



EAST POINT SCHOOL

Class -II

Holiday Homework

Topic-Climb a healthy food ladder to happiness.

Today I ate a rainbow, and it tasted great!

Today I ate a rainbow and it was on my plate!

My body is so healthy and happy, too.

Today I ate a rainbow how about you?








Dear Children,




Vacation is a time when you connect with your family members and relatives. Here are some ways by which you can make your vacations fun and learn at the same time.











- Help your parents in small household chores like watering plants, making the bed, cleaning cupboard etc.
- Good personal hygiene will help you stay healthy so wash your hands frequently, take regular bath. Eat healthy and stay fit.
- Read your favourite story books.



Let's begin our vacations by reading a story "A King of Vegetable Kingdom"

Nobody wanted to be a King of the Vegetable kingdom as it was such a difficult responsibility. The kingdom was full of all kinds of colors, green spinach , orange carrots , red tomatoes , white onions, yellow peppers , and florets of cauliflower  and broccoli everywhere. It was an amazing place full of health and strength.

Messages were sent out around the kingdom for them to choose a King. But nobody wanted to resume the charge. They all preferred other kingdoms like The kingdom of Sweets , The Jelly kingdom  or even The Chocolate kingdom , but nobody wanted The Vegetable kingdom.

Then one day, a little boy called Timtim , became sick. He got really weak and lost a lot of weight and could not grow any taller. A fairy called Lily  visited him, and invited him to drink a juice.  She was sure that it would be good for him. It was made from the vegetables, pomegranate , blueberries . When Timtim  drank the juice he started feeling better. He was full of energy, wanted to play, run around, and jump again. Fairy Lily  visited him again to check how he was feeling. He said it was great. Lily told Timtim  – "Now you are healthy and strong, thanks to the vegetables that you used to reject. So, it's time to be thankful to the kingdom of vegetables  by giving back the good it has done for you. Timtim  started thinking about what might be the best way to do something good for this kingdom.

He visited all those who were sick, invited them to improve their eating habits; showed them the importance of eating vegetables  and fruits every day. The inhabitants of the kingdom immediately realized that little Timtim  was doing good and that he could be their king. So he was chosen "A King of Vegetable Kingdom"



1. Read the above story carefully and answer the following questions:

Q1. Find out the food items from the story which helped Timtim grow strong and healthy?

Q2 Which is your favorite fruit and vegetable and why do you like eating it?

Q3 Do you all want to be strong and healthy like Timtim? If yes, what all should you eat and why?

Q4 If you get a chance to become “A King of Vegetable Kingdom” how would your kingdom look like. Draw and create your own kingdom using your imagination and creativity. Picture is given for your reference:



2. Timtim is feeling hungry. Help him to make a healthy platter by adding a variety of healthy food items. His balanced plate should have all the colours of a **Rainbow. Follow the instructions to do this activity.**

- ❖ **Take a drawing sheet/ cardboard and cut it in circle in the shape of a plate.**
- ❖ **Draw the food items that you would like to include in his week's diet on different drawing sheets.**
- ❖ **Colour them, cut them and paste those cutouts in circle plates.**
- ❖ **Like this you will have to create full week's menu on the plates.**
- ❖ **Picture is given for your reference.**



3. Timtim loves to have plenty of fruits and vegetables. Relish the summer fruits and learn about fruits that have no seed, one seed, few seeds and many seeds.

Segregate the fruits in the given columns.

Sapota, papaya, cherry, watermelon, melon, strawberry, apple, mango, banana, grapes, orange, kiwi, litchi, guava, pineapple, pomegranate.



No seed	One seed	Few seeds	Many seeds

Enjoy the fruits with Timtim and collect seeds, wash them, dry them and bring them to School to make Seed bombs.

4. On Father's Day(21st June) prepare a special healthy Dish for your Father by 'Being a little chef'. Click your photograph along with your dish.



5. Writing Poetry with Fun

Ice-cream is Timtim's favourite and he can eat it any time. He wants to express his thoughts for Ice-cream through a Poem. Can you help him to do so?

ICE CREAM POETRY:

My Favorite Ice cream (Directions): Write a poem about your favorite ice cream.

