

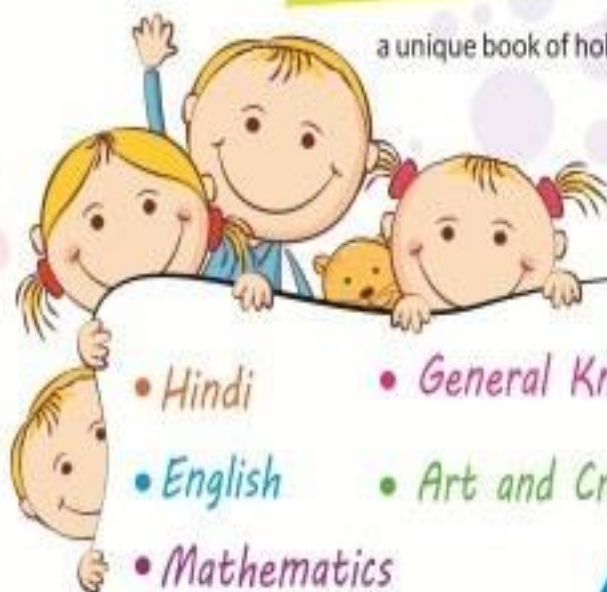
**R. H. MEMORIAL PUBLIC SCHOOL ,
SECTOR - 87 , GURUGRAM
"HIT - INDIA FIT - INDIA"**



HOMEWORK

for Summer Vacation

a unique book of holidays homework



- Hindi
- English
- Mathematics
- General Knowledge
- Art and Creativity



Worksheets

R.H. MEMORIAL PUBLIC SCHOOL

SEC - 87 , KANKROLA, GURUGRAM

HOLIDAY HOMEWORK (CLASS 7th) SESSION 2022-23

❖ ENGLISH


➤ TOPIC-WRITE IMPORTANCE OF YOGA WITH PICTURES (AIL)

ASL topic : Rat and Cactus (perform activity by scanning
Scan code - listen the audio and complete your activity)

ACTIVITY 1

RATS

Listen to an audio lesson on RATS. As you listen, solve the following :



Scan the given QR code to download/ listen the Audio from the list of chapters.

Choose the correct option :

- According to the speaker, Rats are very to human beings.
(i) friendly ☐ (ii) harmful ☐
(iii) useful ☐ (iv) important ☐
- It is very difficult to control them because
(i) they are very smart ☐ (ii) they live underground ☐
(iii) they have high rate of breeding ☐ (iv) we like them ☐
- The favourite foods of the rats are
(i) grains ☐ (ii) insects ☐
(iii) green vegetables ☐ (iv) plague ☐
- Three species of rats are mentioned in the audio lesson. Which one species is not included of the following?
(i) field rats ☐ (ii) wild rats ☐
(iii) pet rats ☐ (iv) household pests ☐
- A very deadly disease caused by the rats is
(i) dengue ☐ (ii) malaria ☐
(iii) plague ☐ (iv) chickenpox ☐

Holiday Package **1** *Bravia 7*

Class VII

ACTIVITY 2

CACTUS

Listen to an audio lesson on CACTUS. As you listen, solve the following :



Choose the correct option :

