



**Bal Bharati
PUBLIC SCHOOL**

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SUMMER HOLIDAY HOMEWORK

THEME – FOOD-‘EAT HEALTHY STAY HEALTHY’

CLASS- I



**What's on my plate?
Fruits and veggies,
Proteins, grains and some
dairy**

**What's on my plate?
All five food groups,
Tell me what's on your
plate?**

**Every meal has lots of
colours,
Red and yellow, green and
others.**



Dear parents

We have compiled a set of sheets and some activities to keep our children engaged in learning activities during the Summer Vacation. You may have to help your child to complete the home-work.

Some points to keep in mind:

1. You need to take a print out of the home-work sheets.
2. Provide the required assistance to your child to complete the home-work.
3. Make sure that your child submits the home-work to the class teacher when the school re-opens after the summer vacation as per the date of submission.
4. Please take care of the neatness of work.

HOPE YOU SPEND QUALITY TIME WITH YOUR CHILD.

WISHING ALL THE KIDS A GLORIOUS SUMMER BREAK!

M. Panwar

D.Khanna

V. Kaul

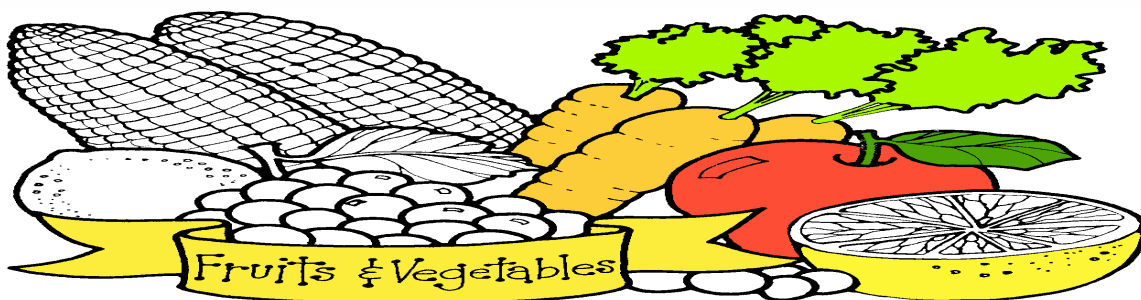
K.Bhutani

R.Gupta

CLASS-1 TEACHERS

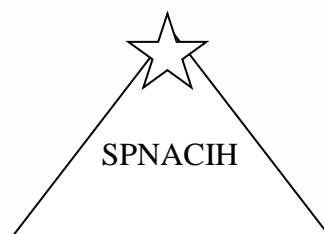
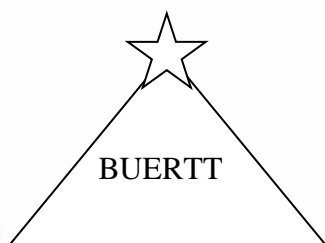
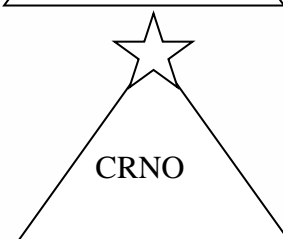
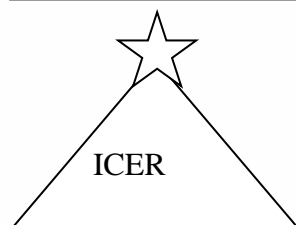
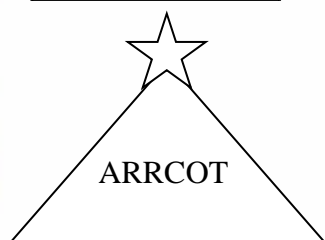
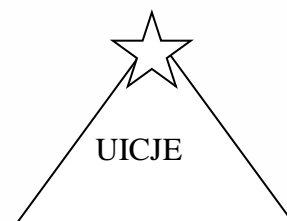
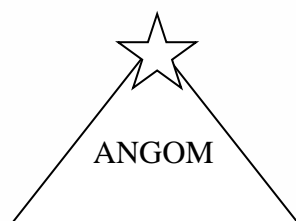
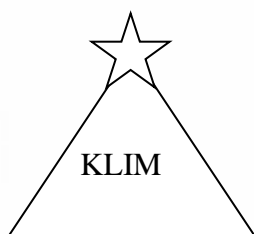
ENGLISH

Activity 1:



HEALTHY FOOD AND DRINKS

Unscramble the words and write the name of the food in the space provided below.



_____	_____	_____
_____	_____	_____
_____	_____	_____

Activity 2

Fill in the blanks with correct vowels:



Gr__p__



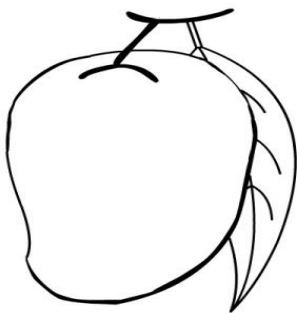
M__lk



S__ __p



C__ps__c__m



M__ng__

C__rn

Mango
Soup
Corn
Grapes
Milk
Capsicum

*Please note both the activity sheets are to be pasted in English notebook.

