

*It's summer time, School vacation has begun, Time for children to play, And have fun in the sun.*

*Now the children Are out of school,  
There are trees to climb, Swimming in the pool.  
Time to spend, with special friends.*

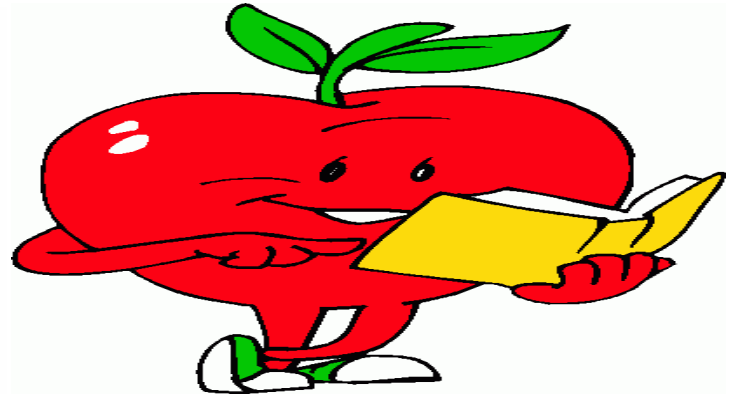
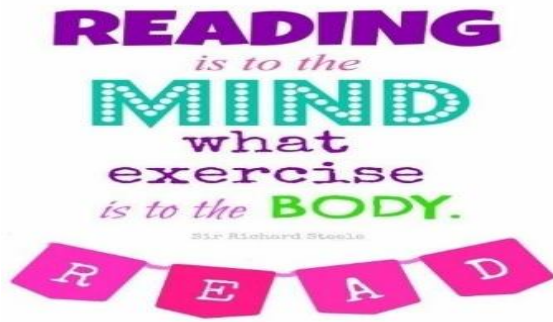
Dear Student,

- Summer Vacation is the best and the most fruitful time for learning and nurturing creativity. Keeping this objective in mind we have planned diverse and exciting activities that will enhance your knowledge and boost your creativity.

- "Knowledge is Power". Therefore read lots and lots of books to cultivate the reading habit and develop your vocabulary, language skills, increase your attention span and improve your spellings.
- "A healthy mind lives in a healthy body". So go out and play the sport of your choice. It will help to instill discipline, generate sporting spirits and channelize your energies constructively.
- Get up early in the morning and see the rising sun. Go for a nature walk and feel the fresh air. Spend quality time with your elders and share your thoughts and ideas with them.
- Eat healthy food and drink lots of water during summer.
- Revise all the work done in the class. Revise the tables from 2- 16.
- Integrating curriculum helps students deepen their understanding of the subject matter and comprehend relationship between different areas of study. This year's holiday homework has been designed keeping this interdisciplinary aspect in mind. Health is a concern for everyone so, keeping this in mind we have designed you homework on the theme "**HEALTH AND FITNESS**".
- **All homework should be handwritten and neatly done on A4 size sheets, stapled subject wise and put together in a common folder.**

*That time of year's come round again,  
So we wish you all the best.  
The joy that comes from knowing you  
Makes us feel that we have been blessed.  
So we'll share with you our feelings  
At this special time of year:  
May your holidays be a delight,  
Filled with happiness and cheer.  
HAPPY HOLIDAYS*

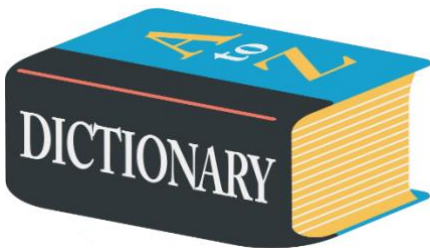
## ENGLISH



**1.** Reading books is a pleasure. It has a joy of its own.

Read any of the novel by Ruskin Bond- "The Room on the Roof or The Blue Umbrella and write about your favourite character in about 80 - 100 words.

**2.** A dictionary can help you understand your subject better and improve your communication.



Prepare a dictionary having minimum 5 words of each alphabet (new words) with meaning to enhance the vocabulary. Cover it beautifully and put a book mark in it with a health quote written on book mark.

**3.** STORY TIME:



Sam is a sweet boy, but he doesn't like to brush his teeth. So one day his teeth decide to look for a new mouth, one that would take care of them. ....

Where did they go? Who did they meet? Did they find the perfect mouth?

Use your own imagination and complete the story in about 100-150 words. Give a suitable title to your story.

