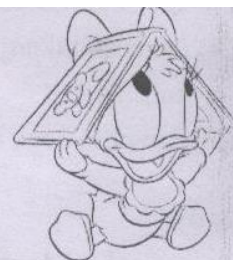


HOLIDAY HOMEWORK
TOPIC – FOOD AND HEALTH
Class – IV



ENGLISH

- Visit a restaurant in the holidays and write about your experience in about eight to ten sentences. Make a list of all the food items you ordered. Then write the ingredients of the various dishes you ate after discussing with the waiter use half sheet chart paper and make lots of related pictures. Be sure to mention the name of Restaurant, name of waiter, Food ordered, Ingredients of the food.

MATHS

- Visits a grocery shop and find out the rates of any ten healthy food items (Per kg.)
- Draw five ice-creams and write the name and rate of all five ice creams. Suppose there are ten people. Calculate the amount each person will spend for five ice creams.
- Collect the wrappers with nutrition facts of packaged foods. This will give you information about the ingredients used in making the food items, the nutrients - facts, carbohydrates, proteins, vitamins and minerals and the percentage in which these nutrients are founds. Paste wrappers on one A4 sheet and bring.

- A code is a way of writing a message in secret. Each letter of the alphabet is replaced by a number.
 A – 1, B – 2, C – 3, D – 4, E – 5, F – 6, Z – 26.

So if you want to write: I am good student.

You will write your secret message as: I A M A G O O D S T U D E N T
 8 1 13 8 7 15 15 4 19 20 21 4 5 14 20

- ✓ Please write five secret messages for your family members and let try find out your hidden message.
- ✓ Write down these coded messages in A4 sheet paper.

EVS

Draw the cut outs of the below mentioned foods alongwith the body parts they resemble and are good for. For example - (Make any two cut outs)

FOOD	GOOD FOR	BODY PART
Grapes		Lungs
Onion		Body Cell
Kidney Beans		Kidney
Celery		Bones
Sweet Potato		Pancreas
Tomato		Heart
Carrot		Eyes
Walnut		Brain

- Be a Junior Chef (Post the pics on the Parent Teacher Group)
 - (i) Natural homemade ice-cream - Take help of elders. Cut seasonal fruits or any fruits of your choice into small pieces. Mix coconut water & let it freeze till it is ready.

(ii) Lemon Shikanji - squeeze one lemon, two teaspoon of sugar in a glass of cold water with a pinch of salt. Stir it.

(iii) Eco club Page no.-58 to be done on A4 sheets.

COMPUTER

- Search on internet ten non healthy foods and how they harm your body and take out the printout and bring.
- Search about ten famous chefs of India, take out their pictures and make a chart by pasting them and write their names and places where they work.

ART

- Create a paper collage of healthy food.
- You have to draw pictures of healthy food then tear the pictures of fruits from different coloured papers from the magazine and stick it in the drawing sheet.

HINDI

• 'मैं गंगा हूँ'. वर्षों पहले मैं स्वच्छ थी, पर अब दिन पर दिन दूषित होती जा रही हूँ। मुझे बचाने के लिये आप क्या-क्या करेंगे?



BOOK MAP - Read one book and then try to learn the following regarding the book so that you can say a few sentences about the book in the class after the holidays.

- (i) Name of the book.
- (ii) Name of the author
- (iii) Where is the story located?
- (iv) Names of the important characters.
- (v) Two or three sentences about the story.

HAND WRITING PRACTICE - Dear Children, please make sure that the handwriting practice is done everyday not on the last day of your vacation. Write date on the page everyday and do your work. One day in English and one day in Hindi. You will be writing the following at the end of the day. For Example -

- What made you happy today?
 - What made you burst out in laughter?
 - What made you amazed?
 - Whom were you thankful to and why? You are most welcome to select any of your own topics as well. Write one any one each day.
 - Be sure your writing will tell one whether you've done it one day or daily
- (Note - Make two thin copies for handwriting. One Hindi and One English)

