

MDH INTERNATIONAL SCHOOL, DWARKA

Class-III

HOLIDAY HOMEWORK(2019-20)

THEME :HEALTHY LIFESTYLE

Instructions:-

- i) Homework should be done neatly on A4 size coloured sheets.
- ii) Compile and put your holiday homework in an illustrative portfolio folder with an eco-friendly cover.
- iii) Grades will be given for the same.
- iv) Daily reading of newspaper is MUST.
- v) Homework should be submitted on **6th July, 2019.**

ENGLISH:

1. Write a self-composed poem on Importance of Healthy Lifestyle.
2. We all like to eat healthy food and say no to junk food. Imagine a Cauliflower talking to you describing how it feels when it is being thrown away in front of a junk food “Burger”! Describe its feeling in a short paragraph (in 80 words) with illustrations.
3. Write 10 Tongue Twisters.
4. Suggested Readings: (Any One)
 - i) Pinocchio
 - ii) Piped Piper of Hamelin
 - iii) Stuart Little

Note :Make a dictionary finding out the difficult words and write their meaning from the book you read.

5. Revise the syllabus of the Periodic Test-II.

विषय – हिंदी

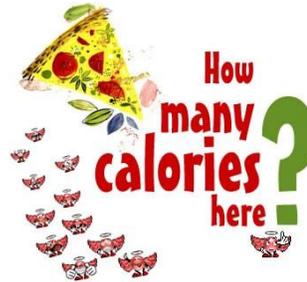
1. “आधुनिक जीवन शैली बच्चों की सेहत पर क्या बुरा प्रभाव डाल रही है ? ”इस विषय पर एक चित्रात्मक परियोजना (प्रोजेक्ट) तैयार करें | (A-3 SIZE SHEET)

2. एक स्वस्थ जीवन जीने के लिए किन्हीं चार अच्छी आदतों के चित्र चिपकाते हुए उनके बारे में दो – दो पंक्तियां लिखिए | (A-3 SIZE SHEET)

MATHEMATICS:

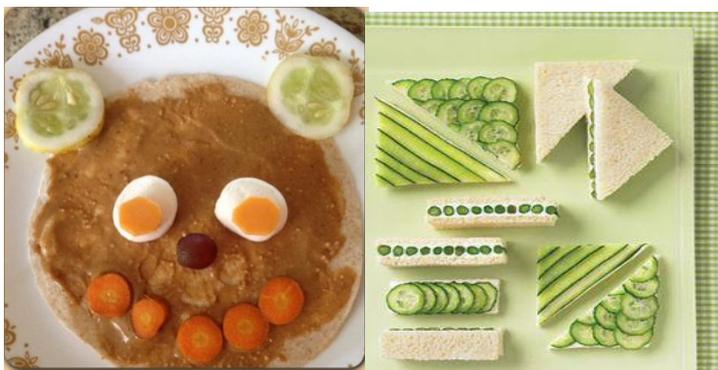
1. Health is wealth:

	<u>Calories required per day</u>
A healthy child	1800
An adult female	2400
An adult male	3200



Take a moment and add here how many calories your family needs as a whole, per day. Now, find out how many calories your family would need in a month and then in a year.

2. 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 snacks that keep us fit and present it using Geometrical shapes. Enjoy these snacks with your family and friends!! (Click the picture of the dishes you have made.)



SCIENCE

1. a) Ask your mother to give small quantity of some of the pulses (dal) she uses for cooking. Put them in small plastic pouches and stick those on A-4 sheets (in the format given below). Try to remember their names and colour.

S.N	Sample of pulses (dal)	Name of the pulses (dal)	Colour	Pulses(dal) that can be eaten as sprout

- b) From the pulses that you have mentioned above, which one do you relish the most? Why does your mother insist you to consume a bowl of dal every day? Give reasons.
- c) Take your mother's help to prepare your favorite dish using sprouts. Observe the procedure and write its recipe. (Click a picture of that dish and paste it with the recipe)

SOCIAL STUDIES

1. The use of modern gadgets has made our life easy or complicated? Write a paragraph to prove it.
2. On an A3 size sheet make a collage of eco-friendly transports.
3. Locate on a physical map of India healthy crops (Ragi, Jowar, Bajra) grown by the farmers in West Bengal, Odisha and Bihar.
4. Revise the syllabus of the Periodic Test-II.

COMPUTER

Yoga works on physical and mental aspects of the individual. Yoga for strength helps individuals to live healthy lives. Insert the pictures of 5 Yoga Aasans and write about their benefits in MSWord. Font should be Times New Roman and size should be 14.

ART

- Do coloring in Unit 14, 15, 19, 24 in the art book.
- Make a beautiful chart on Healthy Food.