



**GURU NANAK E.M.
PUBLIC SCHOOL**



HEALTHY

FOOD

CLASS - 1

SUMMER

HOLIDAY HOMEWORK





DEAR PARENTS

Warm Greetings!

Summer Vacation is probably the best time of the year for the little ones; it's the time to have loads of fun for them. We have planned out some simple yet thoughtful activities for our students which promote critical and creative thinking skills amongst young learners while keeping the spirit of fun alive.

It is an art integrated project based on NEP 2020 with scholastic and co-scholastic activities, covering cognitive, socio-emotional and language literacy domains, hence targeting competency-based learning.

SUBMISSION SCHEDULE

PLEASE NOTE: The Term 1 assessment under 'Integrated Project' includes grading from the Holiday Homework. Students are required to complete the activities and submit their work as per the dates given:

S.NO.	SUBJECT	DATE
1.	ENGLISH	09.07.25
2.	HINDI	16.07.25
3.	MATHS	23.07.25

All the activities and use of the internet for doing the activities should be strictly under the supervision of parents.

ENGLISH

NO FIRE COOKING - A SPEAKING SKILL ACTIVITY

Students need to prepare a glass of lemonade and record a video. In the video, they need to speak 5-6 lines about their recipe including:

- 1. Self introduction and recipe's name (Give it a catchy name)*
- 2. Ingredients used*
- 3. Steps of preparing the recipe*

The video should be uploaded on the MS Teams of your class.

Go to MS Teams-->Select English-->English Holiday Homework Video

“When life gives you lemons, make lemonade.”

- Elbert Hubbard



HINDI

वR भोजन का जा5

ग त व ध 1: वR भोजन से ता पय' ऐसे भोजन से है िजसम हमारे शरीर को फट रखने के लिए सही मा7ा म पोषक त व होते ह। ज़Vरत है खुद को वR रखने के लिए वR भोजन का। आइए वBा थयो इस खूबसूरत कहानी का मदद से इस बात को समझ:

https://youtu.be/94_yNG2HXEA?si=61o049CiJQuhV-hV

छा7 ग5 @ारा खाए गए खाB पदार्थfi को ग5 के पास वाली टोकरी म और चका @ारा खाए गए खाB पदार्थfi को चका के पास टोकरी म बनाएंगे। ग त व ध A4 आकार के कागज पर पूरी का जा सकती है।



