



**RUKMANI BIRLA MODERN HIGH SCHOOL, JAIPUR**  
**SESSION – 2021-22**

**SUMMER HOLIDAY ASSIGNMENT**

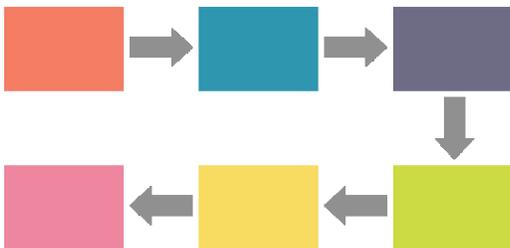
**CLASS VII**

**TOPIC –FOOD AND NUTRITION – WE ARE WHAT WE EAT**

**English**

1. Lately you realized that your physical and mental health along with that of your family is of utmost importance in life. You decide to make a new start and indulge in activities like spending quality time with your parents, grandparents, helping your mother in the kitchen or cooking etc. Ask your grandmother to share some favorite recipes of hers and ask her to teach you how to make them. You will have a great time learning how to make old family favorites and spend some quality time with your grandmother. Prepare a **journal** and keep a record of these recipes. You can even record your recipes with the help of a **Sequence Chart**. Identify the steps involved and then using a sequence chart, arrange these steps in sequential order.

**Sequence Chart**



2. Do a thorough research on advertisements on food items. Make an **advertisement/ leaflet/ handbill** on any healthy food item of your choice, highlighting its nutritional value. Keeping mind the audience whom you want to impress.
3. A healthy diet is a diet that helps maintain or improve overall health. A healthy diet provides the body with essential nutrition: fluid, macronutrients, and adequate food energy. Healthy eating is not about strict dietary limitations, staying unrealistically thin, or depriving



yourself of the foods you love. Rather, it is about feeling great, having more energy, improving your health, and boosting your mood. Write a **letter** to your friend describing the harmful effects of unhealthy eating habits and emphasizing the value of healthy eating and pen down your views in a **paragraph** on the quote provided below.

**Note – Do the above work in English (Grammar/Literature) notebook and upload it on onenote.**

## Hindi

खाने की मेज पर पौष्टिक भोजन जैसे सब्जियाँ , फल , और दूध तथा जंक फूड जैसे - बर्गर, पास्ता, मैगी आदि के बीच संभावित वार्तालाप को चित्रों सहित दर्शाइए जिसके अंत में यह सन्देश स्पष्ट हो जाए कि जैसा खाए अन्न वैसा होए मन ( वार्तालाप को कार्टून कॉमिक के रूप में बनाइए)

## Mathematics

### We Are What We Eat

- In a literal sense, we all can agree that it's true that '**you are what you eat**'. Nutrients from the foods we eat provide the foundation of the structure, function, and wholeness of every little cell in our body, from the skin and hair to the muscles, bones, digestive and immune systems.

- **Use of Mathematics**

We use **maths** to calculate weight loss/gain, body fat percentage, **diet** plans, properties in food.

Q1) Calculate your weight gain or loss percent during the lockdown period in the month of April.

Formula to find gain/loss %

$$= \frac{\text{Gain or Loss}}{\text{Starting Weight}} \times 100\%$$

(Formula to calculate weight gain or loss percentage is equal to gain or lost divided by starting weight. Then, multiply the result by 100).

- **How many calories did you consume in the following soft drinks?**
  1. Amul-Butter Milk
  2. Orange Juice Tropicana

Q2) The nutrition label on a 20ounce Energy Drink says that there are 110 calories in one serving and a serving has 20ounces. The label says the bottle has 2.5 servings. If you drink the whole bottle, which most of us do, how many calories did you consume?

Pick up the correct answer:

- a) 300 calories
- b) 200 calories
- c) 275 calories

### **BALANCED DIET:**

- There are seven essential factors for a balanced diet: carbs, protein, fat, fiber, vitamins, mineral and water. Draw a bar graph to show nutritional information of any one fruit given in the chart below:

Take nutritional information on x-axis and scale per grams on y-axis.

- Show the comparison of carbohydrates and fat per 10gms of five items: Poha uncooked, Namkeen, Chips, Kurkure and Biscuits through double bar graph.  
Take food items on x-axis and nutritional information on y-axis.

- **Do the above work in Scrap Book and upload it on one note.**
- **Ch:1 Integers Do Me 'n' Mine worksheet no 1 to 8 in Me 'n' Mine Workbook.**

## **Science**

Following the above balanced diet chart, prepare a record of food items you eat in a day- breakfast, lunch and dinner for a week.

Compare a balanced diet with your meals and identify whether your intake is according to standard parameters or not.

### **General instructions for the MDP project :-**

- Project should be handwritten and credit will be given to illustrations (scientific principles/ pictures/newspaper cuttings/ Diagrams etc.) and own creativity.
- After completing the project, kindly upload your project work on one note of your class notebook of MS Teams.
- Computer generated will not be considered.

- No need to go outside to purchase any material for the project. Kindly use the material available at home only.

## Social Studies

Traditional foods are foods and dishes that are passed on through generations. The Indian sub-continent is blessed with diversity of food. As a wise person once said, “there is no love more sincere, than the love for food”. Putting our traditional dishes in the spotlight Prepare a political map highlighting different traditional food of each state and also compare traditional cuisine of any two states like Rajasthan and Assam.

States	Traditional dish	Geographical aspect	Cultural aspect	Climatic aspect

## संस्कृत

सर्वप्रथम A-4 size sheet पर भोजन मंत्र लिखें। इसके उपरांत वर्तमान परिप्रेक्ष्य में संतुलित आहार के अंतर्गत आने वाले पोषक तत्वों के चित्र चिपकाते हुए उनके नाम संस्कृत भाषा में लिखें।

## French

Make a PPT (7 slides) on your weekly diet. Which type of healthy food or drink do you take every day. Write the names of the food in French and English in every slide along with the pictures.