

DR. VIRENDRA SWARUP PUBLIC SCHOOL, KALYANPUR SESSION: 2023-24 SUMMER HOLIDAY HOMEWORK Class I

Name:_



THEME - HEALTHY LIFE STYLE

Dear Parents,

Greetings from VSPS Kalyanpur.

As parents, it is important to invest your time with children now. To cherish these moments, here is a list of suggested activities, which you can enjoy with your children.

- Share stories about your childhood and your family.
- Take atleast two meals together with your children. Ask them not to waste their food and explain to them, the importance of the hardwork the farmers do to grow food.
- Allow them to help you in the kitchen or other household chores. Children learn dignity of labour from such activities.
- Allow your children to read as many age appropriate storybooks, as possible.
- Keep your children's screen time limited. Screen time includes T.V., mobile phones and computers etc.
- Avoid giving junk food like chocolates, jellies, cakes, aerated drinks etc.
- Cultivate healthy eating habits among your children.
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Dear Students,

Summer is the time to relax, be productive and get ahead. As important as it is to rest and enjoy, it is equally necessary to continue to learn. To utilize this time in the most constructive way we have compiled a set of sheets and some activities to keep you engaged in learning activities during the summer vacation.

POINTS TO NOTE:

- The holiday homework in all subjects will be marked out of 10. No marks will be given in case the holiday homework is not submitted.
- All the sheets should be well labelled.
- The work should be neatly done under the supervision of parents.
- The work in different subjects should be handed over to the concerned subject teacher latest by 8TH July 2023.
- All the subject related projects should be sent to school in a folder.

THINGS YOU HAVE TO DO DAILY:

- Practise speaking simple sentences in English.
- Reading is one of the best summer activities. Spending an hour everyday helps to improve reading skills, to gain knowledge and improve vocabulary.
- To improve writing skills, engage yourself in writing atleast one page in cursive daily.
- To come close to the nature spend some time in gardening. Plant different types of herbs, shrubs or trees.
- Switch off fans, lights, coolers and A.C.s when not in use.
- Do exercises, eat healthy food and drink lots of water.
- Help your elders in small household chores.

SUMMER PROJECT WORK

ENGLISH

1. Draw a scenery of morning walk on an A4 size sheet and label any 7 naming words on it. For example Sun, swings, trees etc.

2. Paste a cut out of your favourite healthy food on an A4 size sheet and write 5 lines about it on the same sheet.

HINDI

 अच्छी आदतें क्या होती हैं उनके बारे में पाँच वाक्य अपनी हिन्दी वर्तिका (कार्य पुस्तिका) में लिखिए। अच्छी आदतों का इस प्रकार फूल बनाकर अपनी पुस्तिका में चिपकायें। उदाहरण के लिए नीचे चित्र दिया गया है।



MATHEMATICS

1. 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' and present it using geometrical shapes. Enjoy this snack with your family and friends!

Click the picture of the dish you have made, paste it on a coloured A4 size sheet, write the names and the numbers of the shapes used for preparing it.

2. Visit a market with your parents and purchase any 5 healthy food items. Paste their picture and write their prices on coloured A4 size sheet like of the vegetable / grocery item given below -



Rs 50

Then write its:

- Before, after and between
- Number names
- Ascending / Descending order

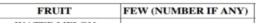
EVS

1. Some types of food items are important for the health of our bones and teeth. Find out those food items with the help of your parents and make a list of those. Also mention 5 points as how they help us to become healthy. Select any two food items from the list and draw and colour their pictures on an A4 size sheet.

2. Make one mobile hanger of any one food group (Cereals, Pulses, Milk Products) and its function as shown in the picture. You can use a coat hanger for making the mobile hanger and decorate it. Label the coat hanger with the food group and its function as shown in the picture given below:

PASTE PICTURES OF MILK PRODUCTS IN TH

Q3. Eat the fruits given below any time during summe try to count the number of seeds. Draw a table as show 4 size sheet and put a tick mark in the respective colun seeds present in them are few or numerous. Also write you were able to count them. Make a creative picture u seeds on a A4 size coloured sheet.



