

INTERNATIONAL INDIAN SCHOOL BURAI DAH
WORKSHEET FOR THE ACADEMIC YEAR 2025-26

Class-7th / Subject : Science

Lesson # 6 Adolescence : A Stage of Growth and Change

A. Choose the correct option:

1. _____ is marked by significant and characteristic physical, biological, and emotional changes.
a) Infancy b) Adolescence c) Childhood d) Adulthood
2. Pimples are common during adolescence due to:
a) increased activity of sweat glands
b) increase in oily secretions from skin
c) increased activity of salivary glands
d) increased activity of thyroid glands.
3. The right meal for adolescents consists of:
a) chips, noodles, coke
b) rice, noodles and burger
c) chapati, dal, fruits, vegetables
d) noodles, chips and burger.
4. Adolescence is the stage between
a) infancy and childhood b) childhood and adulthood c) adulthood and old age d) none of these
5. Which state follows the Shuchi Scheme?
a) Karnataka b) Odisha c) Jharkhand d) West Bengal
6. Adolescence generally begins around the age of
a) 5 years b) 8 years c) 20 years d) 10 years

B. Fill in the blanks:

1. _____ is the period of change from childhood to adulthood.
2. Adolescents should maintain proper _____ to avoid bacterial infections.
3. _____ plays a crucial role in regulating various aspects of growth and development.
4. Proper guidance and awareness help adolescents manage physical, _____ , and behavioural changes effectively.

5. _____ is the stage in which the body of child undergoes observable and internal changes to develop into an adult capable of reproduction.
6. The hoarseness in the voice of adolescent boys is due to enlarged _____.
7. We should say 'No' to _____ and _____ as they are addictive.

C. The question below consists 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): Regular exercise and physical activities are also very important during adolescence.
Reason (R): The period of adolescence varies from person to person.
2. Assertion (A): Adolescence is a period of rapid physical, emotional, and mental growth.
Reason (R): Hormones are not responsible for controlling these changes that occur during adolescences.
3. Assertion (A): Adolescents should say no tobacco, alcohol and drugs .
Reason (R): These substances can cause serious health problems.

D. Answer the following:

1. Name the different stages of a human's life journey.
2. Why is adolescence an important stage in human life?
3. During adolescence, the boys and girls undergo certain physical and emotional changes, name any 3 physical, and emotional changes.
4. How can adolescents stay healthy?
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L#4 The World of Metals and Non – Metals

A. Choose the correct option:

1. Which of the following is generally a property of metals?
- a) Brittle b) Malleability c) Poor conductors of heat d) poor conductors of electricity

2. Which of the following is a good conductor of electricity?
a) rubber b) wood c) Copper d) sulfur
3. Which of the following is an example of a non-metal?
a) Aluminium b) Sulphur c) iron d) Copper
4. Metals react with oxygen to produce metal oxides which are ____ in nature.
a) acidic b) basic c) both acidic and basic d) neutral
5. Which of the following substances is most likely to rust in the presence of air and moisture?
a) Copper b) Iron c) Aluminium d) Steel
6. Which of the following is an example of a of non-metal used in daily life?
a) Iron nail b) Aluminium foil c) Oxygen d) Copper wires

B. Fill in the blanks:

1. The property of materials by which they can be drawn into wires is called _____.
2. The property of metals that enables them to produce a ringing sound is called _____.
3. _____ and _____ are the most malleable metals.
4. Metals are good conductors of _____ and _____.
5. Iron gets covered with a brown deposit called _____ when exposed to air and moisture.
6. Materials that allow electricity to flow through them easily are called _____ of electricity.

C. The question below consists 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: Aluminium is used to make cooking utensils and foils.
Reason: Aluminium is malleable and a good conductor of heat.
2. Assertion: Coal cannot be drawn into wires.
Reason: Gold is ductile .
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: Magnesium oxide turns blue litmus paper red.
Reason: Magnesium oxide is basic in nature.

D. Answer the following:

1. Which metal is used to make foils for wrapping food?
 2. Which property allows metals to be drawn into wires?
 3. How do the different properties of metals determine their uses in every day life.
 4. What is corrosion?
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