



**IMPERIAL HERITAGE SCHOOL
SECTOR-102, GURUGRAM**



HOLIDAY

HOMEWORK

SESSION 2022-23

GRADE- VI

THEME

DEFICIENCY DISEASES



“In the summer, the days are long, stretching into each other. Out of school, everything is on pause and yet happening at the same time, this collection of weeks when anything was possible.”—Sarah Dessen

Dear Parents,

The above quote explains summer in its entirety. The summer season brings along a much needed break from the routine so that we are all ready and rejuvenated to work harder and smarter to achieve our true potential both academically and co scholastically when we join back. Summer vacation is the time when children can be more independent, inquisitive and creative. This is the time to nurture and develop skills, other than intellectual skills. This is the time to get together and enjoy as a family without the stress of deadlines and examinations eating into the “US” time. Take this opportunity to bring out the child in you and try to fulfill some of your childhood dreams with your child as your partner. Trust me, this way you will make memories that you will cherish your lifetime.

Let me in the same breath reiterate that we are sending along some fun filled tasks for your child to remain connected with academics. Holiday homework is focused on bringing out the creative and latent talents and skills of the children in a manner that will be both enjoyable and educative.

Some activities that you can do with your child this summer:

- Learn a new hobby – swimming, roller skating, cricket, karate, golf, summer camp etc.
- Play a game together every day. Computer games are good for the brain , but what about the rest of your body? You do need some exercise, don't you? Indulge in cycling, playing badminton, cricket, kho-kho, hide n' seek anything that makes you run.
- Visit a new place if possible.
- Read the newspaper daily.
- Go for walks as a family. You will realize you have two of the greatest gifts of life.... NATURE and your FAMILY.

A word of advice for my children:

- Read at least two books of your interest during the vacation.
- This is your chance to take care of your parents, grandparents, elders and even your younger brothers and sisters. You can surely be of some help to your family members.
- Ask your family members if they need some help and then do the needful.

Let me end with a beautiful poem by Paul Laurence Dunbar.

*"Oh, summer has clothed the earth
In a cloak from the loom of the sun!
And a mantle, too, of the skies' soft blue,
And a belt where the rivers run.*

*And now for the kiss of the wind,
And the touch of the air's soft hands,
With the rest from strife and the heat of life,
With the freedom of lakes and lands.*

*I envy the farmer's boy
Who sings as he follows the plow;
While the shining green of the young blades lean
To the breezes that cool his brow.*

*He sings to the dewy morn,
No thought of another's ear;
But the song he sings is a chant for kings
And the whole wide world to hear.*

*He sings of the joys of life,
Of the pleasures of work and rest,
From an o'erfull heart, without aim or art;
'Tis a song of the merriest ..."*

Enjoy your summer vacations. May you all have an exciting summer full of cheer and fun.

Regards,
Ms. Neelu Sharma
Principal

Happy
Summer
Holidays

SCIENCE

1. Deficiency of one or more nutrients can cause diseases or disorders in our body. Diseases that occur due to lack of nutrients over a long period are called deficiency diseases. All deficiency diseases can be prevented by taking a balanced diet.



Activity-1: Mandatory for all

Make a table (on A-3 size sheet) of diseases or disorders due to deficiency of different vitamins. Write their symptoms and sources too.

2. A person may be getting enough food to eat, but sometimes the food may not contain a particular nutrient. If this continues over a long period of time, the person may suffer from its deficiency.

Activity-2 Mandatory for all

Make a vocabulary folder using A3 sheets related to scientific terms like -Balanced diet, simple carbohydrates, complex carbohydrates, ingredients, roughage, digestion, over malnutrition, under malnutrition, obesity. Also paste/draw the pictures related to the terms.

3. Healthy eating starts with learning new ways to eat, such as adding more fresh fruits, vegetables, and whole grains.

Activity-3

(For Roll No.-1 to 12)

Design a poster on 'Eat Healthy, Stay Healthy' to make others aware of the benefits of healthy food.

(For Roll No.-13 to 24)

Make a food pyramid on cardboard using coloured pictures and chart paper by showing different food items in each level.

MATHEMATICS

Vitamins and minerals are nutrients required by the body to carry out a range of normal functions. However, these micronutrients are not produced in our bodies and must be derived from the food we eat.

Most people get all the nutrients they need by having a varied and balanced diet, although some people may need to take extra supplements.

Activity 1: Make a list of food items that you eat for getting vitamins and minerals along the nutrients provided by it (per 100g).

Day	Food item you had	Nutrient	Approximate quantity (per 100 g)
1			
2			

Maintain the record for 15 days

Activity 2: Take a multivitamin syrup (or any food supplement) and draw a chart indicating its nutritional value.

Activity 3: Practice 10 sums daily.

Topics: Factors and Multiples, HCF and LCM

(Do the work in a thin notebook, for questions any reference book can be used like Mathematics for class-6 by R.D.Sharma , Mental maths-6 by Ratna Sagar)

ENGLISH

1. Dialogue Writing

You are a doctor at XYZ hospital. A patient of yours visits your hospital with his report.

Write a dialogue between you and your patient that he is suffering from and suggesting him ways to cure them at the earliest.



Write it on A4 size sheet and present it neatly.

2. Poem Composition

Deficiency of different vitamins and minerals may also result in certain diseases or disorders. So a balanced diet is required to avoid deficiency diseases.

Compose a small poem on the theme 'Balanced Diet' depicting the importance of balanced diet.

Write it on A4 size sheet and present it creatively.

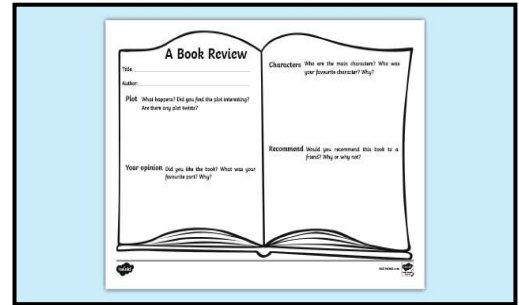


3. Book Review

Book review helps spread the word and create a buzz about the book. Read the novel - 'The Adventure of Tom Sawyer' prescribed in your curriculum and write a book review in your own words.

Your book review should include the following details:

- Short summary of the novel (150 words)
- Name its main characters
- Did you like the novel? Why/Why not?
- Recommendation - Why people should read it?
- Which character do you like best and why?



Write it on A4 size sheet and present it beautifully.

SOCIAL SCIENCE

According to the GLOBAL HUNGER INDEX, hunger has increased in 10 countries with moderate, serious or alarming hunger levels since 2012. These 10 countries are Central African Republic, Republic of Congo, Ecuador, Lesotho, Madagascar, Malaysia, Oman, South Africa, Venezuela, and Yemen.

GOAL 2:- Zero Hunger

ACTIVITY 1:- Mandatory for all

Make a Power Point Presentation on "the main causes of anaemia". Get a print out of the same on A4 size sheets.

ACTIVITY 2 (Roll.no.1-12)

Make an anchor chart highlighting the importance of providing immediate food needs of the underprivileged people.

ACTIVITY 2 (Roll.no.13-24)

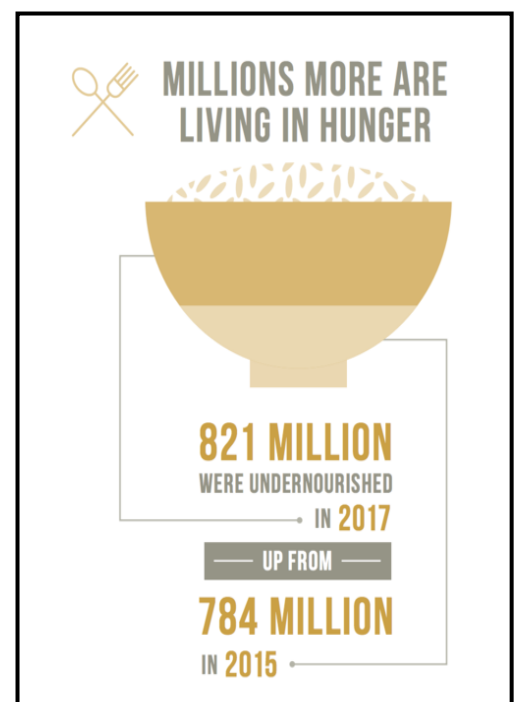
A healthy diet is a solution to many of our health problems. Make a Poster and write a slogan to support healthy stay healthy.

ACTIVITY 3 (Roll.no.1-12)

Create a photo album highlighting the efforts and measures taken by UNO to End Hunger.

ACTIVITY 3 (Roll.no.13-24)

Make a Poster and write a slogan to support smallholder farmers' ability to increase food production.



HINDI

- 1) हम सभी जानते हैं कि शरीर में पोषक तत्वों की कमी हो जाने से हमें किन- किन कठिनाइयों का सामना करना पड़ सकता है। पौष्टिक आहार और जंग फूड़ इस विषय पर दो मित्रों के बीच संवाद A4 साइज़ शीट पर चित्रात्मक रूप में प्रस्तुत कीजिए।
- 2) अगर हमारे शरीर में पोषक तत्वों की कमी हो जाए तो क्या आहार पूरक दवाइयों का प्रयोग उचित है? इस संदर्भ में अपने विचार A4 साइज़ शीट पर एक अनुच्छेद के रूप में लिखिए।

FRENCH



- Make a collage or a poster on A3 sheet (any color) and write a slogan related to the topic in French.

Topic: "Health is Wealth"

- Learn and revise Lesson-1(Les salutations).
- Write the conjugation of any 10 ER verbs in French notebook.

SANSKRIT



- A4 साइज़ शीट पर दस रोगों के नाम संस्कृत में लिखिए और उनके चित्र भी चिपकाएँ।
- अपनी संस्कृत की पाठ्यपुस्तक ' नई दीप मणिका 'के (१ से १६) प्रत्येक पाठ में से दो दो संस्कृत शब्द हिंदी अर्थ लिखते हुए चित्र सहित शब्दकोश का निर्माण कीजिए ।
- स्वास्थ्य से संबंधित संस्कृत श्लोक का हिंदी अर्थ सहित उच्चारण करते हुए एक मिनट की वीडियो बनाएं ।

COMPUTERS

Create a comic strip in Canva of Min 3 pages and Max 5 pages with a storyline on the topic Deficiency Diseases and take the printouts of the same and submit.

Steps to open Canva:

- Go to www.canva.com and search for the template Comic Strip.
- Select the desired template and keep adding pages in your template.

