



MATA JAI KAUR PUBLIC SCHOOL
CLASS VI-2017-18
SUMMER HOLIDAYS HOMEWORK

Holidays are time for fun, enjoyment and a relaxed routine. Encourage your child to pursue his/her hobbies and to be creative. Here are a few assignments which must be completed by him/her under your guidance.

Theme: Food and Nutrition

- An 'imli' bar, a piece of cake.
- A lollipop, a cold milk shake.
- Maggi noodles, chocolate treats.
- Some mango slices fresh and sweet.

Wouldn't you love to have such a lunch for yourself? Of course indulge yourself sometimes with these lip smacking snacks! But to 'stay healthy and be happy' you need to eat food that will give you nourishment and keep you always fit and active. Above all it will give you power to play and have loads n' loads of FUN with your friends.

Some guidelines for you:

- The project should be handwritten by the student himself/herself.
- Make it interesting and creative.
- Draw/paste pictures whenever required.
- Do your work neatly and carefully.
- Enjoy doing each activity!!

ENGLISH: Prepare the project on A4 sized sheet.

- "A family that eats together, stays together."

Let us use these vacations to celebrate the love we get from our families by sharing the joy of cooking together and having hearty meals together.

Help your mother in the kitchen or prepare her favourite meal with your father and siblings. Try and have as many meals as you can together and **write diary entries for at least two such special days.**

- Read the novel *Living Next Door to Alise*. A follow up viva for the same will be taken up in the month of July.

HINDI:

In Assignment Notebook:-

1. संतुलित आहार – इस विषय पर 100 – 150 शब्दों में अनुच्छेद लिखिए।

2. मानव शरीर के लिए आवश्यक उन खाद्य-पदार्थों के रंगीन चित्र एकत्रित कीजिए जिनसे हमारे शरीर को महत्वपूर्ण तत्व प्राप्त होते हैं और जिनसे हमारा भोजन संतुलित बनता है। इन चित्रों के द्वारा एक सुंदर 'कोलाज' तैयार कीजिए। (1 या 2 double page)

PUNJABI:

- ਜਮਾਤ ਵਿੱਚ ਕੀਤੇ ਗਏ ਕੰਮ ਦੀ ਦੁਹਰਾਈ ਕਰੋ।
- ਪਾਠਾਂ ਦੇ ਪਿੱਛੇ ਦਿੱਤੇ ਗਏ ਸ਼ਬਦ ਅਰਥ ਲਿਖੋ ਅਤੇ ਵਾਕ-ਰਚਨਾ ਦਾ ਅਭਿਆਸ ਕਰੋ। (ਕਾਪੀ ਵਿੱਚ)
- 'ਜਪੁਜੀ ਸਾਹਿਬ' ਦੀ ਪੰਜ ਪਉੜੀਆਂ ਯਾਦ ਕਰੋ।
- ਪ੍ਰਾਰਥਨਾ ਸਭਾ ਵਿੱਚ ਬੋਲੀ ਜਾਣ ਵਾਲੀ ਅਰਦਾਸ ਯਾਦ ਕਰੋ।
- ਕੋਈ ਸਵੈ-ਰਚਿਤ ਕਹਾਣੀ, ਕਵਿਤਾ ਜਾਂ ਲੇਖ ਲਿਖੋ।

INTEGRATED SCIENCE:

NOTE: Prepare the project on A3 sized sheet (any colour).

- A. Research and present:** Groundnut is a rich and inexpensive source of protein. Prepare and present a list of three other food items that are inexpensive and nutritive. Highlight the fact that it is not essential to be rich to eat healthy. One example is given for your understanding.

S. No.	FOOD ITEM	MAJOR NUTRIENTS PRESENT	FUNCTIONS OF NUTRIENTS	PRICE OF THE FOOD ITEM (Per 250 gms.)	CONCLUSION
1.	Groundnut	Proteins and Fats			
	Cashewnut				
	Walnut				

- B. Aim: To find out the nutrients present in the junk food.**

Procedure:

- Select any two junk food items. Draw/ paste pictures of the same.
 - Make a list of nutrients present in them.
 - Mention any two ill-effects of the selected junk food items.
 - Now, for the same nutrients find out the alternative natural sources such as vegetables and fruits.
- C. Revise all the chapters done in the class till date.**

MATHEMATICS:

NOTE: Prepare the following project in Activity File.

(A) AIM: To find out the amount of nutrients in various food items and compare their nutritive value.

a. Take a tetra pack of orange juice and mango drink.

b. The table of nutrients and their respective amount present in both the drinks is given below.

NUTRIENTS IN ORANGE DRINK (TETRA PACK)

S.NO.	NUTRIENTS	AMOUNT (mg)
1.	SODIUM	200
2.	POTASSIUM	400
3.	CARBOHYDRATES	1100
4.	SUGAR	1200
5.	PROTIEN	900
6.	VITAMIN-C	800
7.	CALCIUM	200

NUTRIENTS IN MANGO DRINK (TETRA PACK)

S.NO.	NUTRIENTS	AMOUNT (mg)
1.	SODIUM	500
2.	POTASSIUM	100
3.	CARBOHYDRATES	1300
4.	SUGAR	1000
5.	PROTIEN	1200
6.	VITAMIN-C	500
7.	CALCIUM	400

- c. Write their nutritive values in ascending order.
 - d. Now draw a bar graph of the nutrients of each drink on graph paper and paste both of them.
 - e. Also for the same nutrients find the alternative natural sources such as different fruits etc.
 - f. What is the role of preservatives in these drinks and what are their disadvantages ?
- (B) Solve the questions of chapter 1 and 2 from the assignment sheets on separate A-4 sized sheets.

SOCIAL SCIENCE:

- Q1. Prepare a political map of India on A-3 size sheet and paste the pictures of various cuisines in the respective states. (Roll no. 1-15)
- Q2. "India is a land of Great Diversity. There lies an underlying need for Unity in Diversity. Prepare a poster on A-4 size sheet on the topic "Unity in Diversity". (Roll no. 16-30)
- Q3. Share your opinion on the drastically changing food habits in the present India in comparison to Ancient India. Also list the accompanying life time changes and their impact on the health of the present generation. Prepare a project Report of 3-4 pages in your History/Civics notebook. (Roll no. 31-45)

COMPUTERS:

1. Read Chapter 1 (The Computer system) of your book and do all the questions given in the exercises (Objective type and Subjective type) in your computer sc. Notebook.
2. Make Brochure on "Food and Nutrition" using MS Publisher software. Include:
 - a. How to make two vegetables based snacks that are healthy and nutritious.
 - b. Two low fat dairy based snacks.
 - c. Healthy food that should be available in school canteen.

ART:

- A. Draw a landscape or an outdoor composition on A4 sized sheet. Fill colour properly.
- B. Make an outdoor composition by using paper collage.
- C. Do page 15-25 of your Artbook in your Art file.