



परमाणु ऊर्जा शिक्षण संस्था

Atomic Energy Education Society

(2025-26)

विद्यालय/School: A.E.C.S NO.5

### HOLIDAY HOMEWORK WORKSHEET

कक्षा /Class: VII

विषय/Subject: SCIENCE

Portion covered: Chapter -6 Adolescence:A stage of growth and change;Chapter-7 Heat transfer in nature;Chapter-8 Measurement of time and motion; Chapter- 9 Life processes in animals.

**Q1. Why is it more comfortable to wear light coloured clothes during summers and dark coloured clothes during winters?**

**Q2. How does heat transfer take place in liquids? Demonstrate with an activity briefly.**

**Q3. What do you understand by the term secondary sexual characteristics?**

**Q4. Write any five myths and taboos related to menstruation.**

**Q5. Distinguish between uniform and non-uniform motion with an example of each.**

**Q6. Calculate the speed of a train that travels 150 m in 40 sec. Express your answer in km/h.**

**Q7. Describe an activity for the action of saliva.**

**Q8. Draw a well labelled diagram of the respiratory system.**

**Note:** Revise the complete PT-2 syllabus thoroughly.