

SECOND TERM EVALUATION 2019-20

Health and Physical Education, Art Education, Work Education

Class VII

Time 2 hours

Instructions

1. There are three sections: Health & Physical Education, Art Education and Work Education.
2. Each section carries 15 score.
3. First 15 minutes is cool off time.
4. Answer each section in each separate answer sheet. Don't forget to write your Name, Subject, Class, Division and Roll number in all sheets.

HEALTH AND PHYSICAL EDUCATION**Answer any four**

1. The ability of muscles to exert force.
(Muscular strength, Muscular structure, Muscle flexibility, Muscular movement)
2. Which is the essential factor that helps to produce energy for physical training?
(Carbondioxide, Nitrogen, Hydrogen, Oxygen)
3. Precautions that can be taken to avoid the dangers of drowning?
(Should know boating, Should know to row, Should know swimming, Should know how to jump into water)
4. Which among the following is an individual sport event?
(Volleyball, Basket ball, Cricket, Wrestling)
5. Which among the following asanas can be done on sitting pose?
(Vrikshasana, Padmasana, Thadasana, Thrikonasana)

Answer any four

6. Write any two First Aid that should be given to a drowning person.
7. Name any two games that need agility.
8. Write the advantages of swimming.
9. Describe the process of doing Padamasana.

10. List out the sport events which help increase the cardio respiratory endurance.

Answer any one

11. Write three important factors needed for good physical fitness.
12. What precautions should be taken while going to a seashore?

Art Education

Answer any four.

1. We feel that the railway tracks and the electric posts meet at a particular point when we move far away from it. Name that point ?
(Vanishing point, Centre point, Starting point, Edge point)
2. Name the picture that is drawn humorously.
(Sketch, Portrait, Cartoon, Illustration)
3. What is the name of 'Sa' in Saptaswara?
(Madhyamam, Panchamam, Shadjam, Nishadam)
4. Which carnatic musical form includes Bhakthi rasa ?
(Thottampattu, Padam, Thillana, Keerthanam)
5. Which is the typical dance form of Tamilnadu ?
(Mohiniyattam, Manipuri, Kuchipudi, Bharathanatyam)
6. Name the drama which is not performed by actors on a stage.
(Professional drama, Yaksha ganam, Pavanadakam, Amateur drama)

Answer any one

7. Write any two classical dance forms mainly seen in Kalolsavam.
8. Write any two stages related with the production of a drama.

Answer any two

9. You have learnt the difference in vision of a tree which is near and a tree which is far. Draw a picture in which a tree is near and a tree is far. The difference in the size of the trees should be made clear.
10. Name the trios of Karnatic music.
11. Write the mudras performed with both hands (namaskaram, stop, fish, drink water, fly).
12. Write any three differences between Drama and Kathakali.

Answer any one

13. Draw a cartoon based on deforestation (You may draw with a pen or a pencil)
14. Write a brief note on Keerthana.

WORK EDUCATION

Answer any three

1. Why are holes made on the pipe which is buried in the ground while making pipe compost?
a. To get sunlight
b. To spread smell
c. To speed up the process of composting
d. To fix the pipe in the ground
2. Which material is used to make waste basket in Papier mache method?
a. Cement
b. Paper pulp
c. Sand
d. Clay
3. Which measurement is correct for making a pillow cover?
(100 x 150 cm, 125 x 200 cm, 200 x 100 cm, 50 x 75 cm)
4. What is the full form of GI seen on the metal sheets used for sheet metal products.
a) Glitted iron
b) Gold immersed iron
c) Global iron
d) Galvanized iron

Answer any four

5. Name two food items which could be made by processing passion fruit.
6. Match the following.
a. Coir fibre
b. Metal sheet
c. Plaster of paris
d. PVC pipe
a. Tray
b. Pipe compost
c. Door mat
d. Chalk
7. List down the materials needed for making the model of lungs.
8. We can make different decorative items using plantain fibres. Name the other plants which provides fibres for making decorative items.
9. Why is lime powder mixed with plaster of paris for making writing chalk?

Answer any one

10. Observe the table given and answer the given questions.

Vitamin A	liver, egg, milk, leafy vegetables, fruits, carrots
Vitamin C	vegetable oil, egg yellow, butter, fruits, gooseberry, leafy vegetables
Vitamin K	leafy vegetables, fruits, milk
Vitamin B2	milk, egg, lever, leafy vegetables
Calcium	milk, egg, fish, leafy vegetables
Iron	cereals, leafy vegetables, dry fruits, Jaggery, pulses
Starch	pulses, tubers

- a) Which farming is suitable for getting Vitamin C, K, B2, iron and calcium?
- b) Why is milk considered as a balanced diet ?
- c) Which are the items that are to be cultivated for getting starchy food ?
- d) What is the reason for the protein deficiency caused due to eating junk foods?

11. Observe the picture and identify the vegetative propagation method used. Write the procedure and materials needed for it.

