**St. Mary's School, Dwarka**
**Holiday Homework**
**Class X**
**Worksheet 2**

**General Instructions:**

1) The work should be done neatly and systematically.

2) The given questions are to be done in your respective subject notebooks.

3) Attempt all questions.

## Subject – English

**No. of Questions: 10**                                                    **M.M: 25**

**Q1. Read the passage given below.**

Cartoon Pokémon, created by Satoshi Tajiri in 1995, belongs to anime, the Japanese name for animated film. Anime has a distinctive appearance (e.g. big eyes). The original name of the cartoon was Pocket Monsters. A year later, the name was shortened into Pokémon. Each episode of the cartoon is a special adventure of the main hero, Ash Ketchum who fights against other trainers. Despite hard blows they receive all the time; Pokémon never die as they have the ability to recover energy.

In 1997 in Japan, 653 children were admitted to the hospital for epileptic seizures. After detailed research it was found that the seizures were caused by flashing red and blue lights which appeared in the 38th episode of Pokémon, which children watched that night. The episode was never commercially released or re-broadcast anywhere in the world, as it was banned by the Japanese government.

There are other, less radical, health issues. For example, it is obvious that there is nothing good in sitting all day in front of the TV, watching cartoons. This can only weaken kids' eyesight or may lead to spine curvature disorders. Lack of physical activity also creates problems with obesity. Furthermore, many experts stress the negative impact of cartoons on the speech development of children by the age of three.

Psychologists claim that watching cartoons is a passive activity in which there is no interaction required for proper speech development.

**Based on your reading of the passage, choose the correct option:** **(1x5 =5)**

**i.** Pokémon neither commercially released nor re-broadcast after being banned because _____. **(1)**
   a) people realized the addictive aspect of Pokémon cartoons on children like speech impediments
   b) Japanese parents protested the commercial release and re-broadcast of cartoon in 1997
   c) doctors' community revealed that repetitive visual effects induced photosensitive epileptic seizures
   d) a ban by Japanese govt. exposed the psycho-physic and emotional problems of the cartoon

**ii.** What is the central message of the passage? **(1)**
   a) psychological effects of children's health
   b) impact of cartoons on child development
   c) devastating impact of cartoons on society
   d) psychology of photosensitivity in children

**iii**. 'Imitation is the tool to absorb and adapt by observing those who surround us.' According to you, how
   can the addiction to watching cartoons hamper a child's language development? **(1)**

**iv.** Choose the option which matches the definitions (a–d) with the vocabulary (1–4). **(1)**

| Vocabulary | Definition |
|---|---|
| 1) anime | a) an abnormal backward to the vertebral column |
| 2) epileptic seizures | b) an event occurring as part of sequence |
| 3) curvature | c) the name that is christened for the animated films in Japan. |
| 4) episode | d) disorder in the brain cell is causing seizures |

   a) c,d,a,b
   b) c,a,d, b
   c) a,b,d,c
   d) d,a,c,b

**v**. What does the author mean by the line, "lack of physical activity also creates problems with obesity."
   **(1)**
   a) Desk-bound chores lead to weight gain and related health risks.
   b) Children eat more while they watch cartoon movies distractedly.
   c) Playing outdoors is not preferred by cartoon-watching kids.
   d) Cartoons encourage children to stay indoors and play games.

**Q2**. You are Sanjana/Shirish of Safdarjung Development Area, New Delhi. You are perturbed by the increasing cases of attacks on the elderly. Write a letter in about 100-120 words to the Editor, 'The Aware Indian' highlights the trend. Make suggestions to the people living alone and the authorities to ensure that such attacks do not take place. **(3)**

**Q3.** Complete the following tasks, as directed. **(½ x4=2)**

  **i.** Read the dialogue between Shabnam and her mentor, Sara, regarding her summer internship programme. **(½)**

Sara: Why did you choose to participate in the internship programme?

Shabnam: Ah! I am convinced this programme has the potential to enhance my abilities.

Select the correct option to complete the reporting of the above dialogue.

