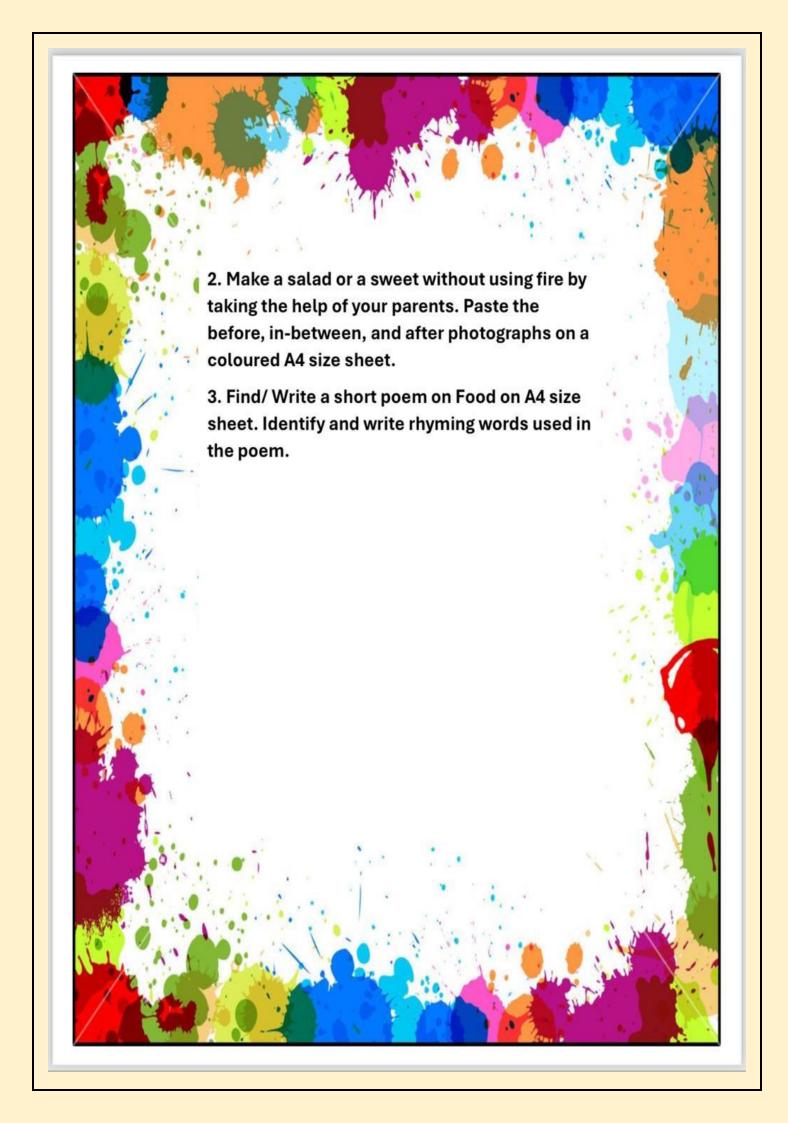


ENGLISH





हिंदी

1. रंगों के नाम सही शब्दों से वाक्य पूरा करो -(काला, पीला, लाल, सफ़ेद, भूरा, नीला, नारंगी) 1. कौए का रंग _____ होता है | संतरे का रंग _____ होता है | दूध का रंग _____ होता है । टमाटर का रंग ____होता है | सूरजमुखी के फूल का रंग ____ होता है | 5. गौरैया का रंग _____ होता है |

7. दिन में आसमान ____ रंग का होता है|

- 1.स्वस्थ एवं सेहतमंद रहने के लिए हमें किन-किन पौष्टिक आहारों की जरूरत होती है। उनके चित्र चिपकाकर किसी एक के बारे में पांच पंक्तियां A4 शीट पर लिखें।
- 2.आधुनिक जीवन शैली में मोबाइल फोन और टीवी बच्चों की सेहत पर क्या बुरा प्रभाव डालते हैं ? इस विषय से संबंधित A3 शीट पर एक पोस्टर बनाइए।
- 3.एक स्वस्थ जीवन शैली में व्यायाम का क्या महत्व है? इस विषय पर A4 शीट पर पांच वाक्य लिखिए ।

