



Bal Bharati
PUBLIC SCHOOL
NAVI MUMBAI

SUMMER HOLIDAY HOMEWORK 2023-24

CLASS PRE SCHOOL

Theme : Health for All



1. ENGLISH

a. Talk to the child about healthy eating habits for e.g.

- Washing hands before and after meal.
- Chew your food properly.
- Avoid talking and watching gadgets while eating.
- Take small servings and eat at regular times.
- Eat lots of fruits and vegetables.
- Have lots of fluids especially in summer days.
- Cut down on junk food.

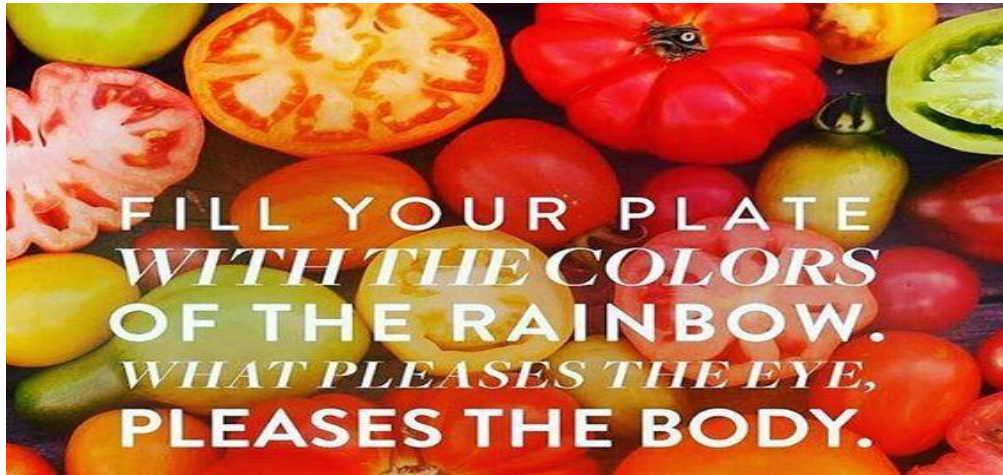
b. Encourage your child to speak on above points.

c. Have one meal of the day together and later discuss about the activities of the day.

2. EVS

- a. Plan and prepare a healthy meal with food items of different colours involving the child.

