



Mount Litera
Zee School

NURTURING POTENTIAL. UNLEASHING BRILLIANCE.

Mount Litera Zee School

Great School. Great Future



Grade: VII

Summer Holiday Homework

SOCIAL SCIENCE

HOMESCHOOL INSTRUCTIONS

Complete your homework neatly and on time.

1 Task 1 – Mind Map
Prepare a mind map using pictures from Chapter 1 and Chapter 4.

2 Task 2 – Table & Map Work
• Make a table of 16 Mahajanapadas and their capital on an A4 size sheet.
• Mark and label the 16 Mahajanapadas on the political map of India.

3 Task 3 – Sample Worksheet
Solve these worksheets on ruled A4 sheets/Biosheet.

4 Task 4 – Study & Revise
• Revise Chapter – 1 and Chapter – 4.
• Read Chapter – 9 from the NCERT book.

GENERAL INSTRUCTIONS

- ★ Do your work neatly and in your own handwriting.
- ★ Use A4 size sheets for all tasks.
- ★ Make your work presentable with proper headings and borders.
- ★ Be creative and use colors wherever required.
- ★ Complete all tasks on time.
- ★ Originality of work will be appreciated.
- ★ Name the file as **PORT FOLIO** and submit your work in file.

★ Hard work today leads to success tomorrow.

Good Luck!

Social Studies Worksheet

History Chapter 4 – New Beginnings: Cities and States

Geography Chapter 1 – Geographical Diversity of India

Section-A

Q1. A historian found remains of planned streets, drainage systems, and granaries in an ancient city. Which conclusion can best be drawn?

- a) People lived a nomadic life
- b) Cities had organised administration
- c) People depended only on hunting
- d) There was no trade system

Q2. Why were rivers important for the growth of early cities and states?

- a) Rivers created deserts
- b) Rivers prevented farming
- c) Rivers supported agriculture and trade
- d) Rivers reduced settlements

Q3. A ruler built strong walls around his capital city. What was the most likely reason?

- a) Decoration
- b) Religious celebrations
- c) Protection from invasions
- d) Entertainment

Q4. A farmer in Rajasthan stores water carefully and grows drought-resistant crops. Which geographical feature most influences his lifestyle?

- a) Dense forests
- b) Desert climate
- c) Coastal plains
- d) Snow-covered mountains

Q5. Why do many people settle near river plains in India?

- a) Lack of transport
- b) Rocky soil
- c) Fertile land and water availability
- d) Extremely cold climate

Q6. Which geographical region of India acts as a natural barrier and protects the country from cold winds?

- a) Coastal Plains b) Plateau Region c) Himalayas d) Desert Region

Q7. A student travelling from Kerala to Ladakh notices changes in food, clothes, and houses. This mainly shows:

- a) Political diversity b) Religious diversity
c) Geographical diversity d) Industrial diversity

Q8. Why are stilt houses common in areas with heavy rainfall?

- a) To store grains b) To avoid floods and waterlogging
c) To increase farming land d) To reduce sunlight

Q9. Which occupation is most suitable in coastal regions?

- a) Fishing b) Mining c) Sheep rearing d) Lumbering

Q10. The Northern Plains are densely populated mainly because they:

- a) receive little rainfall b) have fertile soil and good transport
c) are covered with forests d) have rocky terrain

Section B - Very Short Answer Questions

(2 × 2 = 4 Marks)

Q11. Imagine you are selecting a place to establish a new settlement in ancient times. Mention any two geographical factors you would consider and explain why.

Q12. How does geographical diversity influence the food habits and clothing of people in different regions of India? Give two examples.

Section C - Short Answer Type Questions

(2 × 3 = 6 Marks)

Q13. Imagine you are a ruler of a mahājanapada. Your kingdom wants to improve farming, trade, and security. Explain any three steps you would take for the development of your state.

Q14. A family from the Himalayan region and a family from the desert region live very differently. Compare their lifestyle on the basis of: houses, clothing and occupation.

Section D - Long Answer Type Questions

(2×5 = 10 Marks)

Q15. A historian says that the period of the mahājanapadas was a major turning point in Indian history. Using examples from the chapter, explain how this period brought important political, economic, and social changes.

