

**Model Activity Task**  
**Class - VII**  
**Environment and Science**  
**Full Marks : 20**

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**1. Choose the correct answer:**

**1×3=3**

1.1 A food component from which energy is **NOT** obtained is —

- |                  |              |
|------------------|--------------|
| (a) Carbohydrate | (b) Vitamin  |
| (c) Lipid        | (d) Protein. |

1.2 Goiter occurs due to the deficiency of —

- |            |              |
|------------|--------------|
| (a) Sodium | (b) Iron     |
| (c) Iodine | (d) Calcium. |

1.3 An example of processed food is —

- |               |                   |
|---------------|-------------------|
| (a) Pineapple | (b) Pineapple jam |
| (c) Mango     | (d) Cold drinks.  |

**2. Fill in the blanks:**

**1×3=3**

2.1 \_\_\_\_\_ occurs due to the deficiency of protein.

2.2 \_\_\_\_\_ protein is present in hair and nails.

2.3 Iron helps in transport of \_\_\_\_\_.

**3. Answer in one or two sentence(s):**

**2×4=8**

3.1 Name two foods that contain food fibre.

3.2 What symptoms are observed in Marasmus ?

3.3 Mention two roles of lipid in human body.

3.4 Write two sources of Vitamin C.

**4. Answer in three-four sentences:**

**2×3=6**

4.1 Mention the role of phytochemicals in human body.

4.2 Explain the role of water in organisms.

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**Students will write answers to these activity tasks in subject-specific exercise books at home, and submit the exercise books to respective subject teachers after schools reopen.**  
**Under no circumstance, students will go out of home.**