Hang labels, pictures of food from that group.



Rs 85

GK

Do the given worksheets.

Computer

Do the given worksheets

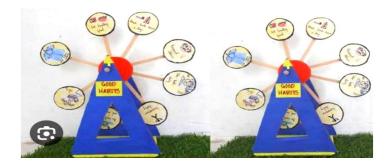
Art and Craft

Make a collage using different pictures on the theme "Healthy Habits" and decorate it with your imagination on an A4 size sheet.

PROJECT

Art Integrated Learning Project Work

- 1. Subjects Integrated Art and Craft, EVS
- 2. Nature of the activity Individual
- 3. Type of Activity Visual
- 4. Procedure Prepare a 4 pillar-working model on healthy habits using cardboard, handmade paper, colorful sheets. Decorate it using paint colors, sketch pens and decorative material with your imagination. A sample is being shared:



Sharing the youtube link for your help:

https://youtu.be/btks-0emKpA

Note: Do all the given worksheets neatly

HAVE AN ENJOYABLE SUMMER BREAK!



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SESSION: 2023-24 WORKSHEET No - 2 Subject: English

Date: Name: Class: Roll No.:

COMPREHENSION

A Healthy lifestyle



The Thomson family has been trying to eat healthy meals for a very long time, but found it difficult to keep it up. Mr and Mrs Thomson work long hours at the hospital, and feel exhausted when they arrive home. They also have three young

children who needed a lot of care. David is eight years old, their daughter Ann is six and the baby is one. It is difficult for the family to cook healthy meals every day. For months, Mrs Thomson has been ordering food during the week, which is delivered after they arrive from work. This is a bad routine, and the Thomson's know this fact very well and have started to worry that their children will get so used to eating fast food; it will be difficult for them to change this habit. For the past two weeks, they have been eating healthy homemade meals and feel very excited about it.

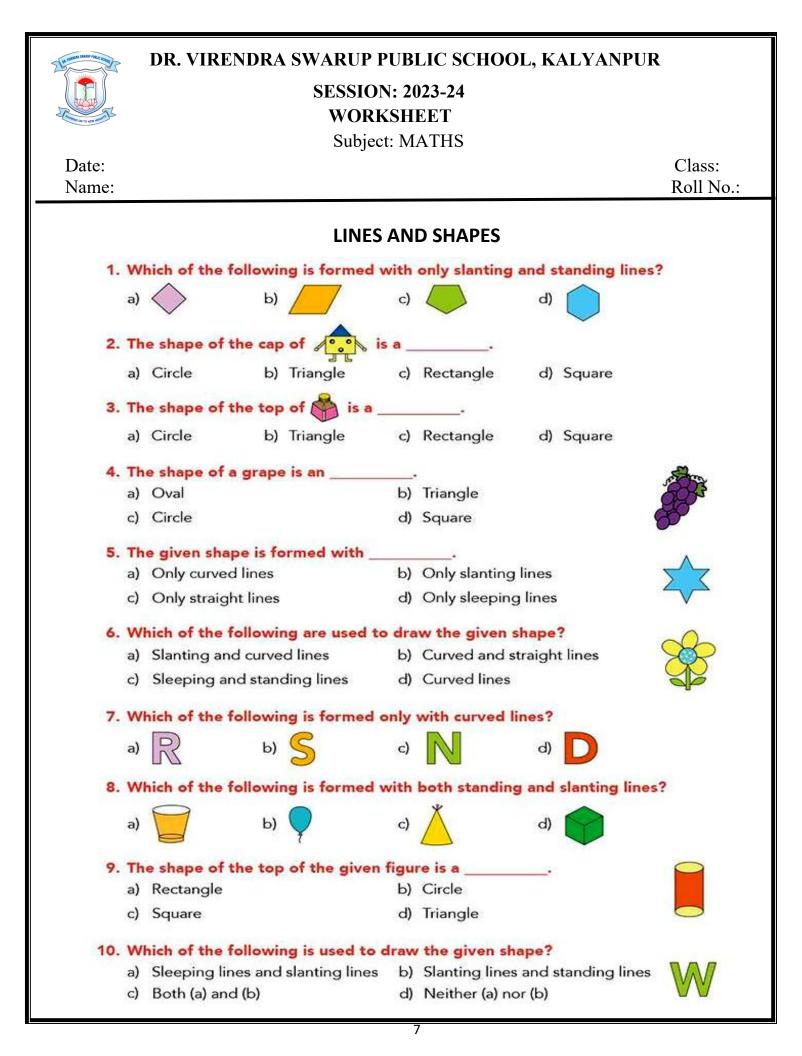
Answer the following questions:

1. Does the Thomson family eat healthy meals?

How many children do they have?

3. Who orders food every day?

4. Are they worried about their bad eating habits?



SESSION: 2023-24 WORKSHEET Subject: EVS

Date: Name: Class: Roll No.:

Q1. Find out the hidden words in the given puzzle.

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CRA	CRANBERRY BROCOLLI					LEMON CHERRY			LIME					
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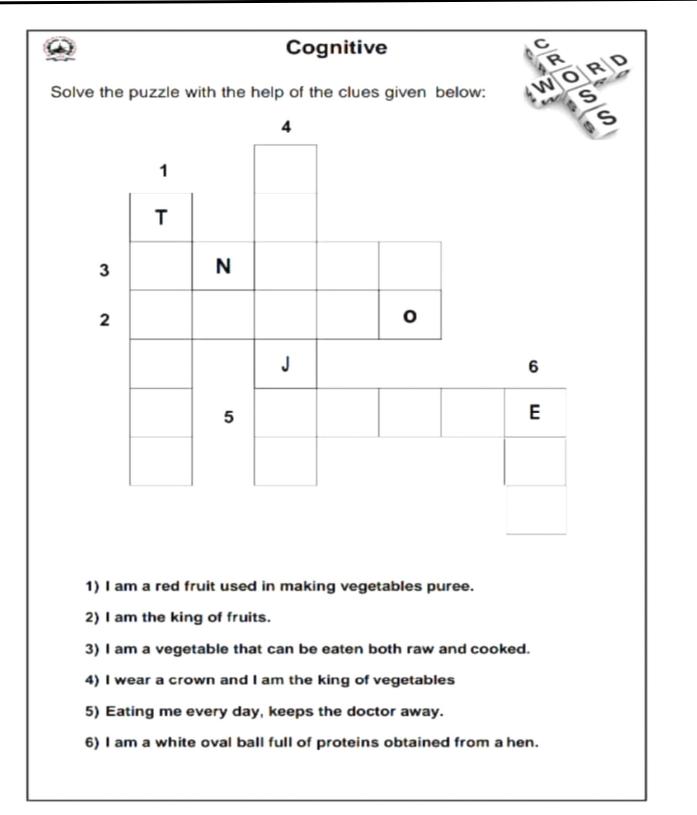
SESSION: 2023-24 WORKSHEET

