



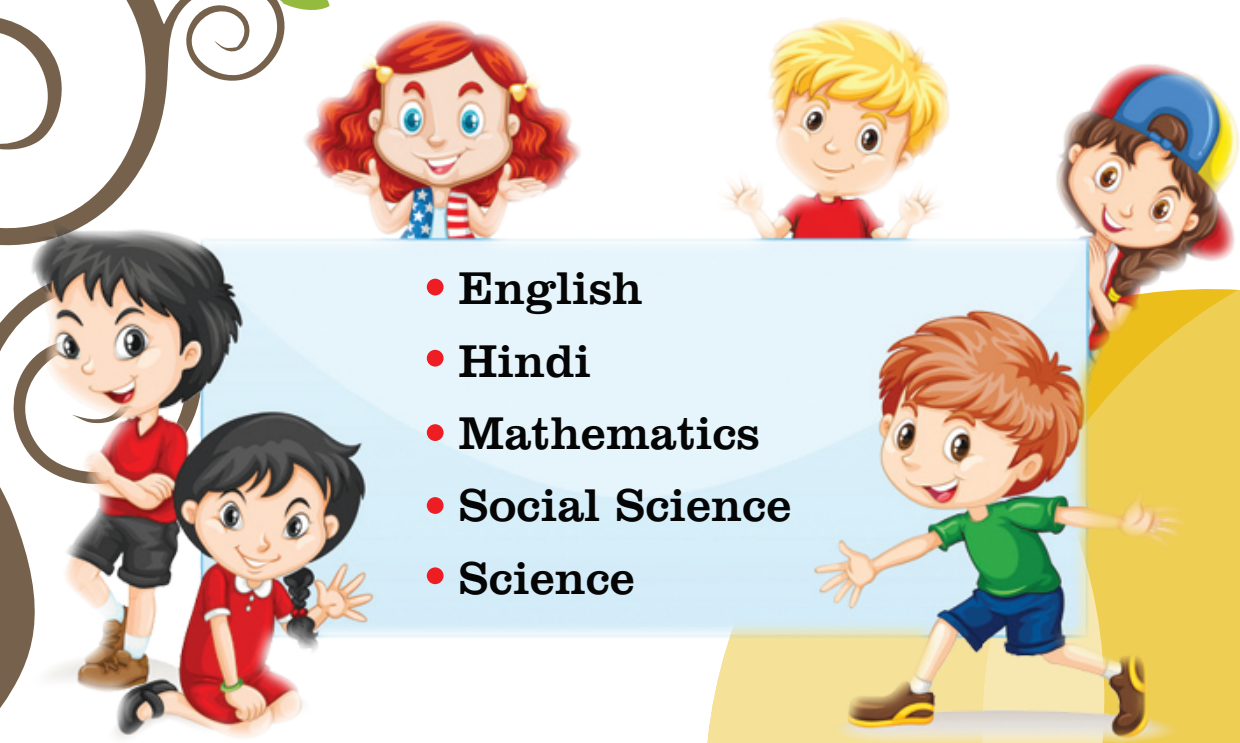
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Holiday Home Work Class-7

Topic:
**Nutrients Boost
Our Immune System**

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- English
 - Hindi
 - Mathematics
 - Social Science
 - Science
- 

Dear parents,

It's that time of the year once again, when summers are at the peak and the school is scheduled to close for the vacations. But this year, the lockdown has made remote learning the new normal. It is necessary to add that whatever the students have been taught in these time through our online classes remains crucial and holds utmost importance. You are requested to kindly follow the progress of your ward regularly to help the child cope better in these difficult times. Please find enclosed the consolidated holiday homework designed specially to facilitate the revision and learning of the students.

