

Dear Parents,

KSR Akshara has always been a **motivating partner** of growth and development in the lives of the students. So this summer holiday homework is aimed at creating awareness among Aksharites to realize and comprehend the pivotal **role of food for a happy and successful life.**



John. F. Kennedy states, *“Physical fitness is not only one of the important keys to a healthy body, it is the basis of dynamic, creative and intellectual activity.”*

English:

☀ Write a conversation between a science teacher and students in the class on the topic **“Nutrition and Health”**

☀ Create an attractive and colourful Poster on **“Healthy food for a Wealthy mood”**

Math:

Collect any four snacks packet of different brands (Approx. cost of Rs.10 to Rs.50) and complete the following table with the information printed in the snacks wrapper. One example has been done for you.

Snacks Item	Net Wt. [Only 50 gms. to 100 gms. alone should be used]	Proteins in g.	Carbohydrates in g.	Fats in g.	Sugars	Energy in Kcal	Cost
Britannia Tiger Kreemz	50 g	5 g	75 g	17 g	35.5 g	473 Kcal	Rs. 5 /-

- Find out the total nutrient content in g for each snack.
- Compare the four snacks and find out the protein rich and carbohydrate rich snacks.
- Find the difference between Fat content of two different snacks.
- Collect the wrapper of your favourite snack item and complete the following

Name of the snack :
Date of Manufacture :
Expiry Date :
Cost :
Symbol present :
Symbol represents :

Science:

☀ Count and write the rainbow food items included in your weekly food intake and write the name / names of colour missed during the week. Also draw a smiley of any food item of that colour.

For eg: I ate **5 rainbow colour food items** in a week from **April 16 to 21, 2018.**

V - Violet color Grapes/ Berries

I -

B -

G - Green Spinach

Y - Yellow Dal

O - Orange juice

R - Red Apple



At the **end of the week, I missed out Indigo and Blue colour food items.**

☀ Discuss with your family members/ relatives (**Any 5 person**) about their most favourite food item and the nutrient present in it. Please include your **grandparents** name without fail. Also pen down their answers in the table given below:

Name of the person	Relationship	Favourite food item	Nutrient Present	Healthy or not

☀ Write the names of the nutrient present in each of their favourite food item and write few lines about how those nutrients are useful to us.

☀ Differentiate healthy food and junk food with examples

Social Science:

☀ Talk to your grandparents, Parents, Aunt and Uncle about the food habits and daily routine they follow **10 years back and now.** Find out from their answers and write which life style is healthier and increases the life span of life. Why?

- *We expect our Aksharites to emerge out as **health conscious individuals.** The children can best comprehend the value of health only when parents inculcate the significance of food in their child. The interdisciplinary Holiday Homework will surely have positive impact on your child as a part of growing up of children in creating the food habits that will follow your children throughout their lifetime.*
- *So, it's a humble request to parents to take a positive interest, as the child learns a lot by doing. In fact, your guidelines will add an element of fun and excitement to the project work.*

Happy Holidays!