For e.g. white rice, brown roti, yellow dal, orange carrot, green cucumber

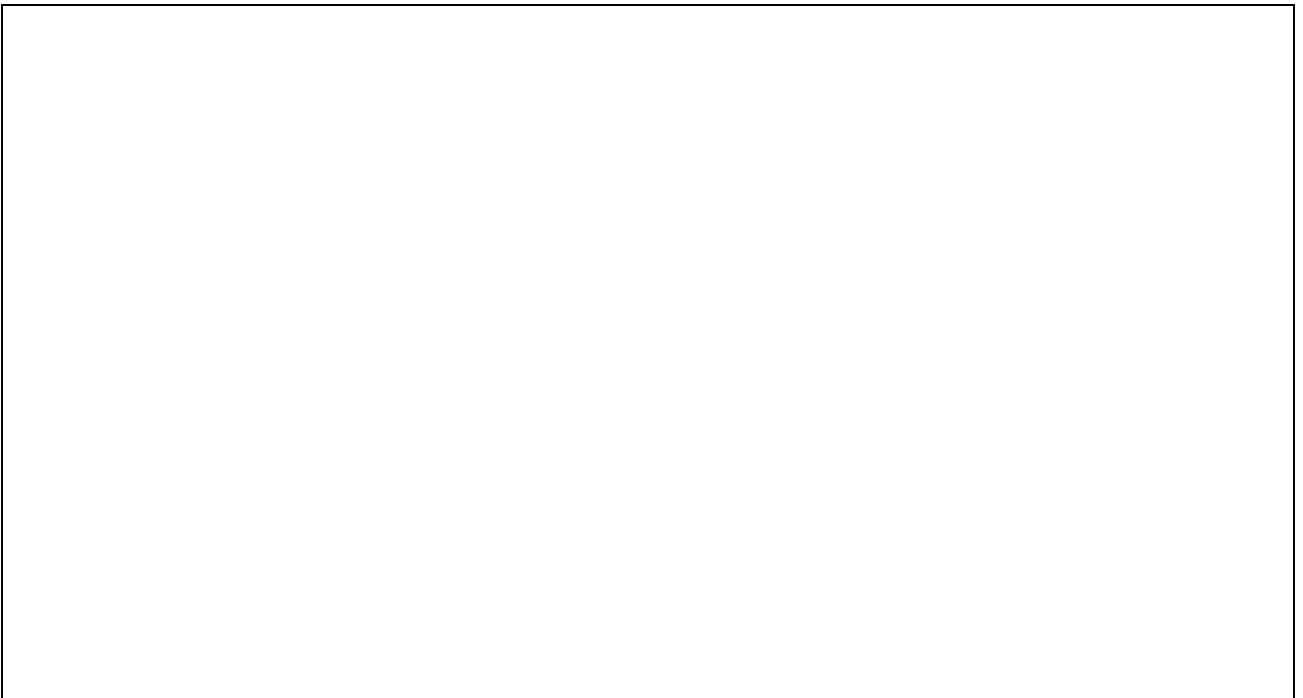


Name:_____ **Class/Sec:** _____ **Subject:**EVS

a. Paste photographs of your child having a healthy and colourful plate along with family.



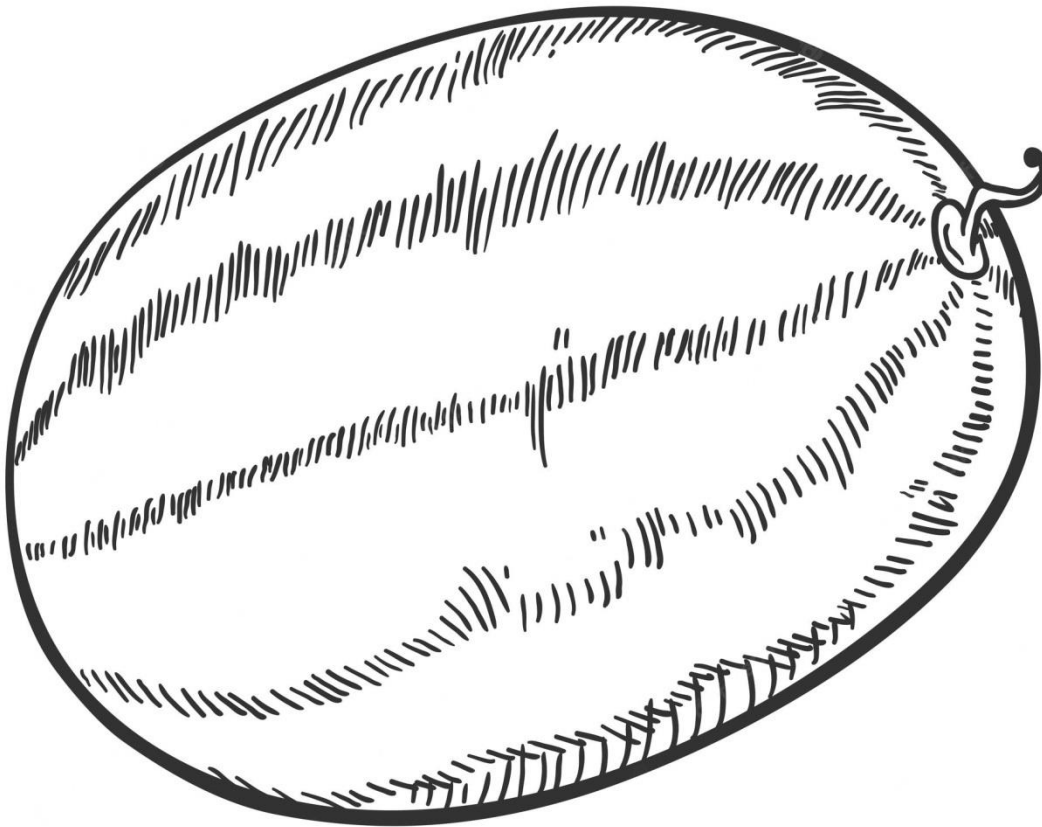
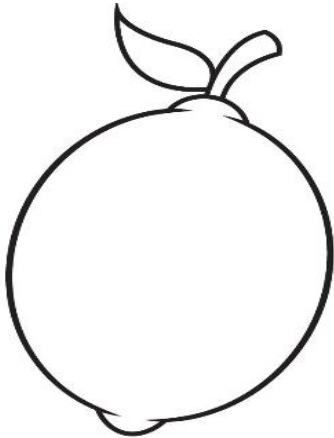
b. Paste photograph of the child doing any outdoor physical activity.



