

# RIE CEE Language Proficiency

## Sample Paper – 4

Duration: 30 Minutes

Maximum Marks: 40

### Instructions

- This paper contains **20** Multiple Choice Questions (Single Correct Answer), modelled on the **Language Proficiency in English** section of the **RIE CEE** (NCERT Regional Institutes of Education Common Entrance Exam).
- Each correct answer carries **+2 marks**. There is a penalty of **−0.5 mark** for every incorrect answer. Unattempted questions carry **0 marks**.
- Only **one** option is correct. Choose carefully before marking, since wrong answers are penalised.
- The actual exam is a **Computer Based Test (CBT)**; attempt this paper in one timed sitting of 30 minutes.
- Use of mobile phones, calculators, or electronic gadgets is not permitted.

**Q1. Directions (Q.1–Q.4):** Read the following passage and answer the questions that follow.

*For most of human history, eating was governed by the seasons and by what grew nearby. Today, processed foods rich in sugar, salt and refined oil are cheap and available at every street corner. Nutritionists warn that this shift has quietly reshaped our health. A diet built around whole grains, pulses, fruits and vegetables supplies fibre and micronutrients that the body needs to repair itself, while heavily processed snacks deliver plenty of calories but little nourishment. The remedy, experts insist, is not a fashionable fad but a steady return to balanced, mindful eating, paired with regular movement and adequate sleep.*

Which of the following best expresses the central idea of the passage?



- (A) Seasonal foods are always tastier than packaged foods.
- (B) A balanced, whole-food diet matters more than following dietary fads.
- (C) Processed snacks should be banned from street corners.
- (D) Modern people no longer enjoy cooking at home.

**Q2.** According to the passage, what do whole grains, pulses, fruits and vegetables supply to the body?

- (A) A large quantity of refined oil and salt.
- (B) Mainly empty calories with little benefit.
- (C) Fibre and micronutrients needed for repair.
- (D) A guarantee against every illness.

**Q3.** In the passage, the word “**nourishment**” is closest in meaning to:

- (A) nutritional value
- (B) entertainment
- (C) decoration
- (D) punishment

**Q4.** The tone of the writer towards heavily processed snacks can best be described as:

- (A) admiring and enthusiastic
- (B) neutral and indifferent
- (C) playful and humorous
- (D) concerned and cautionary

**Q5.** Choose the option that correctly completes the sentence:

“By the time the dietitian arrived, the patient \_\_\_\_\_ his breakfast already.”



- (A) has finished
- (B) had finished
- (C) finishes
- (D) is finishing

**Q6.** Fill in the blank with the correct article:

“The doctor advised her to eat \_\_\_\_\_ apple a day to keep her iron levels steady.”

- (A) an
- (B) a
- (C) the
- (D) no article

**Q7.** Choose the correct preposition:

“A diet poor \_\_\_\_\_ iron can lead to fatigue and pale skin.”

- (A) on
- (B) from
- (C) in
- (D) with

**Q8.** Choose the option with correct subject–verb agreement:

“Neither the chef nor the waiters \_\_\_\_\_ aware that the soup contained nuts.”

- (A) is
- (B) has been
- (C) was
- (D) were

**Q9.** Choose the correct pronoun to complete the sentence:

“Each of the trainees must bring \_\_\_\_\_ own water bottle to the fitness session.”



- (A) their
- (B) his or her
- (C) them
- (D) its

**Q10.** Identify the part of the sentence that contains an error:

“The nurse (A) advised the elderly man (B) to avoid (C) too much of salt (D) in his daily meals.”

- (A) advised the elderly man
- (B) to avoid
- (C) too much of salt
- (D) in his daily meals

**Q11.** Choose the best replacement for the underlined part:

“If she would have eaten more vegetables, her digestion would have improved.”

- (A) had eaten
- (B) has eaten
- (C) would eat
- (D) No improvement needed

**Q12.** Identify the part that contains a grammatical error:

“(A) Drinking enough water (B) are essential (C) for the body (D) to flush out toxins.”

- (A) Drinking enough water
- (B) are essential
- (C) for the body
- (D) to flush out toxins

**Q13.** Choose the word that is the closest **synonym** of “wholesome”:



- (A) harmful
- (B) tasteless
- (C) costly
- (D) nutritious

**Q14.** Choose the word that is the **antonym** of “**sluggish**”:

- (A) energetic
- (B) lazy
- (C) heavy
- (D) gloomy

**Q15.** Choose the one word for: “**a person who does not eat any animal products at all**”.

- (A) gourmet
- (B) carnivore
- (C) vegan
- (D) glutton

**Q16.** What does the idiom “**go cold turkey**” mean?

- (A) to eat only cold leftovers
- (B) to suddenly and completely stop a habit
- (C) to feel nervous before a meal
- (D) to share food generously

**Q17.** Choose the word that best fits the blank:

“Skipping meals may \_\_\_\_\_ the very weight loss that a dieter is hoping to achieve.”

