

Holiday Homework

(2019-2020) Class– II

THEME- HEALTHY LIFESTYLE

GENERAL INSTRUCTIONS:-

1. Bring holiday homework in a beautifully decorated A3 size folder.
2. Holiday homework should be submitted in the first week of July.

ENGLISH

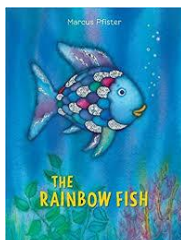
1. Make a poster with a slogan on A4 size sheet on the topic ‘ Healthy Lifestyle’ with pictures.
2. Eating a balanced diet during childhood is very important and vacations are the best time to take care of all little things to have a healthy life. Prepare a moral based story on the topic ‘**Health is Wealth**’ with props for English Story Narration Competition.
3. Reading makes you smarter as it keeps the brain active and engages you in thought process. So, read the moral stories mentioned below during the holidays.

List of Stories

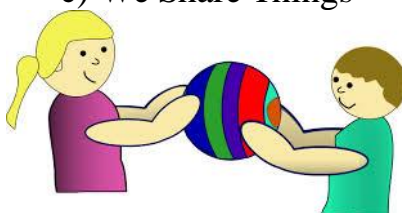
a) Hansel and the Gretel



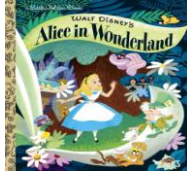
b) The Rainbow Fish



c) We Share Things



d) Alice in Wonderland



4. a) Draw a scenery of morning walk on A4 size sheet and label any 7 naming words on it. Eg - sun, swings, trees etc. (Roll Numbers – 1 to 15)

b) Make a cut out of any two healthy food on A4 size sheet and write any five describing words related to the cut outs. (Roll Numbers – 16 to 30)

c) Make a cut out of any two things that you do to keep yourself healthy on A4 size sheet. Also, write the names below the pictures. (Roll Numbers – 31 to 44)

विषय – हिंदी

- 1-स्वस्थ एवं सेहतमंद रहने के लिए हमें किन -किन पौष्टिक आहार की जरूरत होती है ? उनके चित्र चिपकाकर किसी एक के बारे में पाँच पंक्तियाँ लिखें A4 शीट पर।
- 2-आधुनिक जीवन शैली में मोबाइल फोन, टीवी, वीडियोगेम बच्चों की सेहत पर क्या बुरा प्रभाव डालते हैं ? इस विषय से संबंधित एक पोस्टर बनाओ। A3 शीट पर।
- 3- एक स्वस्थ जीवन शैली में व्यायाम का क्या महत्त्व है ? इस विषय पर 5 वाक्य लिखिए A4 शीट पर।

MATHS

1. Innovating with geometrical shapes is so much fun. Prepare some healthy snacks by using cucumber, carrots, tomatoes, onions and bread slices in different shapes like triangle, circle, rectangle and square. Click the photos of your dish and also its ingredients separately. Paste it on A4 size coloured sheet.



2. Visit to a market with your parents and purchase any five healthy food items which cost more than Rs 100. Paste their pictures and write their prices in A4 size sheet like given below:



Rs 250



Rs 185

Then write its:

1. Before, After and Between
2. Expanded Form
3. Number Names
4. Ascending / Descending Order
5. Add the total amount spent on them



3. Learn tables from 2 to 10

4. Health is Wealth

a. Mention the calories required by you for the meals mentioned in the table given below.

Meal	Calories required per day
Breakfast	
Lunch	
Dinner	

b. On an A4 size sheet paste pictures of food you eat in your three meals with their respective calories as shown below.

	42 calories
	204 calories

EVS:

Q1. Find out the hidden words in the given puzzle.

B	A	K	A	P	R	I	C	O	T	S	C	U	K
R	R	B	R	L	C	O	D	N	L	L	S	M	H
E	T	R	A	E	R	L	N	A	U	I	N	T	E
A	I	O	S	M	A	T	S	I	P	V	M	W	H
D	C	C	P	O	N	R	Q	L	O	P	O	E	R
O	H	O	B	N	B	G	U	Y	V	N	L	U	Y
P	O	L	E	C	E	B	A	N	A	N	A	E	T
S	L	L	R	B	R	F	S	F	M	C	V	S	O
A	E	I	R	X	R	P	H	L	I	R	O	E	M
L	S	M	Y	N	Y	D	D	O	L	A	C	C	A
M	Y	O	G	U	R	T	I	Q	K	B	A	H	T
O	A	H	S	P	I	N	A	C	H	P	D	E	O
N	X	F	I	G	A	R	L	I	C	A	O	E	V
M	D	C	P	N	S	H	E	L	L	F	I	S	H
I	N	C	A	L	T	A	L	O	U	P	E	E	Q
P	E	A	N	U	T	S	M	G	I	N	G	E	R

MILK	AVOCADO	GINGER	SPINACH	SQUASH
YOGURT	RASPBERRY	GARLIC	PEANUTS	CRAB
APPLE	TOMATO	BREAD	APRICOT	BANANA
CRANBERRY	BROCOLLI	LEMON	CHERRY	LIME
CHEESE	ONION			

Q2. 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 and decorate it. Label the coat hanger with the food group and its function as shown. Hang labels, pictures of food from that group.

Food group I - Cereals (Roll Nos. 1-15)

Food group II – Pulses (Roll Nos. 16-30)

Food group III- Milk Products (Roll Nos. 31 -44)



PASTE PICTURES OF MILK PRODUCTS IN THE HANGINGS

Q3. Eat the fruits given below any time during summer vacations and try to count the number of seeds. Draw a table as shown below on A-4 size sheet and put a tick mark in the respective columns whether the seeds present in them are few or numerous. Also write the number if you were able to count them. Make a creative picture using their dry seeds on a A4 size coloured sheet.

FRUIT	FEW (NUMBER IF ANY)	NUMEROUS
WATER MELON		
MANGO		
MUSK MELON		
BANANA		
APPLE		

ART

Complete Unit: 22, 23, 32, 31.

Make any two fruits and vegetables using clay.