

**SUMMER HOLIDAY HOMEWORK Grade-VII**

**SESSION:2022-23**

Dear Parents  
Greetings!

Wishing you a happy summer! May the good sunshine of this season fill your life with glee and glow, and bring your heart love and laughter!

Here are a few activities planned to encourage students to explore, engage and enjoy while they learn a lot! Waiting to listen to them as they share their memories once they are back to school!  
Have a safe and joyous vacation!

**NOTE:** Click videos and pictures while doing all the activities and share them in the google drive with a folder containing child's name and section. Link has been provided for the same.

[https://drive.google.com/drive/folders/1O-NO2h\\_RDTa2EED7yrWqB7v2KsZxdqm7?usp=sharing](https://drive.google.com/drive/folders/1O-NO2h_RDTa2EED7yrWqB7v2KsZxdqm7?usp=sharing)

Team Meridian



Dear Students,

Greetings!!

Summer Vacation is probably the best time of the year for you all; it's time for loads of fun. After a two – year hiatus, we are all back to school.

School is fun too, with learning happening at all times; summer vacation can also be a time for learning with lots of activities around.

Here are a few tasks for you to complete during the vacation. Do remember to complete the given tasks after reading them carefully.

**Some tips to make this holiday special:**

- Have a family dinner every day of the holidays.
- Play board games with your parents and siblings and show them who is the smartest.
- Spend some quality time with an elderly person in the family



Some **dos** during summer vacation:

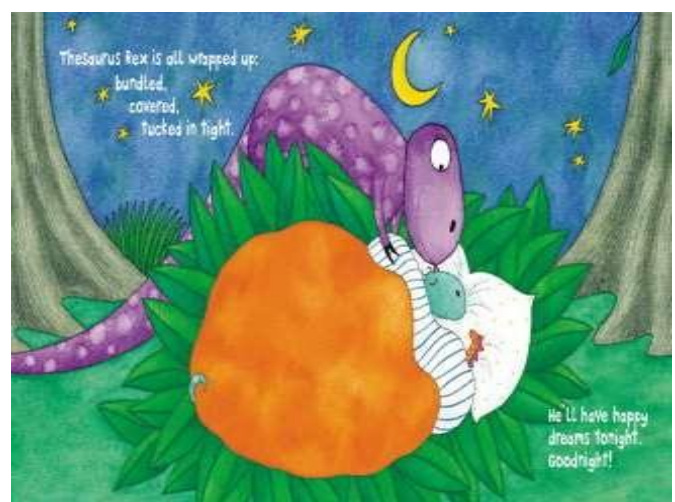
- **Eat a nutritious diet and take plenty of water. Include citrus fruits in your diet.**
- **Wear light cotton clothes.**
- **Be a leader in keeping yourself, your school, family and community healthy.**
- **Birds need you this summer. Summer is at its peak. Make a small bird feeder and place bird baths for thirsty birds in terraces, compound walls and balconies.**
- **Do your bit to save them. Spread this message!!**





In summer, the cricket world spins around the IPL axis. Since the IPL fever has gripped the nation, let's also be a part of this excitement, shall we?

Here is a list of fun-filled activities which makes your learning more joyful!!!



**Activity 1:**

1. Read any 2 books this summer and make “**The Literary Coven Award Booklet**”. Based on the given categories, nominate the following characters for the awards:

- Best protagonist in the book
- Best female/male character in the book
- Best villain in the book
- The funniest characters
- The most loved book
- Best author
- Best Autobiography
- Best Indian Writer

<b><u>Fiction</u></b>	1. The Hunger Games- Suzanne Collins 2. Percy Jackson series or Kane Chronicles (The Red Pyramid)- Rick Riordan 3. The Harry Potter series – JK Rowling 4. Anna Karenina- Leo Tolstoy
<b><u>Autobiography</u></b>	5. The Test of My Life – Yuvraj Singh 6. Open – Andrew Agassi 7. Captain Cool: M S Dhoni
<b><u>Thrillers</u></b>	8. Hounds of Baskervilles- Sir Arthur Conan Doyle 9. Any one of the short stories by Agatha Christie
<b><u>Science Fiction</u></b>	10. Journey to the Centre of the earth- Jules Vern
<b><u>The Classics</u></b>	11. Pride and Prejudice by Jane Austen (Wordsworth Classics) 12. Oliver Twist by Charles Dickens (Penguin Classics) 13. Wuthering Heights by Emily Brontë (Wordsworth Classics) 14. Tom Sawyer – Mark Twain



<b><u>Comedies</u></b>	15. Thank You, Jeeves by P G Wodehouse (Arrow) 16. Any other books by P.G. Wodehouse
<b><u>Short stories</u></b>	17.The Collected Stories of Katherine Mansfield (Wordsworth Editions) 18.Collection of 22 short stories – Arvind Gupta (PDF available on internet) 19.Short stories of Rabindranath Tagore
<b><u>Indian Writers</u></b>	20. Any Indian Author like Sudha Murthy

### **3. TRAVELOGUE**

Share your holidays with us, and write a journal of at least a fortnight of your holidays. You can supplement it with photographs, and souvenirs from your trip. E.g., If you visit a beach, you can stick sea shells into your journal and if you went to a mountain, you can stick a fern or a flower to support your work, even a ticket stub would be nice. Use a small notebook and cover the book with special designs of your choice.