3. MATHS - Concept: big and small

Name: _____ Class/Sec: _____ Subject: Maths

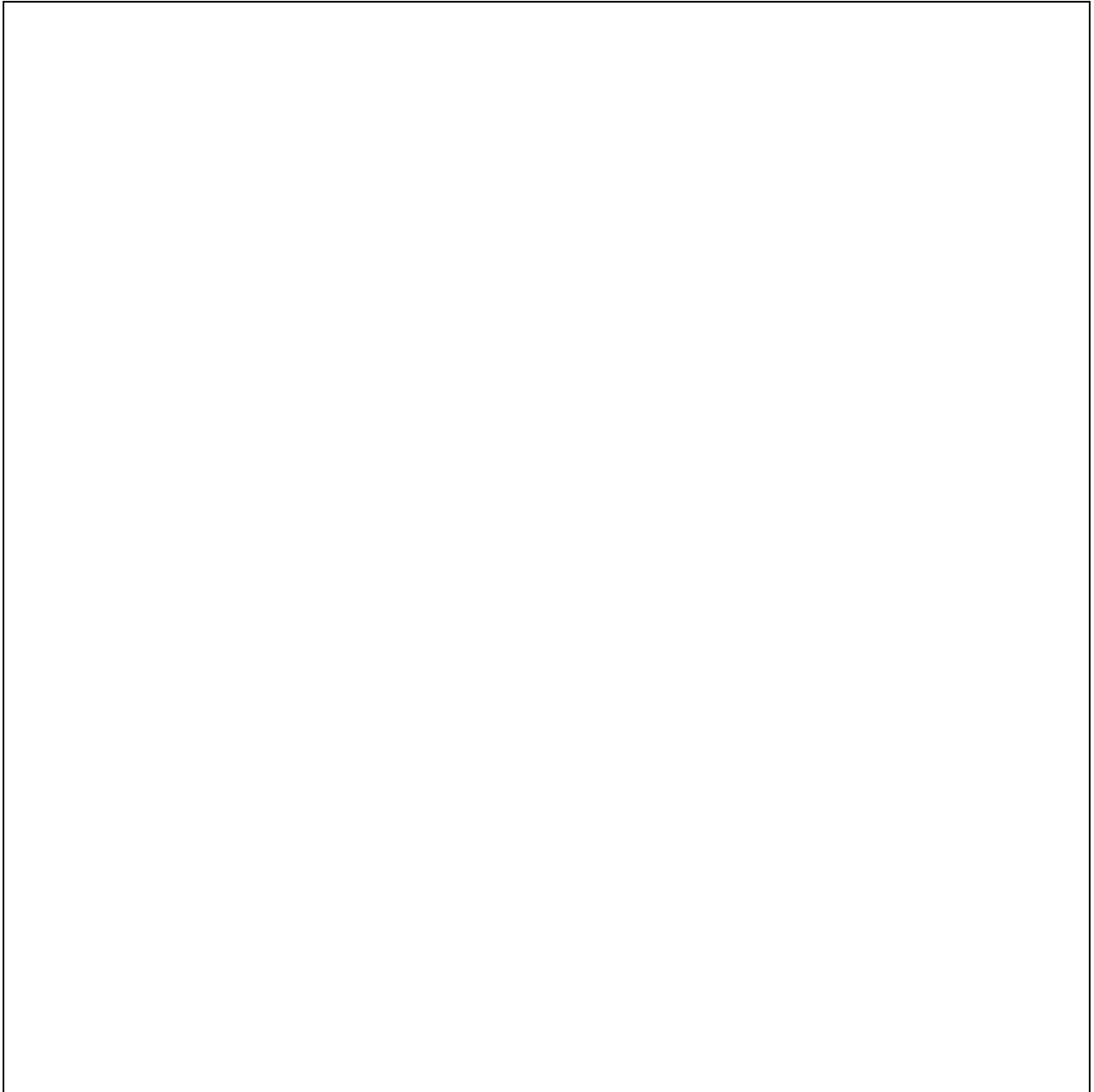
- a. Show watermelon and lemon to the child and let him observe the difference in their sizes. Work on the pre number vocabulary with some more big and small things.
- b. Colour the pictures given below with the appropriate colours.



4. ART & CRAFT

Name:_____ **Class/Sec:** _____ **Subject:Art**

a. Draw any fruit of your choice and do collage on it using origami papers.



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