**4.** Compose a poem of 6-8 lines on the topic on "Cleanliness is next to Godliness". Try to frame something rhyming.

# Power Up Crossword!

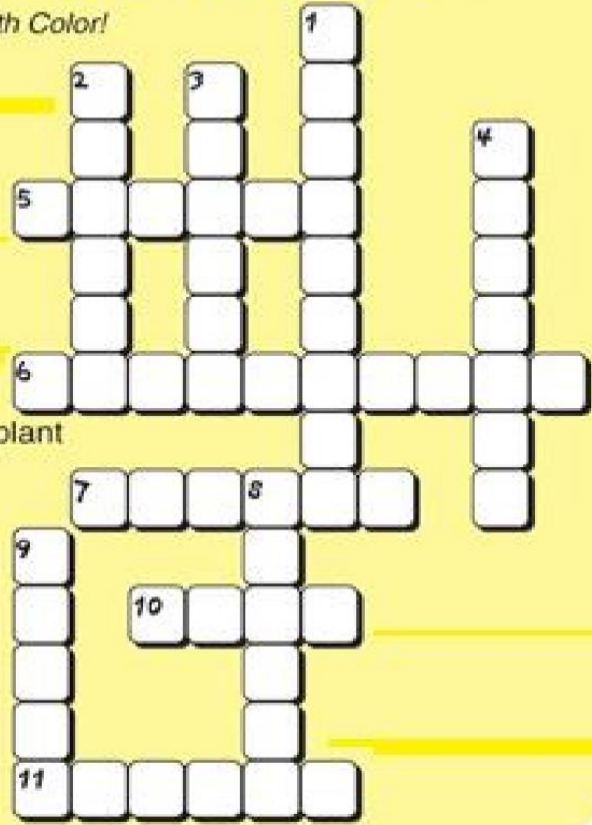
— Remember to Eat Right with Color!

## Across Clues

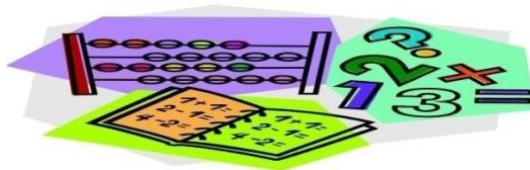
5. A fruit and great source of vitamin C
6. A red fruit that shows its seeds
7. A person who grows fruits and vegetables
10. This green and yellow food grows in "ears"
11. It's considered a fruit and a vegetable

## Down Clues

1. A food that comes from a stem, root or leaf of a plant
2. This orange vegetable helps you to see at night
3. This yellow fruit is also the world's largest herb
4. The name of this crossword!
8. Farmers \_\_\_\_\_, a place where locally grown fruits and vegetables are sold
9. A food developed from a flower and contains one or more seeds



## MATHEMATICS



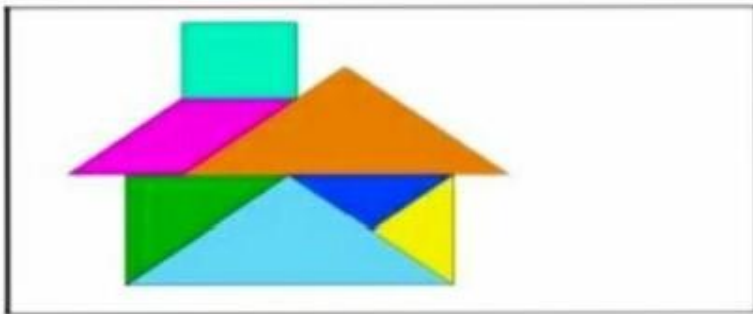
1. Find out the height (in meters and centimeters) and weight (in kilograms) of 10 of your friends /family members. Arrange this data in increasing and decreasing order.  
Who is the tallest? Who is the heaviest?
2. **HEALTH IS WEALTH:**

	<u>Calories required per day</u>
A healthy child	1800
An adult female	2400
An adult male	3200



Take a moment and add here how many calories your family needs as a whole per day. Now, find out how many calories your family would need in a month and then in a year.

3. Make a hut using different geometrical shapes using origami paper and paste that shape on an A-4 size coloured sheet.

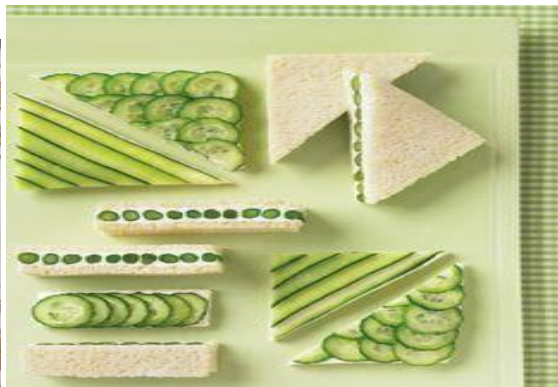


4. Take an old calendar. Cut out any 6-digits from it and paste it on an A-4 size sheet. Form the smallest and the greatest 6-digit number, using each digit once and write the numbers so formed on that sheet only.

