

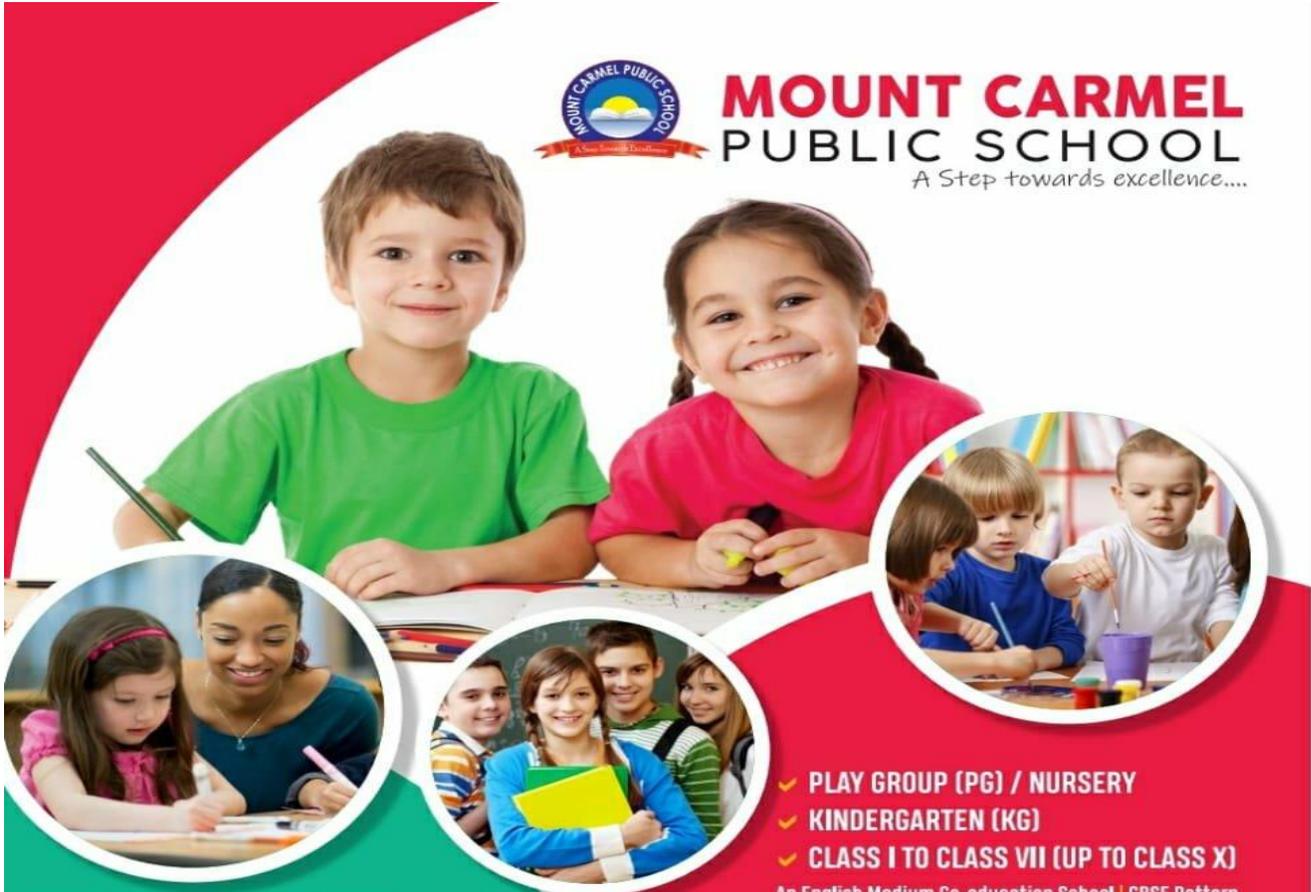
MOUNT CARMEL PUBLIC SCHOOL

Session – 2020-2021

Class – VII Solutions – 10/04/2020



**MOUNT CARMEL
PUBLIC SCHOOL**
A Step towards excellence....



- ✓ PLAY GROUP (PG) / NURSERY
 - ✓ KINDERGARTEN (KG)
 - ✓ CLASS I TO CLASS VII (UP TO CLASS X)
- An English Medium Co-education School | CBSE Pattern