### **Supplementary Reading**

### **VOCABULARY BOOKLET**

#### **Be a Tyrannothesusaurus Rex.**

Pick out at least four new words a day from any reading material (for e.g. newspapers, story books, pamphlets) and make a vocabulary booklet. The child who collects the greatest number of words will be crowned as

#### **“TYRANNOTHESAURUS REX”**



#### **4. Make your own IPL Dream Team**

Imagine you have an opportunity to own an IPL team. Choose the players of your dream team. Put on your thinking hats and give your team a name. Design a logo, T- Shirt and a tagline for your team. Create a jingle/song for your Dream Team.

### **2. Art Integration**

Bring out your best creativity and design your own “The Literary Coven Award “.

## Second Language:

### Activity 2:

- नवजोत सिंह सिधु और इरफ़ान पठान की कमेंटरी सुनकर आई पी ए ल के मैच के दौरान दोनों के बीच हुई बातचीत को विस्तार से संवाद शैली के रूप में लिखिए।
- देश भक्ति से संबंधित कुछ कविताएँ पढ़िए। देशभक्ति पर आधारित एक सुंदर कविता अपने शब्दों में चित्र सहित अपनी कॉपी में लिखिए।

### Activity 3:

IPL కు సంబంధించిన కామిక్స్, మీమ్స్ మరియు ట్యాగ్ లైన్స్

- ఆంధ్రప్రదేశ్, తెలంగాణకు చెందిన ఆటగాళ్ళకు సంబంధించిన వివరాలు
- IPL లో మీకు నచ్చిన ఆటగాడిని గురించి వివరిస్తూ మీ మిత్రునికి లేఖను వ్రాయండి.
- IPL జరుగుతున్నప్పుడు మీ కుటుంబ సభ్యులతో లేదా నీ స్నేహితులతో IPL 20 – 22 వీక్షిస్తూ నువ్వు సరదాగా ఎలా గడిపావో వివరిస్తూ నీ మనసులోని భావాలను దినచర్య రూపములో వ్రాయండి.

### Activity 4:

**Book IPL:** <https://youtu.be/ibsgWARBRkU>

<https://youtu.be/GcpHxg9Ffm8>

❖ Watch the videos. Play the book cricket with your family members and answer the questions:

- a. How many times did you play this game in the holidays?
  - b. Who won the most matches, you or your family members?
  - c. What is the maximum score scored by you in all the matches played?
- **Do as directed:**
    - i. Take a half chart paper. Write the names of any two players and list their scores of a match which they played. Record the same in a tabular form as shown in the video.
    - ii. Convert the odd numbers to negative and add them with the even numbers. (Both the scores)
    - iii. Create a model of a number line. Use different colour ribbons/threads to plot these numbers on the number line.
  - Draw the bar graph based on your total score for a week.  
(Hint: X-axis =name of the days and Y-axis = score)
  - Learn tables of 2 to 20.

## PUZZLE TIME

### Can You Solve This?

**A.**

This puzzle is in three parts. You need to answer all three parts.

Part 1: Use four 4's to make 44

Part 2: Use five 5's to make 55

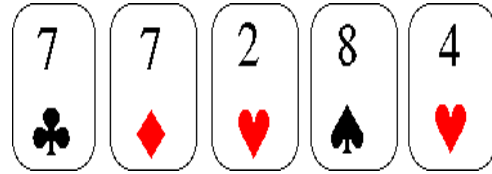
Part 3: Use six 6's to make 66

(Remember: You can use any of the +, —, ×, ÷)



**B.**

I am thinking of one of these five cards:



You have to try to find out which one I am thinking of.

Here are some clues:

- The value of my card is a prime number.
- The values of my two neighbors add up to a multiple of 3.
- My card is next to a card which is next to the 2 of hearts.

### **Activity 5:**

Rahul and his friends planned to watch IPL together. So Rahul invited all his friends home. They started eating chips while watching. 'All of a sudden Rahul's mother entered the room and shouted at them for ordering chips and junk food. She was reprimanding them that they are not aware that chips contain plastic and many newspapers are publishing the articles on this issue.