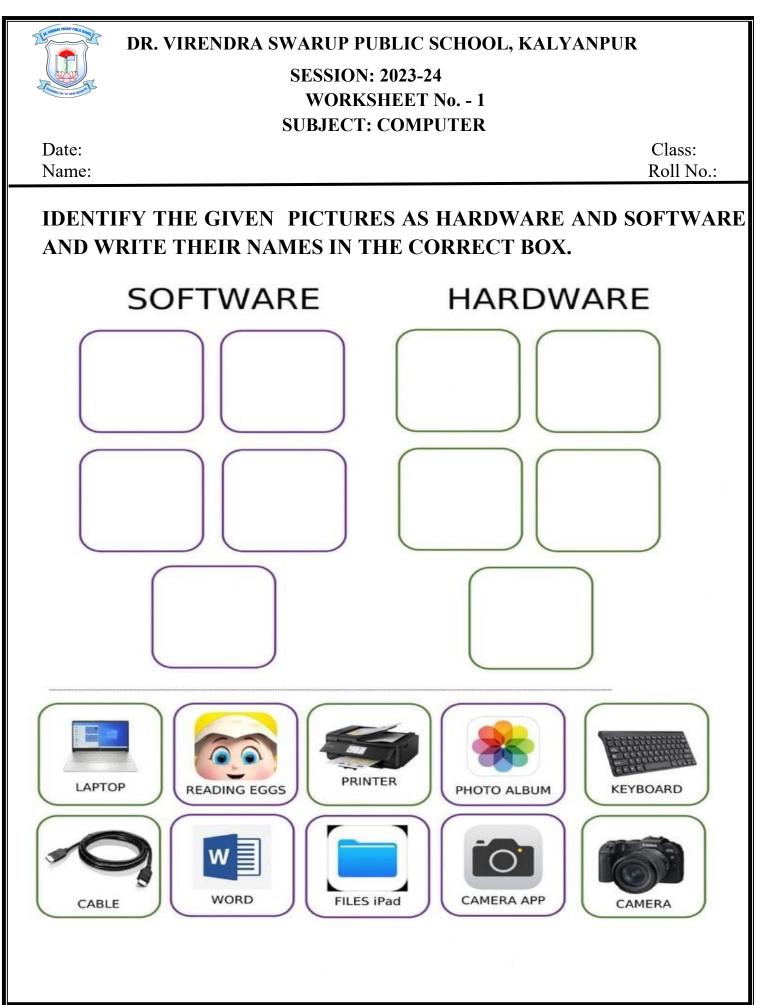
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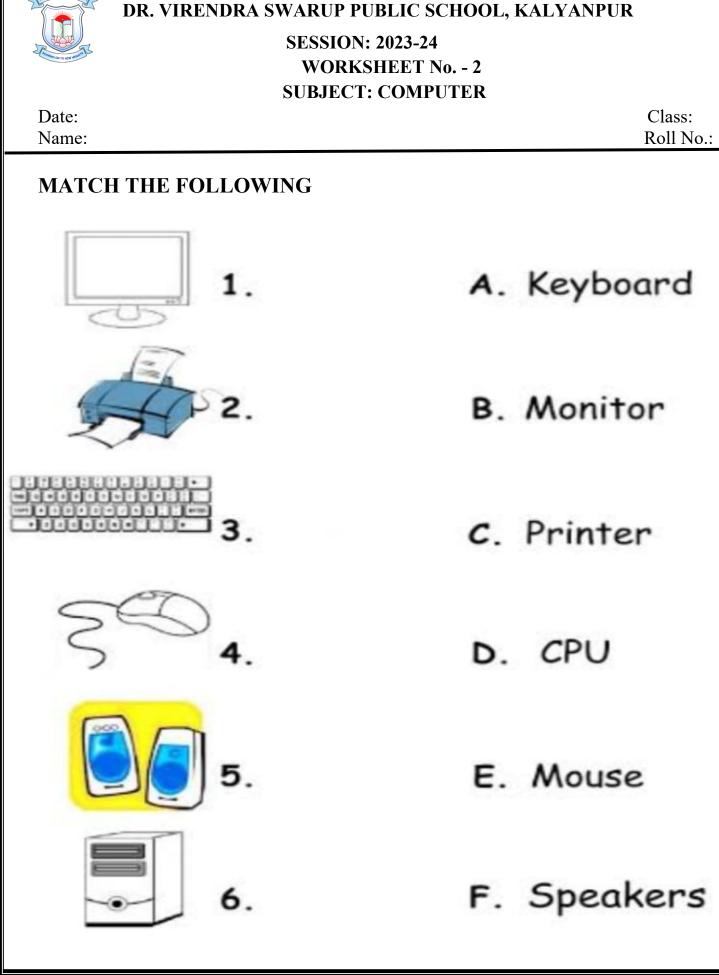
Date:

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SESSION: 2023-24 WORKSHEET SUBJECT: HINDI

Date: Name: Class: Roll No.:

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