FACILITIES

- STATE OF THE ART CAMPUS (WITHIN 3 YEARS)
- CBSE STUDY PATTERN
- PRINCIPAL/ TEACHERS FROM OTHER STATES
- ADVANCE COMPUTER LAB FOR STUDENTS
- CENTRALIZED AIR CONDITION CLASSROOMS
- SMART CLASSES
- CLASSROOM MONITORING THROUGH CCTV
- PICK & DROP FACILITY
- RO WATER FOR STUDENTS
- SCHOLARSHIP FOR MERITORIOUS STUDENTS
- NTSE/ OLYMPIAD PARTICIPATION
- YOGA & MEDITATION
- PHYSICAL TRAINER FOR STUDENTS
- DANCE, ART & CRAFT, MUSIC



ADMISSION STARTS (LIMITED SEATS)

- PLAY GROUP/ NURSERY & KINDERGARTEN
- † ONLY 25 SEATS PER CLASS
- CLASS I TO CLASS VII (UP TO CLASS X)
- † ONLY 30 SEATS PER CLASS

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Science

Unit 1 – Nutrition in Plants

We need food to grow and do our work.

But

How do plants grow and give us fruits and flowers??

I have never seen a plant eating food. Did you see any?

If plant eats food, who cooks it and how?

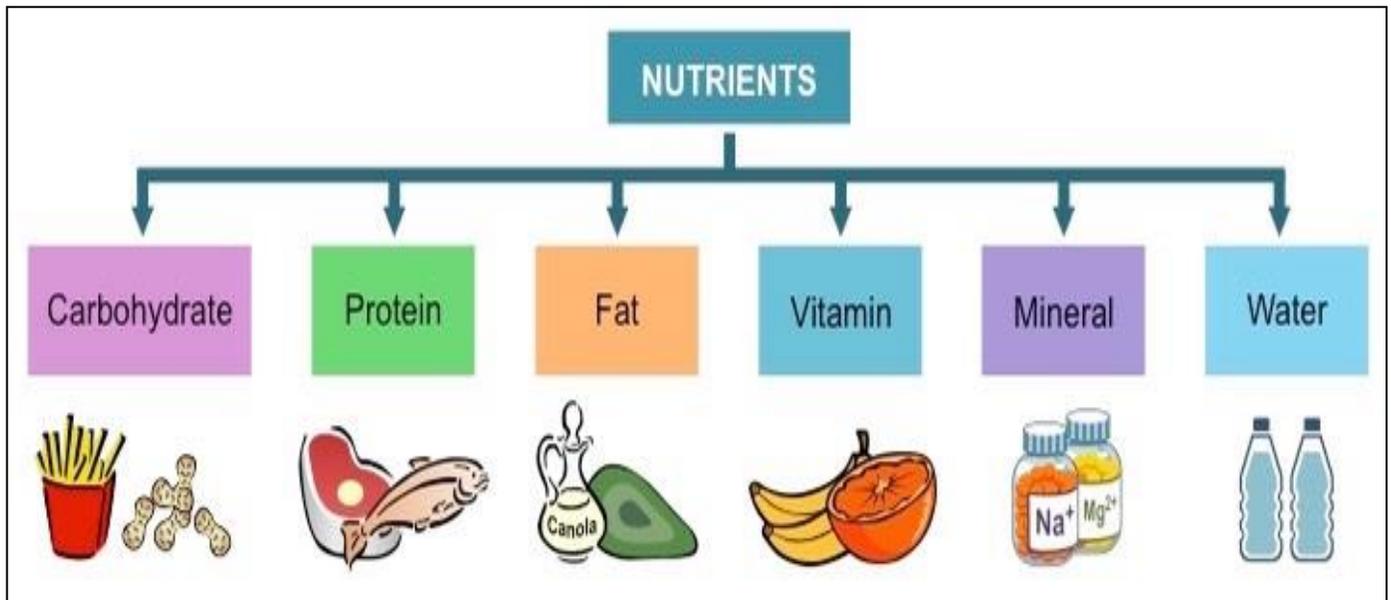
Our food is cooked by our mother but who cooks food for plants?

We will find out in this chapter...

➤ **Nutrients** – **Nutrients** are compounds in foods essential to life and health, providing us with energy, the building blocks for repair and growth and substances necessary to regulate chemical processes.

There are six major **nutrients**:

1. Carbohydrates (CHO),
2. Fats,
3. Proteins,
4. Vitamins,
5. Minerals,
6. Water.



▪ Exercise

1. Why Food is essential for all living organisms?

Ans – Food is important due to following reason :

- i) Food acts as a fuel for our body**
- ii) It gives us energy to do work.**
- iii) It repairs our wounds & heals us from diseases**
- iv) It helps us to grow and become stronger.**

2. What are the six nutrients?

Ans - There are six major **nutrients**:

1. Carbohydrates (CHO),
 2. Fats,
 3. Proteins,
 4. Vitamins,
 5. Minerals,
 6. Water.
3. Write the different sources of all the six nutrients.