GENERAL INSTRUCTIONS

- Students must do their homework in their copy. In case it is unavailable A4 sheets etc., can be used.
- The work should be done neatly and in proper sequence.
- It is advised that the completed work is submitted in phases. As clicking too many pictures at the same time can alter the sequence at the time of the upload.
- The work must be submitted in google classroom. The process and the details regarding the same is already briefed to the students.
- In case of any doubts, at any point of time parents / students can communicate (over calls / messages) with the teachers on Fridays and Saturdays between 10 am to 11 am.

ENGLISH

READING

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

Comprehension - 1

As coronavirus (COVID-19) has impacted communities around the world, many people have wondered whether there are steps they can take to stay healthy. Everyday preventive measures such as hand washing, avoiding contact with sick individuals, and good hygiene - can go a long way in reducing your risk for viruses, bacteria, and other pathogens.



In addition, however, there is evidence that nutrition and other lifestyle measures influence immune strength and susceptibility to infectious diseases. Whether these measures do or do not influence susceptibility to COVID-19 or its clinical course is not yet known. However, there is every reason to put what we do know about foods and immune defenses to use. Here is what we know now:

Diet

Eating a low-fat, plant-based diet may help give the immune system a boost. The immune system relies on white blood cells that produce antibodies to combat bacteria, viruses, and other invaders. Vegetarians have been shown to have more effective white blood cells when compared to nonvegetarians, due to a high intake of vitamins and low intake of fat.

Eating a low-fat diet may also be protective. Studies have shown that limiting dietary fat helps strengthen immune defenses. Research also shows that oil may impair white blood cell function and that high-fat diets may alter the gut microbiota that aid in immunity.

Maintaining a healthy weight can also benefit the immune system. Obesity has been linked to increased risk for influenza and other infections such as pneumonia. Plant-based diets are effective for weight loss because they are rich in fiber, which helps fill you up, without adding extra calories. Fiber can also lower BMI, which is

linked to improved immunity. A plant-based diet has also been shown to reduce inflammatory biomarkers.

On the basis of your reading of the above passage answer the following questions:

- i. What are the preventive measures to fight COVID-19 ?
- ii. What influences immune strength?
- iii. What does the immune system rely on ?
- iv. Why plant-based diets are effective for weight loss ?
- v. The antonym of the word 'sick' in the above passage is

Comprehension – 2

2. Read the following paragraph and answer the following questions:

Drinks for naturally boosting the immune system: Do they work?

- i. Beverages play a vital role in maintaining health. Simply staying hydrated is a great way to boost the immune system. The body needs water to function effectively, and this is particularly true for the many and diverse components of the immune system. For example, the mouth and throat are on the front lines of the body's defenses, but they cannot do their job as well as usual when a person is dehydrated.
- ii. Drinks to boost the immune system do not always have to be complex, expensive, or made in a blender. They should, however, be non-caffeinated and low in sugar. Water is a great place to start. From there, people can choose more complex beverages to suit their needs and tastes. Green tea, which is rich in catechins, and tomato juice, a good source of vitamin C, are good examples of drinks that contribute to a person's overall health.
- iii. Smoothies are a great way to pack plenty of nutrients into one beverage. For example, people can add the following ingredients to smoothies:
 - protein, which is in nuts, seeds, soy, and dairy products
 - vitamin C, which is in oranges, strawberries, and tomato juice
 - vitamin A, which is in spinach, carrots, and apricots
- iv. Although there are no magic drinks that can suddenly boost the immune system, certain nutrients do play a key role in disease prevention and recovery. People should stay hydrated by drinking plenty of water. There is no evidence that drinks marketed specifically for their 'immune-boosting properties' actually work. The most effective approach to boost the immune system is to incorporate plenty of nutrients in the diet. People should also be sure to wash their hands, get enough sleep, and reduce stress where possible.

On the basis of your reading of the above passage answer the following questions:

A. Answer the following questions :

- i. What is the best way to boost the immune system?
- ii. Name some drinks that contribute to a person's overall health?
- iii. Which ingredients are added together to make smoothies?
- iv. What is the most effective approach to boost the immune system?
- v. The synonym of the word 'high-cost' in para 2 is _____.