5. Make a chart on Indian System of numeration for any 5-digit number.

6. Find the age of 10 of your family members / friends and write them in Roman numerals.

7. Innovating with Geometrical shapes is so much fun. It not only involves playing with our imagination but also recreating things in a meaningful way. Try your hands at recreating some healthy snack that keep us fit and present it using Geometrical shapes. Enjoy this snack with your family and friends!! (Click the picture of the dish you have made and paste it in your homework).





## 1. MEDICINAL PLANTS:

Before the modern-day medicine and synthetic drugs, there were plants, and ancient civilizations knew how to use them effectively to treat common ailments and even life-threatening diseases. One such plant is Tulsi.

Tulsi leaves are used to treat cold, cough, bronchitis.

Find out about at least 5 more medicinal plants and write their medicinal use. You can paste the pictures of these plants.

2.



## Eating a balanced diet in a different region

**Dosa** is a staple dish in South Indian states of Tamil Nadu, Karnataka, Telangana, Andhra Pradesh and Kerala. It is high in carbohydrates, and contains no sugar or saturated fats. As its ingredients are rice and urad dal, it is also a source of protein. The fermentation process increased the vitamin B and vitamin C content.

A group of students plan to visit two different states of India. To get the real feel of these states, they plan to eat only local food. You are their tour advisor. As a tour advisor, motivate them to visit Maharashtra and Sikkim. Find out 2-3 main dishes eaten in these states and their nutrient content. Now suggest a balanced diet for the students using these dishes.

*A balanced diet contains the proper amount of each nutrient required by the body.*

### 3. STAY STRONGER LIVE LONGER:



When you go shopping next time with your parents, read the labels of the food products you pick very carefully. You will notice that every food pack bears nutritional information on the label. After coming back from the market, choose packets of any 3 three different food items you have bought. Note the nutritional information on a sheet. Also make a data table with various headings like protein, carbohydrate, vitamins and minerals. Compare the nutritional value of these three products. Find out which product out of the three products you bought, is the most nutritious. Develop a habit of reading the date of manufacturing and date of expiry mentioned on packets of all food items.

4. Read and write the difficult words of the chapter - Human Body ; Fun and games ; Keeping Healthy and Fit.( In EVS notebook)

### Enjoy some virtual field trips also



#### 1. Online Zoo (Behind the Scenes)

- [San Antonio Zoo](#)
- [San Diego Zoo](#)
- [Cincinnati Zoo](#) (self-guided tours, livestream safari and feeding times)

#### 2. Under the Sea Visit

Journey to [The Deep Sea](#).

#### 3. NASA Commercial Crew Program

Learn more about [NASA's at-home STEM activities](#).

#### 4. Historical sites with online experiences:

- [The Sistine Chapel](#)
- [The Taj Mahal](#)
- [Ellis Island](#)
- [Rock and Roll Hall of Fame](#)
- [Gettysburg Battlefield](#)

## HINDI



1. 'खेलकूद और हमारा जीवन' विषय पर अपने विचार एक अनुच्छेद के रूप में लिखिए। (80-100 शब्दों में)
2. पचतंत्र / अकबर बीरबल / दादी-नानी की कहानियाँ / पराग/नंदन या कोई भी अपनी पसंद की पुस्तकें पढ़िए और कोई भी एक अपनी पसंद की कहानी को अपने शब्दों में लिखिए।

### 3. वर्ग पहेली

नीचे दिए गए संकेत बिंदुओं की सहायता से वर्ग पहेली पूरी करिए -

				4.			5.					
			2.				9.					
1.			8.									
			3.									
		7.										
6.												

#### ऊपर से नीचे:

1. एक ऐसी सवारी जो सबसे सस्ती है। दोपहिए की इस सवारी से पर्यावरण को कोई हानि नहीं पहुँचती।
2. व्यायाम की प्राचीन विधि जो आज भी काफ़ी लोकप्रिय है।
3. यह अंदरूनी भी हो सकते हैं व बाहरी भी। हर किसी को इसमें आनंद आता है व कसरत भी हो जाती है।
5. भारी भरकम फल जिसे गरमी में खाने पर ताज़गी मिलती है।

#### बाएँ से दाएँ

4. एक प्रकार का खाना (फास्टफूड) जो हमें नहीं खाना चाहिए।
6. एक ऐसी क्रिया या खेल जो अक्सर बच्चे मैदान या पार्क में कद बढ़ाने के लिए करते हैं।
7. इसके बिना हम जीवित नहीं रह सकते। आजकल इसे बचाना बहुत ज़रूरी हो गया है।
8. यह मौसम बहुत सताता है लेकिन लम्बा अवकाश संग में लाता है।
9. घर का वह भाग जहाँ माँ हमारे लिए पोषक व स्वादिष्ट खाना बनाती हैं।