Q16. "India's geographical diversity affects the lives of people in many ways."

Explain this statement with reference to: climate, agriculture, occupations, transport and culture.

Section E - Case Based Questions

(2 × 3 = 6 Marks)

Q17. Read the passage carefully and answer the questions:

A group of people settled near a river. Over time, they started farming, storing grains, building roads, and trading with nearby regions. Gradually, the settlement became a large city with rulers and administrators.

Answer the following:

- (i) Why did people choose to settle near rivers? (1 mark)
(ii) How did farming and trade help in the growth of cities? (2 marks)

Q18. Read the passage carefully and answer the questions:

Meera lives in a coastal village where fishing is the main occupation. Her cousin lives in the Himalayan region where people wear woollen clothes and use sloping roofs in houses.

Answer the following:

- (i) Why do people in the Himalayan region wear woollen clothes? (1 mark)
(ii) How does geography influence the occupations and houses of both regions? **(2 marks)**

Mathematics

1. Arrange the following numbers in ascending order:
7,56,432 ; 75,64,320 ; 7,05,643 ; 70,56,432
2. The population of a city is **1,25,67,890**.
Round it off to the nearest:
(a) thousand (b) lakh
3. A factory produced **23,45,678** toys in one year and **18,76,543** toys in another year.
Find the total number of toys produced.
4. The distance between two planets is **987,654,321 km**.
Write this number in:
(a) words (International system) (b) expanded form
5. The number of books in a library increased from **4,56,789** to **8,90,456**.
Find how many books were added.
6. A school bought 15 packets of notebooks. Each packet contains 24 notebooks and each notebook costs ₹18. Find the total cost of all notebooks.
7. Rahul scored 78, 85 and 92 marks in three subjects. If the total marks are divided equally among 3 subjects, find his average marks.
8. A bus travels 45 km in one hour. How far will it travel in 8 hours if it stops for 2 hours in between?
Write and solve the arithmetic expression.
9. A shopkeeper sold 25 chocolate boxes. Each box had 12 chocolates and each chocolate cost ₹5. Find the total money earned.
10. A library has 8 shelves. Each shelf contains 125 books. If 175 books are borrowed, how many books are left?
11. Seema bought 6 pens at ₹12 each and 4 notebooks at ₹35 each. She paid ₹300 to the shopkeeper. How much money will she get back?
12. A farmer packed 18 bags of rice. Each bag weighed 45 kg. He sold 320 kg of rice.
How much rice is left?
13. There are 36 students in a class. Each student contributes ₹25 for a picnic and the teacher adds ₹500 more. Find the total amount collected.
14. A train travels 65 km every hour. Find the total distance covered in 9 hours. If the train already covered 120 km earlier, find the total distance travelled altogether.
15. A factory makes 250 toys every day. How many toys will it make in 28 days if 350 toys are found defective and removed?
16. Arrange the following decimals in ascending order:
5.08, 5.8, 5.18, 5.108
17. A ribbon is 15.75 m long. If 8.45 m is used, how much ribbon is left?
18. A rope is 18.5 m long. It is cut into 5 equal pieces. Find the length of each piece.
19. The cost of one notebook is ₹24.75. Find the cost of 8 notebooks.
20. Riya ran 2.35 km on Monday, 3.4 km on Tuesday, and 1.85 km on Wednesday.
Find the total distance covered by her.

Project Work:- Create a wheel poster for arithmetic expressions including definition of terms, expression, example, evaluation etc.



SCIENCE

General Instructions:

- * The worksheet consists of 30 questions in three sections.
- * Questions are to be solved in A4 sized sheet and submitted to the subject teachers in a stick file.
- * All questions are to be attempted
- * Questions and answers both are to be written in the A4 sheets

Section A(Biology)

Multiple Choice Questions:-

1. Which of the following is a sign of drug addiction?
 - (a) Increased energy and happiness
 - (b) Withdrawal from family and friends
 - (c) Enjoying regular physical exercise
 - (d) Being more social and active
2. Which of the following is a healthy habit during adolescence?
 - a) Skipping meals
 - b) Eating excessive junk food
 - c) Regular exercise and hygiene
 - d) Sleeping very late daily
3. Which gland controls many other endocrine glands?

