

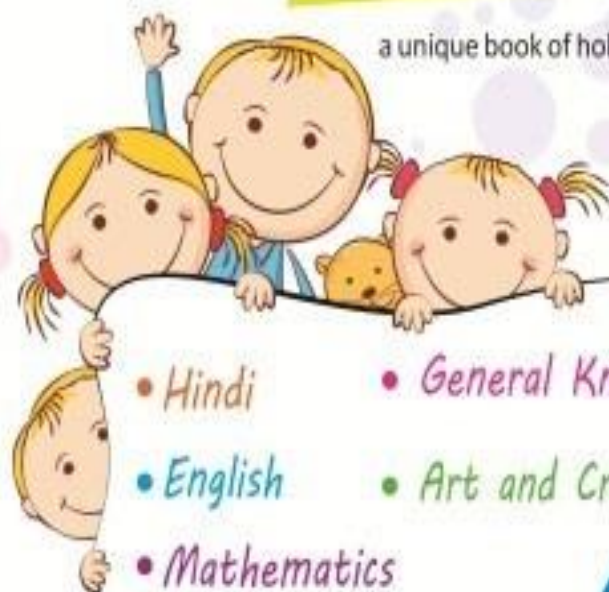
**R. H. MEMORIAL PUBLIC SCHOOL ,  
SECTOR - 87 , GURUGRAM  
"HIT - INDIA FIT - INDIA"**



# **HOMEWORK**

**for Summer Vacation**

a unique book of holidays homework



- Hindi
- English
- Mathematics
- General Knowledge
- Art and Creativity



**Worksheets**

R.H. MEMORIAL PUBLIC SCHOOL  
SEC - 87 , KANKROLA, GURUGRAM

HOLIDAY HOMEWORK (CLASS 6th ) SESSION 2022-23

❖ ENGLISH

- TOPIC-WRITE IMPORTANCE OF YOGA WITH PICTURES (AIL)
- ASL topic : This is my house and french fries ( perform activity by scanning Scan code - listen the audio and complete your activity)

**THIS IS MY HOUSE**

Listen to the audio carefully. As you listen, solve the exercise given below :

A. Choose the correct option :

	A	B	C
Number of floors	3	2	1
Rooms on the ground floor.	3	2	4
Bedrooms on the first floor	3	4	1

B. Match the antonyms.

big •	• new
love •	• crampy
old •	• hate
spacious •	• unpleasant
back •	• small
comfortable •	• front
cozy •	• uncomfortable

C. Say whether the following statements are True or False :

Sr.	Statement	True	False
1	Peter's house is very big.		
2	There are a total of Four Floors		
3	There is an attic too in the house.		
4	The Living Room is located on the first floor.		
5	The dining room is on the ground floor		
6	Peter's House does not have a garage.		
7	Peter's bedroom is on the ground floor.		
8	Peter loves to take a nap on the sofa.		

*Holiday Package* **1** *Bravia 6*



## FRENCH FRIES



Listen to the audio carefully. As you listen, solve the exercise given below :

A. Put a (X) in the right box :

1. The word *chef* means :

a person incharge of a hotel ☐

a person who cooks ☐

a person who waits on people ☐

2. In the audio, *fry* means :

to cook in a pan over heat with use of oil ☐

to cut something into pieces ☐

to slice something ☐

3. The word *twice* means :

one time ☐

two times ☐

three times ☐

4. French fries are made using :

coke ☐

onions ☐

potatoes ☐

5. The strips are soaked in water to remove :

surface starch ☐

worms ☐

oil ☐

6. Good French fries are made with :

no bath technique ☐

one bath technique ☐

two bath technique ☐

7. Thin style French fries have been popularized by :

Fast food chains ☐

China ☐

USA ☐

8. .... of China's French fries are imported.

20% ☐

9% ☐

70% ☐

## ❖ MATHS

- 1. REVISE ALL THE CHAPTERS FROM RS AGARWAL THAT YOU HAVE DONE IN CLASS.
- MAKE A SCRAP BOOK TO REPRESENT ALL THE PROPERTIES OF WHOLE NUMBERS AND ANY FIVE POLYGONS USING MATCHSTICKS (USING CREATIVE AND INNOVATIVE SKILLS.)
- PREPARE A PROJECT ON THE THEME OF SWACHH BHARAT ,SWASTH BHARAT PREPARE YOUR DAILY DIET CHART AND WRITE THE AMOUNT OF CALORIES AND MAJOR NUTRIENTS THAT YOU INTAKE AND REPRESENT IN BARGRAPH USING A4 SHEETS FOLLOW LINK - <https://www.nephroplus.com/nutrient-content-common-food-items/>

MATHS (Sample)


Date	Days	Nutrients				
		Protein	Carbohydrates	Roughage	Vitamin & Minerals	Fats
	Monday					
	Tuesday					
	Wednesday					
	Thursday					
	Friday					
	Saturday					
	Note - Take atleast 7 glasses of water every day					

## ❖ Science

- On colourful sheets make a chart of given Theme – Hit India Fit India , Topic- Balanced Diet based on given sample. Follow the link <https://youtu.be/6dVszRZvEPE>
- Also do Worksheet of chapter 1,4,6 and 7 in workbook.