- Stick a chips packet rapper in your notebook and note down the ingredients used to prepare chips.
- Now please do a research and mention why chips should not be eaten.
- Highlight the ingredients which are not good for health and mention the reason.

#### **❖ General Guidelines for Students:**

- The answers should be written neatly on A4 sheets.
- All the diagrams should be drawn with pencil only.
- Use colour pencils and highlighter to enhance your work.
- Draw margins and maintain a cover page.
- Clearly mention the part on the cover page.
- Both Part 1 and Part 2 carries marks.



## ❖ Part 1: Diet and Cricket.

### Here is a Look at the Diet Regime of a Cricketer

#### Practice Session Diet

Cricketers spend more time training than actually playing the matches. They might even have to be in several practise sessions every day. These sessions can be gruelling and drain a cricketer's energy. That is a cause of worry because exhausted players cannot win matches and are prone to picking up injuries. That is why a very specific diet is formulated for the practice sessions.

Before a session, every cricketer consumes a nutrient-rich and high-energy meal that will sustain the player for quite a few hours. Processed foods are strictly avoided.



A **pre-training diet** consists of:

- Whole-grain snacks
- Fruits
- Boiled vegetables
- Protein bars
- Lean proteins
- Healthy biscuits
- Dairy products.

#### ❖ On training diet:

On days when training will be very intense, cricketers also eat-

- Muesli bars and
- Yoghurt.

As for fluids, the temperature and weather conditions, as well as the duration of the training session determine how much liquid a player needs to drink. Fluid loss interferes with the accuracy of bowling and fielding. So before and during the practice session, players consume

- Energy drinks
- Water and non-sweetened fruit juices to stay hydrated.

#### ❖ Post-training meal:

Post-training session diet is just as strict. A cricketer can't deviate from his diet plan because recovery hinges on what he eats afterwards. This diet is very particular to mend and repair muscles and replenish the fluids lost during the practice session. So a cricketer consumes plenty of proteins and electrolytes.

- Whole grain and lean meat sandwiches.
- Lean meat whole wheat burgers.
- Greek yoghurt with berries.
- Whole grain noodles with stir-fried vegetables and chicken.



Cricketers are usually discouraged from drinking alcohol because it messes up their metabolism and adversely affects their health.

#### Diet Before the Match



The diet on a match day is very similar to the diet they stick to during training. How well a cricketer performs depends largely on what he consumes right before the match because food is the fuel that will keep him going.

### A pre-match meal will be something like this:

- High on carbohydrates but low on calories.
- Oatmeal, cereals (whole grain) with milk and fruits.
- Whole wheat stir-fried pasta.
- Fluids and electrolytes.

### Questions:

1. Based on the above information on the diet regime of cricketers, prepare a **story board** on the pre-training diet, on training and post training diet of a cricketer.

2. Prepare a **diet chart** based on the pre-match diet that cricketers have before the match. Enter the right amount of diet and the quantity that they consume. An example of diet chart is shown below for reference-



### ❖ Part 2: Physics and Cricket

1. During a cricket match, a new player Rahul injured his hands while catching a ball. Thereafter, he was not trying to catch the ball. His friend Sunil advised him to catch the ball by lowering his hands backward. When Rahul got another chance to catch the ball, he successfully caught the ball without injuring his hands.

a. Why Sunil advised Rahul to lower his hands back while catching the ball without getting injured?

b. Which type of force is involved when Rahul catches the ball?

c. Name the force that is used to hit a cricket ball?

d. What kind of energy the ball has when a bowler throws a ball towards the batsman. [Hint: There are two types of energy-Kinetic energy and Potential energy]

e. When a batsman hits a cricket ball, the ball rolls over the ground. The ball stops after rolling away.

f. Which force is responsible for stopping the rolling away of the ball?

g. What kind of motion the ball does when it rolls in the ground?

h. If the speed of the ball is 20m/s and after rolling in the ground it comes to rest at 0.01 seconds. Calculate the distance covered the ball before it stops rolling.

[Hint: Speed = Distance/Time]



### **Activity 6:**

❖ Get ready with your Study Kit and start the Play:

Pick up your five favourite IPL players and make a collage about their

- Origin (Region)
- Mark the location of the players in the Map from where they belong to.
- Players Remuneration
- Timeline of the Players (like achievements and their past History)
- Choose five foreign players and design information cards about them



❖ Organize your own Premier League with your friends and share your experience in detail.

### **Activity 7:**

Prepare a worksheet (Excel sheet) with the following columns: S.No , Name of the player, Name of the team, Runs scored. Enter the data in each column.

- Now apply all the formatting options in the worksheet.
- Use any 5 functions in the excel and submit the hard copies.

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