

असतो मा सद्गमय, तमसो मा ज्योतिर्गमय ।।



SUMMER VACATION ASSIGNMENT 2024

CLASS-VII



MAY 21, 2024 TO JULY 03, 2024

The School Reopens on JULY 04, 2024.

www.hallmarkpublicschool.com

Dearest Hallmarkites

Greetings from Hallmark!

Summer Vacation brings with itself a much-needed breather from hectic schedule. It is the most awaited time meant for relaxation and enjoyment, and if this time is utilised for creative pursuits, it becomes a learning experience.

Keeping this in view, we have designed a few **exciting fun projects/ assignments** to enhance learning skills, help understand concepts better, and make for a **great crash course** aimed at **improving your academic output** as well. These assignments will not only help you **to revise and reinforce what you have learned in school**, but will also enrich your knowledge.

In a nutshell, the Summer Vacation Assignment has been designed to be a **meaningful and creative exercise**.

Important Note:

- These projects/ assignments will be assessed as **Subject Enrichment Activity** to be **added in your Portfolio**.
- **Submit the Summer Vacation Assignment** to the Class Teacher **within a week of reopening of the school**.



LINKS TO ACCESS THE DIGITAL CONTENT

'Digital mindfulness isn't about abstaining from technology; it's about using it in a way that supports our well-being and enhances our life.'

Today's generation is App Generation who loves to spend time on screen. There's no contradicting the fact that we live in a world which is dominated by technology. We do understand this but want our Hallmarkites to spend their screen time constructively. Here are the **LINKS to access the DIGITAL CONTENT of all the Subjects for better understanding and revision of the concepts** taught in the class:

❖ ENGLISH

<https://app.burlingtonenglish.com/account/login>

(The Individual IDs and Passwords are already shared on the Whatsapp.)

❖ HINDI

STEPS TO LOGIN:

Step -1 Go To Browser: <https://gowebrachnasagar.com/>

Step -2 Fill the Login Credentials:

LOGIN ID: HALLMARK.DSP

PASSWORD: HALLMARK.DSP

Step -3 Board - CBSE → Select Class - Your Class → Select Book Type- Text Book → Select Subject- Hindi → Select Book-e Son Chiraiya

❖ MATHEMATICS

<https://digital.charlesbaker.co.uk/user/login>

LOGIN ID: Charlesbaker_HPPS2024

PASSWORD: Hallmark15

❖ SCIENCE, SOCIAL SCIENCE & PUNJABI

Scan the QR Code mentioned on the Cover Page of the books to access the e-book, audios and videos.

JUST A LITTLE NOTE

- **Make sure you have a quiet, well-lit place to do homework.**

Avoid doing homework with the television on or in places with other distractions, such as mobile phones, people coming and going.

- **Make sure the materials you need, such as paper, pens/pencils and a dictionary, are available.**

In case any special material is required for some projects and get that in advance.

- **Learn time management.**

Establish a set time each day for doing homework. It will help regulating your Body Clock as per the set schedule.

- **Ask for assistance and guidance, not answers.**

Don't insist your parents/elders to provide you with the solutions of your assignments. Seek guidance but don't expect answers.

- **If homework is meant to be done by you alone, don't involve any elder.**

Homework is a great way to develop independent, lifelong learning skills.

- **Figure out what is hard homework and what is easy homework.**

Do the hard work first. The harder a task is, the more energy and focus we need to complete it. Starting the harder tasks when you are tired is more difficult and often results in putting them off for another day.

- **Celebrate progress in homework.**

Celebrate every successful homework completion and rejoice that success with a special event (e.g., a pizza, a walk, a trip to the park) to reinforce the positive effort.

Best wishes for Happy Holidays!

Hallmark Team

ENGLISH

DEAR DIARY

'Memory is the diary that we all carry with us.'

But writing the memories in a diary is always a great experience. Let's keep a diary this vacation recording the best bits of the holidays. Write:

- about the special memories made with friends and family
- the things you learnt and which you want to share with your class when you come back
- about interesting places visited during your holiday

Create it adding snapshots.



The given picture is for reference only. Use your own creativity.

IT'S TALK TIME-7

'A lot of problems in the world would be solved if we are able to express ourselves verbally well.'

