Adjectives of quality

An adjective quality shows the kind (type) or quality of a noun or pronoun.

Example: good student beautiful house

f. Demonstrative adjective

A demonstrative adjective is used to point out or show a noun or pronoun.

Example: this vitamin, that tree, these houses, those days, etc.

g. Interrogative adjective

An interrogative adjective is used to ask questions.

Example: Whose pen is this?

Which watch did you buy?

h. Possessive adjective

A possessive adjective is used to show the possession of a noun or pronoun.

Example: his shoes our garden

i. Distributive adjective

A distributive adjective is used to count nouns or pronouns collectively. These adjectives include each, every, either ...or, neither... nor, both, etc.

Example: Both the man and his wife, each man

14 Travel and Adventure

Getting started

Which of these places would you like to travel if you got an opportunity? Discuss in group.



Swargadwari Temple



Ugratara Temple



Mahabouddha



Boudhanath

Reading I

Answer these questions.

a. Do you enjoy travelling? Why?

b. Which is your favourite tourist place? Why?

Expect the Unexpected

We did a classic Nepal triangle trip of Kathmandu, Chitwan and Pokhara. I must admit that all have their own charm that very few places can achieve at the same time. Read on, you will see why I have the nerve to say so.

Kathmandu

It is in Kathmandu that the saying "the first impression is a lasting impression" holds true for me. The city is massive, nestled in a green valley surrounded by enormous mountains. A quick drive from the airport to the town left me with amazement at the red-brick houses, people's smiling faces as well as roaming cattle and busy traffic - yes, it's like what you saw in a movie or that while things are more sophisticated when you are actually there!



In Kathmandu we spotted a riot of colours on the street walls - murals depicting symbols, people, animals and creative images, for up to the stretch of more than a mile. We were told that street art is on the rise, as local and international artists are setting up projects in Nepal to send out messages of man-made beauty.

Nepal was never colonized. Before the unification in the 18th century it was ruled under several kings, who built three splendid Durbar Squares as royal palaces, which all are now monument zones of the UNESCO World Heritage Sites in the Kathmandu Valley. The one we visited, Patan Durbar Square, is really impressive.

The peaceful palace courtyards contain various well-preserved pagodas and stone temples. Our private guide Kshitij did a good job explaining functions of the beautiful wood carving, symbols and ornaments. With his rich knowledge, the ancient site was brought to life. As we walked through, flocks of pigeons circled above the monuments, making a fascinating picture before us.

Perhaps due to the off season, Durbar Squares are not so much touristy sites as where the local watch the time away. We had the chance to interact with a group of college students who were taking a break. What they firmly believe in somewhat blew us: skill is more important than education in today's Nepal.

I was also struck by the fact that the Nepalis see death as an everyday experience when in Pashupatinath Temple, one of the seven UNESCO World Heritage Monuments. The temple is a place where people bring the dead for outdoor cremation on the Bagmati River. Instead of feeling grisly, I found it rather calm. And most peculiarly, the family didn't mind our being there.

We ran into a few families holding memorial ceremony for the deceased, such as making unique offering and shaving the male relatives' hair.

Pashupatinath is where you encounter genuine sadhus dressed in colourful yellow and orange robes with ashes and long hair and beard. It's worth taking photograph with them.

Besides much history and culture, Kathmandu has earned its name for fantastic nightlife in Thamel, an active hub full of life, restaurants and shops. The area is as safe as anywhere we went in Nepal. We saw many local people hang out here, so there is no way that you would feel as in a touristy place at all.

Chitwan



We explored the wild jungle in Chitwan. Here we got close to numbers of wildlife, including single-horned rhino, a couple of deer, wild boars, monkeys and countless beautiful birds.

Chitwan National Park covers a vast area. Today, it offers dozens of jungles activities, such as Jeep safari, canoeing, jungle walk and cycling around the village. We were the only group that did boat ride that afternoon – what a privilege to enjoy the whole tranquil view of the lake and the surroundings!

In short, Chitwan is a perfect place for physically active travelers to discover the undisturbed vestiges of wild species. The other perfect one we know is probably in South Africa.

Pokhara



Is there any place better than Pokhara in the world? Not in my dictionary anyway. Located around 200 km west of Kathmandu, Pokhara offers an entirely different picture from the populated capital: Clean streets, snow mountains, laid-back atmosphere and adventure choices.

The centre of the small city is dominated by the majestically beautiful Phewa Lake, from where we could get a clear view of the snow-capped mountains of Annapurna range. Many lakeside hotels have rooms that you can see the range even from bed - ask your travel consultant to arrange one!

It seems you can't escape Annapurna no matter where you go in Pokhara, but we couldn't get enough. An easy walk up to a hill where the World Peace Pagoda was built atop brought us a gorgeous view of the white ranges and the entire Pokhara. Simply mind-blowing!

In addition to trekking, Pokhara is arguably the world's best paragliding venue, which we don't doubt after a bold try. Soaring with birds with spectacular scenery is something I will never forget.

We spent the early morning of the last day in Pokhara at Sarangkot, a village known as the best place to watch the breathtaking sunrise across the Annapurna Himalaya. I could never believe sunrise could be that incredible before I went here. The snow-capped mountains were painted purple pink to gold, and the whole valley downhill awoke as the sun slowly came out.

I almost cried when the departure was due. If possible I would love to revisit in a heartbeat. Nepal is by no means a place you should avoid because of media hoaxes. And I am sure the western visitors we stumbled into on the way will see eye to eye with us.

- Mathilda Wu

A. Complete the sentences below with the correct words from the text.

a. The village ..... comfortably among the hills.

b. The garden was a ..... of colour.

c. Sophie liked cooking, gardening and painting .....

d. Prita screamed loudly when she saw the ..... spider on her foot.

e. This is our ..... to study in such a resourceful school.

f. He showed no ..... of regret for his crime.

g. We have been the victim of a computer virus ..... .

h. We were never ..... by any foreign country.

B. Read the text again and find where a traveller can do the following things. Then put a tick mark (Ö) in the correct table.

S.N.	Activities	Kathmandu	Pokhara	Chitwan
	They can enjoy a collection of different colours on the street walls.	Ö		
a.	Cycle around the village.			
b.	Visit Durbar squares.			
c.	Go paragliding.			
d.	Hang out with local people even at night.			
e.	Meet sadhus and take photographs with them			
f.	Walk up to the hill and view the Himalayan ranges			
g.	Watch the sunrise.			

C. Answer these questions.

a. Mention the three things that amazed the writer in Kathmandu.

b. What indicate that street art is rising in Kathmandu?

c. Name the two World Heritage Monuments located in Kathmandu.

d. How do the Nepalis perceive death, according to the writer?

e. What two special things does the writer mention about the Pashupatinath Temple?

f. What does Chitwan National Park offer to its visitors?

g. Whom does the writer recommend to visit Chitwan?

h. Write any two things that visitors can do in Pokhara.

i. What is Sarangkot known for?

j. How did the writer feel when he was leaving Nepal?

D. If you were given the opportunity to visit one of the places mentioned in the text, which one would it be? Give reasons for your choice.

Pronunciation

You might have noticed different pronunciations of the same letter.

Examples : bench /tʃ/ character /k/ machine /ʃ/ cell /s/ comfort /k/

Listen to your teacher and group the words according to the pronunciation of the letter(s) in red.

attach	electrician	ache	chaos	much
musician	architect	mechanic	sandwich	beautician
chemical	technology	which	decent	chemist

scheme	detach	incident	mechanical	cholera
ostrich	cordial	chorus	brochure	spinach
traffic	echo	champagne	enrich	club

Speaking

A. Read and act out the following model conversation in threes.

Conversation I

Abhi : My father works in a factory.

Reema : So does mine.

Bikalpa : But mine works in a bakery.



Conversation II

Namita : I visit my parents regularly.

Angel : So do I. I visit them at least once a month.

Pratik : But I don't. I just call them from time to time.

Conversation III

Lumanti : Mr. Joshi looks so intelligent, doesn't he?

Nita : Yes, he does. He answers each question so perfectly. But he is rather strict.

Saru: So is Mrs. Karki. She hardly allows me to go out during her class.

B. Work in threes. Have similar conversations in the situations below.

a. Ask a friend about his/her interests on sports and agree or disagree with the views.

b. Imagine that you want to be a teacher. Talk to your friend if they agree with you.

c. A friend has a keen interest in drawing maps and figures. Show your agreement/disagreement on it.

C. Complete the broken dialogue choosing the given expressions and act it out in pairs.

I don't have such an opportunity — So does my uncle

But I live with my parents — don't you

Neither does my mother

Puja : Sushma, you live with your aunt, ... ?

Sushma : Yes, I do. I've been living with her since I came to the city.

Puja : ..... . My mother is a mason and my father teaches in a primary school.

Sushma : Oh, does he? ..... . He teaches secondary students. He finds some time to help me with my studies.

Puja : Really? You are very fortunate. ..... . Anyway, my father always encourages me to be a good human being.

Sushma : Well, my aunt always thinks about how I can get good achievements in my studies. She hardly teaches me life skills.

Puja : ..... . She only tells me to read and write.

Grammar I

A. Match the sentences in column A with their question tags in column B.

Column A	Column B
a. They don't need to come this evening,	can she?
b. James is working on that,	did it?
c. Punam's parents have been retired,	will it?
d. It was raining that day,	wasn't it?
e. You hadn't met me before,	would you?
f. He never came again,	do I?
g. She can rarely come these days,	don't you?
h. You hardly ever came late,	haven't I?
i. I barely know you,	did he?
j. You would scarcely expect her to know that,	haven't they?
k. Nothing will happen,	had you?
l. I am right,	do they?
m. You have to go,	did you?
n. I have been answering,	aren't I?
o. Nothing came in the post,	isn't he?

B. Supply the correct question tags.

a. This'll work, ...?

b. Well, I couldn't help it, ...?

c. But you don't really love her, ...?

d. We'd never have known, ...?

e. The weather's bad, ...?

f. You won't be late, ...?

g. Nobody knows, ...?

h. You have a bath daily, ...?

i. You couldn't help me, ...?

j. Shut up,.....?

k. She's been working hard the whole day,.....?

l. He's admitted to Patan Hospital last night,.....?

m. You can make it,.....?

n. Don't forget,.....?

o. Let's have some fun,.....?

p. Let us chat,.....?

q. Your phone didn't break down, ...?

Writing I

Write a short travelogue featuring a place thet you have recently visited. Use the clues given below.

