

EAST POINT SCHOOL
HOLIDAY HOMEWORK
CLASS VII

GENERAL INSTRUCTIONS:-

- ✚ Integrated project to be done on the sheets and put in the folder.
- ✚ Credit will be given for original work, illustrations, and creativity.
- ✚ The work to be done in the mentioned sequence only-English, Hindi, Maths, Science, Social studies, Sanskrit, and Computers.
- ✚ The cover page should include the project title, name of the student, class, and section.
- ✚ Roll no.1-10 will attempt Group-1, Roll no-11-20 will attempt Group-2, Roll no-21-30 will do Group-3 and Roll no-31 and above will do Group-4
- ✚ The compulsory section given at the end needs to be done by all the students along with their respective groups.

GROUP-1-HARMFUL EFFECTS OF PESTICIDES

Learning Objective:-

- ✚ To enable the students to understand the Impact of pesticides-their benefits and hazards in a diversified view.
- ✚ To enable the students to effectively enhance the thinking skills, explore and apply accumulated knowledge into concepts.

HARMFUL EFFECTS OF PESTICIDES

Do you ever wonder how chemical pesticides affect our lives? They may do more damage than you think with several potentially harmful effects on the environment and our health. Chemical pesticides not only deplete the nutritional value of our food, but they also contaminate it by adding toxins to it. Therefore the awareness about the harms caused by chemical pesticides to both humans and the environment has contributed to the growing popularity of organic farming. However, the challenges are immense. The farmers resort to economic factors as the people do not purchase organic produce because they are comparatively costlier.



Pesticides can decrease the quality of the crop. Regular use of chemical fertilizers, inorganic fertilizers, **pesticides** will decrease the fertility of the **soil** at a rapid rate and alter the structure of the **soil**. This will lead to a decrease in **soil** quality and poor quality of crops.

Each pesticide or pesticide class comes with a specific set of environmental concerns. Such undesirable effects have led many pesticides to be banned, while regulations have limited and/or reduced the use of others. Over time, pesticides have generally become less persistent and more species-specific, reducing their footprint. Also, the amounts of pesticides applied per hectare have declined in some cases by 99%. The global spread of pesticide use including the use of older/obsolete pesticides that have been banned in some jurisdictions has increased overall.

ENGLISH

- Write an article on the topic 'Harmful effects of the use of chemical Pesticides in food'. You may include the following points in your content to make your article interesting.
 - Harmful effects of chemicals on health and environment.
 - Why they are required and quality of food or crops with or without pesticides.
 - Sharing some practical information about household practices that can be used at our homes to prevent the food grains, plants from pests.

HINDI

- कीटनाशकों के इस्तेमाल वाली फसलों के खाने से न सिर्फ इंसान की सेहत पर प्रभाव पड़ा, बल्कि पशु-पक्षी, कीट-पतंगे और पर्यावरण भी प्रभावित हुआ। इस विषय पर जानकारी देते हुए अपने दादा जी को पत्र लिखें।

MATHS

- Represent the increase in the use of pesticides by farmers in the last two decades by using a bar graph.
 - Collect your data
 - Draw an x and a y-axis. This will look like a large "L" shape.
 - The vertical direction will have a scale and the horizontal axis has no scale
 - Label the vertical axes y-axis (Increase in the use of pesticides)
 - Label the Horizontal Axes x-axis (Year).
 - Draw the graph by using the above information.

SCIENCE

- Biopesticides are one of the hottest trends in agriculture today. Research and find out:-
 - What are they?
 - How do they work?
 - Find out why biopesticides are preferred over chemical pesticides?

SOCIAL STUDIES

- **Mention the harmful effects of pesticides on the following: -**
 - **Soil**
 - **soil enzymes**
 - **Underground water**



SANSKRIT

- **सस्येषु कीटनाशकानां प्रभावानां तालिकानिर्माणं कुरुत ।**

COMPUTERS

- **Make a PPT of six slides on, 'Role of Pesticides on Health and Environment'. You may include the following points to make your work interesting:**
 - **Transition Effect**
 - **Use some relevant pictures**
 - **Use of Slogans**

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GROUP-2 DISINFECTANTS

Learning Objective:-

- ✚ To enable the students to understand the what, when, where, and how of disinfectants in a detailed form.
- ✚ Uses of the disinfectants in unexpected situations like a pandemic.
- ✚ To enable the students to effectively enhance the thinking skills, explore and apply accumulated knowledge into concepts.

