



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 given passage and answer the questions that follow.

Air pollution is an issue which concerns us all alike. One can willingly choose or reject a food, a drink or a life comfort, but unfortunately there is little choice for the air we breathe. All, what is there in the air is inhaled by one and all living in those surroundings. Air pollutant is defined as a substance which is present in an amount exceeding the normal concentrations. It could either be gaseous or a particulate substance. The important and harmful polluting gases are carbon monoxide, carbon dioxide, ozone and oxides of sulphur and nitrogen. The common particulate pollutants are the dusts of various inorganic or organic origins. Although we often talk of the air pollution caused by industrial and vehicular exhausts, the indoor pollution may prove to be as or a more important cause of health problems. Recognition of air pollution is relatively recent. It is not uncommon to experience a feeling of 'suffocation' in a closed environment. It is often ascribed to the lack of oxygen. Fortunately, however, the composition of air is remarkably constant all over the world. There is about 79 per cent nitrogen and 21 per cent oxygen in the air – the other gases forming a very small fraction. It is true that carbon dioxide exhaled out of lungs may accumulate in a closed and over-crowded place. But such an increase is usually small and temporary unless the room is really air-tight. Exposure to poisonous gases such as carbon monoxide may occur in a closed room, heated by burning coal inside. This may also prove to be fatal. What is more common in a poorly ventilated home is a vague constellation of symptoms described as

the sick-building syndrome. It is characterized by a general feeling of uneasiness, headache, dizziness and irritation of mucous membranes. It may also be accompanied by nausea, itching, aches, pains and depression. Sick building syndrome is getting more common in big cities with small houses, which are generally over furnished. Some of the important pollutants whose indoor concentrations exceed those of the outdoors include gases such as carbon monoxide, carbon dioxide, oxides of nitrogen and organic substances like spores, formaldehydes, hydrocarbon aerosols and allergens. The sources are attributed to a variety of construction materials, insulations, furnishings, adhesives, cosmetics, house dust, fungi and other indoor products. Smoking of tobacco in the closed environment is an important source of indoor pollution. It may not be high quantitatively, but significantly hazardous for health. It is because of the fact that there are over 3000 chemical constituents in tobacco smoke, which have been identified. These are harmful for human health. Obviously, the spectrum of pollution is very wide and our options are limited. Indoor pollution may be handled relatively easily by an individual. Moreover, the good work must start from one's own house.

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

- i. What is an Air Pollutant?
- ii. What are the most harmful polluting gases?
- iii. What are the symptoms of sick building syndrome?
- iv. Find out a word from the passage which means “feeling of worry”.
- v. What are the sources of indoor pollution?
- vi. Find out a word from the passage which is opposite of “harmless”.
- vii. What is the composition of air?
- viii. Sleeping in a closed room, heated by burning coal inside, may prove to be fatal because of the
 - a. Formation of Carbon dioxide which is a poisonous gas.
 - b. Formation of Carbon monoxide which is a poisonous gas.
 - c. Formation of Carbon tetroxide which is a poisonous gas.
 - d. All of the above.

2. Read the passage and answer the questions that follow:

You want to be healthy. You know you need to exercise more. But if you are not ready to grunt through an hour of kick-boxing, don't despair. There is a growing agreement among exercise researchers that the intense physical activities offered by most health clubs are not the only—or even the preferable—path to better health. Indeed, the best thing for most of us may be to just walk. Yes, walk. At a reasonable vigorous clip (five to six kmph) for half an hour or so, may be five or six times a week. You may not feel the benefits all at once, but the evidence suggests that over the long term, a regular walking routine can do a world of preventive good. Walking, in fact, may be the perfect exercise. For starters, it's one of the safest things you can do with your body. It's

much easier on the knees than running and doesn't trigger untoward side effects. Dr (Miss) Johnna Manson, chief of preventive medicine at a leading Harvard woman's hospital says, "If everyone were to walk briskly 30 minutes a day, we could cut the incidence of many chronic diseases by 30 to 40 per cent." She further says, "Regular physical activity is probably as close to a magic bullet as we will come in modern medicine." And for those of us who don't have half-hour chunks of time, the news gets even better. Several recent studies suggest that walking briskly three or four times a day for 10 minutes at a time may provide many of the same benefits as walking continuously for 30 minutes. Here's how to make the most of your walking routine. First, get into gear. Walker's shoes need to have enough room at the front for the feet to spread. Then, ease on down that road. Avoid muscle aches by starting slowly and incorporating gentle stretches into both your warm up and cool down. You must plot your course. Some people walk at a specific time each day. Others incorporate walking into their routines by parking the car a few minutes from the store or taking the stairs instead of the lift. Record your efforts, including how long and how far you walked. Jotting down improvements keeps you motivated and challenges you to do better. Since walking affects you in so many ways at once, it's difficult to determine precisely why it's good for you. But much of the evidence gathered so far is compelling. Brisk walking is good for the heart—which makes a lot of sense. The heart is a muscle after all, and anything that makes the blood flow faster through a muscle helps keep it in shape. But regular walking also lowers blood pressure, which decreases the stress on the arteries. It can boost the amount of HDL (high density lipoprotein) cholesterol (the good one) in our blood. It even seems to make the blood less "sticky", and therefore less likely to produce unwanted clots. This all adds up to as much as a 50 per cent reduction in the risk of suffering a heart attack.

