

कक्षा - छठी ग्रीष्मकालीन अवकाश हेतु गृह कार्य

हिंदी

१. **सुलेख** - 10 पृष्ठ (बाल राम कथा से) सुलेख लिखें।
२. निम्नलिखित पाठ प्रथम आवधिक परीक्षा के लिए याद करें व Learner's Diary बनाएँ :

वसंत भाग-1
वह चिड़िया जो
बचपन
नादान दोस्त
बाल रामकथा
अवधपुरी में राम

निबंध लेखन

- (क)मेरा प्रिय खेल
(ख)समय का सदुपयोग
(ग)मेरा प्रिय त्योहार

पत्र लेखन

दो दिन के अवकाश हेतु अपने विद्यालय के प्राचार्य को प्रार्थना पत्र लिखिए।

3विषय समृद्ध क्रियाकलाप के अंतर्गत अपनी मनपसंद कविता का २-१) min (video बनाकर मेरे फ़ोन पर भेजें।

परियोजना कार्य

ग्रीष्मकालीन अवकाश के दौरान अपनी यात्रा का सचित्र वर्णन कीजिए।

चिड़िया से संबंधित कविताओं का संकलन चित्र सहित कीजिए।

बहुविषयक परियोजना कार्य

विषय- वन

वनों से होने वाले लाभ के बारे में सचित्र वर्णन कीजिए।

HOLIDAY HOMEWORK CLASS- VI-B : MATHEMATICS

S.N O.	H.W./ACTIVITY/MDP	DESCRIPTION/ LINK	RUBRICS																																																
1	<p>Chapter -1: KNOWING OUR NUMBERS</p> <p>Chapter-2 : WHOLE NUMBERS</p>	<p>Students will solve the sums from NCERT EXAMPLAR in a separate notebook and will revise also of chapters – Knowing our numbers and Whole numbers.</p> <p>https://drive.google.com/file/d/1Xw6LEXrak4m3eINC-sJYXibvNxd9q8EV/view</p>	<p>R :Regularity N:Neatness P: Presentation A:Correctness & accuracy C:Content & creativity</p> <p>TOTAL: 25 M</p>																																																
2	Learner's Diary	<p>Write the Learner's diary for Chapters 1 & 2 as per following headings in a separate notebook.</p> <p>i) What I learnt ii) What I found challenging iii) What I found interesting</p>	<table border="1"> <tr> <td>D</td> <td>2M</td> <td>Describing experience</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>I</td> <td>2M</td> <td>Insight</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>C</td> <td>2M</td> <td>Collaboration</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>W</td> <td>2M</td> <td>Writing Quality</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>R</td> <td>2M</td> <td>Connection with real life.</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td colspan="2">Total</td> <td>10M</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </table>	D	2M	Describing experience						I	2M	Insight						C	2M	Collaboration						W	2M	Writing Quality						R	2M	Connection with real life.						Total		10M					
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3	<p>SUBJECT ENRICHMENT ACTIVITIES:</p> <p>To verify that addition of WHOLE NUMBERS is commutative by activity method.</p>	<p>https://www.youtube.com/watch?v=_wxDeqjI71w</p>	<table border="1"> <tr> <td>I</td> <td>5M</td> <td>Identifying a problem</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>O</td> <td>5M</td> <td>Observation skills</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>T</td> <td>5M</td> <td>Testing Marks</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>A</td> <td>5M</td> <td>Analysis and interpretation</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td colspan="2">Total</td> <td>20M</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </table>	I	5M	Identifying a problem						O	5M	Observation skills						T	5M	Testing Marks						A	5M	Analysis and interpretation						Total		20M													
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4	<p>MULTIDISCIPLINARY PROJECT</p> <p>TOPIC: FORESTS</p>	<p>Find the areas of forests of ANDHRA PRADESH and PUNJAB and compare these areas.</p>	<p>1. Ideas and content- 3</p> <p>2. Organization and Presentation-3</p> <p>3. Originality in observation and reflective thinking-3</p> <p>4. Language and structure-3</p> <p>5. Appropriacy to topic-3</p> <p>TOTAL: 15 Marks</p>																																																

KENDRIYA VIDYALAYA 'K'AREA ZIRAKPUR
HOLIDAY HOMEWORK (SUMMER BREAK, 2022)
SCIENCE
CLASS VI

“TO BE READY FOR TOMORROW'S OPPORTUNITIES, DO YOUR HOMEWORK TODAY.”

