



Bal Bharati PUBLIC SCHOOL

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SUMMER HOLIDAY HOMEWORK

THEME- HEALTH AND WELLNESS

CLASS IV



“The greatest wealth is health.” –Virgil

Dear Parents,

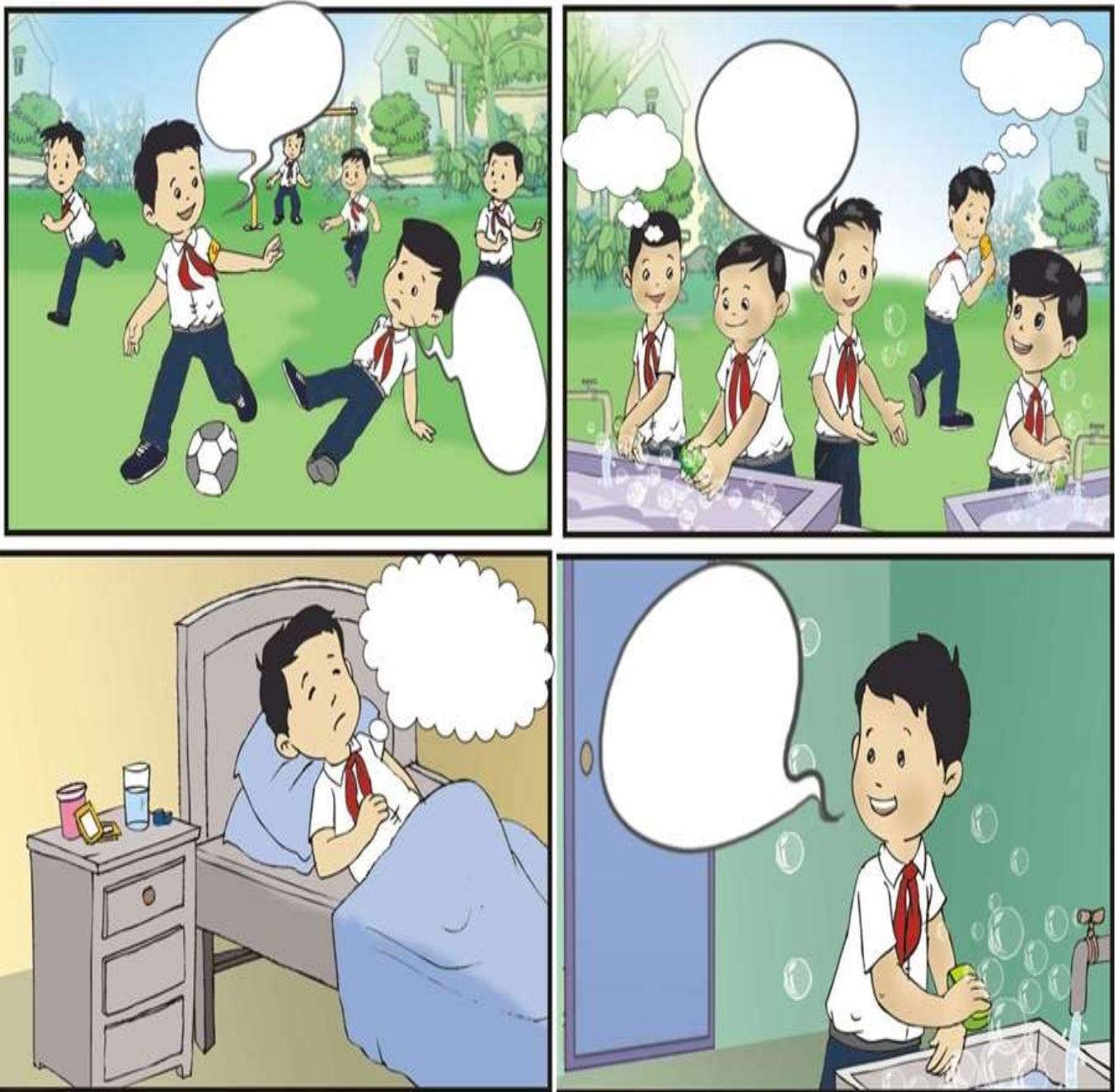
The Summer Vacation has begun. To keep our students engaged in fun based learning activities we have compiled a set of activities for the Summer Vacation. You may have to help your child to complete the home-work. Please take a print out of the home-work sheets and follow the instructions . Kindly make sure that your child submits the homework to the class teacher/ subject teacher as per the submission dates suggested. Please take care of the neatness of work.

