

SUBODH PUBLIC SCHOOL, NEAR AIRPORT, SANGANER JAIPUR

SESSION: 2024-25



LEARNERS 4









Dear Parents,

Greetings!!

We wish you all

A Happy, Healthy and Safe Summer.

As we commence the summer break, we would like to suggest a few activities which you can enjoy with your children:

-  Take at least two **meals together** with your children. Ask them not to waste their food and explain to them, the importance of the hard work the farmers do to grow food.
-  Allow them to **help you in the kitchen** or other household chores. Children learn dignity of labour from such activities. Make them to learn to prepare healthy drinks or non-fire cooking snacks for your family.
-  Keep your children's **screen time limited**. Screens include T.V., mobile phones, computers and other electronic gadgets.
-  Indulge them in activities like cycling, aerobics, singing, dancing, art and craft, swimming etc.
-  **Avoid giving junk food** like chocolates, jellies, cakes, wafers, aerated drinks, fried stuff. Cultivate a healthy eating habit in your children.
-  In hot summer, plants need our attention and care. **Look after the plants** in your home and remember to water them regularly. Make them plant one or two saplings and water them regularly.
-  Encourage them to **spend time with grandparents**.
-  Guide your ward to **revise all the work done** till date in Book and Notebook in all subjects for good performance in UT-1 scheduled in July.



INTEGRATED PROJECT

In accordance with the guidelines of CBSE we are incorporating integrated project-based learning wherein students will prepare projects for all the subjects based on a common theme. This endeavour has been taken up with the objective of inculcating the approach of integrating diverse subjects or fields and the spirit of collaborative learning.

THEME: HEALTHY LIFESTYLE

General Instructions:

1) The assignment needs to be developed and presented as directed in the given assignments (Subject wise).

2) **Following details must be included about yourself in the beginning/ first page of your assignment-**

- ❖ Theme of Integrated Project
- ❖ Student Name
- ❖ Class
- ❖ Subject
- ❖ Subject Teacher

3) Submit your assignment in the first week of July.
(Subject wise)

4) **Assessment Criteria for all assignments**

- ❖ Presentation
- ❖ Content
- ❖ Neatness
- ❖ Timely submission

EXCITING ENGLISH

A healthy lifestyle is a way of living adopted in such a way, so as to keep one's body fit and fine and also away from diseases. It includes many activities like regular exercising, a healthy diet, taking good care of self, healthy sleep habits and having physically active daily routine. So, use your creativity to make a collage using pictures, newspaper clippings on the topic 'Healthy lifestyle tips' on a chart. Also write a catchy slogan about it.

Your collage should have a write up on the following:

Write any 10 tips to lead a healthy lifestyle. (Use A3 sheet)

<https://images.app.goo.gl/PXL7sieM6Wteu1qP8>

<https://images.app.goo.gl/6MckSQQLiZuJbf4HA>

हिन्दी

*संतुलित आहार से हमारे शरीर को ऊर्जा मिलती है और हम कई रोगों से दूर रहते हैं। अपनी रचनात्मकता को दर्शाते हुए ए-3 साइज शीट पर संतुलित आहार का एक चार्ट बनाइए और स्वस्थ आहार पर एक सुंदर-सा स्लोगन भी लिखिए।

<https://youtu.be/aGQbMCFEVB8?si=4mrakup9MJorVdS>

*सुलिपि पुस्तक : पेज नंबर 3 से 12 तक सुंदर लेखन कीजिए।

CREATIVE MATHS

Health is wealth!

Children do you know, what are calories? Why do we need calories? Your body needs calories just to operate- to keep your heart beating and your lungs breathing. As a kid your body also needs calories and nutrients from a variety of foods to grow and develop. AND you burn off some calories without even thinking about it- by walking your dog or making your bed. (Use A4 sheet)

NUTRITION GUIDELINE DAILY AMOUNT (GDA)

	MEN	WOMEN	CHILDREN		
			CHILD aged 5-10	GIRL 11-14	BOY 11-14
CALORIES	2,500	2,000	1,800	1,850	2,200
SUGAR (g)	120	90	85	90	110
FAT (g)	95	70	70	70	85
SATURATED FAT (g)	30	20	20	25	25
SALT (g)	6	5	4	6	6

Observe the above given chart and answer the following questions:-

Q1) How many calories does your family need as a whole per day and in a week?

Q2) Find out how much sugar and salt your family would need per day and in a week?

Note: One Week = 7 Days

Q3) What will happen if you eat too much salty and sugary food?

Write the information in the following tabular form.

S. N	Name of the Nutrition	Mother needs per day	Father needs per day	Children need per day	Total family members needs per day
1	Calories				
2	Sugar				
3	Salt				

SCIENCE

Wellness Challenge: Holiday Homework Edition! In this assignment, we'll dive into the world of healthy living, focusing on nutrition and culinary skills. Assignment: Culinary Creations Task: Prepare two tantalizing fruit mock tails or healthy beverages, along with two delectable no-cook snacks. Compile a recipe booklet using folded A4 sheets, complete with recipes, ingredients, and mouth-watering visuals.

❖ <https://youtu.be/IIBXkqn8Qvs>

❖ https://youtu.be/tnc_55dY_Xs

❖ <https://youtu.be/BwQXbfha36o>

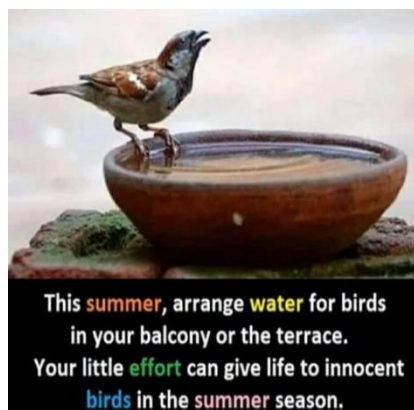
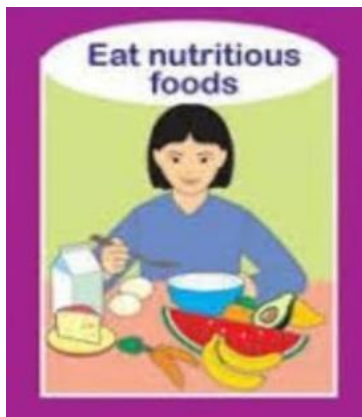
SOCIAL SCIENCE

Let's Be a Hygiene Hero...

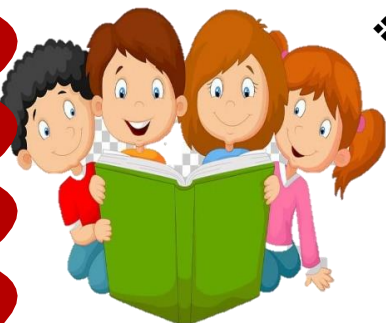
Design a creative poster with the theme "Be a Hygiene Hero!" illustrating ways to maintain personal hygiene and cleanliness which include different themes such as handwashing, covering sneezes, brushing teeth, and keeping surroundings clean. Be sure to incorporate vibrant colours and catchy slogans to engage viewers. Your poster should inspire others to become hygiene heroes in their daily lives. (Use A4/A3 sheet)

Help links: <https://images.app.goo.gl/YUnUCmAQ5GPKSkYdA>
<https://images.app.goo.gl/gK6uH3ffngyNAR2j8>

LET'S DO!!



READING TIME



- ❖ Read the newspaper daily.
- ❖ Reading is dreaming with open eyes!! Pick up few story books and enjoy reading them. You can also read e- books from <https://storyweaver.org.in/> in any language.