Sara asked Shabnam _____ in the internship programme. Shabnam sighed and exclaimed that she was convinced that programme had the potential to enhance her abilities.

       a) why to choose to participate

       b) to choose participation

       c) why he had chosen to participate

       d) with her choice in participating

**ii**. Identify the error and supply correction for the given sentence from a commercial company's current marketing strategy. **(½)**

**The company aimed to increasing authority in areas frequently visited by the clients.**

| ERROR | CORRECTION |
|-------|------------|
|       |            |

**iii**. Express 'preference of the speaker' in the following sentence: **(½)**

   I _____ rather have low-fat cheese than egg.

    a. will

    b. would

    c. should

    d. shall

**iv**._____ people know the great attributes our music teacher has. He prefers to live **(½)** unostentatiously.

a. Many

b. Most

c. Few

d. A few

**Q4**. **Choose the correct option for strong obligation:**                    **(½ x4=2)**

**i.** You ___ not enter the lab without wearing safety goggles.                    **(½)**
     a.could
     b. may
     c. should
     d. must

**ii.** I would like to meet you after you ____ your work.                    **(½)**
     a. had finished
     b. will have finished
     c. have finished
     d. will finish

**iii.** Fill in the blank by using the correct form of the word in the bracket.                    **(½)**
    Dev and his brother Raj prefer_____ (play) hockey on Saturday.

**iv.** Select the option that identifies the error and supplies the correction for the given sentence.
  If she will work hard, she will score better in the exams.                    **(½)**

| Option no. | Error | Correction |
|------------|-------|------------|
| A | If | Unless |
| B | will work | works |
| C | will score | scored |
| D | harder | hard |

**Q5. Read the following stanza and answer the questions that follow:**                    **(½x2 =2)**

He should be snarling around houses
At the jungle's edge,
Baring his white fangs, his claws,
Terrorising the village!
But he's locked in a concrete cell,
His strength behind bars,
Stalking the length of his cage,
Ignoring visitors."

                  **-  A Tiger in the Zoo**

**i. What does the poet suggest the tiger should be doing?**                    **(½)**
 a) playing in the zoo
 b) snarling and hunting in the jungle
 c) sleeping peacefully
 d) performing tricks for visitors

**ii. What do "white fangs" and "claws" symbolise?** **(½)**

a) playfulness and innocence

b) beauty and elegance

c) danger and strength

d) fear and weakness

**iii. What contrast is shown in the lines "But he's locked in a concrete cell, / His strength behind bars"?** **(½)**

a) Between night and day

b) Between freedom and captivity

c) Between old and young

d) Between hunger and satisfaction

**iv. What emotion is conveyed through the tiger's behaviour in the cage?** **(½)**

a) frustration and helplessness

b) fear and excitement

c) joy and curiosity

d) satisfaction and peace

**Answer the following questions in about 50 words.** **(2x3=6)**

**Q6.** What does the poet want to convey through the poem "Dust of Snow"?

**Q7.** "All the while, Mrs. Pumphrey hovered anxiously in the background, ringing a dozen times for the latest bulletins".
Do you think Mrs. Pumphrey's concern for Tricki is justified? Why or why not?

**Q8**. What role did the seagull's family play in his first flight?

**Answer the following questions in about 80 words.** **(3)**

**Q9.** How did the postmaster and his employees react to Lencho's letter? What does this reveal about human nature?

**Q10.** Read any story based on the theme 'Hope' and describe the story in a storyboard format in your own words. **(2)**

**Parameters**
1. **Relevance to theme (Hope)**
2. **Story structure**
3. **Visual presentation & creativity**
4. **Language and expression**

# Subject: Hindi

No. of questions: 10                                                                                            M.M. 25

**प्रश्न 1  निम्नलिखित गद्यांश पर आधारित प्रश्नों के उत्तर उचित विकल्प चुनकर दीजिएः    (1×5=5)**

स्वतंत्रता के बाद भारत में लोकतंत्र की स्थापना हुई। भारत एक लोकतांत्रिक देश बना। लोकतांत्रिक सरकार के गठन में लोगों की भागीदारी सुनिश्चित करने के उद्देश्य से निष्पक्ष मतदान का प्रावधान किया गया। जनता अपना बहुमूल्य मत देकर अपने प्रतिनिधि चुनकर राज्य की विधानसभाओं और संसद में भेजती है।

