

ENGLISH SAMPLE PAPER

TERM 1

CLASS - VII (2025-26)

Time allowed : 3 Hours

Maximum Marks : 80

General Instructions:

- 1. This paper consists of three sections : A, B and C.*
 - 2. Attempt all the questions.*
 - 3. Do not write anything on the question paper except your name, class/section and roll number.*
 - 4. All the answers must be correctly numbered in the answer sheet as per the numbering given in the question paper.*
 - 5. Ensure that questions of each section are answered together.*
 - 6. Read all the questions carefully and follow the instructions given with each question.*
 - 7. Adhere strictly to the word limit given in the question paper.*
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Section-A (Reading)

(20 Marks)

1. Read the following passage carefully and answer the questions that follow:

(1x8=8)

- I. In today's fast-paced world, the importance of mindful eating has become more evident than ever. With processed foods dominating supermarket shelves and fast food becoming a norm, many people have lost touch with the natural rhythms of hunger and fullness. Mindful eating, rooted in ancient meditation practices, involves being fully present during meals—savoring each bite, noticing flavors, and eating without distractions like screens or rushed schedules.
- II. Research shows that mindful eating not only aids digestion but also helps individuals make healthier food choices. It reduces the tendency to overeat, as people learn to recognize real hunger signals instead of eating out of boredom or stress. Furthermore, being conscious of what one eats creates a deeper appreciation for food sources, encouraging sustainable practices like choosing local produce and minimizing food waste.
- III. However, adopting mindful eating can be challenging. Habits formed over years—such as multitasking while eating or skipping meals—take time to unlearn. Despite this, schools, wellness programs, and even workplaces are beginning to introduce mindfulness in eating routines, recognizing its long-term benefits on both physical and mental health.

(i) Mindful eating involves:

- A. eating while watching TV
- B. rushing through meals
- C. eating without distractions
- D. skipping meals

(ii) Which of the following statements are true about mindful eating?

Statement 1: helps in better digestion

Statement 2: encourages overconsumption

Statement 3: teaches people to eat when bored

Statement 4: encourages sustainable habits

Statement 5: reduces food appreciation

- A. Statements 1 and 4
- B. Statements 2 and 3
- C. Statements 3 and 5
- D. Statements 1 and 5

(iii) The following statements are marked Assertion (A) and Reason (R). Read the statements and choose the correct option:

Assertion: Mindful eating can help in reducing overeating.

Reason: People become more aware of their real hunger cues.

- A. Both (A) and (R) are True and (R) is the correct explanation of (A).
- B. Both (A) and (R) are True but R is not the correct explanation of (A).
- C. (A) is True but (R) is False.
- D. (A) is False but (R) is True.

(iv) Which of the following images represents mindful eating?





C.



D.

(v) According to the passage, modern eating habits are influenced by:

- A. Screen-free environments
- B. Natural hunger cycles
- C. Fast lifestyles and processed foods
- D. Ancient food traditions

(vi) Which word in the passage means ‘fully aware and focused’ (Para I)?

(vii) State whether the given statement is TRUE or FALSE:

Mindful eating habits are easy to adopt and require no effort.

(viii) According to the passage, mindful eating can promote _____

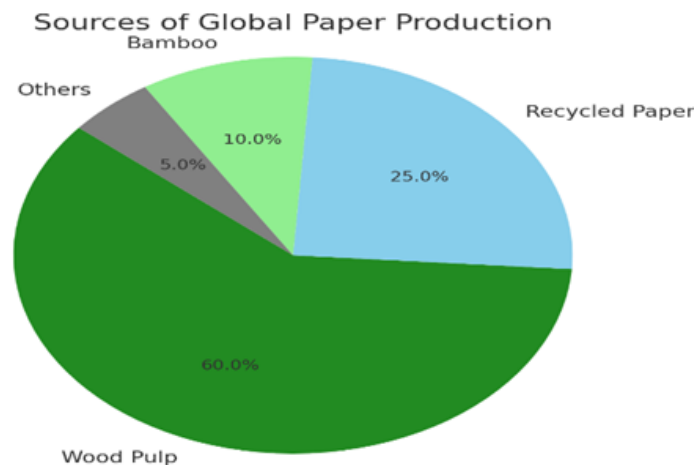
2. Read the following passage carefully and answer the questions that follow:

(1x12=12)

- I. Have you ever wondered how a simple sheet of paper is made? Though we often use paper every day—in notebooks, books, newspapers, and packaging—its journey from raw material to final product is quite fascinating.
- II. The history of paper goes back over 2,000 years. The first kind of paper was made in China using plant fibres like bamboo and hemp. These fibres were soaked in water, pounded into a mushy pulp, and then spread out into thin layers and dried. Over time, the method spread to other parts of Asia, the Middle

East, and Europe. With the invention of the printing press in the 15th century, the demand for paper increased rapidly.

