

# Himalaya International School

## Holidays Home Work (2022-23)

### Class VII

Dear Parents,

Summer Holidays Homework is an initiative on our part to inculcate innovativeness, creativity and interest in the tasks assigned to students. It will not only enable them to recapitulate what was taught but will also help them to connect themselves to the various learning processes.

We would also like to tell you some points that would help you in your child's development and you would be able to understand your child better.

1. Take your child along to the market to buy things and while buying the things teach him/her the measurements such as how to add, subtract or multiply. Also tell him/her about the vegetables that are grown on or underground.
2. While walking on the road, give them the information about four directions and also the traffic rules that they should follow while walking or crossing the road.
3. Teach your child to use waste materials to make new things such as toys and other useful materials from used newspapers.
4. You can also teach your children to prepare new dishes during summer vacation.
5. The whole family should have dinner together but avoid watching TV or using mobile at that time.
6. Spend quality time with your children at the dining table, talking to each other and sharing your views.
7. Ask your child to plant a sapling and also show him how to take care of that sapling to help it grow into a healthy plant.
8. Please ensure that your children carry on with the Mindfulness activities daily that they have been taught in the school.
9. Share with your child some interesting events of your life and also make them a part of interesting discussions that are going on in your family.
10. Assign a permanent workplace and a work time. This brings discipline in their life.
11. Induce good manners – 4 magic words “Please, Thank you, Excuse me, Sorry” – Use them and see the difference.
12. Give your child weekend tasks like, “clean your shoe rack”, “Set your books in your shelf and study table after sorting”, “Wash your own plates after meals” etc.

## ENGLISH

1. Write a letter to your friend telling him/her about the Yoga Club that you have joined in recently, highlighting the importance of exercise and yoga in our life. Use all the four different kinds of sentences in the letter.
2. Create a newspaper of your own with a special section for "Children's corner" which includes poems, interesting news headlines, riddles, puzzles, recipes, articles, sketches, etc. Make it attractive using pictures and colourful pens.
3. It's the best time of the year to inculcate reading habit. So, pick a good novel or a story book of your choice and dwell deep into it. Write what you liked the most about it and which character of the story fascinated you the most. Also pick up some interesting lines and punchlines that you came across while reading it.
4. Prepare a Project file on "Bhasha Sangam" according to your roll no. using dialogues in any of the regional languages such as Rajasthani, Bengali, Assamese, Gujrati, Haryanvi, Tamil, etc. Make it eye-catching with colourful images and decorative items.

Roll No. 1 to 5	(Food of that state)
Roll No. 6 to 10	(Costumes of that state)
Roll No. 11 to 15	(Festivals of that state)
Roll No. 16 to 20	(Dance and Music)
Roll No. 21 to 25	(Worth-seeing places)

5. Revise all the work done in literature as well as language till date.

PS : Do Serial No.1,3 and 4 in A4 sized sheets and Serial no.2 using chart paper.

## HINDI

प्रश्न 1 भाषा संगम- भारतीय संविधान में 22 भाषाओं को मान्यता प्राप्त है। किन्हीं 5 भाषाओं के 10 /10 वाक्य लिखें व याद करें । उन्हें बोलते हुए अपना दो-तीन मिनट का वीडियो भी बनाएँ। हो सके तो उसी राज्य की पोशाक भी धारण कर सकते हैं।

प्रश्न 2 हनुमान चालीसा याद करें व उसे गाते हुए अपना दो-तीन मिनट का वीडियो भी बनाएँ। हो सके तो उसे गाते हुए रूप/ शरीर सज्जा भी हनुमान जी वाली धारण कर सकते हैं।

प्रश्न 3 लेख लिखें व आवश्यकतानुसार चित्र भी चिपकाएँ। A/4 साइज शीट पर

क) प्राकृतिक आपदाएँ- बचाव व रोकथाम के उपाय 1-7

ख) विलुप्त होते पक्षी -कारण, रोकथाम 8-15

ग) पर्यावरण में आए बदलाव- कारण, असर 16-24

घ) प्रकृति, जल और पर्यावरण संरक्षण जरूरी -क्यों, कैसे? 25-34

प्रश्न 4 पॉलिथीन का बहिष्कार जरूरी है। इसी संदर्भ हेतु कागज से दो-दो थैले/ बैग बनाएँ और सुंदर सजाएँ।

