



परमाणु ऊर्जा शिक्षण संस्था  
**Atomic Energy Education Society**  
अभ्यास पत्र/ Practice paper (2025-26)

कक्षा /Class: 7 विषय /Subject: ENGLISH अंक/Marks: 80

---

**सामान्य निर्देश / General Instructions:**

1. This question paper consists of FOUR sections:

Section A	Reading	20 marks
Section B	Writing	20 marks
Section C	Grammar	15 marks
Section D	Literature	25 marks
2. Attempt all the questions.
3. All the answers must be numbered correctly.
4. Read each question carefully and follow the instructions

-----

**SECTION A - READING**

1. Read the passage given below and answer the questions given below:

Vitamin C is an essential ingredient for human beings. It is required for the synthesis of intercellular protein "collagen," which is responsible for keeping various cells of the human body together. It plays a crucial role in controlling infections and healing wounds, and is a powerful antioxidant that can neutralize harmful free radicals that are naturally formed during various chemical reactions in the body and have the potential to damage cells in the body. Vitamin C is also required for dentine formation in the teeth, and it also aids in the absorption of iron from the body. Vitamin C is a water-soluble vitamin. This means that it dissolves in water and is delivered to the body's tissues but is not well stored, so it must be taken daily through food or supplements. It is found in citrus and other fruits, berries and vegetables. Rats have the capacity to synthesize vitamin C with their body whereas human beings are required to provide it through diet. The richest source of vitamin C is amla. The other sources are lemon, orange, papaya, pineapple, cabbage, cauliflower, green peas, and tomato. While cooking above 70 degrees centigrade, vitamin C gets destroyed. Scurvy is a disease caused by the deficiency of this vitamin. Due to its deficiency, gums are swollen or bleeding, bones are weak and readily fractured, delayed wound healing, and poor teeth formation in children result. A balanced diet with vitamin C is the requirement to avoid scurvy. The recommended daily amount for vitamin C is 75

milligrams a day for women and 90 milligrams a day for men. Doctors use vitamin C for the treatment of infections, healing of ulcers, burns, and trauma, quick healing of fractures, etc.

Answer the following questions based on above passage: (8x1=8)

- i. \_\_\_\_\_ is responsible for keeping various cells of the human body together.  
a. Dentine      b. Collagen      c. Enamel      d. Femur
- ii. This Vitamin plays a crucial role in fighting infections and healing wounds.  
a. Vitamin A      b. Vitamin B      c. Vitamin C      d. Vitamin D
- iii. Find the word from the passage which means IMPORTANT.  
a. Beneficial      b. Crucial      c. Initial      d. Potential
- iv. These are naturally formed during various chemical reactions in the body and have potential to damage cells.  
a. Free radicals      b. Free molecules      c. Free atoms      d. Free tissues
- v. Vitamin C is a \_\_\_\_\_ vitamin.  
a. Fat soluble      b. insoluble      c. water soluble      d. not soluble
- vi. Disease caused by deficiency of Vitamin C  
a. Beri-beri      b. Cholera      c. Diarrhoea      d. Scurvy
- vii. Which of the following statement is correct?  
a. The recommended daily amount for vitamin C is 90 milligrams a day for men.  
b. The recommended daily amount for vitamin C is 75 milligrams a day for women.  
c. Both a and b.  
d. None of the above.
- viii. Choose the word from the passage which means 'a deeply distressing or disturbing experience'.  
a. Ulcers      b. Burns      c. Trauma      d. Healing

2. Read the passage given below and answer the questions given below:

Every moment of life is precious. Time is the essence of life. It is the wealth given to us by Nature. Every day, all of us get 24 hours; nothing less, nothing more. Now, it is up to us how we use it. People who know how to make the best use of every moment easily open the doors of success in their lives, and those who misuse time

get failures one after the other. There is a saying that, “Spent time and spent words cannot come back.” Everybody is tied by the limits of time; even God respects the boundaries of time. Work wins appreciation only when it gets completed within a requisite time frame. Beyond the time allotted, work loses all its utility however good may have been its quality. Just as falling of rains after the crops have dried up has no use; likewise, when the time is past the deadline, the work loses its importance and value.

When iron is hot, it can be cast into whichever shape we want. Once it gets cold, nothing can be made out of it, however much we may beat the same. In the same way, a person who has learned to wisely use his time and has understood how to cast himself according to the need of the time has actually learned the true mantra of life. Shakespeare wrote in one of his plays, “I wasted time, and now doth time waste me.” It is true that a person who wastes even a little bit of time loses wonderful opportunities that he could have otherwise availed of by utilizing that time. All the great leaders have one thing in common: They wisely utilize every moment of their time. When other people are busy wasting time in laziness, great men are busy making plans for the future. There is no person in history who wasted his time and still managed to achieve greatness. Therefore, there is a great need to manage time wisely. “Careful Time Management” refers to careful planning of time and sincere execution of the plan. This is the only mantra to attain success in any endeavour. A simple change in outlook and some modification in one’s daily routine can result in a big jump forward towards greater achievements.

A. On the basis of your reading of above passage; answer the following questions in about 30 to 40 words each: (4x2=8)

- i. What kind of people open the doors of success in their life?
- ii. What kind of work loses its utility?
- iii. Who has learned the true mantra of life?
- iv. What is ‘Careful Time Management’?