HINDI

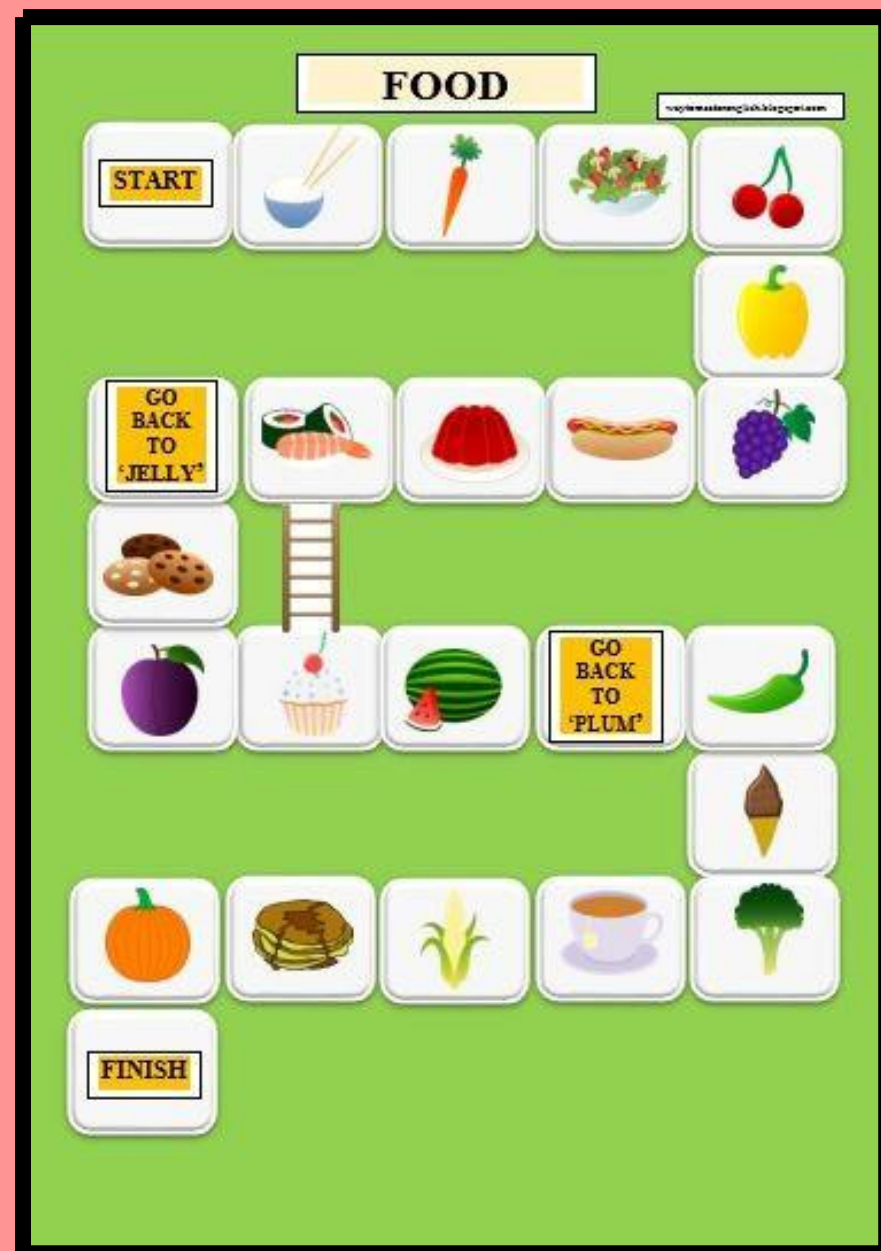
वर भोजन का जा5

गत व ध 2 : वBाथा पो टकाड' आकार के लैश काड' तैयार कर
गे। अपौ क भोजन के लिए Rलैश काड' का बॉड'र लाल और
वर भोजन के लिए हरा होगा। छा7 क ा म काड' तुत कर गे
और अपने पसंद दा वर खाB पदाथ' के बारे म कुछ वाKय बोल
गे।



MATHS

FOOD BOARD GAME



‘HEALTHY AND JUNK’

The students will gain knowledge about grouping.

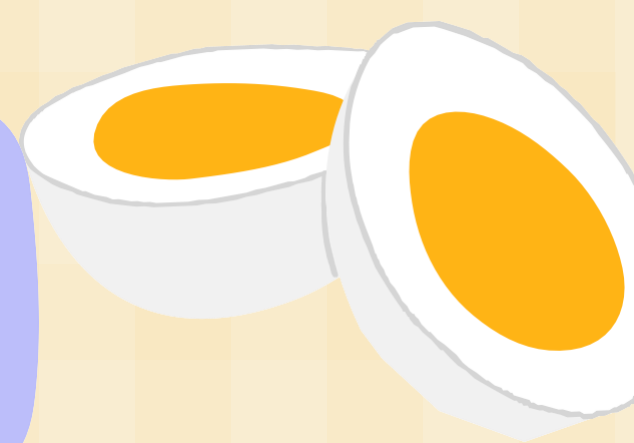
Click on the given links to learn about grouping and different food groups.