### A balanced diet

A balanced diet must contain all the different food groups in the right proportion

Food group	Use in body	Foods they are found in
Protein 		
Carbohydrates (sugar and starch) 		
Fats and oils 		
Vitamins and minerals 		

# A balanced diet

You need to eat a range of foods to get all of the nutrients and fibre your body needs. The five main food groups are:

- starchy foods, which include bread, pasta, rice and potatoes
- fruit and vegetables
- milk and other dairy foods
- meat, fish, eggs, beans and other non-dairy sources of protein
- foods high in fat or sugar

Eat the right balance of foods from these groups to make sure your body gets all it needs to stay healthy.



## What is a balanced diet?

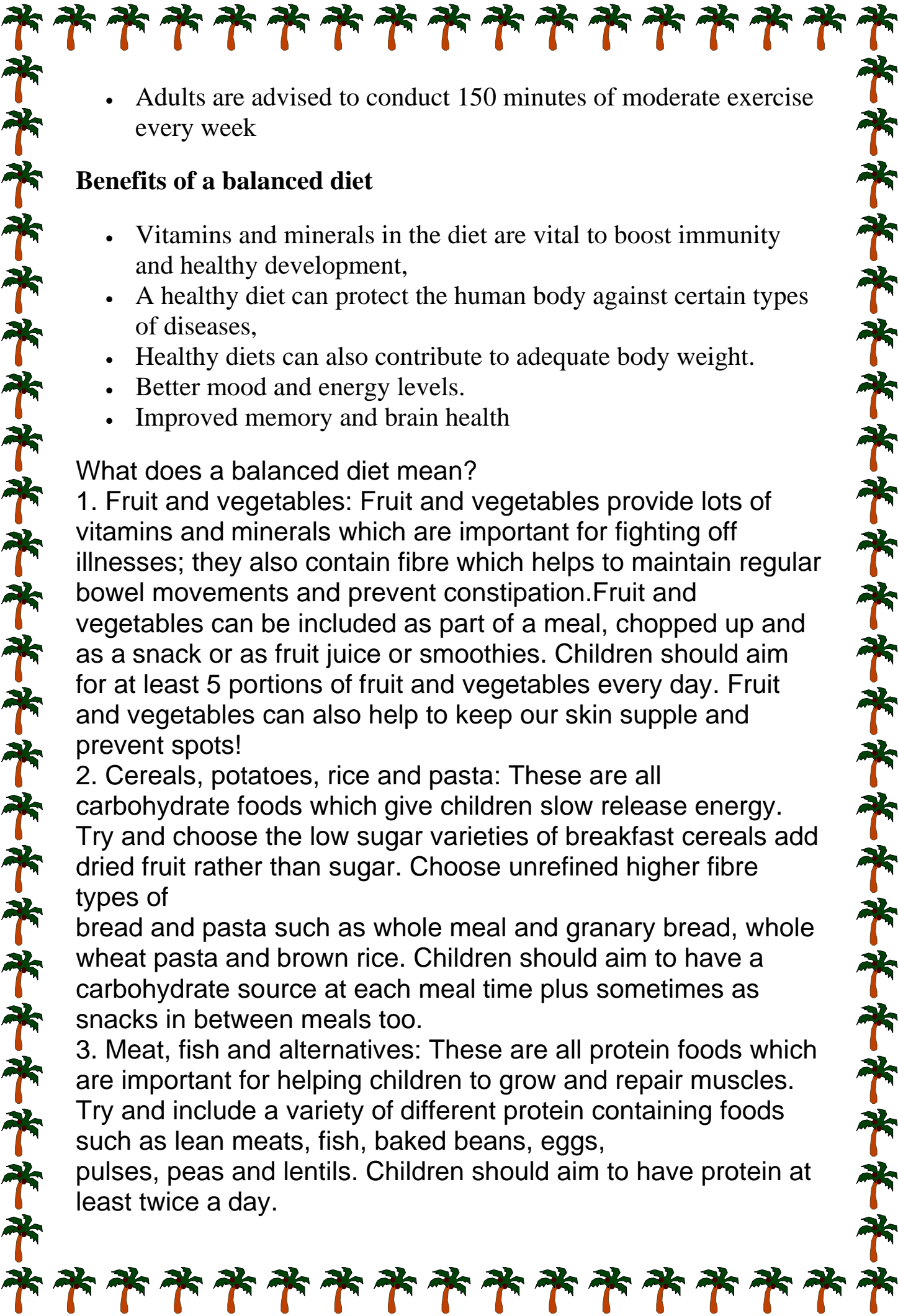
A diet that contains all the vital nutrients required by the human body is called a balanced diet.