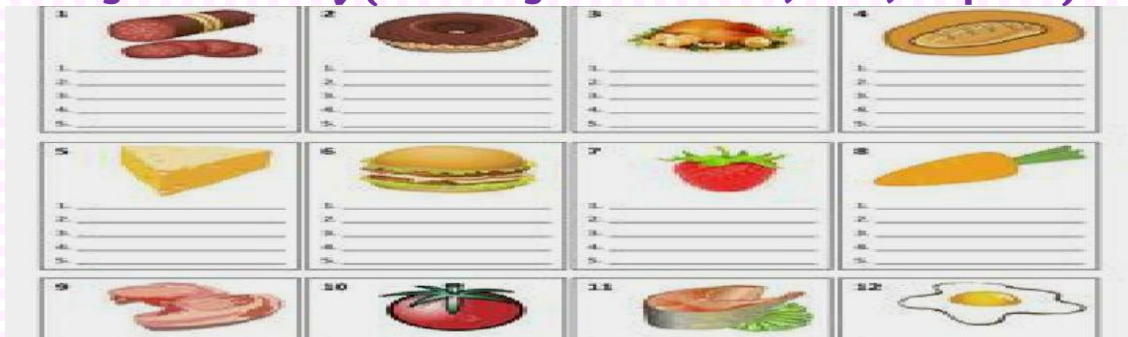
Use your imagination and be creative



Color, melting,
yummy, sweet,
cone, bowl,
scoop etc

Hint Words

6. Describing Food Activity (According to their colour, taste, shape etc)



Observe the pictures and write four sentences about each picture.

Note: Activity 5 & 6 to be done on drawing sheet.

7. Tasty Shapes

Timtim is learning shapes and need help to understand them. Let's help him to observe the shapes of healthy homemade food.

Observing the shape



Carefully observe the shape of every dish you have and draw/paste different food items according to its shape in the table given below; (also write the name of the food items)

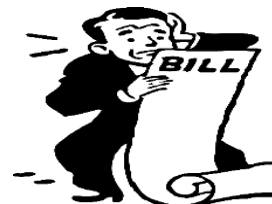
Triangle	Circle	Rectangle	Square

8. Let's Go Shopping

Do you miss going for shopping? Let's set up shop at your own home.

Role Play

Children will act as a shopkeeper and set up a shop with different food products. All the products will be given a price tag. Parents or siblings will visit the shop and buy few products.



The child will prepare a bill. He/she will add all the prices of the items selected, to get the total amount. An example of bill

Items	Price
1	
2	
3	
Total	

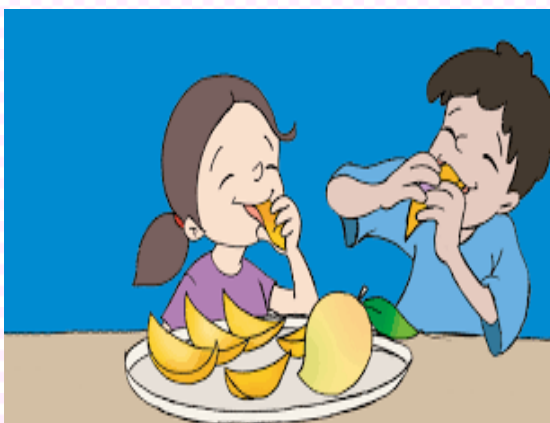
9. स्वयं को स्वस्थ रखने के लिए टिमटिम फल ,हरी सब्जी और पीने के लिए नीबू पानी का सेवन कर रहा है।



शब्द लड़ी - आप गरमी के मौसम में स्वस्थ रहने के लिए किन-किन फलों ,सब्जियों या पीने के लिए किन आवश्यक चीज़ों का सेवन कर रहे एक शब्द लड़ी तैयार करें ।



10. टिमटिम अपनी मम्मी के साथ बैठकर रसीले आम खा रहा है। आप भी गरमी की छुट्टियों में इसका लुफ्त उठा रहे होंगों। तो बच्चों आम से बनने वाली किन्ही चार चीज़ों के नाम चित्र सहित लिखें।



Note: Enjoy your vacations, use drawing sheets wherever required and upload your work on Google Classroom.