अपनी भागीदारी सुनिश्चित करने के लिए लोग मतदान करते हैं। वर्तमान में दिल्ली को राज्य का दर्जा प्रदान किया गया है, जिसकी विधानसभा और नगर निगम के लिए प्रत्येक पाँच वर्ष पर चुनाव होते हैं। 2012 में हुए नगर निगम के चुनाव के एक मतदान केंद्र पर मुझे पिता जी के साथ जाने का अवसर मिला, जहाँ मुझे यह विशेष अनुभव प्राप्त हुआ। मैं चुनाव के दिन लगभग 11 बजे मतदान केंद्र पहुँचा। यह केंद्र द्वारका में स्थित था। मतदान केंद्र के बाहर सड़क पर बहुत से लोग और विभिन्न पार्टियों के कार्यकर्ता जमा थे। वे अपनी-अपनी पार्टी के झंडे और बैनर टाँगे थे। कुछ तख्त पर यूँ बैठे थे, मानो दुकानदार हों। वे लोगों को पर्चियों देने का प्रयास कर रहे थे, जिन पर पता, मतदाता क्रमांक, बूथ संख्या आदि लिखे थे। मैंने उत्साहपूर्वक पिता जी के नाम की पर्ची ले ली। मतदान केंद्र के बड़े से द्वार पर सशस्त्र जवान तैनात थे। वे गहन तलाशी के बाद ही अंदर प्रवेश की अनुमति दे रहे थे। उन्होंने पिता जी के अनुरोध पर मुझे भी अंदर जाने दिया। अंदर अनेक कतारें लगी थीं। सभी कतारों के लिए अलग-अलग बूथ बने थे। मैंने देखा कि सभी कतारों में युवा, प्रौढ़ और वृद्ध उत्साहपूर्वक अपनी बारी की प्रतीक्षा कर रहे थे।

करीब बीस मिनट बाद मैं भी पिता जी के साथ अंदर गया। वहाँ आवश्यक कार्यवाही के बाद कोने में रखी ई.वी.एम. का बटन दबाते ही विप बज उठी और मतदान हो गया। मैं पिता जी के साथ हर्षोल्लास के साथ बाहर आ गया।

(i) लेखक को पिता के साथ कहाँ जाने का अवसर प्राप्त हुआ?

       (क) रक्तदान केन्द्र

       (ख) चुनाव मतदान केन्द्र

       (ग) केन्द्रीय भण्डार

       (घ) विधानसभा केन्द्र

(ii) विधानसभा और नगर निगम के लिए कितने वर्ष बाद चुनाव होते हैं?

      (क) प्रत्येक पाँच

      (ख) प्रत्येक चार

      (ग) प्रत्येक पन्द्रह

      (घ) प्रत्येक तीन

(iii) निम्नलिखित कथन (A) तथा कारण (R) को ध्यानपूर्वक पढ़िए तथा दिए गए विकल्पों में से कोई एक सही विकल्प चुनकर लिखिए।

कथन (A) सरकार गठन में अपनी भागीदारी सुनिश्चित करने के लिए लोग मतदान नहीं करते हैं।

कारण (R) जनता अपना बहुमूल्य मत देकर अपने प्रतिनिधि चुनकर विधानसभा में भेजती है।

 1 कथन (A) तथा कारण (R) दोनों गलत हैं।

 2 कथन (A) गलत है परन्तु कारण (R) सही है।

 3 कथन (A) सही है परन्तु कारण (R) गलत व्याख्या करता है।

 4 कथन (A) सही है और कारण (R) कथन की सही व्याख्या करता है।

(iv) लेखक गद्यांश में किस विशेष अनुभव का वर्णन कर रहे हैं?

(v) लेखक के पिताजी ने मतदान किस प्रकार दिया?

**निम्नलिखित प्रश्नों के उत्तर निर्देश के अनुसार दीजिएः**       (1×5=5)

**प्रश्न 2** वह **बात-बात पर** रोने लगता है।वाक्य में रेखांकित पदबंध कौन- सा है?

**प्रश्न 3** परेशानियों से न हारने वाले आप निराश कैसे हो गए? वाक्य में सर्वनाम पदबंध कौन-सा है?

**प्रश्न 4** 'परिश्रमी विद्यार्थी उन्नति करते हैं।'इस वाक्य का उचित मिश्र वाक्य रूप क्या होगा?

**प्रश्न 5** मोहन ने रवि से कहा कि तुम माता पिता की **मेहनत की कमाई** क्यों बरबाद कर रहे हो? रेखांकित शब्दों के स्थान पर किस मुहावरे का प्रयोग किया जाएगा?

**प्रश्न 6** 'रंग दिखाना' मुहावरे का अर्थ लिखकर वाक्य में प्रयोग कीजिए।

प्रश्न 7 निम्नलिखित प्रश्नों के उत्तर दीजिए — (1½×2 =3)

(क) मीरा श्रीकृष्ण की भक्ति से प्राप्त होने वाले किन लाभों के विषय में बताती हैं ? वे गिरिधर से अलग क्यों नहीं होना चाहती ?

