

**HEALTHY**

**FOOD**

**CLASS - 1**

**SUMMER**

**HOLIDAY HOMEWORK**





# DEAR PARENTS

## ***Warm Greetings!***

***Summer Vacation is probably the best time of the year for the little ones; it's the time to have loads of fun for them. We have planned out some simple yet thoughtful activities for our students which promote critical and creative thinking skills amongst young learners while keeping the spirit of fun alive.***

***It is an art integrated project based on NEP 2020 with scholastic and co-scholastic activities, covering cognitive, socio-emotional and language literacy domains, hence targeting competency-based learning.***

# SUBMISSION SCHEDULE

**PLEASE NOTE: The Term 1 assessment under 'Integrated Project' includes grading from the Holiday Homework. Students are required to complete the activities and submit their work as per the dates given:**

S.NO.	SUBJECT	DATE
1.	ENGLISH	09.07.24
2.	HINDI	16.07.24
3.	MATHS	23.07.24

***All the activities and use of the internet for doing the activities should be strictly under the supervision of parents.***

# ENGLISH

## NO FIRE COOKING - A SPEAKING SKILL ACTIVITY

***Students need to prepare a glass of lemonade and record a video. In the video, they need to speak 5-6 lines about their recipe including:***

- 1. Self introduction and recipe's name( Give it a catchy name)***
- 2. Ingredients used***
- 3. Steps of preparing the recipe***

***The video should be uploaded on the MS Teams of your class.***

***Go to MS Teams-->Select English-->English Holiday Homework Video***

***“When life gives you lemons, make lemonade.”***

***- Elbert Hubbard***



# HINDI

## स्वस्थ भोजन का जादू

गतिविधि 1: स्वस्थ भोजन से तात्पर्य ऐसे भोजन से है जिसमें हमारे शरीर को फिट रखने के लिए सही मात्रा में पोषक तत्व होते हैं। ज़रूरत है खुद को स्वस्थ रखने के लिए स्वस्थ भोजन की। आइए विद्यार्थियों इस खूबसूरत कहानी की मदद से इस बात को समझें:

[https://youtu.be/94\\_yNG2HXEA?si=61o049CiJQuhV-hV](https://youtu.be/94_yNG2HXEA?si=61o049CiJQuhV-hV)

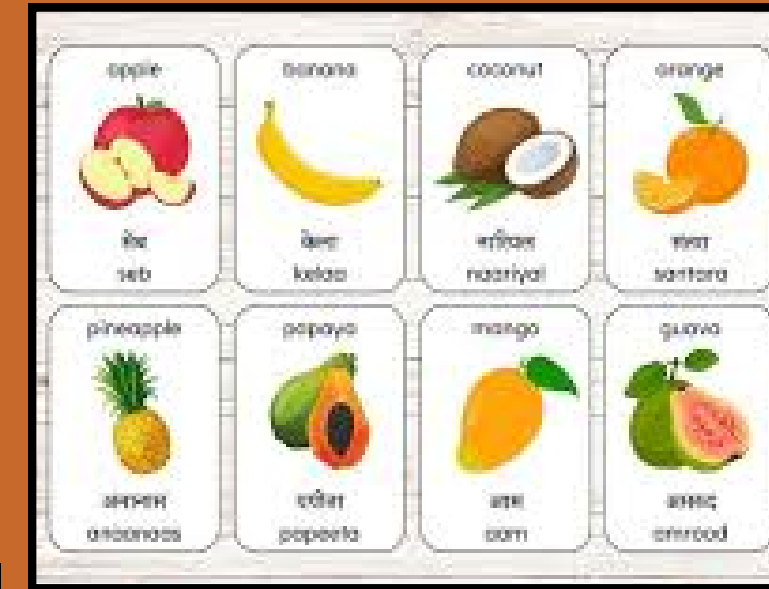
छात्र गट्टू द्वारा खाए गए खाद्य पदार्थों को गट्टू के पास वाली टोकरी में और चिंकी द्वारा खाए गए खाद्य पदार्थों को चिंकी के पास टोकरी में बनाएंगे। गतिविधि A4 आकार के कागज पर पूरी की जा सकती है।