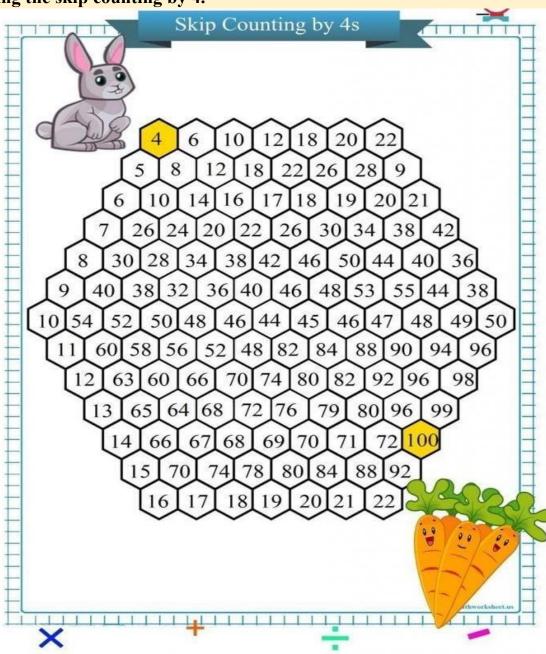
MATHS

"Mathematical Adventures in Healthy Eating"

1. Innovating with geometrical shapes is so much fun. Prepare some healthy snacks by using cucumbers, carrots, tomatoes, onions and bread slices in different shapes like triangle, circle, rectangle and square. Click the photo of your dish and its ingredients separately. Paste the photo after the given arrow.



2. Help the hungry bunny rabbit to reach the carrots. Colour the numbers yellow following the skip counting by 4.

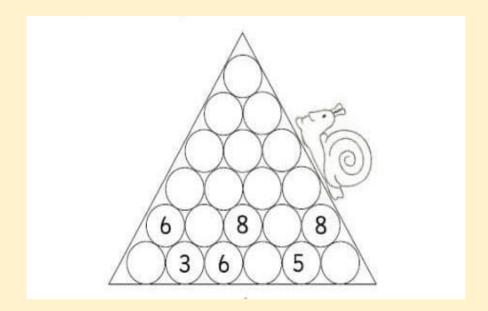


3. Grocery Store Maths

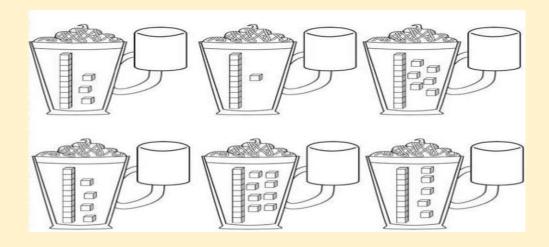
Task: Create a shopping list of healthy food items with quantities and prices. Objective: Practice addition and subtraction by calculating total costs and change.

S.No.	Name of Healthy Food Item	Quantity	Price
1.			
2.			
3.			
			Total

4. Imagine a Maths pyramid like a food pyramid. The number in each space is the total of the two numbers below it. Fill the missing number in the pyramid and colour it.



5. Count the place value cubes and write the number in the Marshmallow.



Note: Do page no 23 to 30 in the Maths book neatly.

EVS

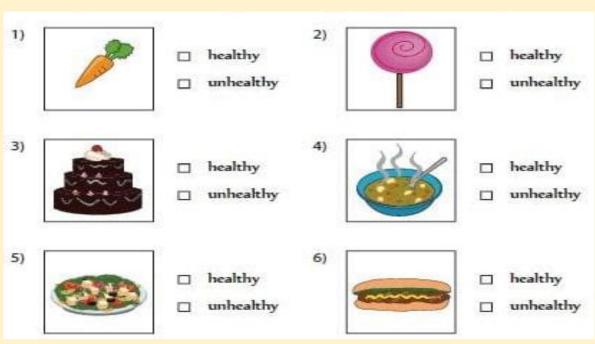
"Embrace Healthy Living with EVS!"

1. Write the names of three different Fruits and Vegetables along with their benefits.

S.No.	Fruits/Vegetables	Health benefits
1.		
2.		
3.		

Draw or paste pictures of these fruits /vegetables below.

