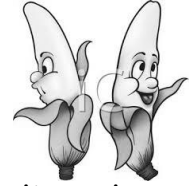


Name : _____

Class :III Sec : _____

Topic : Food



TIPS FOR PARENTS

- Please take care that the child definitely submits his homework as it carries Grades.
- Do the home work on A-4 size colourful sheets and compile them in a beautiful handmade folder.
- Let the child do the homework with minimum help.
- Pay attention on handwriting.
- Make the child read atleast 2 story books to inculcate good reading habits.
- Parents are requested **not** to send H.W projects on July 4, 2016. The dates of the submission of the same will be announced after the school reopens.
- Revise the entire syllabus done so far in all the subjects.



ENGLISH

Q1. Make a treat without heat

Prepare a recipe with locally available ingredients . List down all these ingredients and procedure to prepare your delicacy. Click a photograph of the same and remember **"it's cooking without fire"** (examples Sandwich, mango lassi, bhelpuri, sprouts and much more.)

(Use an A-4 size sheet for doing the same.)

Q2. Do the comprehension passages from 6-9 in your English Enriching book.

Q3. Revise FA-2 syllabus.

HINDI

1. जंक फूड से होने वाले नुकसान को समझते हुए अपने विचारों को अनुच्छेद के रूप में लिखिए ।(किन्ही पाँच जंक फूड के चित्र भी चिपकाएँ) (इस कार्य को स्क्रेप बुक में करिए)

2.पाठ 1,2,3 में से 15 कठिन शब्दों की श्रुतलेख करिए ।

3. 10 सुलेख करिए । (लेख में सुधार अवश्य होना चाहिए)

MATHS

Q1. Go to market place, choose any 5 vegetables and any five fruits explore their rate per kilograms. Write the quantity of those fruits and vegetables consumed by your family in a week and prepare its cash memo.

Q2. Write the quantity of milk that you and your family consume daily, calculate it for the month of of June

Q3. Make a collage of different food items in which you can observe different shapes. Eg. Triangle in sandwich, sphere in orange etc.

Q4 . Learn tables from 2 to 12.

General Science

- a. Collect 5 wrappers of healthy food items and 5 junk food items. Paste them on A4 sheet separately in their proper category. Write the nutrients mentioned on the wrappers of healthy food items. Why do you consider them as healthy food? (Give two reasons)
- b. Write the manufacturing date and expiry date written on food items.
- c. Note down the diet you have followed for **five days** and show it in a tabular form. Then find out whether you have followed healthy diet routine or taken up an unhealthy path.
- d. Make a Poster with slogan on " Eat Healthy, Stay Healthy".

SOCIAL SCIENCE

Q1. Visit an eating outlet of your choice with your family. Collect the menu card and paste it in your scrap file. Then separate the items mentioned in the menu card under the following heads and use the colours mentioned below to write them.

- | | |
|---------------------|--------|
| ❖ North Indian Food | Purple |
| ❖ South Indian Food | Yellow |
| ❖ Chinese | Red |
| ❖ Italian | Orange |
| ❖ Vegetarian | Green |
| ❖ Non Vegetarian | Red |

- Write the name of the outlet visited.
- Also paste the bill.

Q2. Choose any four states of India one in each direction. Paste the picture of the famous food of that state. Also state the reason why the food item is very famous among the people of that state.

Q3. Make a salad of your choice (under the guidance of your parents). And then complete the following information.

- Paste the picture of the salad you made.
- Give it a name.
- List the ingredients used.
- State the sources of these ingredients.
- Mention the nutrient value of your salad.
- Mention the comments of your family members.

ART/CRAFT

III-A Draw and colour a poster on the topic Say No To Junk Food. (12X18 inches) get it laminated to use it as a table mat.

III-B Make a collage of healthy food. (12X18 inches) Get it laminated to use it as a table mat.

III-C Write a quote on healthy food and border it with cut outs of fruits. (12X18 inches) Get it laminated to use it as a table mat.

III-D Make 3 big size cut outs of your favourite fruits and decorate it. (12X18 inches) Get them laminated to use it as a table mat.

III-E Make a collage of vegetables. (12X18 inches) Get it laminated to use it as a table mat.