Let's enhance our communication skills with the help of 'It's Talk Time'. Go through the Units 3 & 4 and solve their exercises as well.

हिंदी

e सोन चिरैया हिंदी पाठ्यपुस्तक (Text-Cum-Workbook)

- पाठ-4 पढ़ें व कठिन शब्दों को रेखांकित करें।

कथा मंजूषा-7

- पाठ 3, 4 पढ़ें व प्रश्न-उत्तर हिंदी की कार्यपुस्तिका में करें।
- अनुच्छेद लेखन : 'सुलेख का महत्व' विषय पर एक अनुच्छेद लिखें।
- संवाद लेखन : विद्यालय में विलंब से पहुँचने पर अध्यापक और विद्यार्थी के मध्य होने वाले वार्तालाप को लगभग 60 शब्दों में संवाद के रूप में लिखिए।

MATHEMATICS

Q.1 Solve the following Assignment in your Mathematics notebook.

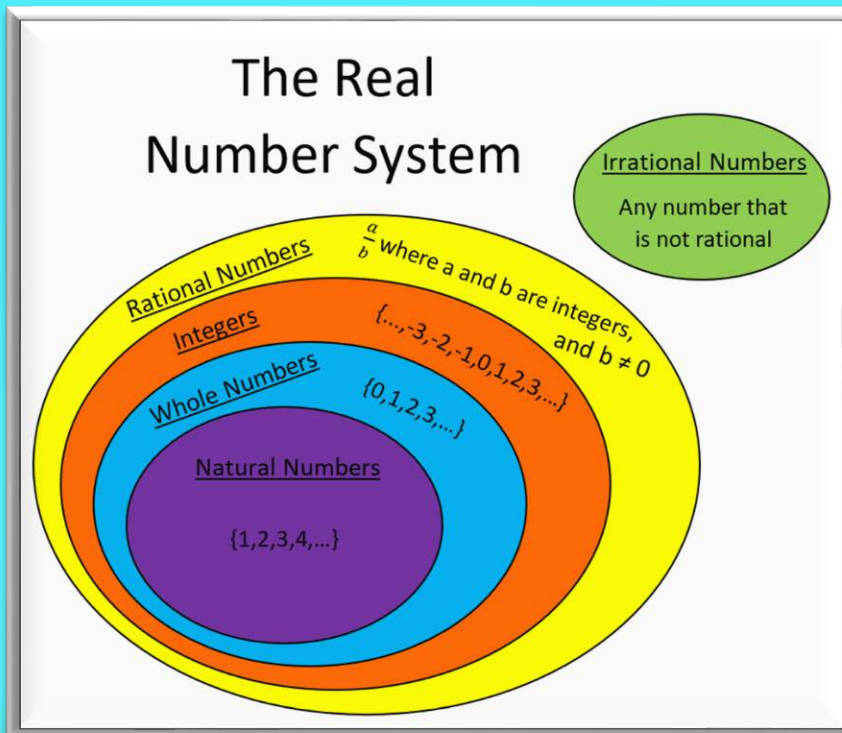
- $(-10) \times (-5) + (-7)$ is equal to _____
- Find the number if half of a number exceed by 7 is 8,
- Shifting one term from one side of an equation to another side with a change of sign is known as _____
- If $k + 7 = 16$, then the value of $8k - 72$ is _____
- If 10 less than a number is 65, then the number is _____
- When -20 is divided by _____ the quotient is 5
- $(-257) \times (-19) + 257 =$ _____
- Find the product using suitable properties:
(a) $16 \times (-102)$ (b) $8 \times 43 \times (-99)$
- Solve the following equation:
(a) $2q + 18 = 0$ (b) $\frac{-p}{4} = 5$
- Solve the following equations:
(a) $0 = 18 + 3(m - 4)$ (b) $-4(2 + 2) = 8$
- Write the equations in statement form: (i) $\frac{p}{2} + 2 = 8$ (ii) $4p - 2 = 16$

Q.2 Do Ch-2 **Fraction and Decimal** (KC-1, 2, 3, 4) from '**Ready for Math**' in the notebook.

Q.3 Do Ch-1, 2 from '**Marks Booster**' in the book.

