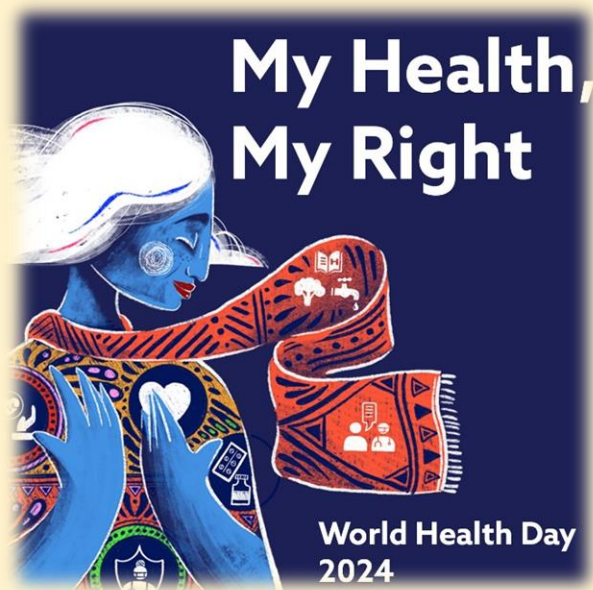


CLASS 7: HOLIDAY HOMEWORK SESSION 2024-25

Theme: "My Health – My Right"



Guidelines for Homework:

- ❖ All projects must be handwritten.
- ❖ Subject-wise homework should be prepared separately.
- ❖ Do the homework on file pages.
- ❖ The cover page should show the school's name, Logo, Student's name, Class, Section and Subject.
- ❖ The second page should be about acknowledgement.
- ❖ Each topic should be written on a new page.
- ❖ Marks will be deducted for spelling and grammatical errors.
- ❖ Submit the homework in a handmade file cover.
- ❖ There are four questions in every subject. Each question carries 5 marks.



ENGLISH LANGUAGE



1. Interview five health care workers and write about their daily routine. Paste their pictures in your project file.
2. Write a biography of any one of the recipients of Eminent Pharmacist Award.
3. Read an English Newspaper and everyday mention 2 international, 2 national and 2 sports news in a thin notebook.



ENGLISH LITERATURE



1. Write a short story or poem that explores the concept of health as a fundamental human right. Consider how societal norms, discrimination, or access to resources impact characters' experiences.
2. Create a mini cookbook filled with healthy recipes inspired by cartoon characters/ books for example Popeye, bugs bunny etc. Mention at least 5 interesting healthy recipes in your cookbook along with the calorie provided by each ingredient.
3. Write 10 idioms related to food and health and learn them.



हिंदी भाषा



1. 'स्वास्थ्य और व्यायाम' विषय को आधार बनाकर दो या तीन मित्रों के बीच हुई बातचीत को संवाद के रूप में लिखिए (शब्द सीमा (200-250))
2. 'स्वास्थ्य ही सबसे बड़ा धन है'- इस कथन को स्पष्ट करते हुए 'उत्तम स्वास्थ्य' विषय पर सचित्र परियोजना तैयार कीजिए। (शब्द सीमा 300)

संकेत बिंदु:

१. प्रस्तावना/परिचय
२. उत्तम स्वास्थ्य हेतु संतुलित आहार
३. उत्तम स्वास्थ्य की चुनौतियाँ
४. उत्तम स्वास्थ्य के लाभ
५. उपसंहार/निष्कर्ष



हिंदी साहित्य



1. 'स्वास्थ्य ही धन हैं' विषय पर अपने शब्दों में कहानी लिखिए।

अथवा

शारीरिक स्वास्थ्य से क्या अभिप्राय है? अच्छे स्वास्थ्य के आवश्यक दस लक्षण लिखकर स्वास्थ्यवर्धक वस्तुओं के चित्रों का कोलाज बनाइए।

2. साप्ताहिक धमाका पाठ का सारांश अपने शब्दों में लिखिए - (लगभग 200 से 250 शब्द)

Mathematics -1

1. Show the components of balanced diet using pie-chart.
2. Explore a number of medical practices where mathematics is used and make a list of it (like dosage amount of medicines in prescriptions etc)

Mathematics-2

1. Research and create a project on the history of famous mathematicians and their contributions.
2. Investigate real life applications of algebra in finance and science.
(For example- If the cost of 1 book is Rs. x then The cost of 5 book is Rs.5x).

