

**SANT NIRANKARI PUBLIC SCHOOL, NC**  
**CLASS IV**  
**SUMMER HOLIDAYS HOMEWORK (2024-25)**



**Dear Students, here are some important points for you:-**

- ❖ Summer Vacations are the perfect time to enhance your speaking skills and vocabulary by conversing in English with your family and siblings.
- ❖ Holiday Homework is a part of portfolio and will be assessed on the basis of creativity and efforts of the students.
- ❖ Revise all the work done in the month of April and May for the upcoming Periodic Test-I (July).

## SUBJECT- ENGLISH



**Cooking time:** Cook a healthy dish with your grandparents . On an A-4 size sheet write its recipe , click its picture and paste it on the sheet.

Reading is important because it develops the mind. Reading helps to develop language skills. It also helps to learn & listen.

**Read any one of the following books.**

- Black Beauty by Anna Swell
- Gulliver's Travels by Jonathan Swift

## विषय- हिंदी

**" पहला सुख निरोगी काया "**

इस विषय पर एक सुंदर कोलार्ज बना कर 200 से 250 शब्दों में ए-4 साइज शीट पर वर्णन करें। अपने कोलार्ज में संतुलित आहार, व्यायाम, समय की पाबंदी इत्यादि का वर्णन अवश्य करें।



## SUBJECT- MATHS

Healthy biscuits offer a balance of taste and nutrition for health-conscious consumers. Choose biscuits made from whole wheat flour, oats and low in sugars. Prioritize biscuits with fiber and essential nutrients for wellbeing.

On an A-4 size sheet, paste the wrappers of two different brands of biscuit and make a comparison table of nutrients by noting down the following contents on the packets of both the brands:-

- Carbohydrates
- Proteins
- Fats
- Sugar

Nutrients	Marie lite Biscuit	McVitie's Digestive Biscuit
Carbohydrates		
Proteins		
Fats		
Sugar		

ENERGY	1894 kJ / 451 kcal
FAT	12.5 g
of which SATURATES	6.5 g
CARBOHYDRATE	78.2 g
of which SUGARS	25.6 g
PROTEIN	6.5 g
SALT	0.73 g

  

Carbohydrates	77g	Calcium	90mg
Sugars	21.5g	Iron	3mg
Protein	8g	Iodine	1.5mcg
Fat	17g	Vitamin B1	0.12mg
Saturated fatty acids	5.5g	Vitamin B2	0.14mg
Monounsaturated fatty acids	4.7g	Vitamin B6	1.6mcg
Polyunsaturated fatty acids	1.7g	Vitamin B12	0.2mcg
Trans fatty acids	0g	Folic acid	10mcg
Cholesterol	0mg	Pantothenate	1.1mg
Energy	448kcal		

## SUBJECT- EVS

Plan your healthy weekly diet chart for breakfast , lunch , dinner keeping in mind nutritional values of different food sources. Be Mindful of including different nutrients per day to fulfill your body requirement. Make sure you end up eating nutritious food each day. On an A-4 size sheet make your healthy weekly diet chart.

**Healthy Eating** *preschoolers* **Daily Food Plan**

Use this Plan as a general guide.

• These food plans are based on average needs. Do not be concerned if your child does not eat the exact amounts suggested. Your child may need more or less than average. For example, food needs increase during growth spurts.

• Children's appetites vary from day to day. Some days they may eat less than these amounts, other days they may want more. Offer these amounts and let your child decide how much to eat.

Food group	2 year olds	3 year olds	4 and 5 year olds	What counts as:
<b>Fruits</b>	1 cup	1 - 1½ cups	1 - 1½ cups	¼ cup of fruit? ¼ cup mashed, sliced, or chopped fruit ¼ cup 100% fruit juice ¼ medium banana 4-5 large strawberries
<b>Vegetables</b>	1 cup	1½ cups	1½ - 2 cups	¼ cup of vegetables? ¼ cup mashed, sliced, or chopped vegetables ¼ cup raw leafy greens ¼ cup vegetable juice 1 small ear of corn
<b>Grains</b> Make half your grains whole	3 ounces	4 - 5 ounces	4 - 5 ounces	1 ounce of grains? 1 slice bread 1 cup ready-to-eat cereal flakes ½ cup cooked rice or pasta 1 tortilla (6" across)
<b>Protein Foods</b>	2 ounces	3 - 4 ounces	3 - 5 ounces	1 ounce of protein foods? 1 ounce cooked meat, poultry, or seafood 1 egg 1 tablespoon peanut butter ¼ cup cooked beans or peas (kidney, pinto, lentils)
<b>Dairy</b> Choose low-fat or fat-free	2 cups	2 cups	2½ cups	¼ cup of dairy? ¼ cup milk 4 ounces yogurt ½ ounce cheese 1 string cheese

Do yoga and meditation to keep yourself healthy and fit.



## SUBJECT- COMPUTER



### Health is Wealth.

To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear. He who has health, has hope; and he who has hope, has everything.

Make a presentation on the topic Health and Technology.

At least 5 slides should be made on the assigned topic.

## SUBJECT- DRAWING

Make a wall hanging on "Healthy Kitchen Rules."

Reference picture :-