PROJECT WORK

Prepare a working model of Number System.



<https://youtu.be/4f-uJkZfYEQ>

- **Note:** The above link is for the reference purpose. Use your own creativity.

SCIENCE

1. Chapter-1 Nutrition in Plants
2. Chapter-5 Acids, Bases and Salts
3. Chapter-10 Respiration in Organisms

General Instructions:

1. Revise the above mentioned chapters thoroughly and solve the given Revision Worksheet.
2. Section A questions are to be answered in one word or in one sentence.
3. Section B questions are to be answered in about 50 - 60 words each.
4. Section C has long answer type questions.
5. All the work has to be done in your science notebook.

SECTION-A

- Q.1 A student observed a slide of the epidermal layer of a leaf. The epidermal layer of a leaf contains the structures that help the plant to respire. What structures might have been observed by the student in the slide?
- (a) Gills (b) Lungs (c) Stomata (d) Trachea
- Q.2 It is very difficult to hold a frog in hands because its skin was moist and slippery. What could be the reason for the frog to have moist and slippery skin?
- (a) Moist skin of frogs help them to escape from the predator's grip.
(b) Moist skin of frogs help them to keep their body cool in summers.
(c) Moist skin of frogs help them to take oxygen from the surroundings.
(d) Moist skin of frog help them to get nutrients from the surroundings.
- Q.3 The main function of alveoli in humans is to add oxygen into the human blood and to take carbon dioxide from the blood for releasing out of the body. What structures do insects have that act similarly to alveoli?
- (a) Lungs (c) Slimy skin
(b) Spiracles (d) Tracheal tubes
- Q.4 Which option correctly lists the nutrients other than carbohydrates, in plants?
- (a) Water, fibres and minerals (b) Fat, proteins and vitamins
(c) Fibres, vitamins and water (d) Flavouring agents, water and vitamins
- Q.5 Naman recorded that at rest, he was breathing in and out at the rate of 18 times per minute. After playing the football for 15 minutes, his breathing rate increased up to 27 times per minute. What could be the reason for this change in breathing rate?
- (a) To fulfil the increased demand for water by the body
(b) To fulfil the increased demand for oxygen by the body
(c) To fulfil the increased demand for energy by the body
(d) To fulfil the increased demand for carbon dioxide by the body
- Q.6 Cells perform various functions like digestion, excretion, reproduction, and transport. This is the reason the cells require energy to perform all these activities in organisms. What is the source of the energy which is utilized by the cells?
- (a) Stored energy in the water which releases during nutrition.
(b) Stored energy in the food which releases during respiration.
(c) Stored energy in the body which releases during reproduction.
(d) Stored energy in the blood which releases during transportation.

- Q.7 Which statement defines the term “nutrition”?
- (a) It is the amount of food present in the body.
 - (b) It is the components of food required by the body.
 - (c) It is the mode of eliminating food by the individual.
 - (d) It is the mode of obtaining food by the individual.
- Q.8 A student claimed that grasshopper has a heterotrophic mode of nutrition. Is the claim made by the student correct?
- (a) No, as the grasshopper prepare its own food.
 - (b) No, as the grasshopper provide food to the plants.
 - (c) Yes, as the grasshopper takes in food prepared by the grass.
 - (d) Yes, as the grasshopper takes in food prepared by other grasshoppers.
- Q.9 Which of these substances is basic in nature?
- (a) Baking soda
 - (b) Curd
 - (c) Lemon
 - (d) Orange
- Q.10 A student understands that litmus solution has purple colour in distilled water. What colour is likely to be observed when it is placed in an acidic solution?
- (a) Blue
 - (b) Green
 - (c) Purple
 - (d) Red
- Q.11 A student takes a green leaf from the plant and boils it in a alcohol bath for removal of chlorophyll. After this treatment, the student adds a few drops of iodine to the boiled leaf using syringe dropper. After some time, the student observes that the leaf turns blue-black in colour. What can be evaluated from this?
- (a) The iodine reacts with the starch present in the leaf that indicates the occurrence of photosynthesis.
 - (b) The iodine reacts with water present in the leaf that indicates the occurrence of photosynthesis.
 - (c) The iodine reacts with the oxygen present in the leaf that indicates the occurrence of photosynthesis.
 - (d) The iodine reacts with carbon dioxide present in the leaf that indicates the occurrence of photosynthesis.
- Q.12 Which of these activities represents a neutralization reaction in everyday life?
- (a) Meditation before going to bed
 - (b) Drinking of water after consumption of food
 - (c) Exercise in the morning with an empty stomach
 - (d) Consumption of milk of magnesia during indigestion