a) Thyroid gland	b) Pituitary gland
c) Sweat gland	d) Salivary gland

For question 4, 5 two statements are given- one labelled Assertion (A) and the other labelled Reason (R). Select the correct answers to these questions from the codes (a), (b), (c) and (d) as given below:

1. Both A and R are true, and R is the correct explanation of A.

2. Both A and R are true, but R is NOT the correct explanation of A.
 3. A is true but R is false.
 4. A is false but R is true.
4. **Assertion (A):** Personal hygiene is important during adolescence.
Reason (R): Sweat glands become more active during puberty.
5. **Assertion(A)** Adolescents often experience mood swings.
Reason (R): Mood swings during adolescence are caused by hormonal changes in the body.
6. Why is maintaining personal hygiene important during adolescence? Give at least four reasons.
7. Explain menstruation briefly. Why should girls maintain hygiene during menstruation?
8. Sana noticed sudden height increase, mood swings, and sweating. She became worried and thought she was sick
 Answer the following:
- a) What stage is Sana experiencing?
 - b) Are these changes normal?
 - c) Which body chemicals cause these changes?
 - d) Suggest two healthy habits for Sana.
9. Draw and label a neat diagram of the human endocrine system showing:
- a) Pituitary gland
 - b) Thyroid gland
 - c) Pancreas
 - d) Adrenal glands
10. Name two iron rich food.

Section B (Chemistry)

1. What is science primarily about?
 - (a) Discovering new facts
 - (b) Learning about different things in nature
 - (c) A process of thinking that welcomes curiosity and asks questions
 - (d) Memorising facts
2. What is the purpose of activities and experiments in science?
 - (a) To make the class fun
 - (b) To explore the world and gain a deeper understanding of the environment
 - (c) To memorise facts
 - (d) To avoid learning
3. What is the connection between scientific ideas in different areas?
 - (a) They are completely separate topics.
 - (b) Scientific ideas in one field can lead to new discoveries or raise questions in another field.
 - (c) They have no relationship.
 - (d) They only deal with practical problems.
4. Why is asking questions about the nature of light and time important?
 - (a) To understand how clocks work
 - (b) To explore and discover how things function
 - (c) To make the light brighter
 - (d) To make clocks digital

Directions (Q. No. 5 to 6): Each question below consists of an Assertion (A) and a Reason (R).

Use the following key to choose the appropriate answer.

- (a) Both A and R are true and R is the correct explanation of A.

(b) Both A and R are true but R is not the correct explanation of A.

(c) A is true but R is false.

(d) A is false but R is true.

5. Assertion (A): Some changes in the world are irreversible.

Reason (R): Changes like burning of paper or rotting of an apple can be reversed.

6. Assertion (A): The Earth's rotation does not cause day and night.

Reason (R): The Earth rotates on its axis, and this movement leads to different parts of the Earth facing the Sun at different times.

7. What is science and how does it help us understand the world around us?

8. Why is it important to step out of the classroom and engage in activities and experiments for learning science?

9. Discuss how scientific experiments and observations can lead to a deeper understanding of the environment and human activities.

10. Explain the importance of understanding the properties of different materials, and how does this help in everyday life?

Section C (Physics)

MCQ Questions

Q1) Which of the following is used to open or close an electric circuit?

a) Bulb

b) Cell

c) Switch

d) Wire

Q2) The thin wire inside an electric bulb is called:

a) Terminal

b) Filament

c) Coil

d) Electrode

Q3) Which material is a good conductor of electricity?

a) Plastic

b) Rubber

c) Copper

d) Wood

Assertion-Reason Questions

Q4) Assertion (A): An electric bulb glows when connected in a complete circuit.

Reason (R): Electric current flows only through a closed circuit.

a) Both A and R are true, and R is the correct explanation of A.

b) Both A and R are true, but R is not the correct explanation of A.

c) A is true, but R is false.

d) A is false, but R is true.

Q5) Assertion (A): Plastic is used to cover electric wires.