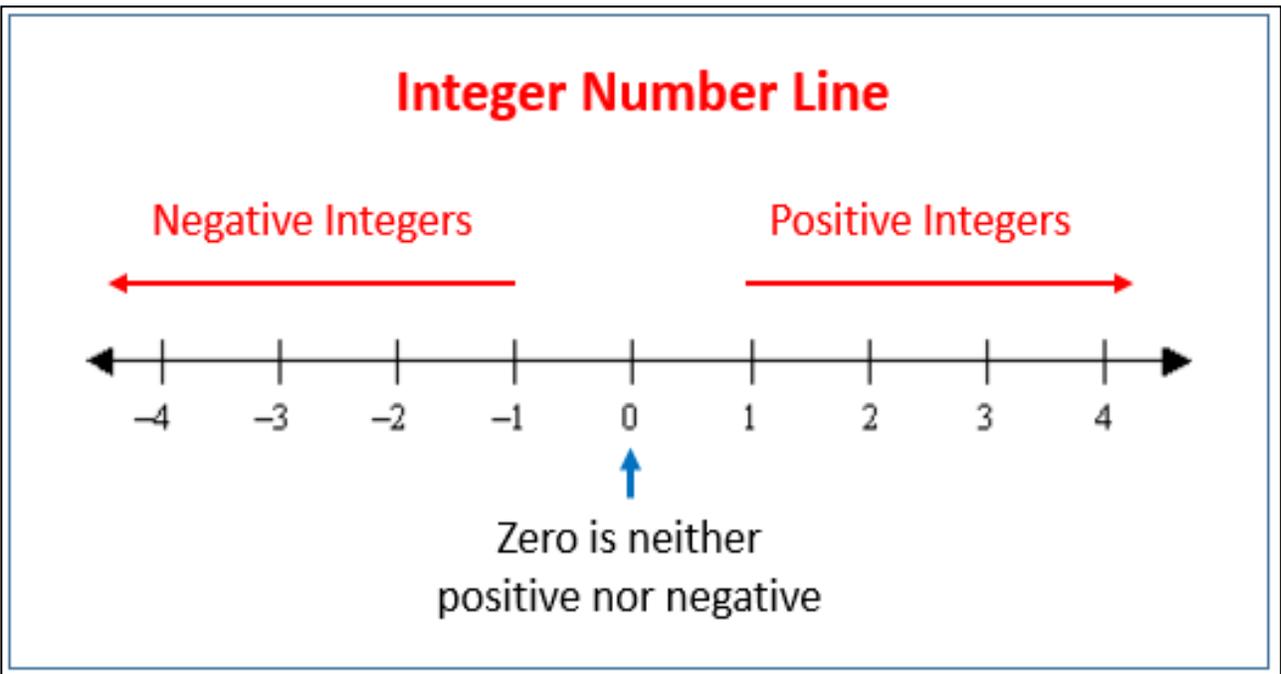
S. No.	Nutrients	Sources
1.	Carbohydrates	<ul style="list-style-type: none">• Pasta,breads,rice,cereals,grains fruits and vegetables,sugars
2.	Fats	<ul style="list-style-type: none">• Meat, Milk, Dairy Products, Fish oils, Vegetables, Seeds , Nuts, Vegetable Oils
3.	Proteins	<ul style="list-style-type: none">• Meat, Milk, Dairy Products, Eggs, Pulses, Cereals
4.	Vitamins	<ul style="list-style-type: none">• Fruits, Vegetables, Fatty Fish
5.	Minerals	<ul style="list-style-type: none">• Red meats, iodized table salt milk and other dairy products nuts and seeds, vegetables leafy greens, fruits, poultry, fortified bread and cereals, egg yolks, whole grains, beans and legumes
6.	Water	<ul style="list-style-type: none">• Beverages, Fruits, Vegetables

Solution
Mathematics
Unit 1 – Integers

➤ What are Integers?