Comprehension – 3

3. Read the following paragraph and answer the following questions:

- i. Your immune system is on the job around the clock to protect you from infectious bacteria, viruses, fungi, and parasites that cause disease, suffering, and death. The immune system is an extremely complex network of cells and molecules that researchers are still working to understand. Because there is so much about immune function that remains unknown, immune system myths abound and commercial enterprise have exploited them.

Immune system fact #1: Where the immune system is concerned, there can be too much of a good thing. A hyperactive immune response is responsible for allergic reactions to ordinary nontoxic substances. It also underlies a number of major diseases, including diabetes, lupus, and rheumatoid arthritis.

Immune system fact #2: So far, there is no evidence that taking extra amounts of any vitamin will improve your immune system or protect you if you don't have micronutrient deficiencies. However, older people, who are more likely to have such deficiencies, should discuss this question with a physician who is well versed in geriatric nutrition.

On the basis of your reading of the above passage answer the following questions:

- i. The immune system protects us from various infections caused by _____.
- ii. The immune system is an extremely _____.
- iii. A hyperactive immune response to _____.
- iv. Old people should consult a physician who is well versed in _____.
- v. The opposite of the word 'harm' in para 1 is _____.

WRITING SKILLS

1. You are Ankit Sharma / Ankita Sharma, the Headboy / Headgirl of St. Stephen's School, Noida. Write a notice informing the students about the 'Fit India Movement' programme to be held in your school by Rujuta Diwaker, India's leading nutritionist. Give all the necessary details. Put the notice in a box.

2. WORD WIZARDS

Weave a short story about how you can help doctors in defeating Covid-19. You all understand that in order to defeat Covid-19, we all have to play our part by washing hands regularly, maintaining distance from each other etc. Use this knowledge in building a short story with characters of your choice. Draw and colour the picture if you like.

GRAMMAR

1. Read the following sentences given below and state their kinds:

- i. Take the medicine twice daily.
- ii. India is a densely populated country.
- iii. How beautiful the frock is!
- iv. Whom does she want to meet?
- v. History is her favourite subject.

2. Change the following as directed:

- i. Birds fly in the sky. **(negative)**
- ii. My friend speaks English. **(interrogative)**
- iii. It is a beautiful painting. **(exclamatory)**
- iv. We are going to Kolkata soon. **(interrogative)**
- v. He is not learning music. **(affirmative)**

3. Fill in the blanks with Abstract Nouns formed from the words given in brackets.

- i. No country can make progress unless there is ____ among its citizens. **(unite)**
- ii. A poor man cannot get _____ in this cruel world. **(just)**
- iii. There is no _____ without good health. **(happy)**
- iv. What is the _____ of the rope? **(long)**
- v. Rose is the king of flowers because of its _____ **(fragrant)**

4. Pick out the nouns in the following sentences, write and mark whether they are Proper, Common, Collective, Material or Abstract nouns.

- i. Roohani, a girl of average intelligence, sat on a stone and played with her friends.
- ii. Birbal was known for his wisdom.
- iii. The teacher said to the student, "Unity is strength."
- iv. The boys saw a pack of wolves.
- v. Dogs scare the cat away.

5. Integrated Grammar

Rearrange the following given words to make meaning sentences:

- i. have an / place / in our / Games and sports / important / life
- ii. give / profit / pleasure and / both / They / us
- iii. us / keep / They / fit / cheerful / active and
- iv. teach / us / to work / They / and / together / enjoy
- v. should / We / the / of / value / understand / games

HONEYCOMB

**1. Read Chapter - 1 Three Questions from Honeycomb and write a review on it
It should consist of:**

- i. About the author
- ii. Introduction of the story
- iii. Title
- iv. About the characters
- v. Moral

2. Read Chapter -2 A gift of chappals from Honeycomb and write which character from the story do you like the most and why? Draw a picture of the character and write at least five adjectives describing the character.