प्रश्न 5 अपनी पाठ्य पुस्तक में से एक पृष्ठ बोल बोलकर रोज पढ़ें।

प्रश्न 6 अब तक करवाया गया सारा कक्षा कार्य याद करें।

## Mathematics

**Note:**

- ❖ Revise all chapters done in April and May month.
- ❖ Revise tables upto 25.

**Q.1** Multiply 16 by (-4) and find the additive inverse of the resulting integer.

**Q.2** Evaluate:  $(-4) \times (-3) \times (+5) \times (-10)$

**Q.3** Find the products, using suitable properties:

a)  $26 \times (-93) + (-93) \times (-16)$

b)  $(-12) \times 125 \times 7 \times 8$

**Q.4** Every floor of a 30 storey building is 4 m high. A lift moves 2 metres per second. How long will it take to move from 5<sup>th</sup> floor to 28<sup>th</sup> floor?

**Q.5** The temperature of a city was 26°C on Monday. The temperature rose by 2°C on everyday upto Thursday and fell by 5°C on Friday. What was the temperature of the city on Friday?

**Q.6** An elevator descends into a mine shaft at the rate of 6m/minute. If the descent starts from 10 metres above the ground level, how long will it take to reach -350 metres?

**Q.7** Evaluate:

a)  $15 \div [(-3) + 2]$

b)  $\{42 \div (-7)\} \div \{(-48) \div 16\}$

**Q.8** Write down a pair of integers whose

a) difference is -9

b) product is -15

**Q.9** By what number should -324 be divided to obtain -18?

**Q.10** In a class test containing 10 questions, 4 marks are given for every correct answer and (-2) marks are given for every incorrect answer.

a) Naresh attempts all questions but only 8 of his answers are correct. What is his total score?

b) Umesh also attempts all questions but gets only 6 answers correct. What will be his score?

**Q.11** Arrange in ascending order:

$$\frac{5}{27}, \frac{4}{9}, \frac{7}{12}, \frac{5}{24}$$

**Q.12** Arrange in descending order:

$$\frac{4}{5}, \frac{9}{14}, \frac{16}{35}, \frac{6}{10}$$

**Q.13** Simplify:  $10\frac{3}{5} + 2\frac{5}{6} - 5\frac{3}{5}$

**Q.14** What should be added to  $\frac{11}{48}$  to get  $\frac{13}{16}$ ?

**Q.15** Find the perimeter and area of a square field whose side is  $5\frac{1}{4}$  m long.

**Q.16** If the cost of a notebook is Rs  $6\frac{1}{3}$ , how many notebooks can be purchased for Rs  $126\frac{2}{3}$ ?

Q.17 Find the product:

a)  $32.5 \times 1000$

b)  $0.237 \times 15$

c)  $0.566 \times 0.59$

Q.18 Divide:

a) 0.068 by 0.004

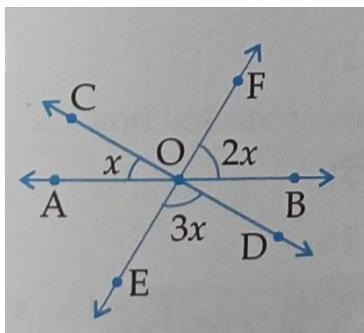
b) 217.35 by 6.3

c) 7804.5 by 104.06

Q.19 Rashmi cuts 90 m of cloth into pieces of 1.20 m each. How many pieces does she get?

Q.20 A taxi driver charges Rs 687.30 for a journey of 94.8 km. What will be the charges for a journey of 10 km?