Where did you go?

How did you plan it?

Who did you travel with?

Did you have any special purpose for this travel?

What are some memorable activities and experiences?

Have you learnt anything important?

Reading II

Look at the pictures and guess the answers to the questions.





a. What seasons do these two pictures represent?

b. What differences do you notice between the two pictures?

Weathers

This is the weather the cuckoo likes,
And so do I;
When showers betumble the chestnut spikes,
And nestlings fly;
And the little brown nightingale bills his best,
And they sit outside at 'The Traveller's Rest,'
And maids come forth sprig-muslin drest,
And citizens dream of the south and west,
And so do I.

This is the weather the shepherd shuns,
And so do I;
When beeches drip in browns and duns,
And thresh and ply;
And hill-hid tides throb, throe on throe,
And meadow rivulets overflow,
And drops on gate bars hang in a row,
And rooks in families homeward go,
And so do I.

Thomas Hardy

A. Find the words from the poem that are similar in meaning to the following words/phrases.

a. a brief and usually light fall of rain
b. sings
c. young women
d. to tumble about; throw into disorder
e. baby birds
f. dislikes
g. a dull greyish-brown colour
h. beat or sound with a strong, regular rhythm
i. small rivers; streams

B. Answer these questions.

a. What do the nestlings do in the spring?
b. What does the nightingale do?
c. How do the girls come out in spring?
d. What plan do people make?
e. What happens to beeches in winter?
f. Where do rooks go? Why do they migrate?
g. Does the poet enjoy the winter or the spring? Why?

C. Complete the interpretation of the poem using suitable words or phrases given below.

chestnut	young girls	south and west
Thomas Hardy	severity	sunny
beeches	rooks	hang

The poem 'Weathers' was composed by an English poet, ... He talks about two different seasons which are the spring and the winter.

In the first stanza, the pleasant spring season is described. Cuckoo and nightingale feel good in this season. The light rain flows over the pointed leaves of..... tree. The poet is pleased as the nightingale sings at his best tune. People come out of their houses to enjoy the

weather and the birds' song. The..... are seen in their fine clothes. The people plan to visit different places of ..... To an English person, the south and the west are associated with summer holiday destinations, where the weather at that time is often warm and ....., and many coastal towns provide welcoming accommodations and amusements. The poet likes this weather as it is liked by all the birds, animals, and humans as well.

In the second stanza, he talks about the winter's coldness and ..... All the natural beauty turns into dullness and discomfort. The cuckoo hates this weather. The .....turn dry and brown as their leaves are threshed by the wind. The water drops ..... from the wooden bars of gates. One can see some streams overflow as it has been raining a lot. The ..... fly to their homes as harshness of winter gradually grows. The poet dislikes the winter season because it is very cold and wet.

Symbolically the poet tries to state the bright and dark aspects of human life and the word 'weathers' indicates human life. The spring represents the bright whereas the winter represents the dark aspects of our life.

D. In which season would you like to travel? Why?

Listening

A. Answer these questions.

a. Do you love travelling?

b. How do you often travel; by road or by air?

B. Different people are talking about travel experiences. Listen and number the pictures according to the order of the information in audio.



B. 1



C.







C. Recount a memorable experience you had during your travel. And share it with the class.

Grammar II

A. Add suitable question tags.

a. I'd rather go travelling, ... ?

b. Everything is okay, ... ?

c. I shan't be in your position, ... ?

d. I don't think he'll come soon, ... ?

e. Let's not have cold drinks, ... ?

f. All is well, ... ?

g. There is a coffee shop near the gate, ... ?

h. Nothing was there, ... ?

i. The car sped along the road, ... ?

j. He's got a very peculiar voice, ... ?

k. Asmina, bring me your pen, ... ?

l. Nawaraj seldom plays cards, ... ?

m. Everyone will be satisfied with my job, ... ?

n. None met me last week, ... ?

o. Everything is perishable, ... ?

p. I think he's busy, ...?

Writing II

Prepare a brochure of a touristic place in your locality. Include the following points:

i. Name of the place

ii. Location

iii. Accessibility

iv. Major attractions

v. Entry requirements (if any)

vi. Contanct information

Project work

Visit a library, may it be your own school library. Read an adventure story, note down its main events, and present its summary in the class.

Extra bit

Contractions

What are contractions?

Contractions are two or more words that are combined and shortened to save time. Typically, you can identify a contraction by the apostrophe, e.g. isn't or they've.

Contractions replace the words they represent and take their place in a sentence. Typically, certain letters are removed, which are noted by the apostrophe.

When should you use contractions?

Contractions are considered informal, so they should not be used in formal writing like academic papers, letters of applications, etc.

Common contractions

Contraction	Meaning	Contractions	Meaning
could've	could have	you'd	you had, you would,
he'd	he had, he would	you'll	you will
he'll	he will	you're	you are
he's	he has, he is	you've	you have
here's	here is	isn't	is not
how'd	how did, how would	aren't	are not
how'll	how will	can't	cannot
how're	how are	couldn't	could not
how's	how has, how is	didn't	did not
I'd	I had, I would	doesn't	does not
I'll	I will	don't	do not
I'm	I am	hadn't	had not
somebody's	somebody has, somebody is	hasn't	has not
someone's	someone has, someone is	haven't	have not
something's	something has, something is	mustn't	must not
that's	that has, that is	shouldn't	should not
this's	this is, this has	shan't	shall not
there's	there has, there is	weren't	were not

15 People and Places

Getting started

Look at the pictures and talk to your friends about them.





a. What do you know about these personalities?




b. What do you know about these famous places of Nepal?

Reading I

Look at the picture and answer these questions.



a. Who is the person in the picture?

b. What is she famous for?

Me at the Beginning of Life

I have understood now that life is a beautiful flower of creation. Whether my own life falls within my definition of life, well, I do not know. When my heart wept I survived, because inside the pain laughter was restless each moment. When I say that somehow or other I survived a burdensome life, few will believe me now. The truth is extremely bitter, the reality equally insipid. Many times, while turning those pages of memory I myself have shed tears. Such unlucky lines of fate were inscribed for me when I fell to the ground from my mother's womb.

On the sixth day after my birth, my mother bathed me and washed me and made me clean, and put me to sleep with an exercise book and a pen under my pillow. It was a folk belief that fortune would write my line of fate on that night. Mother, you wanted fortune to draw a good line of fate right across my brow. But that was just your belief. Yes, fortune did not draw my line of karma well that night, nor did it write a good line of fate.

Time had filled my pockets with packages of ill fortune. I was a girl who had been robbed by fate, who had neither the sweetness nor the joy of life. So how could life be as I had imagined? In the end I had to live, and so I did. But I lived as if there was no difference between the life of an animal and the life of a human being. The only difference was that even though I lived an animal's life, I ate rice, that was all. A life without the invisible sympathies and sensations of the human heart, which has no hurt, no colour, no individuality: perhaps only a very few people get through this condition. A poet might want to write a beautiful poem about escaping from this kind of life, some sensitive person might like this story. But at that time my life was such a burden that it hurt me, and it had become hard to endure the pain.

In everyone's eyes I was someone who had been cursed by the gods, because in this life I had received the fruit of sins from a former life. I had been born into a society whose culture said that people lived from one birth to another. So I was a thorn that pricked everyone's eyes. When they saw me, those eyes did not fill with sympathy and that heart never melted with love. Who were very displeased with me, who were very angry. In the end, how right was it for them to be

like this to a tender, innocent child? I had no option but to endure all of those things in silence. Inside my child heart, the question continually arose, 'How am I to blame for all of this?' I had no medium through which to express this, no language, no way of indicating through gestures, no power to utter it. I had life, and that was all, and the little breath that was tangled up with it. How suffocating was my life? There was no exit from it anywhere. If there had been any way out, a river of life would have flowed unceasingly along with time.

Blessed Nature! You gave birth to me to endure the cruel behaviour of human beings and you awoke the meaning of being me. When I was restless with suffering you became my mother and wiped the tears that seeped from my eyes. The mother who bore me also gave birth to me, even though it was to suffer pain, she fostered me for nine or ten months in her womb and gave birth to me. In this neither she nor I was at fault. It was the fault of fate. Is the definition of disability merely to be born with a bodily incapacity? If so, why do they not consider Homer incomplete? Why did the world never consider the Nikolai Otrovskys, the Helen Kellers incomplete? These people were weak in body, just like me. But they wrote history before they departed, they left us a different perspective, they set down the meaning of being human before they passed away.

But me? I was born in a world very different from theirs, born in a different geography. For this reason, I lived a life that was so unequal and low grade that maybe only an animal could have lived such a life before. When I achieved awareness, the shoots of consciousness had begun to sprout in me, I think. But even achieving awareness became like a curse. I did not have a voice with which to speak, nor any strength in my legs to walk. Nor was there strength in my hands that I could fill a basket with *godavari, makhmali* and *sunakhari* flowers. No, I had nothing of this at all. I was a helpless girl bereft of all these things, whose mind was filled with a longing to run on the hills, but whose feet did not have the strength to support her body. I longed to talk with others, but I had no voice! Because these desires were ones that would never be fulfilled, they fell upon me, wounded.

Yes, I was so robbed by fate that I was unable to even get up from my bed. My poor grandmother, white-haired like the moon over the hill, might have picked me up and taken me on her lap. How she must have longed that her son's first offspring would call her 'grandmother'

in its baby voice, that it would pull at the wrinkles on her face with its little hands. But grandmother, I could not fulfil your wishes. Your other grandchildren fulfilled them. All I did was hurt you when you carried me on your back, how you must have loved me, no?

At that time the economic condition of our home was not so good, to the extent that it was very hard to manage two meals a day, morning and evening. I have heard that mother and father often went hungry at mealtimes, but somehow or other they fed us. Grandmother, even that was not enough for you, you fed me and made me greedy even though you went without food yourself. And on top of that, you took me to sleep with you and you gave me many different things to eat every time I woke up, all through the night. Aha, how good it tasted, the food you gave me!

Grandmother, if you had not wrapped me in a torn-up petticoat and put me in a bamboo basket I might still have been peeing and soiling in my bed today, or I may have already arrived with you in the heaven that people imagine. I don't know. But because of you I touched the various colours of life and understood life from various angles, and experienced the beauty of life myself. Grandmother, you are not with me now, that is your misfortune. But you are still living all through my heart and mind.