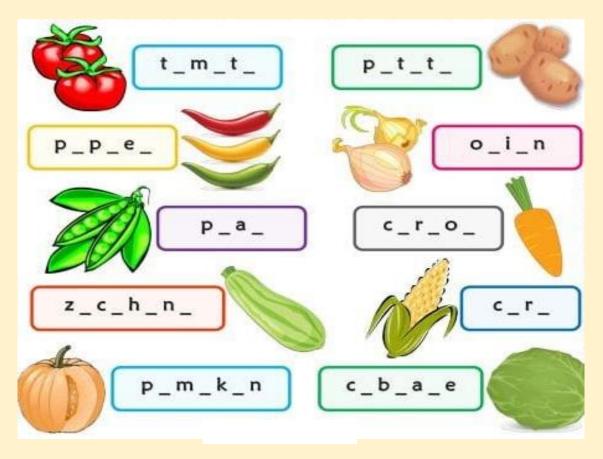
2. Identify and tick the food items in the picture that are considered healthy and those that are considered unhealthy.



3. H	ealtny Recipe Creation:
	With the help of your parents or guardians, create a simple recipe using at least
	one fruit and one vegetable. Write down the recipe step by step in the space

provided including the ingredients and instructions.

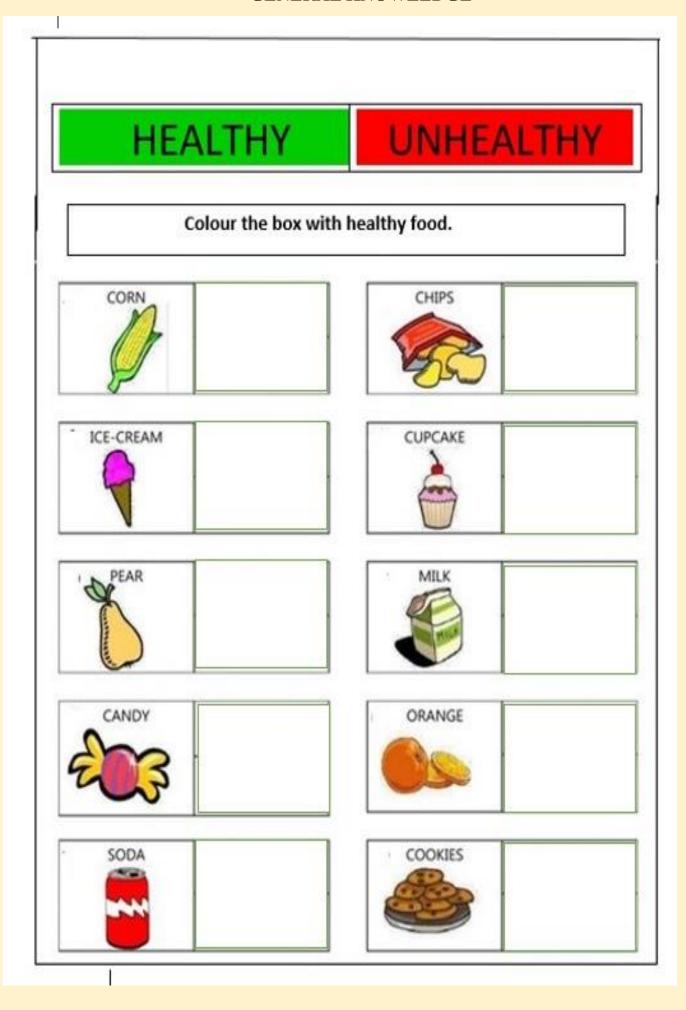
3. Fill the missing letters of the names of the healthy vegetables.



4. Healthy Habits Diary:

Maintain a diary for three days where you record everything you eat and drink. After each day, write down one thing you could have done differently to make your meals healthier.

GENERAL KNOWLEDGE



SUBJECT :- MORAL SCIENCE

Health And Hygiene

Name:-

1. Choose the food items that are healthy.



- 2. Say whether the following are healthy or unhealthy habits.



I drink lots of water._______





I go to sleep late every night._______



I bathe every day.______



COMPUTER

- 1. Use the shapes and pencil tools in MS Paint to draw and colour five fruits.
- 2. After completing your work, submit the printout.
- 3. Write your name, class, and roll number on the printout.

ART AND CRAFT

- 1- Draw and colour any five fruits and vegetables or make its collage.
- 2-Show your creativity by using ice cream sticks, craft paper or any waste material. You may follow the pictures given below.





