



Dear Students,

KSR Akshara wishes **Hygienic Holidays** to you all. **Akshara's Admission** is going on for the **grades Kg to XI**. Kindly share your friends, neighbours and relatives to join with our best team.

- ❖ **Summer Vacation** is probably the happiest period in a student's life. The purpose of giving the summer vacation is multifold.
- ❖ It is a time to get relaxation after a sequence of regular classes, assignments and assessments but ensure that you have a routine to follow.
- ❖ Every day reading news paper, English Story books or magazine is mandatory. Learn 5 new words per day and write it in a separate note book with its meaning.
- ❖ Ensure to support your mother in cooking and take up the small house hold responsibilities like cleaning, arranging etc. and do it with consistency.
- ❖ This is the quality time for you to spend with grandparents, parents and other relations, get to know and develop strong bondage with each other. Talk to them about the values they followed in their age and its importance.
- ❖ Have a proper healthy and balanced diet suitable to the season. Drink more water, tender coconut and fresh juice regularly.
- ❖ Wash your hands frequently with soap and water to be hygienic.
- ❖ Ensure that you do prayers everyday for you, your family, for the society and for the world.
- ❖ Learn new skills like solving Rubik Cube or any kind of Braingym activities to enhance you.
- ❖ Little more time to enhance your skills and be in touch with learning we have given the Holiday Assignments.
- ❖ Marks of the holiday assignment will be added to the forth coming PT I examination.
- ❖ The work will be evaluated for all the subjects on the following parameters.
 1. Idea and content
 2. Presentation
 3. Ability to answer the questions
 4. Innovativeness
 5. Creativity.
- ❖ Kindly ensure to **complete** all the given assignments during your vacation and submit it on the day of school reopening [**June 07, 2023**]



Task 1 :

- ❖ Write a **dialogue** between a **nutritionist** and a **grade 7 student** on the benefits of Balanced food and harmful effects of Junk food (Minimum 10 to 15 dialogues). Use A4 sheets to write the dialogues with your creativity.

Task 2 :

- ❖ Create a '**Cook Book**' with any **7** dishes of your choice and describe the following in your own style. Your cook book can be done using colourful chart papers or any creative materials of your choice.

1. Name/ Title of the Dish
2. Ingredients with quantity
3. Process of cooking
4. Conclusion with some pictures

Note : Pictures can be taken when you cook and attached in the respective page as a photo or a printout

Task 3 :

Step 1: Take 1 Snacks packet, 1 Biscuit packet, 1 pack of health drink and 1 pack of cheese. Read the nutrition information given at the back and represent the same through Pie Charts. Find out the calories we received from each of these snack items.

Step 2 : Prepare a Diet Chart for you per day on your own for 2200 calories. It should include breakfast, lunch and dinner.

Task 4 :

Step 1 : Prepare a project report on Healthy food and a balanced diet with special reference to Adolescents, Women above 40 + age group and Old age people (60+).

Step 2 : Prepare a special recipe and the immune chart which supports people to be strong against the rising COVID. Suggest the food items and methods to be followed to kids, adolescents, adults and aged people to protect them from COVID.

Step 3 : Prepare a comparative analysis and submit a report on the advantages of healthy population in the economy of a country.

HAPPY
Holidays