

SAINIK SCHOOL AMBIKAPUR**SUMMER HOLIDAY HOMEWORK-2025****Class: VII****Subject: Science**

1. Names the different regional foods of any 10 states of India, Prepare a tabular form of ingredients, source of ingredients and nutrients to prepare dish, also write 05 acids, 05 bases and 05 salts from your kitchen which are using in daily life.

SL NO	STATE	REGIONAL FOOD	INGREDIENTS	SOURCE OF INGREDIENTS	NUTRIENTS PRESENT
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2. Draw the diagram of the human digestive system on the chart paper and

Explain human digestion on the project sheet.

3. Prepare a simple Electric circuit by using a Bulb, 2 cells, 1 Switch. And Make a working model of an electric torch.

4. Make a functional magnetic compass needle by your own creativity using any waste iron material and magnet.

5. Make a working model of balloon or tire inflator using 20ml of syringe