

APS Birpur
Holiday Homework
Session (2024 - 2025)
Class – IV
English

Theme: Healthy Lifestyle

**“It is health that is the real wealth and not the pieces of gold & silver” -
Mohandas Karamchand Gandhi**



HEALTHY LIFE

The way to health is juices from vegetables and fruit,
peanut butter and beetroot.

Eating integral foods: that's the treasure of nature,
sport and swimming, that's a major.

Instead of the elevator, take the stairs,
riding a bike and not sitting on chairs.

Take a walk to school or work,
not the bus, hear the birds chirp.

No more junk food or Sprite,
because we know that's right.

Writing Skills:

Task 1: Write ten pages of calligraphy (in a thin notebook).

Task 2: Don't let the flare of imagination & creativity extinguish here...
Write a paragraph on why we should eat healthy foods (not more than 30 - 35
words)

Task 3: Write a healthy overnight oats or sandwiches recipe.

Refer the following youtube videos for convenience:

Overnight Oats

https://youtu.be/jO4-fh2XBBk?si=kc0oNsCpT_5Jd1wV

No - Cook Sandwiches

<https://www.youtube.com/watch?v=TgpWT6vQk4c>

Mention its ingredients, preparation time & method.

Reading Skills:

Task 4: Read at least five good stories on 'Eating & staying healthy'. Draw its title page & write the moral of the story.

Run your creative minds to enhance the task!

Task 5: Identify the types of nouns used in the following sentences related to "Healthy lifestyle". Classify each noun as either common, proper, collective, countable, or uncountable.

1. Ramesh enjoys starting his day with a refreshing glass of coconut water.
2. The yoga studio is a popular place for fitness enthusiasts like Priya and Raj.
3. A herd of cows grazed peacefully in the lush green fields during our morning walk.
4. Nisha decided to adopt a vegetarian diet for her overall health.
5. The nutritionist recommended consuming more pulses and lentils for a balanced diet.
6. Our family attends weekly meditation sessions to stay centred and reduce stress

Task 6: Read the following paragraph aloud, and answer the questions that follow!

Imagine living in a world where you feel full of energy, always ready to play, learn, and have fun! That's what a healthy lifestyle is all about. It means fueling your body with yummy, nutritious foods like fruits and vegetables, staying active with lots of exercise, drinking plenty of water, and getting enough sleep. Plus, it's important to find time to relax and enjoy moments with friends and family. These habits help you feel strong, happy, and ready to take on the world.

1. What are some examples of nutritious foods you should eat?
2. Why is it important to get plenty of exercise?
3. What are some activities you can do to relax and have fun?
4. Give a suitable title for this paragraph?

Listening Skills:

Watch the video from given link:

[youtube.com/watch?v=XWWgDn0C6DA](https://www.youtube.com/watch?v=XWWgDn0C6DA)

And answer the following questions in no more than 10 - 15 words

Q1 Who invented the light bulb?

Q2 What did people use for light before light bulbs?

Q3 Why was inventing a long-lasting light bulb a challenge?

Q4 How did Thomas Edison finally make a successful light bulb?

Fun Activity:

Make a photo collage of your family vacation

EVS HOLIDAY HOMEWORK

1. YOGA IS THE KEY- Practice meditation for everyday in the morning for at least 5 minutes followed by anulom-vilom and kapalbhati.

Link of the same is given below:

Anulom-vilom:

https://www.youtube.com/watch?v=J_aJqlq3dac

Kapalbhati:

<https://www.youtube.com/watch?v=IDrhpComn3M>

2. MY HEALTHY BREAKFAST- Make your own healthy breakfast and paste a picture in your EVS notebook (Lesson 6 Activity).

Link of the recipes are given below:

Overnight oats:

<https://www.youtube.com/watch?v=cqdtrqTUoIQ&t=9s>

Sandwich:

<https://www.youtube.com/watch?v=TgpWT6vQk4c>

3. Revise and learn Periodic 1 syllabus.

MATHEMATICS- HOLIDAY HOMEWORK

A) Health is wealth:

While preparing healthy breakfast note down the following points and complete the chart given below. (Write the details for at least 5 dishes on an A4 sheet)

S.No	Date	Name of the breakfast	Amount of commodities used	Price of commodities used	Total time taken to prepare the breakfast	Any fun fact learned during the activity
1.						

B) Prepare the given models according to your roll numbers:

1) Group 1 (Roll no. 1-7) -

Make a functional clock

https://www.youtube.com/shorts/S7_6Vas4kRY

2) Group 2 (Roll no. 8-14)

Prepare a 3-D model of Robot using various shape

<https://www.youtube.com/watch?v=t34bwdWuafM>

3) Group 3 (Roll no. 15-21)

3-D model of Abacus

<https://www.youtube.com/watch?v=rAJxfb46ryI>

4) Group 4(Roll no. 22- 28)

Working model of Fraction wheel

<https://www.youtube.com/watch?v=eSWNLaj-xos>

5) Group 5 (Roll no. 29-35)

Metric system ladder

<https://www.youtube.com/watch?v=nPblUptileQ>

6) Group 6 (Roll no. 36- 42)

Functional Wheel of Roman Numerals

<https://www.youtube.com/watch?v=K6JdvILhNs8>

C) Learn tables till 15.

D) Solve the following worksheet on an A4 sheet.

- 1) The Romans did not have a number to represent _____.
- 2) The numbers being added together are called _____.
- 3) What is 46004 more than 657784- _____.
- 4) $15 \times 8 =$ _____
- 5) 1 more than 99999 will be _____.
- 6) There are _____ four digit numbers namely 1000 - 9999.
- 7) The Hindu - Arabic numeral for MMXXIV - _____
- 8) Estimate $8976 + 5467$ to the nearest thousands - _____
- 9) The number sentence of 989899 is _____.
- 10) According to _____ property if the order of two numbers to be added is changed, the sum remains the same.

विषय-हिन्दी

१. पांच पृष्ठ सुलेख लिखिए।

२. सामयिक मूल्यांकन १ के पाठ्यक्रम को पढ़िए एवं याद कीजिए।

३. किसी प्रेरणादायक कहानी को पढ़कर उसका शीर्षक पृष्ठ बनाकर सारांश लिखिए।

४. जिस प्रकार ईश्वर ने सूर्य, चंद्रमा, तारे, पर्वत आदि से प्रकृति को सजाया है उसी प्रकार मनुष्य को भी शारीरिक व मस्तिष्क सुंदरता / गुणों से सजाया है।

* प्रकृति की इस अनोखी सुंदरता को समझने के लिए एक हफ्ते अलग-अलग समय में सैर पर जाएं और प्राकृतिक दृश्य की फोटो खींचकर चिपकाइए व समय और तापमान भी लिखिए।

* ग्लोबल वार्मिंग पर चार लाइन लिखिए।