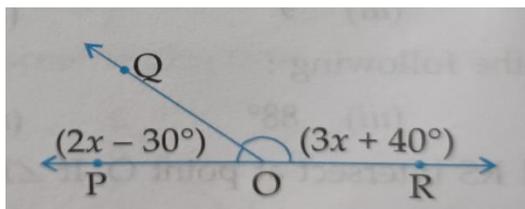
Q.21 Find the value of  $x$  :



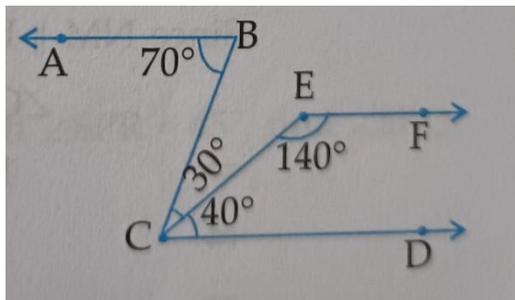
Q.22 An angle is equal to four times its complement. Determine its measure.

Q.23 Two supplementary angles differ by  $48^\circ$ . Find the angles.

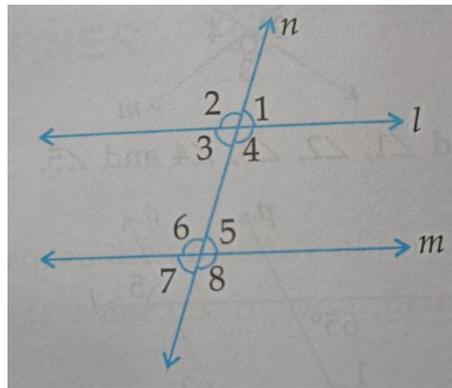
Q.24 In the given figure, POR is a straight line and the ray OQ stands on it. Find the value of  $x$ . Also, find  $\angle POQ$  and  $\angle QOR$ .



Q.25 In the given figure, show that  $AB \parallel EF$ .



**Q.26** In the given figure,  $l \parallel m$ . If  $\angle 1$  and  $\angle 2$  are in the ratio 2: 3, find all the angles.



### SCIENCE

- 1) Model :
  - a) Water Alarm ( Roll No 1-5 )
  - b) Smoke Absorber ( Roll No 6-10 )
  - c) Day and Night Working Model ( Roll No 11-15 )
  - d) Respiratory System Working Model ( Roll No 16-20 )
  - e) Working Model of Kidney ( Roll No 21 onwards )
- 2) Do the worksheets given in A4 sheets.
- 3) Make a poster for generating awareness about not to use single-use plastic.
- 4) Liver is a very important gland that performs many functions. Find out about the various functions of the liver. Make a project report based on your findings.
- 5) Make a report on any three disorders or diseases associated with the digestive system. Key points - causes, prevention, cure.

### CHAPTER – 1

### NUTRITION IN PLANTS

### WORKSHEET

#### A. Fill in the blanks:

1. All green plants exhibit \_\_\_\_\_ mode of nutrition.
2. \_\_\_\_\_ are the main site of photosynthesis in plants.
3. Food is stored in plants in the form of \_\_\_\_\_.
4. Each stoma is surrounded by two \_\_\_\_\_ cell.
5. \_\_\_\_\_ of plants absorbs water and minerals from soil.

#### B. Stage whether the following are true or false.

1. Green plants are also called producers. \_\_\_\_\_
2. Stomata are present in stems of the plants. \_\_\_\_\_
3. Sun is the ultimate source of energy for all living beings. \_\_\_\_\_
4. Carbon dioxide is released during photosynthesis. \_\_\_\_\_
5. The guard cells control the opening and closing of stomach \_\_\_\_\_

#### C. Answer in one word.

1. Green pigment present in leaves \_\_\_\_\_
2. Small opening on the surfaces of leaves \_\_\_\_\_
3. Tissue present in plants helps in the transportation of water and minerals \_\_\_\_\_
4. Nitrogen fixing bacteria present in the roots of plants \_\_\_\_\_
5. Process by which plants make their food \_\_\_\_\_

**D. Answer in brief:**

1. What do you mean by autotrophic mode of nutrition?

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2. What are the essential conditions for the process of photosynthesis?

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3. What is the function of nitrogen fixing bacteria in plants?

