ZAHID NOTES • AJK BISE MIRPUR

9th Class English Notes
AJK Board (Mirpur)
Full Book Notes

Based on the National Book Foundation
“Model Textbook of English 9”

Unit-wise study notes for all 12 units, plus the three review sections, with original practice questions and an answer key.

Which book is this? First-time class 9 students under AJK BISE Mirpur follow the federal board scheme — the National Curriculum of Pakistan (2022–23) — so their English book is the National Book Foundation “Model Textbook of English 9” (12 units). The units in these notes follow that book in order. Students repeating under the older AJK syllabus should follow the book issued to them, not this one.

For study use only. The AJK BISE English paper for class 9 carries 75 marks in total. Check the current model paper and date sheet on ajkbise.net before the examination.

How to Use These Notes

Each unit has the same pattern, so you can revise quickly: a summary in simple English, key points to remember, difficult vocabulary with meanings, and then original practice questions — 10 multiple-choice questions, 5 short questions and 2 long questions. The three review sections, after Units 4, 8 and 12, pull the units together. The two poems, *Mowing* and *The Eagle*, are covered by theme and central idea only; read the poems themselves in your textbook.

The 12 units

1. Hazrat Muhammad Rasulullah — A Mercy for All Creation
2. The Art of Muslim Women's Entrepreneurship
3. Modern World and Age of Digital Globalization
4. Nothing is Impossible — The Construction of the Brooklyn Bridge
5. 5 of Jeff Bezos's Best Lessons for Success
6. Say No to Drugs
7. Mowing by Robert Frost (poem)
8. The Eagle by Alfred Tennyson (poem)
9. Travel and Tourism
10. Two Mothers Remembered by Joann Snow Duncanson
11. The Metamorphosis
12. Good Health and Well-being

AJK BISE Class 9 English — Paper Pattern

The written English paper for class 9 carries **75 marks** in total. The paper is set in sections: **Section A** is multiple-choice questions (15 marks, one mark each, under the FBISE policy guidelines that the federal-scheme paper follows); **Sections B and C** carry the remaining 60 marks between them, covering short questions, summary and paraphrase of prose and poetry, comprehension, letter and paragraph writing, translation and grammar. Always confirm the current section split from the board's latest model paper before the examination, as the board may adjust it.

> **Revision tip.** Learn one unit a day: read the summary, say the key points aloud, then answer the short questions without looking. Do the MCQs last, and check them against the key at the end of each unit.

Unit 1 — Hazrat Muhammad Rasulullah — A Mercy for All Creation

Prose • Theme: mercy, character and guidance

The unit presents the life of the Holy Prophet Muhammad (peace be upon him) as a mercy for all creation. Before his coming, Arabia was torn by tribal quarrels, idol worship and the neglect of the weak. His teaching replaced cruelty with compassion, pride with humility, and division with brotherhood. He taught that no person is better than another except by piety and good deeds.

His mercy was practical and daily: he was kind to children, respectful to elders, forgiving to enemies, and just even when judgement went against his own interests. The conquest of Makkah, when he forgave those who had opposed him for years, is the clearest example. The lesson is that mercy is not a feeling only; it is shown in how we treat people, animals and the world around us.

Key points to remember

- Mercy for all creation means kindness that reaches every living being, not only one's own people.
- The Prophet's character combined truthfulness, patience, humility and forgiveness.
- Equality of human beings is a central teaching: worth comes from piety and good deeds.
- Forgiveness at the conquest of Makkah shows mercy in victory, not only in weakness.
- Students can practise mercy by helping the needy, speaking gently and forgiving others.

Key vocabulary

Mercy	kindness and forgiveness shown to others.
Creation	everything that Allah has made, including people, animals and nature.
Compassion	a feeling of sympathy and a wish to help others.
Humility	the quality of not being proud.
Piety	being deeply religious and good in character.
Forgiveness	the act of pardoning someone who has done wrong.
Brotherhood	the feeling of unity and care between people.
Justice	fair treatment of everyone, without favour.

Short questions with answers

1. **What does the title mean by “a mercy for all creation”?**
   It means the Prophet's kindness and guidance were a blessing not only for Muslims but for all people, animals and the whole world.
2. **How did the Prophet treat his enemies at the conquest of Makkah?**
   He forgave them and announced a general pardon, although they had opposed and troubled him and his followers for years.
3. **What did the Prophet teach about equality?**
   He taught that all human beings are equal, and no Arab is superior to a non-Arab and no white person to a black person except by piety.

4. **Give one example of the Prophet's kindness to the weak.**
   He was gentle with children and orphans, gave rights to women and slaves, and showed kindness even to animals.
5. **How can a student practise mercy in daily life?**
   By helping classmates, speaking politely, forgiving mistakes, sharing with the needy and treating animals kindly.

Long questions with answers

1. **Describe the character of the Holy Prophet as a mercy for mankind.**
   The Prophet was a mercy in every part of life. He was honest in trade, patient in hardship and kind to the poor. He gave rights to women, slaves and neighbours at a time when society gave them none. He forgave his worst enemies instead of taking revenge. He taught love, justice and peace, and his example changed a divided, cruel society into one of knowledge and brotherhood. His mercy was therefore not only in words but in daily conduct, and that is why his life remains a guide for all people.
2. **Why is the Prophet called a mercy for all creation, not only for human beings?**
   His mercy reached beyond people. He taught kindness to animals, care for plants and the earth, and fairness in all dealings. He forbade cruelty to animals, urged planting trees and sharing water, and showed that every creature has a right to kind treatment. Because his teaching covers people, animals and nature together, he is rightly described as a mercy for all creation, and following his example means caring for the whole world around us.

Multiple-choice questions

1. The word “mercy” in the title mainly means:
   (a) Strict punishment (b) Kindness and forgiveness (c) Great wealth (d) Political power
2. According to the lesson, a person is better than another only by:
   (a) Family name (b) Piety and good deeds (c) Strength (d) Wealth
3. At the conquest of Makkah, the Prophet announced:
   (a) Exile of enemies (b) New taxes (c) Heavy fines (d) General pardon
4. Humility means:
   (a) Being silent (b) Being proud (c) Being wealthy (d) Not being proud
5. The Prophet's teaching replaced tribal division with:
   (a) Brotherhood (b) War (c) Silence (d) Trade
6. Justice means:
   (a) Fair treatment of everyone (b) Ignoring the weak (c) Quick punishment (d) Favouring friends
7. Kindness to animals is part of:
   (a) Poetry (b) Politics (c) Mercy for all creation (d) Business skill
8. The lesson teaches that mercy is shown mainly through:
   (a) Titles (b) Words only (c) Daily conduct (d) Wealth
9. Forgiveness is:
   (a) Weakness (b) Pardoning someone who did wrong (c) Forgetting the law (d) Avoiding people
10. A student can practise mercy by:
    (a) Ignoring the needy (b) Speaking harshly (c) Keeping everything (d) Helping classmates

Answer key: 1-b, 2-b, 3-d, 4-d, 5-a, 6-a, 7-c, 8-c, 9-b, 10-d

Unit 2 — The Art of Muslim Women’s Entrepreneurship

Prose • Theme: women, business and honest work

The unit looks at Muslim women who built honest and successful businesses, beginning with Hazrat Khadija (may Allah be pleased with her), a respected trader of Makkah. She ran her trade with honesty, employed trustworthy people and treated her workers fairly. Her example shows that business and faith can go together, and that a woman's work, when done honestly, is worthy of respect.