Q.13 A scientist tests a soil sample from an uncultivated field and concludes that the soil is highly basic in nature. She suggests that adding organic matter in the soil could improve the quality of the soil. How does organic matter improve the quality of the soil?

- (a) It releases acids which neutralises the soil.
- (b) It traps water vapor and increases the moisture content.
- (c) It makes the soil lighter so that it can be easily transported.
- (d) It acts as food for the organisms already present in the soil.

Q.14 Which statement correctly explains the process of photosynthesis in plants?

- (a) In the presence of sunlight, chlorophyll uses water and oxygen to produce carbohydrate.
- (b) In the presence of sunlight, chlorophyll uses oxygen and carbon dioxide to produce carbohydrate.
- (c) In the presence of sunlight, chlorophyll uses water and carbon dioxide to produce carbohydrate.
- (d) In the presence of sunlight, chlorophyll uses water, oxygen, and carbon dioxide to produce carbohydrates.

Q.15 Read the following and answer any four questions from 15 (i) to 15 (v):

An indicator is a substance that indicates whether a substance is an acid or a base by changing its colour. If it does not change its colour when in contact with substance, this means that substance is neutral. Indicators can either be natural or synthetic. The most commonly used natural indicator is litmus.

(i) Litmus is extracted from _____.

- (a) lichen
- (b) petunia
- (c) china rose
- (d) turmeric

(ii) Which of the following is a base indicator?

- (a) Vinegar
- (b) Lime water
- (c) Turmeric
- (d) Baking soda

(iii) The sample of soil from a particular place was tested for its pH value. It came out to be 5. Which one of the following should be added to the soil to make it suitable for the plant growth?

- (A) Calcium chloride
- (B) Calcium Hydroxide
- (C) Calcium oxide
- (a) Both (A) and (B)
- (c) Only (A)
- (b) Both (B) and (C)
- (d) Only (C)

- (iv) Which of the following indicators turns green when treated with a basic solution?
 (a) Red litmus paper (c) Phenolphthalein
 (b) Turmeric paper (d) China rose extract
- (v) What is the effect of the soap solution on phenolphthalein?
 (a) It turns pink. (c) It turns red.
 (b) It turns blue. (d) It remains colourless.

Q.16 Read the following and answer any four questions from 16 (i) to 16 (v):

All living organisms require energy for various activities. This energy is available by the breakdown of simple carbohydrates either using oxygen or without using oxygen.

- (i) Anaerobic respiration in our body muscle cells releases _____.
 (a) alcohol (b) glucose (c) formic acid (d) lactic acid
- (ii) Lactic acid production has occurred in an athlete while running in the 400 m race. Which of the following processes explains this event?
 (a) Aerobic respiration (b) Anaerobic respiration
 (c) Fermentation (d) Breathing
- (iii) Breathing is a process that _____.
 (a) provides O_2 to the body. (b) helps the body to get rid of CO_2 .
 (c) produces water in the cells. (d) breaks down food to release energy.
- (iv) The characteristic processes observed in anaerobic respiration are:
 (i) Presence of oxygen (ii) Release of carbon dioxide
 (iii) Release of energy (iv) Release of lactic acid
 (a) (i) & (ii) only (b) (i), (ii) & (iii) only (c) (iv) only (d) (ii), (iii) & (iv) only
- (v) Study the table below and select the row that has the incorrect information:

S. No		Aerobic	Anaerobic
(a)	Location	Cytoplasm	Mitochondria
(b)	End Product	CO_2 and H_2O	Ethanol and CO_2
(c)	Amount of ATP	High	Low
(d)	Oxygen	Needed	Not needed

Q.17 Carbohydrates, proteins, fats, vitamins and minerals are components of food. These components of food are called nutrients and are necessary for our body. All living organisms require food. Plants can synthesise food for themselves but animals including humans cannot. They get it from plants or animals that eat plants. Thus, humans and animals are directly or indirectly dependent on plants. Plants are the only organisms that can prepare food for themselves by using water, carbon dioxide and minerals. The raw materials are present in their surroundings. The nutrients enable living organisms to build their bodies, to grow, to repair damaged parts of their bodies and provide the energy to carry out life processes.