- Jhamak Ghimire (The opening chapter of Jivan Kanda Ki Phul, translated by Michael Hutt)

A. Find the words from the text that have the following meanings.

a. ..... lacking taste

b. ..... wrote words

c. ..... twisted together

d. ..... causing difficulty in breathing

e. ..... a particular attitude towards something

f. ..... a person's child or children

g. ..... bad luck

B. Complete the sentences below choosing the correct words from the text.

a. The word 'calm' is opposite in meaning to .....

b. The phrase ..... means 'died.'

c. The word ..... means incapable of being seen.

d. The word 'wish' and ..... are synonyms.

e. The word ..... means making dirty.

C. State whether the following statements are true or false.

a. Jhamak Ghimire defines her life as a beautiful flower of creation.

b. According to her, our fortune decides how our life will be.

c. The author was happy with how she spent her childhood.

d. People blamed Jhamak herself for her physical disability.

e. According to the writer, Homer was incomplete because he was physically incapable.

f. Jhamak could make grandmother happy with her voice.

g. Jhamak's grandmother still looks after her.

D. Answer these questions.

a. Why does Jhamak think her life as a burdensome life?

b. When does the fortune draw a line of fate?

c. How did people respond to her life? Was she happy with their behavior?

d. Who does Jhamak compare herself with? What made them different from Jhamak?

e. Did achieving awareness become a curse for her? Why?

f. How does Jhamak picturise her family's economic condition during her childhood?

E. Read the opening chapter of 'Jivan Kadan Ki Phul' in Nepali and narrate the story of Jhamak's life in your own words.

Pronunciation

Each word below has two different pronunciations which give two different meanings. Pronounce them as per the meanings given below. Take help from your teacher or a dictionary.

read (v.) – to perceive information provided in a written form

read (v.) - the past tense of the verb "read"

live (v.) – to be alive

live (adj.) – being alive

wind (n.) – a movement of air

wind (v.) – to turn, especially something around something else

wound (n.) – an injury

wound (v.) – the past tense of the verb "wind"

tear (v.) – to rip a solid material

tear (n.) – a water drop coming from someone's eyes

use (v.) – to utilise

use (n.) – a way in which something is used

Speaking

A. Work in pairs and practise the conversation below.

Woman : Excuse me sir!

Police Inspector : Yes, how may I help you?

Woman : Someone snatched my handbag.



Police Inspector : Can you describe the person?

Woman : He is a young man, sir. He is of medium height. I saw only the side of his face. He is rather dark-skinned. He has short black hair. He had put on a half-sleeved shirt of grey colour and faint blue trousers. He slipped while running and I saw yellow rubber slippers on his feet.

B. Work in pairs. Ask and answer about your friends, teachers, or parents. Describe their age, face, general appearance, build, manner of walking, hair, dress, etc.

C. Read the text below. Sukumaya is describing her village.



My village is a very beautiful place. There is a big lake near my house. On the full moon night, you can watch the moon reflected in the calm water of the lake. We can see many snowcapped mountains from the village. The forest is full of a variety of animals such as wild pigs, leopards, tigers, deer, etc. Evenings here are very pleasant.

Now, tell about your village or town in a similar way.

Grammar I

A. Read the conversation below and underline the relative clauses used in it.

Swikriti : Abdul, look at this photo.

Abdul : Is this Sahara, the girl who plays the piano?

Swikriti : No, this is Reema, the girl who won the singing competition last year.

Abdul : I know her. She is the girl who has long brown hair.



B. Fill in the gaps with the correct relative pronouns.

a. I admired the player ..... performance was fantastic.

b. We had some juice ..... was in the fridge.

c. She didn't tell her teacher about her problem ..... was her mistake.

d. My mother, ... is a farmer, grows a lot of vegetables.

e. You are my friend ..... I want to sit with.

f. I want to help those children ..... economic condition is very bad.

g. This is the road ..... the accident took place.

h. The mobile phone, ... I bought six years ago, is still working.

i. It was in 2015 ..... .the earthquake hit Nepal badly.

j. Marima is a wonderful lady ..... everyone can trust.

C. Join the following pairs of sentences as in the example.

Example 1 : I was a girl robbed by fate. I had neither the sweetness nor the joy of life.

I was the girl robbed by fate who had neither the sweetness nor the joy of life.

Example 2 : The mother bore me. She also taught me values.

The mother, who bore me, also taught me values.

a. The letter reached me this morning. My friend sent it from abroad.

b. This is the palace. Bhimsen built it.

c. The boy committed cybercrime. The judge sent him to jail.

d. He is a liar. You should not believe him.

e. I know an artist. He moves with an artificial leg.

f. Bring me the file. The file is about our new project.

g. We met a girl. The girl had lost her way.

h. I saw a soldier. His bravery impressed everyone.

i. Once upon a time there lived a giant in a forest. Nobody dared to go there.

j. The dog took away the ball. The kids were playing it.

Writing I

Write a short biography of Nepali literary figure Til Bikram Nembang Limbu aka Bairagi Kainla. Use the outlines given below.



Birth	:	August 9, 1939- Panchthar, Nepal
Education	:	Bachelor's Arts – learnt letters at home- taught by local teachers
Publications	:	Bairagi Kainlaka Kavitaharu, Sappok-Chomen: Limbu Jatima Kokh-Puja, Nawacoit Mundhum and others
Contributions	:	Poet, former Chancellor of the Nepal Academy, pioneer of *Tesro Aayam* (Third Dimension) movement
Awards	:	Jagdamba Shree Award, 2076 B.S. - Sajha Puraskar, 2031 B.S. , Vishist Shrasta Samman, B.S. 2066, etc.

Reading II

Look at the pictures below and answer these questions.

a. What do you see in the first picture?

b. Do you think rock climbing is adventurous? Why?

Sugarloaf Mountain: 5 Interesting Facts

Sugarloaf Mountain is a striking natural landmark overlooking Rio de Janeiro that sits at the entrance to Guanabara Bay in southeastern Brazil.

Known as Pao de Acucar in Portuguese, it is named for its unique shape that resembles a traditional form of refined sugar used in the 19th century. A tall granite cone with a circular top, it reaches up some 1299 feet, or 396 metres. Here are 5 interesting facts about this spectacular part of Rio de Janeiro, Brazil.

A



Sugar Loaf Mountain is one of the largest and most popular urban rock-climbing destinations in the world. There are 270 different routes to explore in the area as you climb high above the Atlantic Ocean and the sprawling Rio de Janeiro. You can give it a hand yourself, or watch other adventurers conquer the iconic mountain.

B



It is not the only unique landmark in the area. Its neighbours add to the tranquil beauty of the whole peninsula. Morro de Babilonia, or Babylon Mountain and Morro de Urca, or Urca's mountain are two neighboring natural wonders.

These two mountains are also accessible to the public and open to rock climbers. Morro de Urca offers a play area for children and a restaurant that serves up delicious dishes.

C



Sugar Loaf Mountain has made an appearance in Hollywood blockbusters. The beauty of the area makes it perfect for the big screen. Pao de Acucar made its debut on screen in the 1942 film "Now, Voyager" with Bette Davis. It has also been featured in a James Bond film, "Moonraker" in 1979 where one of the scenes unfolds in a cable car. It has even been referenced in the popular cartoon sitcom, "The Simpsons."

D



Historic Guanabara Bay stretches in front of Sugar Loaf Mountain. Translated as "the bosom of the sea", it was home to several fortifications built by the colonial government in the 16th century. Guanabara is made up of more than 130 islands and surrounded by beautiful natural scenery you can see from high above as you tour the mountain.

E



Two cable cars take visitors to the summit where they can enjoy stunning views of Rio de Janeiro from a height of 1296 feet. The cars themselves are enclosed by glass panels. As you begin to ascend to the very top, you can enjoy the

breathtaking views unfolding below you. Because Sugarloaf Mountain sits on a peninsula that stretches into the Atlantic Ocean it offers a unique scenic combination of a bustling city, a tranquil bay, and a sparkling ocean. You will love reaching the summit, but the journey there will be just as enjoyable.



(Source: Brazil Culture And Travel.com)

A. Match these words with their meanings.

a.	landmark	i.	walls or other constructions built to strengthen a place against attack
b.	spectacular	ii.	very successful films
c.	sprawling	iii.	a piece of land that is almost entirely surrounded by water and is attached to a larger land area
d.	tranquil	iv.	full of lively activity
e.	blockbusters	v.	very impressive
f.	fortifications	vi.	an object or structure on land that is easy to see and recognize
g.	peninsula	vii.	covered with buildings across a large area
h.	bustling	viii.	calm, quiet, and peaceful

B. We can form adjectives by adding'-ing' or '-ed' at the end of the verbs as in sprawling, bustling and unfolded in the text. Complete the following sentences changing the verb in the brackets into an adjective by adding 'ing' or 'ed'.

a. The children were ..... when they missed the beginning of the movie. (annoy)

b. Have you read *Agni* by Nabaraj Lamsal? It's a great book if you are ..... in reading poems. (interest)

c. The result of the game was ..... The best team didn't win! (surprise)

d. I don't enjoy going out with Sumi. She's the most ..... person I've ever met. (bore)

e. The students were so ..... when their school decided to take them on a trip. (excite)

f. Angeela was quite ..... when she was flying for the first time. (terrify)

g. I love to go to the fairs because they perform very ..... magic. (interest)

C. Match the paragraphs in Reading II with their correct headings.

Paragraphs	Headings
A	i. Neighboring Mountains
B	ii. Awesome Cable Car Ride
C	iii. Guanabara Bay
D	iv. Rock Climbing
E	v. Hollywood Star

D. Answer these questions.

a. Where is Sugarloaf Mountain located?

b. How did the mountain get the name 'Sugarloaf Mountain'?

c. Do you think many people can do rock-climbing at a time when they visit the mountain? Why?

d. Which of the sites do you think the children would love to visit? Why?

e. Name the first film in which Sugarloaf Mountain was featured.

f. What is historic about Guanabara Bay?

g. What should you do to enjoy the best scene of Guanabara Bay?

h. Do you think a visitor should ride the cable cars while visiting the mountain? Why?

E. Which of the facts of Sugarloaf Mountain interested you the most? Give reasons.

Listening

A. Look at the picture and answer the questions.



a. How are the girl's eyes?

b. What shape is her face?

c. Describe her hair.

B. Listen to the audio and complete the sentences below.

a. The boy asks Emma to help him find .....

b. His friend has .....body.

c. The boy is looking for a girl who has .....hair.

d. The boy's friend is wearing ..... and sporty shoes.

e. The girl is friendly with a nice .....

f. Emma sees the girl ....whom the boy has been looking for.

