



Bal Bharati
PUBLIC SCHOOL
NAVI MUMBAI

SUMMER HOLIDAY HOMEWORK 2024-25

CLASS 6

Theme: Nurturing Health

Last date of submission (All Subjects) : 14/06/2024

ENGLISH

Select any sportsperson of your choice.

Write an essay on how you idolize him/her. (Word limit:120 words)

What values showcased by the sportsperson you aim to inculcate in your personality.

- Use A-4 size paper.
- Pictures / photos of the sportsperson should be attached.
- Use a punch file to store the information.

MARATHI

डोळ्यांचे आरोग्य जपण्यासाठी कोणकोणती काळजी घ्यावी हे खालील मुद्द्यांच्या आधारे सचित्र माहितीसह लिहा. (NB)

- दैनंदिन सवयी
- आहार
- व्यायाम

HINDI:

'रंगीन थाली, स्वस्थ थाली'

हमारी प्रकृति विविध रंगों से सजी हुई हैं। ये रंग स्वास्थ्य के लिए पोषक आहार प्रदान करते हैं। ऐसे रंगों को समाहित कर भोजन की एक थाली तैयार कीजिए। थाली में प्रस्तुत प्रत्येक व्यंजन एवं उन रंगों से मिलनेवाले पोषण तत्व की तालिका बनाइए और रंगीन थाली का छायाचित्र ए ४ आकार के कागज़ पर प्रस्तुत कीजिए।

SANSKRIT

पञ्च फलानां पञ्च शाकानां च नामानि चित्रैः सह लिखत। (Use A4 Sheet)

MATHS

Hobbies and passion help us nurture our mental health, they relieve us of stress and give us a feeling of fulfillment. Pursuing any kind of art form is one way to achieve this.

Using marbled/origami paper, tear basic two dimensional (2D) shapes (at least 6) with your fingers and make interesting patterns on an A4 sized plain paper. Give a title to your work.

Submit in a file with topic and student details on the cover page.

SCIENCE

Reading Food label:

Nutrition information panels on food labels list energy, protein, fat, carbohydrates, and sodium.

Nutrition information panels are the best guide to the nutritional value of foods.

If a product contains ingredients that commonly cause food allergic reactions, the food label must say so. Some of the healthiest foods don't have food labels. This includes fresh fruit and vegetables, nuts, and fish. A sample food label is given below

Nutrition Facts	
4 servings per container	
Serving size 1 cup (227g)	
Amount per serving	
Calories 280	
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- Study the food labels of at least 3 packed food items other than the label given above and record their nutritional contents. Analyze their contents in a table.
- Find out which of the contents are harmful and which of them are beneficial.
- Write the importance of reading food labels.
- Stick pictures of the 3 food labels.
- Make a project report on A4 sheet paper.

SOCIAL SCIENCE

Beat the Heat

It's Summer! Are you ready to beat the heat?

Prepare a project on healthy food recipes to beat the heat in summer. Mention the state name.

Instructions:

A-4 size sheets

Create your own recipe with innovative ideas.

Paste your photo with the recipe.

Description of recipe is compulsory.

COMPUTER

Create a digital game board of 'Germ and Ladders' using tables in MS Word **OR** MS Powerpoint. The game board can be of 7×7 squares numbered 1 to 49.

- Decorate the squares with colorful illustrations related to healthy choices (fruits, vegetables, exercise) and unhealthy choices (eating with dirty hands, more screen time, not brushing your teeth).
- **Label some squares (Type the text)** with "ladders" and "germs" according to the following health-themed consequences (or examples)

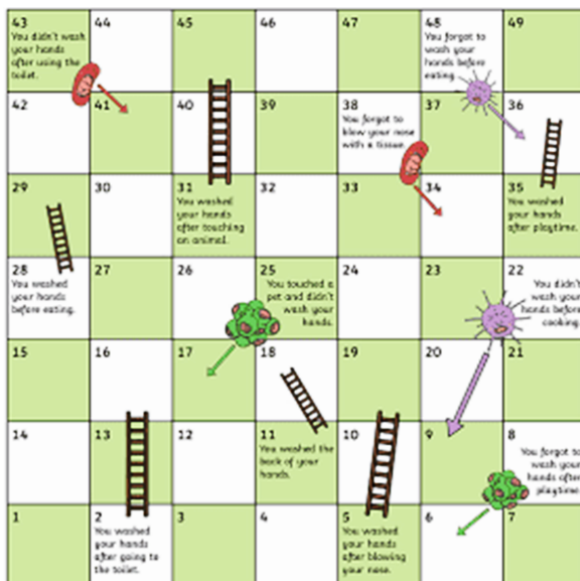
"Ladder" Squares (Land and Move Up):

- **Eat breakfast:** Climb 3 squares
- **Drink water:** Climb 4 squares
- **Wash hands:** Climb 5 squares

"Germs" Squares (Land and Slide Down):

- **Eating without washing hands:** Slide down 3 squares .
- **Uncovered food:** Slide down 5 squares
- **Going to sleep without brushing your teeth:** Slide down 6 squares

Create a single page document (refer to the given image) and upload it under the Holiday Homework Assignment given in the Computer Google Classroom.



ART

Memory Drawing

Topic: My favorite sport

-sd-

Ms. Kalpana Dwivedi

Principal, BBPS Navi Mumbai