- (i) What are the components of food?
(a) Vitamins (b) Carbohydrates (c) Proteins (d) All of the above
- (ii) Which organism are autotrophs?
(a) Humans (b) Animals (c) Bacteria (d) Plants
- (iii) Plants produce food by using-----.
(a) water (b) carbon dioxide (c) starch (d) both (a) & (b)
- (iv) Define autotrophic nutrition.
- (v) What are the things enabled by nutrients to living organisms?

SECTION-B

Q.18 A farmer grows tomatoes in a greenhouse. He keeps bright lights on in his greenhouse at night. What will be the effect on the growth of tomatoes?

Q.19 John, Mary and their friend David were provided with a test tube each containing china rose solution which was pink in colour. John added two drops of solution 'A' in his test tube and got dark pink colour. Mary added 2 drops of solution 'B' to her test tube and got green colour. David added 2 drops of solution 'C' but could not get any change in the colour. Suggest the possible cause for the variation in their results.

Q.20 (a) A goat eats away all the leaves of a small plant (balsam). However, in a few days, new leaves could be seen sprouting in the plant again. How did the plant survive without leaves?

(b) Nitrogen is an essential nutrient for plant growth. But farmers who cultivate pulse crops like green gram, bengal gram, black gram, etc. do not apply nitrogenous fertilisers during cultivation. Why?

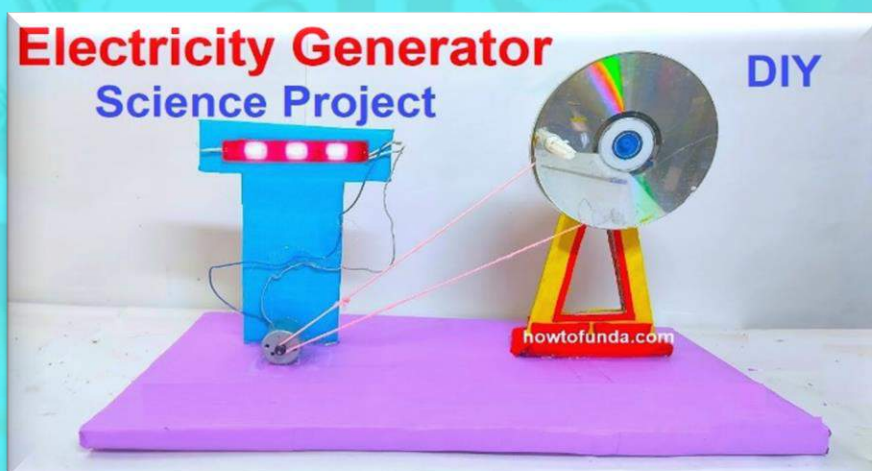
Q.21 If exercise makes us breathe heavily for more oxygen, why is it considered good for health?

SECTION-C

- Q.22 Rakesh observed the dodder plant on the stem of a tree in his garden. It was growing luxuriantly on the tree. He asked his gardener to remove it.
- (a) Why was it important to remove the dodder plant from the tree?
- (b) What values were displayed by Rakesh in this course of action?
- Q.23 (a) Mention two uses of each of the following:
- (i) Acids (ii) Bases (iii) Salts
- (b) Write an activity to prepare a homemade indicator to test acidity and basicity of a solution.
- Q.24 (a) Why is it not advisable to sleep under a tree at night?
- (b) Draw a labelled diagram of 'Human Respiratory System'.
- (c) What is the difference between breathing and respiration?

PROJECT WORK

Working Model: Make a working model of generator.



