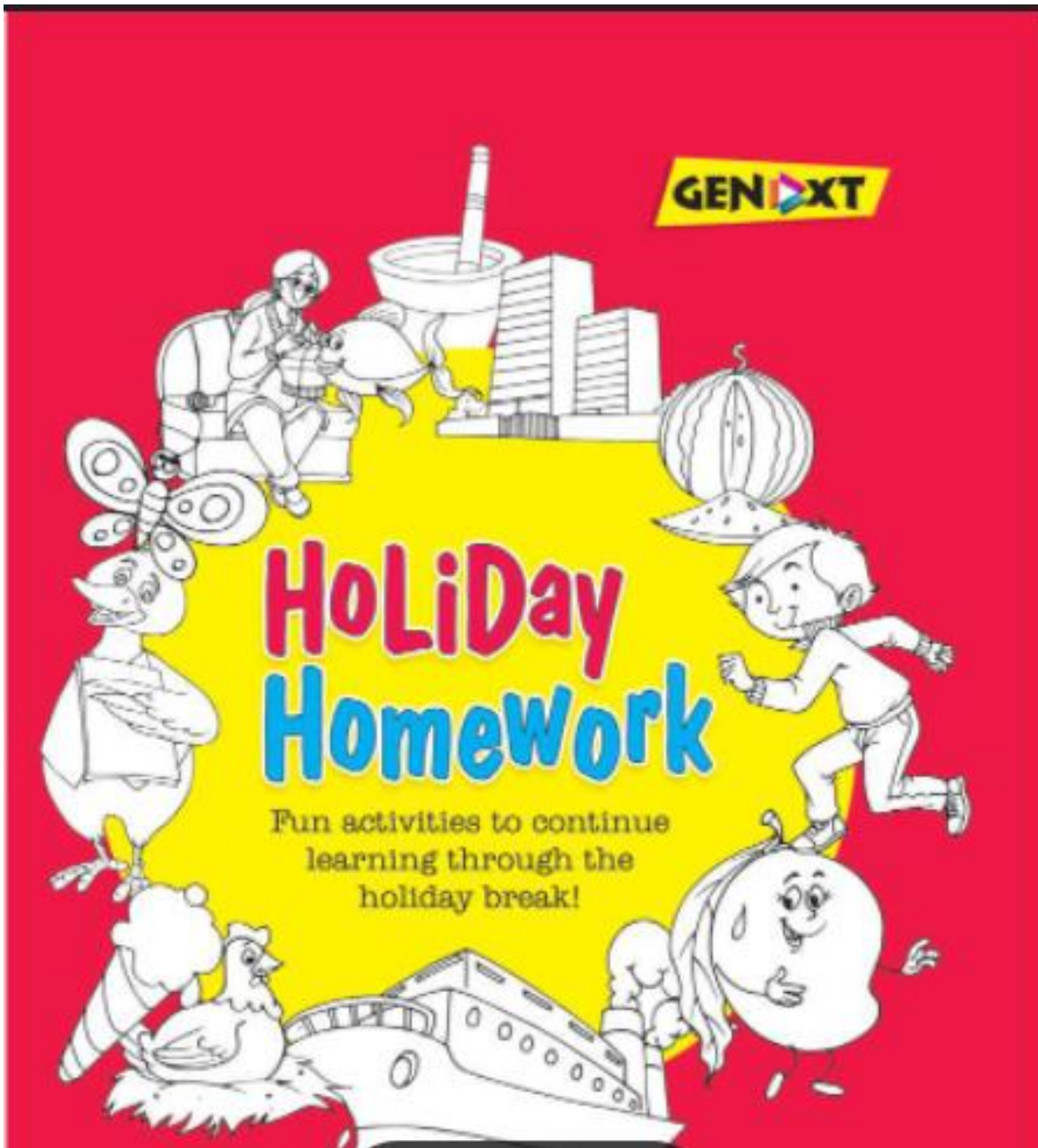




**THE BLOSSOMS
SCHOOL**
MUZZAMMIL MANZIL CIVIL LINES
ALIGARH
(AFFILIATED TO CBSE)



Inter- Disciplinary Holiday Homework for Class 3



Dear Children,

Summer Vacation is a time full of fun and frolic, going for picnics, playing for long hours, exploring new places and much more. But dear children, there is a lot more to do to make your vacation more interesting and meaningful. We have planned some interesting activities for you. So, get ready to enjoy your summer vacation!

THEME: 'Health and Fitness'

- “Knowledge is Power”. Therefore, read lots of books to cultivate a reading habit and develop your vocabulary, language skills, increase your attention span and improve your spellings.
- “A healthy mind lives in a healthy body”. So go out and play the sport of your choice. It will help to instill discipline, generate a sporting spirit and channelize your energies constructively.
- Get up early in the morning, go for a nature walk and feel the fresh air. Spend quality time with your elders and share your thoughts and ideas with them.
- Eat healthy food and drink lots of water/healthy drinks during the summers.
- Integrating curriculum helps students deepen their understanding of the subject matter and comprehend relationship between different areas of study. The holiday homework has been designed keeping this interdisciplinary aspect in mind. Health is a concern for everyone so, keeping this in mind we have designed your homework on the theme “HEALTH AND FITNESS”.

ART INTEGRATION:

Design any recipe as follows or you can use your own creativity.