C. Describe the physical appearance of one of your friends in five sentences.

Grammar II

A. Complete the following sentences choosing the correct preposition from the brackets.

a. I love to travelling. Therefore, I went to Delhi ..... (on, by, at) plane last week.

b. Namrata visited Lumbini ..... (in, since, from) 2002.

c. My best friend lives ..... (in, at, on) a beautiful house ..... (across, at, on) the street.

d. We had to walk ..... (until, as far as, up to) the edge of the desert to find water.

e. The Prime Minister died ..... (from, with, of) a head injury a few days ..... (after, on, at) his accident.

f. My family has been living ..... (on, in, at) Dharan..... (since, for, in) two years.

g. I am very pleased ..... (in, with, to) meet you.

h. He is a tall boy ..... (in, with, on) long brown hair.

i. Guman Singh is a student ..... (in, on, at) Tribhuvan University.

j. ..... (on, in, at) November 2. We will start our new semester.

k. I love your house ..... (by, with, at) the river.

l. She misses her grandfather because she has not met him ..... (in, for, on) ages.

B. Complete the text below with the correct prepositions.

I live ..... Bhairahawa, but every summer I like to travel ..... Pokhara. I am afraid ..... travelling by plane. Last summer I decided I would travel ..... bus. According to the ticket I received ..... the travel agency, the bus would leave Pokhara ..... 9:15pm..... Friday and arrive ..... Pokhara the following day at 5:30 ..... the

morning. The travel would include boating ..... Phewa Lake ..... one end of the lake ..... another end. We would also drive ..... different beautiful places. It would be really wonderful.

Writing II

There are many tourist destinations in Nepal. Choose one of them and write a letter or an email to your foreign friend mentioning the interesting facts about the place. Also invite him/her to visit the place.

Project work

Collect information about a personality who has made a special contribution to your community. Prepare his/her life story and present it in the class.

Extra bit

Useful transition words for Paragraph and Essay Writing

Transition words and phrases, also called linking words are used to link together different ideas in our essay. They help the reader to follow writer's point by expressing the relationships between different sentences.

To Add information	and, again, and then, besides, equally important, finally, further, furthermore, nor, too, next, lastly, what's more, moreover, in addition, first , second, etc.
To make comparison	whereas, but, yet, on the other hand, however, nevertheless, on the contrary, by comparison, where, compared to, up against, balanced against, vis a vis, but, although, conversely, meanwhile, after all, in contrast, although, etc.

To show similarity	similarly, in the same way, by the same token, in like manner, equally, likewise
To Prove the argument	because, for, since, for the same reason, obviously, evidently, furthermore, moreover, besides, indeed, in fact, in addition, in any case, that is (i.e.), etc.
To Show Exception	yet, still, however, nevertheless, in spite of, despite, of course, once in a while, sometimes, etc.
To Show Time	immediately, thereafter, soon, after a few hours, finally, then, later, previously, formerly, first (second, etc.), next, and then
To Repeat the idea	in brief, as mentioned earlier, as I noted before, etc.
To make Clarification	that is (to say), namely, specifically, more precisely, in other words
To Emphasize the point	definitely, obviously, in fact, indeed, in any case, absolutely, naturally, forever, emphatically, unquestionably, without a doubt, certainly, undeniably, etc.
To Show Sequence	first, second, third, and so forth, next, then, following this, at this time, now, at this point, after, afterward, subsequently, finally, consequently, previously, before this, simultaneously, concurrently, thus, therefore, hence, next, and then, soon
To Give an Example	for example, for instance, in this case, in another case, on this occasion, in this situation, take the case of, to demonstrate, to illustrate, etc.
To Summarize or Conclude	to sum up, in brief, on the whole, summing up, to conclude, in conclusion, as I have said, hence, therefore, accordingly, thus, as a result, consequently, etc.

16 Success and Celebration

Getting started

Look at the pictures below and discuss what it takes to achieve success.





Reading I

Look at the picture and answer the questions.

a. Who do you think this person is?

b. What is he known for?



Walt Disney: An Example of Struggle and Success

Whenever you think about great personalities who started from very humble beginnings and achieved extraordinary success, who comes to your mind? Walt Disney's name springs to many people's minds.



Walt Disney is known as an extraordinarily successful and creative person whose visions as an animator, filmmaker, and theme park developer changed the entertainment world in the 20th century and beyond. Yet, dig a little deeper into Disney's background, and you will discover that his road to success was paved by an unhappy childhood along with countless business failures and setbacks.

Born in Chicago in 1901 and raised in Missouri, Disney was the fourth son among five siblings. His father, Elias, was a domineering figure who was allegedly abusive. He was unsuccessful to make ends meet for the family. To escape from his stressful circumstances, Young Disney found solace in drawing. Still, he would watch his older brothers, one by one, run off from home to escape their father. When Disney was 16, he dropped out of school to join the Army but was rejected for being underage. Instead, he joined the Red Cross and was sent to France for a year to drive an ambulance. He moved back to the United States in 1919.

When he returned home from war, Disney became an apprentice at a Kansas City commercial art studio. Itching to set off, he and his older brother, Roy, launched their own cartoon business, Laugh-O-Gram Studios, in 1920, but the company went bankrupt a couple of years later.



With the loss of his first business, Disney packed his bags, and with just forty dollars to his name, took off to Los Angeles to try his hand at acting. But he failed at that, too. Still, there was a silver lining to his move. Noticing there were not any animation studios in California, Disney convinced Roy to join him out West so they could set up a shop. Not so long after, Disney found his first major success with the creation of Oswald the Lucky Rabbit.

Disney's character Oswald was lucky, becoming a huge star in one-reel animation, but Disney himself would find his luck had run out. Travelling to New York to renegotiate his contract, he discovered that his producer had taken his team of animators from him and that he no longer had any legal rights to Oswald the Lucky Rabbit. But instead of fighting the loss or plotting his revenge, Disney decided to walk away and start over again. It was on the train ride back to California that he created Mickey Mouse.

After years of eating beans and driving up his debts, Disney finally brought Mickey Mouse to life on film starting in the late 1920s and earned his way back to the top of his industry. But it was not easy. Investers rejected the concept of his famous mouse over 300 times before one accepted it.

Even with the success of Mickey Mouse, Disney still faced challenges in keeping his business afloat. Not only was he overworked, but tensions with his employer; who eventually stole his longtime and best animator from him, led to Disney having a nervous breakdown. After taking some time off with his wife to recover, Disney returned with a bold new idea: He would develop a full-length animation feature, which he would call Snow White and the Seven Dwarfs (1937). It would become a huge success at the box office, yet the films that followed, inocchio (1940), Fantasia (1940) and Bambi (1942), would end up being duds.

If Disney didn't already have enough burdens to shoulder, more were on the way. His animators went on strike at the start of World War II and contributed to his mounting debt that ran upwards of four million dollars. After the war was over, his company was slow to rebuild, but during this time, Disney learned to diversify his business by turning to television, despite pressures from the film studios to stay on the big screen. His gamble paid off. With the success of TV shows like The Mickey Mouse Club and Davy Crockett, Disney was able to harness enough capital to launch his biggest venture yet: Disneyland.

Disneyland was opened on July 17, 1955, in Anaheim, California.



Like most of Disney's enterprises, it got off to a rocky start. Forged tickets were bringing more visitors than anticipated, adding to a line that trailed seven miles long. With temperature soaring up to 100 degrees, the new asphalt was melting women's high heels, drinking fountains were defunct and some of the rides malfunctioned. Critics called the opening of Disneyland "Black Sunday." But as always, Disney's determination and perseverance turned his latest endeavor around. Disneyland became a colossal success, clearing out his financial debts, and to this day, operates as an integral part of his business empire.

Commenting on the benefits of failure, Disney once said: "All the adversity I've had in my life, all the troubles and obstacles have strengthened me. You may not realise it when it happens, but a kick in the teeth may be the best thing in the world for you."

A. Use the correct words/ phrases given below to complete the sentences.

domineering	solace	apprentice	bankrupt
plotting	afloat	mounting	harness
perseverance	colossal		

a. Kisan had to sell his house to keep his business .....

b. He was accused of ..... the robbery of the bank.

c. Scientists are trying to ..... the sun's rays as a new source of energy.

d. Many companies went ..... during the economic depression.

e. Courage and ..... are the keys to success in life.

f. The government had ..... pressure from the public to withdraw the bill.

g. After his graduation, he worked as a/an ..... electrician in a company.

h. The government spent a ..... amount of money on the renovation of the historical buildings.

i. Kathy was brought up by an unkind ..... stepmother.

j. Patrick took ..... in the company of his mates.

B. Find the meaning of the following phrases/idioms from a dictionary and use them in sentences of your own.

a. make ends meet

b. silver lining

c. nervous breakdown

d. kick in the teeth

e. drop out

f. set off

C. The following sentences represent some events in Disney's life. Study and rewrite them in the chronological order.

a. He shifted his focus from big screens to television shows.

b. He successfully founded the famous Disneyland.

c. He returned to Chicago and worked as a trainee at an art studio.

d. He created the characters, Oswald the Lucky Rabbit and Mickey Mouse.

e. The cartoon company collapsed.

f. Disney suffered severe mental and emotional illness.

g. Disney left home and went to France to work as an ambulance driver.

D. Answer these questions.

a. How was Walt Disney's childhood?

b. Describe Disney's family background.

c. What did Disney do after his failure in the first business?

d. How was the character of Mickey Mouse created?

e. Why did Disney have a mental breakdown?

f. Which of his films were commercially useless?

g. Which films produced him great financial returns?

h. Why do you think the opening of Disneyland was called 'Black Sunday'?

i. What special quality of Disney made him finally a successful entrepreneur?

j. What lesson do you learn from Disney's life?

E. Who has inspired you significantly in your life? Share her/his life story to the class.

Pronunciation

Look up the following words in a dictionary. Pronounce them correctly and complete the table below with the information related to the word. One has been done for you.

Word	Pronunciation	Parts of Speech	Number of syllables	Stressed syllable(s)
a. extraordinarily	/ik' str' dnr' li/	adverb	six	second
b. sibling				
c. adversity				
d. renegotiate				
e. venture				
f. enterprise				
g. animation				

Speaking

A. Study the conversation.

Asha : Let me share you my good news.