Reason (R): Plastic is a poor conductor of electricity.

a) Both A and R are true, and R is the correct explanation of A.

b) Both A and R are true, but R is not the correct explanation of A.

c) A is true, but R is false.

d) A is false, but R is true.

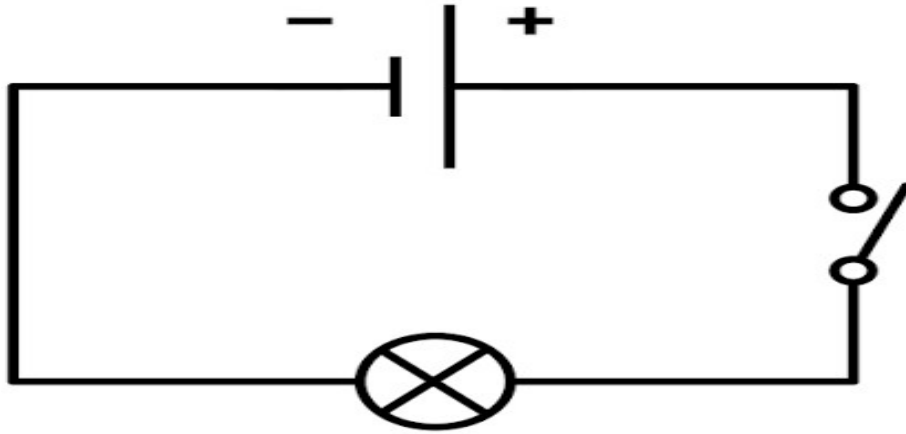
Long Answer Questions

Q6) Explain the working of a simple electric circuit with the help of suitable components.

Q7) Differentiate between conductors and insulators with at least three examples of each.

Q8) What is an electric cell? Draw and explain the symbols of an electric cell, bulb, and switch used in circuit diagrams.

Diagram-Based Questions



Q9) Observe the diagram of a simple electric circuit and answer the following questions:

- Name the components shown in the circuit.
- Is the circuit open or closed?
- Will the bulb glow? Give reason.

Q10) Draw symbol of following explain its working

- Battery
- Switch.
- LED

English

General Instructions

- Complete all work neatly in stick file.
- Use creativity, colours and illustrations wherever required.
- Read all instructions carefully before attempting the tasks.
- Submission date - Within a week after the holidays.
- Holiday Homework will be included in Subject Enrichment of Term I.

A. Activity-Based Project

Prepare a creative scrapbook or presentation on either:

- 'Three Days to See' by Helen Keller

OR

- 'Try Again' by Eliza Cook

Your project should include:

- A brief summary of the lesson/poem.
- Important values or messages learnt.
- A creative illustration, drawing or collage related to the topic.
- Your personal reflection on how the lesson inspires you.
- A slogan or quote based on determination, gratitude or positivity.
- Decorate the project attractively using colours and creative ideas.

Required Materials: A4 sheets/chart paper, colours, sketch pens, glue, printed pictures, decorative material and notebook/file.

B. Reading Task

Read any one age-appropriate story book during the summer vacation and prepare a Book Review including:

- Title of the Book
- Author's Name
- Main Characters
- Summary of the Story

- Your Favourite Character
- Moral/Lesson Learnt
- Your Opinion about the Book

C. Practice Worksheet

- Choose the correctly formed sentence:
 - The children was playing outside.
 - The children were playing outside.
 - The children is playing outside.
- Identify the abstract noun:

(a) honesty	(b) pencil	(c) Mumbai
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- Identify the transitive verb:

“Aman kicked the ball.”

(a) Aman	(b) kicked	(c) ball
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- Identify the infinitive:

(a) singing	(b) to read	(c) danced
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- Choose the correct sentence:
 - She is writing a letter.
 - She wrote a letter tomorrow.
 - She will writing a letter.
- Identify the sentence in Simple Past Tense:
 - They are watching television.
 - They watched television.
 - They will watch television.
- Choose the correct future tense sentence:
 - I shall visit my grandparents next week.
 - I visited my grandparents tomorrow.
 - I am visit my grandparents.
- Do as Directed: Change into Future Perfect Tense:

“She completes the task.”
- Do as Directed: Underline the collective noun: “A flock of birds flew across the sky.”
- Do as Directed: Rearrange the words to form a meaningful sentence: “beautiful / garden / has / our / flowers”
- Do as Directed: Choose the correct verb: “The teacher ____ explaining the lesson.” (is/are)
- Do as Directed: Rewrite the sentence in Past Continuous Tense: “The boy plays cricket.”