- III. Today, most paper is made from wood pulp. The process begins in forests, where trees are cut down and transported to paper mills. There, the wood is cleaned, stripped of bark, and chopped into small chips. These wood chips are then turned into pulp using machines and chemicals. The pulp is cleaned, bleached, and passed through rollers to form thin sheets of paper, which are dried, pressed, and cut to size.
- IV. However, the paper-making process has a big impact on the environment. Large amounts of water and energy are used, and the process often releases harmful chemicals into rivers and the air. Deforestation, or the cutting down of forests, also leads to loss of wildlife habitat and contributes to climate change.
- V. Because of this, many people are now turning to recycling. Recycling old paper saves trees, reduces pollution, and uses less energy. When we recycle, old paper is collected, sorted, and soaked in water to turn it back into pulp. This recycled pulp can be used to make new paper. However, paper cannot be recycled forever—after a few times, the fibres become too weak to use.
- VI. There is also a growing trend toward using eco-friendly alternatives like bamboo paper or digital notebooks to reduce paper waste. As responsible citizens, we must use paper wisely and avoid unnecessary wastage. Even small steps—like using both sides of the paper or opting for electronic documents—can make a big difference.



- (i) What was the earliest paper in China made from?
- (ii) Which invention led to a high demand for paper in the 15th century?
 - A. the internet
 - B. the steam engine
 - C. the printing press
 - D. the telephone

(iii) The process of cutting down trees for paper is called _____

(iv) State whether the given statement is TRUE or FALSE:

Recycled paper can be reused endlessly without losing quality.

(v) The following statements are marked Assertion (A) and Reason (R). Read and choose the correct option:

Assertion (A): Paper-making contributes to pollution.

Reason (R): It releases chemicals into rivers and air during production.

- A. Both (A) and (R) are True and (R) is the correct explanation of (A).
- B. Both (A) and R are True and R is not the correct explanation of (A).
- C. (A) is True but R is False.
- D. (A) is False but R is True.

(vi) Find a synonym of the word “demand” from the passage. (Para II)

(vii) Give the antonym of the word “recycle” from the passage. (Para VI)

(viii) According to the pie chart, which source contributes the most to global paper production?

- A. Recycled Paper
- B. Bamboo
- C. Wood Pulp
- D. Others

(ix) Why can paper not be recycled many times?

(x) Which of the following is an eco-friendly paper alternative?

- A. Plastic paper
- B. Bamboo paper
- C. Aluminium sheets
- D. Fabric cloth

(xi) How does recycling help the environment? Give any two reasons.

(xii) State whether the given statement is TRUE or FALSE:

Using both sides of paper can help reduce paper waste.

Section-B (Writing and Grammar)

(30 Marks)

3. Sara is being interviewed for the job of a teacher in a school. Read the conversation between Sara and the Interviewer and complete the information given in the form of dialogues: (1x4=4)

Interviewer : Why do you think you (a) _____ ?

Sara : Mam, I am qualified for the job and I have a passion for children and teaching. All these traits make me suitable for the job.

Interviewer : Can (b) _____ any foreign language?

Sara : Yes, I can speak and write German.

Interviewer : What (c) _____ in graduation?

Sara : Mam, I have graduated in Chemistry Honors.

Interviewer : Do you (d) _____ experience?

Sara : Yes, I have teaching experience of 5 years in a public school.

Interviewer : Well, then we may consider you for the job.

OR

You are the Cultural Secretary of DAV Public School. You have been asked to inform students of Classes VI to VIII about an Inter School Robotics Competition: Topics –‘Innovate For Tomorrow’. Draft a notice in about 50 words with all necessary details. Enclose the notice in a box. (4 marks)

4. You are going to speak in the school assembly. Prepare a speech on the topic, “How caring for others leads to a more meaningful and joyful life.” Include examples from real life to explain how helping others brings lasting satisfaction. You can take hints the unit ‘Attitude’ of ‘My English Reader’ (Word Limit: 100-120) (8 marks)

OR

You recently spent quality time with your grandparents and realised how important they are in shaping values and giving emotional support. Write an informal letter to your friend sharing your thoughts and experiences about the role of grandparents in a family. Take the hints from the unit ‘Relationship’ of ‘My English Reader’ and add your own experiences. (Word Limit: 100-120) (8 marks)

5. The following passage has not been edited. There is an error in each line. Find the error and write the incorrect word and the correction in your answer sheet. The first one has been done as an example. (1x4=4)

	Incorrect	Correct
In a country as vast of ours, keeping	of	as
a eye on every child is a Herculean	(a) _____	_____
task. Many children are still employing	(b) _____	_____
in factories while its childhood goes unnoticed	(c) _____	_____

They washed utensils when they should
play with dolls and get married.