(ख) पुलिस कमिश्नर का नोटिस कौंसिल के नोटिस से किस प्रकार भिन्न था ? साधारण आदमी किस प्रकार पुलिस कमिश्नर की सहायता ले सकता है ?

प्रश्न 8 निम्नलिखित प्रश्नों के उत्तर दीजिए — (1×2=2)

(क) हरिहर काका की किस स्थिति ने लेखक को चिंतित कर दिया ?

(ख) कथावाचक और हरिहर काका के बीच क्या संबंध है और इसके क्या कारण हैं?

प्रश्न 9 आप संस्कार पब्लिक सीनियर सेकेंड्री स्कूल, शालीमार बाग, दिल्ली के छात्र पल्लव हो। आपने अपने विद्यालय के छात्र को एक साहसिक कार्य करते देखा। उस सहपाठी को पुरस्कृत एवं सम्मानित करने के लिए अपने विद्यालय के प्रधानाचार्य को लगभग 120 शब्दों में प्रार्थना पत्र लिखिए।
(1×5=5)

गतिविधि ः
प्रश्न 10 अपने पसंदीदा मुहावरे लिखते हुए सुंदर वॉटरफॉल कार्ड बनाइए। (5×1=5)

## **Subject: Mathematics**

**No. of questions: 10**                                                                                                    **M.M. 25**

Q-1 Express 5005 as a product of its prime factors:                                                      (1)

Q-2 Given that HCF (306, 657) = 9, find LCM (306, 657).                                       (2)

Q-3 The following real numbers have decimal expansions as given below. In each case, decide whether
they are rational or not. If they are rational, and of the form, p/q what can you say about the prime
factors of q?                                                                                                               (2)
 (i) 43.123456789
 (ii) 0.120120012000120000…

Q-4 Check whether $6^n$ can end with the digit 0 for any natural number n.                   (2)

Q-5. Find HCF and LCM of 13 and 17 by prime factorisation method.                          (2)

Q-6. Prove that $2 + 3\sqrt{5}$ is an irrational number.                                              (3)

Q-7 What type of lines are represented by the following pair of linear equations. Verify your answer by
representing on the graph.
    2x= 5y+6        and 15y =6x-18.

 Q-8. Half the perimeter of a rectangular garden, whose length is 4 m more than its width, is 36 m.
    Find the dimensions of the garden.                                                                    (3)

Q-9 Prove that $2\sqrt{3} – 1$ is an irrational number.                                              (3)

Q-10 In a pool at an aquarium, a dolphin jumps out of the water travelling at 20 cm per second.  Its
height above water level after t seconds is given by $h = 20t - 16t^2$.



**Based on the above, answer the following questions :**                                         **(1+1+2)**

i) Find zeroes of polynomial $p(t) = 20t - 16t^2$
ii) What would be the value of h at t= 3/2 ? find result
iii) How much distance has the dolphin covered before hitting the water level again?

**Activity:**

Secret Number Quest
Players: 2 or more
In this activity, one player will draw the table with columns for one digit number and think of a number that can come in this table. But cannot share this with their respective partners. The other partner will guess the number which will come to the table, which should be the same as thought by the other player. If his guess is correct, then he will be the winner.

# Subject: Science

**No. of Questions-10** **M.M.25**

**General Instructions:**

\* Neatly write the answers in your science notebook.

\* Attempt the questions keeping in mind the weightage of each question.

Q1. A boy's vision adapts as he shifts focus between a closed book and a distant billboard. Which of the following parts of the eye is responsible for adjusting the focal length to see objects at varying distances? (1)

(a) Cornea

(b) Ciliary muscles

(c) Optic nerve

(d) Pupil

Q2. Read the following statements. (1)

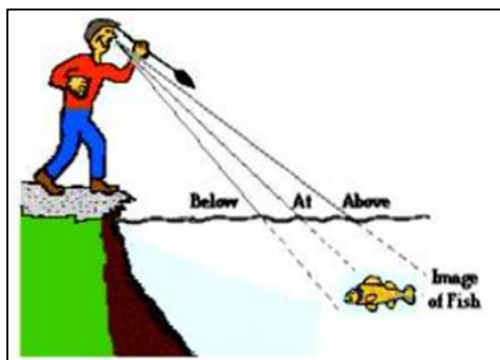   X: amount of carbon dioxide produced per molecule of glucose during aerobic respiration

   Y: amount of carbon dioxide produced per molecule of glucose during fermentation   by yeast. Which of the following is TRUE about X and Y?