B. Answer the following based on your understandings: (4x1=4)

i. Find a word from the passage which is antonym of the word ‘foolishly’.

- a. Wisely      b. Actively      c. Lately      d. Suddenly

ii. Find a word from the passage which means ‘the carrying out of a plan’.

- a. Endeavour      b. Execution      c. Modification      d. Requisite

iii. Complete the following sentence.

A simple change in outlook and some modification in one’s daily routine can result in \_\_\_\_\_.

iv. Unjumble the word from the passage: 'ppnituestioor'.

### SECTION B – WRITING

3. Write a notice in about 40 to 50 words to inform students about the upcoming Parent – teacher Meeting. You are Bhargav / Bhavika, the school captain of Lotus Valley public school. (5)
4. Write a letter to the principal of your school requesting her to organise an excursion to a nearby hill station for the students of Grade 7. (7)
5. With the help of the following outline; develop a story in about 120 words. Write a suitable title and moral of the story. (8)

A thirsty bee \_\_\_\_\_ went to river to drink water \_\_\_\_\_ is carried away by the current of water \_\_\_\_\_ a tree on the bank of river \_\_\_\_\_ a dove sitting there \_\_\_\_\_ saw drowning bee \_\_\_\_\_ plucked a leaf dropped near bee \_\_\_\_\_ bee climbed \_\_\_\_\_ dried wings \_\_\_\_\_ flew away \_\_\_\_\_ some days later \_\_\_\_\_ hunter came \_\_\_\_\_ saw dove \_\_\_\_\_ aimed \_\_\_\_\_ bee saw danger \_\_\_\_\_ stung him \_\_\_\_\_ missed aim \_\_\_\_\_ dove saved \_\_\_\_\_ became friends.

### SECTION C - GRAMMAR

6. The following passage has not been edited. There is a mistake in each line. Identify the mistake and write the correct word against the incorrect one. One has been done as an example. (6x1/2 = 3)

	Incorrect	correct
Children with low visions may benefit from different	visions	vision
a. type of visual aids, such as magnifying spectacles,	_____	_____
b. stand magnifiers but telescopes. Magnifying spectacles	_____	_____
c. was used for reading, threading a needle or doing other	_____	_____
d. close-up tasks. Stand magnifiers rests above the object	_____	_____
e. and are hands-free and help for keep the magnifying	_____	_____
f. lens at an proper distance. Hand-held magnifiers	_____	_____

are smaller and lighter to move.

7. Do as directed.

(4x1=4)

- i. Write meaning of the word 'coronation'.
- ii. Fill in the blanks by choosing the words given in the brackets that collocate appropriately.

The hikers reached the \_\_\_\_\_(summit/peak) of the mountain after several days of trekking through challenging conditions.

- iii. Identify the figure of speech in the following sentence.

I hope that someone in some strange land will find them and know who I am.

- iv. Write meaning of the phrase 'beacon of hope'.

8. Rearrange the following phrases to make meaningful sentences.

(4x1=4)

- i. was/ performance/ impressed/ with/ quite/ his/ I
- ii. the/ please/not/ do/on/ grass/ step.
- iii. you/ where/ have/ this/ all/ while/ been
- iv. everything /will /sense/ make/ perfect/ someday

9. Fill in the blanks with the simple past or past perfect form of the verbs given in the brackets. (4x1=4)

After Rohan (i)\_\_\_\_\_ (finish) his homework, he (ii)\_\_\_\_\_ (decide) to go for a walk. He left the house and (iii)\_\_\_\_\_ (realise) he (iv)\_\_\_\_\_ (forget) his keys inside.

### SECTION D - LITERATURE

10. Read the given extract and answer the questions that follow.

(4x1=4)

My heart is warm with the friends I make,  
And better friends I'll not be knowing;  
Yet there isn't a train I wouldn't take,  
No matter where it's going.

- i. Name the poem and the poet.
- ii. What does the speaker say about her current friends?
- iii. What feelings does she have?
- iv. What is the tone of the speaker in these lines?

11. Read the lines given below and answer the questions that follow. (4x1=4)

She was conferred with the honorary doctorate by the University of Strathclyde, Glasgow, U.K. In her words, "Failures is not when we fall short of achieving our goals. It is when we don't have goals worthy enough. Never forget your goal, respect it, work hard, and you will be the winner."

- i. Who is 'she' here?
- ii. Name the chapter from where this extract is taken.
- iii. According to the extract, what is the reason for failures?
- iv. Find a word from the passage which is antonym of 'forever'.

12. Answer the following questions in about 30 to 40 words: (4x2=8)

- i. What prompted Anand to create the burglar alarm?
- ii. Why it is our duty to pay homage to our brave soldiers?
- iii. Sunder Singh has become part of the jungle life. Support the view with a suitable reason.
- iv. What did Arunima do in order to fulfil her ambition of conquering Mount Everest?

13. Answer the following in about 30 to 40 words: (2x2=4)

- i. What does the phrase 'cinders red on the sky' tell us about the train at night?
- ii. What is the significance of the line 'Prime of your youth given to the nation' with reference to sacrifice and service?

14. Answer any one of the following questions in about 80 to 100 words: (5)

What might Shaana have learnt from her travels across India? How would it impact her understanding of the country?

OR

Why do you think Rani Abbakka's victory against the Portuguese would have inspired other rulers to go against a foreign power?