Link for Honeycomb book is given below :-

<http://ncert.nic.in/textbook/textbook.htm?gehc1=1-10>

**Revise Syllabus completed till date
Literature - The Lumber Room, Light in the Night
Poem - Daffodils
Grammar - Sentences, Nouns
WRITING - Notice Writing, Message Writing**

हिंदी

प्र०1. निम्नलिखित विषय पर संकेत बिंदुओं के आधार पर अनुच्छेद लिखिए-

संतुलित आहार: जीवन आधार

संकेत बिंदु:

- | | |
|-----------------------------|---------------------------------|
| i. संतुलित आहार से तात्पर्य | ii. प्रतिरक्षण क्षमता को बढ़ावा |
| iii. रोगों से बचाव | iv. उपसंहार |

विशेष- अनुच्छेद में से किन्हीं पाँच शब्दों को चुनकर उनसे संबंधित मुहावरे लिखिए।

प्र०2. 'योग एवं पौष्टिक आहार' के महत्त्व को समझाते हुए इन्हें अपने जीवन का अंग बनाने का परामर्श देते हुए अपने भाई को पत्र लिखिए।

विशेष- पत्र में आए किन्हीं पाँच विशेषण शब्दों को चुनकर उनका वाक्य-प्रयोग कीजिए।

प्र०3. आधुनिक व्यस्ततम दिनचर्या को ध्यान में रखते हुए प्रतिरक्षण क्षमता बढ़ाने के संबंध में माता और पुत्री के मध्य होने वाला संवाद लिखिए।

विशेष- संवाद में आए किन्हीं दस शब्दों को चुनकर उनके दो-दो पर्यायवाची शब्द लिखिए।

प्र०4. प्रतिरक्षण क्षमता बढ़ाने हेतु पौष्टिक तत्वों की आवश्यकता समझाते हुए, प्रेरक नारा (स्लोगन) लेखन कीजिए।

प्र०5. दिए गए चित्र को देखकर अपने मन में उभरे भावों का वर्णन कीजिए-



प्र०6. पाठ्य पुस्तक के पठित पाठों एवं व्याकरण विषयों का अभ्यास कीजिए।

वसंत- पाठ 1 से 4 तक
बाल महाभारत - पाठ 1 से 5 तक
व्याकरण - पाठ 1 और 2
पर्यायवाची शब्द, विलोम शब्द
रचनात्मक लेखन: अनुच्छेद लेखन

MATHEMATICS

- ☐ There are total 10 questions and a activity
- ☐ Do both questions and activities on simple ruled pages.

Q.1. Find the additive inverse and multiplicative inverse from the calorie comparison of a glass of milk shake given in the following chart:

Calorie Comparison Medium Milkshake	
McDonald's	500 calories
Wendy's	460 calories
Burger King	450 calories
Chick-fil-A	500 calories
Ayby's	470 calories



Q.2. Represent 4g, -2g, 0g and 8g on a number line?

Q.3. A bowl of rice contain $52\frac{4}{3}$ g carbohydrates. How much carbohydrates will be there in $21\frac{1}{2}$ such a bowl of rice?

Q.4. Use > or < to make each of the following a true statement:

- i. $|-65|$ g _____ 70g.
- ii. $6\frac{7}{3}$ Cal _____ $4\frac{5}{2}$ Cal.
- iii. $|-2 \times 9 \div 3|$ g _____ $\{6 \text{ of } 3 \div 6\} - (2 \times 1)$ g.

Q.5. The quantity of milk in a jug is $3\frac{1}{2}$ litre. A boy poured the milk in a glass and drank $1\frac{1}{3}$ litre of milk.

- i. How much quantity of milk is left in the jug?
- ii. State any 2 nutrients which we get from milk.

