



DELHI PUBLIC SCHOOL

SAIL TOWNSHIP, DHURWA, RANCHI-834004 (JHARKHAND)



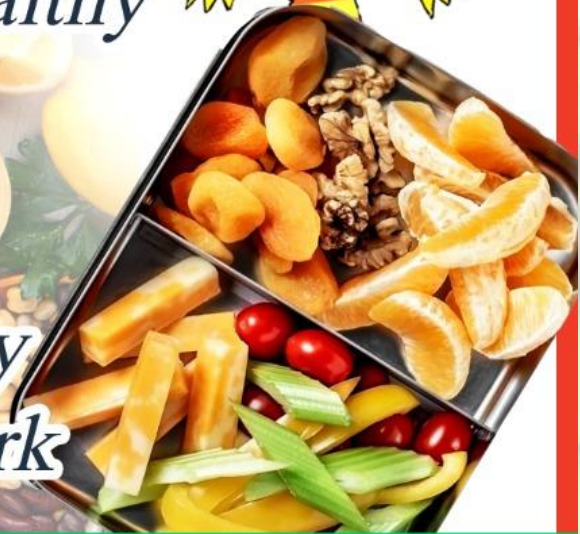
FESTIVITY OF DOING AND LEARNING



Eat Healthy Live Healthy

CLASS 4

*Interdisciplinary
Holiday Homework*



FESTIVITY OF DOING AND LEARNING

“Learning is the beginning of wealth.
Learning is the beginning of health.
Learning is the beginning of spirituality.
Searching and learning is where the
miracle process all begins.”

A row of white dice on a reflective surface. The first die shows 'LEARN' on its top face and 'DO' on its front face. The second die shows 'I' on its top face. The third die shows 'N' on its top face. The fourth die shows 'G' on its top face. Together, they spell out 'LEARN DOING'.



"Creativity is a habit, and the best creativity is the result of good work habits."

Dear Students,

Greetings!!

Holiday is the time that we all eagerly wait for. We all make plans to enjoy, to relax and to empower ourselves during these days. This Puja vacation the Holiday Homework is designed as a medium for you all to achieve the motto of "Doing and Learning." The true sign of intelligence is not knowledge but imagination. This Interdisciplinary Holiday Assignments will foster curiosity, develop creativity, enhance knowledge and instill the joy of learning. It will certainly help you to discover a new you, who is more enriched and confident and performs every action to perfection.

Stay home, Stay safe!!

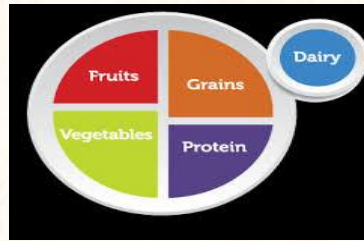
Interdisciplinary holiday assignments

Theme: Health – LET'S BE FIT

General instructions:-

- Use of A4 sheet is recommended for the assignments as and where needed.
- Original drawing/illustrations and creative use of material will be appreciated.

1. Depict balanced diet plate for a child of your age using colourful pictures or drawings. Write three adjectives for each food item shown in the balanced diet plate.



2. Choose five food items from your balanced diet plate. Mark and label the state on the political map of India where they are grown in large amount.
3. Choose any five food items from your balanced diet plate. Write down the nutrient category to which the food items belong. (Hint: Butter-Protein, Milk-Calcium)
4. स्वास्थ्य से संबंधित तीन स्लोगन या मुहावरे लिखें।

5. Take a moment and add here how many calories your family needs as a whole per day. Now, find out how many calories your family would need in a month of October.



6. Stay fit and healthy, perform daily the exercises listed hereunder for next 5 days and note the counts.

Find out the best you could perform in each activity and record that in the table below:

Sl. No.	Name of the Exercise	Counts you could do in one minute
1.	Jumping Jacks	
2.	Rope Skipping	
3.	Stair Climbing	
4.	Touching Toes	