Bhanu : OK. What is it?

Asha : I got a scholarship for my further studies.

Bhanu : Many congratulations to you!

Asha : Thank you very much.



B. Work in pairs. Congratulate people in the following situations. Use the given expressions.

Congratulations! You deserve this success.

Congratulations on your hard work.

My sincere/heartfelt/warmest congratulations to you.

I commend you on your accomplishments/success.

Well done!

That's wonderful news!

You did it! So proud of you.

a. Your friend got a GPA of 4.0 in the first terminal examination.

b. Your uncle and aunt have got a new baby girl.

c. Your cousin got a new job in a bank.

d. Your sister got promoted from Sales Assistant to Account Manager.

e. Your brother has graduated from a university.

f. Your neighbour has won a trophy in a tennis tournament.

Grammar I

A. Choose the correct prepositions and complete the sentences.

a. A: When did you reach school?

B: I reached sometime ..... 9:00 to 9:15 am.

i. at ii. between iii. on iv. next to

b. I usually stay in my office ..... 10 am to 4 pm.

i. at ii. on iii. in iv. from

c. You should finish your test ..... next 30 minutes.

i. at ii. by iii. in iv. of

d. Noor worked in the hotel ..... 2010.

i. for ii. in iii. until iv. by

e. I have been looking ..... my spectacles. I don't remember where I kept them.

i. of ii. to iii. at iv. for

f. Mr. Shahi has ten members working ..... him.

i. under ii. above iii. beside iv. on

g. There is a knock .... the door. Who can be calling us now?

i. on ii. at iii. in iv. for

h. Kritika is ..... her twenties.

i. on ii. in iii. at iv. during

i. There is a great deal .....violence in some countries.

i. of ii. for iii. at iv. about

j. Their discussion turned .....an unpleasant quarrel.

i. to iii. into iii. on iv. onto

B. Complete the sentences with in, on, or at.

a. Water boils ..... 100 degrees Celsius.

b. Last year, we went ..... a trip to National Botanical Garden, Godawari from our school.

c. Can you turn the light on, please? I don't want to sit ..... the dark.

d. She was married ..... the young age of 20.

e. Science and technology has developed ..... a great pace.

f. ..... my opinion, violent films should be banned for children.

g. I heard the news ..... the radio this morning.

h. My father is not at home ..... the moment.

Writing I

A. Imagine that your school football team has won the title of 'Inter-school Football Tournament' organised by the District Sports Development Committee. Write a message of congratulation to the team on behalf of the school to appear on the school notice board. Use the clues given below.

feeling happy and proud

hard work and dedication of the team

trophy and cash prizes

congratulations and best wishes

B. Your maternal uncle has recently been promoted to the post of Inspector of Nepal Police. Write a letter of congratulation extending him your best wishes.

Reading II

Answer these questions.

a. What conditions do you think one has to fulfill to be a successful person in life?

b. Which of them have you been following?

IF

If you can keep your head when all about you
Are losing theirs and blaming it on you,
If you can trust yourself when all men doubt you,
But make allowance for their doubting too;
If you can wait and not be tired by waiting,
Or being lied about, don't deal in lies,
Or being hated, don't give way to hating,
And yet don't look too good, nor talk too wise:

If you can dream—and not make dreams your master;
If you can think—and not make thoughts your aim;
If you can meet with Triumph and Disaster

And treat those two impostors just the same;
If you can bear to hear the truth you've spoken
Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to, broken,
And stoop and build 'em up with worn-out tools:

If you can make one heap of all your winnings
And risk it on one turn of pitch-and-toss,
And lose, and start again at your beginnings
And never breathe a word about your loss;
If you can force your heart and nerve and sinew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the Will which says to them: 'Hold on!'

If you can talk with crowds and keep your virtue,
Or walk with Kings—nor lose the common touch,
If neither foes nor loving friends can hurt you,
If all men count with you, but none too much;
If you can fill the unforgiving minute
With sixty seconds' worth of distance run,
Yours is the Earth and everything that's in it,
And—which is more—you'll be a Man, my son!

-Rudyard Kipling

A. Match the following words/phrases with their correct meanings.

	Words/phrases		Meanings
a.	unforgiving	i.	a dishonest person
b.	virtue	ii.	badly damaged and no longer useful
c.	sinew	iii.	behaviour showing high moral standards
d.	pitch-and-toss	iv.	a great success, achievement or victory
e.	worn-out	v.	a game of skill and chance
f.	stoop	vi.	a strong band of tissues in the body
g.	knave	vii.	not giving a second chance; not happening again
h.	triumph	viii.	a person who cheats by pretending to be somebody else
i.	impostor	ix.	to bend the body forwards and downwards

B. Complete the summary of the poem using the given words/ phrases.

will importance success and failure value
inspirational truthfulness virtue

In 'If', Rudyard Kipling provides ..... insights into life. In the first stanza, the poet suggests us to keep calm, have self- trust and bear ..... . According to the poet, it is important to be thoughtful about an action before undertaking it. Similarly, balancing between ..... is another important quality of a successful person. In the third stanza, the poet suggests us to ..... our winnings. We must devote our intellect, heart and muscle in the work we do and we should always have a strong ..... to achieve success. In the final stanza, the poet suggests us to maintain our ..... no matter who we are with. Most importantly, we must realize the ..... of time.

C. Answer the following questions.

a. What does the poet suggest about dealing with lies?

b. What do you mean by 'not be tired by waiting'?

c. Why should we not aim only to dream in life?

d. How do you think we can achieve our dream?

e. What can knaves do to us?

f. Why should we forget our failures in life?

g. What should we do if we lose the 'pitch-and-toss'?

D. What suggestions do your parents and teachers give you to be successful in life? Share with the class.

Listening

A. Look at the picture and answer the questions.



a. Who do you think the personality is?

b. What is he popular for?

B. Listen to the audio and choose the correct alternative.

a. What is the responsibility of every individual?

i. to find what they are weak at

ii. to find what they are good at

iii. to find what their personality traits are

b. Who was the speaker raised by?

i. his mother ii. his father iii. his grandparents

c. Why does the speaker consider himself lucky?

i. because he got second chances

ii. because he got to be focused

iii. because he had the opportunity to go to school

d. Why did Michelle Obama work hard?

i. to be able to support her parents

ii. to be able to go to the best school

iii. to be able to follow her dreams

e. Who are the most successful people in the world, according to the speaker?

i. those who have tried the most

ii. those who have failed the most

iii. those who have done everything right

f. How many times was Harry Potter rejected before it was finally accepted?

i. 12 times ii. 13 times iii. 14 times

C. Listen to the audio again and fill in the blanks with the correct words/phrases.

a. The speaker was just ..... old when his father left his family.

b. His mother had to struggle to ..... .

c. He does not feel ..... of what he did in the school.

d. He was lucky that he got ..... to follow his dreams.

e. Our present status does not ..... what we will become in the future.

f. We may not ..... in everything we try the first time.

g. Michael Jordan was not selected in ..... team.

D. Listen to a motivational speech and share the main points of the speech to the class.

Grammar II

Complete the sentences below with the correct prepositional phrases from the box.

in cash	at playing	interested in	with each other
out of their hand	in a hurry	out of reach	on a diet
at large	on board	of the situation	

a. The accident took place as the bus and the lorry collided .....

b. Amin is brilliant ..... the violin.

c. Mr. Sharma is not ..... politics.

d. The criminal who took the lives of five is still ..... .

e. I can not contact him. His phone is ..... .

f. The concert went ..... They had to call the police to take control ..... .

g. Sanskriti is ..... these days for fear that she will put on weight.

h. I can not talk to you now. I am ..... .

i. Even though the plane had to take an emergency landing, all the passengers ..... were safe and sound.

j. Would you like to make the payment ..... or by the cheque?

Writing II

Many people opine that we should not be discouraged by our failures in life. We should rather take our failures as an opportunity to correct our mistakes and achieve success next time. Draft a speech on 'Failure as Pillar of Success'. Include relevant examples from renowned and successful pesonalities in the world.

Project work

Visit one of the successful persons in your community. Interview the person and write a report on how he/she became successful.

Extra bit

Common Archaic Words in English

S.N.	Old English Use	Modern Use
1.	an	if
2.	anon	now, at once, shortly
3.	art	are
4.	aye	yes
5.	aye	yes
6.	beseech	to beg
7.	betwixt	between
8.	dost/doth	do, does
9.	ere	before
10.	fain	ready, willing
11.	fie	shame!
12.	forsooth	indeed, for real
13.	hast/hath	has
14.	hither	here
15.	morrow	morning
16.	nay	no
17.	soft	stop! be quiet! hold on!
18.	tis	it is
19.	thee/thou	you
20.	thine/thy	your
21.	thither	there
22.	whence/whither	where
23.	wherefore	why? (does not mean: Where?)

17 Countries and Towns

Getting started

Look at the pictures and make a comparison between them.









Reading I

Answer the following questions.

a. Which cities are shown in the pictures?

b. Do you know what these cities are famous for?

London vs Paris

London vs Paris, which is your favorite destination? If you still can not draw a line, here are the facts and differences between the two cities to help you make a choice.





While London is the capital of the United Kingdom, it is also the largest city in the country. The city stands on the River Thames in South East England, with its history stretching back to Roman times. Paris, on the other hand, is the capital city of France, located in the north-central part of the nation. It stands along the Seine River. Paris has a rich European history and is regarded to be a global centre for culture, fashion, art, and gastronomy.

London is among the largest metropolitan areas in Europe, as it covers an estimated area of 1,572 square kilometers. Paris covers an estimated 105 square kilometres. Although Paris is smaller in terms of area coverage, the city happens to be one of the most densely populated cities in Europe. Paris has a population density of 20,700 people per square kilometre.

Most people fail to acknowledge the cultural gap, and it can be quite a shock for them when they visit the two cities. These cultural differences mainly stem from the cultural difference between England and France. For instance, in England, a handshake is the standard way to greet a person. Language is not a significant factor as the British assume everyone speaks English. The French accept a handshake although a kiss is a conventional way of saying hello. If the whole kissing thing is not okay with you, you can brush your cheeks and kiss the air. In terms of the language, the French are quite protective of their language. Therefore, while in Paris, try to speak some

French.The Parisians appreciate it when foreigners work to speak their language, no matter how rusty it might be. When meeting up with someone for a drink, the French urbanites will plan to meet and head to a cafe where they will drink their espressos as they enjoy their time.

