



A Multiple Choice Questions.

1. Which is the highest peak of the world?
 - a. Mount Everest
 - b. K2
 - c. Nanda Devi
 - d. Andes
2. Which of things help to increase the strength and keep a mountaineer warm?
 - a. Vitamin C
 - b. Iron tablets
 - c. Warm cloths
 - d. All of these
3. What is the height of Mount Everest?
 - a. 8000 M
 - b. 8848 M
 - c. 8890 M
 - d. 8852 M
4. What are the common problems do we get in our feet while climbing up a mountain?
 - a. Blisters
 - b. Softness
 - c. Wrinkles
 - d. None
5. Why was a drain dug around the tent?
 - a. To keep off birds etc.
 - b. To keep off unknown people etc.
 - c. To keep away wild animals
 - d. To collect waste water
6. Group No. 7 included girls from _____.
 - a. Assam
 - b. Manipur
 - c. Mizoram
 - d. All of these
7. Nehru Institute of Mountaineering is located in _____.
 - a. Uttarakhand
 - b. Uttarkashi
 - c. Uttar Pradesh
 - d. None
8. Pitons and slings are useful tools for _____.
 - a. Dancing
 - b. Skating
 - c. Mountaineering
 - d. Skying
9. Height of K2 mountain is
 - a. 8324 m
 - b. 8665 m
 - c. 8976 m
 - d. 8611 m
10. What mountain range is Mt. Everest in?
 - a. Ural Mountains
 - b. Alps
 - c. Rocky Mountains
 - d. Himalayas

B Write true or false for the following statements:

1. Sangeeta was a teacher from Kendriya Vidyalaya. _____
2. A group leader walks ahead of the group. _____
3. Medical check-up were done every morning. _____
4. Tekla village is at height of 2600 m. _____
5. Mountaineers make food on chulha. _____
6. Mount Everest is called Sagarmatha in Nepal. _____
7. There is a camp fire on the first day of a camp. _____
8. There is no discipline in a camp. _____
9. Bachhendri pal was the first Indian woman to go on the moon. _____
10. It is easy to walk on the snow. _____

C Make a list of things that mountaineers keep in their rucksack.

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

D Give reasons.

1. Sangeeta could not talk to Khondonbi even once.

Ans. _____

2. Sangeeta felt a special kind of happiness when she came out of the river.

Ans. _____

3. They were all given vitamin C tablets and hot chocolate milk with breakfast.

Ans. _____

4. No one was ready to step into the river.

Ans. _____

5. The sleeping bags were filled with soft feathers.

Ans. _____

6. It was difficult to walk on snow.

Ans. _____

7. Mountaineers used double layered plastic sheets for the tent on the ground.

Ans. _____

8. Some people like to perform adventure. Why?

Ans. _____

Answer

A.

- | | | | |
|------------------------------|-----------------|-----------------|---------------|
| 1. Mount Everest | 2. All of these | 3. 8848 M | 4. Blisters |
| 5. To keep away wild animals | | 6. All of these | 7. Uttarkashi |
| 8. Mountaineering | 9. 8611 m | 10. Himalayas | |

B.

- | | | | | |
|---------|----------|----------|----------|-----------|
| 1. True | 2. True | 3. True | 4. False | 5. True |
| 6. True | 7. False | 8. False | 9. False | 10. False |

C.

1. Food packets
2. Soap
3. Sticks
4. Windcheater
5. Rope
6. Plastic sheet
7. Torch
8. Hook
9. Glucose
10. Whistle

D.

1. Because she speaks only the Mizo language.
2. Because she completed her task successfully. She was happy because she finished a challenging task.
3. They were all given vitamin C tablets and hot chocolate milk with breakfast for strength and to keep them warm in the cold.
4. Because they had to go through icy water.
5. The sleeping bags were filled with soft feathers because it helps to keep their bodies warm.
6. It's difficult to walk on ice because there's very little friction between the bottoms of your shoes and the ice. Friction is a force that opposes motion.
7. Thick, double-layered plastic sheets may be used as the base for a tent, for three main reasons – to prevent dampness and wetness from seeping in, for insulation from the cold and to provide some cushioning effect for the occupants inside the tent.
8. Some people like to perform adventure because they feel fresh and happy in the lap of nature. They also perform it because it give them thrilling experience