(a)  X is more than Y.

(b) X is less than Y.

(c) X is equal to Y.

(d) (Cannot be determined.)

Q3. **Assertion (A):** Energy flow in an ecosystem is always unidirectional. (1)
   **Reason (R):** Energy is lost as heat at each trophic level and cannot be reused by the  previous level.

Q4. Due to light refraction, a fish appears at a different location than its actual position as shown in the figure given below. To successfully spear the fish, should the person aim above at, or below the observed location? Explain. (2)



Q5. Rusting of iron is considered a slow chemical change, but combustion of wood is fast. Explain why reaction rates differ in these cases. (2)

Q6. A Student shines a laser beam at an angle onto a glass slab with a refractive index of 1.5. He then performs the same experiment with water, which has a refractive index of 1.33. If the speed of light in air is $3 \times 10^8$ m/s (3)

(i) Calculate the speed of light in:
   (a) Glass Slab                            (b)Water
(ii) Which of the two mediums is optically denser and optically rarer? (3)

Q7. Many packaged food items contain antioxidants. Analyze how these chemicals prevent rancidity, linking them to oxidation. (3)

Q8. a. Mention two ways in which energy is lost from the trophic levels in the ecosystem. (2)
   b. A lot of harmful chemicals enter our body through different sources like food. Since human beings are at the top of the food chain/ trophic structure, maximum concentration of such chemicals is found in human beings. What is this phenomenon known as? (1)

Q9. A student is conducting an experiment to project the image of a small plant onto a screen positioned 60 cm in front of a mirror. The plant is placed 20 cm away from the mirror's surface. (1+1+2)
(a) What type of mirror should the student use to successfully project the image onto the screen?
(b) Compute the magnification of the produced image.
(c) Illustrate a ray diagram to depict the image formation, marking the distances between the plant and its image and write the image's characteristics.

Q10. **Activity**
Research and illustrate the journey of a drop of blood through the human circulatory system by creating a detailed comic strip that shows its complete path and the exchange of oxygen and carbon dioxide at various stages. (5)

## **Subject: Social Science**

**No. of questions: 10**                                                                                          **M.M. 25**

Q1. Define National resources and Individual resources?                                     1

Q2. What role did culture play in fostering nationalism?                                      1

Q3. How did the French Revolution influence nationalism?                                 1

Q4. What is soil erosion? How do human activities and natural forces cause soil erosion?         2

Q5. Describe any three features of the federal government.                                    3

Q6. What does the following cartoon represent?                                                    3



Q7. A River Valley in India is being developed into a hydroelectric power plant state the three steps of resource planning to achieve it.                                                                    3

Q8. Highlight any three major advantages of public facilities.                              3

Q9. Does availability of good health and educational facilities depend only on amount of money spent by the government on these facilities? What other factors could be relevant?         3

Q10. Explain the contribution of Giuseppe Mazzini in spreading revolutionary ideas in Europe.   5

Class 10 Worksheet 2

**Activity**: **Political Science**

**Design Your Dream Local Area – Creative Civic Planning**
Objective:
To help students understand the functions and responsibilities of Panchayats and Municipalities through a creative planning task.
Instructions:
1. Imagine you are the head (Sarpanch/Chairperson) of a village or a town.
2. On a blank sheet of paper or a chart, draw and label your ideal village or town.
3. Include at least 5 facilities that your Panchayat/Municipality would provide. For example:
- Clean water system
- Waste management


- Health center
- Primary school
- Roads or street lights
4. Beside each facility, write:
- Why is it important?
- Which part of the local government would manage it?
 5. Add a creative name for your town/village and a slogan (e.g., "Green Gram for a
Clean Tomorrow!").

## <u>Subject: Artificial Intelligence</u>

**No. of questions: 2**                                                                                **M.M: 25**

Q1      What is a 4W canvas in AI Project cycle?                                                1

Q2      Write the Problem Statement Template and draw the 4 W canvas for the following cases:

**Case 1:**                                                                                                **6x4=24**

There is a long waiting line for the parking area in the mall near your house. People often park their cars on the roads rather than wait for their turn. This creates traffic problems. And this is the problem that you are going to solve.