D. Descriptive Writing

Write a paragraph in about 100-120 words on the topic:

You are Riya / Rahul. Describe a memorable picnic that you enjoyed with your family or friends. Mention the place, activities, food, surroundings, and the fun experiences you had there.

Chapter Learning & Revision Assignment

- Read the chapter taught in class thoroughly from NCERT & LC.
- Learn all the spellings of Term-I from the spelling list provided.
- Revise Writing Composition

German

Allgemeine Anweisungen (General Instructions)

- Do all work neatly in Bio-Sheet Paper.
- Use blue pen and draw pictures wherever required.
- Learn all new vocabulary and grammar done in both lessons.
- Revise spellings carefully.
- Complete the work independently.
- Submit the homework on the first day after vacation.

1. Create a bilingual menu (Deutsch und Englisch)

Instructions: Make a table

(a) Write 10 food items in German with English meaning

(b) Add prices

(c) Draw pictures of the food items.

2. Stell dich vor! (Introduce yourself) in German:

3. Essen und Trinken“ – Poster Projekt

Make a colorful collage/poster

Instructions:

(a) Collect or draw pictures of food and drinks

(b) Label everything in German

(c) Divide into following categories:

Obst (Fruits)

Gemüse (Vegetables)

Getränke (Beverages)

Sanskrit

साहित्यभागात्

- 1) 'नित्यं पिबामः सुभाषितरसम्' अस्य पाठस्य हिन्दी सरलार्थं लिखत ।
- 2) अधोलिखितानि नामानि चित्रं रचयत – महाकवि कालिदास, कौटिल्य महर्षि चरक एवं सुश्रुत ।

व्याकरणभागात्

- 1) तत्, किम् (त्रिषु लिंगेषु) बालक, लता, बालिका च शब्दानां शब्दरूपं लिखत ।
- 2) लट्लकारे/लृट्लकारे पठ्, धाव्, चल्, गम्, दृश् क्रीड् च धातुरूपाणि लिखत ।
- 3) संख्या – (01 से 30) संस्कृत में लिखें ।
नोट – सभी कार्य उत्तरपुस्तिका में करें ।

ग्रीष्म कालीन गृह कार्य

कक्षा 7

परियोजना कार्य

- कल्पना
- अभिव्यक्ति
- सृजनात्मकता
- आपकी पहचान



चित्रकथा/स्टोरीबोर्ड (Storyboard Creation):

कविता की विभिन्न घटनाओं (पुत्र और माँ का संवाद, उपवन का दृश्य, हंस का गिरना, रक्षक-भक्षक विवाद, न्यायालय का दृश्य) को दर्शाते हुए

चित्रकथा (Comic Strip) बनाएँ और हर चित्र के नीचे संवाद भी लिखें।

प्रश्न

1 शब्द से क्या तात्पर्य है ? उदाहरण देकर स्पष्ट कीजिए ।



2 उत्पत्ति या स्रोत के आधार पर शब्दों के कितने भेद होते हैं ?



3 दिए गए तत्सम शब्दों के तदभव रूप लिखिए ।

सर्प, रात्रि, भिक्षा, मृत्यु, मस्तक, कर्ण, कर्म, गोधूम, उल्लू, क्षेत्र ।

4 'माँ कह एक कहानी' कविता से आपको क्या सीख मिलती है ? अपने विचार 50 शब्दों में लिखें ।



5 यदि राजा ने बिना जाँच के तीनों भाइयों को दोषी ठहरा दिया होता तो इस लोक कथा का क्या परिणाम होता ? उत्तर 50 शब्दों में लिखिए ।



प्रश्न 4- वर्तनी सूची

(Term- 1) से

1-100 वर्तनी को याद करें।

नोट:

कार्य पत्रक A4 साइज पेपर पर करें।