The lesson then turns to women entrepreneurs today: women who run small shops, online stores, stitching units and food businesses from their homes. They face problems such as limited money, little training and social pressure, yet they succeed through hard work, planning and good character. The message is that entrepreneurship is not only about earning money; it is about solving problems, creating jobs and serving society.

Key points to remember

- Hazrat Khadija was a successful and honest trader long before her marriage to the Prophet.
- Honesty, fair dealing and care for workers are the foundation of good business.
- Modern women entrepreneurs often start small, from home, with limited money.
- Planning, saving, learning new skills and using technology help a small business grow.
- Entrepreneurship creates jobs and serves the community, not only the owner.

Key vocabulary

Entrepreneurship	starting and running a business of one's own.
Trader	a person who buys and sells goods for profit.
Honest dealing	doing business truthfully, without cheating.
Investment	money put into a business to make it grow.
Profit	the money left after costs are paid.
Customer	a person who buys goods or services.
Planning	thinking ahead and deciding how to do something.
Self-reliance	depending on one's own effort instead of others.

Short questions with answers

1. **Who is given as the first example of a Muslim woman entrepreneur?**
   Hazrat Khadija, a respected trader of Makkah, who ran her business honestly and treated her workers fairly.
2. **What qualities made Hazrat Khadija a successful trader?**
   Honesty, trustworthiness, fair dealing and care for the people who worked for her.
3. **Name two problems women entrepreneurs face today.**
   Limited money to start with, and little training or social support, along with pressure from society.

4. **How can technology help a small home business?**
   It lets a seller reach more customers through online shops and social media, and helps with payments and orders.
5. **Why is entrepreneurship useful for society?**
   It creates jobs, provides goods and services, and helps families and communities become self-reliant.

Long questions with answers

1. **What lessons can modern businesswomen learn from Hazrat Khadija?**
   Hazrat Khadija shows that a business succeeds on character, not only on money. She was trusted because she was honest in every deal, paid fairly and chose reliable people. Modern businesswomen can learn to keep promises to customers, deal fairly with workers and suppliers, and earn a good name that brings customers back. Her life also shows that a woman can lead in trade while keeping her dignity and faith, so success and good character should grow together.
2. **How can a young woman start a small business with little money?**
   She should begin with a skill she already has, such as stitching, cooking, teaching or making crafts, and start small from home. She should plan her costs, save a little from each sale, learn basic bookkeeping and use free online tools to reach customers. Quality and honest dealing will bring repeat buyers. With patience, reinvested profit and new skills, a small home business can grow into a larger one that also gives work to others.

Multiple-choice questions

1. Hazrat Khadija was known as a:
   (a) Trader (b) Teacher (c) Poet (d) Farmer
2. The foundation of good business in the lesson is:
   (a) Luck (b) Borrowing (c) Cheating (d) Honesty
3. An entrepreneur is a person who:
   (a) Sells nothing (b) Works for others only (c) Starts and runs a business (d) Avoids risk
4. Profit is:
   (a) Total sales (b) Money left after costs (c) Money borrowed (d) Money spent
5. A customer is:
   (a) A business owner (b) A worker (c) A lender (d) A person who buys goods
6. Self-reliance means:
   (a) Avoiding work (b) Asking for help always (c) Depending on others (d) Depending on one's own effort
7. Technology helps small businesses by:
   (a) Closing shops (b) Reaching more customers (c) Hiding products (d) Raising prices
8. Entrepreneurship serves society by:
   (a) Creating jobs (b) Reducing trade (c) Closing markets (d) Raising taxes
9. Planning in business means:
   (a) Guessing blindly (b) Copying others (c) Spending freely (d) Thinking ahead and deciding
10. A good name in business comes from:
    (a) High prices (b) Secret dealings (c) Honest dealing (d) Loud advertising only

Answer key: 1-a, 2-d, 3-c, 4-b, 5-d, 6-d, 7-b, 8-a, 9-d, 10-c

Unit 3 — Modern World and Age of Digital Globalization

Prose • Theme: technology, connection and change

The unit describes how digital technology has joined the world into one connected network. News, goods, ideas and money now travel across borders in seconds. A student in a small town can attend an online class, a shopkeeper can sell to another country, and families can talk to relatives far away. This connection has brought learning, trade and opportunity to many people.

Yet the same change brings problems. False information spreads quickly, too much screen time harms health and study, and online fraud can cheat people. The lesson therefore teaches balance: use digital tools for learning and honest work, check information before believing it, protect personal data, and keep time for family, study and rest. Technology is a tool; its value depends on how wisely we use it.

Key points to remember

- Digital globalization means the world is connected through the internet and digital tools.
- Online learning, e-commerce and instant communication are its main benefits.
- False news, fraud and addiction are its main dangers.
- Checking sources before sharing news is a basic digital skill.
- Balance matters: screens should serve study and work, not replace rest and family life.

Key vocabulary

Globalization	the growing connection of countries through trade, ideas and technology.
Digital	relating to computers and the internet.
E-commerce	buying and selling goods online.
Misinformation	false or wrong information spread as if it were true.
Fraud	cheating people to get money or information.
Privacy	keeping one's personal information safe from others.
Connectivity	being linked together through networks.
Innovation	a new idea, method or device.

Short questions with answers

1. **What is digital globalization?**
   It is the connection of the world through the internet and digital tools, so news, trade and ideas travel across borders quickly.
2. **Name two benefits of the digital age.**
   Online learning for students, and e-commerce that lets sellers reach customers in other places.
3. **What is misinformation?**
   False or wrong information that is spread as if it were true, often through social media.
4. **Why should personal data be protected online?**
   Because strangers can misuse it for fraud, theft or unwanted contact.

5. **How can a student use the internet wisely?**
   By using it for study and learning, checking facts before sharing, and limiting screen time.

Long questions with answers

1. **What are the advantages and disadvantages of digital globalization?**
   Its advantages are clear: instant communication, online education, wider markets for sellers, and quick access to knowledge. A student can learn from teachers anywhere, and a small business can find buyers abroad. Its disadvantages are also real: false news spreads fast, fraud cheats people, too much screen time harms health and study, and personal data can be stolen. The wise course is to enjoy the benefits while guarding against the dangers, using technology with care and balance.
2. **How can young people protect themselves from online dangers?**
   Young people should never share passwords, addresses or photos with strangers, and should check news on trusted sources before believing or forwarding it. They should use strong passwords, avoid clicking unknown links, and tell a parent or teacher about anything suspicious. They should also set a daily limit for screens, keep time for study, sport and family, and remember that not everything online is true or safe.

