

EAST POINT SCHOOL
CLASS VI
SUMMER HOLIDAY HOMEWORK

General Instructions

- The Holidays Homework must be done in a very neat and presentable manner.
- The child will be assessed for the presentation, neatness, completion of all the given questions and timely submission.
- Compile and submit all your work in a folder with your name, roll no and class clearly written on the top.
- The students will do their respective projects assigned according to their given Roll Numbers.
 - **Roll No 1-11** – Project A **Food Platter Of India**
 - **Roll No 12-22** – Project B **Diseases based on Virus**
 - **Roll No 23-33**-- Project C **Rivers**
 - **Roll No 33-44** – Project D **Forests – Our Lifeline**

GROUP – I FOOD PLATTER OF INDIA

Learning Objectives- To recognize the nutritional value of Indian food and the effects on health of Unbalanced diet.

To identify the nutrients required for a balanced diet and to learn healthy eating habits.

To evaluate the benefits of including vegetables in diet

India is a land of diverse culture and tradition. Also, there is diversity in language, food, dance, clothes etc. **Indian cuisine** consists of a wide variety of regional and traditional cuisines native to the Indian subcontinent. Given the range of diversity in soil type, climate, culture, ethnic groups, and occupations, these cuisines vary substantially from each other and use locally available spices, herbs, vegetables, and fruits. Indian food is also heavily influenced by religion, in particular Hinduism, cultural choices and traditions.



ENGLISH

Q.1 As a citizen of this diverse land write any one recipe of the favourite dish from your own culture or personal background. You may include the following points in your content:

- Name of the dish
- Health benefits
- Ingredients along with the quantity
- Directions for cooking and related picture

HINDI

प्र०-1 भारतीय खाद्य पदार्थों की गुणवत्ता पर चित्र सहित रचनात्मक लेख लिखिए।

प्र०-2 अपने प्रांत से संबंधित स्थानीय व्यंजन पर एक स्वरचित कविता लिखिए।

प्र०-3 भारतीय व्यंजनों की विशेषता दर्शाते हुए एक पोस्टर बनाइए।

MATHEMATICS

Food platter of India

- Find the average weight of a female of 35 years of age = ____ kg
- Average height of a 35 year female = ____
- Find the total number of calories required by (a). an adult = _____ calories. B) a child of your age
- Make your own calorimeter.

Food	Calories in 1 unit of food	Number eaten by an adult in your house.	Calories consumed by an average adult by eating it in one day	Total calories consumed	Difference in calories required and Calories consumed
Chappati					
One plate of Poha					
Indian curry(name)					
One bowl of Dal					
One bowl of rice					

- Make a Collages by drawing or pasting pictures of Indian Food

SCIENCE

1. Draw a circular plate and divide it into parts depending upon the different nutrients required by the body of a growing 13-year old.

Materials required: A circular cut-out from a large (A3) sheet, rectangular cut-outs of paper to write the names of food items and its nutritional values.

2. What according to you can be the steps taken by us, the common citizens to help in the fight against the deficiency diseases?

Social Studies

1. There are many dishes which are eaten all over India. However, they are not Indian in origin. For example, Samosa is eaten all over India but comes from Iran. Find out and write about 5 such dishes. Also, mark the countries of origin of these dishes on a political map of the world.

2. Find out what steps have been taken by the Government of India to fulfil the nutritional requirements of growing children.

SANSKRIT

भारतस्य दश खाद्यपदार्थानां नाम्नाम् तालिकानिर्माणं कुरुत ।

COMPUTER HOLIDAY HOMEWORK

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1.PPTshould contains 10-15slides .

2.Insert Pictures , Audio/Video , Animation by searching on Google

Note: If computer is not available at your home then you can make charts on any one topic given below with description:

1. Mobile & its application
2. Online Classroom(Advantages/Disadvantages)

ASSIGNMENT

Read any one of the books from the suggested reading list given below or any other book available at your home and write a summary of the story in your own words(150 words) and the character sketch of the main characters.

