

INTERNATIONAL INDIAN SCHOOL DAMMAM

MIDDLE SECTION

ANNUAL EXAM WORKSHEET (2025-26)

CLASS: VII

Subject: General Science

L 4 The World of Metals and Non -Metals

I Fill in the Blanks:

1. Metals are generally _____ in appearance.
2. Non-metals are _____ conductors of heat and electricity.
3. Metals are malleable, which means they can be hammered into _____.
4. Non-metal like _____ is essential for life as it is part of proteins.
5. The property of metals to be drawn into wires is called _____.
6. _____ is a non-metal that is a good conductor of electricity.
7. When metals react with oxygen, they form _____ .
8. Non-metal oxides are generally _____ in nature.
9. Metals are sonorous, meaning they produce a _____ when struck.
10. The brown deposit formed on iron when exposed to moist air is called _____.
11. Metals like aluminaum, iron, and copper are good conductors of _____.
12. The process of applying a protective layer of zinc on iron to prevent rusting is called _____.
13. Magnesium ribbon burns with a dazzling white flame to form _____.
14. _____ is a metal used for making thin foils used in food wrapping.
15. _____ is a non-metal that supports burning.

II Name the following:

1. A metal that is liquid at room temperature
2. A non-metal used in making pencils
3. A non-metal that is essential for respiration
4. A non-metal that is used to disinfect drinking water
5. The property of metals to be hammered into thin sheets
6. The non-metal which is the hardest natural substance
7. The property of metals that allows them to produce a ringing sound
8. The ancient Indian iron structure that shows remarkable resistance to rusting
9. A metal that reacts vigorously with water and is stored in kerosene
10. Two metals that are highly reactive with water.
11. A metal that is used to make jewellery.

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12. A metal used in galvanizing iron.

13. A non-metal used in fertilizers

III Assertion and reason:

The questions given below consist of an Assertion and a Reason. Based on that, choose the appropriate option.

- (a) Both Assertion and Reason are true, and Reason is the correct explanation of Assertion.
- (b) Both Assertion and Reason are true, but Reason is not the correct explanation of Assertion.
- (c) The assertion is true, but the Reason is false.
- (d) The assertion is false, but the Reason is true.

1. **Assertion:** Aluminium is used to make cooking utensils and foils.

Reason: Aluminium is malleable and a good conductor of heat.

2. **Assertion:** Oxygen is essential for human survival.

Reason: It is used in respiration to produce energy.

3. **Assertion:** Iron objects develop rust when they are exposed to both air and water.

Reason: Rusting is caused by a chemical reaction between iron and carbon dioxide in moist air.

4. **Assertion:** Sulphur dioxide turns red litmus blue.

Reason: Sulphur dioxide is an acidic oxide formed when sulphur burns in air.

IV Case study : Rusting of Iron

Rahul observed that the iron gate of his house developed reddish-brown patches after the monsoon. His father explained that this was due to rusting and decided to repaint the gate to prevent further damage.

Answer the following questions:

- 1. What is the chemical name of the reddish-brown substance formed on the iron gate?
- 2. Why does rusting occur faster during the monsoon season?
- 3. How does painting the iron gate prevents rusting?
- 4. Name one other method besides painting that can prevent rusting.

L 6 Adolescence: a stage of growth and change

I Choose the correct option

1. Which of the following marks the beginning of adolescence?

- a) Old age b) Puberty c) Infancy d) Menopause

2. A common emotional change experienced during adolescence is:

- a) Emotional stability b) Mood swings c) Decreased sensitivity d) A lack of curiosity

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3. Which statement is **incorrect** regarding the changes in boys during adolescence?
a) The voice box (larynx) grows larger b) The voice gets deeper
c) The voice becomes hoarse for a period d) The hips broaden significantly
4. Adolescents should be careful about their diet because:
a) Proper diet develops their brains b) Proper diet is needed for rapid growth
c) Adolescents feel hungry all the time d) Taste buds are well-developed in teenagers
5. Which of the following is NOT a change seen during adolescence?
a) Growth of hair in armpits b) Increase in height
c) Memory loss d) Development of reproductive organs
6. Menstruation typically occurs:
a) Once a year b) Every week c) Once a month d) Twice a month
7. A secondary sexual characteristic in boys is:
a) Development of ovaries b) Development of uterus
c) Broadening of shoulders d) Development of breasts
8. Acne and pimples are common during adolescence due to:
a) Increased sweat gland activity b) Increased oily secretions from skin
c) Increased salivary gland activity d) Increased tear gland activity
9. The changes that take place during adolescence are controlled by:
a) Enzymes b) Hormones c) Antibodies d) Vitamins
10. The first menstruation in a girl is also known as:
a) Menopause b) Ovulation c) Menarche d) Fertilisation

II Fill in the blanks

1. We should say no to _____ and _____ as they are addictive.
2. Adolescence is the period of life between _____ and adulthood.
3. The onset of puberty is triggered by _____ released by endocrine glands.
4. The _____ or also called as _____ enlarges in boys during adolescence, causing voice changes.
5. _____ and _____ are important during adolescence to maintain good health.
6. The period of _____ usually begins around the age of 10.

