

St. Crispin's Sr. Sec. School
Holiday Home Work
Class – VII
Subject – Science

DO & LEARN

A) All living beings need food to grow and survive. Green plants are known as producers as they prepare their own food by photosynthesis. Identify the given pictures and mention their mode of nutrition



B) We wear clothes made up of different types of fibres. Collect different types of fibres at your home like silk, wool and paste them on A4 size sheet.

- Collect the information of animals from which these fibres are obtained.
- Write the properties of fibres by observing them.
- Mention their other uses in our daily life also.

Wear thinking cap

A) Generally accidents occur due to carelessness or bursting of tyres. The nylon threads inside radial tyres heat up due to continuous and faster driving for a longer time. Old and worn out tyres burst easily.

- What leads to bursting of tyres?
- In which state of matter expansion of heat takes place at maximum?

c) *What are the precautionary measures that can be taken to safeguard yourself during long journey.*

B.) *In the present scenario , during lockdown period we all are staying at home and taking healthy food to keep ourselves safe .*

A) *How does the nutritious diet beneficial for you ? Enumerate.*

B) *Give an healthy scrumptious recipe which will help to boost your immunity and share this recipe to me also.*

Creative Corner

*1) To make a beautiful greeting card by using turmeric paste and detergent solution to salute **Health Warriors**.*

*1) **Invisible ink**. Try writing with lemon juice on a piece of paper using a paint brush. When the ink has dried, hold the paper over a toaster to heat it. Your writing should appear in brown lettering as the parts of the paper with acid from the lemon juice burn faster than the other parts.*

Aware yourself

Pure fresh and healthy diet is essential for health, but the lure of riches and general apathy towards mankind has led to adultrants being added in food.

Collect the following food items :Milk,Black pepper,Sugar and Cumin seeds. Perform the test and write your observation in the given table.

| Sr No. | Food Article | Adulterant | Test | Observation |
|--------|--------------|-----------------------------------|--|--|
| 1 | Milk | Starch | Add Iodine solution | Blue black colour indicates presence of starch in milk (Starch adulterant) |
| 2 | Black Pepper | Papaya Seeds | Dry the seeds in the sun and observe | ----- |
| 3 | Sugar | Chalk Powder | Dissolve sugar 10 gms in water and allow it to settle down | ----- |
| 4 | Cumin Seed | Grass Seed coloured with Charcoal | Rub the seeds on the palm and observe the colour | ----- |

Note: Prepare chapter no. 1,2,3 & 4