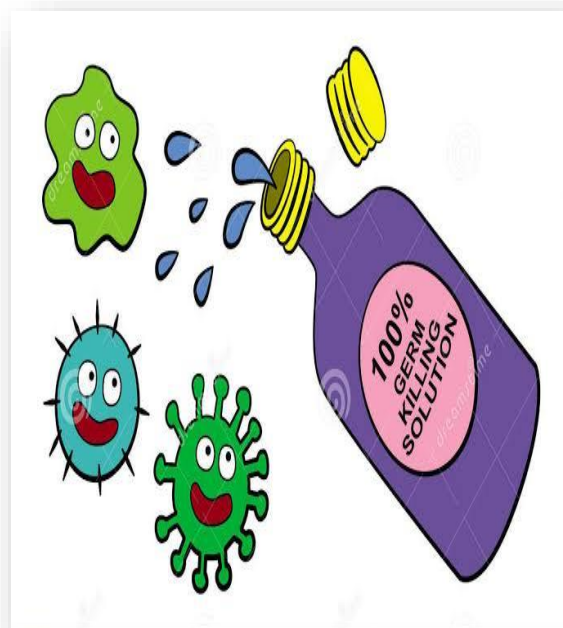
DISINFECTANTS

Disinfectants are chemical agents designed to inactivate or destroy microorganisms on inert surfaces. Disinfection does not necessarily kill all microorganisms, especially resistant bacterial spores; it is less effective than sterilization, which is an extreme physical or chemical process that kills all types of life. Disinfectants are generally distinguished from other antimicrobial agents such as antibiotics, which destroy microorganisms within the body, and antiseptics, which destroy microorganisms on living tissue. Disinfectants are also different from biocides — the latter are intended to destroy all forms of life, not just microorganisms. Disinfectants work by destroying the cell wall of microbes or interfering with their metabolism.

Sanitizers are substances that simultaneously clean and disinfect. Disinfectants kill more germs than sanitizers. Disinfectants are frequently used in hospitals, dental surgeries, kitchens, and bathrooms to kill infectious organisms.

Bacterial endospores are most resistant to disinfectants, but some fungi, viruses, and bacteria also possess some resistance.

A perfect disinfectant would also offer complete microbiological sterilization, without harming humans and useful form of life, be inexpensive, and noncorrosive. However, most disinfectants are also, by nature, potentially harmful (even toxic) to humans or animals. Most modern household disinfectants contain Denatonium, an exceptionally bitter substance added to discourage ingestion, as a safety measure. Those that are used indoors should never be mixed with other cleaning products as chemical reactions can occur. The choice of disinfectant to be used depends on the particular situation. Some disinfectants have a wide spectrum (kill many different types of



microorganisms), while others kill a smaller range of disease-causing organisms but are preferred for other properties (they may be non-corrosive, non-toxic, or inexpensive).

ENGLISH

- During the pandemic, Covid-19, the people are using disinfectants in large quantities and consider it essential to kill germs. Your English teacher has asked you to deliver a speech on 'Disinfectants' in your online class. Write a speech in about 100-150 words and include the following points to make your speech interesting: -



- Why do we use Disinfectants?
- Importance
- Harmful effects of excessive usage of disinfectants.

HINDI

- मलिनता हटाने वाले द्रव्य) निस्संक्रामक DISINFECTANTS (किस प्रकार हानिकारक हैं इसकी जानकारी एकत्रित करते हुए इसके लाभ या हानि लिखें । इसको कितना इस्तेमाल करना उचित हैं ।

MATHS

- Show the percentage of disinfectant widely used during Covid-19 in India by using a pie chart.
- Types of disinfectants used in COVID
- See the percentage
- Draw the pie chart by taking a suitable radius and represent all the disinfectants to make a circle of 360°

SCIENCE

- Research and Write: -
- Why is it suggested to use disinfectants? Name any two disinfectants commonly used in our homes?
- Which chemical substance is used to make household disinfectants? Why?
- How do disinfectants work?