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**CHAPTER – 1**

**NUTRITION IN PLANTS**

**WORKSHEET**

**A. Fill in the blanks:**

1. Organisms that cannot carry out photosynthesis are called \_\_\_\_\_
2. Insectivorous plants feed on \_\_\_\_\_
3. Cuscuta is an example of \_\_\_\_\_ plants.
4. Plants that derive their nutrition from the dead matter are \_\_\_\_\_
5. Lichen is an example of \_\_\_\_\_ relationship.

**B. Stage whether the following are true or false.**

1. Plants are not heterotrophs. \_\_\_\_\_
2. The pitcher plant is an insectivorous plant. \_\_\_\_\_
3. Mushrooms exhibits saprophytic mode of nutrition. \_\_\_\_\_
4. Plants can utilize the atmospheric nitrogen directly. \_\_\_\_\_
5. Rhizobium is found in the roots of all leguminous plants. \_\_\_\_\_

**C. Match the following :**

- |              |                             |
|--------------|-----------------------------|
| 1. Cuscuta   | a. Symbiotic relationship   |
| 2. Rafflesia | b. Insectivorous plants     |
| 3. Rhizobium | c. Parasitic plant          |
| 4. Lichen    | d. Heaviest flower          |
| 5. Sundew    | e. Nitrogen fixing bacteria |

**Chapter 2**

**Nutrition in Animals**

**Worksheet**

**a. Fill in the blanks:**

- i) The process of digestion is completed into \_\_\_\_\_
- ii) The digested food particles are absorbed through the blood vessels in \_\_\_\_\_
- iii) Digestive juices break down starch into \_\_\_\_\_
- iv) Bile juice is secreted by \_\_\_\_\_

**b) State whether following are “True” or “False”.**

- i) Liver is the largest gland in the body. \_\_\_\_\_
- ii) Digestion is completed into large intestine. \_\_\_\_\_
- iii) Starch is converted into sugar after digestion. \_\_\_\_\_
- iv) Solid waste is excreted in the form of urine. \_\_\_\_\_

**c) Answer in one word**

- i) The process of removing solid waste from body. \_\_\_\_\_
- ii) Process of converting large fat globules into smaller one. \_\_\_\_\_
- iii) Another name for semi digestive food. \_\_\_\_\_
- iv) Finger like projections in the wall of small intestine \_\_\_\_\_

**Chapter 2**  
**Nutrition in Animals**  
**Worksheet**

**1) Fill in the blanks:**

- i) Amoeba digests its food in \_\_\_\_\_
- ii) Finger like projections in the inner wall of intestine are called \_\_\_\_\_
- iii) All \_\_\_\_\_ exhibits chewing of cud.
- iv) Bile juice is secreted by \_\_\_\_\_

**2) State whether the following are “True” or “False”**

- i) Digestion of food starts into stomach \_\_\_\_\_
- ii) Molars and premolars are for crushing the food. \_\_\_\_\_
- iii) Milk teeth are replaced with permanent teeth. \_\_\_\_\_
- iv) Salivary glands secrete salivary amylase enzymes. \_\_\_\_\_

**3) Match the following**

- |                    |                           |
|--------------------|---------------------------|
| 1. Chewing of cud  | a. Gall bladder           |
| 2. Bile Juice      | b. Defecation             |
| 3. Pseudopodia     | c. Ruminants              |
| 4. Anus            | d. Digestion is completed |
| 5. Small intestine | e. Amoeba                 |

**4) Chose the correct answer :**

- 1. After digestion proteins converts into \_\_\_\_\_  
a. fatty acid    b. juice                      c. amino acid                      d. glucose
- 2. The largest gland in our body is \_\_\_\_\_  
a. liver                      b. Stomach    c. food pipe                      d. None of the above
- 3. The first step of nutrition is \_\_\_\_\_  
a. Digestion    b. Ingestion    c. Excretion                      d. Absorption

**CHAPTER-2**  
**NUTRITION IN ANIMALS**

Complete the following using the given help box.