**Case 2:**

As the exams are near you observe all your friends as well as you are tired and sleepy. The school counsellor says this is due to inadequate sleep and outdoor activity. And this is the problem you are trying to solve.



**Case 3:** "During a visit to a national park, Anil learns that several animal species in the region are on the verge of extinction due to deforestation and poaching. He wants to raise awareness among

his classmates. What actions can Anil take to spread awareness, and why is it important to protect endangered wildlife?"

**Case 4:** As more and more new technologies get into play, risks will get more concentrated into a common network. Cybersecurity becomes extremely complicated in such scenarios and goes beyond the control of firewalls. It will not be able to detect unusual activity and patterns including the movement of data. Think how AI algorithms can scrape through vast amounts of logs to identify susceptible user behaviour. Use an AI project cycle to clearly identify the scope, how you will collect data, model and evaluation parameters.



**Case 5:** "Riya notices that her neighborhood park is filled with discarded plastic bottles and bags. She wants to take action but isn't sure where to start. What steps can Riya take to promote recycling of plastic waste in her community, and why is her initiative important?"

**Case 6:** "A village school in a rural area has limited access to books and learning materials. A non-profit organization proposes setting up a mobile library that visits weekly. How can this mobile library benefit the students and the community, and what challenges might need to be addressed to make it successful?"



**Activity: Draw a pictograph on "SMART" goal setting.**

# **Subject: Music**

**No. of questions: 7**                                                                                    **M.M: 15**

Q.1) How many Swaras are there in a Saptak                                                         (1x5)
a) 8
b) 12
c) 7

Q.2) Jyati of Raga Khamaj is
a) Audav-Audav
b) Shadav-Sanmpoorn
c) Sampoorn-Sampoorn

Q.3) How many Minimum Swaras are required to form a Raga
a) 5
b) 6
c) 7

Q.4) The Thaat of Raga Yaman  is
a) Kalyan
b) Khamaj
c) Bharavi

Q.5 Number of Matras in Teen Taal
a) 8
b) 12
c)16

Q.7) Define any two of the following                                                              (2x5)
a)  Khatka
b)  Samvadi Swara
c)  Varjit swara
d)  Vadi swara
e)  Khali

# **Subject: Home Science**

**No. of questions: 10**                                                                     **M.M. 25**

**Q1.** What is time management?                                                                    1
- a) Allocating time for various tasks effectively
- b) Managing clocks and watches
- c) Organizing events and meetings
- d) None of the above

**Q2.** Which of the following is a strategy to overcome procrastination?                   1
- a) Setting unrealistic goals
- b) Breaking tasks into smaller, manageable parts
- c) Avoiding planning and scheduling
- d) Ignoring deadlines

**Q3**. Which of the following is NOT a benefit of effective time management?               1
- a) Reduced stress
- b) Increased productivity
- c) Poor work-life balance
- d) Improved decision-making

**Q4.** Time management helps to get work done -.                                             1
- a) costlier
- b) better
- c) slower
- d) none of the above

**Q5.** Combining foods like rice and pulses or idli-sambhar can _____ its  protein quality.   1
   a) increase
   b**)** decrease
   c) no change
   d) none of the above

**Q6.** Match List I with List II                                                            1
   List I (Dishes)                                    List II (Nutrients)
   A. Carrot Halwa                                     I. Carbohydrate
   B. Vermicelli kheer                                II. Protein
   C. Channa Kebab                                   III. Calcium
   D. Bread roll                                     IV. Vitamin A
   Choose the correct option from the following-
   a) A – III; B – IV; C- II; D – I
   b) A – IV; B – III; C- II; D – I
   c) A – II; B – III; C- IV; D –I

d) A –I; B –II; C-III; D – IV

**Q7. Very short answer type questions-** (5x1= 5)

I. Name any two factors affecting energy management.

II. Give some examples of light work.

III. Who suggested 'classes of change'?

IV. What is the extra energy required to perform the task than resting level is called?

V. What is procrastination?

**Q8. Short answer type questions-** (2x2= 4)

I.     Give some tips for Effective Time Management.

II.    Define perishable and non-perishable foods with examples.

**Q9.** Prepare a time plan for yourself for one day by prioritizing your tasks in order and designate time
   accordingly to each task or activity. (5)
   **Activity:**

**Q10.** List down your daily chores under each category based on the amount of energy it takes you to
   complete the task and suggest the methods how you can balance these throughout day without
   feeling exhausted. (5)

| Light work | Moderate work | Heavy work |
|---|---|---|
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |