

Eat and learn: On Tamil Nadu's breakfast scheme in schools

T.N.'s breakfast scheme is a good model for other States to follow

Sometimes **the ability** of a government to find resources for a good scheme **is** only limited by its **intent**. The Tamil Nadu government's **launch** of the free breakfast scheme for schoolchildren **is** an **instance** of a policy initiative with **far-reaching consequences** for school education and public health. As Chief Minister M.K. Stalin himself said at the launch of the scheme, **provision** of free breakfast is not a **freebie**, but the **foremost** duty of a government to ensure no child goes hungry. Mr. Stalin **framed** his words and **deeds** from the **promontory** of the **progressive** Dravidian model, which promises **inclusive** growth for all segments of the population. A key element is the welfare of children, which explains Tamil Nadu's early **emphasis** on feeding children in schools. The **importance** of a daily breakfast as the most important meal of the day **is** widely **acknowledged**. Multiple studies **across the globe** indicate that eating breakfast regularly **confers** positive **outcomes** on students, affecting their ability to focus, learn and retain information positively. School performance improves, as do behaviour and **cognition**, but a regular breakfast also takes care of diet quality, **micronutrient sufficiency**, **anaemia** and height and weight issues in children, and is even believed to **sculpt BMI scores** for the future. The government has targeted providing schoolchildren an average of 293 calories and an average protein input of 9.85 gm per day. The **mid-day meal** that is already being provided to students in schools **comes up** to an average of 553 calories and 18 gm of protein, giving every student who takes the food supplied in school about 846 cal and nearly 28 gm of protein a day. The Centre's midday meal guidelines **prescribe** between 450-700 cals per child per day, and a protein **intake** of 12-20 gm per day.

While the **proposed** menu for the Tamil Nadu government's breakfast scheme will take care of hunger, the **calorific**, energy and micronutrient requirements of the children, with a diet rich in local preparations and vegetables, it also has to provide adequate attention to taste and quality **parameters**. The **government**, rich with its experience of **dealing with** the mid-day meal scheme over several **decades**, **must** avoid the **errors of omission and commission** — including **pilferage**, poor quality of food, delays in **sanctioning** funds, and caste-related **disruptions** — that **have** been **hurdles** in its path earlier. Other State governments would also do well to be inspired by Tamil Nadu, which has allowed its intent to **triumph** over the **state** of its finances, finding money to fund this very crucial **aspect** of nation building — ensuring the growth and development of children. **[Practice Exercise]**

- Red/blue coloring of words in the sentence indicates subject verb relationship; where 'red' denotes 'subject' and 'blue' denotes 'verb'

Vocabulary

1. **Intent** (noun) – intention, purpose, design, goal, objective इरादा, उद्देश्य
2. **Instance** (noun) – case, example, illustration उदाहरण
3. **Far-reaching** (adjective) – extensive, comprehensive, sweeping, broad, wide-ranging दूरगामी
4. **Consequence** (noun) – result, effect, outcome, importance, upshot परिणाम
5. **Provision** (noun) – supply, provide, delivery, endowment आपूर्ति
6. **Freebie** (noun) – Something that is free (usually provided as part of a promotional scheme)
7. **Foremost** (adjective) – leading, chief, prime, principal, first प्रधान
8. **Frame** (verb) – to express something in a particular way
9. **Deed** (noun) – something that you do; an action कर्म
10. **Promontory** (noun) – a prominent part.
11. **Progressive** (adjective) – Favoring or promoting progress प्रगतिशील
12. **Inclusive** (adjective) – comprehensive, all-inclusive, broad, general सम्मिलित
13. **Emphasis** (noun) – focus, stress, significance, importance प्रमुखता, जोर
14. **Acknowledged** (adjective) – recognized, accepted, approved, known, accredited स्वीकृत
15. **Across the globe** (phrase) – Throughout the world; all over the world. दुनिया भर में
16. **Confer** (on) (verb) – Bestow, present, grant, give प्रदान करना
17. **Outcome** (noun) – result, consequence, effect, upshot, conclusion परिणाम
18. **Cognition** (noun) – perception, awareness, understanding संज्ञान, बोध
19. **Micronutrient** (adjective) – A substance needed only in small amounts for normal body function (e.g., vitamins or minerals) सूक्ष्म पोषक तत्व
20. **Sufficiency** (noun) – An adequate quantity पर्याप्तता
21. **Anaemia** (noun) – a medical condition in which there are not enough red cells in the blood खून की कमी
22. **Sculpt** (verb) – create or represent (something) रूप देना
23. **BMI** (noun) – a person's weight in kilograms (or pounds) divided by the square of height in meters (or feet).

24. **Prescribe** (verb) – recommend, suggest, advise, propose, counsel, advocate सलाह देना
25. **Intake** (noun) – Consumption, eating, ingestion सेवन
26. **Proposed** (adjective) – suggested, planned, suggest, intended, offered प्रस्तावित
27. **Calorific** (adjective) – relating to calories (= units of energy provided by food)
28. **Parameter** (noun) – criterion मापदंड
29. **Deal with** (phrasal verb) – handle, cope with, treat, manage, निपटना, सुलझाना
30. **Decade** (noun) – A period of 10 years दशक
31. **Error of omission and commission** (noun) – things you have failed to do, and things you have done भूल-चूक
32. **Pilferage** (noun) – The act of stealing small amounts or small articles चोरी
33. **Sanction** (verb) – endorse, authorize, approve, permit, license मंजूरी देना
34. **Disruption** (noun) – disturbance, interruption, disorder, अवरोध
35. **Hurdle** (noun) – obstacle, hindrance, barrier, obstruction, impediment बाधा
36. **Triumph** (verb) – to achieve a victory over जीत हासिल करना
37. **State** (noun) – Condition, situation स्थिति, हालत
38. **Aspect** (noun) – A distinct feature or element in a problem पहलू

Practice Exercise

Direction (Q1 – Q3): Select the best express synonym of the given words [Editorial page]

- School performance improves, as do behaviour and cognition, but a regular breakfast also takes care of diet quality, micronutrient sufficiency, anaemia and height and weight issues in children
 - Belabor
 - Castigate
 - Itinerant
 - Thought
- Other State governments would also do well to be inspired by Tamil Nadu, which has allowed its intent to triumph over the state of its finances
 - Faction
 - Victory
 - Abash
 - Specious
- The government must avoid the errors of omission and commission — including pilferage, poor quality of food, delays in sanctioning funds, and caste-related disruptions — that have been hurdles in its path earlier
 - Embezzlement
 - Succinct
 - Expedite
 - Culminate
- Idioms & Phrase**

Davis steered clear of politics because of all the problems his father had had as governor.

 - Make oneself visible
 - To criticize or accuse someone.
 - Keep away from
 - To relax and stop being careful and alert
- Direction: Six statements are given below, which are jumbled in any random order. These statements will form a coherent and meaningful paragraph, when arranged in the correct sequence. Arrange the sentences in the right order and answer the questions that follow.**

The turf battle between the Lieutenant-Governor (L-G) appointed by the Centre and the elected government of Delhi has a long and noisy history.

P. The constitutional design of governance in Delhi itself is a consuming dispute that is being litigated in the Supreme Court.

Q. Mr. Saxena is a politician close to the Bharatiya Janata Party (BJP) top brass.

R. The recently appointed L-G, Vinai Kumar Saxena, has, through his disruptive enthusiasm to meddle in the day-to-day governance in Delhi, set the cat among the pigeons.

S. AAP has accused the L-G of undermining “constitutional sanctity” by having called a meeting of Delhi Jal Board officials on May 30 and issuing directions bypassing the Council of Ministers and the Chief Minister.

T. Unlike his predecessors, Najeeb Jung and Anil Baijal, who too were at loggerheads with the elected government of the Aam Aadmi Party (AAP),

U. The Constitution gives the Centre control over three subjects — land, public order, and police.

Which among the following will be the **Last** sentence of the paragraph after the rearrangement?

- A. P B.T C.U D.Q E.R

Direction (Q6 – Q9): Read the given sentences to find out whether there is any grammatical error in them

6. A. But for your help, no boys would have succeeded in an All India competition like this.
B. He wanted certain boys to make entry into the Principal’s chamber.
C. We are yet starting offering this facility to our customers as we are awaiting approval from the board.
D. There were only two soldiers but each soldier was equal to five policemen.
E. All are correct
7. A. The ten captains had each an achievement of his own.
B. The chairmen of all large public sector banks met with senior R.B.I. officials to give its suggestions about implementing the new policy.
C. These sorts of men attain worldly success by hook or by crook, so they deserve to be looked down upon.
D. I feel certain problems in the execution of this plan.
E. All are correct
8. They have not fully considered (A)/ the impact that relaxing (B)/ these guidelines is likely (C)/ to have with the economy. (D)/ No error (E)
9. Had this notification (A)/ been amended earlier, (B)/ we could have stopped (C)/ the transfer of funds. (D)/ No error (E)
10. **Find out the misspelt word**
A. Supercede
B. Repetition
C. Believe
D. Allegiance

Direction: Read the passage given below and answer the following questions.

(The Hindu Editorial: Family matters – Aug 25, 2022)

The Congress is all set to be led **(A)**/ by someone whom is not from **(B)**/ the Nehru-Gandhi family, **(C)**/ with Rahul Gandhi making it clear that he is in no mood to return as party president. **(D)**

Mr. Gandhi had resigned as president following the drubbing of the Congress in the 2019 Lok Sabha election. **(1)**/ The party will finalise the schedule for organisational elections at a meeting of the Congress Working Committee on Sunday. **(2)**/ The family itself is leading the search for the replacement.**(3)**/ He had led the campaign, and he took responsibility for the failure; but also felt let down by party seniors who he thought did not fight the election with their mind and soul in it. **(4)**/ By turning down the pleas of his _____**11**_____ followers to return to the helm, he has challenged Congress leaders to adopt a new culture, moving away from the familiar habit of relying on the family as the lifeblood and a façade simultaneously. For the Congress party, this challenge is no less than the external challenge of **extinction** that it faces from the Bharatiya Janata Party. His discomfort with formal power might make him seem a reluctant politician, but he has expressed a desire to be in public life as a matter of his democratic duty.

Rajasthan Chief Minister Ashok Gehlot has emerged as the front runner for the post, for various reasons. Mr. Gehlot is an _____**12**_____ politician, a manager of conflicting interests, and deeply embedded in the Congress structure from the grassroots to the pinnacle. His **heartland (A)**, accessibility, clean image and expertise in **charm (B)** politics make him a good fit. He **wears (C)** his loyalty to the Gandhi family on his **sleeve (D)**, but remains acceptable to multiple groups within the Congress. If at all there is a contest for the post of party president, that will only enhance the legitimacy of the winner. However, with the Gandhi siblings in active politics, the authority that Mr. Gehlot or anyone else can exercise within the party as president will remain a complicated question. If Mr. Gandhi and his sister Priyanka Gandhi Vadra continue to remain active decision makers, as they have been in the recent past, the situation could turn out to be _____**13**_____. Mr. Gandhi has done the honourable thing by refusing to buckle under pressure and return as president. But he, his sister, and their mother Mrs. Gandhi, should all have very clearly defined _____**14**_____ of involvement in the functioning of the party. A non-Gandhi at the helm can be a good attempt at rebooting the Congress, but that by itself is no guarantee of its revival. The new president should have the authority, legitimacy and vision to infuse new energy in the party. Ironically, the burden of ensuring that is upon none other than the Gandhi family, who will have to be supportive without being seen as interfering.

Fill in the blank with the most appropriate word given in the option (From Q11 – Q14)

11. By turning down the pleas of his _____**11**_____ followers to return to the helm, he has challenged Congress leaders to adopt a new culture, moving away from the familiar habit of relying on the family as the lifeblood and a façade simultaneously.
- A. Obscure
 - B. Notorious
 - C. Ardent
 - D. Circuitous
12. Mr. Gehlot is an _____**12**_____ politician, a manager of conflicting interests, and deeply embedded in the Congress structure from the grassroots to the pinnacle.
- A. Superfluous

- B. Astute
C. Guile
D. Temperate
13. If Mr. Gandhi and his sister Priyanka Gandhi Vadra continue to remain active decision makers, as they have been in the recent past, the situation could turn out to be ____13____.
- A. Chaotic
B. Construing
C. Garrulous
D. Axiom
14. But he, his sister, and their mother Mrs. Gandhi, should all have very clearly defined ____14____ of involvement in the functioning of the party.
- A. Fidelity
B. Contours
C. Mercurial
D. Rudimentary
15. **The following sentence may or may not contain an error in one of its parts. Identify the part containing the error. If the sentence is correct, select 'No error' as your answers.**
The Congress is all set to be led **(A)**/ by someone whom is not from **(B)**/ the Nehru-Gandhi family, **(C)**/ with Rahul Gandhi making it clear that he is in no mood to return as party president. **(D)**
- A. (A)
B. (B)
C. (C)
D. (D)
E. No Error
16. **Rearrange the sentence to form a meaningful sentence.**
Mr. Gandhi had resigned as president following the drubbing of the Congress in the 2019 Lok Sabha election. **(1)**/ The party will finalise the schedule for organisational elections at a meeting of the Congress Working Committee on Sunday. **(2)**/ The family itself is leading the search for the replacement.**(3)**/ He had led the campaign, and he took responsibility for the failure; but also felt let down by party seniors who he thought did not fight the election with their mind and soul in it. **(4)**/
- A. 1234
B. 3241
C. 4123
D. 2143
E. 2314
17. Given below is a word, followed by three sentence that consist of that word. Identify the sentence (S) that best express (es) the meaning of the word. Choose option 5 'None of the above' if the word is not suitable in any of the sentence

EXTINCTION

- (i) Many species have been hunted to the point of **extinction**.
- (ii) All too often, endangered species are portrayed as **extinction** which halt or obstruct building projects.
- (iii) Ships powered by spell jamming **extinction** are capable of flying into not only the sky but into space.
- A. Only (i)
- B. Only (ii)
- C. Only (iii)
- D. (i), (ii)
- E. (ii), (iii)
18. In the following question, a sentence is given with four words marked as (A), (B), (C), and (D). These words may or may not be placed in the correct order. Four options with different arrangements of these have been provided. Mark the option with the correct arrangement as the answer. If no rearrangement is required, mark option (5) as your answer.
- His **heartland (A)**, accessibility, clean image and expertise in **charm (B)** politics make him a good fit. He **wears (C)** his loyalty to the Gandhi family on his **sleeve (D)**, but remains acceptable to multiple groups within the Congress.
- A. C – A
- B. A – D
- C. A – B
- D. D – C
- E. No arrangement
19. Select the connector from the given options which can be used to form a single sentence from the two sentences given below, implying the same as expressed in the statement sentence.
- (i) We'll come over on Sunday
- (ii) David's got to work on Saturday.
- A. Whereas
- B. Although
- C. Unless
- D. Because
20. Fill the appropriate preposition in the given blanks
- They quarreled _____ the division of their ancestral property
- A. Of
- B. From
- C. With
- D. Over
- E. None of the above

Answers

1. D 2. B 3. A 4. C 5. C 6. C 7. B 8. D 9. E 10. A 11. C 12. B
 13. A 14. B 15. B 16. E 17. A 18. C 19. D 20. D

[\[Practice Exercise\]](#)

Explanations

4. **Steer clear of** (phrase) – avoid, shun, keep away from, evade, fight shy of से दूर रहना

5. **RTQSPU**

The turf battle between the Lieutenant-Governor (L-G) appointed by the Centre and the elected government of Delhi has a long and noisy history. The recently appointed L-G, Vinai Kumar Saxena, has, through his disruptive enthusiasm to meddle in the day-to-day governance in Delhi, set the cat among the pigeons. Unlike his predecessors, Najeeb Jung and Anil Bajjal, who too were at loggerheads with the elected government of the Aam Aadmi Party (AAP), Mr. Saxena is a politician close to the Bharatiya Janata Party (BJP) top brass. AAP has accused the L-G of undermining “constitutional sanctity” by having called a meeting of Delhi Jal Board officials on May 30 and issuing directions bypassing the Council of Ministers and the Chief Minister. The constitutional design of governance in Delhi itself is a consuming dispute that is being litigated in the Supreme Court. The Constitution gives the Centre control over three subjects — land, public order, and police.

6. ‘starting’ के बदले ‘to start’ का प्रयोग होगा क्योंकि ‘yet’ का अर्थ जब ‘at some future time’ (किसी समय भविष्य में) हो और ‘be’ क्रिया के साथ हो तो इसके बाद Infinitive (to+v1) का प्रयोग होता है; जैसे- the news is yet to come.

➤ 'to start' will be used instead of 'starting' because 'yet' when used as 'at some future time' and 'be' with the verb followed by Infinitive (to+v1) is used; Like- the news is yet to come.

7. ‘Its’ के बदले ‘their’ का प्रयोग होगा क्योंकि वाक्य का subject ‘chairmen’ है जो third person तथा plural number में है और जिसके लिए third person तथा plural number का possessive adjective ‘their’ होगा।

➤ 'Their' will be used instead of 'Its' because the subject of the sentence is 'chairmen' who is in third person and plural number and for which the possessive adjective of third person and plural number will be 'their'.

8. ‘with’ के बदले ‘on’ का प्रयोग होगा क्योंकि noun ‘impact’ का प्रयोग है और इसके लिए preposition ‘on’ का प्रयोग होता है; जैसे-

i. The impact of new ideas on these children is very good.

➤ 'on' will be used instead of 'with' because the noun 'impact' is used and for this the preposition 'on' is used; like-

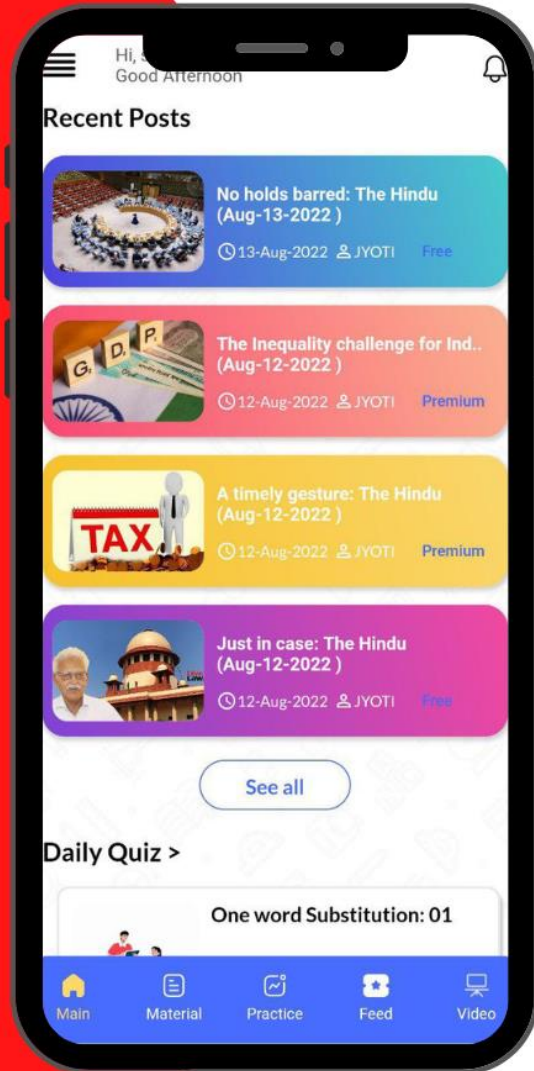
i. The impact of new ideas on these children is very good.

