



SAINIK SCHOOL CHANDRAPUR
HOLIDAY HOMEWORK
(WINTER BREAK)
ACADEMIC SESSION 2023-24
SCIENCE
CLASS VII



1. As we all are celebrating this year as 'International year of millets' worldwide. To make students aware of importance of millets found in India, students are instructed to do the following activity during their holidays:

Select any two millets found in India and collect the data related to them as the table given below:

Name of the millet chosen	Any recipe of that millet	Time taken to digest it in human body	Nutrients provided by them		Place or region where the recipe is popular
			Macro nutrients	Micro nutrients	
1.					
2.					

2. (a) Find out 3 women environmentalists from various G-20 countries that have contributed for the conservation of wild life, forest or water. Make a threefold brochure on A-3 size sheet and write about their role as an environmental specialist.

Make use of this website

<https://g20empower-india.org/stories/inspirationalstories.php>

(b) Make an innovative book mark showing 'Save Environment ' and write a quote on it about environmental awareness to protect our environment

3. Write common names and chemical names of 20 substances which can be used in daily life.
4. Prepare a chart on any one of the following topics
- a) Respiration in plants and animals
 - b) Transportation of materials
 - c) Reproduction in plants

Carbon Footprint Worksheet

Carbon footprint is the amount of carbon dioxide, or, greenhouse gases, produced as a result of our daily living.

Take a printout and fill the following carbon footprint worksheet to add up the number and amount of emissions your daily activity produces.

Also compile a report on carbon footprint using A 4 size sheet which will give us an idea of the impact the carbon footprint has on the environment.

Instructions: Answer the questions below, then fill in the corresponding values on the far right. Tally the values to find your carbon footprint. Only fill in one value for each question, unless otherwise stated.

1. What do you eat mostly?
 - a. fast food a. 4818 _____
 - b. home cooked food b. 629 _____
2. What do you eat mostly?
 - a. vegetables/fruits a. 153 _____
 - b. meat b. 644 _____
 - c. bread c. 364 _____
3. Do you turn off lights when you leave a room?
 - a. yes a. 133 _____
 - b. no b. 268 _____
4. Do you unplug appliances/chargers when not in use?
 - a. yes a. 9 _____
 - b. no b. 18 _____
5. How do you dry clothes?
 - a. hang to dry a. 0 _____
 - b. dryer b. 750 _____
 - c. both c. 375 _____
6. Do you turn off the tap when brushing your teeth?
 - a. yes a. 34 _____
 - b. no b. 274 _____
7. Do you turn off the TV when you're not watching it?
 - a. yes a. 47 _____
 - b. no b. 140 _____
8. Do you turn off your video game system when you're not using it?
 - a. yes a. 29 _____
 - b. no b. 90 _____
 - c. don't have/use one c. 0 _____
9. Do you recycle? (for this question, select all that apply)
 - a. magazines a. -15 _____
 - b. newspaper b. -90 _____
 - c. glass c. -7 _____
 - d. plastic d. -19 _____
 - e. aluminum and steel cans e. -86 _____

Add together all the values in the far right column and write your answer in the box given below: