



*Imperial Heritage School*  
SECTOR-102, GURUGRAM



**HOLIDAY  
HOMEWORK**

**SESSION 2021-22**

**GRADE- VI**

**THEME**

***Health and Fitness***



***“The capacity to learn is a gift; the ability to learn is a skill; the willingness to learn is a choice”.***

*A Holiday Homework is an attempt to enhance children’s imagination. Doing it in the right spirit with enthusiasm will make it a great learning experience and will make your child an independent, inquisitive learner who will enjoy the learning process.*

*Dear Parents,*

*We are ready to welcome the Summer Vacation after a year of online schooling. The year gone by has taught us valuable lessons and gave us the ability to spring back from all challenges that came our way. I must thank you for supporting us and making the online teaching learning process, a successful joint venture between us. This break is a great opportunity to cheer up our souls and refresh our minds. This is the time to bond with our children and give them credit for quickly adopting to the new normal conditions and adjusting to it without any apprehensions or doubts. They attended classes, did activities and appeared for their exams with the same gusto and enthusiasm as they would do in a functional school. Kudos to our students.*

*Here are some tips for you, parents, to make the most of this time where there are no deadlines to meet, no assignment to be submitted or a test to study for. This is your “US” time, enjoy it and make beautiful memories.*

- Avoid negativity in all forms at home. Whether from News on TV or from the neighbourhood. Children get affected and sometimes do not express themselves. Discourage any talks or discussions that can have a negative impact on our children’s impressionable mind.*
- Have at least two meals together with your children.*
- Explain about the hard work our farmers put in so that we can have our meals on the table and ask them not to waste their food.*
- Let them wash their own plate after every meal. Children learn dignity of labour from such activities.*
- Encourage them to help you with preparing meals. Let them make their own vegetable and fruit salad.*
- Encourage them to learn 5 new words in English, Hindi and list them in a note book.*
- Nurture your child’s interest – be it art, music, dance or anything else. Let him/her pursue a hobby of his /her own choice.*
- Please train your child to become independent in his daily chores.*
- Let him/her keep the house clean—clear the toys, books or craft after he/she has finished playing with it. Let them lend you a hand with basic household chores like dusting and mopping, putting out clothes to dry, folding them etc.*
- Be polite while speaking and talk softly.*
- Inculcate proper toilet habits.*
- Remember to converse in English with your child.*
- Gently encourage your child to make a kitchen garden by planting seeds. Knowledge about plants and trees are an integral part of your child’s growing up.*
- Share stories about your childhood and your family history.*
- Assign a permanent workplace and a work-time. This brings in discipline in your child’s life.*
- Make sure you are spending quality time with your wards amidst this tensed environment.*

*And now a word for my students:*

*Dear Students,*

*With summer holidays around the corner, my heart swells up with an array of emotions. You all have worked hard in the past few months and it is time to have a refreshing vacation.*

*To maintain the educational continuum and to keep in view the rejuvenation you need, an enriching homework for the holidays is designed to keep you constructively busy and put boredom at bay. Continue to read e-newspaper every day and don't forget to complete your notebooks and assignment of the syllabus covered in online classes during April and May.*

*Don your thinking cap, wear your magic mantle to put forth your creative side. Have fun and frolic, build up your learning activities as a treasure.*

*Looking forward to seeing you soon, online.*

*Happy summer vacations! Enjoy, take rest and be back with full enthusiasm.*

Have a great



VaCation!



# SCIENCE

## 1. MEDICINAL PLANTS:

Before the modern-day medicine and synthetic drugs, there were plants, and ancient civilizations knew how to use them effectively to treat common ailments and even life threatening diseases. One such plant is Tulsi.

Tulsi leaves are used to treat cold, cough, bronchitis.

Find out about at least 5 more medicinal plants and write their medicinal use. You can paste the pictures of these plants.



## 2. Yoga and Meditation help to calm down our mind and provide positive energy.

- Write any 4-5 points to show the importance of yoga and meditation in today's time.
- Stick a few pictures showing yoga asanas and name the asanas also

## 3. Health Challenge: Children love to eat junk food all the time which may give rise to obesity. But some of the junk food can be made in a much healthier way.

- Choose your favorite junk food and paste its picture.
- Write the recipe of the changed healthy food (ingredients used, method of preparation etc).

## 4. It is said that "HEALTH IS WEALTH". To remain healthy, we must eat food containing all the nutrients i.e. carbohydrates, fats, proteins, vitamins, minerals, fibers and water in proper proportions -that is a Balanced Diet. Note down what you ate for any five days during the vacation. Complete the following table and check whether your diet was a balanced diet. What food items you need to add or remove to make it a balanced diet

Days	Breakfast (food item)	Lunch (food item)	Dinner (food item)	Nutrients provided	Nutrients lacked
1 <sup>st</sup>					
2 <sup>nd</sup>					
3 <sup>rd</sup>					
4 <sup>th</sup>					
5 <sup>th</sup>					

# ENGLISH



Q 1. Create a menu card for a restaurant publicizing a variety of salads and other healthy food dishes. Use only half A4 size colored sheet folded appropriately to design your menu card. The menu should have a few healthy starters, juices, salads, main course and desserts. On the cover of your menu write the name of your restaurant, address and phone number. Picture attached for reference.