<https://www.youtube.com/watch?v=osZ49tzKmks>

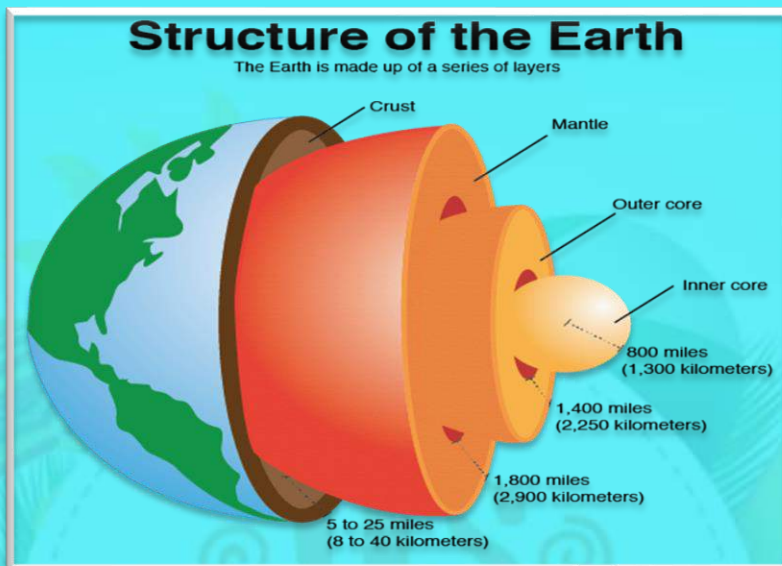
- **Note: The above link is for the reference purpose. Use your own creativity.**

SOCIAL SCIENCE

Revise Chapters 1 & 2 (History), Chapters 1 & 2 (Civics) & Chapters 1 & 2 (Geography) and do pages 3-8, 30-33 and 51-53 in the **Social Science (Workbook)**.

PROJECT WORK

Create a model of 'Structure of Earth' with clay.



https://youtu.be/rf5CDKvr4N0?si=_c-JOJo7jNAi2oo

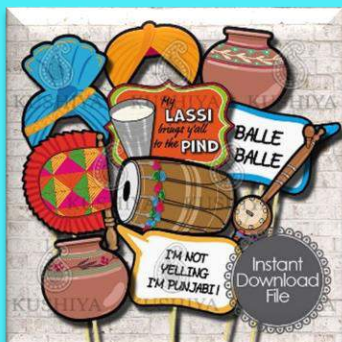
- **Note:** The above link is for the reference purpose. Use your own creativity.

PUNJABI

'ਸਾਨੂੰ ਮਾਣ ਪੰਜਾਬੀ ਹੋਣ ਦਾ, ਸਾਡੀ ਸ਼ਾਨ ਹੋਰਾਂ ਤੋਂ ਵੱਖਰੀ।
ਸਾਨੂੰ ਮਾਣ ਹੈ ਇਸ ਗੱਲ ਦਾ, ਸਾਡੀ ਧਰਤੀ ਗੁਰੂਆਂ ਤੋਂ ਨਿੱਖਰੀ '।

ਪੰਜਾਬ ਦਾ ਸੱਭਿਆਚਾਰ ਇੱਕ ਰੰਗੀਨ ਟੇਪਸਟਰੀ ਹੈ ਜੋ ਪੁਰਾਤਨ ਸਭਿਅਤਾਵਾਂ ਦੇ ਪ੍ਰਭਾਵਾਂ ਨਾਲ ਬੁਣਿਆ ਗਿਆ ਹੈ।
ਆਓ ਅਸੀਂ ਮਿਲ ਕੇ ਪੰਜਾਬੀ ਵਿਰਸੇ ਦਾ ਮਾਣ ਕਰਦੇ ਹੋਏ, ਉਸ ਨੂੰ ਹੋਰ ਅੱਗੇ ਵਧਾਉਂਦੇ ਹਨ।

- Let us design any **3** articles each depicting **Punjabi Cultural Heritage**.
(Refer to the pictures attached.)



PROJECTS FOR CBSE EXPRESSION SERIES-2024

- Write an **Essay** (400 words) or make a **PAINTING** (A4 size sheet) or a **POEM** on **ANY ONE** of the given topics:

My Views to make Exams Stress Free

OR

2 Lessons I learnt in my Class that helped me in my daily life



Revise all the Syllabus done till date!

Happy Holidays!