Multiple-choice questions

1. Digital globalization mainly means:
   (a) Only local trade (b) No internet (c) Closing borders (d) World connected through digital tools
2. E-commerce is:
   (a) Playing games (b) Buying and selling online (c) Farming online (d) Watching films
3. Misinformation is:
   (a) True news (b) False information spread as true (c) Old books (d) School lessons
4. Fraud means:
   (a) Cheating people for money (b) Free service (c) Good advice (d) Honest trade
5. Privacy online means keeping safe:
   (a) School books (b) Weather (c) Personal information (d) Public roads
6. A benefit of digital globalization is:
   (a) Slower trade (b) Online learning (c) More fraud (d) Less knowledge
7. Before sharing news online, one should:
   (a) Check the source (b) Share at once (c) Add rumours (d) Hide it
8. Too much screen time can harm:
   (a) Only phones (b) Nothing (c) Only games (d) Health and study
9. Innovation means:
   (a) A closed door (b) A lost thing (c) A new idea or method (d) An old habit
10. Technology is best used:
    (a) To spread rumours (b) With balance and care (c) Without limits (d) Only for games

Answer key: 1-d, 2-b, 3-b, 4-a, 5-c, 6-b, 7-a, 8-d, 9-c, 10-b

Unit 4 — Nothing is Impossible — The Construction of the Brooklyn Bridge

Prose • Theme: determination, engineering and teamwork

The unit tells the story of the Brooklyn Bridge, the great bridge over the East River joining Manhattan and Brooklyn in New York. It was designed by John Roebling, a German-born engineer who dreamed of a bridge that people had said could not be built. When he died from an injury during early work, his son Washington Roebling took charge, and when illness left Washington unable to visit the site, his wife Emily Roebling carried his instructions to the workers and engineers.

The bridge took many years, cost many lives and tested every worker's courage. Men worked in deep underwater chambers, and many fell ill from the pressure. Yet the work went on, stone by stone and cable by cable, until the bridge opened and thousands of people walked across it. The lesson is that a great task needs a clear dream, patient planning, teamwork and the refusal to give up when the work becomes hard.

Key points to remember

- The Brooklyn Bridge joins Manhattan and Brooklyn across the East River in New York.
- John Roebling designed it; Washington Roebling built it; Emily Roebling carried the work forward.
- Workers faced deep water, great pressure and illness, yet the work continued.
- The bridge opened to crowds of people who crossed it on foot on the first day.
- The message is that determination and teamwork can achieve what seems impossible.

Key vocabulary

Determination	firm decision to keep working until a task is done.
Engineer	a person who designs and builds bridges, roads and machines.
Construction	the building of something large, such as a bridge.
Cable	a thick strong rope or wire used to hold up a bridge.
Foundation	the solid base on which a building or bridge stands.
Perseverance	continuing with a task although it is difficult.
Teamwork	people working together towards one goal.
Vision	a clear idea of what one wants to achieve in the future.

Short questions with answers

1. **Which two parts of New York does the Brooklyn Bridge join?**
   Manhattan and Brooklyn, across the East River.
2. **Who designed the Brooklyn Bridge?**
   John Roebling, a German-born engineer.
3. **How did Emily Roebling help the project?**
   When her husband Washington fell ill, she carried his instructions to the engineers and workers

and kept the work going.

4. **What dangers did the workers face?**
   They worked in deep underwater chambers under great pressure, and many fell ill.
5. **What is the main lesson of the unit?**
   That determination, patient planning and teamwork can achieve what seems impossible.

Long questions with answers

1. **Describe the role of the Roebling family in building the Brooklyn Bridge.**
   John Roebling dreamed of the bridge and designed it, though many people said it could not be built. After his death, his son Washington took charge of the construction and directed the work from his knowledge of engineering. When illness confined Washington to his room, his wife Emily learned the engineering details, carried his orders to the site and supervised the work. The bridge was therefore the work of a whole family, each member giving what the others could not, and it stands as a monument to their shared determination.
2. **Why is the Brooklyn Bridge called a story of “nothing is impossible”?**
   People said a bridge across the East River could not be built: the river was wide, the water deep, and the work dangerous. The builders faced death, disease and years of delay, and the chief engineer died before the work was far advanced. Yet through careful design, brave workers and a family that refused to abandon the task, the bridge was finished and opened to the public. Its completion proved that a task which seems impossible can be done when a clear plan is joined to patience, courage and steady work.

Multiple-choice questions

1. The Brooklyn Bridge crosses the:
   (a) Indus (b) Thames (c) East River (d) Nile
2. The bridge joins Manhattan with:
   (a) Brooklyn (b) Queens (c) Boston (d) Chicago
3. The bridge was designed by:
   (a) Thomas Edison (b) Isaac Newton (c) James Watt (d) John Roebling
4. After John Roebling's death, work was led by:
   (a) The mayor (b) No one (c) His son Washington (d) A stranger
5. Emily Roebling helped by:
   (a) Stopping the work (b) Carrying instructions to the site (c) Paying all costs (d) Designing alone
6. Workers in deep chambers suffered from:
   (a) Great pressure (b) Cold only (c) Noise only (d) Hunger only
7. Perseverance means:
   (a) Continuing although it is difficult (b) Working alone (c) Avoiding risk (d) Giving up early
8. The bridge is a symbol of:
   (a) Wealth alone (b) Speed alone (c) Determination and teamwork (d) Luck alone
9. A foundation is:
   (a) A window (b) The solid base of a structure (c) The roof (d) A cable
10. The lesson of the unit is that:
    (a) Impossible tasks can be done with resolve (b) Big works always fail (c) Dreams are useless (d) Teams slow work down

Answer key: 1-c, 2-a, 3-d, 4-c, 5-b, 6-a, 7-a, 8-c, 9-b, 10-a

Review 1 — After Unit 4

The first four units share one thread: values put into action. Mercy is shown, not only felt; honest business serves society; digital tools must be used wisely; and a great bridge is built by refusing to give up.

Quick revision

- Unit 1: mercy means kindness in daily conduct, to people, animals and nature.
- Unit 2: honest dealing and fair treatment of workers are the base of good business.
- Unit 3: check information before sharing it; protect personal data; keep screen time balanced.
- Unit 4: determination, planning and teamwork achieve what seems impossible.

Unit 5 — 5 of Jeff Bezos's Best Lessons for Success

Prose • Theme: business, long-term thinking and invention

The unit gathers lessons from the working life of Jeff Bezos, the founder of Amazon. He began with a small online bookshop run from a garage, and built it into one of the world's largest companies by holding to a few clear ideas: put the customer first, think for the long term, be willing to try new things and to fail, and keep inventing even when an idea looks strange at first.

The lessons are practical for students too. Being customer-obsessed means caring about the people you serve. Long-term thinking means choosing what is right over what is quick. Willingness to fail means treating a mistake as a lesson, not as an end. And inventing means looking for better ways instead of copying others. Success, in this view, is not luck; it is the result of steady habits repeated over years.

Key points to remember

- Jeff Bezos founded Amazon, which began as a small online bookshop.
- Customer obsession means making every decision with the customer's benefit in mind.
- Long-term thinking means preferring lasting value over quick profit.
- Inventors must accept failure, because new ideas often fail before they succeed.
- High standards and daily improvement keep a person or a company growing.