Q 2. Poetry is a form of literature that uses aesthetic and rhythmic qualities of language. Compose a short poem describing the benefits of a healthy diet. You may use the words given in the box below, to help compose the poem on A4 size colored sheet.



Fruits vegetables juices proteins vitamins cereals tasty  
Wholesome spicy sweet sour organic delicious

### Q3. Cooking Vocabulary-

Pick out words from the kitchen eg - blend, knead, boil, drain, chop, beat etc.

## Cooking vocabulary



cook



bake



boil



fry



grill



roast



chop



dice



slice



cut



grate



peel



add



pour



put



rinse



squeeze



stir

Write their meanings and paste pictures describing the word on A4 size sheet.

## SOCIAL SCIENCE

### INDIA – THE LAND OF YOGA



The practice of Yoga is believed to have started with the very dawn of civilization. The science of yoga has its origin thousands of years ago, long before the first religion or belief systems were born. In the yogic lore, Shiva is seen as the first yogi or Adiyogi, and the first Guru or Adi Guru. The Number of seals and fossil remains of Indus Saraswati valley civilization with Yogic motives and figures performing Yoga Sadhana suggest the presence of Yoga in ancient India.

### ACTIVITY-1 (Roll No. 1-7)

Conduct an **Awareness Campaign about FIT INDIA MOVEMENT** to make fitness reach every school, college, university, village, city etc. by creating and distributing brochure using the digital media to enhance the visibility of the campaign.

### ACTIVITY-2 (Roll No. 1-7)

Design a poster advocating "FIT HAI TOH HIT HAI INDIA".



### ACTIVITY-1(Roll. No. 8-15)

*"Your diet is a bank account. Good food choices are good investments."*

Students create Eat Healthy, Stay Healthy Ad Film- Campaign by Imperial Heritage to promote Healthy Food over Junk Food to spread awareness on health and fitness. (Brochure/logo/simple promotional video for YouTube).

### ACTIVITY-2(Roll. No. 8-15)

Banners/ Placards to promote "HEALTHY INDIA WEALTHY INDIA".



# MATHEMATICS

Body Mass Index is a simple calculation using a person's height and weight. The formula is  $BMI = \frac{kg}{m^2}$  where kg is a person's weight in kilograms and  $m^2$  is their height in meters squared.

Find your BMI

---

**Data collection:** Interview few people in your neighborhood or your relatives and collect the data.

1. How many people do yoga, aerobics, zumba, walk, other exercises? Collect the data and represent it in the form of bar graph.

---

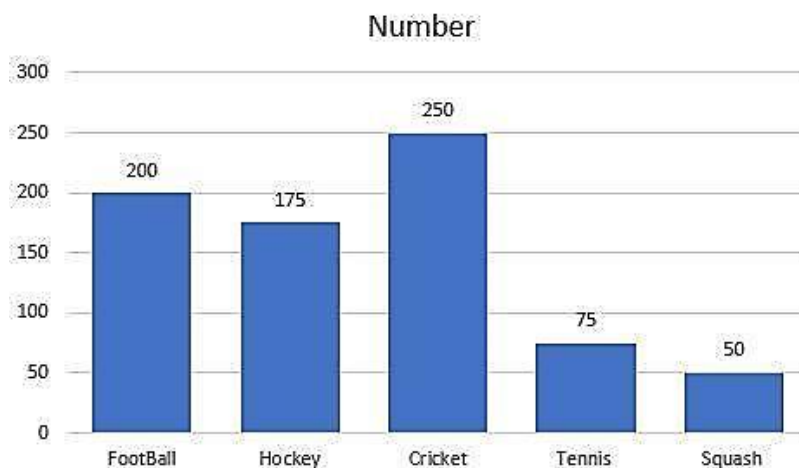
2. How many people visit the doctor frequently?

---

3. Who is the eldest person in the group and what is his\her age?

---

**Study the bar graph given below and answer the following questions.**



1. Which is the most liked outdoor sport?

---

2. Which game is liked least?

---

3. How many people like hockey?

---



## Hindi

### रोल न (1 से 5)

किन्ही दो योगासनों को ए-4 शीट पर बनाइये और उनका नाम लिखिए इन योगासनों को प्रतिदिन अभ्यास में भी लायें।

### रोल न ( 6 से 10)

किन्ही चार सेहत से जुड़ी अच्छी आदतों को ए4 शीट पर बनाइये तथा उनके बारे में एक-एक पंक्ति में लिखिए और उन आदतों को अपनी दिनचर्या में भी अपनायें ।

### रोल न (11से 16)

खेल कूद और हमारा जीवन विषय पर अपने विचार एक अनुच्छेद के रूप में 80 से 120 शब्दों में लिखिए ।

## Sanskrit

- देव शब्दरूप ए-4 शीट पर लिखिए ।
- किन्हीं पाँच पक्षियों के नाम संस्कृत में चित्र सहित ए-4 शीट पर लिखिए ।

## French



1. Cut& paste pictures on A4 size asking about someone's health like -How are you? By different moods of facial expression in Formal and Informal way.
2. Write your introduction in 5 lines in French language.

# COMPUTERS

Suppose you a Graphics designer in a Publishing House. You have to design an attractive cover page for a book which is related to Importance of being healthy and fit in our lives. You can design the cover page in MS Word, Adobe Spark, Canva or any other designing software.

Eg.