SOCIAL STUDIES

- Are there any plant extracts that act as natural disinfectants for bacteria and viruses?
 - Make a table including at least 5 names of such plants, their properties in which bacterial infection we can use them.

- Mark the places on the Indian map where we can get these plants.
- Can we add any of these natural disinfectant plants in our daily life?

SANSKRIT

- सुरक्षाविषये संस्कृतभाषायाम् पञ्च श्लोकाः लिखत।

COMPUTERS

- Create an advertisement on the topic, 'Different types of Disinfectants and their features'
- Use Single PowerPoint.
- No transition effect.
- Give a brand name to your advertisement

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GROUP-3 HEALTH IS WEALTH

Learning Objective:-

- ✚ To enable the students to understand the importance of hygiene, different nutrients to have a balanced diet and the right ways to maintain good health.
- ✚ To enable the students to effectively enhance the thinking skills, explore and apply accumulated knowledge into concepts.

HEALTH IS WEALTH

The age-old popular saying, ‘Health is Wealth’ is a one-line treasure indeed. Health does not mean the absence of physical troubles only but refers to a state of complete physical, mental, and social well-being. Even Mahatma Gandhi said, “It is health which is real wealth and not pieces of gold or silver.”

We can have good health by eating a balanced diet that helps us to feel better, have more energy, keep a healthy weight, and protect against diseases. A balanced diet is of paramount importance but most people do not make, eating well, and exercising a priority, due to poverty, ignorance, or regional diversity in food habits. Your food choices each day affect your health — how you feel today, tomorrow, and in the future.

Good nutrition is an important part of leading a healthy lifestyle. Combined with physical activity, your diet can help you to reach and maintain a healthy weight, reduce your risk of chronic diseases (like heart disease and cancer), and promote your overall health.

Good health is the secret of a happy man. Staying healthy for children is vital for proper growth and development of mind and body as they need to focus in class and fully participate in, field-activities. Good health is a cumulative



product of many factors. Though birth and illnesses are God-given, the onus of our health, once we arrive into the world safe and sound, depends on us. Fresh air, sunlight, safe drinking water are very important elements for good health.

ENGLISH

- **You have got to know that your friend is suffering from typhoid because of excessive intake of junk food, Write a letter to your friend inquiring about his health and share some tips to keep himself fit and healthy. You may include the following points:**
 - **Regular Exercise**
 - **Intake of healthy food**
 - **Meditation**
 - **Positive thinking**

HINDI

- **स्वास्थ्य सिर्फ बीमारियों की अनुपस्थिति का नाम नहीं है। हमें सर्वांगीण स्वास्थ्य के बारे में जानकारी होना बहुत आवश्यक है। स्वास्थ्य का अर्थ विभिन्न लोगों के लिए अलग-अलग होता है। लेकिन अगर हम एक सार्वभौमिक दृष्टिकोण की बात करें तो अपने आपको स्वस्थ कहने का यह अर्थ होता है कि हम अपने जीवन में आनेवाली सभी सामाजिक, शारीरिक और भावनात्मक चुनौतियों का प्रबंधन करने में सफलतापूर्वक सक्षम हों। वैसे तो आज के समय में अपने आपको स्वस्थ रखने के ढेर सारी आधुनिक तकनीक मौजूद हो चुकी हैं, लेकिन ये सारी उतनी अधिक कारगर नहीं हैं। **स्वास्थ्य ही धन है के ऊपर उक्ति लेखन कीजिए।****

MATHS

- **Draw a pie chart showing the correct quantities of nutrients that should be taken by an average human to have a healthy body.**
 - **Collect the data of the nutrients required by a human being**
 - **Calculate the percentage of nutrients required**
 - **Use a mathematical compass to draw a circle.**
 - **Show all the nutrients through the pie chart**