France has always earned global recognition for the quality of its cuisine, and Paris gives you the chance to confirm this taste of greatness. Over the years, the restaurants in Paris have earned higher Michelin Stars than London's. Nonetheless, London's food should not be written off. With an increased diversity among the people flocking to London, restaurants have been embracing food from various parts of the world. The vibrant cultural mix in London has led to delicious and innovative food scenes. London offers a wide array of food, such as cheap curries to fish and chips. Paris, on the other hand, brings quite a variety of bread and pastries, as well as baguettes.

Both London and Paris are known for their high cost of living, but London is quite more expensive than Paris. But note that groceries and other consumer prices are lower in London than in Paris. In other aspects such as local transportation costs and utility bills, Paris appears to be quite cheaper than London. Paris will be a great option if you are looking for a pocket-friendly destination.

London seems to have an advantage in terms of leisure and entertainment spots. There are numerous fun things to do in London. For starters, London has 380 public libraries, while Paris has 69 of them. Concerning museums, London has 240 while Paris has 153 museums. Most football fans will find themselves attracted to London rather than Paris. London hosts six major football clubs that play in the top league, while Paris has only one major club, Paris Saint- Germain (PSG).

London's transport network is quite extensive. The British city has six international airports, namely: London City, Gatwick, Heathrow, Luton, Stanstead, and Southend. On the other hand, the French capital has three international airports which are: Beauvais, Orly, and Charles de Gaulle. Paris has more subway stations that are evenly spread compared to London's, which are less spread out. London has an estimate of 22,500 registered taxis while Paris has 17,000.

In terms of bus and train lines, London has twice as many as Paris. Nonetheless, Paris has been actively expanding its new tramway network.

Trust me; it is quite hard to decide on a London vs Paris vacation. In a 2018 report by MasterCard, London was the second city globally that recorded the highest number of tourists after Bangkok. Paris came in the third. Regarding tourism revenue, tourists tend to spend more in the English capital than in Paris.

When planning for a trip, one of the main concerns is whether the trip duration will be ideal and worthwhile. Both London and Paris have several attractions that would render any time short for an impeccable experience. If you are on a budget, as discussed earlier, Paris is less expensive than London. Based on your budget, this will, therefore, give you an extended period to explore the French city. In most cases, three to four days in Paris would be enough to skim through the city, while four to five days in London would be suitable to swindle across the streets.

Sites worth paying a visit in Paris include the Eiffel Tower, the Louvre, the Palace of Versailles, and the Disneyland, among others. While in London, some of the top places to visit include the London Eye, Warner Bros Studio, and Big Ben. Locals from both cities are generally warm and welcoming, but it is easier to get acquainted with a local in Paris than in London. People in London tend to hang around in impenetrable cliques, making it difficult to interact as strangers. People in Paris are a little bit culture-sensitive but are also fun to get along with once you get acquainted. Despite the calmness in both cities, it is crucial to be careful of pickpockets and chuggers along the streets.

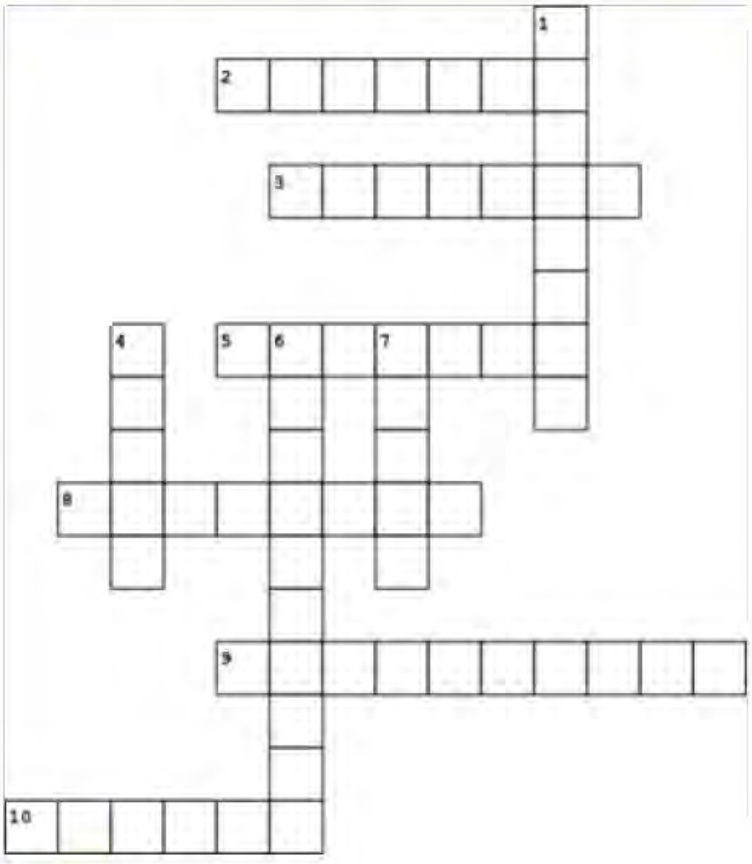
As for London, the weather usually is mild; hence one can visit at any time of the year. However, autumn is the most appropriate period to jet in. During this period, temperatures are warm and lovely. Additionally, that is when the city blooms with British events and festivals. The most appropriate time to fly to Paris is between June and August. Within these months, the weather is perfect, and the days have extended hours of sunshine.

Which is better, London or Paris! Well, both cities have their unique

aspects. Therefore, it solely depends on what you are looking for, as well as your values.

(Adapted from an article by Alex published in ViaTravelers, Destination Travel Blog)

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



DOWN

1. a person who lives in a town
4. an impressive display of a particular type of thing
6. in accordance with the highest standards; faultless
7. impaired by lack of recent practice

ACROSS

2. a person who approaches passers-by in the street asking for donations
3. a set of rails that forms the route for a tram
5. full of energy and life
8. a long, narrow French loaf
9. the art of choosing, cooking, and eating good food
10. a small close-knit group of people

B. Choose the correct alternative.

a. The transport network in London is.....

i. limited ii. widespread

iii. ruined iv. luxurious

b. The number of museums in London is .....

i. 69 ii. 153

iii. 240 iv. 380

c. Paris is better and has more to offer than London in terms of .....

i. variety in cuisine ii. number of museums

iii. arts and crafts iv. transport

d. Which of the following is not the major attraction of Paris?

i. fashion ii. cuisine

iii. art iv. public library

e. Which of the following is not the similarity between the two cities?

i. Both London and Paris are the capital cities.

ii. Both cities can be travelled all the year round with nice weather.

iii. People in both cities are friendly and welcoming.

iv. Both cities are famous for viewpoints and museums.

C. State whether the following statements are True or False.

a. The French prefer handshakes to kisses.

b. People in London are easy to get along with.

c. The French enjoy talking informally in espresso bar.

d. London is almost fifteen times larger than Paris in terms of geography.

e. The cost of living in Paris is almost the same as that of London.

f. If you are looking for a less populous city, then Paris would be a perfect suit.

D. Answer these questions.

a. What are the famous rivers in London and Paris?

b. Why do football fans prefer London to Paris?

c. Which of the two cities was visited by more tourists in 2018?

d. What time of the year is suitable to visit London?

e. Which of the two cities is cheaper to travel?

f. Where do you think it is easier to catch a cab: In London or Paris? Why?

E. Which of the two cities would you like to visit? Give reasons.

Pronunciation

Practise these sentences with the correct intonation pattern.

a. Please, have your seat.

b. Have a nice trip.

c. Where does your brother live?

d. Thank you!

e. I am a mechanic.

f. Why did the man call you?

g. Do you remember the time when we first met in Japan?

h. Is it Shrijana who topped the list?

i. Kumud attended the test but did not pass it.

j. Mr. Pandey, he is our new manager.

Speaking

Look at the following pictures and study the way they are compared and contrasted.



A traditional house



A modern house

Roshan : Wow! The houses are exceptionally beautiful, but the first one is smaller than the other one.

Sujita : Yes, the first house is not as big as the other. However, it looks more artistic than the second one.

B. Have similar conversations in pairs using suitable adjectives or adjectival phrases.

a. long, attractive to look at, wide



Karnali Bridge



Koshi Bridge

b. big, easy to tame, hairy



Leonberger



Bull Terrier

c. clean, economical to run



Electric heater



Coal fire

d. pleasant to shop at, wide range of goods



Corner shop



Supermarket

Grammar I

A. Choose the correct adjective or adverb to complete the following sentences.

a. My (poor/poorly) family can't afford a car.

b. Sujata performed (poor/poorly) at the concert.

c. Suraj is (calm/calmly) under pressure.

d. The cook (patient/patiently) removed the boiling pot from the stove.

e. The teacher spoke (loud/loudly) to the students.

f. Sunil walked to the kitchen (quiet/quietly).

g. The (quiet/quietly) children listened to the teacher.

h. The woman (soft/softly) sang a lullaby to her infant.

i. The kitten (timid/timidly) peered from under the couch.

B. Choose the correct form of the adjectives or the adverbs given in brackets and rewrite the sentences.

a. Some people think that the Sanskrit language is much ..... (complicated) to deal with than the Nepali language.

b. Metal is ..... (heavy) than wood.

c. Wood is not as .....(heavy) as iron.

d. He ran .....(quickly) than me.

e. Albert Einstein was an.....(intelligent) person.

f. My sister can speak English ..... (well) than Juna.

g. A family car is not ..... (fast) as a sports car.

h. I wrote ..... (beautifully) than he did.

i. Sunita did not dance ..... (gracefully) as Mamata did.

j. The journey home by bus takes much ..... (long) than by plane.

Writing I

Write a couple of paragraphs comparing our capital city, Kathmandu, with any other city in Nepal.

Reading II

Have you heard a story of a country mouse and a city mouse? Tell it to the class.



The Country Mouse and the City Mouse

In a snug little cot lived a fat little mouse,
Who enjoyed, unmolested, the range of the house;
With plain food content, she would breakfast on cheese,
She dined upon bacon, and supped on grey peas.

A friend from the town to the cottage did stray,
And he said he was come a short visit to pay;
So the mouse spread her table as gay as you please,
And brought the nice bacon and charming grey peas.

The visitor frowned, and he thought to be witty:
Cried he, " You must know, I come from the city,
Where we all should be shocked at provisions like these,
For we never eat bacon and horrid grey peas.

" To town come with me, I will give you a treat:
Some excellent food, most delightful to eat.
With me shall you feast just as long as you please;
Come, leave this fat bacon and shocking grey peas."

