

Name : _____

Class : III Sec : ____

Dear Parent

The heat is mounting and the much awaited Summer Vacation is round the corner. It is time to pause, rejuvenate and revive our energies for the year ahead.

To give an opportunity to the students to explore and examine, very interesting and thought provoking Holidays' Homework has been given to the students.

- Please make sure that your ward completes the Holidays Homework in all respects as creatively as possible and definitely submits the same as it will be evaluated and marks will be awarded for the same.
- Compile the homework in a beautiful handmade folder.
- Let the child do the homework with minimum help.
- Pay attention on handwriting.
- Make the child read at least 4-5 story books to inculcate good reading habits.
- Parents are requested **not** to send H.W. projects on July 02, 2018. The dates of the submission of the same will be announced after the school reopens.
- Prepare well for the upcoming Unit Test-I.

Topic : Health and Hygiene

English

1. **Creative Corner:** Become a chef and prepare your own healthy dish (It must have high nutritional value). Design an advertisement to promote the dish that you will make.

Steps to be followed

- Decide a recipe keeping its nutritional value in mind.
 - Enjoy being a cook. Click pictures of yourself while cooking.
 - It's time to promote! Design an advertisement so that you can become famous.(Note: Design it on an A4 size sheet)
2. **Do comprehension passage** No.6-10 in your worksheet booklet.
3. **Make flashcards:** Choose any five contractions and frame meaningful sentences. Present it beautifully.



Example: I'll- I'll study seriously for my test.



हिंदी

प्रश्न 1) दस पृष्ठ सुलेख कीजिए ।

प्रश्न 2) अपने आस-पास की सफ़ाई संबंधी समस्या पर अपने मित्र के साथ संवाद लिखिए ।(बारह से पंद्रह पंक्तियाँ)

प्रश्न 3) हरी सब्जियों तथा फलों का सेवन हमारे स्वास्थ्य के

लिए क्यों आवश्यक है, आठ से दस पंक्तियों में लिखिए ।

प्रश्न 4) मौसम के अनुसार आजकल कौन -कौन से फलों से

क्या-क्या मिलता है, जो हमारे शरीर के लिए आवश्यक है,

समझकर किन्हीं पाँच का चित्र बनाकर लिखिए ।

Maths

1. Write the names of all your family members and measure their height and weight. Represent the data in tabular form.

a) Find the weight which is the heaviest and the lowest. Find the difference between the two.

2. Plan your birthday party with all the healthy items in it. Prepare its menu card (any 10 items.)

a) Select any 5 items that you want to have for the party and prepare its bill.

b) Find the shape of healthy food items and make their collage (eg. Dhokla is like cuboid)

3. Note the car numbers (last 4) of CNG cars in your locality (at least 5).

a) Write their number names

b) Write their expanded form.

c) Write their successor and predecessor

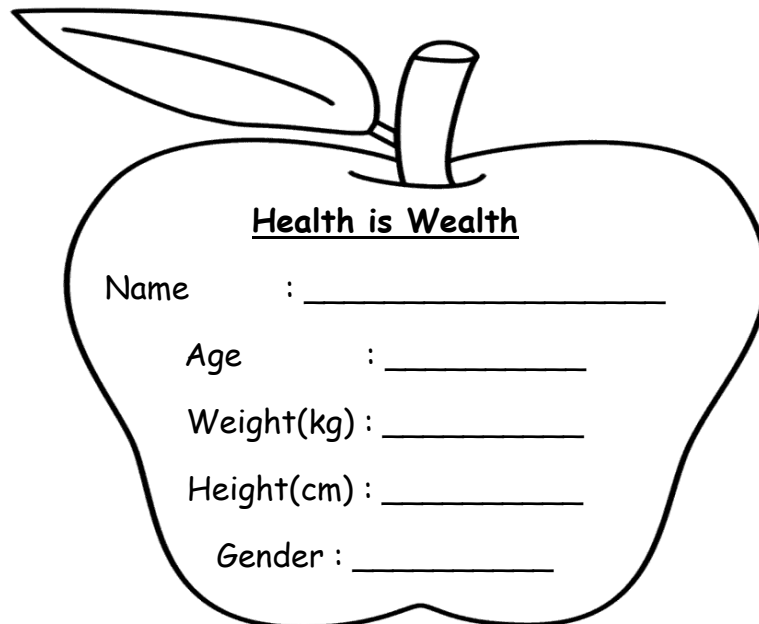
4. Paste any 5 wrappers of the products that you use to maintain your personal hygiene . Note their price and add them.

5. Learn tables 2 to 10

6. Do worksheet 2 to 4 in worksheet booklet.

General Science

1.



2. We consume different food items during the day. List out the food intake done by you during your summer break for the period of 3 days.

For e.g. My Food Chart

Date	Name of the food item eaten	Favourite body building food	Favourite energy giving food	Favourite protective food	No. of glasses of milk	No. of glasses of water
June 1, 18	Milk, mango, rice, burger, moong dal, carrot	Moong dal, milk	Rice, burger	Carrot, mango	2	6

3. When you go shopping next time with your parents, read the labels of the food products you pick. You will notice that every food pack bears nutritional information on the label. Choose packets of any 3 different food items. Make a data table with various headings like proteins, carbohydrates, fats, vitamins, minerals with date of manufacturing and date of expiry. Compare nutritional value of these three products. Find out which product out of the three products you bought, is the most nutritious. Also paste their wrappers.

4. a) Find out four reasons why garbage should not be thrown in the open.

b) You must have noticed Red, Green and Blue dustbins in your surroundings. Find out the difference among them.

5. Revise L- Plants Around Us & L- leaf for Unit Test 1.

6. Do the following experiment-

Invisible Letter

Using vinegar or lemon juice, write any message on A4 sheet and wait until it dries. After the message on the paper dries, the message disappears. By heating on the flame or ironing will bring the message again. On exposing to heat, lemon juice reacts with oxygen and makes it darker.

7. You went to your uncle's house and saw that your cousin has turned obese. You decided to observe his daily routine and found that-

- he consumes a lot of junk food.
- he does not maintain his personal hygiene, and
- he has a very low performance in physical work.
 - a. Suggest any two ways for your cousin to maintain personal hygiene.
 - b. According to you, what is done to become healthy?

Social Studies

1. Suppose you are opening your own multi-cuisine restaurant. Prepare a menu card using any shape of your choice on a pastel sheet providing the following information.

- Name for the restaurant.
- Logo for the restaurant.

- Design the menu card of the restaurant including healthy food items under the following heads.
 - South Indian
 - North Indian
 - Appetisers /Starters (soups, salads)
 - Healthy drinks.

2. We can maintain a healthy life by incorporating more of physical activities.





Prepare a booklet on any sport of your choice using pastel sheets on the following parameters.

- Your favorite sport.
- Pictures of the sport.
- National and International players involved in the sport with pictures.
- Any special information on the sport.
- Why do you love the sports?

3. Practice the following map skills on a political map pasted in the scrap file.

- Two states of the North.
- Two states of the South
- Waterbody to the West of India
- Waterbody to the East of India.

Art and Craft : Make the following according to your section

III-A	III-B	III-C & D	III-E
Stationery holder	Photo frame	Wall hanging with waste material	Bottle decoration
			

❖ Decorate a cotton bag with vegetable printing (size: 12" x 15")

Note : Please see that your ward completes the Holidays Homework with all seriousness and apart from enjoying the holidays, studies earnestly for the forth coming Unit Test-I too.

Happy holidays!