



RAM KISHAN INSTITUTE

Co-Educational Sr. Secondary School
Affiliated to C.B.S.E New Delhi
Block E, Sector 23, Ghaziabad

2024

HOLIDAY HOMEWORK

Name of the student _____

Class _____

Roll no _____

Theme _____

Linked subjects: English, Hindi, Mathematics,
Science, S.St

Guide Teachers _____

Date:- _____

Signature:- _____

MULTIDISCIPLINARY PROJECT
THEME- FOOD
CLASS-IV
MAXIMUM MARKS ALLOTTED- 10 MARKS PER SUBJECT

GUIDELINES FOR THE PROJECT

- 1-Complete and submit the project by 10th July 2024
- 2- Write the project work on A4 size sheet paper.
- 3- Right one side of the paper only.
- 4- All projects should be done neatly.
- 5-Avoid spelling mistakes and do error-free work.

Subject - English (10 Marks)

Activity 1-Make a beautiful poster on the topic ' Don't waste food'.

Activity 2-Draw a healthy plate and write 5 lines on topic ' Balanced Diet'.

Activity 3-Do one page daily in cursive writing book .

Activity 4-Make a card on father's day and write a acrostic poem for father.

विषय- हिन्दी (10 Marks)

Activity 1- पौष्टिक आहार से संबंधित दो चीजों के चित्र चिपकाकर उनके नाम लिखिए उनके महत्व के बारे में पाँच-पाँच वाक्य लिखिए।

Activity 2- A-4 साइज शीट पर खाने-पीने फल/ सब्जी/ मिठाई /पकवान से संबंधित कोई एक कविता लिखिए और चित्र बनाइए।

Activity 3-एक पेज सुलेख प्रतिदिन करें।

Subject - Mathematics (10 Marks)

Activity 1-Prepare an expenditure chart of required kitchen groceries for your family for a week.

Activity 2- Make a healthy meal plan for yourself with the help of your parents and follow the same and after 7days check your weight. Is there any difference or not? If yes find the reason why does it happen?

| Day | BREAKFAST | Lunch | Dinner |
|-----|-----------|-------|--------|
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |
| 5 | | | |
| 6 | | | |
| 7 | | | |

Weight at the beginning: _____

Weight after 7days: _____

Difference: _____

SUBJECT-Science (10 Marks)

Activity 1-What are nutrients? Name the essential nutrients with examples which keeps our body fit paste picture also.

Activity 2-Write edible part of plants .Give three examples of each and paste the picture of examples.

SUBJECT-S.St.(10 Marks)

Activity 1- Write the sources of food and paste the pictures also.

Activity 2- Write the name of famous dishes of any 5 states Of India and paste its picture.

Activity 3- Make a without fire dish on Father's day. And send a photo/video of it.