

POOJA MODEL SCHOOL
Practice Worksheet
Week-2, July 2025

Class-7

Science

Chapter-1,2 and 3

Q1. Tick (✓) the correct option.

1. The gas released during photosynthesis is:
A. Nitrogen () B. Oxygen () C. Hydrogen ()
2. The stomach produces which acid to help digest food?
A. Hydrochloric acid () B. Sulfuric acid () C. Nitric acid ()
3. The process by which animals take in food is called:
A. Digestion () B. Ingestion () C. Absorption ()
4. Microorganisms that help in nitrogen fixation live in the root nodules of:
A. Rice () B. Wheat () C. Legumes ()
5. The energy we get from the sun is called:
A. Kinetic energy () B. Solar energy () C. Chemical energy ()
6. Insectivorous plants grow in soil which is deficient in:
A. Iron () B. Nitrogen () C. Calcium ()
7. The finger-like projections in the small intestine that help absorb nutrients are called:
A. Villi () B. Cilia () C. Microvilli ()
8. Which of the following is a biodegradable waste?
A. Plastic () B. Banana peel () C. Aluminum foil ()
9. Sea breeze occurs due to:
A. Convection currents () B. Radiation from the sun () C. Rotation of Earth ()
10. Which part of the plant absorbs water and minerals from the soil?
A. Leaf () B. Stem () C. Root ()
11. The process by which green plants make their food is known as:
A. Transpiration () B. Germination () C. Photosynthesis ()
12. Which organ in the human body pumps blood?
A. Brain () B. Liver () C. Heart ()
13. Which part of the digestive system is responsible for water absorption?
A. Large intestine () B. Stomach () C. Mouth ()

14. Which part of a plant performs photosynthesis?
A. Stem () B. Root () C. Leaf ()
15. The main source of energy for Earth is:
A. Wind () B. Sun () C. Fire ()
16. Which of the following is not a function of roots?
A. Absorbing water () B. Anchoring plant () C. Making food ()
17. The movement of water from roots to leaves is called:
A. Transportation () B. Transpiration () C. Photosynthesis ()
18. Ruminants like cows digest cellulose with the help of:
A. Enzymes in saliva () B. Microorganisms in the stomach () C. Bile from the liver ()
19. Which gas do humans exhale during respiration?
A. Oxygen () B. Carbon dioxide () C. Nitrogen ()
20. The process by which water evaporates from the leaves of a plant is called:
A. Respiration () B. Transpiration () C. Germination ()

Q2. Fill in the Blanks.

1. The pores present on the surface of leaves are called _____.
2. The process of breaking down food into simpler substances is called _____.
3. Amoeba digests its food in the _____.
4. The largest gland in the human body is _____.
5. Green plants are called _____ since they synthesise their own food.
6. The organ that stores bile in the human body is _____.
7. Animals that eat both plants and animals are called _____.
8. The mode of nutrition in fungi is _____.

Q3. Write True or False.

1. Algae can also perform photosynthesis. _____
2. The human digestive system does not require any enzymes for digestion. _____
3. The liver helps in the digestion of fats. _____
4. Carnivores eat only plant-based food. _____