1. What do cacti have instead of leaves?

(i) Stems

☐

(ii) Tubes

☐

(iii) Pillars

☐

(iv) Needles

☐

2. How are cacti shaped?

(i) Like balls

☐

(ii) Like tubes

☐

(iii) Like wheels

☐

(iv) All of the above

☐

3. Where do most cacti grow?

(i) North and South America

☐

(ii) Southern Europe

☐

(iii) Antarctica

☐

(iv) Asia

☐

4. Cacti prevent evaporation of water by

(i) growing small leaves

☐

(ii) growing small stems

☐

(iii) growing large leaves

☐

(iv) growing deep roots

☐

5. The flowers of some cacti bloom at night so that they are pollinated by

(i) air

☐

(ii) darkness

☐

(iii) insects

☐

(iv) humans

☐

6. When water evaporates, it

(i) changes from gas to liquid

☐

(ii) changes from liquid to gas

☐

(iii) changes from liquid to solid

☐

(iv) is absorbed by the stem of the cactus

☐

❖MATHS

- 1.REVISE ALL THE CHAPTERS FROM RS AGARWAL THAT YOU HAVE DONE IN CLASS.
- MAKE A SCRAP BOOK TO REPRESENT ALL THE PROPERTIES OF WHOLE NUMBERS AND ANY FIVE POLYGONS USING MATCHSTICKS (USING CREATIVE AND INNOVATIVE SKILLS.)
- PREPARE A PROJECT ON THE THEME OF SWACHH BHARAT ,SWASTH BHARAT PREPARE YOUR DAILY DIET CHART AND WRITE THE AMOUNT OF CALORIES AND MAJOR NUTRIENTS THAT YOU INTAKE AND REPRESENT IN BARGRAPH USING A4 SHEETS FOLLOW LINK - <https://www.nephroplus.com/nutrient-content-common-food-items/>

MATHS (Sample)

Date	Days	Nutrients				
		Protein	Carbohydrates	Roughage	Vitamin & Minerals	Fats
	Monday					
	Tuesday					
	Wednesday					
	Thursday					
	Friday					
	Saturday					
	Note - Take atleast 7 glasses of water every day					

❖ Science

- WRITE THIS PROJECT ON COLOURFUL SHEETS IN YOUR HANDWRITING AND PREPARE A BEAUTIFUL PROJECT AS GIVEN
- Revise all work that you have done in classroom.
- Learn worksheet of all lessons that you have done.



There is a proverb; **Healthy body has healthy Mind**. As we have observed that we are getting more and more busy in our daily life. We hardly have time to exercise or we hardly walk around even 500 meter in a single day.

This human laziness is increasing many problems like heart attack, diabetes, fatigue, strain etc. So in order to remove this laziness and diseases; PM Modi has **launched Fit India Movement on the occasion of National Sports Day i.e. 29th August 2019.**

Objective of Fit India Movement:

- To encourage people to start/increase physical activity and sports in their everyday lives.
- To encourage the people/students to take a healthy or balanced diet so that our body become fit.



BALANCED DIET






A diet that contains the proper proportions of carbohydrates, fats, proteins, vitamins, minerals, and water necessary to maintain good

Balanced Diet



- An unhealthy diet is one of the major risk factors for a range of **chronic diseases**, including **cardiovascular diseases, cancer, diabetes** and **other conditions linked to obesity**.
- Specific recommendations for a healthy diet include: **eating more fruit, vegetables, legumes, nuts and grains; cutting down on salt, sugar and fats**.
- It is also advisable to choose **unsaturated fats**, instead of saturated fats and towards the elimination of trans-fatty acids.

A Balanced plate

-  Fruit and vegetables
-  Grains, cereals and potatoes
-  Dairy products
-  Meat, fish, nuts and eggs
-  Fats and sugars



Onlymyhealth

NOTE:

DEAR STUDENTS,

**WRITE DOWN THIS PROJECT ON COLOURFUL SHEETS IN YOUR HANDWRITING
AND PREPARE A BEAUTIFUL PROJECT AS ABOVE.**

❖ हिन्दी

- फिट इंडिया फिट इंडिया के बारे में एक लेख लिखें
- कोई पांच योगा के सचित्र वर्णन करें व उनके महत्व के बारे में लिखें ।
- 5 योगा तस्वीर एक चार्ट पर बनाएं और उनके नाम लिखें

❖ S.ST.

- TOPIC-EXPLAIN HISTORY OF YOGA
WITH PICTURES and mention in the map (famous places of yoga)

