



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

# **SUMMER HOLIDAY HOMEWORK**

**CLASS VI**

**SESSION : 2025 - 26**

**AIoT PROJECT**

**THEME : Components of Food**



## ENGLISH

1. Create a reel using Adobe Express on the topic 'Components of Food'. It must include all the necessary information about the nutrients required for the growth and the maintenance of our body.

### Learning Outcome:

Students will gain a clear understanding of the different components of food, including carbohydrates, proteins, fats, vitamins, minerals, and water. Through visually engaging content created with Adobe Express, students can grasp complex concepts more effectively and retain the information better.

2. Practice papers for SAFAL exam [Structured Assessment for Analyzing Learning (SAFAL)] have been uploaded in the Google classroom. Complete the assignments in your English Grammar notebook.

## HINDI

- ग्रीष्मावकाश के दौरान अपनी दादी या नानी से आज के समय व उनके समय के खान-पान में आए बदलाव के ववषय में चचा कीवजए तथा उनकी कोई एक वसग्रेचर विश (व्यक्तिगत रेवसपी) की वचत्र सवित वववि व उसमें वनवित पोषक तत्ोों को णिब एक्सप्रेस पर एक पेंफलेट के रूप में प्रस्तुत कर गूगल क्लासरूम में अपलोि करें एवों कक्षा में जमा करें I
- प्रथम चक्रीय परीक्षा िेतु अब तक पढ़ाए गए सभी पाठों का पुनराभ्यास करें तथा अपनी अप्रैल व मई माि की कायापवत्रका का काया व्याकरण कॉपी में पूणा करें I
- 'वपटारा' पुस्तक की दो से छः तक की किवनयों का वाचन कौशल परीक्षा िेतु पठन-पाठन कीवजएI

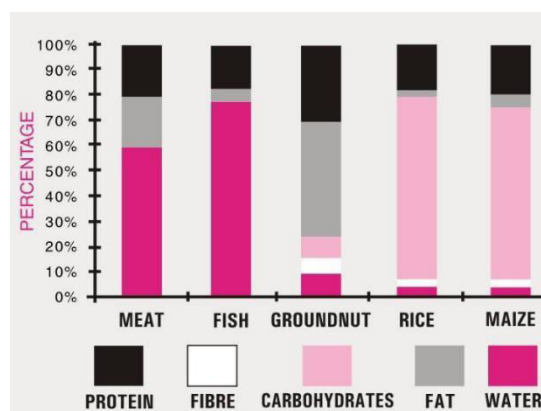
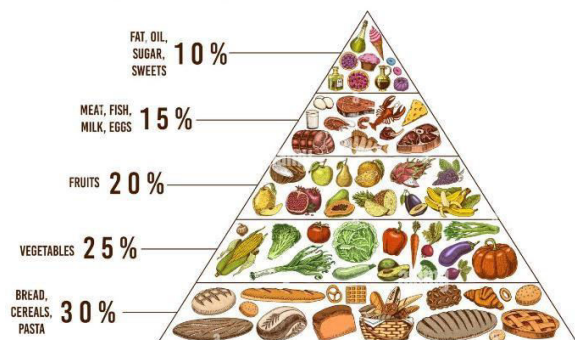


### शिक्षण अशिशगम -

- छात्र अपने बड़े - बुजुगों के साथ समय व्यतीत कर सकेंगे वजससे उनमें प्रेम, सम्मान व अपनेपन जैसे मानवीय गुणों का ववकास िोगा I
- छात्र पौविक भोजन के मित्व से पररवचत िो सकेंगे I
- अिोब एक्सप्रेस टूल को वीोंदी भाषा के साथ समकित करके छात्रों में रोचक ढोंग से भाषा लेखन क्षमता ववकवसत िो सकेगी I

## MATHEMATICS

### THE FOOD PYRAMID



### 1. Activity:

- Collect the data regarding
  - the components of food which includes Carbohydrates, Proteins, fats etc.
  - food essential to our body, its functions, its nutritive value, food sources and the calories required for different age group of people etc.
- Represent the data by tabular method and by graphical method.( Digital graphs -Bar Graph, Pie Chart, Line graph etc.)
- Each group can prepare 2-3 slides focusing on different aspects of this data, such as nutritional requirements, food sources, and the importance of balanced diets. They can use these graphical representations to visually illustrate their points.
- Mode of submission – Activity is to be completed in groups. PPTs are to be uploaded in Google classroom in the folder created for Maths holiday home work.

### Learning objectives:

- Providing opportunities for independent research or exploration of mathematical concepts beyond the curriculum as per NEP guidelines.
  - students continue to engage with mathematics in meaningful ways outside of the classroom, fostering a deeper understanding and appreciation for the subject.
- Utilizing graphing software or online tools for visualizing mathematical concepts.
- Practice papers for **SAFAL** exam [Structured Assessment for Analyzing Learning (SAFAL), a competency-based diagnostic assessment as per the recommendation of the National Education Policy (NEP) initiated by CBSE] are uploaded in Google classroom. Solve Maths practice paper in A-4 size sheets.

## SOCIAL SCIENCE

### Learning Outcome:

- Students will explore the historical origins and evolution of the components that make up our modern food and their cultural significance .
- Students will also learn the civic responsibilities related to food components, including access to nutritious food, food policies, and community engagement in reducing food wastage.



### Activity:

1. Ancient Food Sources: Explore the types of foods consumed by ancient civilizations such as grains, fruits, vegetables, and meats. Take any three types of foods and discuss how these foods were cultivated, harvested, and prepared also Paste the pictures. (Do the activity in your history notebook).

2. Food Waste: Prepare a videos using Adobe express addressing the issue of food waste and its environmental and social impacts. Discuss civic responsibilities in reducing food waste through sustainable practices.



## SCIENCE

### IS YOUR DIET BALANCED?



- Make a list of food items that you ate yesterday from morning to night.
- Divide each item into the food groups you have learnt about in the chapter—"Components of Food"
- See if you ate a balanced diet.
- If your diet is not balanced, decide in what way it should be modified so that it becomes balanced.
- Vitamins and minerals are important components of food. Represent in a Tabular form: the sources, importance and deficiency diseases caused by some important Minerals / Vitamins required by our body.
- Present your homework in the form of a power point presentation.

## LEARNING OUTCOMES

- Students will be able to critically analyze their food habits and understand why it is important to eat a balanced diet.
- Understand the importance of proper nutrition and its role in fighting diseases.
- They will be able to relate their scientific knowledge with their daily habits and thus apply science for betterment of their lives.
- Their creative and presentation skills will be enhanced.

## ARTIFICIAL INTELLIGENCE

Develop an AI model using Teachable Machine (<https://teachablemachine.withgoogle.com/>) that can differentiate between different components of food :

### Carbohydrates, Protein and Fats

- Create three classes like Proteins, Carbohydrates and Fats
- Train at least 20 examples for each class.
- You can take pictures from the internet or click pictures
- Record a short video of the project and take 4-5 screenshots.

## LEARNING OUTCOME:

Students will be able to use AI tools efficiency and integrate it with different concepts of science

### SCHEDULE FOR SUBMISSION OF HHW

SL NO.	SUBJECTS	DATE OF SUBMISSION
1	HINDI	8 <sup>TH</sup> JULY, 2025
2	ENGLISH, SCIENCE & AI	9 <sup>TH</sup> JULY, 2025
3	SST & MATHS	10 <sup>TH</sup> JULY, 2025

**Please note : The Holiday Homework will be considered for Project Based Assessment & carries a weightage of 10 marks in each subject.**

**ENJOY YOUR HOLIDAYS !!**