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III Assertion and reason

The questions below consist of an Assertion and a Reason. Use the following key to choose the appropriate answer.

- (a) Both A and R are true, and R is the correct explanation of A.
- (b) Both A and R are true, but R is not the correct explanation of A.
- (c) A is true but R is false.
- (d) A is false but R is true.

1. Assertion (A): The onset of adolescence is marked by puberty.
Reason (R): Puberty is the stage when the body becomes capable of reproduction.
2. Assertion (A): Acne and pimples are very common during adolescence.
Reason (R): This is caused by an increase in the activity of sweat glands during this period.

IV Case study

Ankit, a 13-year-old boy, noticed his voice was becoming hoarse and sometimes cracked when he spoke. He also started developing hair on his face and under his arms. One day, while standing in front of the mirror, he observed a noticeable bump on his throat. He became worried and went to his mother. She explained that these were normal changes during his age.

Answer the following questions

1. What stage of life is Ankit going through?
2. What is the name of the bump that Ankit noticed on his throat?
3. Why did Ankit's voice become hoarse and crack?
4. Besides the changes mentioned, what other physical changes can Ankit expect to see during this period?

L 8 Measurement of time and motion

I Fill in the blanks:

1. In a _____, time is determined with the changing position of the shadow of an object cast by the light of the sun during the day.
2. The _____ used the flow of water out or into a vessel to measure time.
3. In an _____ time was measured on the basis of the flow of sand from one bulb to another.
4. The SI unit of time is the _____.
5. The distance moved by an object in a unit time is called its _____.
6. A pendulum completes one oscillation when it moves from one extreme position to the other and back to the _____ position.
7. The time taken by a pendulum to complete one oscillation is called its _____.

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8. The SI unit of speed is _____.
9. An object moving with different speeds at different intervals of time is said to be in _____ motion.
10. An object that covers equal distances in equal intervals of time is said to be in _____ motion.

II Name the following:

1. Name the scientist who invented the pendulum clock.
2. Name the instrument which measures and displays the vehicle's speed in km/h.
3. Name the type of motion shown by the pendulum of a clock.
4. Name the point through which a pendulum passes while oscillating.
5. Name the motion that repeats itself at regular intervals of time.

III Answer the following:

1. The distance between two railway stations is 240km. A train takes 4 hours to cover this distance. Calculate the speed of the train.
2. Mrinal takes 15 minutes from her house to reach her school on a bicycle. If the bicycle has a speed of 2m/s, calculate the distance between the house and the school.
3. A train is running at a speed of 45 km/h. How long it will take to reach Riyadh from Dammam when the distance between the two stations is 315km?

IV Assertion and reason

The questions below consist of an Assertion and a Reason. Use the following key to choose the appropriate answer.

- (a) Both A and R are true, and R is the correct explanation of A.
 - (b) Both A and R are true, but R is not the correct explanation of A.
 - (c) A is true but R is false.
 - (d) A is false but R is true.
1. Assertion (A): The revolution of earth around the sun is a periodic motion.
Reason (R): The type of motion where an object repeats its motion after equal intervals of time is called periodic motion.
 2. Assertion (A): When a pendulum moves to and fro from its fixed position it is said to complete one oscillation.
Reason (R): Time period is the time taken by a pendulum to complete one oscillation.
 3. Assertion (A): A faster-moving object covers more distance in less time.
Reason (R): The speed of a faster-moving object is less.

L 11 Light: Shadows and reflections

I Fill in the blanks

1. Objects that give out their own light are known as _____.
2. The Moon appears bright because it _____ the light of the Sun.

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2. Assertion (A): Opaque objects produce the darkest shadows.
Reason (R): They do not allow any light to pass through them.

IV Case study:

During a school camp, students used a torch to explore shadows at night.

They placed a ball in front of a wall and moved the torch closer to the ball. They observed that the shadow size changed. When the torch was far away, the shadow looked smaller, but when it was brought closer, the shadow became much larger.

Answer the following questions

1. Why does the size of the shadow change when the torch is moved?
2. What type of object must the ball be for the shadow to form?
3. If the ball was translucent, how would the shadow appear?
4. State any **two** conditions necessary for shadow formation.

