



RUKMANI BIRLA MODERN HIGH SCHOOL

SESSION 2021 - 2022

CLASS- 3

SUMMER HOLIDAY ASSIGNMENT



TOPIC-Healthy lifestyle

Dear children

Summer vacation is the best and most fruitful time for learning and nurturing creativity. Although we cannot move out freely due to covid-19 but it is time to inculcate healthy lifestyle habits among ourselves, because it is a need of the hour.

Reading
is to the mind
what exercise
is to the body.

Quotes - Sir Richard Steele



Reading
is the
best exercise
for
your brain



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Let us start our work with brain exercise i.e reading

Many years ago everyone was strong and healthy. They ate a very varied diet, and especially loved fruits, vegetables, and fish. Everyone did exercise daily and enjoyed themselves playing and leaping about. The Earth was the healthiest place you could imagine, and it was clear that both adults and children were full of joy and good moods. All that made the dark witches furious. They only ever wanted was to harm and create problems for people. The worst of all of these witches were Sour-faced; she was evil, and could be relied on to come up with the nastiest ideas. She suggested that all the witches must combine their energies to invent a potion which would take away people's desire to live happily. So, one night, all the witches gathered down in the swampy forest and worked together on that evil spell. The spell was so powerful, and would need so much energy to cast, that when one of the witches got one of the words wrong, there was a huge explosion. So big was the explosion, that it completely destroyed the forest.

It turned all those evil witches into tiny little creatures, like germs, and left them trapped in a green liquid inside a small glass bottle, which lay lost in the swamp. They were trapped there for centuries, until one day a little boy found the bottle. Thinking it contained some kind of soft drink, he drank the liquid. The evil, microscopic witches took

advantage of this situation, and even though they were tiny and couldn't hurt anyone, they soon learned to change the little boy's likes and dislikes in order to get him to do what they wanted. In a few days, a funny feeling in his mouth and tongue meant the boy no longer wanted to eat vegetables, fruits or fish. All he wanted to do was eat ice creams, pizza, burgers and candy. Then nibbling feeling all over his body meant he no longer enjoyed playing and running about with his friends. All that stuff tired him out, he now just wanted to stay in the house, sitting or lying about. So, his life got more and more boring, he started feeling ill and before long he had no desire to do anything. The evil potion had worked. And the worst thing of all was that the witches learned to jump from one person to another, like a virus. They managed to turn the influence of the potion into the most contagious of diseases.

It was a long while before with the help of his microscope, Doctor Fitton–Helthie discovered that the little witches were causing all this disease. There was no vaccine or cough mixture to get rid of them, but the good doctor discovered that the witches could not stand joy and good humour. It turned that the best cure was to make a strong effort to live a healthy, joyful and happy life. When a person became healthy, the witches would leave the body as they could, riding off on a sneeze.

The remedy was not pills or injections, but just a little bit of effort to eat some fruits, vegetables, fishes and to do exercises. Whoever came to see Doctor Fitton- Helthie, and took his advice, ended up totally well, being cured of the life disease.



General Instructions –

1. Holiday home work must be done in a very neat and presentable manner. Questions must be done in the given sequence.
2. The child will be assessed for the presentation, neatness, completion of all the given questions and timely submission.
3. Complete the work on A-4 size sheet

English-

Reading-

Read any one book from the following and draw your favourite character and write few lines about it

The Blue Umbrella- by Ruskin Bond

The Cherry Tree- by Ruskin Bond

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Writing

Comprehension Passage

Hello, I am Manav. I am 12 years old and will tell you about my diet.

There are many fast food restaurants in my town. Lots of people eat fast food, but I think it isn't healthy. They eat this food because it's tasty, but everybody can have tasty meal at home.

The only problem is that buying fresh product and cooking them takes time. And people prefer to spend time doing other activities such as watching films, meeting friends, walking in the park etc.

I also like to do these activities but I am very careful with my diet. Fresh fruits and vegetables always give me energy for the day. I like milk, eggs and mashed potatoes. Fried potatoes are nice but unhealthy, like all fried foods. My favourite meal is fish. And for dessert I'm afraid I eat too many sweet things like chocolate, candies, cakes etc.

I. Now answer the following questions –

- Q1. What does Manav think about fast food?
- Q2. Why do people eat fast food?
- Q3. What other activities people like to instead of cooking?
- Q4. Which food is unhealthy?



II. Complete the following sentences-

- a. Fast food is not considered _____.
- b. People eat fast food because _____.
- c. Manav thinks with a little effort, everybody can have a _____.
- d. He likes to eat healthy food, but he is afraid that he eats _____.