General instructions-

1. It is mandatory to do the holiday homework
2. The child will be assessed for the neat handwriting, creativity and originality.
3. All the students are required to revise the syllabus covered so far thoroughly for Periodic Test-1
4. The child should do his / her holiday homework independently in separate notebook/scrapbook/file.

1. Activity–1: Nutrients

To find out the nutrients present in different packed food.

Procedure-

1. Collect 5 food items that comes packed from market.
2. Note down the list of nutrients from the packets.

(cut and paste the nutritional information in your notebook like this)

Typical values	Per 100g	Per 1/4 pot	% based on diet for women
Energy	256 kJ 61 kcal	320 kJ 76 kcal	3.3%
Protein	4.9g	6.1g	13.6%
Carbohydrate	6.9g	8.6g	3.7%
of which sugars	6.9g	8.6g	9.6%
of which starch	nil	nil	-
Fat	1.5g	1.9g	2.7%
of which saturates	0.9g	1.3g	5.5%
mono-unsaturates	0.4g	0.5g	-
polyunsaturates	nil	nil	-
Fibre	nil	nil	nil
Salt	0.2g	0.3g	1.0%
of which sodium	trace	0.1g	4.2%
Vitamins & minerals			% of RDI
Calcium	168mg	210mg	26%

3. Find out the amount of each of the nutrients present from lists.
4. Note down your observations.
5. From your observations find out which food items are good and which are not good for your health.

3.Activity–2 : Cheaper Alternative of Nutrients

To find out the cheaper alternative of health drinks.

Procedure-

1. Now for the same nutrients find out the alternative natural source such as vegetable and fruits

2. Calculate the cost of natural source of nutrients and compare it with that of the health drink.
3. Find out which one is the costlier
4. On an A4 size sheet compare the readymade health drink and the vegetables/fruits in terms of cost and nutrients content.



4. Activity-3 : Water in different food items

To test the presence of water in different food items.

Procedure-

1. Take 50g of each of Rajma seeds, coriander leaves and potato slices, in separate plates.
2. Expose them to sunlight for 4 days and observe.
3. Also mention the food samples having less water. Is there any advantage of having less water content in food items? (think and write)

Identify the various food items rich in water. Which of them is/are a part of your daily diet. Collect their pictures and paste in your copy.

ASSIGNMENT

CHAPTERS COVERED

FOOD WHERE DOES IT COMES FROM, COMPONENTS OF FOOD, FIBRE TO FABRIC(PREPARE THESE LESSONS FOR PERIODIC TEST -1)

Note: Solve all the questions in the notebook.

A Tick (✓) the Correct Option:

1. Animals provide us with:

- (a) meat
- (b) milk
- (c) eggs
- (d) all of these

2. Radishes and carrots are:

- (a) stems
- (b) leaves
- (c) flowers
- (d) roots

3. Rice; roti, samber and vegetables are examples of:

- (a) ingredients
- (b) food
- (c) animal products as food
- (d) all of these

4. Which part of cabbage is used as food?

- (a) Leaves
- (b) Stems
- (c) Roots
- (d) Fruits

5. Vultures and crows are:

- (a) Scavengers
- (b) Carnivores
- (c) Omnivores
- (d) Herbivores

6. What are heterotrophs?

- (a) Plants
- (b) Animals
- (c) Both animals & plants
- (d) None of these

7. Vitamins are essential for the body to:

- (a) supply energy
- (b) make new cells
- (c) protect it from diseases
- (d) grow fast