# HINDI

## स्वस्थ भोजन का जादू

गतिविधि 2 : विद्यार्थी पोस्टकार्ड आकार के फ़्लैश कार्ड तैयार करेंगे।  
अपौष्टिक भोजन के लिए फ़्लैश कार्ड का बॉर्डर लाल और स्वस्थ  
भोजन के लिए हरा होगा। छात्र कक्षा में कार्ड प्रस्तुत करेंगे और  
अपने पसंदीदा स्वस्थ खाद्य पदार्थ के बारे में कुछ वाक्य बोलेंगे।



# MATHS

## **FOOD BOARD GAME**



### ***'HEALTHY AND JUNK'***

***The students will gain knowledge about grouping.***

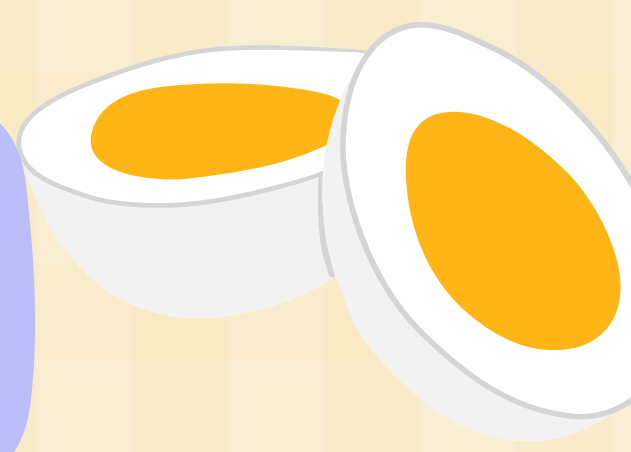
***Click on the given links to learn about grouping and different food groups.***

**<https://youtu.be/8Qpqs8hlmv0?feature=shared>**

**<https://youtu.be/pmgkj0luUTw?feature=shared>**



# TOPIC- GROUPING



## INSTRUCTIONS:

- 1. The students will prepare a board game as per their choice using their imagination and creativity.***
- 2. The board game will include different groups of food like vegetables, fruits, food from plants / animals, drinks etc. The students will sort them into healthy and unhealthy food items.***
- 3. The rules related to the game must be clearly mentioned at the back of the game or in front as shown in the reference image.***
- 4. Students will use the dice available in the Math Kit to play the game.***

start	1 biscuit	2 sweet	3 salt	4 tomato
17 apple	18 orange	Move ahead 3 spaces	20 chicken	Miss a turn
16 milk	FINISH	Countable/ uncountable nouns + I eat/drink a lot of + C/U ? Do you eat/drink much + U / many + C ? - I don't eat/drink much + U / many + C	21 strawberry	6 meat
Miss a turn	26 cola		22 fish	7 cheese
14 chip	25 banana	24 salad	Miss a turn	8 bread
13 sugar	12 pasta	Move back 3 spaces	10 egg	9 potato







# EMBRACE THE SPEAKING ETIQUETTES

Encourage your child to practice these sentences in everyday situations such as when waking up in the morning, during meal times, before going to bed or when interacting with family members and friends. Remind them to speak clearly and politely and to use these phrases to communicate their needs, ask for permission, apologize when necessary, say thank you and greet others.

**Good morning, Mummy ! Good morning, Daddy!**

**Can I go out and play, please?**

**Are we going to visit someone today?**

**Will some guests come to our house today?**

**Can I please call my friend?**

**I'm sorry for making a mess.**

**Thank you for helping me.**

**Excuse me, may I speak?**

**Can you help me tie my shoes?**

**Thank you for sharing with me.**

**Goodbye, see you later!**

**May I help you with that?**

**Please wait for me, I'm coming!**

**Can you please read me a story?**





WISHING YOU A  
SUMMER HOLIDAY  
FILLED WITH JOY  
AND HAPPINESS!