<https://youtu.be/8Qpqs8hlmvo?feature=shared>

<https://youtu.be/pmgkj01uUTw?feature=shared>

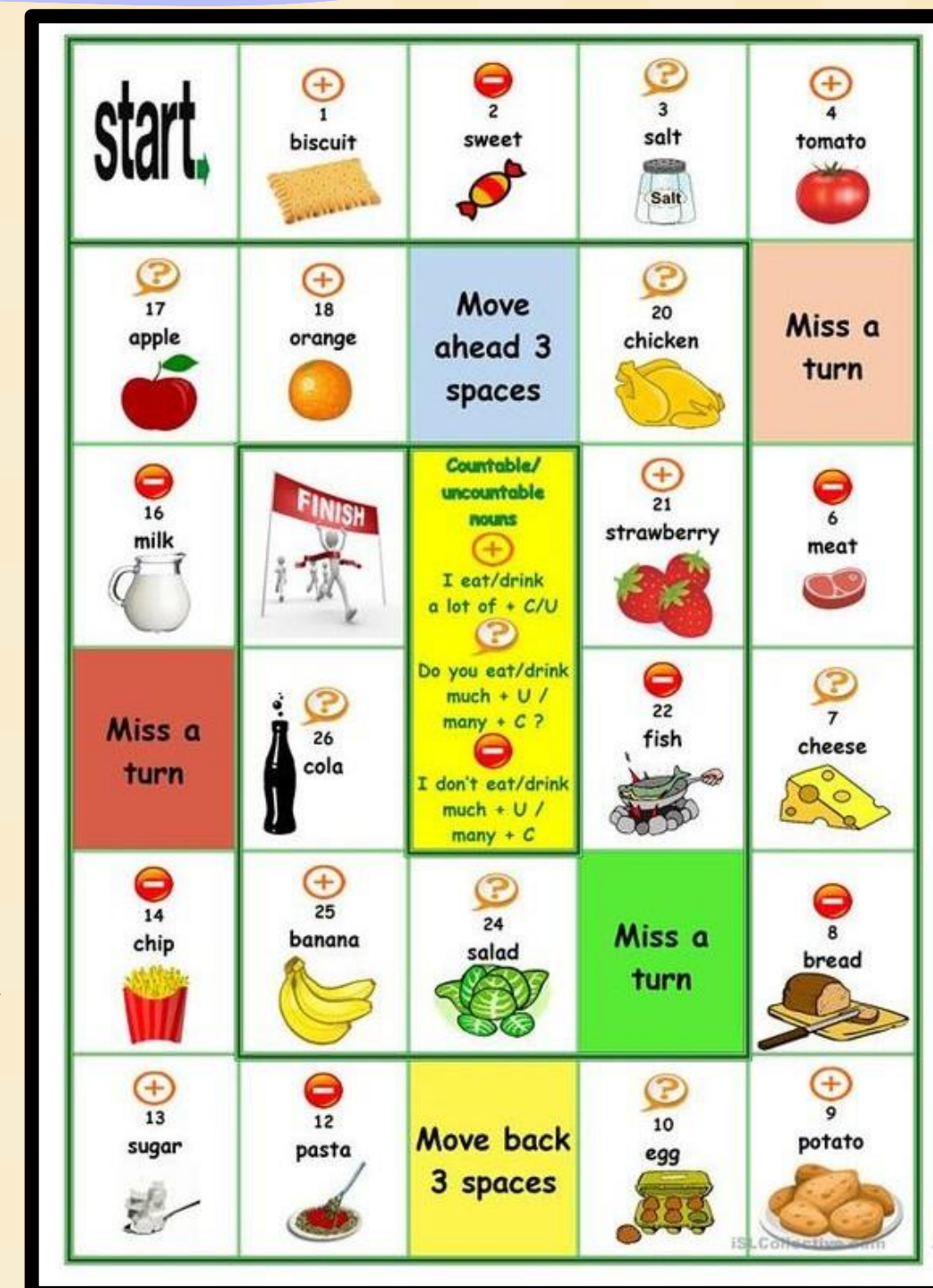


TOPIC- GROUPING



INSTRUCTIONS:

- 1. The students will prepare a board game as per their choice using their imagination and creativity.*
- 2. The board game will include different groups of food like vegetables, fruits, food from plants / animals, drinks etc. The students will sort them into healthy and unhealthy food items.*
- 3. The rules related to the game must be clearly mentioned at the back of the game or in front as shown in the reference image.*
- 4. Students will use the dice available in the Math Kit to play the game.*





EMBRACE THE SPEAKING ETIQUETTES

Encourage your child to practice these sentences in everyday situations such as when waking up in the morning, during meal times, before going to bed or when interacting with family members and friends. Remind them to speak clearly and politely and to use these phrases to communicate their needs, ask for permission, apologize when necessary, say thank you and greet others.

Good morning, Mummy ! Good morning, Daddy!

Can I go out and play, please?

Are we going to visit someone today?

Will some guests come to our house today?

Can I please call my friend?

I'm sorry for making a mess.

Thank you for helping me.

Excuse me, may I speak?

Can you help me tie my shoes?

Thank you for sharing with me.


Goodbye, see you later!

May I help you with that?

Please wait for me, I'm coming!

Can you please read me a story?





WISHING YOU A
SUMMER HOLIDAY
FILLED WITH JOY
AND HAPPINESS!