HAPPY SUMMERS!

When "I" is
replaced by "we"
even *illness*
becomes
wellness

ENGLISH

Q1. Complete the following comic strip using your imagination. Hint : washing hands, unhealthy habit, eating junk food etc



Now try to carry this comic strip forward by writing down what could happen next in the story. Do this activity on A4 size sheet.

Q2. Make a poster on 'health and wellness' on an A4 sheet to create awareness on the importance of health and wellness in our daily life. Use quotations, puns and pictures to make your poster.

Q3. Find the words in cross word puzzle using the clues given below. Words could be written upside down or sideways.

Across

- 3 Lemon juice on top of sliced apples help prevent ____
- 4 You need an ____ pack in your lunch box (burr)
- 7 Besides your backpack, make sure you have your _____
- 9 Trail mix usually contains these
- 10 Ranch dressing is a good dip for _____
- 12 Many kids don't like the ____ on bread
- 13 Crackers and ____ is a good side dish
- 14 Your bones gets strong when drinking this
- 15 These small sweet fruit can be green, red or black

Down

- 1 Hummus is a dip made of this bean
- 2 A very popular kid's sandwich
- 5 Milk contains this mineral to make bones strong
- 6 This container will keep your pasta warm at school
- 8 Vanilla yogurt goes good with fresh blue ____
- 11 This cracker rhymes with Sam

Note: All the questions will be done on an A4 sheet. Paste your work in your English Note Book.

Date of submission: 05.7.17

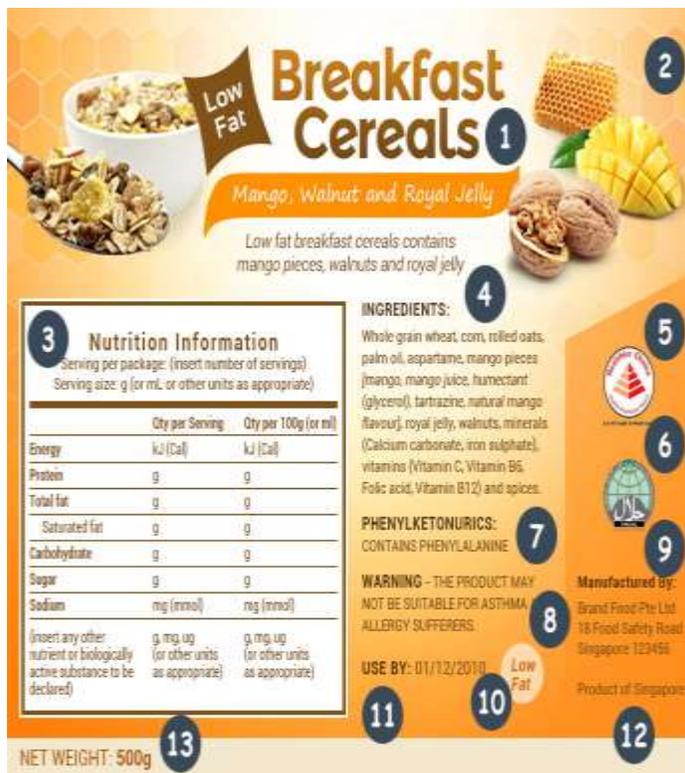
MATHS

1. Make a pictograph for the quantity (no. of servings) of each food item taken over a week.

<u>S.No</u>	<u>Name of Food Item</u>	
1.	Rice	
2.	Fruits (Banana etc.)	
3.	Pulse (Dal)	
4.	Bread (Roti)	
5.	

