

MDH INTERNATIONAL SCHOOL, DWARKA

Class-IV

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. For many years chocolate has been referred to as junk food along with other sweets and has been regarded as an indulgence. Now recent studies have thrown some new lights on its health benefits as well. Write a paragraph in 150 words on The Health Benefits of Dark Chocolate and paste pictures related to it.
2. Write 10 quotations on Education and Success. Make two beautiful bookmarks on each.
3. Suppose you get a chance to open a restaurant.
 - i) Create a menu card for publicizing healthy food /dishes. Menu should have starters, juices, salads, main course and deserts.
 - ii) Make a cover page including name of the restaurant and other details.
4. Suggested Readings:
 - i) Treasure Island
 - ii) Robinson Crusoe
 - iii) Alice in Wonderland
5. Revise the syllabus of Periodic Test-II.

हिंदी

1. एक स्वस्थ जीवन शैली हमें बीमारियों से कैसे दूर रखती है ? इसके महत्वपूर्ण बिंदुओं पर प्रकाश डालते हुए एक चित्रात्मक परियोजना (प्रोजेक्ट) तैयार करें | (A-3 SIZE SHEET)

2° “आधुनिक जीवन शैली में योग का क्या महत्त्व है ? ”इस विषय पर एक अनुच्छेद लिखिए | (A-3 SIZE SHEET)

MATHEMATICS

1. Collect the wrappers of bread, butter, chocolate, cheese slice and corn flakes. Write the calories of each item and find their sum.

- Find the Place Value of each digit of the sum.
- Write its Expanded Form.
- Round off the sum to the nearest 10, 100 and 1000.
- Write the sum in Roman Numerals.
- Write its Successor and Predecessor.

2. Find out the height (in centimeters) and weight (in kilograms) of 10 of your friends/ family members.

- Arrange this data in ascending and descending order.
- Who is the tallest and heaviest?
- Convert the height in metres and weight in grams.

SCIENCE

‘Good food for good mood’

1. Salads are known to be a rich source of roughage and they also contain vitamins and minerals.

❖ Which food items you would use to prepare your favourite salad ?

❖ Write two recipes of nutritious salad.

2. In summers, what other things you would add in your diet to maintain the water level in the body?

Support your holiday homework with relevant illustrations, pictures and write ups.

SOCIAL STUDIES

1. In this busy life how can we make our life healthy? Write a paragraph with illustrations on how we can inculcate good habits to lead a healthy life style.

2. Every state has special delicacies. Choose any four states one from each region and write the nutritious food eaten in those states through illustrations.
3. Yoga has always been helpful to us in our stressed life. Explain any four forms of yoga in a collage on an A3size sheet.
- 4.Revise the syllabus of the Periodic Test- II

COMPUTER

Playing sports is generally a fantastic way to improve your fitness and health. Write about any two of your favorite sports, their health benefits and also insert pictures in MSWord. Font should be Times New Roman and size should be 14.

ART

- ❖ Do colouring in Unit 9, 10, 15, 20 in art book.
- ❖ Make a fruit basket on an A3 size pastel sheet and decorate it with different types of colourful buttons.