

HOLIDAY HOMEWORK

CLASS – VII (Science)



Dear Students

The most waited time of the year is Summer Vacation; it's time for loads of fun, though we can't go out but we can engage ourselves creatively and will be able to look after our family members. We can also connect with our cousins and relatives virtually as we can't go to meet them.

Some points to be remember:

- ❖ Drink plenty of juice and water to avoid dehydration.
- ❖ Make handwashing and hygiene a part of your routine.
- ❖ Spend your quality time reading newspaper, books and stories that will help you in increasing your vocabulary.
- ❖ Play board games with your parents and siblings and show them who is the smartest.
- ❖ Spend some quality time with an elderly person in the family/relatives.

General instructions that are to be followed:

- ❖ Download the holiday homework pages.
- ❖ Holiday homework should be your authentic creative work.
- ❖ Do the homework on loosed sheets (A4 size)
- ❖ Handwriting should be neat and legible

Revise all the explained chapters with questions and answers.

1. Assertion and Reason

Two statements – an assertion (statement of fact) and a reason (explanation of assertion) are given. Choose the appropriate answer for each of the following pair of statements.

- (a) Both assertion and reason are true and reason is correct explanation of assertion.
- (b) Both assertion and reason are true and reason is not the correct explanation of assertion.
- (c) Assertion is true but reason is false.
- (d) Assertion is false but reason is true.

CHAPTER – NUTRITION IN PLANTS

- (i) **Assertion:** A mutual benefitting association between two plant is said to be parasitic mode of nutrition.
Reason: Cuscuta is a totally parasitic nutrition.
- (ii) **Assertion:** Pitcher plant traps insects.
Reason: Pitcher plant is a heterotroph and can't perform photosynthesis.
- (iii) **Assertion:** Water and minerals present in soil are absorbed by roots and transported to leaves.
Reason: Carbon dioxide from air is taken through stomata present on the surface of leaves.
- (iv) **Assertion:** The product of photosynthesis is a complex chemical substance called carbohydrate.
Reason: The carbohydrate ultimately gets converted into sugar.
- (v) **Assertion:** Some plants are heterotrophic.
Reason: Few plants can not synthesise food on their own depend upon other plants and small animals.

CHAPTER – NUTRITION IN ANIMALS

- (vi) **Assertion:** The small intestine is about 7.5m long and highly coiled.
Reason: It is smaller as compared to large intestine.
- (vii) **Assertion:** Liver secretes a juice called bile juice.
Reason: Bile juice is stored in liver.
- (viii) **Assertion:** Digestion in amoeba is intracellular.
Reason: In the food vacuole the food becomes trapped and is digested by the action of digestive juices secreted into food vacuole.

- (ix) **Assertion:** Food is pushed down through the food pipe which runs along the neck and chest.
Reason: The peristaltic movement of the wall of the food pipe is a continuous process.
- (x) **Assertion:** Digestion of carbohydrates like starch begins in buccal cavity.
Reason: The digested food is absorbed in the blood vessels from small intestines.

CHAPTER – PHYSICAL AND CHEMICAL CHANGE

- (xi) **Assertion:** Burning of a candle is a physical change.
Reason: The products formed by burning a candle can't be easily converted back to original candle.
- (xii) **Assertion:** The process of crystallisation is used to get pure form of a substance from its impure solution.
Reason: Crystals of pure iron oxide can be obtained from its saturated solution.
- (xiii) **Assertion:** Evolution of gas is confirmed sign of physical change.
Reason: Hydrogen gas is evolved on reaction of acids on metals.
- (xiv) **Assertion:** Blue colour of copper sulphate solution changes on addition of piece of zinc.
Reason: Zinc is more reactive than copper.
- (xv) **Assertion:** When vinegar reacts with baking soda, it gives carbon dioxide.
Reason: Carbon dioxide turns lime water milky.

CHAPTER – MOTION AND TIME

- (xvi) **Assertion:** Speedometer records the speed of the vehicle generally in km/hr.
Reason: Odometer measures the distance moved by the vehicles in one hour.
- (xvii) **Assertion:** The distance moved by an object in unit time is called its speed.
Reason: Faster vehicles have higher speeds.
- (xviii) **Assertion:** The distance time graph for an object moving with non-uniform speed is a straight line parallel to x-axis.

Reason: When an object stops at one place, although time continues to increase but the distance covered does not.

(xix) Assertion: Periodic events are used to measure time.

Reason: Periodic motion is repeated by an object after a fixed interval.

(xx) Assertion: If you double the speed of a vehicle, it will take half the time to cover the same distance.

Reason: Time taken is directly proportional to speed when distance remains constant.

2. As we discussed the topic Nutrition in Animals in the class and we hope that you have realised how important it is for us to have balanced diet in order to keep our body working and healthy, based on the topic following activities are designed.

- **ACTIVITY 1:** Discuss with your parents and grandparents, the way to lead a healthy life. Based on the discussion design a diet plan for the children of your age group with tips and suggestions to lead a healthy life. (Roll no. 1-20)
- **ACTIVITY 2:** Fast food is not good for health. Compose a story (150-200 words with pictures and drawings) with this message whereas a girl or boy explains to her/his younger brother, the bad effects of eating fast food. (Roll no. 20 onwards)