### Balanced diet

A balanced diet comprises vital nutrients like carbohydrates, fats, vitamins, minerals, proteins, and fibre. Sufficient and nutritious food that ensures good health is included in a balanced diet. A healthy and balanced diet helps to reduce the risk of diseases and improves overall health.

- Aim to eat at least five portions of fruit and vegetables each day.
- Drink plenty of water (six to eight glasses is recommended, though this will vary).
- Try to include at least two portions of fish every week.
- Get into the habit of eating breakfast daily; it can help reduce snacking later on.



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- Adults are advised to conduct 150 minutes of moderate exercise every week

### **Benefits of a balanced diet**

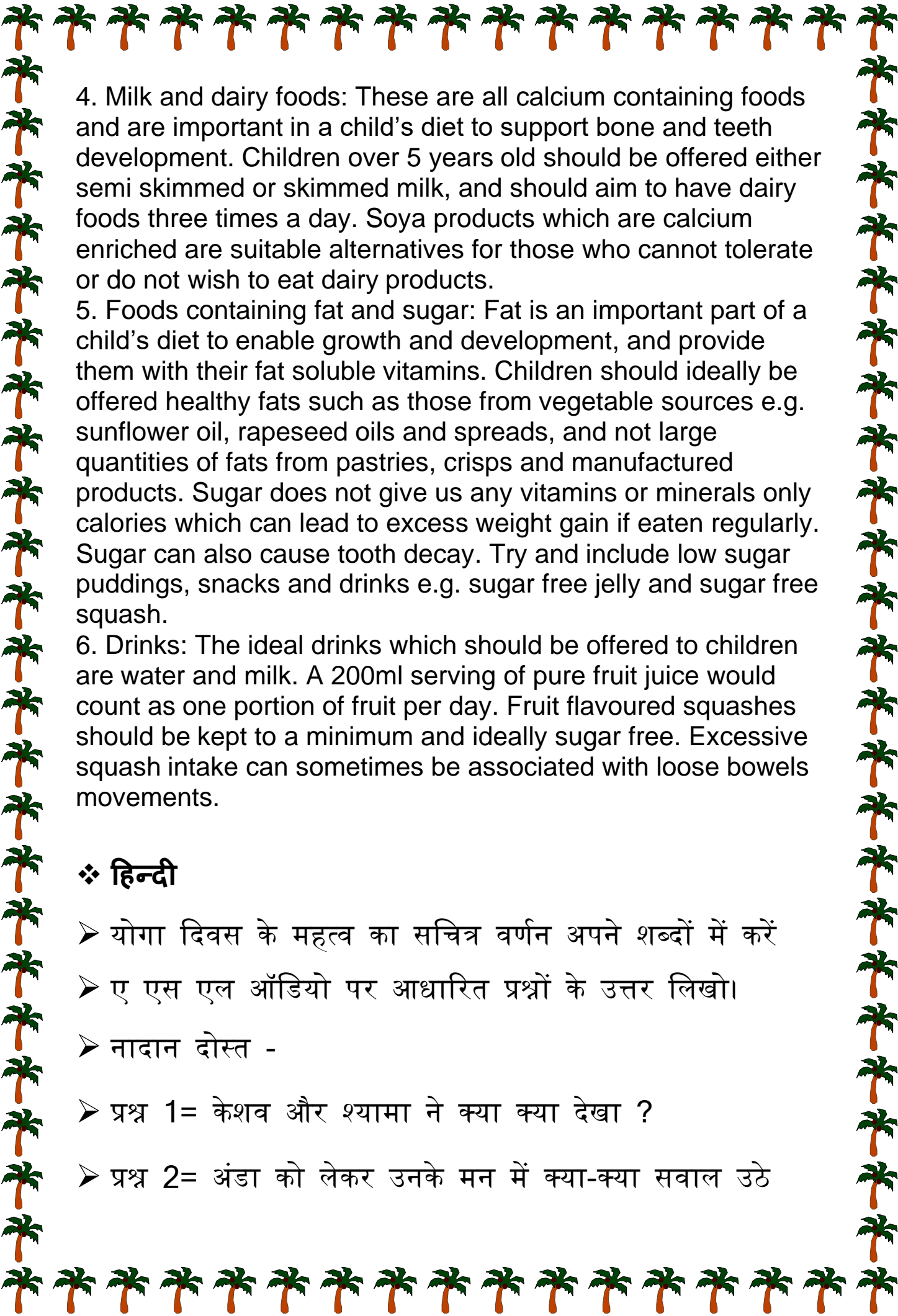
- Vitamins and minerals in the diet are vital to boost immunity and healthy development,
- A healthy diet can protect the human body against certain types of diseases,
- Healthy diets can also contribute to adequate body weight.
- Better mood and energy levels.
- Improved memory and brain health