EVS:

Activity 1-

- Make a menu card.
- Healthy food is important for a healthy body and mind. Create a menu card for your family including a variety of salads and other healthy food dishes. Use only half A4 size colored sheets folded appropriately to design your menu card. The menu should have a few healthy juices, salads, main dish, and desserts. On the cover of your menu write your name, address, and phone number.

Activity 2-

It is summer time and we need to increase the intake of water to keep ourselves hydrated. A lot of fruits and vegetables also contribute to the intake of water. List any 5 fruits and vegetables which have a good percentage of water content in it.

Activity 3-

Choose two packed food items that you eat regularly. Cut and paste the nutritional facts from the wrapper/tetra pack/box and compare them. Write which food is the healthier choice. (To be done on A4 size sheet).

Activity 4-

It is said that “HEALTH IS WEALTH”. To remain healthy, we must eat food containing all the nutrients i.e., carbohydrates, fats, proteins, vitamins, minerals, fiber and water in proper proportions –that is a Balanced Diet. Note down what you ate on any five days during the vacation. Complete the following table and check whether your diet was a balanced diet. What food items do you need to add or remove to make it a balanced diet.

Days	Breakfast (food item)	Lunch (food item)	Dinner (food item)	Nutrients provided	Nutrients lacked
1 st					
2 nd					
3 rd					
4 th					
5 th					

Activity 5-

Yoga and Meditation help to calm our minds and provide positive energy.

Write four or five points to show the importance of yoga and meditation in today’s time. Stick a few pictures showing yoga asanas.

Activity 6-

Today’s generation is becoming less active, house bound, and device bound because they do not want to go out and play. Talk to your grandparents and parents about their childhood and discuss with them how they spent their childhood and complete the following table:

	Grandparents	Parents	Me
Name			
Age			
Hobby			
Games played			

Food I like to eat			
Exercise done			
Time spent on TV/Computer/Mobile			

ENGLISH:

Activity 1(Ek Bharat Shrestha Bharat)-

Prepare, in a small quantity, any recipe from the either state- Meghalaya / Andhra Pradesh. Make a video in which you will talk about this recipe. Name the recipe, the ingredients used and whether you enjoyed exploring the new recipe from other states and liked it or not. Post the video in Homework section of your CNB.

Note- Children should be wearing their school uniform in the video as we send some of the good videos to CBSE.

Activity 2

Cooking Vocabulary - Pick out words from the kitchen e.g.- blend, knead, boil, drain, chop, beat etc. Arrange them in alphabetical order, write their meanings and paste pictures describing the word on an A4 size sheet.

Activity 3(Sustainable Development Goals)-

Make any health and fitness / kitchen related item (Best out of waste), using the waste/unused products from your household. Click your picture with the item and post it, in the homework section of your CNB, and submit it in the class after the summer vacations.

MATHEMATICS:

Activity 1 and 2 are to be done on coloured A4 sized sheets.

Activity 1-

I can compare -- Find out height (in meters) and weight (in Kgs) of eight of your friends, family members & relatives. Arrange this data in increasing and decreasing order.

S.No:	Name of a friend/family member/relative	Height (in metres)	Weight (in Kgs)
1			
2			
3			
4			
5			
6			
7			
8			

Activity 2(Art Integration)-

Health is Wealth:

Innovating with Geometrical shapes is so much fun. It not only involves playing with our imagination but also recreating things in a meaningful way. Try your hands at recreating some healthy snack that keep us fit and present them by using Geometrical shapes. Enjoy this snack with your family and friends!! (Click the picture of the dish you have made and paste it in your homework).

Hindi:

- निम्नलिखित व्यंजनों को बनाकर उनकी विडिओ अपनी हिन्दी अध्यापिका की पर्सनल चैट पर भेजिए।
 - 1) भेलपुरी (Bhel puri)
 - 2) सैंडविच (Sandwich)
 - 3) पेय पदार्थ (1 Favourite drink)
- सुलेख माला - पुष्ट 1 से 10 तक का सुलेख लिखिए।

Urdu:

وہ غذا جو ہماری صحت کیلئے فائدہ مند ہے اور نقصان دہ ہے اُسکی پانچ پانچ تصاویر بنا یئے اور رنگ بھی بھر یئے

Integration of Arunachal Pradesh and Meghalaya under the CBSE programme of

'Ek Bharat Shrestha Bharat'.



Find out the staple food of Arunachal Pradesh and Meghalaya and paste pictures in your scrap book.

Life Skills:

- 1) Feed at least one person daily.**
- 2) Keep some food in a bowl for animals/birds.**
- 3) Educate your family members, neighbours, helpers, relatives about scarcity of food and water and share your experience with your classmates in the form of a video.**

Note:

- ✓ Make your own scrap book, cover it, design it, decorate it, write your name, paste your picture and compile all the holiday homework in it.
- ✓ All homework should be handwritten and neatly done on A4 size sheets, stapled subject wise and put together in a common folder. Submit in the first week of July to the Subject Teachers.
- ✓ You can click the pictures of your holiday homework and paste them in the scrap book.
- ✓ Send the pictures of this scrap book in the CNB homework space by creating a separate page named “Summer Holiday Homework” to keep a record.
- ✓ Homework should be done neatly.
- ✓ Creativity and the effort made to do the homework will be appreciated.

✓ Submission date: 05/07/22 (When school re-opens).

