



JKG INTERNATIONAL SCHOOL

INDIRAPURAM

CLASS-VI

SUMMER VACATION HOME WORK

Session 2022-23

Integrated Project

In accordance with the guidelines of NEP, we are incorporating integrated project based learning wherein students will prepare project for all the subjects based on a common theme. It will help students deepen their understanding of the subject matter and comprehend relationship between different areas of study.

General Instructions

1. Integrated project of all the subjects to be done on A4 size sheet and further to be compiled in single project file. Use different colours for each subject. Colour code of each subject is mentioned below:
English: Red
Hindi: Yellow
Math: Blue
Science: Green
SST: Orange
Computer: Pink
French/Sanskrit: Purple
2. Credit will be awarded to original drawings, illustrations and creative use of material
3. All homework should be handwritten (except computer) and neatly done.
4. The homework should entirely be done by the child. Parents can only guide, if required.
5. The work needs to be done in the same sequence as mentioned
6. Students are required to submit their folder of holidays H.W on 4th July, 2022.

Note: * Holidays home work will be assessed in co-scholastic areas and grades will be awarded for the same in progress report.

* Revise Syllabus of all the subjects for Unit Test-1



Theme- "Good health- Key to fine fettle"

English:

- You have started the routine of exercising early in the morning. Share your experiences with your diary in the form of a diary entry, explaining about the changes that you have observed in your body and your energy level.
- Write down a short recipe of the nutritious meal you would like to have in your a) Breakfast b) Lunch c) supper

Hindi:

- औषधीय गुणों वाले 5 पेड़ पौधों के चित्र चिपकाएँ। प्रत्येक के 2-2 उपयोग लिखिए।
- आपके परिवार के सदस्यों के स्वस्थ होने के 10 कारण लिखिए।

Math:

- Read the table carefully:

Persons	Calories required per day
A Healthy Child	1800
An Adult Female	2400
An Adult Male	3200

Find how many calories your family needs as a whole per day.

Then find how many calories your family would need in a month and in a year.

- Collect the height (in cm) and weight (in kg) of 4-5 members of your family.
- Find the BMI (Body Mass Index) for each member of your family.
 $BMI = \text{Weight (in kg)} / \text{Height} \times \text{Height}$
- Do Worksheets of Ch- 1,2 and 6 from worksheet folder in Math Register

Science:

- Choose packets of any three different food items you have bought and paste wrapper in the file. Note the nutritional information on a sheet. Also make a data table with various headings like protein, vitamins etc. Compare the nutritional value of these three products. Find out which is most nutritious product.
- Prepare your own balanced diet chart. The diet chart should include all the nutrients essential for your growth and development.

Social Science:

- In a country like India, collect the information about various NGO's promoting and exercising about good health and nutrition.
- Also enlist various measures taken by government to ensure good health amongst various sections of the society.

French:

- On an A4 size sheet ,using the concept of " Les jours de la semaine",Enlist your weekly family healthy diet chart .(Refer the concept of Les Repas). Do the given worksheets in Cahier d ' exercises.
- Prepare the menu card of a restaurant publicising a variety of salad and other healthy food dishes. The menu should have few healthy satrters, juices, salads, main course and desserts, Give an ideal name to your restaurant aloing with necessary details.(The content should be in French language)

Sanskrit:

- खानपान की वस्तुओं के चित्र बनाकर या चिपकाकर संस्कृत में नाम लिखिए।

Computer:

- Create a webpage using HTML language Title" Good health- Key to fine fettle" then write a small paragraph as the main content in Body section of the page then take the printout for the same and paste it on A-4 size sheet .