8. Which one of the following constitutes balanced diet?

- (a) Roti, rice, dal, vegetables, pickle
- (b) Parantha, butter, curd, egg, fruits
- (c) Rice, samber, idle, pickle, fruits
- (d) Roti, dal, salad, vegetables

9. Goitre occurs due to the deficiency of :

- (a) chlorine
- (b) potassium
- (c) iodine
- (d) iron

10. Our hair and nails contain :

- (a) calcium
- (b) phosphorus
- (c) fluorine
- (d) proteins

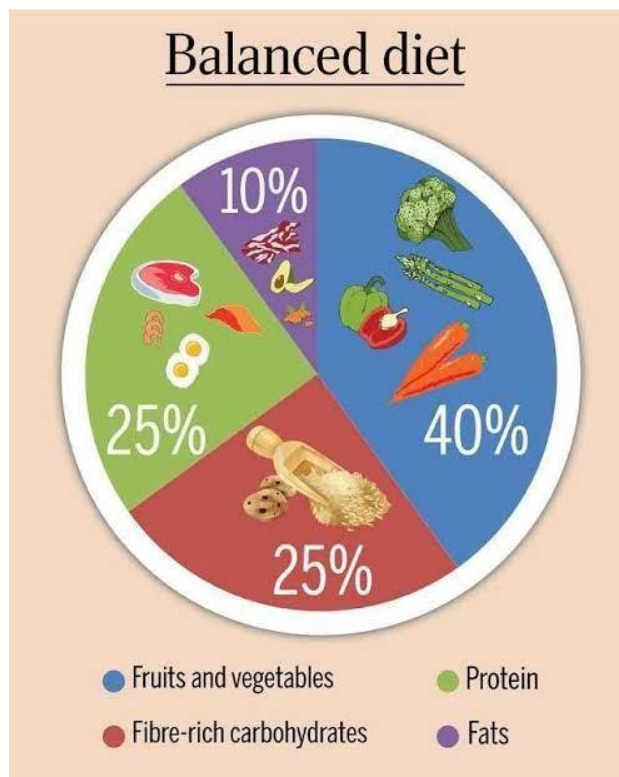
11. Glucose and fructose are
 (a) starches
 (b) fats
 (c) sugars
 (d) none of these
12. A silkworm lives on leaves of
 (a) mulberry plant
 (b) mango plant
 (c) palm plant
 (d) strawberry plant
13. Which country is the birth place of silk?
 (a) India
 (b) China
 (c) USA
 (d) Australia
14. Which of the following is a synthetic fibre?
 (a) Nylon
 (b) Polyester
 (c) Terylene
 (d) All of these
15. Which of the following grows best in a black soil and warm climate?
 (a) Cotton
 (b) Flax
 (c) Jute
 (d) Coconut

B. The following Table gives information about Vitamins and Minerals. Complete the Table:

Vitamin/Mineral	Sources of food	Functions in body	Deficiency disease	Symptoms
Vitamin A	Carrot, Papaya, Ripe mango, Milk, Fish oil			
Vitamin B		Convert food into energy		
Vitamin C			Scurvy	
Vitamin D				Bones become soft and bent
Calcium		Formation of strong bones and teeth, helps in blood clotting		
Iron			Anaemia	
Iodine				Swelling in neck, Mental disability in children

CCT BASED QUESTIONS-

THE EAT WELL PLATE



Observe the diagram and answer the following questions-

1. What kind of food content you need in least amount?
2. What kind of food content you must include more than 25% in your diet?
3. What percentage of your food must be the whole grains?
4. What is total percentage of food must include eggs, meat, milk, butter and ghee?
5. Why do you need all type of food content to be include in your daily diet?
6. Which type of food content needed for body building?
7. How much percentage of balanced diet include energy giving food items?
8. Why less use of fats is suggested in your diet?
9. What kind of food content can be tested by iodine?
10. Can a person with vegetarian food habit may get all essential nutrients of his diet?