SCIENCE

- **Health is wealth. A balanced diet is essential for a healthy body. Prepare a diet chart of a 12-year-old child. The diet chart should be:**
 - **balanced**
 - **Should include food items that are commonly available in your area.**
 - **Share a recipe for healthy food that's a part of a healthy diet.**

SOCIAL STUDIES

- **List any eight differences between Government and Private Hospitals while focussing on the following issues: -**
 - **Infrastructure**
 - **Safety**
 - **Cleanliness**
 - **Service**
 - **Cost**

SANSKRIT

- **स्वस्थशरीरे स्वस्थमस्तिष्कस्य विकासं भवति” अस्मिन् विषये चित्रेण सहितं दश वाक्यानि लिखत।**

COMPUTERS

- **Make a PPT of six slides on the topic, ‘A Healthy Body’. You may include the following points to make your work interesting:**
 - **Transition Effect**
 - **Use some relevant pictures**
 - **Use of Slogans**

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GROUP-4 –CLIMATE CHANGE

Learning Objective:-

- ✚ To enable the students to understand the causes and consequences of climate change.
- ✚ Prepares them to live with the impacts of climate change and empowers learners to take appropriate actions to adopt more sustainable lifestyles.
- ✚ To enable the students to effectively enhance the thinking skills, explore and apply accumulated knowledge into concepts.

CLIMATE CHANGE

The weather is a common conversation for many people each day. The weather can change day-to-day or even from hour-to-hour. On the other hand, the climate in an area usually takes a long time to change. It is the average temperature and conditions in a specific place over a long period, in years. Climate does not change day-to-day or even month-to-month, but usually takes hundreds, thousands, or millions of years to change.



The climate is one place on Earth that is different than another place. For example, the climate in a desert may be hot and dry, but in a rainforest, it is usually warm and humid, and in some mountain areas and other places it will be cold all year long. In the world today, the words climate change is often heard, and it usually refers to the process of the Earth heating up, which is often called global warming.

Climate change will have serious implications as numerous adverse impacts are expected in terms of access to clean water, food, and ecosystem resources. By 2022, it is feared that in some African countries yields from rain-fed agriculture could be reduced by up to 50%. Climate change is also likely to lead to some irreversible impacts on biodiversity. However, it is within the reach of human society to meet these threats. We have to adapt to climate change. It requires investment in storm protection and water supply infrastructures as well as community health services. Bringing changes in lifestyle is an important part of mitigation measures. Greater cooperative efforts are required by both developed and developing nations to stop the emission of greenhouse gases. The youth of

today have a huge responsibility towards creating a bright future and they have a stake in it. They must pursue knowledge by which economic progress can take place without changing the environment.

ENGLISH

- Recently you watched on the news channel that people of Australia suffered a lot because of climate change. Over the last few months, the bushfires have already scorched millions of acres, killed dozens of people, and slaughtered an estimated half a billion animals in the country. You are highly worried about the well-being of your friend who stays in Australia. Write a letter to your friend asking about his/her well-being; also express your grief for the loss in the country. (Word Limit-150-180 words).

HINDI

- जलवायु परिवर्तन के प्रभाव तथा समाधान पर चर्चा करते हुए भारत द्वारा उठाए गए कदमों की समीक्षा कीजिये।



MATHS

- Using a bar graph showing the change in an average increase in temperature of the earth due to air pollution. Also, represent it through tabular representation.
- Collect your data about the increase in temperature of the last 50 years
 - Draw an x and a y-axis.
 - Label the vertical axes y-axis (Increase in the temperature)
 - Label the Horizontal Axes x-axis (Year).
 - Also, find the width of the bar and then draw the bar graph by using the above information.

SCIENCE

- The factors causing climate change include – rise in temperature, deforestation, waste mismanagement, hunting, and many more. Make a flowchart to show the timeline of climate change in the last 50 years.
- It was unpredictable that AQI (Air Quality Index) can be below 100 in Delhi at any point in time. These days due to lockdown we all are observing that AQI is below 100.
- Is it possible to maintain it after the lockdown is over?
 - Represent your ideas of maintaining it through pictorial representation.