Key vocabulary

Customer obsession	caring deeply about what customers need and want.
Long-term	thinking about results years ahead, not only today.
Invention	creating something new that did not exist before.
Failure	not succeeding in an attempt; a chance to learn.
Experiment	trying something new to see if it works.
Standard	a level of quality that one tries to reach or keep.
Persistence	keeping on with a task until it is finished.
Growth	steady increase in size, skill or success.

Short questions with answers

1. **How did Amazon begin?**
   It began as a small online bookshop run from a garage, and grew into one of the world's largest companies.
2. **What does customer obsession mean?**
   It means making every decision with the customer's benefit in mind, and caring deeply about what customers need.
3. **Why is long-term thinking important in business?**
   Because choosing lasting value over quick profit builds trust and steady growth over years.
4. **How should failure be treated, according to the lessons?**
   As a lesson to learn from, not as an end; new ideas often fail before they succeed.

5. **What is one lesson students can use in their studies?**
   High standards and daily improvement: study a little better each day instead of waiting for a single big effort.

Long questions with answers

1. **Explain the lesson of long-term thinking with examples from the unit.**
   Long-term thinking means judging a decision by its result years later, not by its immediate gain. Bezos refused quick profits that would harm customers, and invested in services and delivery that took years to pay back. Those choices built trust, and trust brought growth. A student can use the same thinking: regular study may feel slow, but over a year it builds knowledge that cramming cannot give. In business and in study, the long view turns small daily efforts into lasting success.
2. **Why does the unit say that willingness to fail is necessary for success?**
   Every new idea carries risk, and many new ideas fail. If a person fears failure, he will only copy safe old ways and never invent anything better. Bezos tried several products and services that did not work, but each failure taught the company something, and the lessons led to later successes. Failure is therefore not the opposite of success but a step towards it, provided one learns from the mistake and tries again with a better plan.

Multiple-choice questions

1. Jeff Bezos founded:
   (a) Amazon (b) Microsoft (c) Apple (d) Google
2. Amazon began as an online:
   (a) Shoe shop (b) Bank (c) School (d) Bookshop
3. Customer obsession means caring about:
   (a) Only ads (b) Only rivals (c) Customers' needs (d) Only profit
4. Long-term thinking prefers:
   (a) Shortcuts (b) Lasting value (c) Quick profit only (d) No planning
5. An experiment is:
   (a) Trying something new to see if it works (b) Copying exactly (c) Avoiding risk (d) Quitting early
6. Failure should be treated as:
   (a) The end of all hope (b) A punishment (c) A secret (d) A lesson
7. Persistence means:
   (a) Changing goals daily (b) Working without a plan (c) Keeping on until a task is finished (d) Stopping at once
8. High standards mean:
   (a) Fast work only (b) A level of quality to reach (c) Low effort (d) No checking
9. Invention is:
   (a) Creating something new (b) Copying old things (c) Selling old goods (d) Closing a shop
10. Success in the unit is mainly the result of:
    (a) Luck alone (b) One lucky day (c) Borrowed money (d) Steady habits over years

Answer key: 1-a, 2-d, 3-c, 4-b, 5-a, 6-d, 7-c, 8-b, 9-a, 10-d

Unit 6 — Say No to Drugs

Prose • Theme: health, choice and a drug-free life

The unit explains why drugs are dangerous and why young people must refuse them. Drugs damage the body and the mind: they weaken memory, spoil health, waste money and destroy family trust. A person who becomes addicted loses control over his own choices, and his study, work and friendships all suffer. What often begins as curiosity or pressure from friends can become a habit that is very hard to break.

The lesson gives clear ways to refuse: say no firmly, stay away from places and company where drugs are used, and choose healthy activities such as sport, reading and useful work. It also teaches kindness towards those who are already addicted: they need medical help and family support, not hatred. A drug-free life is a healthy life, and protecting it is a duty to oneself, one's family and one's country.

Key points to remember

- Drugs damage health, memory, study, money and family trust.
- Addiction takes away a person's control over his own choices.
- Curiosity and pressure from friends are common reasons young people try drugs.
- Refusing firmly and choosing good company are the best protection.
- Addicted people need medical treatment and family support, not hatred.

Key vocabulary

Addiction	a strong habit that a person cannot easily stop.
Drug	a substance that changes how the body or mind works, often harmfully.
Curiosity	a strong wish to know or try something new.
Peer pressure	pressure from friends to do what they do.
Recovery	the process of getting well after illness or addiction.
Refusal	saying no to something offered.
Healthy	in good physical and mental condition.
Awareness	knowing about a danger and understanding it.

Short questions with answers

1. **How do drugs harm a student's study?**
   They weaken memory and concentration, so study, work and friendships all suffer.
2. **What is addiction?**
   A strong habit, such as drug use, that a person cannot easily stop and that takes away control over his choices.
3. **Name two reasons young people first try drugs.**
   Curiosity, and pressure from friends to do what the group is doing.

4. **How can a young person refuse drugs?**
   By saying no firmly, staying away from places and company where drugs are used, and choosing healthy activities.
5. **How should society treat addicted people?**
   With kindness: they need medical help and family support, not hatred.

Long questions with answers

1. **Describe the harmful effects of drugs on a person and his family.**
   Drugs first damage the body and mind: health weakens, memory fades and the person cannot study or work properly. Money is wasted on drugs, so the family suffers and trust is broken. The addicted person may lie, steal or quarrel at home, and friendships are lost. Because addiction removes control over one's own choices, the whole family shares the pain. That is why prevention is better than cure, and why saying no at the start protects both the person and his family.
2. **What steps can students and schools take to keep young people drug-free?**
   Students should choose good company, stay busy with sport, reading and useful work, and refuse any offer of drugs firmly and at once. Schools can teach awareness about the dangers, invite doctors to explain the effects, and watch for warning signs such as falling grades or changed behaviour. Families should talk openly with children and give them confidence. Together, awareness, good company and firm refusal keep young people safe, and those already in trouble should be guided to medical help without shame.

Multiple-choice questions

1. Addiction means:
   (a) A hobby (b) A game (c) A lesson (d) A habit one cannot easily stop
2. Drugs mainly damage:
   (a) Only books (b) Nothing (c) Health and mind (d) Only clothes
3. Peer pressure is pressure from:
   (a) Weather (b) Friends (c) Teachers only (d) Books
4. Curiosity is:
   (a) A wish to know or try something (b) A fear (c) A punishment (d) A disease
5. The best first protection against drugs is:
   (a) Trying once (b) Silence (c) Hiding (d) Firm refusal
6. Recovery means:
   (a) Leaving school (b) Hiding a problem (c) Getting well after illness (d) Starting drugs
7. Addicted people need:
   (a) More drugs (b) Medical help and support (c) Hatred (d) Isolation only
8. Healthy activities that protect youth include:
   (a) Sport and reading (b) Drug use (c) Loneliness (d) Skipping school
9. Awareness means:
   (a) Ignoring danger (b) Forgetting facts (c) Avoiding school (d) Knowing about a danger
10. A drug-free life is:
    (a) An impossible life (b) A lonely life (c) A healthy life (d) A boring life

Answer key: 1-d, 2-c, 3-b, 4-a, 5-d, 6-c, 7-b, 8-a, 9-d, 10-c

Unit 7 — Mowing by Robert Frost

Poem • Theme: honest labour and the joy of work (theme only; no lines quoted)

This poem describes a man mowing a field with a scythe on a summer morning. He works alone, and the only sounds around him are the whisper of the scythe and the songs of birds. The work is hard and the sun is hot, yet the mower finds a quiet happiness in it. He is not working for praise or for wages alone; he loves the work itself and the order it brings to the field.

