

# MDH INTERNATIONAL SCHOOL, DWARKA

## CLASS – I

### HOLIDAY HOMEWORK (2019-20)

#### THEME – HEALTHY LIFESTYLE

#### **INSTRUCTIONS FOR PARENTS:**

- Spend some quality time with your kids. Have at least one time meal with them. Play at least one indoor or outdoor game with them. Take them to the park and share your childhood experiences with them.
- Encourage your child to go outdoors rather than sitting in front of electronic gadgets all day.
- Encourage your child to cultivate the reading habit. Get some story books of their choice to read.
- Involve your child in some household chores like laying the table, watering the plants, washing their own plate, cleaning their cupboards etc... such type of activities gives them first hand experience to become more confident and responsible.
- Encourage your child to do their homework on their own but....under your guidance.

#### **GENERAL INSTRUCTIONS:**

1. Do your homework neatly and on your own.
2. Holiday homework should be submitted in the first week of July.

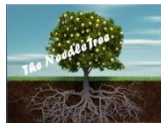
#### **ENGLISH**



1. Reading makes you smarter as it keeps the brain active and engage you in thought process. So read the mentioned moral stories during holidays

#### **List of stories:**

- a. The Needle Tree



- b. The Golden Touch



c. The Proud Rose



d. The Tale of The Pencil



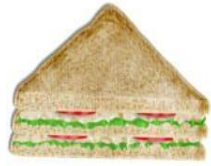
2. Eating a balanced diet during childhood is very important and vacations are the best time to care of all the little things to have a healthy life. Prepare a story on the topic 'Health is Wealth' with props for English Story Narration Competition.
3. Write a slogan on A4 size sheet about Healthy Lifestyle with pictures.
4. MY FOOD DIARY-
  - a. Make your own Food Diary using different coloured A-4 sheets.
  - b. Maintain a record for seven days for the kind of food you ate each day. Use various sub headings.
  - c. Draw, colour and decorate the cover page of your food diary.
  - d. Start your diary by writing a small poem on the topic 'Healthy Living'.

## HINDI:

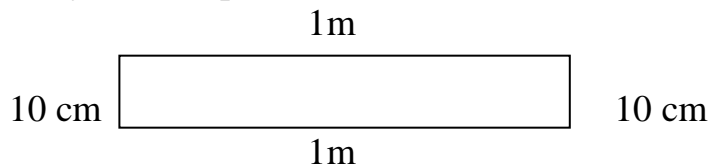
- 1- पौस्टिक खाद्य पदार्थों के चित्र एकत्रित कर उससे एक कोलाज़ बनाए [ A4 शीट]
- 2- स्वास्थ्य [ फल, हरी सब्जियाँ ] बनाम अस्वास्थ्यकर [ पिज्जा, बर्गर, मैगी ] विषय पर आधारित एक हास्य कविता A4 शीट पर लिखे और याद करे।
- 3- किन्ही एक हरी सब्जी या फल के आकार का चित्र बनाएँ और उसे सजाते हुए स्वास्थ्य से संबन्धित स्लोगन लिखें [A3 शीट पर]

## MATHS

1. Innovating with Geometrical shapes is so much fun. It not only involves playing with our imagination but also recreating things in a meaningful way. Try your hands at recreating some healthy snack that keep us fit and present it using Geometrical shapes. Enjoy this snack with your family and friends!! (Click the picture of the dish you have made and create a collage on hand made sheet).



2. Make a fruit train on A-3 sheet. Write any 6 numbers between 1-100 on each fruit of one train. Now arrange the numbers in ascending and descending order in the other two trains.
3. Make eco friendly border – Take four coloured cartridge sheet strips. Use vegetable printing to make your own patterns on the sheet.



4. Visit to a market with your parents and purchase any five healthy food items. Paste their pictures and write their prices on coloured A-4 size sheet like given below-



Rs. 100

Rs. 80

### EVS



1. Some types of food items are important for the health of our bones and teeth. Find out that food items with the help of your parent and make a list of them. Also mention how they help us to become healthy. Select any two food items from the list and draw and colour their pictures.
2. Healthy food is important for a healthy body and mind. Create a menu card for a restaurant on the variety of healthy food dishes. Use only half handmade sheet folded appropriately to design your menu card.

- Breakfast (Roll No.1-15)
- Lunch (Roll No. 16-32)
- Dinner (Roll No. 33-47)

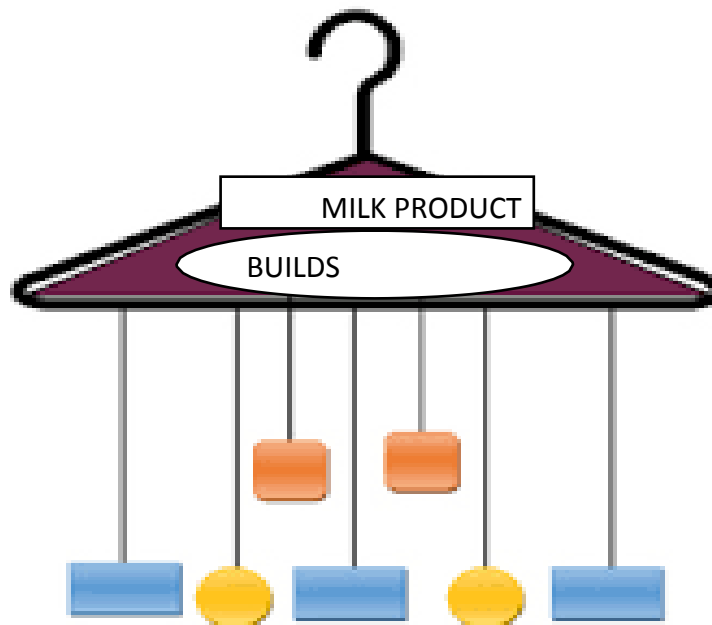
On the cover of your menu write the name of your restaurant, address and phone number.

3. To protect the surface of a table or any other surface make a:
- Coaster set (6 pieces) of fruits cutout (Roll No. 1-15)
  - Coaster set (6 pieces) of vegetables cutout (Roll No. 16-31)
  - Table mat of fruits and vegetables (1 piece) (Roll No. 32-47)

NOTE – Laminate the coasters and table mat.

4. Make one mobile hanger of any one food group and its function as shown in the picture.  
You can use a coat hanger for making the mobile hanger. Label the coat hanger with the food group and its function as shown. Hang labels, pictures of food from that group.

- Food group I –Fruits (Roll No. 1-15)
- Food group II – Vegetables (Roll No. 16-31)
- Food group III- Milk and its substitutes (Roll No. 32 -47)



PASTE PICTURES OF MILK PRODUCTS IN THE HANGINGS

**ART:**

- Complete Unit: 17, 21, 28, 32 in the file.
- Design a beautiful folder using vegetable and fruit printing.