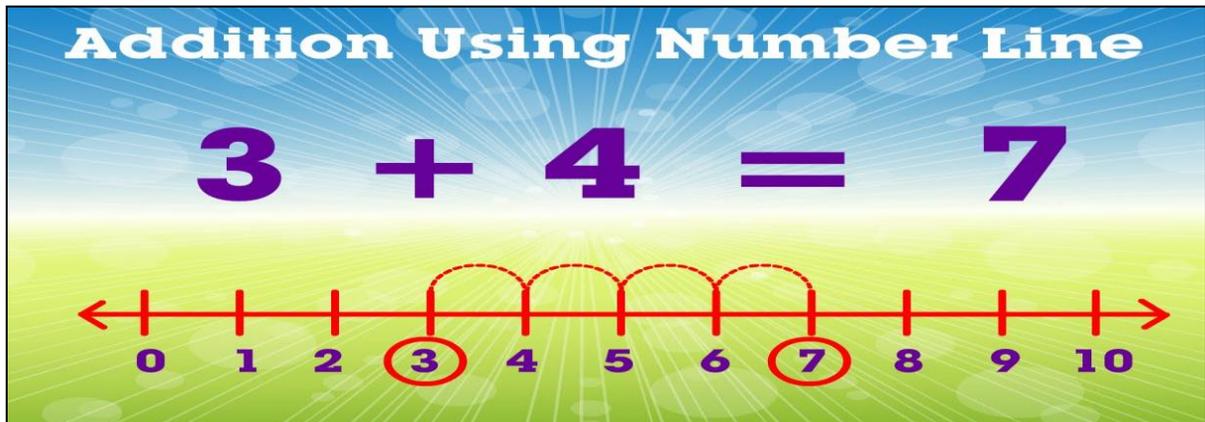
An **integer** is a number (not a fractional number) that can be **positive, negative, or zero**. Examples of **integers** are: -5, 1, 5, 8, 97, and 3,043.

Examples of numbers that are not **integers** are: -1.43, $1\frac{3}{4}$, 3.14, .09, and 5,643.1.



Eg. $3 + 4$

Stand on 3 and take 4 steps towards right as shown in figure given below.



▪ Exercise

1. What are Integers?

An **integer** is a number (not a fractional number) that can be **positive, negative, or zero.**

Examples of integers are: -5, 1, 5, 8, etc.

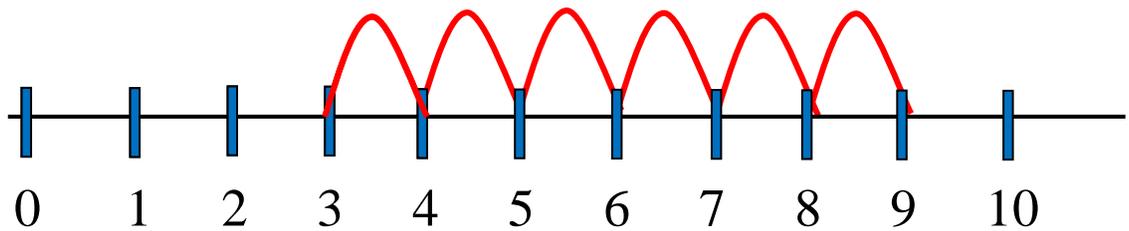
2. Give five example of positive and negative integers ?

Ans – Positive Integers – 5, 78, 859, 43 and 9999

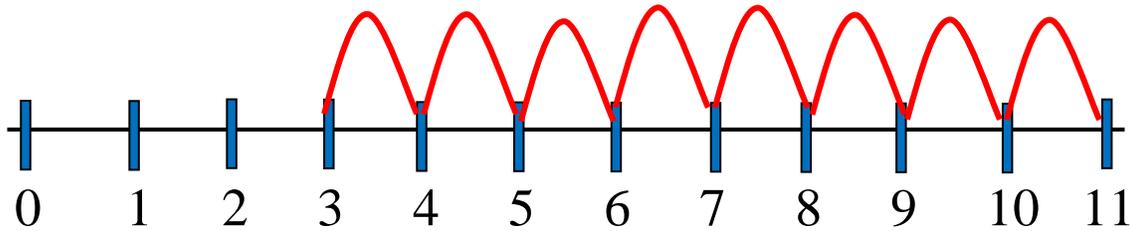
Negative Integers = -78, -899, -1, -62 and -36

