



# B.K. BIRLA CENTRE FOR EDUCATION

SARALA BIRLA GROUP OF SCHOOLS  
A CBSE DAY-CUM-BOYS' RESIDENTIAL SCHOOL

TERM I -2025-26  
ENGLISH ANSWER KEY

Class: VII  
Date: 5.09.25  
Admission no:

Time: 3hr  
Max Marks: 80  
Roll no:

## General Instructions:

1. The Question Paper contains FOUR sections: READING, GRAMMAR, WRITING and LITERATURE.
2. Attempt questions based on specific instructions for each part.

## SECTION A: READING SKILLS

(22 marks)

### 1. Read the passage and answer the questions.

(12)

It has become common knowledge that yoga is good for you. Currently yoga is being used as a therapy for cancer, infertility, lung disease, multiple sclerosis, Parkinson's disease, insomnia, high blood pressure, and joint pain. Yet there is very little awareness and understanding on exactly how yoga heals, even in the yoga and medical communities. The key is to understand the relationships between stress, yoga and disease.

Medical research estimates that as much as 90 percent of illness and disease is stress related. A few of the many diseases and conditions that have been linked to an overactive stress response include: cardiovascular disease, depression, anxiety, some types of diabetes mellitus, etc.

What we feel as stress, is the product of the sympathetic nervous system or the "fight or flight" response: an almost instantaneous surge in heart rate, cardiac output, blood pressure, sweating, shallow breathing and metabolism, combined with a tensing of muscles. Internally, the "fight or flight" response shuts down digestion and elimination and reduces blood flow to the internal organs. Short term, this stress reaction is a good thing.

The "fight or flight" response prepares us to respond to any environmental threat by fighting against it or fleeing from it. But long term continuous exposure to stress is harmful, placing excess wear and tear on the body's system and severely limiting the body's natural maintenance and healing abilities. Chronic stress can lead to continuously high levels of cortisol. This hormone at normal levels helps to maintain an active, healthy body (including regulation of metabolism and blood pressure).

### I. What is good for us today?

(1)

- (a) yoga
- (b) medicines
- (c) operations
- (d) diseases

Answer:

(a)yoga .

II. Find from the passage the opposite of 'fertility'. (1)

**Answer: Infertility**

III. What should we understand between stress, yoga and disease? (1)

- (a) relationship
- (b) cure
- (c) medicines
- (d) procedure

**Answer:(a)relationship**

IV. Which is key thing that we should understand? (1)

**Answer:- . The key is to understand the relationships between stress, yoga and disease.**

V. What percent of illness and disease is stress related? (1)

- (a) 60 percent
- (b) 70 percent
- (c) 80 percent
- (d) 90 percent

**Answer:(d) 90 percent**

VI. Find from the passage the word which means "sleep disorder". (1)

**Answer:Insomnia**

VII. Find from the passage the synonym of "dangerous" and "fear" (2)

**Answer:-harmful and threat.**

VIII. For which diseases is yoga being used as a therapy? (2)

**Answer:**

**Yoga is being used as a therapy for cancer, infertility, lung disease, multiple sclerosis, Parkinson's disease, insomnia, high blood pressure and joint pain.**

IX. How is short term stress good thing? (2)

**Answer:**

**Short term stress is good thing because it prepares us to respond to any environmental threat.**

**2. Read the passage and answer the questions. (10)**

Forests are considered the 'green gold' of a country. The very survival of humans and other living beings is dependent on trees and plants which are a major source of oxygen-the vital gas for our respiration. They also act as a 'sink' for the carbon dioxide exhaled by humans and animals and spewed from the chimneys and by the automobiles.

