



परमाणु ऊर्जा शिक्षण संस्था

Atomic Energy Education Society

वार्षिक परीक्षा अभ्यास पत्र / Annual Exam Practice Paper (2025-26)

कक्षा /Class: VII विषय /Subject: Science माह/ Month: March अंक/Marks: 80

दिया गया पाठ्यक्रम/Portion covered: _____

विद्यार्थी का नाम/Name of the student: _____

अनुक्रमांक /Roll No. _____ कक्षा/अनुभाग Class /Sec.: _____ दिनांक /Date: _____

Section – A

- 1.b) Iron
- 2.d) buffalo
- 3.c) Phloem – Transport of food
- 4.a) Oxygen
- 5.b) Glucose is broken down with oxygen to release energy, CO₂ and water
- 6.b) A transparent object
- 7.b) Because of the tilt of Earth's axis and revolution around the Sun
8. c) Mood Swings
9. a) Fats
- 10.10.a) virtual and erect
- 11.b) Shadows have straight edges when light is blocked by a straight edge
- 12.b) Moon comes between Earth and the Sun
- 13.c) Reflection
- 14.a) Infiltration
- 15.b) Due to increased hormonal activity
- 16.d) 12 km
- 17.c) A is true, but R is false.
- 18.b) Both A and R are true, but R is not the correct explanation of A
- 19.b) Both A and R are true, but R is not the correct explanation of A
(Note: The extra 6 hours add up over four years to make one leap year, not every year)
- 20.c) A is true, but the reason is false.

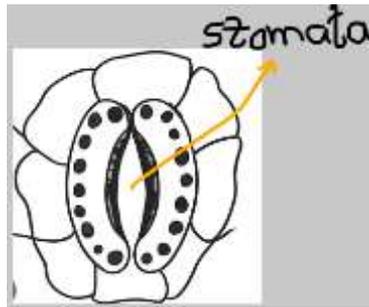
Section - B

Very Short Answer Type Questions.

(2X9 = 18)

21. Proper hygiene prevents bacterial infections and ensures a girl to stay healthy and continue her daily activities comfortably. Myth: A common myth is that girls should not enter the kitchen or touch food during their period. This is scientifically baseless and should be ignored.
22. Glucose + Oxygen → Carbon dioxide + Water + Energy. All parts of a plant green or non-green carry out respiration.
23. Warm air becomes lighter and less dense, so it rises upwards. Cold air is heavier and more dense, so it moves downwards. This movement causes convection process.
24. Pancreatic juice is basic in nature which helps to neutralize acids present in food. It also breaks down carbohydrates, fats and proteins.
25. Periodic motion is the motion that repeats itself at equal intervals of time.
Example: The motion of a pendulum of a clock.

26. Transparent objects allow most of the light to pass through them, so they do not block light completely and hence do not form a clear shadow.
27. Stomata present on the surface of leaves, help in the exchange of gases. Carbon dioxide is very important in photosynthesis.



28. Sea breeze is the movement of cool air from the sea towards the land. It occurs during the daytime when the land heats up faster than the sea, causing warm air over land to rise and cool air from the sea to move towards the land.
29. Speed = Distance \div Time = $500 \div 10 = 5$ m/s
 Speed in km/h = $5 \text{ m/s} \times 18/5 = 18$ km/h

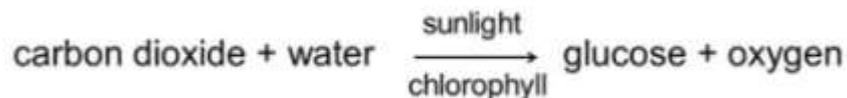
Section - C

Short Answer Type Questions.

(3X8 = 24)

30. A shadow is formed when an opaque object blocks the path of light from a light source. Light travels in a straight line, so when it is stopped by such an object, a dark region (shadow) appears on the surface behind it where light cannot reach.
 For a shadow to form, there must be (i) a source of light, (ii) an opaque object to block the light, and (iii) a screen or surface where the shadow can be seen.
31. Aquifers are underground layers of rocks and soil that store water and allow groundwater to flow. Groundwater is getting depleted because of excessive extraction for agriculture, industries and domestic use, and because less rainwater seeps into the ground due to concrete roads, buildings and reduced green cover.
32. In Boys:
 (i) Growth of facial hair (moustaches/beard) and body hair.
 (ii) Deepening of the voice (voice crack).
 (iii) Broadening of the chest and shoulders.
 In Girls:
 (i) Beginning of the menstrual cycle.
 (ii) Development of breasts.
 (iii) Widening of the hip area.
33. Uniform motion is the motion in which an object covers equal distances in equal intervals of time.
 Example: A car moving at a constant speed on a straight road.
 Non-uniform motion is the motion in which an object covers unequal distances in equal intervals of time.
 Example: A bicycle moving in traffic.
34. a) Speed in km/h
 Speed = Distance \div Time = $150 \div 3 = 50$ km/h
 b) Speed in m/s = $50 \text{ km/h} \times 1000/3600 = 50 \times 5/18 = 13.89$ m/s
 c) Distance in 5 h
 Distance = Speed \times Time = $50 \times 5 = 250$ km

35. The water cycle is the continuous movement of water between the Earth's surface and the atmosphere. Heat from the Sun causes evaporation of water from rivers, lakes, seas and oceans. The water vapour rises, cools, and condenses to form clouds. When the clouds become heavy, water falls back to the Earth as precipitation (rain). The rainwater flows back into water bodies or seeps into the ground, completing the cycle.
- 36.a) Absorption of nutrients is the process by which digested food is taken into the bloodstream through the walls of the small intestine.
 b) Egestion is the process of removing undigested and unabsorbed food from the body through the anus.
 c) Mechanical digestion is the process of breaking food into smaller pieces by physical actions such as chewing and churning, without any chemical change.
37. During photosynthesis, food is produced in the form of glucose which is a simple carbohydrate. This glucose serves as an instant source of energy and also later gets converted into starch for storage. Glucose is synthesized by the following process;



Section - D

Case Based Questions

(2x4 = 8)

38. a) Saliva in the mouth contains an enzyme that breaks down the starch in the chapati into simpler sugars, which taste sweet.
 b) The blue-black color indicates the presence of starch, which is found in abundance in boiled rice.
 c) The teeth are responsible for mechanical digestion by crushing and chewing food into smaller pieces.
 d) The small intestine is the primary site where most digestion is completed and nutrients are absorbed into the blood.
39. a) The bump is called the Adam's apple, which is the visible growth of the voice box (larynx).
 b) It is the period between childhood and adulthood (typically between ages 10 and 19).
 c) Iron is the essential mineral needed to prevent anemia, especially during rapid growth.
 d) Emotional changes or mood swings are common due to the increased activity of hormones

Section - E

Long Answer Type Questions.

(5X2= 10)

40. A balanced Diet is very important during adolescence for the following reasons;
- Bone Growth:** Rapid height increase requires high amounts of Calcium and Vitamin D to build bone density.
- Blood Volume:** As the body grows and muscle mass increases, the body needs more Iron to produce red blood cells to carry oxygen (especially in adolescent girls).
- Energy Needs:** Adolescents are often very active; hence, they need a proper balance of carbohydrates and healthy fats for energy, and proteins for tissue repair and growth.

41. Human digestive system