Q.6. The following table shows the quantity of nutrients a man consumes in a day. Arrange in ascending order:

NUTRIENTS	QUANTITY
Vitamins	$1\frac{5}{2}$ g
Proteins	$6\frac{2}{3}$ g
Carbohydrates	$\frac{16}{3}$ g
Fats	$3\frac{1}{14}$ g

Q.7. Find the product of the following nutrients using quicker grouping:

- $(7.5 \times -99 - 7.5 \times +1)$ g fibre in one bowl of salad
- $(53 \times -12 \times -100)$ g carbohydrates in 5 chapatis
- $(-10) \times 4 \times (-17) \times 5$ g fats in a cone of ice-cream

Q.8.a. Ronit bought 2.25 kg mangoes for Rs 160 per kg. If he handed over a 500 rupee note to the shopkeeper, how much change would he receive?

b. State the nutrients found in mangoes.

Q.9. Sanjana likes to eat $\frac{2}{3}$ of dal; $\frac{1}{4}$ of vegetables and the remaining 14g dosa in her south indian thali.

- How much quantity she consumes in a thali?
- How much quantity she consumes from dal?

Q.10. After eating $\frac{7}{8}$ portion of fruits from a fruit bowl. Khushi had to finish the remaining fruits that consisted of 630 calories. How much calories did she get from the fruits she had eaten?

**Revise : Chapter 1-Integers and
Chapter 2-Fractions and decimals (till Ex 2.7)**

Math Riddle- 13 Hearts

Add to find the sum or subtract to find the differences. Then, solve the riddle by matching the letters to the blank lines below:

C $-6 + (-12) =$ _____ **F** $-1 - (-2) =$ _____

A $8 - (-5) =$ _____ **I** $-4 + 3 =$ _____

N $-3 - 8 =$ _____ **S** $-7 - (-7) =$ _____

G $7 + (-4) =$ _____ **A** $6 + (-10) =$ _____

A $-20 + 12 =$ _____ **E** $-1 + (3) =$ _____ **C** $13 + 5 =$ _____

D $-11 - 5 =$ _____ **O** $6 - (-3) =$ _____ **Y** $-16 - 1 =$ _____

R $-3 + (-10) =$ _____ **P** $-7 + (-8) =$ _____ **D** $-8 + (-4) =$ _____

K $-8 + 5 =$ _____ **L** $-2 + 10 =$ _____

What has 13 hearts but no other Organ?

13 -16 2 -18 -3 9 1

-15 8 -4 -17 -1 -11 3

18 -8 -13 -12 0

ACTIVITY

We all want to protect ourselves from infections and diseases. To help avoid getting sick, it's important to encourage good habits and take steps to boost our immune system from an early age. A healthy diet is also important for our immune system.

Eating a balanced diet is always good for our health. Our meal should contain all the nutrients in an adequate amount. Limit processed foods. Proper food choices ensure that we are getting enough nutrients like Vitamins, Proteins, Carbohydrates, Fats, Calcium, Iron etc that are required to maintain a healthy and a strong immune system.

You all have to make a chart in which you have to prepare a table showing the nutrients and calories of your meal that you take in lunch for 5 days. Write the names of the items in lunch and the quantity of nutrients of every item along with the calories obtained from it. E.g:-

MEAL ITEMS	NUTRIENTS	CALORIES
A bowl of dal	7.8g protein	110 Cal
2 chapati	26g carbs; 4.6g protein; 1.2g fat	136 Cal
A bowl of mixed vegetable	5.9g carbs ; 0.5g fat ; 2.4g fibre	37 Cal
A bowl of curd	3.9g protein ; 3.7g fat	69 Cal
Salad	0.8g protein ; 0.1g fat	13 Cal
Total	26g carbs; 17.1g protein; 5.5g fat ; 2.4g fibre	365 Cal

SOCIAL SCIENCE

Better health is central to human happiness and well-being. It also makes an important contribution to economic progress of a country, as healthy populations are productive and live longer.