Forests play a vital role in sustaining our life and the nation's economy. They provide oxygen without which life is not possible on earth. They maintain a healthy gaseous balance in the atmosphere. They are great moderators of climate. Plants increase the humidity of water vapour from their exposed surfaces by way of transpiration. Buy vitamins and supplements

As one may be aware, forests extensively control soil erosion and landslides. Forests in the hilly areas keep the soil of riverbanks intact with their extensive root system. They also maintain the stability of the mountain slopes. The aerial parts of the plants intercept rain, decreasing its erosive power. Ground flora and the thick layer of litter and humus in the forests act as sponge and help to retain the water received in the form of rain or through the melting of snow; this prevents floods in the plains. By decreasing the velocity of water coming down the hills, forests help in greater absorption of water by the soil in we keep the soil mountain sloperind the thick lay in the form locity the plains and thus preventing droughts. As the soil retains its moisture, it is released slowly, giving rise to perennial streams and rivulets. The material advantage offered by forests needs no mention. Through centuries forests have provided us fuel, fodder and timber wood; our several industries are based on certain resources which are found in the woods.

**I. What are considered “green gold’ of a country? (1)**

- (a) Forests
- (b) Colours
- (c) Fields
- (d) Flags

**Answer: (a) Forests**

**II. How do the trees maintain a healthy gaseous balance in the atmosphere? (1)**

**Answer: Trees inhale carbon dioxide and exhale life giving oxygen. Thus they maintain a healthy gaseous balance.**

**III. Which gas is vital for our respiration? (1)**

- (a) Carbon dioxide
- (b) Nitrogen
- (c) Oxygen
- (d) Hydrogen

**Answer :- (a) Oxygen**

**IV. How do forests control soil erosion? (1)**

**Answer: Forests in hilly areas keep the soil of riverbank intact with their extensive root system. They maintain stability of mountain slopes.**

**V. For which gas do the trees and the plants act as a sink? (1)**

- (a) Nitrogen
- (b) Oxygen
- (c) Carbon dioxide
- (d) Hydrogen

**Answer: (a) Carbon dioxide**

**VI. How do forests prevent droughts? (1)**

**Answer:**

**Forests prevent drought by helping great absorption of water by the soil in the plains.**

VII. Mention two material advantages offered by forests.

(2)

**Answer:** Two material advantages offered by forests are providence of fuel, fodder and timber, and raw material for industries.

VIII. How are forests useful for us? Describe in your own words

(2)

**Answer:-** Forests provide us with oxygen, shelter, jobs, water, nourishment and fuel. With so many people dependent on forests, the fate of our forests may determine our own fate as well.

### SECTION B-WRITING SKILL

(22 marks)

3. You are going on a school picnic with your classmates and teachers. You are very excited. The night before the trip you sit down to write your diary. Describe what you have planned for the picnic and how you hope to enjoy yourself there. You are Rajesh. Write your diary in 100-150 words. (1x3=3)

**Answer**

**Friday, 14 October 20XX**

**Dear Diary,**

**9 p.m.**

**A School Picnic**

I am very excited tonight. I am going on a picnic tomorrow with my classmates. Some of our teachers will also accompany us. We have been planning for this trip ever since our Principal gave us permission a month ago.

We are going to Lodhi Park. It has a large ground where children can run and play freely. My mother has made a dozen sandwiches and a cake for me. My friends will also be bringing some food, and we shall all share, eat and play. For me, it's like a dream come true as I had been longing to visit the park for a long. I am so much looking forward to it.

I feel I just cannot go to sleep tonight. I keep imagining all the fun that we are going to have tomorrow. But my mother warned me that if I do not go to sleep now, I might fall asleep at the picnic.

**So, good night!**

**Rajesh**

4. Write an e-mail to the Principal of your school requesting him to give you one week's leave as your grandmother expired last night. (1x4=4)

**Answer:**

**Date : 3 March 20xx**

**From : abhay@gmail.com**

**To : principalsrsecschool@yahoo.com**

**Subject: Application for leave**

**Sir**

Kindly grant me leave for a week as I shall not be able to attend my : classes during that period. Today I have got a telephonic message from my j home in Bihar. The message is that my grandmother has died last night. I have been asked to reach my home in Patna as soon as possible. So I am leaving immediately. I'll be able to come back when the last rites have been performed. This

j will be five days from now. If I start on the same evening. I shall reach here ! before the expiry of the week. So I request you to grant me leave. I assure you that on my return, I'll make up the lost time with my hard ; work and help from my friends. I shall be grateful for your kind permission,

