

THE ROAD NOT TAKEN (BEEHIVE)EXPLANATION:-

In the poem - 'The Road Not Taken', the road symbolizes our life. The poet says that the path that we don't choose in our life is 'the road not taken'. He describes his feelings about that choice that he had left in the past. The path which we have chosen, decides our future, our destination. The important message that the poet wants to give is that the choice that we make has an impact on our future and if we make a wrong choice, we regret it but cannot go back on it. So, we must be wise while making choices.

Once the poet was walking down a road and then there was a diversion, there were two different paths and he had to choose one out of them. The poet says that as he was one person, he could travel on one road only. He had to choose one out of these two roads. Yellow wood means a forest with leaves which are wearing out and they have turned yellow in colour – the season of autumn. It represents a world which is full of people, where people have been living for many years. They represent people who are older than the poet. The poet kept standing there and looked at the path very carefully as far as he could see it. Before taking the path, he wanted to know how it was. Was it suitable for him or no. He was able to see the path till from where it curved after which it was covered with trees and was hidden. It happens in our life also when we have choices, we have alternatives, but we have to choose only one out of them, we take time to think about the pros and cons, whether it is suitable for us or not and only then, we take a decision on what path we should choose.

The poet kept on looking at one path for a long time to check if it is the right path for him or not and then he decided and started walking on another path because he felt that the both paths were equally good. He says just as fair, so, he felt that both paths were equally good and started walking on one of them. He adds that maybe he felt that the path was better for him so he chooses it as it had grass on it which means that it was unused. Not many people had walked on this path earlier that is why this path was grassy. 'And wanted wear' means that it was not walked over by many people. After he walked on the path for some distance, he realized that both the paths had been worn out the same way. Both the paths were similar and worn out. Even in our life, we take any path or option but all of them have the same benefits, disadvantages, problems, challenges and we must face them. We think that we are choosing a better option, but it is not that way. The poet says that both the paths were similar that morning. Both had leaves on them and no one had stepped on them as they were still green in colour. He decided that that day he would take one path and keep the other path for another day, although he knew that one way leads on to another way. He knew that he could not go back on the choice that he had made. Similarly, even in our life once we choose an option, we must keep on moving ahead with that option and we never get a chance to come back and take the other option that we had left earlier.

He says that in the future, he will take a deep breath and say that once upon a time, he had reached such a point in life that there were two options for him and he travelled on that road which had been travelled upon by lesser number of people. That decision of his decided his future. Similarly, in future, when you grow up, then you will say that once upon a time, when you were young, you had two options. The choice that you made, made you what you became of it. This is a very strong message for all the students - that you should be wise and be careful while making choices out of the options that you have in your life because your future depends on the choice that you make today.

Answer the following questions

1. What do the two roads represent?
2. What does the poet promise himself, although he knows he can't keep his promise?
3. What do you think the last two lines of the poem mean?
4. Which road did the poet choose and why?
5. Explain, 'wanted wear'.
6. What is the significance of the fact that the road 'bent in the undergrowth'?
7. Why did the poet think that the other road had a better claim?

GRAMMAR AND WRITING

1. You are Mayank/ Madhuri. You have been selected as the Hockey captain of your school team. Express your feelings in a diary.

2. The following passage has not been edited. There is an error in each of the lines against which a blank is given. Identify the error and write it along with the correction in the answer sheet. (Attempt any four)

Incorrect	Correct
In the prisoner's room a candle was	
burning dimly. A Prisoner himself (a).....
sat by the table. Only her back, (b)
the hair by his head, and his (c).....
hands are visible from outside (d).....
through any window. (e).....

3. Fill in the blanks with the most grammatically appropriate words:

Style..... a way of writing, a manner of one's thoughts and feelings in words. The matter remaining same, the manner change.

4. **Read the conversation given below and complete the following passage by choosing the correct option.**

Detective: What were you doing yesterday between 10-10.30 pm?

Bharat : I was walking my dog in the park.

Detective: Did you meet anyone in the park?

Bharat : I saw two men sitting on a bench.

The detective asked Bharat (a) _____ . Manoj replied that

(b) _____. The detective then asked Bharat .

(c) _____ to which Bharat replied that

(d) _____

5. Read the following passage carefully :

Power foods are foods that provide rich levels of nutrients like fibre, potassium and minerals. With people becoming increasingly health conscious today, a lot of fitness trainers encourage their clients to include these foods in their daily diet to increase muscle development. There are various ways of incorporating power foods in your daily diet. Of course, the key to enjoying power foods is proper preparation of these foods, the use of season-fresh foods, and in identifying your choice of flavour among power foods.

Some of the recommended power food combinations are those that are prepared in our kitchens on a regular basis. Take, for instance, the combination of chickpeas and onions. This combination is a powerful source of iron which is required by the body to transport oxygen to its various parts. Iron deficiency can lead to anaemia, fatigue, brain fog and tiredness. A study by the Journal of Agricultural and Food Chemistry says that sulphur compounds in onion and garlic help in the absorption of iron and Zinc from chickpeas. The combination is a hit with teenagers, Who need to be diligent about getting iron in their diet. A quick way to prepare this power food is to make a chickpea salad with chopped onions, chat masala and dhaniya.

Another combination favourite with power food takers is yoghurt and bananas. This makes for a perfect snack after a rough game of football. Exercising burns glucose and thus lower blood sugar. Yoghurt is packed with proteins that help preserve muscle mass, and bananas are packed with carbohydrates that help in refuelling energy and preventing muscle soreness. A quick and easy recipe with banana is a banana smoothie topped with cool Yoghurt.

Among beverages, green tea is the best source of catechins that are effective in halting oxidative damage to cells. According to researchers at the Purdue University, adding a dash of lemon juice to green tea makes the catechins even more easily absorbable by the body. So the next time you have friends over, serve them rounds of iced green tea with mint and lemon juice.

- 1.1 On the basis of your understanding the above passage, answer the following questions.
1. Power foods provide rich levels of..... such as potassium and minerals.
(a) fibre (b) carbohydrates
(c) proteins (d) nutrients
 2. You can enjoy power foods by using foods and properly them.
(a) fresh, cooking (b) seasonal, preparing
(c) seasonal, cooking (d) tasty, arranging
 3. compounds in onion and garlic help in the absorption of from other foods.
(a) Sulphur, iron and Zinc (b) Iron and zinc, sulphur
(c) Iron, proteins (d) zinc, sulphur
 4. In a quick recipe for a chickpea salad, we add, besides onions,
(a) garlic and chat masala (b) tomatoes and dhania
(c) chat masala and dhania (d) none of the above
 5. Why is yoghurt and bananas an enriching power food?
 6. Green tea is a recommended power food because
 7. What is the advantage of combining green tea with lemon juice?
 8. What is the key to enjoy power foods in a wholesome way?

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