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2. During the construction of a building a labourer gets Rs. 325 per day as daily wages. What salary he drawsduring a year?
3. A truck carries 125 cartons. Each of these cartons contain 70 smaller boxes. Each of these smaller boxescontains 18 boys. How many toys are being carried in the truck?
4. Find the difference between the greatest and the smallest number that can be formed by using 3, 9, 8, 7, 5 eachonly once.
5. There are 7 bowls, 18 grapes are placed in each bowl. If 8 grapes are taken away from each bowl, how manygrapes are left in bowls?
6. The cost of milk per litre is Rs. 23. A dairy sold 35 litres on one day and 65 litres on the next day. Find thetotal sale in rupees.
7. During school's annual function 30 roses, 42 marigolds and 218 sunflowers are used to more a rangoli pattern.If 15 such Rangolis are to be made, how many flowers will be required in total.
8. The population of a town is 975100. One out of every 15 is reported to be an educated person. Find the number of educated people in the town.
9. A vessel has 40m of curd. In how many glasses, each of 4 litres 500ml capacity, can it be filled?
10. A group of 25 people went on a tour to Europe. If the total cost of the trip was Rs. 2275000, find the amountthat each person had to pay.

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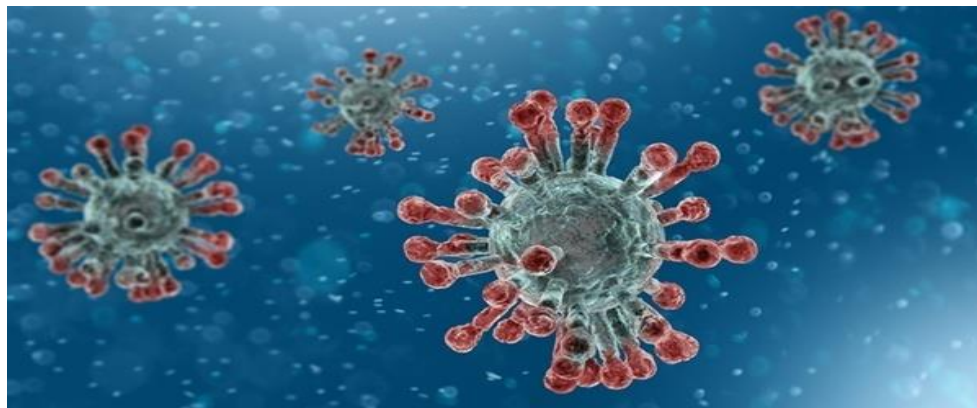
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GROUP – II DISEASES BASED ON VIRUS

Learning Objectives- On successful completion of project students will be able

- To identify Communicable diseases and Virus infections.
- To discuss use of antivirals depending on virus infections.
- To identify the preventive measures that can be taken to prevent ourselves and others from the diseases

Viruses are very small infectious agents. They're made up of a piece of genetic material, such as DNA or RNA, that's enclosed in a coat of protein. Viruses invade cells in our body and use components of those cells to help them multiply. This process often damages or destroys infected cells. A viral disease is any illness or health condition caused by a virus. So, one such virus which has created a havoc globally is Covid-19. Not only this, the pandemic has also created a terror in the minds of the common people. In context of this situation attempt the given question.



ENGLISH

As a responsible member of the society express your feelings in the form of a speech in about 100-150 words spreading awareness among the people regarding pandemic. You can use the following hints to make your speech interesting.

Hints:

- * Cause of the Pandemic
- * Its ill-effects
- * Preventive measures
- * Your role as a responsible citizen
- * Suggestions if any....

HINDI

2 Diseases based on Virus (also include COVID-19) (संक्रमण से संबंधित बीमारियां)

प्र०-1 कोविड -19 क्या है? इस पर एक अनुच्छेद लिखिए।

प्र०-2 संक्रमण (वायरस) से होने वाली किसी एक बीमारी के कारण व उससे बचाव के उपाय को दर्शाते हुए एक पोस्टर बनाइए।

प्र०-3 कोविड-19 से सुरक्षा हेतु उक्ति (स्लोगन) लिखिए।

प्र०-4 2020 में फैले संक्रमण (कोरोना वायरस) से बचाव हेतु नाना जीकोपत्र लिखिए।

MATHEMATICS

Diseases based on Virus

1. Find the names of different disease causing virus that have affected people in different countries.
2. Write all the information collected in the table.

Names of Virus diseases	Name of one country affected	Number of people suffering from the disease.	Population of the country	Percentage of population infected
SARS				
Ebola				
Hanta				
COVID 19				

3. Draw a Bar graph taking names of diseases on X -Axis and percentage of population infected in the respective country on Y axis.

