

HOLIDAY HOMEWORK

CLASS – VII (Science)

2026- 27



Dear Students,

Summer vacation—the most exciting time of the year—has finally arrived! It is a wonderful opportunity to relax, have fun, and explore your creativity. Even if we are staying indoors, we can make this time enjoyable by doing creative activities and spending valuable moments with our family. You can also stay connected with your cousins and relatives through virtual means.

Things to Keep in Mind:

- ❖ Stay hydrated by drinking enough water throughout the day.
- ❖ Follow proper hygiene and make handwashing a daily habit.
- ❖ Develop a reading habit by going through newspapers, storybooks, and other interesting books to improve your vocabulary.
- ❖ Spend some quality time with elders in your family and learn from their experiences.

Instructions to Follow:

- ❖ Download the holiday homework sheets provided.
- ❖ Complete all work independently and present your own original ideas.
- ❖ Do all the work neatly on A4 size loose sheets.
- ❖ Ensure your handwriting is clear and well-presented.

Revision Task:

Revise all the chapters covered so far along with their questions and answers.

1. Assertion and Reason Two statements – an assertion (statement of fact) and a reason (explanation of assertion) are given. Choose the appropriate answer for each of the following pair of statements.

- (a) Both assertion and reason are true and reason is correct explanation of assertion.
- (b) Both assertion and reason are true and reason is not the correct explanation of assertion.
- (c) Assertion is true but reason is false.
- (d) Assertion is false but reason is true.

CHAPTER- 4 METALS AND NON- METALS

i)Assertion (A): Metals are generally hard.

Reason (R): Metals have strong forces of attraction between their particles.

ii)Assertion (A): Metals are good conductors of heat.

Reason (R): Metals allow heat to pass through them easily.

iii)Assertion (A): Copper is used to make electric wires.

Reason (R): Copper is a good conductor of electricity.

iv)Assertion (A): Non-metals are generally poor conductors of electricity.

Reason (R): Non-metals do not allow electric current to pass through them easily.

v)Assertion (A): Iron objects rust when exposed to air and moisture.

Reason (R): Rusting is a chemical reaction between iron, oxygen, and water.

vi)Assertion (A): Metals can be beaten into thin sheets.

Reason (R): This property of metals is called malleability.

vii)Assertion (A): Metals produce a ringing sound when struck.

Reason (R): This property is known as sonority.

viii)Assertion (A): Graphite is a non-metal but conducts electricity.

Reason (R): Graphite has a special structure that allows the movement of electrons.

ix)Assertion (A): Non-metals are usually dull in appearance.

Reason (R): Non-metals do not have lustre.

x)Assertion (A): Aluminium is used to make cooking utensils.

Reason (R): Aluminium is a good conductor of heat and is lightweight.

CHAPTER- 5 UNDERSTANDING THE CHANGES AROUND US

xi) Assertion (A): Burning of paper is a chemical change.

Reason (R): New substances like ash and gases are formed.

xii) Assertion (A): Cutting of hair is a reversible change.

Reason (R): Hair cannot be brought back to its original form immediately.

xiii)Assertion (A): Melting of ice is a physical change.

Reason (R): Only the state of matter changes from solid to liquid.

xiv) Assertion (A): Rusting of iron is a chemical change.

Reason (R): It is a permanent change and forms a new substance.

xv) Assertion (A): Dissolving sugar in water is a chemical change.

Reason (R): Sugar can be obtained back by evaporating water.

xvi) Assertion (A): Folding of paper is a reversible change.

Reason (R): The original shape can be obtained again by unfolding it.

xvii) Assertion (A): Growth of a plant is a slow change.

Reason (R): It takes place over a long period of time.

xviii)Assertion (A): Explosion of a firecracker is a fast change.

Reason (R): It happens within a very short time.

xix)Assertion (A): Heating can cause changes in materials.

Reason (R): Heating can change the size, shape, or state of a substance.

xx)Assertion (A): All physical changes are reversible.

Reason (R): Some physical changes cannot be reversed.

2. Roll number 1 to 20: Make a neat compression table on A3 sheets comparing metals and non-metals on the basis of their properties like lustre, conductivity, malleability, ductility, etc.

Roll number 21 onwards: Make a A3 size sheet on the importance of recycling metals also draw necessary diagrams.

3. Art integrated project on- Cloth and food heritage of Manipur and Haryana.