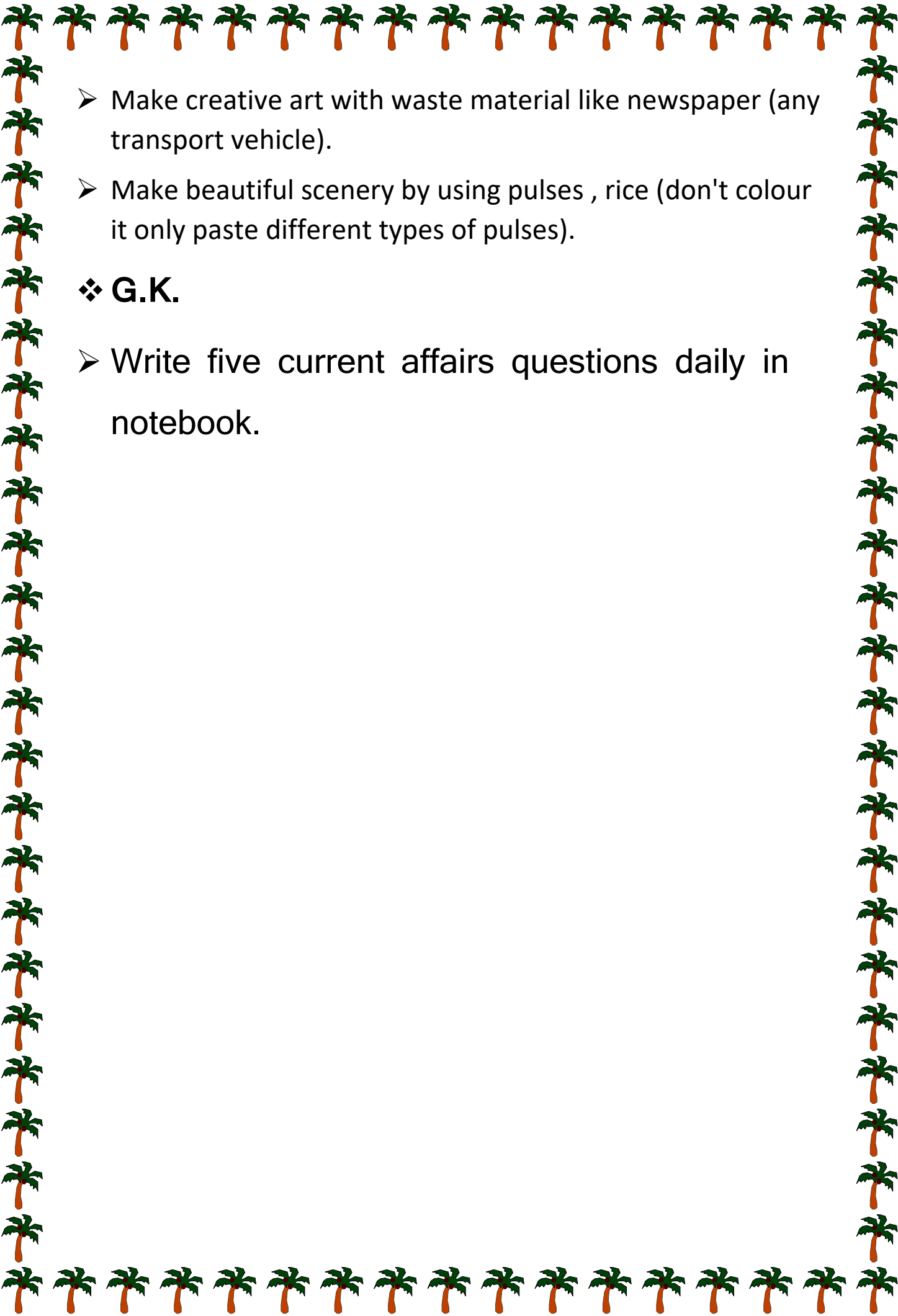
❖ Sanskrit

- योगा दिवस के महत्व पर संस्कृत भाषा में पाँच वाक्य लिखो ।
- जानवरो के नाम संस्कृत भाषा में लिखो व याद करो
- पाठ - १, २, ३ के शब्दार्थ लिखो व याद करो।

❖ COMPUTER

- Do Activity time of L- 1 , 2 & 3 given in the book .

❖ ART

- 
- A decorative border of palm trees surrounds the text. The border consists of a top row of 15 palm trees, a bottom row of 15 palm trees, and two vertical columns of 15 palm trees each on the left and right sides.
- Make creative art with waste material like newspaper (any transport vehicle).
 - Make beautiful scenery by using pulses , rice (don't colour it only paste different types of pulses).

❖ **G.K.**

- Write five current affairs questions daily in notebook.