Date of submission: 3.7.19

हिन्दी

Activity 1

अपनी किसी एक मनपसंद सब्जी और फल लेकर उंगली की कटपुतली चार्ट पेपर से निर्मित कीजिए। छात्र कक्षा में कटपुतली को उंगली में पहनकर दोनों फल और सब्जी कीवार्तालाप करते हुए दिखाएँ। इस गतिविधि का वाचन कौशल के अंतर्गत चक्र- 1 में मूल्यांकन भी करा जाएगा।



Activity 2

नीचे दिए गए दांतों के नमूनों को देखकर छात्र स्वयं दो दांतों के चित्रों का निर्माण करें। दांत 6" x 7" के होने चाहिए। पहले दांत में पौष्टिक खाद्य पदार्थों के तथा दूसरे दांत में अस्वास्थ्य खाद्य पदार्थों के चित्र चिपकाएं और दोनों चित्रों के नीचे उन पदार्थों से होनेवाले फायदे और नुकसान के बारे में दो - दो वाक्यों में लिखिए। यह गतिविधि ए-4 शीट पर कीजिए।



Date of submission: 4.7.19

MATHS

Activity 1

Doctors and Nutritionists worldwide say that it is the balanced diet that leads to the proper growth of our body. So, let's have a check on our daily diet for a week and see if we are eating a balanced one. Take a printout on the below mentioned checklist and paste it on a A4 size sheet. Write **"YES"** for the items you have eaten during the day and write **"NO"** for those you haven't eaten and write the name of the food items wherever required.

*One example has been done for you.

Eat Well Grow Well Checklist

DAY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Example
FOOD ITEM								
Milk								Yes
Roti/ Paratha								5 Rotis
Pulses/ Beans								Moong Dal
Rice/ Poha								No
Different Fruits								Apple and Mango
Curd/ Lassi								Yes
Cooked Vegetable								Masala Bhindi
Cheese/ Paneer/ Egg								Paneer Bhurji
Nuts								Walnuts Raisins

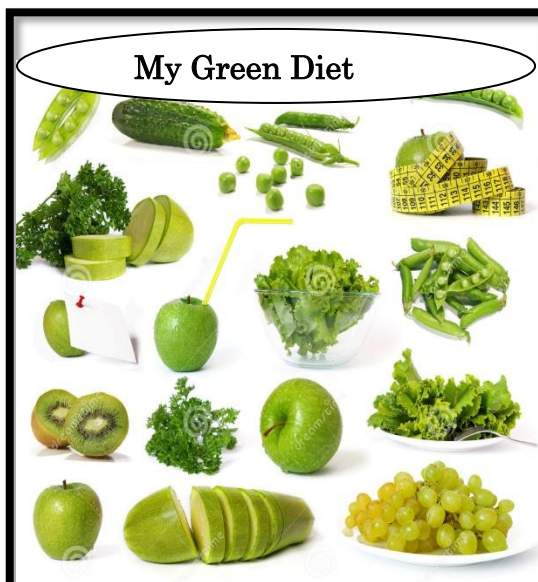
Activity 2

Create 4 picture collage on A4 size sheets using different pictures of fruits and vegetables .

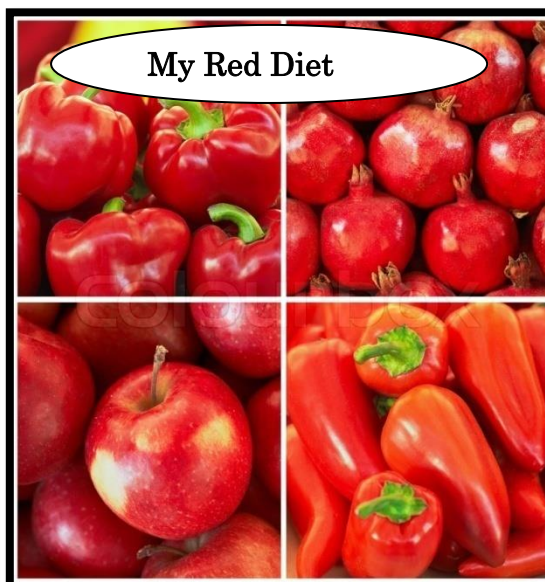
One A4 sheet should be used for a single colour of fruits/vegetables.Four different colours to be used are orange, green, yellow and red.

Count and write the number of fruits and vegetables used at the bottom of each collage.

Refer to the pictures given below:



Number of pictures used -



Number of pictures used -



Number of pictures used -

Date of submission:5.7.19

EVS

Activity 1

Answer each riddle and write the name of the fruits or vegetable in the space provided.

THINK AND ANSWER



I am a popular vegetable,
I grow underground ,
I cannot be eaten raw,
I am brown in colour,
Children adore me.

I am _____

I am one colour outside,
I am one colour inside,
I am sweet,
I grow in summer,
You cannot eat me from
outside,
My skin has stripes.

I am _____

I grow under the ground,
I am long and thin,
You can eat me raw or cooked,
You can peel me before
eating,
I am very common,
Bugs bunny loves me.

I am _____





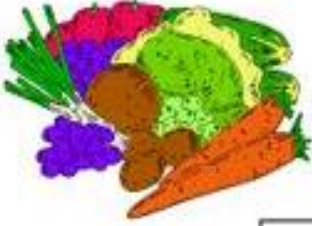




I am round and sweet,
I can be made into jam,
I am a breakfast fruit,
People say
“I keep doctor away”
I am green or red in colour

I am _____

Activity 2

What we eat

We all need food to stay alive. Food gives us energy and helps us grow.
Tick the following foods that you think are good for you.

 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>

*Paste both the activity sheets in EVS notebook.

Date of submission: 8.7.19

RUBIK'S CUBE

To ensure that the young Rubik's cube Champions keep harnessing their talent in solving the puzzle completely in a jiffy, we propose to grade math lab activities on the basis of the criterion of **solving complete cube**. You may refer to following videos for help.

- <https://www.quora.com/How-can-I-solve-Rubiks-Cube-in-less-than-a-minute>
- https://www.youtube.com/watch?v=OCSrLEIN_Y_Q
- <https://www.youtube.com/watch?v=WqNoyRoE1KE>