It is the responsibility of the government to protect and prevent its citizens from illness. Government provides proper health facilities like health centres, hospitals, laboratories, ambulance services, blood banks, etc., These services should be within the reach of every patient of the remotest corner.

Our immune system protects us from diseases caused by bacteria, viruses and toxins.

- i. The year 2020 has witnessed a lot of changes in the world. The whole world is affected by Covid 19. Write the names of two Indian states which are the most affected and the least affected by Covid19.
- ii. 'The local community can quickly identify local issues and provide local solutions fast. And that is exactly what is needed today. They risk their lives to keep us safe, they serve to keep the things going'. Mention some works done by the community to fight with the present situation during the lockdown period.
- iii. 'Government's responsibility to protect the interest of society includes the delivery of high quality health-care and an awareness to increase our immune system'. What policies or schemes have been introduced by the government during this challenging phase, to increase our immune system.
- iv. 'Not all superheros wear capes, some walk among us!' Make a collage on the topic 'Warriors of Covid-19'.
- v. Nowadays, these terms are more often used by everyone around us- Red zone, Orange Zone and the Green Zone. Find out more about these terms and write a few points on each.
- vi. Revise the work done till date in the class.



Revise the syllabus completed till now
(History: Ch 1 & 2)
(Geography: Ch 1 & 2)
(Civics: Ch 1 & 2)

SCIENCE

1. Immune System or Immunity

Immunity is the body's power to fight against diseases. The loss of this power may cause various Deficiency diseases, Bowel, Inflammation, Diabetes, Eczema (skin infection), Asthma, Obesity and other allergen risks. These may lead to Kidney-Lung damages, Heart strokes and Central Nervous System impairments. So to keep our bodies "FIT" we should take sufficient Nutrients as gifted to us by nature. Let us be aware of our Natural Surroundings and Handful of Glorious Nutrients to boost up our immunities.

- Mention the list of nutrients which fulfill the Health and Nutritional needs.
- What does "Fitness of Body" mean?

2. Micronutrients as Immunity Boosters- "Indian Kitchen Contains It All".

- List the various chemical constituents or micronutrients (vitamins and minerals) found in the following ingredients of our kitchen-

Turmeric	Cardamon (Dalchini)	Basil Leaves (Tulsi)
Hazelnuts (Jaifal)	Ginger	Curry Leaves
Coriander	Cloves (laung)	

- Name the various sources of $\omega 3$ and $\omega 6$ fatty acids in the foods we intake.
- How are fats, proteins and carbohydrates digested in the body? What are their end products in digestion?

3. Raw Milk or Pasteurised Milk: Which Is Better?

- What is pasteurization of milk? How is it beneficial?
- "Sometimes it's better to consume raw milk". Mention its advantages.
- State few demerits if milk is pasteurized.
- Which important immunity boosters get destroyed while cooking the food?

4. Role of Antioxidants as Immunity Enhancers

- What are Antioxidants? Why are they termed as immunity boosters?
- Give a list of at least 10 Antioxidants which are very important to be included in our diet to fight against any infection in our body.

5. "Probiotics": Friends of Our Digestive System

- What are "Probiotics"? Name 5 probiotics (known worldwide) which can be included in our diet.
- How are the probiotics generally prepared?
- Why a dietician generally suggests consuming probiotic rich foods after a long term of disease or after long duration of antibiotic intake.

**Revise the syllabus completed till now
Chapter 1, 2, 4, 5 and 6**

NOTE

You are requested to ensure that the work assigned during the vacations are completed sincerely. Given the circumstances, the school might not be in a position to revise/repeat all the things already covered due to limited time. Soliciting your kind cooperation in regards of the time.

Keep your mouth tight and masked, just kill the demon to
heal the earth. Be safe & enjoy healthy holidays.