

THE S.D. VIDYA SCHOOL, NOIDA
HOLIDAY HOMEWORK
CLASS – IV
2019 – 20

General Instructions:

- Cover page of the project should contain name of the School, Name of the student, Class, Academic year, Teacher in-charge.
- Use single scrap file for all the picture pasting and writing tasks.
- Your holiday Homework will be assessed and marks will be added in the final results.

Theme- Balanced Diet

“Physical health and happiness of mind are both required by a person for a complete well-being.”

“Health and cheerfulness naturally beget each other”

Task 1:

Start from Day -1

Germination of seed- Keeping in mind the steps of agricultural practices-

- Take loose soil in a small pot (used box, bottle, coconut shell or any earthen pot)
- Sow some gram or coriander seeds in the top layer of the soil.
- Place them in sunlight and water them regularly (Just sprinkle the water)
- Observe daily and click pictures from Day 1 till it grows into a new plant
- Pictures of different stages should be captured and pasted in the scrapbook

Task 2:

- A)** Make a pie chart using origami sheets in scrapbook showing the percentage of different types of nutrients (Carbohydrates, Proteins, Fats, Minerals and Vitamins) required for a healthy body.
- B)** Innovating with geometrical shapes is so much fun. It not only involves playing with our imagination but also recreating things in a meaning 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 paste it in your scrapbook).

Task 3:

Create an attractive advertisement on “**Health is wealth**” using A3 size sheet. Follow the guidelines for advertisement-

- Write a catchy slogan (3-4 lines)
- Add relevant pictures
- You can paste the picture of the celebrity (sports person/actors) to create a better impact

Task 4:

A) Healthy food is important for a healthy body and mind.

Create a menu card in a scrapbook for a restaurant publicizing **organic food**. The menu should have-

- healthy starter
- variety of salads
- food dishes
- refreshing juices

B) Make a paper bag with a message to create awareness among people to eat healthy food and to stop eating junk food. Show your creativity in decorating bags (you can use old buttons, laces, beads, paper flowers, etc.)

Task 5:

Design your own health magazine which includes:

- A cover page including an apt title for this magazine besides attractive and colourful illustrations and a quotation on “Good Health”
- **“Have your breakfast like a King, lunch like a prince and dinner like a pauper.”**
Write your views on above saying giving reasons.
- Write your views on yoga, meditation and a good sleep for your physical and mental health.
- Poem composed by you on a fruit, you like the most.
- A recipe in English on any food or drink contributing towards good health. Decorate your recipe with pictures or drawings.



Create your magazine on A4 sized light colour sheets. Add the pages of content and acknowledgement. Give a special name to your magazine in whichever way you like & get it spiral bound.