**Yours obediently**

**Abhay**

**5. Attempt any one of the two, (A) or (B), in 120 words.**

**(1x7=7)**

A. You are Amit/Anu Pillai of C-43, Maya Enclave, Bengaluru. Every day you read newspaper reports about a number of crimes and murders. Write a letter to the Commissioner of Police, Bengaluru, complaining about the rising rate of crime in the city.

**Answer:**

C-43, Maya Enclave

Bengaluru

15th December, 2016

The Commissioner of Police Bengaluru

Sir

I want to invite your kind attention towards the rising rate of crime in the city. Everyday we read in the newspapers about crimes and murders here and there. The old men and women are murdered. Their valuables are stolen. Crime graph against women is rising high. Women and young girls fear to go out alone during evenings. Rapes, chain snatchings etc, occur daily. Anti-social elements move freely without any fear. They strike when they see a lonely woman or a girl. Life has become very fearful due to the high rate of crime.

Under the circumstances, I request you to look into the matter without delay. Please take a strict action against the criminals. The policemen not discharging their duties should also be punished. I hope these steps shall help in bringing down the crime.

Thanking you

Yours faithfully

Amit/Anu Pillai

(AMIT/ANU PILLAI)

OR

B. Write to the Ramanathan Publishers, 23 Mount Road, Chennai, complaining about the parcel of books which you have received in a damaged state. You are Anshul Reddy living at 26, Anand Nilayam, Hyderabad.

**Answer:**

26, Anand Nilayam

Hyderabad

19th March, 2017

Ramanathan Publishers

**23 Mount Road**

**Chennai**

**Dear Sir,**

**We are thankful for your sending the books as per our order dated 11 March, 2017.**

**However, on opening the parcel, we have found that the books are damaged. The title pages of almost all the books are badly torn.**

**The poor quality of packing paper seems to be the cause. The despatch clerk also left the parcel loose. The books need to be replaced. I am sending them back at your cost.**

**Prompt action is requested.**

**Yours**

**Anshul Reddy.**

**6. Attempt any one of the two, (A) or (B), in 150 words**

**A. With the help of the given outlines, develop readable story and give title with moral. (1x8=8)**

Outline:- A boy falls in bad company..... father brings apples .....put them in the cupboard  
..... places a rotten apple among them .....next day all apples rotten  
.....teaches a lesson. Moral

**Answer**

#### **Bad Company**

**Once a boy fell into bad company. He began to waste time. It disturbed his father. He tried his best to set him on the right path, but all his efforts proved in vain. One day the father thought of a plan. He bought some fresh apples from the market. He bought one rotten apple also. Then he said to his son, "Put these apples in the cupboard." The boy did so.**

**Next day, the father asked his son to bring all the apples. The boy opened the cupboard and was shocked to see that all the apples were rotten. The father said, "One rotten apple has spoiled all the good ones. Bad friends are like rotten apples. They will spoil you". The boy understood everything. He immediately gave up bad company and became a good boy again.**

**Moral:-A Bad Company destroys your life forever.**

**OR**

**B. You are a staff reporter for a local newspaper. Write a report in about 100–120 words on a tree plantation drive held in your city. Mention when and where it was organised, who participated, and what was the purpose of the event. (1x8=8)**

**Ans: - Tree Plantation Drive Organised in Green City**

**By Riya, Staff Reporter**

**June 10, 2025, Green City**

**A tree plantation drive was organised by the Green City Municipal Corporation on June 9, 2025. The main goal was to spread awareness about planting trees and protecting the environment.**

**The event took place in different city parks. More than 500 saplings were planted by school students and local volunteers. The Mayor was also present and appreciated the efforts of the students. Posters and banners with green messages were also displayed.**

### SECTION C- GRAMMAR

(10 marks)

**7. Fill in the blanks (i) – (iii) with the appropriate option from those in the bracket. (1x3=3)**

Last summer, I \_\_\_\_\_ (1) (have been to/have gone to) Italy twice with my family, and we loved visiting Rome. This year, my friend Alex \_\_\_\_\_ (2)(have been to/have gone to) Italy as well, but he is still travelling there, so he hasn't come back yet. My parents \_\_\_\_\_ (3) (have been to/have gone to) Italy many times, but they still enjoy going.