- (A) promote
- (B) ensure



- (C) celebrate
- (D) sabotage

**Q18.** Choose the word that best fits the blank:

“Children who eat a hearty breakfast tend to stay more \_\_\_\_\_ during morning classes.”

- (A) attentive
- (B) attentively
- (C) attention
- (D) attended

**Q19.** Rearrange the parts to form a meaningful sentence:

- (P) and rebuild the tissues
- (Q) protein-rich foods help
- (R) after a workout
- (S) the muscles recover

- (A) P Q R S
- (B) R P S Q
- (C) R Q S P
- (D) Q S P R

**Q20.** Rearrange the parts to form a meaningful sentence:

- (P) reading the label carefully
- (Q) before buying any packaged snack
- (R) for hidden sugar and sodium
- (S) is a simple habit worth keeping

- (A) P R Q S
- (B) Q P R S
- (C) Q R P S
- (D) P Q S R



**Detailed Solutions**

Q1.

**Solution**

**Concept — Main idea:** The central idea is the one statement that ties together every supporting detail.

**Step 1 — Track the argument:** The passage contrasts cheap processed food with whole foods and ends by recommending a return to balanced, mindful eating rather than a fad.

**Step 2 — Match to an option:** Option (B) captures both halves: a balanced whole-food diet, and the rejection of fads.

**Why other options are wrong:**

- (A) Taste is never the writer’s point; nutrition is.
- (C) “Banned” is far stronger than anything the passage says.
- (D) Enjoyment of cooking is not mentioned at all.

**Final Answer:** A balanced, whole-food diet beats fads ⇒ **B**

**Answer: (B)** [Go Back to Q1](#)

Q2.

**Solution**

**Concept — Reading for detail:** A detail question is answered by the exact wording of the passage, not by guessing.

**Step 1 — Locate the line:** The passage says whole foods “supplies fibre and micronutrients that the body needs to repair itself.”

**Step 2 — Select the matching option:** Option (C) restates this directly.

**Why other options are wrong:**

- (A) Refined oil and salt belong to processed snacks, not whole foods.
- (B) Empty calories describe processed snacks.
- (D) The passage never promises protection against “every illness.”

**Final Answer:** Fibre and micronutrients for repair ⇒ **C**

**Answer: (C)** [Go Back to Q2](#)



Q3.

**Solution**

**Concept — Vocabulary in context:** Choose the meaning that fits how the word is used in the sentence.

**Step 1 — See the contrast:** Snacks deliver “calories but little nourishment,” so nourishment is the opposite of empty calories.

**Step 2 — Pick the synonym:** “Nutritional value” is exactly that idea.

**Why other options are wrong:**

- (B) Entertainment has nothing to do with food value.
- (C) Decoration is about appearance, not nutrition.
- (D) Punishment is unrelated and merely sounds similar.

**Final Answer:** Nourishment = nutritional value ⇒

**Answer: (A)** [Go Back to Q3](#)

Q4.

**Solution**

**Concept — Tone:** Tone is the writer’s attitude, revealed through word choice.

**Step 1 — Note loaded words:** “warn,” “quietly reshaped,” “little nourishment” all signal worry.

**Step 2 — Match the attitude:** The writer is uneasy about processed snacks yet gives advice, which is concerned and cautionary.

**Why other options are wrong:**

- (A) Nothing in the passage admires snacks.
- (B) The repeated warnings rule out indifference.
- (C) The serious health topic is not treated humorously.

**Final Answer:** Concerned and cautionary ⇒

**Answer: (D)** [Go Back to Q4](#)



Q5.

**Solution**

**Concept — Past perfect tense:** For an action completed before another past action, use “had + past participle.”

**Step 1 — Spot two past events:** “arrived” is simple past; finishing breakfast happened before it.

**Step 2 — Apply the rule:** The earlier action takes the past perfect: “had finished.” The word “already” confirms it was done first.

**Why other options are wrong:**

- (A) “has finished” is present perfect, wrong for a past timeline.
- (C) “finishes” is simple present.
- (D) “is finishing” is present continuous and clashes with “already.”

**Final Answer:** had finished ⇒

**Answer: (B)** [Go Back to Q5](#)

Q6.

