



CBSE: 730109
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DEPARTEMENT OF SCIENCE

Grade:-7th subject:- science worksheet

Case Study 1: Ravi, a Class 7 student, goes for a morning run every day. After running for 15 minutes, he notices that his heartbeat becomes faster, he breathes rapidly, and his face turns red. After resting for a few minutes, everything returns to normal.

Answer the following questions:

1. Why does Ravi's heartbeat increase during running?
2. Which organ pumps blood throughout the body?
3. Which blood vessels carry blood away from the heart?
4. Why does the heartbeat return to normal after resting?

Case Study 2: A teacher placed a white flower in a beaker containing red-coloured water. The next day, the petals of the flower turned red. The students concluded that water had moved from the stem to the flower through a special tissue.

Answer the following questions:

1. Which tissue transports water and minerals in plants?
2. What is the process by which plants lose water through their leaves?
3. Why did the petals become red?
4. Name the tissue that transports prepared food from leaves to other parts of the plant.

3 Project Based : Working Model of the Human Circulatory System

Design and prepare a working model of the human circulatory system using readily available or recycled materials (such as plastic bottles, tubing, balloons, syringes, cardboard, or coloured water).

Your project should include:

1. A labeled model showing the heart, arteries, veins, and capillaries.
2. An explanation of the functions of arteries, veins, and capillaries.

4 Project Based : Prepare a working model of the human excretory system using suitable materials (such as plastic bottles, pipes, balloons, clay, cardboard, or other waste materials).

Your project should include:

1. A labelled model showing the kidneys, ureters, urinary bladder, and urethra.
2. A brief explanation of the role of each organ in removing waste from the body.

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