



PRAGATI PUBLIC SCHOOL
SUMMER HOLIDAY HOMEWORK
CLASS: IV (2023-24)

INTERNATIONAL YEAR OF MILLETS - 2023



FOOD AND AGRICULTURE ORGANIZATION and UNITED NATIONS has recognized 2023 as INTERNATIONAL YEAR OF MILLETS for awareness about health and nutritional benefits of millets. Because millets use less water to produce and grows in less time, it can be an alternative to imported cereals. Millets also have high nutritional values.

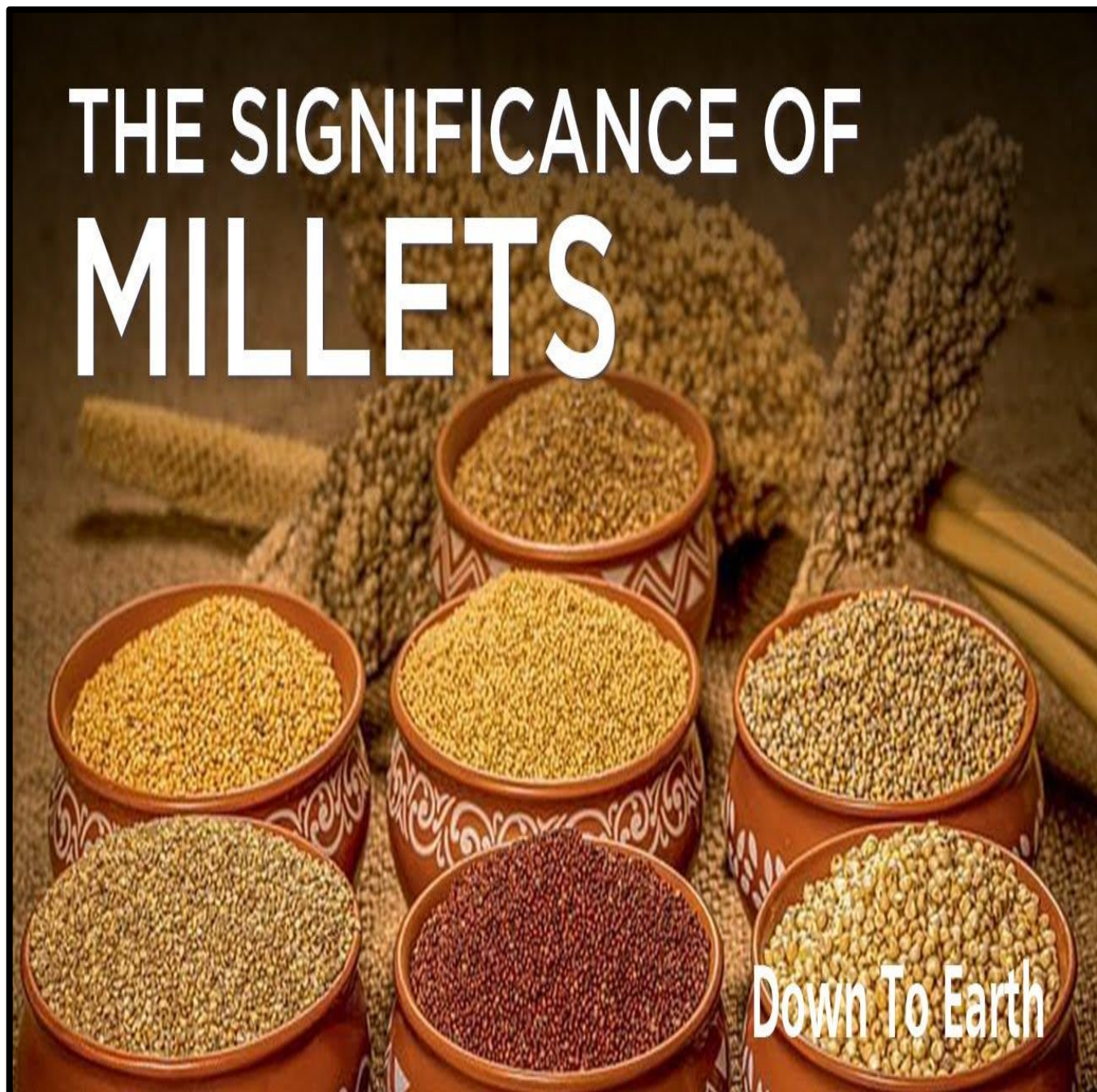
India contributes 80% of millet production in Asia and 20% worldwide.

Millets can play an important role and contribute to our collective efforts to empower smallholder farmers, achieve sustainable development, eliminate hunger, adapt to climate change, promote biodiversity, and transform agrifood systems.

Millets are a highly varied group of small-seeded grasses, widely grown around the world as cereal crops or grains for fodder and human food. Generally, millets are small-grained, annual, warm-weather cereals belonging to the grass family. Millets are important crops in the semiarid tropics of Asia and Africa with 97% of millet

production in developing countries. This crop is favoured due to its productivity and short growing season under dry, high-temperature conditions. They are highly tolerant of drought and other extreme weather conditions and have a similar nutrient content to other major cereals.