This kind invitation she could not refuse,
And the city mouse wished not a moment to lose;
Reluctant she quitted the fields and the trees,
The delicious fat bacon and charming grey peas.

They slily crept under a gay parlour door,
Where a feast had been given the evening before;
And it must be confessed they on dainties did seize,
Far better than bacon, or even grey peas.

Here were custard and trifle, and cheese cakes good store,
Nice sweetmeats and jellies, and twenty things more;
All that art had invented the palate to please,
Except some fat bacon and smoking grey peas.

They were nicely regaling, when into the room
Came the dog and the cat, and the maid with a broom:
They jumped in a custard both up to their knees;
The country mouse sighed for her bacon and peas.

Cried she to her friend, " Get me safely away,
I can venture no longer in London to stay;
For if oft you receive interruptions like these,
Give me my nice bacon and charming grey peas.

" Your living is splendid and gay, to be sure,
But the dread of disturbance you ever endure;
I taste true delight in contentment and ease,
And I feast on fat bacon and charming grey peas."

-Richard Scrafton Sharpe

A. Match the following words with their correct meanings.

a.	snug	i.	move away aimlessly from the place where one should be
b.	unmolested	ii.	very unpleasant, rough
c.	stray	iii.	unwilling and hesitant
d.	frown	iv.	warm, comfortable and protected, especially from the cold
e.	horrid	v.	a sweet yellow sauce made from milk, sugar, eggs, and flour
f.	reluctant	vi.	entertain or amuse somebody with a talk
g.	custard	vii.	a cold dessert of sponge cake and fruit

h.	trifle	viii.	to deal with something painful or unpleasant
i.	regale	ix.	not disturbed or attacked by anything.
j.	endure	x.	a facial expression indicating disapproval or displeasure

B. Write whether the following statements are true or false.

a. The country mouse was happy with the way she was living.

b. The country mouse enjoyed the grand meal every day.

c. The town mouse was unhappy with the food he was served.

d. The town mouse invited the country mouse for a dinner in the town.

e. In the town, the country mouse was served delicious food.

f. There was no peace for the mice in the town.

C. Answer these questions.

a. How did the country mouse live?

b. Why did the town mouse go to the country?

c. Was the country mouse happy to get an invitation to visit the town? Why?

d. What happened while the mice were having dinner?

e. What did the country mouse request her friend for?

D. Do you live in a town or a country? What are the advantages and disadvantages of living there?

Listening

A. Answer these questions.

a. Name the capital cities of two different provinces of Nepal.

b. What are the similarities and differences between those cities?

B. Dave is asking his friend about Quebec province in Canada. Are these statements about Quebec City or Montreal? Listen to the audio and put a tick (√) in the correct column.

Statements	Quebec City	Montreal
a. It is the biggest city in Quebec province.		
b. It is the capital of the province.		
c. The St. Lawrence River runs through it.		
d. It is the third-largest French-speaking city in the world.		
e. Many of the buildings are very old here.		

C. Listen to the audio again and write True for true statements and False for the false ones.

a. Dave is going to Montreal City for a friend's wedding.

b. People speak French and English in Montreal.

c. He will be in Montreal for forty days.

d. Dave's French is perfect.

e. He will visit his uncle in Quebec City.

D. Talk about your favourite city in brief.

Grammar II

Complete the following sentences using the correct connectives given below.

because because of although however
despite/in spite of but

a. ..... it was summer, the days were rather cold.

b. A piece of stone struck the workman's head. ....., he was not hurt.

c. I like popcorn..... I don't like pizza.

d. ..... her age, she is still working very hard.

e. ..... Narayan is a skillful worker, he can't read and write very well.

f. ..... petrol had become so expensive, Brian sold his car and bought a motorcycle.

g. I took a taxi..... it was raining.

h. All flights were cancelled ..... the fog.

i. ..... feeling unwell, she went to school.

j. Prinja felt cold.....she was wearing a winter coat.

Writing II

The villages of Nepal that are untouched by modernity are the treasure of true natural beauty. They still hold their simplicity and rural appeal. There are several such hidden charms in the country. Lamidada Village is one of them. Describe the villages using the following information.



located in the Khotang district

gateway to the sacred temple of Halesi Mahadev

enriched with gorgeous landscape, agricultural land, traditional houses, mountain views, humble villagers, dense forest, and many more

a thick settlement of the Rai people

walking the stone-paved path uphill, you will come across some villagers carrying woods from the forest and children grazing domestic animals

weather: the morning can be slightly chilly, the daytime is warm

Project work

Interview five of your friends about their likes, dislikes, skills, etc. Then prepare a short report and present it in class.

Extra bit

Clauses and its types

A clause is a group of words with a subject and a predicate. Based on the sentence structure, clauses can be classified into two types.

1. Independent clause

The independent clause, also known as the main clause stands as a complete sentence without depending on any other clauses.

Example: My dog loves bone.

I will go home and change my dresses.

Two or more independent conjunctions can be connected by coordinate conjunctions such as for, and, nor, but, or, yet and so.

2. Dependent clause

A dependent clause is also called a subordinate clause. A dependent clause does not stand as a sentence on its own. In other words, it dependents on a main clause for a complete meaning.

Example: He was forbidden to take the class because he arrived too late. Dependent clauses are connected by subordinate clauses such as as, since, though, due to, provided that, because of, if, unless, and so/so that.

18 Media and Entertainment

Getting started

What do these pictures represent? Talk about them.


THE RISING NEPAL

Presidentcongratulates Honorary General ofArmy Pande

Amending election laws inappropriate: UCN

Drug recreations suspend

Conflict victim unable will be able to return home







Reading I

Answer these questions.

a. How often do you watch movies?

b. What kind of movies do you prefer to watch? Why?

Hachi: A Dog's Tale

Cast: Jason Alexander, Joan Allen, Richard Gere, Erick Avari, Robert Capron, Davenia McFadden, and others

Director: Lasse Hallstrom

Producer : Inferno Distribution, Grand Army Entertainment, Opperman Viner Chrystyn Entertainment, Scion Films, and others

Genre : Family Drama

Run time : 93 minutes

Year of release : 2009



"Hachi : A Dog's Story" is a heartwarming and inspiring family drama that tells the story of a dog's unwavering loyalty and devotion. When college professor, Parker Wilson (Richard Gere), discovers a rather unlikely commuter wandering around the train station, he takes the lost Akita puppy home with him. Parker and his new canine friend, Hachi, soon form a bond that cannot be broken. Hachi follows Parker to the train station every day and returns to the station every evening to greet his beloved master after work.

On one very sad day, Parker leaves for work and becomes deathly ill, never to return to the station again. Even after Parker passes away, Hachi faithfully returns to the station everyday for the next nine years, until his death, to wait for his beloved master. During those nine years, this amazing dog touches the lives of the vendors, the stationmaster, and the many commuters at the station square. He teaches them the true meaning of loyalty, devotion, and love. Hachi's unyielding devotion and love for his master soon gains media attention. This dog's amazing story not only touches the lives of those at the station square, but all who learn about Hachi's love and devotion.



This film is an American adaptation of a true story set in 1925 Japan about a professor and his devoted dog. Today, a bronze statue of Hachi stands in the Shibuya Station in Japan in honour of his faithfulness and loyalty.

We, also, see a positive relationship between Parker and his wife Cate (Joan Allen) and their college-age daughter. The relationship

between Parker and Cate is a stable and loving marriage of 25 years, and their commitment to each other can be seen in many moments throughout the film.

This film reinforces the values of marriage and traditional family. The film's respect for family and marriage is brought to life through many sweet and tender moments throughout the movie. We see Parker and Hachi share a bowl of popcorn, as they sit on the couch together while watching a Yankees game. Parker also gets down on all fours to try to teach the puppy how to play fetch. Viewers will be touched as they watch the bond of friendship and loyalty between this cute puppy and his newfound master.

This motion picture not only holds up from a moral standpoint, but it also holds its own from a cinematic point of view. Director, Lasse Hallstrom's choice of musical score, soft piano music, enhances the film's pathos beautifully. His creative use of black and white shots shows the audience Hachi's perspective of the world around him. Richard Gere's interaction with the adorable Hachi is a joy to watch and will put a smile on your face. The chemistry between Richard Gere and Joan Allen, as husband and wife, is also touching, as they believably portray a happily married couple, whose love for one another is lasting.

This incredible story of loyalty and unwavering devotion has inspired Parker's family and the locals at the train station. As the dog waits outside of the station in heat and snow, day and night, you and your family will be inspired by this touching story.

There are a few things that may be slightly bothersome to some viewers. Parker and his wife exchange a few kisses throughout the film. It should be noted that these are not passionate kisses, but rather the tender ones exchanged by a couple in a loving and happy marriage. Parker and Cate sip a glass of champagne together. Later, they lie in bed next to each other, as they talk about their love and laugh with one another. Some viewers see the number '8' around Hachi's neck as a misuse of it. The Japanese number 8 symbolises God which represents good fortune and the spiritual significance.

Overall, this film brings a breath of fresh air into the secular film world, where so-called "family films" are all too often littered with

crude jokes and mild profanities, but "Hachi: A Dog's Story" does not resort to these offensive staples of the modern "family friendly" film. The movie is one of the most refreshingly clean films that I have seen in a very long time. This is the kind of movie that families can watch together.

– Adapted from a film review by Laura Busch published in Christian Spotlight on Entertainment

A. Find the words from the text for the meanings given below.

a. ..... never changing or becoming weaker

b ..... great love, care and support for somebody/ something

c. ..... a person who travels some distance to work on a regular basis

d. ..... a person or company that sells goods or services

e. ..... the act of changing something make it suitable for a new situation

f. ..... to strengthen with some added piece, support, or material

g. ..... having or showing strong feelings

h. ..... connecting with film and how they are made

i. ..... not having any connection with religion

B. State whether the following statements are true or false.

a. Laura Busch is one of the characters in the movie.

b. The dog is the symbol of love, devotion and loyalty.

c. The story of the movie is based on a real incident.

d. Portraying the traditional values of marriage is one of the weaknesses of the movie.

e. Strong bonding between the dog and his master makes everyone emotional.

f. This film is different from other family films.

C. Answer these questions.

a. What is the name of the dog in the movie?

b. Who directed the movie?

c. How was the relationship between the dog and his master?

d. Why was the statue of the dog made?

e. Write any two weaknesses of the film.

f. What things in the movie touch the heart of the audience?