V Match the Following

Column A	Column B
1. Periscope	a) Makes multiple patterns using mirrors
2. Kaleidoscope	b) Forms inverted image
3. Plane mirror	c) Helps see objects not directly visible
4. Pinhole camera	d) Forms erect image
5. Opaque object	e) Does not allow light to pass through

L12 Earth, moon and the sun

I Name the following:

1. The natural satellite of the Earth.
2. The only planet where life exists.
3. The star at the center of our solar system.
4. The phenomenon when the Moon comes between the Sun and the Earth.
5. The direction in which the Earth rotates.
6. The imaginary line around which the Earth rotates.
7. The time taken by the Earth to complete one rotation on its axis.
8. The time taken by the Earth to complete one revolution around the Sun.
9. The path an object takes while revolving around another object.
10. The phenomenon that occurs when the Earth comes between the Sun and the Moon.

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11. The star around which the Big Dipper (Saptarishi) appears to rotate.
12. Two polar bear constellations.
13. Name some celestial objects.
14. The famous mathematician and astronomer of ancient India who wrote Aryabhatiya.
15. The best known and most referred text which is written in the classical Sanskrit poetry tradition in rhythmic shlokas.
16. Father of modern Indian astronomy.
17. The day on which the Sun rises in the East at the North Pole.
18. The days on which daytime and nighttime are equal.
19. The day on which the Sun rises in the East at the North Pole.

II Fill in the blanks:

1. Change of seasons is caused by the _____ of the Earth around the Sun.
2. _____ is a phenomenon caused by the rotation of the Earth.
3. The Northern Hemisphere receives sunlight for more than _____ hours in June.
4. In December, the Northern Hemisphere experiences the _____ season.
5. The apparent sizes of the Moon and the Sun in the sky are _____ when viewed from the Earth.
6. When part of the Moon is in the Earth's shadow and the rest of the Moon is visible, it is called a _____.
7. When the Moon is completely in the Earth's shadow, it is called a _____.
8. The shortest day and longest night in the Northern Hemisphere occur around 22 December is known as the _____.
9. The Earth completes one revolution around the Sun in about _____ days and _____ hours.
10. The light falls on the _____ part of India first when the globe rotates from West to East with respect to the North-South axis of the globe.
11. Astrophotographers take photographs in which the apparent motion of the stars is recorded as arcs of a circle, known as _____.
12. The apparent motion of the stars due to the _____ of the Earth is explained in _____.
13. Aryabhatta's stated value for the time taken by the Earth to complete one full rotation about its axis is around _____.
14. The Kodaikanal Solar Observatory is located in the beautiful _____ range of hills in Southern India and was established in _____.
15. Around 21 March and 23 September, the days are called _____ and _____ equinox respectively.
16. The longest day in the Northern Hemisphere occurring around 21 June is known as the _____.
17. The shortest day and longest night in the Northern Hemisphere around 22 December is known as the _____.
18. The _____ and _____ are indigenous communities who used the appearance of certain pattern of stars in the sky as markers for the arrival of monsoon rain.

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II True or false

1. We should watch the solar eclipse directly with our naked eye.
2. In India, sunrise first occurs in the western part and then in other parts.
3. The Earth's axis of rotation points very close to the Pole Star in the Northern Hemisphere.
4. The planets Mercury and Venus appear very big compared to the Sun.
5. On the equator, there is always 12 hours of sunlight and 12 hours of darkness.
6. The equinox occurring around 21 March is Spring equinox and the equinox occurring around 23 September is Autumn equinox.

IV. Assertion and reason

The questions below consist of an Assertion and a Reason. Use the following key to choose the appropriate answer.

- (a) Both A and R are true, and R is the correct explanation of A.
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- (c) A is true but R is false.
- (d) A is false but R is true.

1. Assertion (A): Change of seasons occurs on Earth.

Reason (R): The Earth's axis is tilted while it revolves around the Sun.

2. Assertion (A): The Earth completes one revolution around the Sun in about 24 hours.

Reason (R): The Earth revolves around the Sun in an elliptical orbit.

V Case study:

Arjun noticed that when it is day in India, it is night in some other countries. His teacher explained that the Earth rotates on its axis from west to east. The Earth also revolves around the Sun in an elliptical orbit, and its axis is tilted. These movements of the Earth cause many natural phenomena.

Answer the following questions

1. Why is it day in some parts of the Earth and night in others at the same time?
2. In which direction does the Earth rotate?
3. Name the imaginary line around which the Earth rotates.
4. What is the path followed by the Earth during revolution called?
5. Which two factors together cause change of seasons?