Absorption, stomach, duodenum, cilia, liver peristalsis, incisors,  
pancreas, rectum, saliva, molars, assimilation tongue

1. Amoeba: Pseudopodia: Paramecium: C\_\_\_\_\_.
2. A \_\_\_\_\_: Nutrient into blood: A \_\_\_\_\_: Utilising nutrients.
3. S \_\_\_\_\_: Amylase: T \_\_\_\_\_: Taste buds.
4. I \_\_\_\_\_: Cutting: M \_\_\_\_\_: Grinding.
5. Oesophagus : P \_\_\_\_\_ : S \_\_\_\_\_ : Churning.
6. Pancreatic juice : \_\_\_\_\_ : Bile Juice \_\_\_\_\_
7. Small Intestine: D \_\_\_\_\_ : Large Intestine : R \_\_\_\_\_ .

**SOCIAL SCIENCE**

**Q1 CASE STUDY ON COVID-19**

Surf the Internet to find out the following about Covid-19.

- (i) What are the different types of tests for COVID-19?
- (ii) How accurate is RT-PCR for SARS-CoV-2? Should two tests be performed or one?
- (iii) What are indications for testing asymptomatic individuals?
- (iv) What Covid-19-specific therapies available for non-hospitalized patients?
- (v) What advice should be given to patients with known or presumed COVID-19 managed at home?

On the basis of your findings make a case study titled “Diagnostic Testing and Home Care” on A4 size sheet.

**Q2 “ The Eighth Schedule of the Indian Constitution lists 22 languages.”**

On the political map of the India, mark and label 28 States and languages spoken in India.

Note:- Throw a light on importance of different languages in our life.

- Q3**
- (i) Make a structure of layers of Earth on A4 size sheet (Roll no 1 to 10)
  - (ii) Make a structure of rock cycle on A4 size sheet (Roll no 11 to 20)
  - (iii) Make a structure of volcano on A4 size sheet (Roll no 21 to 30)

**Q4** Revise all chapters which have been studied in the class.

**COMPUTER**

- Write all types of computer virus.
- Convert the following Decimal numbers into Binary:  
a) 75    b) 60    c) 30

- Convert the following Binary numbers into Decimal:  
a) 110001 b) 11100 c)10001

Note: Homework to be done in Computer notebook.

## ART

Note :- These pages work you have to do in your Art book ( A B C D ) .

- Folk and Tribal Art – Madhubani Painting (Book page no. 50)
- Collage (Book page no. 57)
- Calligraphy (Book page no. 54)
- Henna and Tattoo Art (Book page no. 58)
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Roll No. 1 – 5	Draw a beautiful Kalamkari Art on A – 3 size pastel sheet.
Roll No. 6 – 10	Prepare a poster on the topic “ Air Force Day ” on A – 3 size pastel sheet
Roll No. 11—15	EK BHARAT SHRESHAT BHARAT- Write ‘ Thank You ‘ word in different languages of Indian states on A – 3 size pastel sheet
Roll No. 16 – 20	Draw a beautiful Mandala Art on A – 3 size pastel sheet
Roll No. 21 –25	Creat a beautiful poster on “ Constitution day “ on A -3 size pastel sheet
Roll No. 26 --30	Draw a creative Gond Art art on A – 3 size pastel sheet

Note : - Do activity as mentioned above and according to your roll no. wise.

## संस्कृत

- प्र.1 संस्कृत सुक्ति: रचेत- (चार्ट पेपर पर एक संस्कृत सूक्ति हिंदी अर्थ सहित लिखें)।  
 प्र.2 गीताया: एकं श्लोकं स्मरेत- (गीता का एक श्लोक याद करके ए-4 साइज शीट पर लिखें)।  
 प्र.3 मम परिचय: देयम्। (संस्कृत में अपना परिचय देते हुए विडियो बनाएँ)।  
 प्र.4 संस्कृत शब्दकोशं निर्मेत- (सौ शब्दों का चित्र सहित संस्कृत शब्दकोश बनाएँ )।  
 प्र.5 वृक्षाणां संरक्षणम्- (वृक्ष संरक्षण पर चार्ट बनाइए )।

## GK

Revise all the work done in April & May month.