The poem's central idea is the dignity of honest labour. Work done with care gives a person peace of mind and a sense of achievement that no idle pleasure can give. The mower's joy comes from the rhythm of his work and from being close to nature. The lesson for students is that honest work, whatever its kind, is honourable, and that satisfaction grows from doing a task well.

Key points to remember

- The poem shows a man mowing a hayfield with a scythe on a summer morning.
- The mower works alone, with only the sounds of nature around him.
- He finds quiet joy in the work itself, not only in its reward.
- The theme is the dignity of honest labour and the peace it brings.
- No lines of the poem are quoted here; the poem should be read in the textbook.

Key vocabulary

Mowing	cutting grass or hay with a blade.
Scythe	a long curved blade on a handle, used for cutting grass.
Labour	hard physical work.
Dignity	the quality of being worthy of respect.
Rhythm	a regular repeated pattern of sound or movement.
Solitude	the state of being alone.
Harvest	the gathering of crops when they are ripe.
Contentment	a feeling of quiet happiness and satisfaction.

Short questions with answers

1. **What is the mower doing in the poem?**
   He is mowing a hayfield with a scythe on a summer morning, working alone.
2. **What sounds surround the mower?**
   The whisper of the scythe and the songs of birds in the quiet field.
3. **Why is the mower happy although the work is hard?**
   Because he loves the work itself and finds peace and satisfaction in doing it well.
4. **What is the central idea of the poem?**
   The dignity of honest labour: work done with care brings peace of mind and real satisfaction.
5. **Why is no line of the poem quoted in these notes?**
   Because poems are studied by theme and central idea here; the full poem should be read in the textbook.

Long questions with answers

1. **Discuss the theme of the dignity of labour in “Mowing”.**
   The poem gives labour a quiet dignity. The mower works alone under a hot sun, yet he is not shown as tired or bitter; he is content, because his work has order and purpose. His happiness does not come from praise or pay but from the rhythm of the scythe and the sight of the field taking shape. Frost thus shows that honest work is honourable in itself, and that a person who works with care gains a peace that idle pleasure cannot give. The theme teaches students to respect all honest work and to take pride in doing a task well.
2. **How does nature add to the beauty of the poem?**
   Nature is present in every part of the poem: the summer morning, the birdsong, the whisper of the grass and the silence of the field. These sounds do not disturb the mower; they keep him company and make his solitude pleasant. The poem joins human work with the natural world, showing that labour is not separate from nature but part of it. This harmony is what makes the scene beautiful and the mower's contentment complete.

Multiple-choice questions

1. The poem “Mowing” was written by:
   (a) John Keats (b) Alfred Tennyson (c) Robert Frost (d) William Wordsworth
2. The mower cuts the field with a:
   (a) Axe (b) Scythe (c) Sword (d) Plough
3. The mower works:
   (a) Alone (b) With a crowd (c) At night (d) In winter
4. The central idea of the poem is:
   (a) Fear of work (b) Love of money (c) City life (d) Dignity of honest labour
5. Contentment means:
   (a) Laziness (b) Pride (c) Quiet happiness (d) Anger
6. Solitude means:
   (a) Being ill (b) Being alone (c) Being in a crowd (d) Being rich
7. The mower finds joy mainly in:
   (a) The work itself (b) Praise from others (c) High wages (d) Resting
8. A scythe is used for:
   (a) Writing (b) Cooking (c) Building (d) Cutting grass
9. The poem's setting is:
   (a) A snowy night (b) A seashore (c) A hayfield on a summer morning (d) A city street
10. Labour in the poem is shown as:
    (a) Painful only (b) Honourable (c) Shameful (d) Useless

Answer key: 1-c, 2-b, 3-a, 4-d, 5-c, 6-b, 7-a, 8-d, 9-c, 10-b

Unit 8 — The Eagle by Alfred Tennyson

Poem • Theme: power, freedom and solitude (theme only; no lines quoted)

This short poem pictures an eagle on a high rocky cliff above the sea. The bird sits alone, gripping the rock with its strong claws, while the sea moves far below. It watches the world from a height no other creature can reach, and then suddenly it dives down like a flash of lightning. The whole poem is only a few lines, yet it gives a complete picture of strength and freedom.

The central idea is the majesty of nature and the freedom of a creature that lives above fear. The eagle does not depend on others; it is strong, watchful and free. Its sudden dive shows power held in reserve and used at the right moment. For students, the poem is a lesson in word choice: a few well-chosen words can paint a vivid picture, and strength is often quiet rather than noisy.

Key points to remember

- The poem pictures an eagle perched on a high cliff above the sea.
- The eagle is alone, strong, watchful and free.
- Its sudden dive shows power held in reserve.
- The theme is the majesty of nature, power and freedom.
- No lines of the poem are quoted here; the poem should be read in the textbook.

Key vocabulary

Eagle	a large bird of prey with strong wings and sharp claws.
Cliff	a high steep rock face, often by the sea.
Majesty	great dignity and power that inspires respect.
Solitude	the state of being alone.
Prey	an animal hunted by another for food.
Swoop	to dive down suddenly to catch something.
Azure	bright blue, like a clear sky.
Vivid	producing a strong, clear picture in the mind.

Short questions with answers

1. **Where is the eagle in the poem?**
   It is perched alone on a high rocky cliff above the sea.
2. **What does the eagle do at the end of the poem?**
   It suddenly dives down from the cliff, swift as lightning, towards the sea below.
3. **What is the central idea of the poem?**
   The majesty of nature, and the power, freedom and solitude of the eagle.
4. **How does Tennyson make a short poem so vivid?**
   By choosing a few strong words that paint a clear picture of the cliff, the sea and the bird.
5. **What does the eagle's dive show?**
   Power held in reserve and used at the right moment, with speed and certainty.

Long questions with answers

1. **Describe the picture of the eagle that Tennyson creates.**
   Tennyson places the eagle on a lonely crag high above the sea, gripping the rock with crooked hands, while the wrinkled sea crawls far below. The bird is still and watchful, master of its height, and the world beneath it seems small. Then, in a single movement, it falls like a thunderbolt to the sea. The picture is complete in a few lines: stillness above, movement below, and sudden power joining them. It shows how a great poet can build a whole scene from a handful of exact words.
2. **What qualities of the eagle can students learn from?**
   The eagle teaches self-reliance: it lives alone, depends on its own strength and does not fear height or solitude. It teaches watchfulness, waiting patiently for the right moment instead of acting in haste. It teaches that true power is quiet; the bird does not boast, it simply acts when the time comes. Students can learn to be confident, patient and independent, and to use their strength at the right moment rather than wasting it.

