

1.SUBJECT: SCIENCE

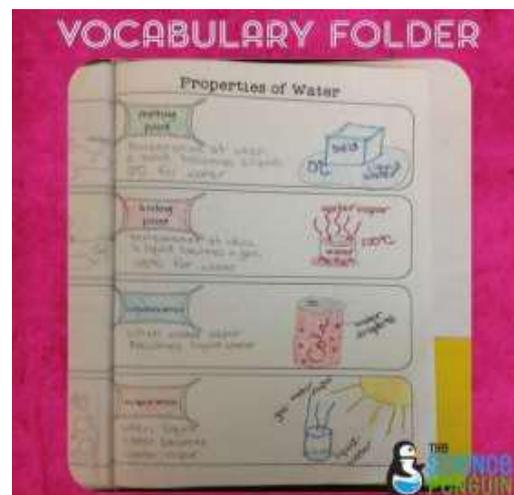
- Project : Make a food pyramid on cardboard using coloured pictures and chart paper by showing different food items in each level (in 3D).



- Project

Make a vocabulary folder using A3 sheets related to scientific terms (an example given below). Also paste/draw the pictures related to the terms:

Food pyramid, Balanced diet, simple carbohydrates , complex carbohydrates , ingredients , roughage , digestion, egestion, over malnutrition, under malnutrition.



Q1. Choose the correct option:

1. Which of these provides energy?
a) Vitamins
c) water

- b) Minerals
d) carbohydrates

2. In which vitamins would your body be most deficient if you did not eat fresh fruits, green vegetables?

a) Vitamin A	b) Vitamin B
c) Vitamin C	d) Vitamin D
3. Which of these forms most of our body weight?

a) protein	b) fats
c) water	d) carbohydrates
4. Which of these is the quickest source of energy?

a) sugars b) starch c) protein d) fats
5. Which mineral is necessary for the formation of strong bones and muscles?

a) iron b) calcium c) phosphorus d) potassium

Q2. Fill in the blanks:

1. If we do not get sufficient _____ and _____ in our diet we can suffer from deficiency diseases.
2. Roughage is present in _____ (plant foods / Animal foods / both plant and animal foods)
3. How do these help your body?
 - a. Carbohydrates: _____
 - b. Fats: _____
 - c. Proteins: _____
4. Chemical substances needed by our body are called _____. They are grouped into the following classes- _____, _____, _____, _____ and _____.

Q3. Think And Answer

1. Rickets is caused by the deficiency of _____ and _____ on the diet.
2. Name one deficiency disease that can arise due to the deficiency of the following in the diet.
 - a. Proteins: _____
 - b. Vitamin A: _____
 - c. Iron : _____
 - d. Vitamin C: _____

Q4. Give one-word Answer.

1. Deficiency of which vitamin is likely to cause rickets in children?
2. Lack of nutrients leads to _____ diseases.
3. Which mineral is vital for bones and teeth?
4. Which vitamin is easily destroyed during cooking?
5. The chief place where fats are stored in the body is under the _____.

Q5. True or False.

1. Meat does not contain roughage.
2. Fiber cannot be digested by the body, so it is better to eliminate it from food
3. Sugars provide energy faster than starch.
4. Milk and milk products are rich in the mineral calcium, which is good for bones and teeth.
5. Foods rich in proteins and vitamins provide energy to the body and are known as energy-giving foods.

2. SUBJECT : ENGLISH

1. Make a bookmark. Decorate it and write an inspirational quotation by a well known poet or author. Laminate and present it beautifully.
2. Make a noun calendar for the year 2018 depicting nouns and its classification.
3. Underline nouns in the following sentences and state its kind.
 - a) Hari is going to Mumbai with his uncle.
 - b) I can't find my blue shirt.
 - c) Renu bought a bunch of bananas.
 - d) The joy which they felt was obvious.
 - e) Raj put a plastic bottle in the jute sack.
 - f) Rani bought a golden earring for her little sister.
 - g) The general's bravery has earned him many accolades.
 - h) Ravi is a man of great wisdom.
 - i) A herd of cattle greeted the farmer in his backyard.
 - j) James bought an iron box.

3.SUBJECT: MATHS

1. Make a magic square.
2. Make a chart of all divisibility tests.
3. Make a chart defining fraction, equivalent fraction, proper and improper fraction.
4. Make a chart representing Point, line, collinear points, and concurrent lines.
5. Make a chart showing all kinds of angles.
6. Make a chart showing kinds of triangles according to sides and angles.

Estimation of monthly household expenditure

Objective: To make the students understand the sum and the difference of numbers and application of numbers in day to day life.

Implementation: Every student is asked to collect the monthly expense their house under the following categories:

- a) grocery
- b) electricity bill
- c) school fees
- d) transport charge
- e) milk
- f) house rent
- g) telephone bill
- h) cable
- i) entertainment
- j) health issues
- k) miscellaneous

* Above data to be converted into ones, tens, hundreds and thousands.

* Round off the data to nearest thousands and find the sum (expenditure).

* Estimate savings in thousands.

4.SUBJECT: SOCIAL SCIENCE

Prepare a model depicting the archaeological sources of history.

GENERAL INSTRUCTION

- Take a cardboard or wooden board to make base of the model

MATERIAL USED

- Broken Bangals, old articles of jewellery, small earthen pots, POP or clay could be used for making (seal, figures, coins monuments, houses etc)
- paintings on any material etc.

Prepare a model depicting the different heat zones on the earth.

GENERAL INSTRUCTION:

It is to be done in a spherical shaped object

MATERIAL TO BE USED:

Ball or any other round or spherical surface, thread, colours, and as per requirement

HAPPY HOLIDAYS....