SAVE LIFE FROM HIDDEN HUNGER

Vitamin A deficiency is the leading cause of preventable blindness in children and increases the risk of disease and death from severe infections. In pregnant women it can cause night blindness and may increase the risk of maternal mortality (the death of women during pregnancy or within 42 days of giving birth). An estimated 250 million worldwide are vitamin A deficient. An estimated 250,000–500,000 vitamin A deficient children become blind every year, with half of these children dying within 12 months of losing their sight because their deficiency is so severe. Scientists have therefore developed, using GM technology,

a type of rice, labelled Golden Rice, which provides more dietary vitamin A. The first Golden Rice was developed in 1999 using philanthropic funding. Golden Rice provides a solution to vitamin A deficiency rather than addressing the underlying causes of poverty and poor diets.

1. What is the effect of deficiency of vitamin A in pre- school children?
2. How many pre-school children dying every year because of severe deficiency of vitamin A ?
3. How Golden rice is different from normal rice variety?
4. What do you mean by GM crops? Give examples?
5. Suggest any two food items in your regular diet which are rich in vitamin A.
6. Why vitamins are needed for our body?
7. Name the vitamins necessary for preventing Beri-Beri, rickets and scury.

HOLIDAY HOMEWORK

CLASS – VI-B (2022-23)

Social Science

(Note- Use separate notebooks, Scrap file, Stick file etc. to complete the holiday Homework)

1. Learn and Revise the lessons completed in the months of April and May for Periodic Test - 1
2. Write the Preamble of the Constitution in the Civics notebook properly.
3. Draw and colour the diagram of Solar system on A4 Sheet.
4. Choose any 5 states of India and mention the following about them:
 - a) Festivals
 - b) Food
 - c) Dress
 - d) Art
5. Preparation of Scrap Book on Dandi March , National Song, National Anthem & Making of Constitution of India.
6. Write down the salient features of place where you visited in holidays (like climate, natural vegetation, monuments etc.)

7. A Multidisciplinary project is to be prepared by all students on the topic- *FOREST*

8 All students will complete their Learner's Diary for each topic. The rubrics of Learners' diary are-

**** What I learnt**

**** What I found challenging**

**** What I found interesting**

ग्रीष्मकालीन अवकाश परियोजना कार्य

विषय- संस्कृतम्

1. संस्कृत छात्रप्रतिज्ञायाः वाचनस्य पुनः पुनः अभ्यासं कुरुत ।
(संस्कृत छात्रप्रतिज्ञा पुनः पुनः बोलने का अभ्यास करें और याद करें)
2. संस्कृतभाषायाः स्वर तथा व्यञ्जन वर्णाणां च पुनः पुनः अभ्यासं कृत्वा क्रमानुसार स्व-
अभ्यासपुस्तिकायां लिखत ।
(संस्कृतभाषा के स्वर तथा व्यञ्जन वर्णाणां का पुनः पुनः अभ्यास करके क्रमानुसार
अपनीअभ्यासपुस्तिका में लिखो)
3. संस्कृते त्रीणि लिङ्गानि , त्रयः पुरुषाः, त्रीणि वचनानि च कानि सन्ति , स्व-अभ्यासपुस्तिकायां
लिखत ।
(संस्कृत भाषा के तीन लिङ्ग ,तीन पुरुष , तीन वचन कौन कौन हैं उनके नाम
अपनीअभ्यासपुस्तिका में लिखो)
4. बालक तथा बालिका : शब्दरूपाणि स्व अभ्यास पुस्तिकायां लिखत ।
(बालक तथा बालिका के शब्दरूप अपनी उत्तरपुस्तिका में लिखो और याद करो ।)

SUMMER BREAK HOLIDAY HOMEWORK CLASS- VI

Computer

Q .1) Write down any five lines about myself on MS WORD and bring its color print out on A4 sheet.