SOCIAL STUDIES

- Write the answer to the following questions, after the detailed research on Carbon Footprint.
 - Effects and Causes of Carbon footprint
 - How to calculate the Carbon footprint?
 - Steps on how to reduce Carbon footprint.

SANSKRIT

- जलवायु परिवर्तन विषये अनुच्छेदम् लिखत ।

COMPUTERS

- Prepare a one-page report on the topic, 'Climate Change'. Use MS Word features given below:
 - Drop caps
 - Justified Alignment
 - Bold Important terms
 - Times New Roman-12 font
 - Page Border

EAST POINT SCHOOL
CLASS VII
COMPULSORY SECTION



ENGLISH

Q1 Read any one of the books from the suggested reading list given below to enhance your reading and comprehension skills:

- Three Men in a Boat by Jerome K. Jerome
- Daddy-long-legs by Jean Webster.
- Adventures of Tom Sawyer by *Mark Twain*

MENTAL MATHS

Q1. A ribbon of length $5\frac{1}{4}$ m is cut into small pieces each of length $\frac{3}{4}$ m. The number of pieces will be

- (a) 5 (b) 6 (c) 7 (d) 8

Q2. $\frac{4}{5}$ of 5kg apples were used on Monday. The next day $\frac{1}{3}$ of what was left was used. Weight of apples left now is

- (a) $\frac{2}{7}$ (b) $\frac{1}{14}$ (c) $\frac{2}{3}$ (d) $\frac{4}{21}$

Q3. The product of 7 and $6\frac{3}{4}$ is

- (a) $42\frac{1}{4}$ (b) $47\frac{1}{4}$ (c) $42\frac{3}{4}$ (d) $47\frac{3}{4}$

Q4. If $\frac{2}{3}$ of a number is 10 then what is 1.5 times that number.

- (a) 21.5 (b) 20.5 (c) 19.5 (d) 22.5

Q5. The weight of an object on the moon is $\frac{1}{6}$ its weight on Earth. If an object weighs $5\frac{3}{5}$ kg on Earth, how much would it weigh on the moon?

- (a) $\frac{1}{9}$ (b) $\frac{17}{19}$ (c) $\frac{15}{16}$ (d) $\frac{14}{15}$

Q6. Ritu ate $\frac{2}{7}$ part of a cake while her brother Ravi ate $\frac{4}{5}$ of the remaining. Part of the cake left is.....

- (a) $\frac{1}{4}$ (b) $\frac{3}{4}$ (c) $\frac{4}{7}$ (d) none of these

Q7. The lowest form of the product is

(a) $\frac{17}{9}$

(b) $\frac{11}{9}$

(c) $\frac{13}{9}$

(d) $\frac{15}{9}$

Q8. Evaluate: $(0.3) \times (0.3) - (0.2) \times (0.2)$.

(a) 0.06

(b) 0.05

(c) 0.04

(d) 0.03

Q9. Evaluate: $\frac{0.6}{0.3} + \frac{0.16}{0.4}$.

(a) 3.6

(b) 2.8

(c) 2.2

(d) 2.4

Q10. Grip size of a Tennis racquet is $11\frac{9}{80}$ cm. Express the size as an improper fraction.

(a) $\frac{898}{80}$

(b) $\frac{899}{80}$

(c) $\frac{889}{80}$

(d) none of these

WORD PROBLEMS

1. Nasreen travelled 3km 920m by bus and walked the remaining 90m to reach her house. How much distance in km did she travel in all?
2. A truck requires 108 liters of diesel to cover a distance of 594 km. How much diesel will be required to cover a distance of 1650 km?
3. Jasmine went to see a movie. She bought a ticket for Rs 112.70. During the interval, she bought a cold drink and popcorn worth Rs 87.65. Later she took an autorickshaw to whom she paid Rs 56.35. If Jasmine had Rs 500, calculate the amount with her.
4. A box contains 4 strips of antibiotic capsules. Each strip has 9 capsules and each capsule contains 250 mg of medicine. What will be the total weight of medicine in grams in 50 such boxes?
5. Deepika had to solve 20 questions for her homework. She had solved 5 questions. What fraction of the homework is still left?