Key  = 1 Bowl / Unit

2. Observe the label of any food material and make the list of all the ingredients present in that food item. List them in a tabular form in your maths Notebook. For Example:



Low Fat Breakfast Cereals
Mango, Walnut and Royal Jelly

Low fat breakfast cereals contains mango pieces, walnuts and royal jelly

3 Nutrition Information
Serving per package: (insert number of servings)
Serving size: g (or mL, or other units as appropriate)

	Qty per Serving	Qty per 100g (or mL)
Energy	kJ (Cal)	kJ (Cal)
Protein	g	g
Total fat	g	g
Saturated fat	g	g
Carbohydrate	g	g
Sugar	g	g
Sodium	mg (mmol)	mg (mmol)

(insert any other nutrient or biologically active substance to be declared)

INGREDIENTS:
Whole grain wheat, corn, rolled oats, palm oil, aspartame, mango pieces (mango, mango juice, humectant (glycerol), tartrazine, natural mango flavour), royal jelly, walnuts, minerals (Calcium carbonate, iron sulphate), vitamins (Vitamin C, Vitamin B5, Folic acid, Vitamin B12) and spices.

PHENYLKETONURICS:
CONTAINS PHENYLALANINE

WARNING - THE PRODUCT MAY NOT BE SUITABLE FOR ASTHMA ALLERGY SUFFERERS.

USE BY: 01/12/2010

Manufactured by:
Brand Food Pte Ltd
18 Food Safety Road
Singapore 121456

Product of Singapore

NET WEIGHT: 500g



Serving Size 1 tbsp (14g)
Servings about 14
Calories 100
Fat Cal 100

Total Fat 11g	17%	Total Carb <1g
Sat Fat 1.5g	8%	Fiber 0g
Cholest 10mg	3%	Sugars <1g
Sodium 60mg	3%	Protein 0g

Percent Daily Values (DV) are based on a 2,000 calorie diet.

Not a significant source of vitamin A, vitamin C, calcium, a

Low in Cholesterol

INGREDIENTS: SOYBEAN OIL, WATER, EGGS, SUGAR, VINEGAR, POTASSIUM SORBATE (PRESERVATIVE), ARTIFICIAL FLAVOR, BETA-CAROTENE (FOR COLOR), SODIUM DICARBOXYMETHYLENE EDTA ADDED TO PROTECT FLAVOR.

COMPUTER

Create your digital cookbook using readymade template on '**MY HEALTHY COOKBOOK**' using **MSPUBLISHER 2010** . Include any two of your favourite recipes that your mom prepares for you. Take a print outs on an A4 size sheets. Paste on Chart paper to make it look like a cookbook!

Date of submission: 07.7.17

हिंदी

'योग करे निरोग'



हर कोई इसे कर सकता है,
छोटा, बड़ा, अमीर, गरीब।
न औषधि की आवश्यकता है,
न ही बीमारी आये करीब।
भांति-भांति के आसन हैं,
और भिन्न-भिन्न हैं नाम।
शरीर के हर एक हिस्से को,
मिलता इससे बहुत आराम।

1. किन्हीं दो योगासनों के बारे में जानकारी एकत्रित करें तथा उनके क्या-क्या लाभ हैं इसके बारे में लिखें व चित्र बनाएँ ।

2. प्रतिदिन सुबह पार्क में जाकर योगाभ्यास करें। वहाँ आपको कैसा लगता है इस पर एक स्वरचित कविता लिखें। अपनी कविता को चित्र द्वारा सजाएँ। (यह कार्य A 4 पेपर पर करें)

3. अभिभावक बच्चों को प्रतिदिन 10-15 शब्दों का श्रुतलेख करवाएँ। यह कार्य अलग हिंदी की कॉपी में करें ।

Date of submission: 07.7.17