**Solution**

**Concept — Indefinite article choice:** Use “an” before a word beginning with a vowel *sound*.

**Step 1 — Test the sound:** “apple” starts with the vowel sound /æ/.

**Step 2 — Choose accordingly:** A vowel sound takes “an,” so “an apple.”

**Why other options are wrong:**

- (B) “a” is used before a consonant sound.
- (C) “the” would mean one specific apple, which the sentence does not intend.
- (D) A singular countable noun cannot stand with no article here.

**Final Answer:** an apple ⇒

**Answer: (A)** [Go Back to Q6](#)



Q7.

**Solution**

**Concept — Fixed preposition:** The adjective “poor” takes the preposition “in” when it means lacking something.

**Step 1 — Read the meaning:** “poor in iron” means low in iron content.

**Step 2 — Confirm the collocation:** “rich in / poor in” is the standard pairing for nutrient content.

**Why other options are wrong:**

- (A) “poor on” is not an English collocation.
- (B) “poor from” is incorrect.
- (D) “poor with” does not express lacking a nutrient.

**Final Answer:** poor in iron ⇒

**Answer: (C)** [Go Back to Q7](#)

Q8.

**Solution**

**Concept — Neither...nor agreement:** With “neither A nor B,” the verb agrees with the noun nearest to it (B).

**Step 1 — Find the nearer subject:** The nearer noun is “waiters,” which is plural.

**Step 2 — Match the verb:** A plural subject in past time takes “were.”

**Why other options are wrong:**

- (A) “is” is singular and present.
- (B) “has been” is singular.
- (C) “was” is singular and does not agree with “waiters.”

**Final Answer:** were ⇒

**Answer: (D)** [Go Back to Q8](#)



Q9.

**Solution**

**Concept — Pronoun with “each”:** “Each” is singular, so it takes a singular pronoun.

**Step 1 — Identify the antecedent:** “Each of the trainees” is grammatically singular.

**Step 2 — Choose a singular form:** In formal grammar the singular “his or her” agrees with “each.”

**Why other options are wrong:**

- (A) “their” is plural and breaks strict concord with “each.”
- (C) “them” is an object pronoun, not possessive.
- (D) “its” refers to things, not people.

**Final Answer:** his or her ⇒

**Answer: (B)** [Go Back to Q9](#)

Q10.

**Solution**

**Concept — Quantifier “too much”:** Before an uncountable noun, “too much” is followed directly by the noun, without “of.”

**Step 1 — Spot the faulty part:** “too much of salt” wrongly inserts “of.”

**Step 2 — Correct it:** The right form is “too much salt.” Hence part (C) carries the error.

**Why other options are wrong:**

- (A) “advised the elderly man” is correct.
- (B) “to avoid” is the proper infinitive.
- (D) “in his daily meals” is fine.

**Final Answer:** The error is in “too much of salt” ⇒

**Answer: (C)** [Go Back to Q10](#)



Q11.

**Solution**

**Concept — Third conditional:** The “if” clause of an unreal past condition uses “had + past participle,” never “would have.”

**Step 1 — Read the structure:** The result clause already says “would have improved,” so this is a third conditional.

**Step 2 — Fix the if-clause:** The correct form is “If she had eaten...”

**Why other options are wrong:**

- (B) “has eaten” is present perfect, wrong for an unreal past.
- (C) “would eat” belongs to a different conditional pattern.
- (D) The original “would have eaten” in the if-clause is a classic error.

**Final Answer:** had eaten ⇒

**Answer: (A)** [Go Back to Q11](#)

Q12.

**Solution**

**Concept — Gerund subject agreement:** A gerund phrase used as a subject is singular and takes a singular verb.

**Step 1 — Identify the subject:** “Drinking enough water” is a single gerund phrase.

**Step 2 — Correct the verb:** A singular subject needs “is,” not “are,” so part (B) is wrong.

**Why other options are wrong:**

- (A) “Drinking enough water” is a correct gerund subject.
- (C) “for the body” is grammatical.
- (D) “to flush out toxins” is a correct infinitive of purpose.

**Final Answer:** The error is “are essential” (should be “is”) ⇒

**Answer: (B)** [Go Back to Q12](#)



Q13.

**Solution**

**Concept — Synonym:** A synonym shares the core meaning of the given word.

**Step 1 — Define the word:** “Wholesome” means good for health, beneficial to the body.

**Step 2 — Match it:** “Nutritious” carries the same sense of health-giving.

**Why other options are wrong:**

- (A) “harmful” is the opposite.
- (B) “tasteless” refers to flavour, not health value.
- (C) “costly” refers to price.

**Final Answer:** wholesome  $\approx$  nutritious  $\Rightarrow$

[Go Back to Q13](#)

Q14.