Multiple-choice questions

1. The poem “The Eagle” was written by:
   (a) John Keats (b) Alfred Tennyson (c) Robert Frost (d) William Wordsworth
2. The eagle sits on a:
   (a) High cliff (b) Tree branch (c) Roof (d) River bank
3. Below the cliff lies the:
   (a) Desert (b) Forest (c) City (d) Sea
4. The eagle is shown as:
   (a) Noisy and restless (b) Blind (c) Strong and free (d) Weak and afraid
5. The central idea of the poem is:
   (a) War (b) Power and freedom in nature (c) City life (d) Farming
6. Solitude means:
   (a) Being alone (b) Being in a crowd (c) Being ill (d) Being rich
7. A swoop is:
   (a) A slow walk (b) A song (c) A nest (d) A sudden dive
8. Majesty means:
   (a) Loud noise (b) Weakness (c) Great dignity and power (d) Small size
9. The eagle's dive is compared in speed to:
   (a) A river (b) Lightning (c) A tortoise (d) A cloud
10. The poem teaches that true strength is often:
    (a) Quiet (b) Boastful (c) Cruel (d) Careless

Answer key: 1-b, 2-a, 3-d, 4-c, 5-b, 6-a, 7-d, 8-c, 9-b, 10-a

Review 2 — After Unit 8

Units 5 to 8 are about choices: how we work, what we refuse, and how we see the world. Success comes from steady habits; drugs are refused firmly; honest labour has dignity; and nature's power is quiet.

Quick revision

- Unit 5: customer first, long-term thinking, learn from failure, keep inventing.
- Unit 6: drugs damage health, study and family; refuse firmly and help the addicted.
- Unit 7: Mowing — honest labour brings peace and contentment.
- Unit 8: The Eagle — power, freedom and solitude; strength is often quiet.

Unit 9 — Travel and Tourism

Prose • Theme: travel, culture and the economy

The unit explains why people travel and what travel gives to a person and a country. People travel to learn, to rest, to meet family and friends, and to see new places. A journey teaches what no book alone can teach: the traveller sees different customs, tastes new food, hears new languages and learns to respect ways of life that differ from his own. Travel therefore widens the mind and builds tolerance.

Tourism also matters for the economy. Visitors spend money on transport, hotels, food and crafts, and that spending creates jobs for guides, drivers, hotel workers and shopkeepers. Pakistan has mountains, deserts, historic cities and a long coastline that can attract visitors from around the world. The lesson is that tourism must be cared for: clean places, honest prices, safe roads and respect for local culture will bring visitors back, while litter and cheating will drive them away.

Key points to remember

- People travel to learn, rest, visit family and see new places.
- Travel widens the mind and teaches respect for other cultures.
- Tourism creates jobs in transport, hotels, food and crafts.
- Pakistan has mountains, deserts, historic cities and a coastline for visitors.
- Clean places, honest prices and safe roads keep tourism growing.

Key vocabulary

Tourism	travel for pleasure, and the business of serving travellers.
Culture	the customs, arts and way of life of a people.
Heritage	historic places and traditions handed down from the past.
Hospitality	friendly and generous treatment of guests.
Destination	the place to which a traveller is going.
Souvenir	a small object kept to remember a place or journey.
Economy	the system by which a country produces and uses wealth.
Tolerance	respect for beliefs and customs different from one's own.

Short questions with answers

1. **Why do people travel?**
   To learn, to rest, to meet family and friends, and to see new places and cultures.
2. **How does travel widen the mind?**
   The traveller sees different customs, hears new languages and learns to respect other ways of life.
3. **How does tourism help the economy?**
   Visitors spend on transport, hotels, food and crafts, creating jobs for guides, drivers and shopkeepers.

4. **Name two attractions Pakistan can offer visitors.**
   Its mountains and its historic cities, along with deserts and a long coastline.
5. **What keeps tourists coming back to a place?**
   Clean places, honest prices, safe roads and respectful hospitality.

Long questions with answers

1. **Describe the benefits of travel for a student.**
   Travel teaches a student what books alone cannot. By visiting a new place, he sees how other people live, work and celebrate, and learns to respect customs different from his own. He practises planning, budgeting and speaking with strangers, and he gains confidence. A journey to a historic city teaches history in a living way, and a journey to the mountains teaches geography and respect for nature. In short, travel turns knowledge into experience and makes a student wiser and more tolerant.
2. **How can Pakistan develop its tourism industry?**
   Pakistan should first keep its tourist places clean and safe, with good roads, honest prices and trained guides. Historic sites should be protected and explained with clear information, and local crafts and food should be promoted. Hotels and transport should be reliable, and the world should be told about the country's mountains, deserts and historic cities through honest publicity. If visitors are treated with hospitality and respect, they will return and tell others, and tourism will grow into a lasting source of jobs and income.

Multiple-choice questions

1. Tourism is travel for:
   (a) Pleasure and business (b) War (c) Exams (d) Illness
2. Heritage means:
   (a) New buildings (b) Money (c) Roads (d) Historic places and traditions
3. Hospitality is:
   (a) High prices (b) Closed doors (c) Friendly treatment of guests (d) Ignoring guests
4. A destination is:
   (a) A map (b) The place a traveller goes to (c) A starting point (d) A ticket
5. Travel teaches mainly:
   (a) Respect for other cultures (b) Hatred (c) Fear (d) Laziness
6. Tourism creates jobs for:
   (a) No one (b) Only pilots (c) Only writers (d) Guides and hotel workers
7. Tolerance means:
   (a) Anger (b) Silence (c) Respect for different beliefs (d) Refusing others
8. A souvenir is:
   (a) A hotel (b) An object kept to remember a place (c) A ticket (d) A passport
9. Clean places and honest prices help tourism by:
   (a) Bringing visitors back (b) Driving visitors away (c) Raising costs (d) Closing hotels
10. Pakistan's tourist attractions include:
    (a) Only deserts (b) Only offices (c) Only factories (d) Mountains and historic cities

Answer key: 1-a, 2-d, 3-c, 4-b, 5-a, 6-d, 7-c, 8-b, 9-a, 10-d

Unit 10 — Two Mothers Remembered by Joann Snow Duncanson

Prose • Theme: mothers, memory and gratitude

The unit is a tender piece about two mothers remembered by the writer. One is her own mother, who cared for her from childhood with patience and love; the other is a second mother figure, a woman whose kindness and guidance shaped her life in a different way. The writer recalls small daily acts: food cooked with care, worries shared in the night, advice given quietly, and sacrifices made without complaint.

The lesson is that a mother's love is shown in daily service rather than in grand gestures. We often understand its full value only when we grow older and look back. The unit therefore teaches gratitude: to thank mothers while they are with us, to remember their teaching, and to pass their kindness on to others. Remembering is not only feeling sad; it is keeping a good example alive in one's own conduct.

Key points to remember

- The writer remembers two mothers: her own mother and a second mother figure.
- A mother's love is shown in small daily acts of care and sacrifice.
- We often understand a mother's value fully only when we grow older.
- Gratitude means thanking mothers and following their good example.
- Remembering keeps a good example alive in our own conduct.