THE SIGNIFICANCE OF MILLETS

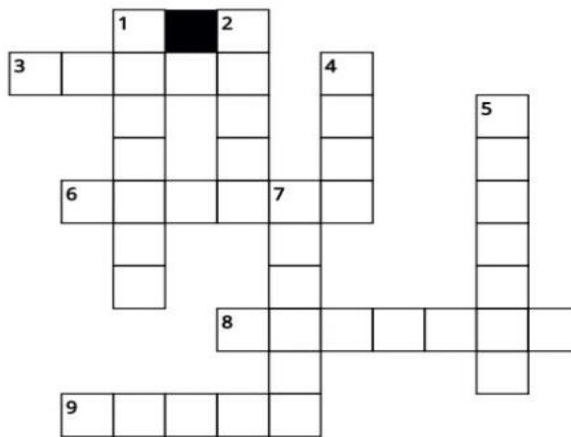


Down To Earth



1. Crossword

Millets



Across

- 3. Millet containing the highest amount of proteins 12.5%
- 6. A tamil name for Kangni millet
- 8. The year of 2023 dedicated for which cereal
- 9. Millet mainly grown in Rajasthan about 80%

Down

- 1. Used for ethanol production
- 2. Millet which is an antioxidant
- 4. Millet which is substitute for rice and wheat
- 5. Also known as crops of the future
- 7. Region where Millets are used to make beer



Q2. Prepare a Millet based dish and prepare a project file on the following questions

- What is millet?
- How is it crucial?
- Ingredients you used to prepare your dish.
- Create your millet-based dish (Eg: Millet biscuits pudding, Foxtail millet pulao, Ragi laddoo, Jowar Upma, etc) and also prepare a collage for the same adding the pictures of your dish, pictures clicked while preparing a dish and the picture of the final millet dish, etc.
- Write the benefits and disadvantages of millet

Q3. Write a paragraph expressing your feelings about how you enjoyed your summer holiday.

Q4. Design a Logo on the topic 'Millets- the super food' and a brief write-up about the 'logo'



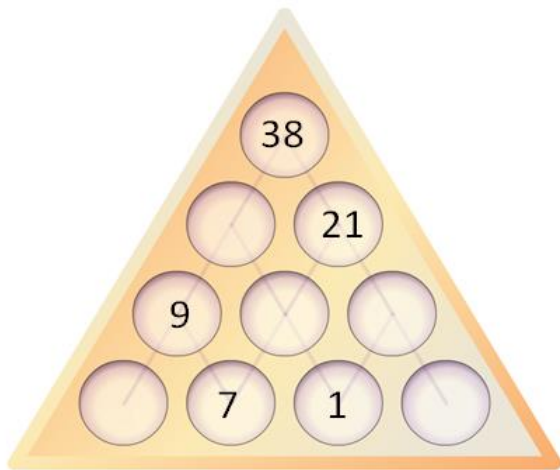
ग्रीष्म अवकाश गृह कार्य

1. भारत के भौगोलिक नक्शे में विभिन्न राज्यों की तथा उन में उगने वाली फसलों को दर्शाएं
2. भारत में 2023 को मिलेट्स वर्ष घोषित किया गया है उससे संबंधित पांच स्लोगन लिखे
3. विभिन्न फसलों की एकत्रित कर उनका एक कोलाज बनाएं तथा उनके नाम लिखे
4. स्वास्थ्य से संबंधित यूट्यूब चैनल पर स्वस्थ कौन , फिल्म देखकर उस उसका सार अपने शब्दों में लिखें



1. On an A4 sized tinted or chart paper, create a symmetrical design using millets. Symmetry is an important concept in mathematics and art. You can create a symmetrical design by dividing a shape into two or more equal parts and then reflecting one part across a line or a point. Use millets of different colors and sizes to create an interesting pattern using glue.
2. Place the paper in a transparent sheet and then File it with a cover page with your Name, Class & Section, Subject and Topic written on it.
Write the names of the millets used.
3. Do mental maths book worksheets of chapter 1 and 2 in book only.

4. Solve the question bank of chapter -2 in notebook.
5. Solve the given puzzles.



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



(RESEARCH BASED)

1. Why millets are considered as positive grains?
2. Given below are names of five commonly found millets in India
 - a) Foxtail Millet
 - b) Kodo Millets
 - c) Barnyard Millets
 - d) Finger Millets
 - e) Pearl Millets.

On an A4 size sheet paste pictures of all these millets and write their health benefits. Also write down their Fibre content.

3. Given below are 7 Ancient scientists. Aryabhata, Sushruta, Charaka, Brahmagupta, Patanjali, Bhaskara II, Kanada Students to paste picture of any two of the above scientists and write their contribution to the world on an A-4 size sheet.

Tips to make the summer break more fruitful

- ❖ Play games like scrabble, chess, atlas and word building with your family.
- ❖ Inculcate good manners- 4 magic words 'please, thank you, excuse me, sorry'-use them and see the difference.
- ❖ Encourage your child to help around the house work and do small household jobs like dusting, watering the plants, laying dinner table, cooking some dishes (without fire) etc.
- ❖ Plan any trip with your family to some historical places and learn about our rich heritage.
- ❖ Guide the child to keep his room and things clean and well organized.
- ❖ Motivate your child to take up yoga or any other form of healthy activity.
- ❖ As much as possible, try to converse in English with your child.
- ❖ Encourage your child to read books (e books) and children's magazines.