HISTORY

1. What role did traditional healing methods play in ancient monk communities during times of conflict?
2. How can you illuminate the essence of "My Health, My Right" through the vibrant colours and intricate lines of stained glass art?
3. Create an illustrated comic strip representing an event from the history of the Roman Empire.
4. Explore the role of honey and its antimicrobial properties in medieval monastery infirmaries for wound healing.

GEOGRAPHY

1. Research and create a poster illustrating the importance of clean water and sanitation for maintaining good health.
2. Create a collage depicting different factors that contribute to a healthy lifestyle, such as exercise, adequate sleep, and stress management techniques
3. Investigate the impact of climate change on public health, focusing on how rising temperatures, extreme weather events, and changing disease patterns affect communities globally.
5. Design a pamphlet or brochure highlighting the importance of balanced nutrition for maintaining good health, including information on food groups and recommended daily intake.

BIOLOGY

Q1. Now a days, it is common in all the age groups that they are drinking Bourn Vita, Complain etc. in the name of health drinks as well as Lahori Jeera Red Bull etc. in the name of energy drinks.(Caffeine, taurine)

1. Write the harmful effects of highly consumption of such types of drinks. Also write its impact on our body tissues.
2. Make a list of drinks that can be replaced by such types of drinks.

Q2. Now a days apart from regular plants used in textile industries are replaced by weed plants and many other , with the help of picture discuss any three plants which are used in making Fabric and other decorative uses.

PHYSICS

1. What is myopia and hypermetropia? Who are most affected by these? Discuss about its symptoms and treatment? What is WHO global eye health action plan?
2. Collect various types of leaves from the garden measure their area using the graph paper. Which leaf occupies the largest area write your observation.(at least 5)
3. Collect various stones, papers, coins and marbles of various shapes and sizes. Measure their volume using the displacement method note your observation.(at least 5)
4. Using the internet find out the value of gravity of all the planets in the solar system. Using this information, calculate your weight on all these planets find out where your weight will be the maximum and where it will be minimum.
5. Making your own Hydrometer.

Material Required: A glass tumbler, a straw, a marker, a teaspoon, some freshwater, some salt and some clay.

Method: Take some freshwater (about 100 to 200 ml) in the glass tumbler and put the straw whose one end is fixed with the clay. Now either remove or add clay to the end till other end of the straw is first exposed to air. After this, make a horizontal line with the help of a marker on the straw where it meets the surface of water to act as a zero line.

Now remove the straw and add one or two teaspoons of salt in the water. This water acts like a saline water. Now, put the straw again in the saline water and mark another line where the straw meets the surface of water. Increase the salinity of water and after repeating 3 - 4 times creates a scale on the straw.

Your hydrometer is ready. You can test density of unknown salt solution. Paste the picture of your hydrometer with observation of reading.

COMPUTER SCIENCE

Instruction: There are two questions of 10 marks each, you are required to complete the questions as directed and submit hard copy.

1. How robotics and Artificial Intelligence technologies help in personal health care, cancer treatment and mental health issues. Type a brief article in 500 to 1000 words in MS word and submit the printout.
2. Make a chart of Computer hardware's and categories them in term of External and Internal hardware further categories them in term of Input, Output and Storage on a chart paper and submit it.

CHEMISTRY

1) Prepare a creative report which includes the following:

- The main elements present in the human body and their contribution to its composition.
- The main minerals present in the human body their composition and function.
- The significance of water in the human body's composition and its influence on function of body.

2) Case study:

The liquid takes up the shape of the container in which they are kept. Liquids flow and change shape, so they are not rigid but can be called fluid. Solids and liquids can diffuse into liquids.

(i) Liquids have no fixed ___ but have a fixed ____ .

- | | |
|------------------|------------------|
| a. shape, volume | b. volume, shape |
| c. shape, size | d. size, shape |

(ii) The rate of diffusion of liquids is greater than solid due to

- liquid particles move freely
- liquid have greater space between each other
- both (a) and (b)
- none of these

(iii) The property of flow is unique to fluids. Which one of the following statements is correct?

- Only gases behave like fluids
- Gases and solids behave like fluids
- Gases and liquids behave like fluids
- Only liquids are fluids

 **ART AND CRAFT** 

Do paintings on dry leaf as shown in picture.