**Answer Key:** 1.have been to 2.has gone to 3.have been to

**8. Fill in the blanks with past perfect continuous form of the verb. (1x4=4)**

**Liam:** Hi Emma! You look tired. What happened?

**Emma:** I (1) \_\_\_\_\_ (study) for my science test all weekend.

**Liam:** Oh, wow! How long (2) \_\_\_\_\_ you \_\_\_\_\_ (study) before you finally took a break?

**Emma:** I (3) \_\_\_\_\_ (study) for almost six hours before I stopped.

**Liam:** That's a lot! I thought you had gone to the park.

**Emma:** I wish! By the time I went outside, it was raining. It (4) \_\_\_\_\_ (rain) since morning.

**Ans:-** 1.had been studying 2.had / been studying 3.had been studying 4.had been raining

**9. Complete the sentences using the correct form of Gerunds and Infinitives and rewrite the sentence. (1x3=3)**

1. ----- (Swim) is my favourite sport, which I like ----- (perform)

2. I enjoy----- (read) books as it helps me ----- (improve) my knowledge.

3. I am interested ..... (work) in France, as I would love ----- (learn) French.

**Ans:-** 1.swimming ,to perform. 2.reading,to improve. 3.working,to learn.

### SECTION D – LITERATURE

(26 marks)

**10. Read the given extract and answer the questions briefly, for any two extracts, of the three, given. (2x4=8)**

**A.** Swaminathan found Monday mornings challenging after the relaxed freedom of the weekend. The thought of returning to school, especially facing the strict class-teacher Vedanayagam and the intimidating headmaster with his cane, made him dread the day.

- I. Who is the student mentioned in the extract?
- II. Which day of the week is Swaminathan dreading, and why?
- III. Name the two figures Swaminathan fears facing back at school.
- IV. What object symbolizes Swaminathan's anxiety about school?

**Ans:-**

- I. The student is Swaminathan (Swami).
- II. He dreads Monday morning, because it marks the end of the weekend and a return to school.
- III. He fears the strict class-teacher Vedanayagam and the intimidating headmaster with his cane.
- IV. The cane symbolizes his anxiety about school.

**B.** Weavers, weaving at fall of night,  
Why do you weave a garment so bright?  
Like the plumes of a peacock, purple and green,  
We weave the marriage-veils of a queen

- I. Who is being spoken to in the extract?
- II. What are the weavers doing at "fall of night"?
- III. What simile is used to describe the cloth they are weaving?
- IV. For whom are the weavers creating the garment?

**Ans:-**

- I. They are speaking to the weavers.
- II. The weavers are weaving a bright garment at night.
- III. The cloth is described "like the plumes of a peacock, purple and green."
- IV. The garment is being woven for the marriage-veils of a queen.

**C.** I chatter, chatter, as I flow  
To join the brimming river;  
For men may come and men may go,  
But I go on forever

- I. Who is the speaker in this extract?
- II. What does the speaker mean by "I chatter, chatter"?
- III. Where is the brook flowing to?
- IV. What do the last two lines suggest about the brook compared to human life?

**Ans:-**

- I. The brook (a small stream).
- II. The sound of the water flowing over stones, making a chattering noise.
- III. To join the brimming river.
- IV. Human life is temporary, but the brook flows on forever.

**11. Answer any five of the following six questions in about 30-40 words each. (2x5=10)**

- I. What is Johnsy's illness? What can cure her, the medicine or the willingness to live?

