



परमाणु ऊर्जा शिक्षण संस्था

Atomic Energy Education Society

आवधिक परीक्षण-II अभ्यास पत्र / PT-II Practice Paper (2025-26)

कक्षा /Class: VII विषय /Subject: Science माह/ Month: January अंक/Marks: 40

दिया गया पाठ्यक्रम/Portion covered: _____

विद्यार्थी का नाम/Name of the student: _____

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

SECTION A

Multiple Choice Questions

Choose the correct option.

(1x10=10M)

- What is the main reason for the development of pimples during adolescence?
 - Lack of sleep
 - Increase in oily secretions from the skin
 - Excessive washing of the face
 - Change in diet
- Which process transfers heat through direct contact in solids?
 - Convection
 - Radiation
 - Conduction
 - Evaporation
- Which device uses the Sun's shadow to tell time?
 - Water Clock
 - Sundial
 - Hourglass
 - Pendulum Clock
- What is the time period of a pendulum?
 - Time to swing once
 - Time to stop swinging
 - Time to set up the pendulum
 - Time to measure distance
- What is the wave-like motion that moves food through the food pipe called?
 - Egestion
 - Peristalsis
 - Respiration
 - Absorption
- What tiny sacs in the lungs help with gas exchange?
 - Villi
 - Alveoli
 - Diaphragm
 - Gizzard
- Which instrument in a car shows how fast it is going?
 - Odometer
 - Speedometer
 - Clock
 - Thermometer
- Which process in the water cycle involves water turning into vapor due to heat?
 - Condensation
 - Precipitation
 - Evaporation
 - Seepage
- What is the term for the natural process in girls involving blood discharge every 28–30 days?
 - Puberty
 - Menstruation
 - Hormonal change
 - Adolescence
- Which animals use gills to breathe?

- a) Birds b) Fish c) Earthworms d) Cows

SECTION B

The following two questions consist of two statements - Assertion (A) and Reason (R). Answer these questions by selecting the appropriate option given below:

- a) Both A and R are true, and R is the correct explanation of A.
b) Both A and R are true, and R is not the correct explanation of A.
c) A is true, but R is false.
d) A is false, but R is true. (1x4=4M)

11. Assertion (A): Adolescence is a period marked by rapid physical, emotional, and mental growth.

Reason (R): Only height and weight change during adolescence; emotional and behavioural development does not occur.

12. Assertion (A): A metal spoon becomes hot when dipped in a cup of hot tea.

Reason (R): Conduction is the transfer of heat through direct contact, and metals are good conductors of heat.

13. Assertion (A): The time taken by a simple pendulum to complete one oscillation is called its time period.

Reason (R): The time period of a pendulum depends on the mass of the bob.

14. Assertion (A): Saliva helps in the digestion of starchy foods like chapati and rice.

Reason (R): Saliva contains enzymes that break down starch into sugars during chewing.

SECTION C

15. Case based questions. (1x4=4M)

Passage: An Experiment with Chewed Rice

In an experiment, students placed boiled rice in two test tubes. In one tube, the rice was chewed before placing. Iodine was added to both. The unchewed rice turned blue-black, but the chewed one did not. This experiment showed that saliva breaks down starch into sugar, hence no starch was left to react with iodine in the second test tube.

i) What does the blue-black colour in the test tube indicate?

- (a) Presence of protein (b) Presence of sugar (c) Presence of starch (d) Presence of fat

ii) Why didn't the chewed rice turn blue-black with iodine?

- (a) It had less iodine (b) Saliva converted starch to sugar
(c) It contained protein (d) It was overcooked

iii) Which enzyme in saliva helps break down starch?

- (a) Lipase (b) Pepsin (c) Amylase (d) Trypsin

iv) What is the conclusion of the experiment with chewed rice and iodine?

- (a) Starch is produced in the mouth (b) Chewing rice increases its starch
(c) Saliva begins digestion of starch (d) Iodine turns red in presence of sugar

SECTION D

Short Answer Type – I

(2X5=10M)

Answer the following questions.

1. What are secondary sexual characteristics?
2. What is the concern associated with the use of mercury thermometers?
3. What is uniform motion?
4. What do pancreatic juices digest?
5. Why do boys experience voice changes during adolescence?

Short Answer Type – II

(3X4=12M)

1. Explain the concept of puberty and its relation to reproductive health.
2. How does the heat from the sun reach us?
3. Differentiate between circular motion and periodic motion.
4. Explain digestive enzymes.