I. On the basis of your reading of above passage; answer the following questions in about 30 to 40 words each:

(4x2 = 8)

- i. What advice is offered to be healthy?
- ii. What precautions must be taken in undertaking a walking routine?
- iii. How is brisk walking useful for heart?
- iv. Find out word from the passage which means:
 - a. proof
 - b. increase

II. Answer the following :

(4X1=4)

- i. Regular walking can boost the amount of _____ cholesterol.
 - a. LDL
 - b. HDL
 - c. SDL
 - d. EDL
- ii. This word from the passage is antonym of weak.
 - a. Grunt
 - b. vigorous
 - c. precisely
 - d. chronic
- iii. Brisk walking is good for the heart because
 - a. regular walking lowers the blood pressure

- b. it makes the blood flow faster through it and helps keep it in shape.
 - c. Both of the above.
 - d. None of the above.
- iv. Warm up and cool down is important because
- a. They help in preventing muscle aches.
 - b. They prevent possible muscle strain.
 - c. They help in minimizing injury risks.
 - d. All of the above.

SECTION B – WRITING

3. You are Rohan/Ritika, the Head Boy/Head Girl of RK Puram School. Your school has decided to conduct its annual program on November 25 2024. Write a notice informing students about activities like singing, painting, and drawing. Make sure to include relevant details such as timings, venue, and date. (5)

4. Write a paragraph in about 100 to 150 words on 'Our Mother Earth'. (7)

Or

Write a letter to your friend on how you plan to overcome the exam pressure in about 120 words.

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 lion sleeping a mouse jumps on his body the lion wakes up catches the mouse..... wants to kill it the mouse requests to leave him promises to help..... the lion leave hunters catch the lion in a net comes and cuts become 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
As organisers of adventure camps, we took	took	take
a. safety very seriously. Our team ensure all	_____	_____
b. equipment was regularly checked and maintained.	_____	_____
c. Participants is given thorough training and	_____	_____
d. are supervised by professionals. We focussed	_____	_____
e. on minimising risks the still providing	_____	_____
f. a exciting experience.	_____	_____

7. Do as directed. (4X1=4)
- Write synonym of the word 'Hilarious'. _____
 - Fill in the blanks using word given in the bracket by adding suitable suffix.
To communicate _____(effective), choose your words and topics wisely.
 - Identify the modal verb in the following sentence.
They might arrive late due to traffic.
 - Write antonym of the word 'forgiving'.

8. Rearrange the following phrases to make meaningful sentences. One has been done for you. (4x1 = 4)

all over the room / spread / She has / garbage
She has spread garbage all over the room.

- an email / my friend / I have received / from
 - the window / has smashed / The ball / through
 - is situated / the skull / inside / The brain
 - on rain / Farmers depend / of crops / for the growth
9. fill in the blanks with suitable phrasal verbs from the table given below. You may change the tense of the verb, if required. One has been done for you. (4x1 = 4)

take up	take after	take in	take over	take off
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The new technology is set to take over traditional methods of communication.

- I tried hard to _____ what the writer wanted to say but was unsuccessful.
- Arjun decided to _____ painting as a hobby.
- The smart phone quickly _____ sales in the market.
- Sheela _____ her father; they have the same smile.

SECTION D – LITERATURE

10. Read the given extract and answer the questions that follow: (4x1=4)

Steadily, steadily, inch by inch,
Higher and higher he got;
And a bold little run at the very last pinch
Put him into his native cot.

- Name the poem and the poet.
 - Why does the poet repeat the word 'steadily'?
 - What was his native cot?
 - What is the central idea of these lines?
11. Read the lines given below and answer the questions that follow. (4x1= 4)

"You know, Doctor," said the horse, "that vet over the hill knows nothing at all.

He has been treating me six weeks now- for something or the other. What I need is spectacles. I am going blind in one eye. There's no reason why horses shouldn't wear glasses, the same as people. But that stupid man over the hill never even looked at my eyes. He kept on giving me big pills. I tried to tell him, but he couldn't understand a word of horse language. What I need is spectacles.

"Of course – of course," said the Doctor. "I'll get you some at once."

- i. Why the horse called the Vet, "stupid"?
- ii. Choose the correct word to complete the sentence.
Doctor Dolittle's attitude in the extract is _____
a. Respectful b. sentimental c. understanding
- iii. Why does the horse need a spectacle?
- iv. Choose a correct word from the extract to complete the analogy.
Eye: _____: ear: deaf

12. Answer any four of the following questions in about 30 to 40 words:

(4x2=8)

- i. How did the River know so much about Jahanvi?
- ii. In the chapter 'Three days to See', what is the significance of imagining the loss of a sense, according to the author?
- iii. How can we say that Polynesia was a good trainer of animal language?
- iv. Which qualities of Doctor Dolittle made him famous among the animals?
- v. What can we infer about Mary's understanding of polite conversation based on her interactions with the guests?

13. Answer any two of the following questions in about 30 to 40 words:

(2x2=4)

- i. Describe how king Bruce's attitude changes from the beginning towards the end of the poem.
- ii. How does the spider inspire us to overcome despair and not give up?
- iii. The funny man does unusual things in the poem. How does it affect the overall mood of the poem?

14. Answer any one of the given questions in about 100 to 120 words. (5)

What changes do you think would happen in the world if people suddenly gained the ability like Doctor Dolittle, to understand and communicate with animals?

OR

In what way the play "Say The Right Thing" show the importance of knowing how to engage in polite conversation?