Key vocabulary

Memory	something remembered from the past.
Gratitude	thankfulness for kindness received.
Sacrifice	giving up something valuable for the sake of another.
Guidance	advice and direction given to help someone.
Tender	gentle, loving and caring.
Devotion	strong love and loyalty.
Nurture	to care for and help someone grow.
Legacy	something good left behind by a person for others.

Short questions with answers

1. **Whom does the writer remember in this unit?**
   Two mothers: her own mother, and a second mother figure whose kindness shaped her life.
2. **How is a mother's love mainly shown?**
   In small daily acts: food cooked with care, advice given quietly, and sacrifices made without complaint.
3. **Why do we often value mothers more as we grow older?**
   Because with age we understand the patience and sacrifices behind their daily care.
4. **What does gratitude mean in this lesson?**
   Thanking mothers while they are with us and following their good example in our own lives.

5. **What is a legacy, in the sense of this unit?**
   Something good a person leaves behind, such as a mother's example of kindness, for others to follow.

Long questions with answers

1. **Describe the two mothers remembered by the writer.**
   The first is the writer's own mother, who cared for her from childhood: cooking, watching over her health, sharing her worries and guiding her with patience. The second is another mother figure, a woman whose kindness and advice shaped the writer's character in a different way. Both are remembered not for grand deeds but for steady daily love. Together they show that motherhood is not only birth but also nurture, and that more than one woman can shape a life with a mother's love.
2. **What lesson about gratitude does the unit teach?**
   The unit teaches that gratitude should be shown in life, not only felt in memory. Mothers give without counting the cost, and children often notice this only later. So we should thank our mothers, help them, speak gently to them and follow their example of patience and service. When a mother has passed away, gratitude becomes remembrance: living by her teaching and passing her kindness to others. In this way love outlives the person who gave it.

Multiple-choice questions

1. The writer remembers:
   (a) Two teachers (b) Two friends (c) Two sisters (d) Two mothers
2. A mother's love is shown mainly in:
   (a) Wealth (b) Strictness (c) Daily acts of care (d) Grand speeches
3. Gratitude means:
   (a) Pride (b) Thankfulness (c) Anger (d) Forgetfulness
4. Sacrifice is:
   (a) Giving up something valuable for another (b) Taking everything (c) Refusing help (d) Keeping secrets
5. Nurture means:
   (a) To punish (b) To ignore (c) To leave (d) To care for and help grow
6. We often understand a mother's value:
   (a) Never (b) Only in school (c) As we grow older (d) At birth
7. A legacy is:
   (a) A lost thing (b) Something good left behind (c) A debt (d) A quarrel
8. Devotion means:
   (a) Strong love and loyalty (b) Carelessness (c) Hatred (d) Fear
9. The tone of the unit is:
   (a) Angry (b) Humorous (c) Frightening (d) Tender and grateful
10. Remembering a good example should lead to:
    (a) Boasting (b) Hiding it (c) Following it in our conduct (d) Forgetting it

Answer key: 1-d, 2-c, 3-b, 4-a, 5-d, 6-c, 7-b, 8-a, 9-d, 10-c

Unit 11 — The Metamorphosis

Prose • Theme: change, alienation and family (adapted story)

This unit is based on the famous story of a young man who wakes one morning to find himself changed into a strange creature. He had been the family's breadwinner, working hard in a job he disliked to pay his parents' debts. Now he cannot work, cannot speak clearly, and cannot even leave his room. His family, who depended on his earnings, slowly turn from care to fear and then to resentment.

The story is a study of how quickly love can fail when a person is no longer useful, and of how lonely a person can feel even among his own family. It also shows the young man's own quiet dignity: even in his changed state he worries about his family and tries not to be a burden. The lesson asks students to think about empathy: how do we treat people when they become weak, ill or different, and what does real family love require?

Key points to remember

- The story tells of a young man changed into a strange creature overnight.
- He had been the family's breadwinner, working to pay their debts.
- His family slowly move from care to fear and then to resentment.
- The story studies loneliness and how love can fail when usefulness ends.
- The lesson is empathy: how we treat people who become weak or different.

Key vocabulary

Metamorphosis	a complete change of form or nature.
Alienation	the feeling of being cut off from others.
Breadwinner	the person whose earnings support a family.
Resentment	bitter feeling at being treated unfairly.
Empathy	understanding and sharing another person's feelings.
Burden	a heavy load or responsibility.
Isolation	being alone and separated from others.
Compassion	sympathy and a wish to help others.

Short questions with answers

1. **What happens to the young man at the start of the story?**
   He wakes one morning to find himself changed into a strange creature.
2. **What was his role in the family before the change?**
   He was the breadwinner, working hard to pay the family's debts.
3. **How does his family change towards him?**
   They move slowly from care to fear and then to resentment as he can no longer work.
4. **What is alienation?**
   The feeling of being cut off from other people, even among one's own family.

5. **What is the main lesson of the story?**
   Empathy: how we should treat people who become weak, ill or different.

Long questions with answers

1. **Discuss the theme of alienation in “The Metamorphosis”.**
   Alienation grows step by step in the story. First the young man is cut off by his changed body: he cannot speak clearly or leave his room. Then his family cut him off by fear, locking his door and speaking of him as a problem rather than a person. His workmates and the world outside forget him at once. The story shows that loneliness is not only being alone; it is being unseen and unheard by the people closest to us. Its warning is that a person can be surrounded by family and still be entirely alone.
2. **What does the story teach about family love and duty?**
   The story tests family love by removing the young man's usefulness. While he earned money, his family loved and praised him; when he could no longer work, their love faded into burden and resentment. Real family love, the story suggests, should not depend on what a person can give. Duty means caring for the weak, the ill and the changed, not only for the strong and useful. Students should learn to value people for who they are, and to stand by family members in hardship rather than turning away.

Multiple-choice questions

1. Metamorphosis means:
   (a) A dream (b) A war (c) A complete change of form (d) A journey
2. Before his change, the young man was the family's:
   (a) Neighbour (b) Breadwinner (c) Guest (d) Servant
3. Alienation is the feeling of:
   (a) Being cut off from others (b) Being loved (c) Being rich (d) Being busy
4. His family slowly felt:
   (a) Joy (b) Pride (c) Relief (d) Resentment
5. Empathy means:
   (a) Judging quickly (b) Avoiding people (c) Understanding another's feelings (d) Ignoring others
6. A burden is:
   (a) A holiday (b) A heavy load (c) A gift (d) A song
7. The story mainly studies:
   (a) Loneliness and changing love (b) Adventure (c) Comedy (d) Sports
8. Isolation means:
   (a) Being in a crowd (b) Being famous (c) Being busy (d) Being separated from others
9. The young man worried mainly about:
   (a) His job title (b) His room (c) His family (d) His clothes
10. Real family love should not depend on:
    (a) Care (b) What a person can give (c) Kindness (d) Patience

Answer key: 1-c, 2-b, 3-a, 4-d, 5-c, 6-b, 7-a, 8-d, 9-c, 10-b

Unit 12 — Good Health and Well-being

Prose • Theme: health, clean living and care for all

The unit explains that good health is not only the absence of disease; it is a state of physical, mental and social well-being. A healthy person eats balanced food, drinks clean water, exercises regularly, sleeps enough and keeps a calm mind. Clean surroundings matter too: safe water, proper sanitation and clean air protect whole communities from disease.