SCIENCE

Q1. You are a virologist (a person who specializes in viruses). You have come across various diseases which have shown the following symptoms:

Symptoms	Disease
Fever, headache, chills, loss of appetite, rashes, pain in joints	
Fatigue, weak muscles, quivering muscles, slow growth	
Fever, cough, muscle pain, dry throat, runny nose, headache	

Write the names of the diseases in the above table based on the symptoms.

- Q2. Prepare a PPT on different diseases spread through viruses, including COVID-19. You can use the following hints:-
 - i. What are viruses?
 - ii. Cause of transmission
 - iii. Sources
 - iv. treatment

SOCIAL STUDIES

- With the help of political map of India, highlight the states which are severely affected by COVID-19, presently.
- What is the use of vaccination in preventing these diseases.
- With the help of graphical representation (bar graph) show the spread of COVID-19 in at least five countries of the world, including India.
- Prepare an audio clip on the role of healthcare professionals (doctors and nurses), who help us in giving treatment and fighting such diseases.

SANSKRIT

स्वास्थ्यस्य महत्वविषये एकः श्लोकः अर्थेन सहितं लिखत ।

COMPUTERS

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9. A vessel has 40m of curd. In how many glasses, each of 4 litres 500ml capacity, can it be filled?
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GROUP – III RIVERS OF INDIA

LEARNING OBJECTIVES

- To learn the importance of rivers and identify the important cities located on the banks of rivers.
- To identify the causes of water pollution and preventive measures that can be taken to prevent it.
- To understand the role of a responsible citizen in maintaining water hygiene.

ENGLISH

The **rivers of India** play an important role in the lives of the people. They provide potable water, cheap transportation, electricity, and the livelihood for many people nationwide. This easily explains why nearly all the major cities of India are located by the banks of rivers. The rivers also have an important role in Hindu Religion and are considered holy by all Hindus in the country. But most rivers, lakes and surface water in India are polluted due to industries, untreated sewage and solid wastes.



ENGLISH

You are a solo-traveller and recently after visiting so many parts of India you have come across the miserable conditions of the rivers. So, you decide to write a letter to your friend who is a journalist expressing your feelings regarding the pathetic condition of the rivers.

Hints:

- * Reasons behind this situation
- * Hazardous effects on human and marine- life
- * Preventive measure

HINDI

प्र० 1 भारतीय नदियों को प्रदूषित करने में मानव कितना जिम्मेदार है ? इस विषय पर एक लघु कथा लिखिए।

प्र०-2 नदियां हमारे लिए बहुत महत्वपूर्ण हैं , इस विषय पर एक स्वरचित कविता लिखिए।

प्र०-3 नदियों को स्वच्छ व सुरक्षित करने पर एक लघु नाटक लिखकर उस पर रोल प्ले करके एक विडियो बनाइए।

प्र०-4 नदी और मानव के बीच संवाद लिखिए।

प्र

MATHEMATICS

1. Name any one river in Northern India _____
2. Name the famous cities/places situated on the banks of the river _____
3. Find the quantity of drinking water supplied to the city. _____
4. Also find the quantity of sewerage being dumped into the same river by the same city _____
5. Find the difference between the quantities of Water used for drinking and the Sewer water drained into the river.
5. Draw a double bar graph taking Quantity of drinking water supplied and Quantity of sewer water drained in them for atleast three different rivers.
6. Make a slide show of pictures showing deteriorating condition of rivers

SCIENCE

You are a potamologist (a person who studies rivers) who is working for the Ministry of Water Resources, Government of India and a volunteer for “ Namami Gange” In 2014, the Government of India announced an integrated Ganges development project titled 'Namami Gange' with the objectives of effective abatement of pollution, conservation, and rejuvenation of the Ganges. As a part of the program, government of India ordered the shutdown of 48 industrial units around the Ganges. Study about the 'Namami Gange' program and prepare a video, giving a short description of the program and how is it helping in tackling the problem of water pollution in the Ganga.

SOCIAL STUDIES

RIVERS OF INDIA

- On the physical map of India, show the following rivers- Ganga, Yamuna, Brahmaputra.
- Prepare flashcards of any three rivers of India, include the following information:-
 - i. length and depth
 - ii. Major cities
 - iii. origin
 - iv. Major tributaries

Prepare a PPT/ Video clips on the 'need to conserve rivers', highlighting different policies, programmes and initiatives started by the government for the conservation of rivers.