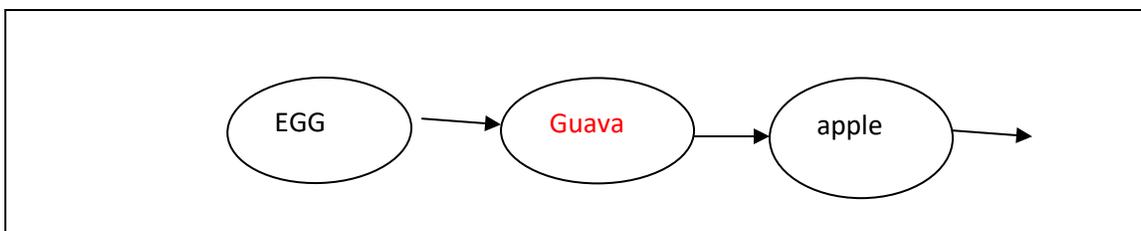
Learning is fun

Make a Word Web to Map Out a New Word

A new way to expand your child's vocabulary is to find new words and discuss them. It can be done by creating a word web that maps out the new word.

Go through the above passage and pick out a name of the food. Use the last letter of the word to make the web.

For example-



Using your creativity make the word web using coloured paper circles.

Learn this poem for SEA

Fruits and vegetables promote good health,

It's the most important wealth.

Vitamins and minerals and fibre we need,

Results are in, we've all agreed.

Fruits and vegetables prevent diseases,

Let's minimize those salty cheeses.

Range of colours should be wide,

Fresh are better, than frozen or dried.

Fruits and vegetables, manage our weight,

Healthy calories, on a white plate.

They are natural, they'll keep us going,

A healthy life starts with knowing.

HINDI



1. गर्मी में खाई जाने वाली कच्ची सब्जियों का चटपटा सलाद या सैंडविच या फलों की चाट बनाकर खाइये और उसे बनाने की विधि ए -3 साइज़ शीट पर लिखिए । उसे बनाते हुए उसके साथ अपनी फोटो चिपकाइए ।

2. प्रतिदिन हिन्दी अखबार में से कोई 5 खबर पढ़िये ।

3. हिन्दी नव्य सुलेख मे सुलेख कीजिए ।

4 निम्नलिखित कविता को कंठस्थ कीजिए ।

पौष्टिक भोजन

हर घर में यही नारा है,
कोरोना को हराना है,
इसने कैसा चक्कर चलाया,
बड़े-बड़ों को घर में बैठाया
अब इसको भी भागना है,
कोरोना को हराना है।
मास्क सही से लगाना है,
हाथों को भी धोना है,
पौष्टिक भोजन की मदद से,
स्वस्थ शरीर बनाना है,
घर में सुरक्षित रहकर हमें,
कोरोना को हराना है।

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.

NUTRITION

GUIDELINE DAILY AMOUNT (GDA)

	MEN	WOMEN	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				

SOCIAL STUDIES

My Daily Food Plan

1. "HEALTH IS WEALTH". To remain healthy, we must eat food containing all the nutrients i.e. carbohydrates, fats, proteins, vitamins, minerals, fibre and water in proper proportions –that is a Balanced Diet. Note down what you ate for any seven days during the vacation. Complete the following table and check whether your diet was a balanced diet. What food items you need to add or remove to make it a balanced diet.

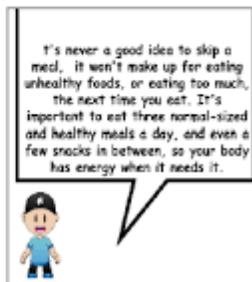
Days	Breakfast (food item)	Lunch (food item)	Snacks (food item)	Dinner (food item)	Nutrients provided
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

SCIENCE

Activity -1

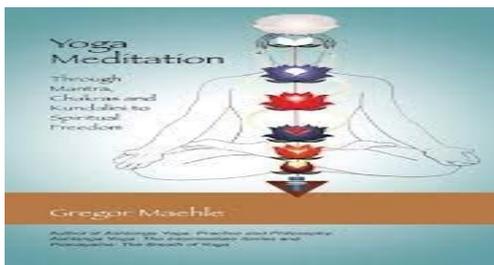
MYTH

FACT



When it comes to health and fitness, you probably hear a lot of myths and facts from your parents, friends and relatives. Create an interesting comic strip of 3 –5 illustrations where one speaker talks about a myth whereas the other states the fact behind it.

Activity -2



Yoga and Meditation help to calm down our minds and provide positive energy.

- Write any 4-5 points to show the importance of yoga and meditation in today's time.
- Stick a few pictures showing yoga asanas.

Activity -3



Eating a healthy diet may not prevent every disease, but it gives you the best defence to live a long and healthy life. Many a times, we eat to please our taste buds, but remain quite unaware about the health hazards that this type of eating habit might pose. Every nutrient has their own individual roles to play in the physical and mental development for our body.

Now let us understand the importance of eating healthy food by making a collage on

”My Favourite Cuisine and its Nutritive Value”

You are required to make a collage on A3 size sheet as per the guidelines mentioned below.

Guidelines:

- On A3 size sheet
 - a) Paste a picture of your favourite cuisine
 - b) Write a recipe of that dish and ingredients name
 - c) Make a table of nutrition facts for that dish.
- Decorate the collage using colourful boundaries, decorative material, colours and sparkle pens.

Last but not least



Benefits of Water

1. Improves skin
2. Promotes weight loss
3. Maintains digestion regularly
4. Prevents acne breakouts
5. Increases energy levels

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