**Ans:-** Johnsy, a young artist, was ill. She was suffering from pneumonia. But later on she suffered from a misconception that she would die as soon as the last leaf on the creeper would fall down. The medicine had no effect on her. Her willingness to live could cure her.

- II. What is the main theme of poem "The Brook"?

**Ans:-** The poem "The Brook" uses the extended metaphor of a brook's journey in its path to parallel everyone's journey through life. The brook is personified so that it narrates the poem. Themes are the inevitability of moving on and the importance of knowing one's ultimate destination.

- III. How is a Monday morning to you? Elaborate.



**Ans:- I wish that the school would be closed on Monday morning. I feel unwanted to study on Monday morning instead I would want to play and rest.**

**IV. What is the main idea of The Lottery Ticket by Anton Chekhov?**

**Ans:- In "The Lottery Ticket", Chekhov develops the theme that the love of money can destroy one's satisfaction. Chekhov creates this theme through Ivan and his wife's reactions to the idea of money as well as each other.**

**V. Why do the weavers weave a garment so gay at the break of day?**

**Ans:- The weavers weave a garment so gay at the break of day because they are weaving the robes for a new-born child. The "gay" garment represents the joy and newness associated with the beginning of life.**

**VI. How did Sue try to help Johnsy overcome her pessimistic attitude?**

**Ans:- Sue tried to encourage Johnsy by talking about positive things and distracting her from counting the falling leaves. She also tried to create a cheerful atmosphere in their room and keep Johnsy engaged in positive thoughts. She even sought help from Behrman, their neighbor, to boost Johnsy's spirits.**

**12. Answer in 150-200 words any 1 of the following.**

**(8x1=8)**

**I. Do you think the feeling of depression Johnsy has is common among teenagers? Elaborate.**

**Ans:- Yes, the feeling of depression that Johnsy experiences in The Last Leaf is quite common among teenagers. Adolescence is a time of emotional and psychological change, and many teens face stress from academics, family expectations, peer pressure, and identity struggles. Like Johnsy, who loses the will to live after falling seriously ill, teenagers may also feel hopeless or overwhelmed when facing difficult situations.**

**Johnsy links her fate to the falling leaves outside her window, showing how depression can lead to irrational or symbolic thinking. Similarly, teenagers may develop negative thought patterns, believing that a single failure or event defines their future. This can result in a loss of motivation, isolation, and sadness—key signs of depression.**

**Johnsy's recovery begins when she receives emotional support and experiences an act of kindness and sacrifice. This highlights how important empathy and connection are. For teenagers, having someone to listen, encourage, or simply be present can make a big difference.**

**In conclusion, Johnsy's emotional struggle mirrors what many teenagers go through. Her story reminds us that depression is a serious but treatable condition, and support from others can be a powerful force in the journey toward healing.**

**II. Describe Swami's feelings and reactions as he anticipates and then experiences the Monday morning routine. What does this reveal about his character?**

**Ans:-**

**Swami dreads the arrival of Monday morning, and his feelings reflect a deep sense of anxiety and resistance. As the new week begins, he feels a heavy reluctance to return to school. He tries to come up with excuses to avoid going, even pretending to have a headache. His complaints and attempts to convince his mother and father reveal his desperation and dislike for the strict school environment. Swami's reactions—grumbling, pleading, and delaying—show how much he fears the routine and discipline of school, especially after enjoying the freedom of the weekend.**

**Once forced to go, Swami drags himself unwillingly and shows signs of nervousness and discomfort. His slow movements and anxious thoughts underline his lack of confidence and desire to escape responsibility. This behavior reveals that Swami is a sensitive and imaginative child who dislikes authority and strict expectations. He prefers comfort and play over routine and discipline.**

Overall, Swami's Monday morning struggle highlights his reluctance to grow up and face challenges. It also shows a relatable part of childhood—the desire to avoid discomfort and cling to freedom. His reactions make him a realistic and sympathetic character.

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