SANSKRIT

भारतस्य पञ्च प्रमुख नदीनाम् नामानि लिखत।

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➤ **Roll No 33-44 – Project D Forests – Our Lifeline**

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GROUP -IV FORESTS – OUR LIFELINE

LEARNING OBJECTIVES

- To understand the harmony of nature with our life and livelihood
- To identify ways to conserve our natural resources for future
- To realise the need of variety of plants and animals to maintain the balance of nature

Forests are our Lifeline. We all depend upon forests in some way or the other for survival. Forests provide us with fresh air to breathe, food, medicines, and other sources like wood, fodder and other raw materials for the industries. Forests prevent soil erosion and hold the earth firmly. The trees maintain the environment of the surroundings which in turn affects the plants and animals living in the forest. They are an important component of the environment that purify the air, cool the air during the day and act as excellent sound absorbers. India shares a history of traditional conservation and management of forests. The annual festival of tree plantation called Vanmahotsava was started by the Indian Government and was first implemented in the state of Gujarat.



ENGLISH

1. As we all know that forest plays a vital role in our day to day life. It satisfies our day to day needs. So, in the light of the above statement write an article for the school magazine in about 180-200 words describing the importance of forests. You can also give insight as to what all changes have been observed in the environment post lockdown. Make use of the following hints:

- * Importance of forests
- * Ways to conserve
- * Changes observed in the environment

2. Since ancient times forests are worshipped in Indian culture. Compose a poem or song on your own. Also, sing the song and share it with your friends or family.

HINDI

4. Forests- our lifeline (जंगलों का मानव जीवन में महत्त्व)

प्र० -1 जंगल हमारे पर्यावरण को सुरक्षित रखते हैं ,

इस विषय पर मौखिक अभिव्यक्ति ओडियो या विडियो द्वारा प्रस्तुत करें।

प्र०-2 पर्यावरण संतुलन में जंगलों का योगदान , इस विषय पर उक्ति (स्लोगन) लेखन करिए।

प्र०-3 जंगल जानवरों का घर , इस विषय पर एक स्वरचित कविता लिखिए।

प्र०-4 जंगल और जानवरों के बीच संवाद लिखिए।

प्र०-5 जंगल बुक पर एक नाटकीय अभिनय करके , विडियो बनाइए।

MATHEMATICS

Forests-Our lifelines

1. Identify any seven objects at your home that are made from Forest products.

2. Data available for Number of trees cut for making medicine in one year ____

3. Data available for number of trees cut for making furniture. ____

4. Number of trees required for making gum ____

Case Study 1

5. Write the name of the state having National forest CORBETT NATIONAL PARK in it.

6. Find the area of the state covered by this national Forest.

7. Find the percentage of Forest area covered of this state by using the given formula

$(\text{Area of the National forest} / \text{Total area of state}) / 100$

SCIENCE

1. Make a beautiful collage of forests on large (A3) sheet using old newspapers and magazines, and write about any 2 food webs of the forest. Also use newspaper cuttings to depict various species of flora and fauna in the forests.

2. In 2019, there was news about wildfires engulfing large areas of Amazon rainforest which led to a loss of thousands of hectares of forest cover. Prepare a report on:

- The cause and reasons for such wildfires.
- The resulting effects of such wildfires on the climate of the Earth.

Try to include newspaper articles from old newspapers reporting such incidents. Why there is a need of a large variety of animals and plants in the forest?

4. Make a table of some of the medicinal plants, shrubs and herbs found in Indian forests and also list the diseases for which they are used.

Plants/Shrubs/Herbs	Diseases

SOCIAL STUDIES

- Using old newspapers/ magazines, collect articles related to deforestation. Write your observation on the same.
- Prepare an audio clip/Ppt on afforestation, Importance of flora and the need to conserve it.
- With the help a map, show the forest cover in Kerala, Chhattisgarh, and Meghalaya.

SANSKRIT

4. वन संरक्षणविषये एकः श्लोकः अर्थेन सहितं लिखत ।

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- a) The bird with Golden wings (Stories of wit and Magic) – By Sudha Murthy
- b) The room on the Roof – By Ruskin Bond
- c) Swami and Friends – By R.K Narayan

MATHEMATICS

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