



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.