The lesson also looks beyond the individual. In many places people still lack clean water, basic medicine and health care, and mothers and children suffer most. Good health for all therefore needs shared effort: governments, schools, families and each student can help by keeping the environment clean, spreading awareness and choosing healthy habits. Well-being is a shared goal, and small daily choices by many people can change the health of a whole community.

Key points to remember

- Good health means physical, mental and social well-being, not only no disease.
- Balanced food, clean water, exercise, sleep and a calm mind build health.
- Clean surroundings, safe water and sanitation protect whole communities.
- Many people still lack basic health care, and mothers and children suffer most.
- Shared effort by families, schools and governments brings health for all.

Key vocabulary

Well-being	a state of being healthy, happy and comfortable.
Balanced diet	food that gives the body all it needs in the right amounts.
Sanitation	clean conditions, especially clean water and waste disposal.
Hygiene	practices that keep a person and surroundings clean.
Nutrition	the food and nourishment the body needs.
Exercise	physical activity that keeps the body fit.
Immunity	the body's ability to resist disease.
Awareness	knowing about a health matter and understanding it.

Short questions with answers

1. **What does good health mean in this unit?**
   A state of physical, mental and social well-being, not only the absence of disease.
2. **Name three habits that build good health.**
   Eating balanced food, exercising regularly, and sleeping enough, along with drinking clean water.
3. **Why do clean surroundings matter for health?**
   Safe water, sanitation and clean air protect whole communities from disease.
4. **Who suffers most when health care is lacking?**
   Mothers and children suffer most in places without clean water and basic medicine.

5. **How can students help the health of their community?**
   By keeping surroundings clean, spreading awareness and choosing healthy habits.

Long questions with answers

1. **Explain what good health and well-being mean, and how they can be achieved.**
   Good health is a complete state of well-being: a fit body, a calm mind and good relations with others. It is achieved by daily habits: balanced food, clean water, regular exercise, enough sleep and time for rest. Clean surroundings are equally important, because dirty water and poor sanitation spread disease to whole communities. Mental health matters too: managing stress, keeping good company and helping others. When individuals practise these habits and communities provide clean water and health care, well-being grows for everyone, not only for the few.
2. **Why is good health a shared goal and not only a personal matter?**
   Disease does not stop at one person's door: dirty water, polluted air and contagious illness affect whole towns. If some people lack clean water or medicine, the whole community is at risk. That is why health needs shared effort: governments must provide clean water and clinics, schools must teach hygiene and awareness, and families must practise healthy habits. Each person's small choices, such as keeping streets clean and helping a sick neighbour, add up. Good health for all is therefore a duty we share, and its benefits reach everyone.

Multiple-choice questions

1. Well-being means:
   (a) Being busy (b) Being healthy, happy and comfortable (c) Being rich (d) Being famous
2. A balanced diet gives the body:
   (a) All it needs in right amounts (b) Only sugar (c) Only water (d) Nothing
3. Sanitation means:
   (a) Building roads (b) Selling food (c) Playing games (d) Clean water and waste disposal
4. Hygiene is:
   (a) Sleeping less (b) Avoiding water (c) Keeping clean (d) Eating fast
5. Exercise keeps the body:
   (a) Tired only (b) Fit (c) Weak (d) Ill
6. Immunity is the body's ability to:
   (a) Resist disease (b) Catch disease (c) Avoid food (d) Sleep
7. Clean surroundings protect:
   (a) Only one person (b) Only animals (c) Nobody (d) Whole communities
8. Mental health needs:
   (a) Loneliness (b) No rest (c) Calm mind and good company (d) Constant worry
9. Mothers and children suffer most when:
   (a) Schools are open (b) Health care is lacking (c) Food is plenty (d) Water is clean
10. Good health for all needs:
    (a) Shared effort (b) One person only (c) No effort (d) Medicine only

Answer key: 1-b, 2-a, 3-d, 4-c, 5-b, 6-a, 7-d, 8-c, 9-b, 10-a

Review 3 — After Unit 12

The last four units are about people and the world we share: travel teaches tolerance, mothers teach gratitude, the changed man in The Metamorphosis asks for empathy, and good health is a goal we reach together.

Quick revision

- Unit 9: travel widens the mind; tourism creates jobs; clean, honest places bring visitors back.
- Unit 10: a mother's love is shown in daily sacrifice; gratitude is shown in conduct.
- Unit 11: alienation is being unseen by those closest to us; empathy is the answer.
- Unit 12: balanced food, clean water, exercise, sleep and sanitation build well-being for all.

Complete Answer Key

All MCQ answers for the whole book, unit by unit.

Unit 1 — Hazrat Muhammad Rasulullah — A Mercy for All Creation: 1-b, 2-b, 3-d, 4-d, 5-a, 6-a, 7-c, 8-c, 9-b, 10-d

Unit 2 — The Art of Muslim Women's Entrepreneurship: 1-a, 2-d, 3-c, 4-b, 5-d, 6-d, 7-b, 8-a, 9-d, 10-c

Unit 3 — Modern World and Age of Digital Globalization: 1-d, 2-b, 3-b, 4-a, 5-c, 6-b, 7-a, 8-d, 9-c, 10-b

Unit 4 — Nothing is Impossible — The Construction of the Brooklyn Bridge: 1-c, 2-a, 3-d, 4-c, 5-b, 6-a, 7-a, 8-c, 9-b, 10-a

Unit 5 — 5 of Jeff Bezos's Best Lessons for Success: 1-a, 2-d, 3-c, 4-b, 5-a, 6-d, 7-c, 8-b, 9-a, 10-d

Unit 6 — Say No to Drugs: 1-d, 2-c, 3-b, 4-a, 5-d, 6-c, 7-b, 8-a, 9-d, 10-c

Unit 7 — Mowing by Robert Frost: 1-c, 2-b, 3-a, 4-d, 5-c, 6-b, 7-a, 8-d, 9-c, 10-b

Unit 8 — The Eagle by Alfred Tennyson: 1-b, 2-a, 3-d, 4-c, 5-b, 6-a, 7-d, 8-c, 9-b, 10-a

Unit 9 — Travel and Tourism: 1-a, 2-d, 3-c, 4-b, 5-a, 6-d, 7-c, 8-b, 9-a, 10-d

Unit 10 — Two Mothers Remembered by Joann Snow Duncanson: 1-d, 2-c, 3-b, 4-a, 5-d, 6-c, 7-b, 8-a, 9-d, 10-c

Unit 11 — The Metamorphosis: 1-c, 2-b, 3-a, 4-d, 5-c, 6-b, 7-a, 8-d, 9-c, 10-b

Unit 12 — Good Health and Well-being: 1-b, 2-a, 3-d, 4-c, 5-b, 6-a, 7-d, 8-c, 9-b, 10-a

Note for students. If a question in your textbook or model paper differs from these notes, follow your textbook and the board's latest model paper. These notes are original study material written to help revision; they are not the textbook and not a past paper.