10. **Supersede** (verb) – replace, supplant, succeed, displace, override जगह लेना

11. **Ardent** (adjective) – passionate, avid, impassioned, fervent, fervid, zealous, उत्साही
12. **Astute** (adjective) – shrewd, sharp, sharp-witted, razor-sharp, acute चतुर, दक्ष
13. **Chaotic** (adjective) – disorderly, disordered, in disorder, in chaos, in disarray अराजक, अस्तव्यस्त
14. **Contour** (noun) – outline, shape, form रूपरेखा
15. 'Whom' के बदले 'who' का प्रयोग होगा क्योंकि 'Who', subject के रूप में कार्य करता है, जबकि 'whom', object के रूप में कार्य करता है. Use who when the word is performing the action. Use whom when it is receiving the action.
16. (E) **2314**
The party will finalise the schedule for organisational elections at a meeting of the Congress Working Committee on Sunday. The family itself is leading the search for the replacement. Mr. Gandhi had resigned as president following the drubbing of the Congress in the 2019 Lok Sabha election. He had led the campaign, and he took responsibility for the failure; but also felt let down by party seniors who he thought did not fight the election with their mind and soul in it.
17. **Extinction** (noun) – extermination, destruction, elimination, eradication, annihilation विलुप्त
According to the given options only (i) is contextually correct.
Because the (ii) and (iii) sentences are not giving any meaning and correct sentences should be like
All too often, endangered species are portrayed as nuisances which halt or obstruct building projects.
Ships powered by spelljamming helms are capable of flying into not only the sky but into space.
18. His charm, accessibility, clean image and expertise in heartland politics make him a good fit. He wears his loyalty to the Gandhi family on his sleeve, but remains acceptable to multiple groups within the Congress.
19. We'll come over on Sunday **because** David's got to work on Saturday.

Explanation of other important words

Sr.NO	Words		Meanings	
Q1	Belabor	verb	To go over repeatedly or to an absurd extent	बुरी तरह पीटना, घोर निन्दा करना
	Castigate	verb	To criticize severely; to chastise	फटकारना, दंड देना
	Itinerant	adjective	Moving from place to place	चलनेवाला
Q2	Faction	noun	A group, usually a small part of larger group, united around some cause; disagreement within an organization.	गुट, दल
	Abash	verb	To make ashamed; to embarrass	लज्जित करना, शरमाना
	Specious	adjective	Deceptively plausible or attractive	दिखावटी
Q3	Succinct	adjective	Brief and to the point; concise	संक्षिप्त
	Expedite	verb	To speed up or ease the progress of	जल्दी करना, झटपट करना
	culminate	verb	To climax; to reach	नतीजा निकलना
Q11	Obscure	adjective	Unknown; hard to understand; dark	अस्पष्ट
	Notorious	adjective	Famous for something bad	कुख्यात
	Circuitous	adjective	Roundabout; not following a direct path	घुमावदार
Q12	Superfluous	adjective	Extra; unnecessary; redundant	जरूरत से ज्यादा
	Guile	noun	Cunning, duplicity; artfulness	छल, माया, धोखा
	Temperate	adjective	Mild; moderate; restrained	हल्का; मध्यम
Q13	Construe	verb	To interpret	शब्दानुवाद करना, अर्थ करना
	Garrulous	adjective	Talkative; chatty	बातूनी, वाचाल
	Axiom	noun	A self-evident rule or truth; a widely accepted saying	सिद्धांत, सिद्ध प्रमाण
Q14	Fidelity	noun	Faithfulness; loyalty	निष्ठा, विश्वस्तता, वफादारी
	Mercurial	adjective	Emotionally unpredictable; rapidly changing in mood	अस्थिर
	Rudimentary	adjective	Basic; crude; unreformed or undeveloped	मौलिक



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