

ST. FRANCIS' HIGH SCHOOL

SCIENCE | SEVEN

SUMMER VACATION HOMEWORK

(JULY & AUG – 2026)

Name of Student: _____

Roll No: _____ Section: _____

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Grade: _____

Teacher's Remarks: _____

Class 7 – Science Worksheet no. 1
Chapter: Force and Motion

Fill in the blanks:

1. A push or pull on an object is called _____.
2. Force can change the _____ of an object.
3. The SI unit of force is _____.
4. Motion means a change in _____ with time.
5. Friction is a force that _____ motion.

Choose the correct option:

1. Which one is a contact force?
A) Gravity B) Friction C) Magnetism D) Electrostatic
Answer: _____
2. The force that pulls objects toward the Earth is:
A) Friction B) Magnetic force C) Gravitational force D) Muscular force
Answer: _____
3. Speed is equal to:
A) Distance \times Time B) Distance \div Time C) Time \div Distance D) None of these
Answer: _____
4. An object at rest will stay at rest unless a _____ is applied.
A) temperature B) force C) shape D) magnet
Answer: _____

Short Questions:

1. What is force? Give one example.

2. What are Contact and non-contact forces?

3. Define speed?

1. What is the smallest particle of an element?

- A) Molecule
- B) Atom
- C) Cell
- D) Electron

2. Which of the following is negatively charged?

- A) Proton
- B) Neutron
- C) Electron
- D) Nucleus

3. Where are protons and neutrons found in an atom?

- A) Electron shell
- B) Orbit
- C) Nucleus
- D) Outside the atom

4. What is the charge of a neutron?

- A) Positive
- B) Negative
- C) No charge
- D) Double charge

5. Electrons revolve around the nucleus in:

- A) Straight lines
- B) Shells or orbits
- C) Nucleus
- D) Neutron rings

6. Which particle has a positive charge?

- A) Electron
- B) Neutron
- C) Proton
- D) Atom

7. What is the center of an atom called?

- A) Shell
- B) Orbit
- C) Nucleus
- D) Molecule

8. Who discovered the electron?

- A) Dalton
- B) Rutherford
- C) J.J. Thomson
- D) Bohr

9. What is the atomic number equal to?

- A) Number of electrons
- B) Number of neutrons
- C) Number of protons
- D) Both A and C

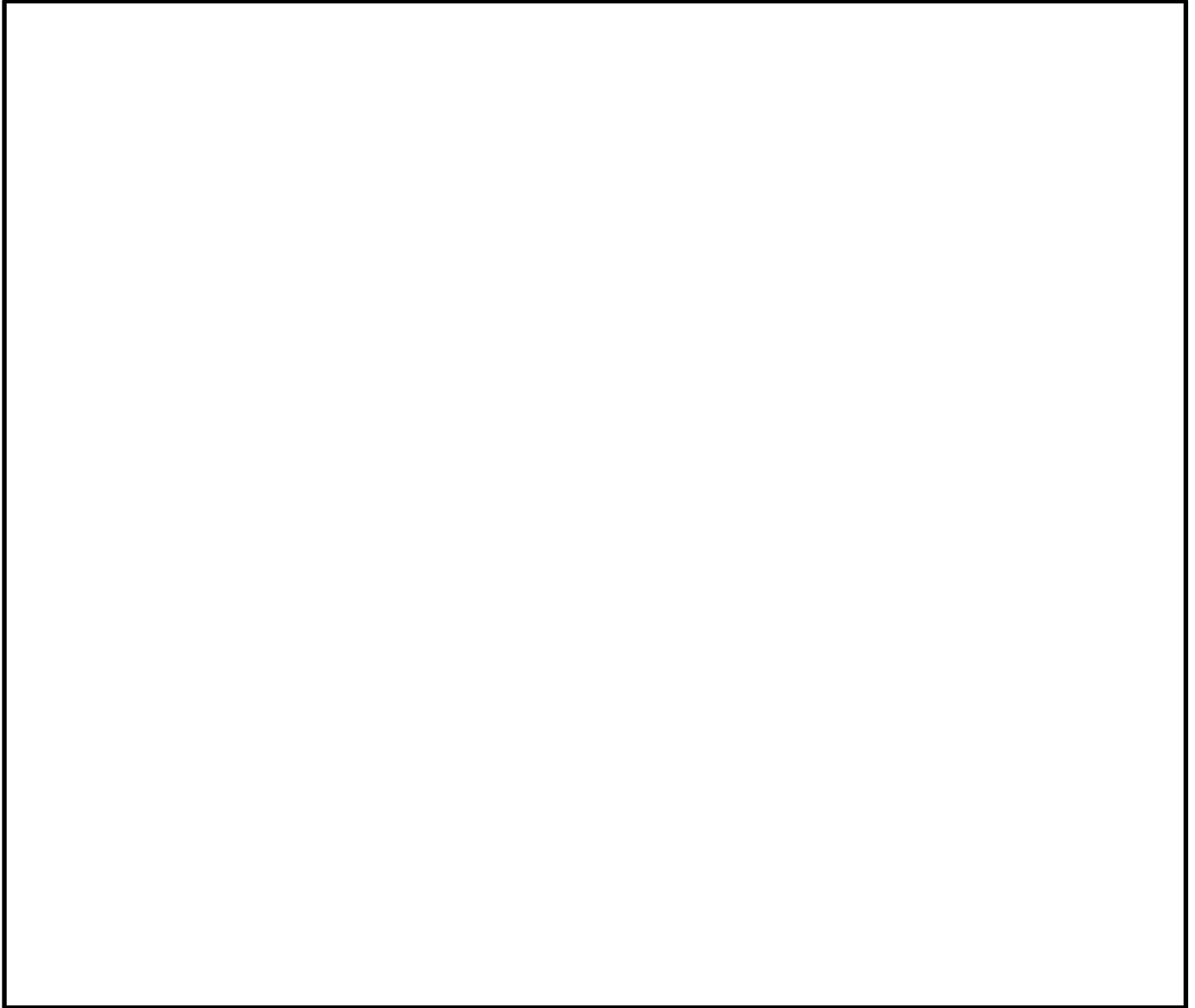
10. Which model of the atom shows electrons in fixed orbits?

- A) Dalton's model
- B) Rutherford's model
- C) Bohr's model
- D) Modern model

Class 7 – Science Worksheet no. 3

Chapter: Plant System

Draw and label the diagram of Human Respiratory System.



Class 7 – Science Worksheet no. 4

Chapter: Plant System

Section A: Fill in the Blanks

1. The _____ system of plants is responsible for absorbing water and minerals from the soil.
2. The shoot system includes _____, _____, flowers, and fruits.
3. _____ carry food from leaves to other parts of the plant.
4. The green pigment in leaves is called _____.
5. The process by which plants make their own food is called _____.

Section B: Match the Columns

Match **Column A** with **Column B**:

Column A	Column B
1. Xylem	a. Transports food
2. Phloem	b. Found underground
3. Stem	c. Absorbs sunlight
4. Leaf	d. Transports water
5. Root	e. Supports plant body

Class 7 – Science Worksheet no. 5

Chapter: Plant System

Daily Life–Based Questions on Plant System

1. **Why do we need to water plants regularly, especially during summer?**
(Hint: Think about the function of roots and how water travels through the plant.)

2. **How does the process of photosynthesis help humans in their daily life?**
(Hint: Consider the air we breathe and the food we eat.)

3. **Why should we plant more trees and take care of green spaces in cities?**
(Relate this to the role of leaves in producing oxygen and reducing pollution.)
