

SLS DAV PUBLIC SCHOOL, MAUSAM VIHAR, DELHI-51
CLASS- IV SESSION- 2021-22
HOLIDAYS HOMEWORK
INTERDISCIPLINARY PROJECT



“ Cleanliness is the first law of health.”

There is no substitute for good health.
It is rightly said that a healthy mind
resides in a healthy body.

Health and hygiene are two very
important pillars and are interconnected.

Our children are in their formative years.

Their mind is impressionable and this is the time when habits are
formed.

With a purpose to allow them to explore more about health and
hygiene, we have chosen this as the theme for our holidays homework.



General Instructions-

1. Holidays homework of all the subjects is to be done in your Mathematics activity file.
2. Use material available at your home for doing holidays homework. Do not purchase anything from market.

3. Note down the following in your school almanac daily from 16th May 2021 to 5th June 2021.

Time of Sunrise-

Time of Sunset-

Maximum Temperature-

Minimum Temperature-

Name of Healthy food eaten by you-

Any other special event-

English

1. Imagine you are a doctor of XYZ hospital. Make a digital presentation comprising of the tips to deal with this pandemic of Covid - 19 using the following particulars -

1. Healthy eating habits

2. Personal hygiene

3. Emotional well being

4. Role in exercises in managing stress.

5. Diet inclusive of Fruits and vegetables

6. Nutritional benefits of healthy food items.

2. Find any 5 English proverbs which includes Fruits / Vegetables / Nuts and write in beautiful calligraphic handwriting in your Mathematics activity file. Also draw the pictures of different Fruits and Vegetables.



हिंदी -

रमन 8 वर्ष का है। वह अपने दाँत रोज़ साफ नहीं करता था, रोज़ नहाता भी नहीं था और ना ही साफ-सुथरे कपड़े पहनता था। एक बार उसके दाँतों में बहुत दर्द हुआ और वह बीमार रहने लगा। उसकी माँ उसे डाक्टर के पास ले गईं। तब डाक्टर ने उसे समझाया कि स्वयं की शारीरिक स्वच्छता कितनी महत्वपूर्ण है। उसके बाद रमन अपनी व आस - पास की साफ-सफाई का बहुत ध्यान रखने लगा और उसके स्वास्थ्य में भी सुधार होने लगा।



1. स्वच्छता व स्वास्थ्य में संबंध पर कोई छोटी - सी कहानी / कविता लिखिए।

(शारीरिक स्वच्छता को दर्शाते हुए चित्र बनाइए)

2. स्वस्थ रहने के लिए अच्छा खान - पान भी आवश्यक है। हमें अपने खाने में फल, सब्ज़ी, दूध आदि अवश्य लेना चाहिए।

आप भी कोई 2 स्वास्थ्यवर्धक खाने के व्यंजन बनाएँ और उनकी विधि लिखें तथा चित्र भी बनाएँ।

SOCIAL SCIENCE H.HW

Q-1) Make a poster on any one of the following topics:

- Save food, Save life
- Cleanliness is next to Godliness

Immunity Boosters with the Super Foods

Eating a healthy diet is very important during the COVID-19 pandemic. Though, no foods or dietary supplements can prevent or cure COVID-19 infection, yet healthy diets are important for supporting immune system. The wisest way to keep ourselves safe from Covid-19 is to develop immune system with these Super Foods. They are the powerhouse of nutrients.



Q-2) If A is 1, B is 2, C is 3 and so on, use the given codes to find the names of super foods. Write the names of the item and make a collage of the items by pasting its picture in the coloured A-4 size sheet.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26

For example: 1 16 16 12 5

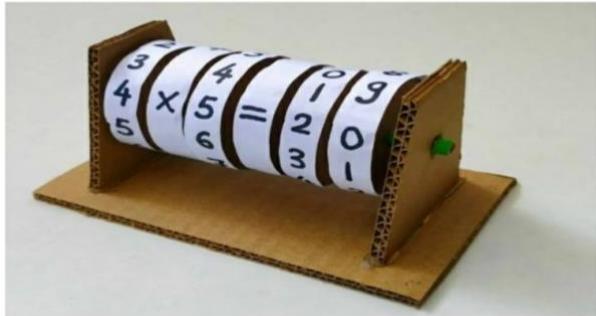
A P P L E so this makes the word 'Apple'

'Super Foods for Super Kids Benefits'

1 25 15 7 21 18 20	Strengthens immune system
2 7 1 18 12 9 3	Fights harmful viruses and bacteria
3 1 12 13 15 14 4 19	Rich in Vitamins, Minerals, Protein and Fibre
4 5 7 7 19	A good dietary sources of vitamin D
5 20 21 18 13 5 18 9 3	Keeps away cold and flu
6 8 15 14 5 25	Reduces cough and cold
7 7 9 14 7 5 18	Treats muscle and joint pain, cold and flu.
8 16 5 16 16 5 18	Excellent sources of vitamins A and C, potassium, folic acid, and fibre.

MATHEMATICS

1. Multiply your health with good habits like wearing a mask, maintaining social distance, regular handwash etc . Also make multiplication tool to find the product using paper strips and cardboard.(As given in picture)



2.Mask Making- Take a rectangular piece of cloth of length 15cm and breadth 10cm.Make a mask using it by attaching two elastics. Design your mask using mathematical shapes like circles triangles etc.



Science

A: Our body needs nutrition and exercise. Make a file on various nutrients required by our body. Also write the importance of exercise to stay fit and healthy. Prepare a short story on the topic 'Health is Wealth'

Use the following guidelines to do your project:

1. Make it colourful and attractive.
2. Design an attractive cover for it.
3. Write about each nutrient.
- 4 .On an A-4 size sheet, draw some exercise or yoga postures.



B:

Make a questionnaire (10 Questions) related to personal health and hygiene keeping in mind the ideal lifestyle that one should follow nowadays. Write it in your Mathematics activity file.