3. Solve using number line.

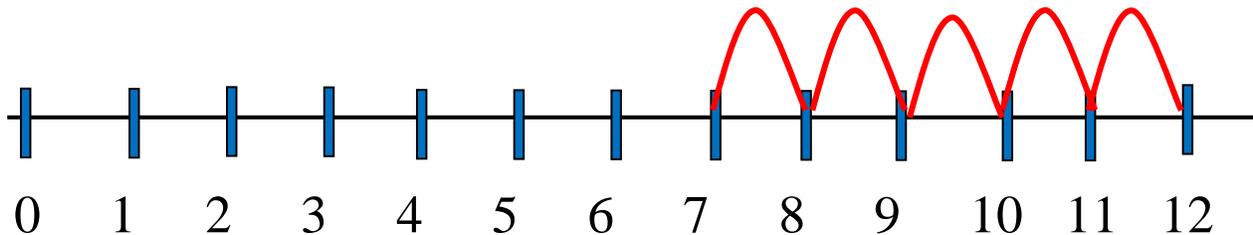
a) $4 + 5 = 9$



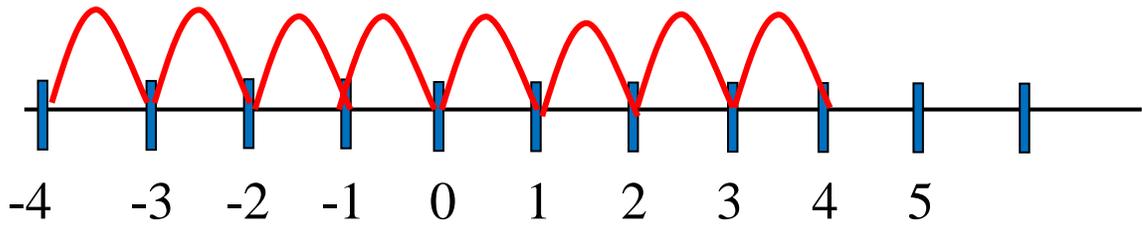
b) $3 + 8$



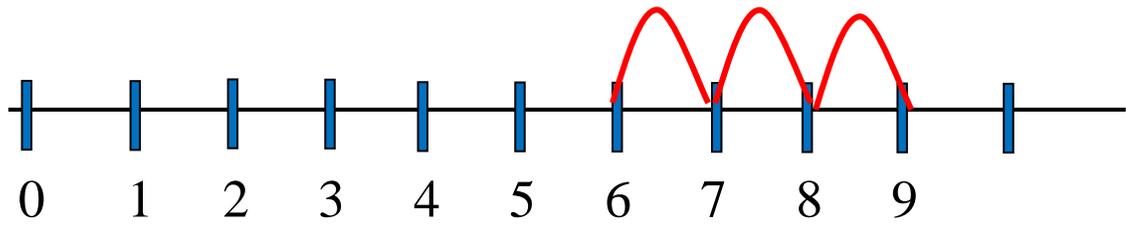
c) $7 + 5$



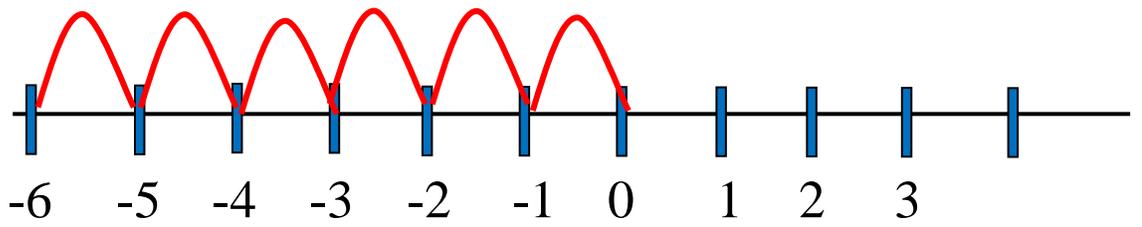
d) $-4 + 8$



e) $6 + 3$



f) $-6 + 6$



English

1. My friend loves to listen to songs.
2. Lucy loves talking over phone.
3. Where is my bicycle?
4. There are many colourful toys in the room.

Geography

A) 1. living things, non-living things

2. three

3. Lithosphere, atmosphere, hydrosphere and biosphere

4. Atmosphere

- B) 1. Everything that surrounds us makes the environment. It provides the air we breathe, the water we drink, the food we eat and the land where we live.

2. Land, water, air, plants and animals are the basic components of the natural environment.

3. The hydrosphere is the domain of water. It comprises water bodies like river, lakes, seas, oceans etc.

4. Biotic Factors

i) Biotic factors are the living things.

Examples: plants, animals etc.

Abiotic Factors

i) Abiotic factors are the non-living things.

Examples: air, water, soil etc.