D. If you had a chance to ask the screenwriter of the movie a question, what would you ask? Discuss.

Pronunciation

A. How do you say the following telephone numbers?

a. 5059-1023 b. 5718-3369

c. 2149-8777 d. 555-3527

B. How do you pronounce the following years?

a. 1984 b. 2022

c. 1800 d. 2005

C. How do you say these numbers?

a. 100,000 b. 4, 456, 200

c. 56, 320, 749 d. 907, 542, 991

Speaking

A. Act out the following conversations.

Conversation I

Manav: How do you feel about the movie 'Hachi: A Dog's Tale'?

Sunita : I feel it's a great movie. I really liked it.

Conversation II



Jane : Excuse me, I'd like to buy a pair of shoes. Can you help me?

Sales Person : Yes, of course! What do you think of these brown shoes?

Jane : I think they're gorgeous but they'll look better in a different color. Have you got a pair in black?

Sales Person : Yes, here you are. How do you feel about these?

Jane : I guess they're splendid! I like them a lot!

B. Study the following expressions used for asking and giving opinion.

Asking for opinion	Giving opinion
What is your opinion about .....?	In my view /opinion ...
What do you think of .....?	Personally, I believe/ feel ...
How do you feel about .....?	As far as I am concerned .....
Do you really think .....?	I think .....
What are your views .....?	I believe .....
What's your opinion on /feeling about .....?	I hold the opinion .....

Now, work in pairs. Take turns to ask for and give opinions on the following things.

a. Nepali movies

b. social media

c. television

d. homework

e. examination

f. politics

Grammar I

A. Put the words in the proper order to make questions.

a. plane / on / feel / did / how / you / the

b. are/ the kids / doing / what

c. phone / me / didn't / you / why

d. did / what / beach / on / he /the / find

e. for / do / parents / have / your / what / breakfast

f. what / will / like / the / weather / tomorrow / be

g. a / nice / they / time / have / did

h. hotel / your / was / near / the / beach

i. visited / ever / Italy / Rita / has

j. you / fishing / gone / ever / have

B. Write the questions you would ask in each of the situations below.

a. You want to suggest going to a movie.

b. You want to know where Simran lives.

c. You are inviting a friend to come to your home.

d. You are asking for permission to take a seat on a bus.

e. You are looking for your pet dog. You are asking your neighbour.

f. You are asking Bharat about the number of books he has got.

g. You are asking your friend if her father cooks everyday or once a week.

h. You are asking your teacher about the weather tomorrow.

C. Complete the conversation below with suitable questions.

Pristine	:	.....
Mr. Waiba	:	I live in Dhadingbensi.
Pristine	:	.....
Mr. Waiba	:	I am sixteen.
Pristine	:	.....
Mr. Waiba	:	Yes, I went to school.
Pristine	:	.....
Mr. Waiba	:	My interests? I don't have any really.
Pristine	:	.....
Mr. Waiba	:	It's Neelakantha Secondary School.
Pristine	:	.....
Mr. Waiba	:	Nothing. I like everything about my school.

Writing I

Write a review of a film you have recently watched. You can use the text in Reading I as a model.

Reading II

Look at the pictures and answer these questions.

a. Can you recognise these social media icons? Name them.

b. What are they used for?



Interesting Social Media Stories

1. An Ocean Spray Fan Receives a Much-Deserved Reward

Nathan Apodaca's truck broke down on the way to his job. He decided to make the best of a bad situation, so he got out with his skateboard, grabbed a bottle of Ocean Spray cranberry juice, and rode to work. During the trip, he recorded a video of himself skating, drinking his juice, and lip-syncing to the 1980s song "Dreams" by Fleetwood Mac.

Originally, Nathan wasn't going to post the video to the social media platform TikTok, but he decided to share it. It went viral with over 40 million views.

Ocean Spray saw the video and delivered a truck full of Nathan's favorite drink to him---and he got to keep the truck too! Ocean Spray has posted the video of the truck handover with Nathan on its Instagram account, and it is a must-see.

2. A Special Birthday for Charlie

In 2020, the COVID-19 pandemic resulted in Charlie Manning's birthday party being canceled. The six-year-old girl, who is from Kamloops, Canada, was very sad about not being able to celebrate her special day with her extended family in the United States.

Charlie's aunt made a post on Facebook, asking that people make her birthday a day to remember. The post was shared on social media and the response was immediate and immense.

Charlie's grandparents, who she lives with, were overwhelmed by the 173 cards and 15 parcels she received from total strangers. It made Charlie's birthday extra special.

3. Schoolchildren Catch a Big Break

Jashika Khan and Mohammad Azajuddin from Kolkata, India, were filmed somersaulting and flipping on their way to school one morning. They had no idea this video would lead to them becoming viral sensations in 2019.

The video was posted on TikTok, Facebook, and Twitter by their teacher. As a result, it was eventually retweeted by Nadia Comaneci, an Olympic gymnast.

The attention from Twitter and Nadia resulted in the two preteens getting free gymnastic training, with meals paid for by the Sports Authority of India. With this excellent training, we may see these two again at the Olympics someday!

4. The "We Rate Dogs" Twitter Account Helps Hounds in Need

When Matt Nason created the 'We Rate Dogs' Twitter page, he never dreamed it would go viral, but it did. The page, where he posts pictures of dogs and rates them (always favorably) for his audience, has accumulated over 8 million followers.

Matt decided to use his large platform for good by sharing the GoFundMe pages of dogs who needed surgeries and assistive equipment. When a 12-year-old Golden Retriever required a wheelchair, he asked his followers for help. The campaign raised over $700 in just a few hours and the dog got his wheels.

Matt has raised over $500,000 for sick doggies to date.

5. Woman Saves an Injured Hawk with Help from Social Media

Madeleine Weatherhead was walking to work, when she saw a stunned hawk on a New York city street.

Madeleine called the Animal Care Center of New York, but her call went to voicemail. She had to go to work but wanted to help. So she snapped a photograph of the bird on her phone and posted it to Twitter, asking her followers to help the injured hawk.

Shortly after she posted the photograph, Special Operations Officers Maxwell Outsen and Joseph Bellomo arrived on the scene and carefully captured the red-tailed hawk. He was taken to an animal sanctuary where he made a full recovery and had a safe place to stay.

- Amy Cottreau-Moore

A. Match the words with their meanings.

a.	lip-syncing	i.	the worldwide spread of a new disease
b.	platform	ii.	to have a strong emotional effect on somebody

c.	pandemic	iii.	to silently mouth the words along with a song or some other recording
d.	overwhelm	iv.	a website that serves as a base from which a service is provided
e.	somersaulting	v.	a place where birds or animals can live and be protected
f.	accumulate	vi.	to get more and more over a period of time
g.	voicemail	vii.	turning over completely in the air
h.	sanctuary	viii.	a phone message recorded by someone when you do not answer their call

B. Complete the sentences below with the correct information from the text.

a. The text is about the positive results brought by .....

b. Nathan Apodaca was gifted a truck of his favourite drink because he was drinking .....

c. Charlie's birthday became more special than expected because of a post on .....

d. If there were no social media, people would have no idea about .....of the two school children.

e. Matt Nason's Twitter page ..... raises fund for the help of dogs.

f. The social media platform .....was used for the rescue of the hawk.

C. Answer these questions.

a. What did Nathan Apodaca record in his video?

b. Was a truck of Ocean Spray a much-deserved reward for Nathan Apodaca? Why?

c. How did social media help Charlie celebrate her birthday?

d. What was $700 spent on? How did Matt collect the money?

e. How was the hawk in New York rescued?

D. Share an interesting social media story that you have read or heard.

Listening

A. Look at the picture and answer the questions.



a. What do you think it is?

b. How do you buy movie tickets?

B. Listen to the audio and match the movies with the screens.

	Screens		Movies
a.	Screen I	i.	Streetmatch
b.	Screen II	ii.	Ships in the Night
c.	Screen III	iii.	Lulu
d.	Screen IV	iv.	Don't open the Door

C. Fill in the gaps with the words from the audio.

a. People are asked to press .....to book the tickets for the movies.

b. Ticket prices are five euros for ..... .

c. The number of movies shown on that day are ..... .

d. In the movie 'Ships in the Night', Maggie wants to forget ..... .

e. The movie 'Lulu' is about ..... .

D. Which of the movies mentioned in the audio would you like to watch? Why?

Grammar II

A. Study the following pairs of sentences below. What differences do you notice in them?

a. I had my television fixed. I had a technician fix my television.

b. I got my assignment edited. I got a friend to edit my assignment.

c. I made my sister walk the dog. My sister was made to walk the dog.

d. I have appointments made for me. I have the assistant make the appointments for me.

e. I will have my glass bottles recycled. I will get my friend to recycle my glass bottles.

B. Complete the sentences below with the correct form of the verbs in brackets.

a. I don't let my children ..... video games. (play)

b. The police made him ..... for the damage he caused. (pay)

c. Rob is having his house ..... next weekend. (paint)

d. Julia got her boy friend ..... her a ring. (buy)

e. Sam gets me ..... the grocery every weekend. (deliver)

f. Please, try not to make her ..... (cry)

g. This quiz can make you ..... causative verbs better. (understand)

h. Laura never has people ..... her what to do. (tell)

i. My friend got me ..... her with her CV. (help)

j. I had a plumber ..... the plumbing this morning. (fix)

k. I had my hair ..... once a month. (trim)

l. After the party, I was made ..... all the dishes. (wash)

C. Imagine you were in a holiday camp last year. What were you made or let to do there? Write a few sentences using 'have', 'get' and 'make', etc.

Writing II

Many people believe that social networking sites such as Facebook and TikTok have negative impacts on both individuals and society while others believe that they have connected people globally. What do you think? Write an essay expressing your opinions on the impacts of social media.

Project work

Collect some stories from your locality in which people's lives have either been impacted positively or negatively by social media. Share the stories in the class.

Extra bit

How to say telephone numbers in English

We give telephone numbers by saying each individual number in it.

Example:3692-5847 = three six nine two, five eight four seven.

The most common way to pronounce the Zero is like the name of the letter O (oh).

Example: 5059-1023 = five oh five nine, one oh two three

If a phone number contains two of the same numbers together, we usually say double (then that number).

Example: 5718-3369 = five seven one eight, double three, six, nine

If a phone number contains three of the same numbers together, we usually say triple (then that number).

Example: 2149-8777 = two one four nine, eight triple seven.