**Solution**

**Concept — Antonym:** An antonym expresses the opposite meaning.

**Step 1 — Define the word:** “Sluggish” means slow, lacking energy.

**Step 2 — Find its opposite:** “Energetic” means full of energy, the reverse of sluggish.

**Why other options are wrong:**

- (B) “lazy” is a near synonym, not an antonym.
- (C) “heavy” describes weight, not energy.
- (D) “gloomy” describes mood, not energy level.

**Final Answer:** opposite of sluggish = energetic  $\Rightarrow$

[Go Back to Q14](#)



Q15.

**Solution**

**Concept — One-word substitution:** Replace a long phrase with the single precise word.

**Step 1 — Read the definition:** “A person who does not eat any animal products at all.”

**Step 2 — Name it:** A “vegan” avoids all animal products, including dairy and eggs.

**Why other options are wrong:**

- (A) A “gourmet” is a lover of fine food.
- (B) A “carnivore” eats meat, the opposite.
- (D) A “glutton” eats greedily and to excess.

**Final Answer:** vegan ⇒

**Answer: (C)** [Go Back to Q15](#)

Q16.

**Solution**

**Concept — Idiom meaning:** An idiom’s meaning is figurative, not literal.

**Step 1 — Recall the idiom:** “Go cold turkey” is used when someone quits a habit abruptly.

**Step 2 — Match the option:** “To suddenly and completely stop a habit” is the accepted meaning.

**Why other options are wrong:**

- (A) The literal turkey reading misses the figurative sense.
- (C) Feeling nervous before a meal is unrelated.
- (D) Sharing food generously is a different idea.

**Final Answer:** suddenly stop a habit ⇒

**Answer: (B)** [Go Back to Q16](#)



Q17.

**Solution**

**Concept — Word that fits meaning:** The blank needs a verb whose sense matches the sentence's logic.

**Step 1 — Read the logic:** Skipping meals harms the goal the dieter wants, so the verb must be negative.

**Step 2 — Choose the word:** “Sabotage” means to deliberately spoil or undermine, fitting the idea that the goal is harmed.

**Why other options are wrong:**

- (A) “promote” means to help, the opposite sense.
- (B) “ensure” means to guarantee, also positive.
- (C) “celebrate” makes no sense with weight loss.

**Final Answer:** sabotage ⇒

**Answer: (D)** [Go Back to Q17](#)

Q18.

**Solution**

**Concept — Adjective after a linking verb:** The verb “stay” here links the subject to a describing word, which must be an adjective.

**Step 1 — Identify the slot:** “stay more \_\_\_\_\_” describes the children, so an adjective is needed.

**Step 2 — Choose the adjective:** “attentive” is the adjective form describing the children.

**Why other options are wrong:**

- (B) “attentively” is an adverb, which cannot follow this linking “stay.”
- (C) “attention” is a noun.
- (D) “attended” is a past form, not a descriptive adjective here.

**Final Answer:** attentive ⇒

**Answer: (A)** [Go Back to Q18](#)



Q19.

**Solution**

**Concept — Sentence rearrangement:** Find the natural opener, then follow the chain of meaning.

**Step 1 — Find the opener:** (R) “after a workout” sets the time and starts the sentence.

**Step 2 — Build the chain:** (Q) “protein-rich foods help” states the subject and verb, then (S) “the muscles recover” and (P) “and rebuild the tissues” complete the action.

**Step 3 — Read it whole:** “After a workout, protein-rich foods help the muscles recover and rebuild the tissues.” Order = R Q S P.

**Why other options are wrong:**

- (A) P Q R S has no logical opener.
- (B) R P S Q places “and rebuild the tissues” before the verb.
- (D) Q S P R ends with “after a workout,” breaking the flow.

**Final Answer:** R Q S P ⇒

[Go Back to Q19](#)

Q20.

**Solution**

**Concept — Sentence rearrangement:** Locate the grammatical subject and let the modifiers fall into place.

**Step 1 — Find the subject:** (P) “reading the label carefully” is the gerund subject that opens the sentence.

**Step 2 — Order the rest:** (R) “for hidden sugar and sodium” tells what to look for, (Q) “before buying any packaged snack” gives the timing, and (S) “is a simple habit worth keeping” completes the thought.

**Step 3 — Read it whole:** “Reading the label carefully for hidden sugar and sodium before buying any packaged snack is a simple habit worth keeping.” Order = P R Q S.

**Why other options are wrong:**

- (B) Q P R S opens with “before buying,” leaving the verb stranded.



- (C) Q R P S has the same misplaced opener.
- (D) P Q S R puts “for hidden sugar and sodium” awkwardly at the end.

**Final Answer:** P R Q S ⇒

**Answer: (A)** [Go Back to Q20](#)



**Answer Key**

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