What does a balanced diet mean?

1. Fruit and vegetables: Fruit and vegetables provide lots of vitamins and minerals which are important for fighting off illnesses; they also contain fibre which helps to maintain regular bowel movements and prevent constipation. Fruit and vegetables can be included as part of a meal, chopped up and as a snack or as fruit juice or smoothies. Children should aim for at least 5 portions of fruit and vegetables every day. Fruit and vegetables can also help to keep our skin supple and prevent spots!

2. Cereals, potatoes, rice and pasta: These are all carbohydrate foods which give children slow release energy. Try and choose the low sugar varieties of breakfast cereals add dried fruit rather than sugar. Choose unrefined higher fibre types of bread and pasta such as whole meal and granary bread, whole wheat pasta and brown rice. Children should aim to have a carbohydrate source at each meal time plus sometimes as snacks in between meals too.

3. Meat, fish and alternatives: These are all protein foods which are important for helping children to grow and repair muscles. Try and include a variety of different protein containing foods such as lean meats, fish, baked beans, eggs, pulses, peas and lentils. Children should aim to have protein at least twice a day.



4. Milk and dairy foods: These are all calcium containing foods and are important in a child's diet to support bone and teeth development. Children over 5 years old should be offered either semi skimmed or skimmed milk, and should aim to have dairy foods three times a day. Soya products which are calcium enriched are suitable alternatives for those who cannot tolerate or do not wish to eat dairy products.

5. Foods containing fat and sugar: Fat is an important part of a child's diet to enable growth and development, and provide them with their fat soluble vitamins. Children should ideally be offered healthy fats such as those from vegetable sources e.g. sunflower oil, rapeseed oils and spreads, and not large quantities of fats from pastries, crisps and manufactured products. Sugar does not give us any vitamins or minerals only calories which can lead to excess weight gain if eaten regularly. Sugar can also cause tooth decay. Try and include low sugar puddings, snacks and drinks e.g. sugar free jelly and sugar free squash.

6. Drinks: The ideal drinks which should be offered to children are water and milk. A 200ml serving of pure fruit juice would count as one portion of fruit per day. Fruit flavoured squashes should be kept to a minimum and ideally sugar free. Excessive squash intake can sometimes be associated with loose bowels movements.

### ❖ हिन्दी

- योगा दिवस के महत्व का सचित्र वर्णन अपने शब्दों में करें
- ए एस एल ऑडियो पर आधारित प्रश्नों के उत्तर लिखो।
- नादान दोस्त -
- प्रश्न 1= केशव और श्यामा ने क्या क्या देखा ?
- प्रश्न 2= अंडा को लेकर उनके मन में क्या-क्या सवाल उठे



➤ प्रश्न 3= क्या उन्होंने अंडों की सुरक्षा रक्षा की ?

➤ प्रश्न 4=इस कहानी का क्या संदेश मिलता है

➤ प्रश्न 5= क्या वे चिड़िया के स्वभाव को जानते थे

### ❖ S.ST.

➤ Topic-explain the history of yoga with pictures and mention in the map (famous places of yoga)

### ❖ Sanskrit

➤ योगा दिवस के महत्व पर संस्कृत भाषा में पाँच वाक्य लिखो ।

➤ जानवरो के नाम संस्कृत भाषा में लिखो व याद करो

➤ पाठ - १,२,३ के शब्दार्थ लिखो व याद करो।

### ❖ COMPUTER

➤ Do Activity time of L- 1 , 2 & 3 given in the book .

➤ Learn all class work done in notebook.

### ❖ ART

➤ make creative art with waste material (Pot making)

➤ Make beautiful scenery by using pulses , rice (don't colour it only paste different types of pulses).



❖ G.K.

- Paste the some pictures of most visited place in western India.
- Lesson : Game galore and nature - do in your notebook.
- Write one news in daily basis in your notebook.