(d) _____

6. Rearrange the following words/phrases into meaningful sentences.

(1x4=4)

(a) a / polar bear / blind / are / born / cubs of / the

(b) stays / are born, / in a den / the whole family / when the cubs

(c) no / legs / the / is / snake / reptile / that / has / one

(d) has / move / strong / that / it / helps / it / muscles / very

7. Read the dialogues given below and then complete the report given below the dialogue:

(1x4=4)

Judge: Why don't you speak the truth ?

Witness: I have spoken only the truth.

Judge: Were you really present at the scene ?

Witness: Yes, sir.

The judge asked the witness (a) _____ the truth. The witness replied that (b) _____ only the truth. At this, the judge asked (c) _____ at the scene. The witness (d) _____

8. Read the passage given below carefully. Use them to complete the paragraph in passive voice. (1x3=3)

STEPS TO MAKE FRUIT SALAD:

(i) Wash and peel the fruits.

(ii) Cut the fruit into slices and dice.

(iii) Squeeze some lemon pieces.

(iv) Sprinkle chat masala and serve.

Fruits are washed and peeled. Then, they (a) _____ into slices and diced. Then some lemon pieces (b) _____ on the juice and it is mixed. Then some chat masala (c) _____ before the delicious fruit salad is served in bowls.

9. Do as Directed.

(1x3=3)

(a) I'm hungry _____ I didn't have my breakfast. (use a suitable linker)

(b) Identify whether the statement given has a Transitive / Intransitive verb.

Raj carried the bags.

(c) Use a suitable modal to complete the following sentence.

You _____ follow the traffic rules.

Section-C (Literature)

(30 Marks)

10. Attempt **ANY ONE** extract out of the two given below:

(1x4=4)

‘Where wretchedness will hang its head,
And joy, like a pearl,
Attend the needs of all mankind.
Of such I dream-
Our world.

- (a) What kind of world does the poet dream in these lines?
- (b) Which poetic device has been used in the second line?
A. Simile B. Alliteration C. Metaphor D. Repetition
- (c) Explain ‘wretchedness will hang its head’.
- (d) What is the tone of the poet in the above stanza?

OR

O Birdie, Birdie, will you pet?
Diamond-stones and amber and jet
We’ll string on a necklace fair and fine,
To please this pretty bird of mine!

- (a) Identify the speaker and listener of the above lines?
- (b) What is the rhyme scheme of the above stanza?
A. abcd B. abcb C. aabb D. aacc
- (c) What is the speaker trying to do?
- (d) The word that means the same as “lovely” is _____

11. Attempt **ANY ONE** extract out of the two given below:

(1x4=4)

‘All right. But promise you will not roll up your bed and go to Granny’s side at night.’

- (a) Who said the above lines and to whom?
- (b) The challenge given to the listener was _____
- (c) What does the statement reveal about the listener’s usual sleeping habits?
- (d) Find the antonym of the word "day".

OR

‘It’s true that some of the guests were not seen for several days after the wedding but no one said anything against the cake. Most people thought it had an interesting flavour.’

- (a) Whose wedding is referred to here?
- (b) Why were some of the guests not seen for several days after the wedding?
- (c) What had made the flavour of the cake interesting?



Option A



Option B



Option C



Option D

- (d) The synonym of the word “taste” is _____

12. Attempt **ANY SIX** short answer type questions out of the seven given below. [Word Limit: 30-40] (2x6=12)

- (a) How does Swami become an overnight hero in the lesson, 'A Hero'?
- (b) Mention any two qualities of Rich Belanger which motivated Manjula. Give reasons for your choice. (Fight, Manju, Fight!)
- (c) Why did Aunt Ruby want the narrator out of her way while she went to buy her engagement ring? (Monkey Trouble)
- (d) How does the poet contrast the world he dreams of with the real world he lives in? (I Dream a World)
- (e) Justify why the word 'birdie' has been repeated twice in the poem, 'Birdie, Will you pet?'
- (f) How did Tutu get rid of the pearl necklace? (Monkey Trouble)
- (g) How was Manjula able to overcome the challenges faced by her? (Fight, Manju, Fight!)

13. Imagine you are Manjula. Write a diary entry expressing your gratitude towards your mother and brother for encouraging you to participate in the painting competition. (Word Limit: 70-80) (4 Marks)

OR

Why does the bird refuse to accept the various comforts offered by the child? Freedom is more valuable than materialistic comforts. Justify. (Word Limit: 70-80) (4 Marks)

14. Imagine you are Swami. Write a letter to your friend giving details of how you caught hold of a burglar and got him arrested. (Word Limit: 100-120) (6 Marks)

OR

Tutu took a pearl necklace from a jeweller's shop and created a huge mess in the market before finally throwing it into a canal. The jeweller felt quite tense about the whole episode. Write the jeweller's diary entry describing how he felt at Tutu's mischief. (Word Limit: 100-120) (6 Marks)