



Sun Valley International School

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Holiday Home Work Class-6

Topic:
Components of Food



- English
- Mathematics
- Science
- Hindi
- Social Science

Dear parents,

It's that time of the year once again, when summers are at the peak and the school is scheduled to close for the vacations. But this year, the lockdown has made remote learning the new normal. It is necessary to add that whatever the students have been taught in these time through our online classes remains crucial and holds utmost importance. You are requested to kindly follow the progress of your ward regularly to help the child cope better in these difficult times. Please find enclosed the consolidated holiday homework designed specially to facilitate the revision and learning of the students.

GENERAL INSTRUCTIONS

- Students must do their homework in their copy. In case it is unavailable A4 sheets etc., can be used.
- The work should be done neatly and in proper sequence.
- It is advised that the completed work is submitted in phases. As clicking too many pictures at the same time can alter the sequence at the time of the upload.
- The work must be submitted in google classroom. The process and the details regarding the same is already briefed to the students.
- In case of any doubts, at any point of time parents / students can communicate (over calls / messages) with the teachers on Fridays and Saturdays between 10 am to 11 am.

ENGLISH

READING

1. Read the following passage carefully and answer the following questions:

THE VEGETABLES WE EAT

- i. Be it the crispy potato fry or the mashed tomato chutney, our food is heavily dependent on several vegetables. Rice to roti, all that we eat comes from a certain grain. Plant life forms the basis for all the other life forms to survive on this earth. From tiny ants to mighty lions, their food indirectly comes from plants. To run, to swim, to study or simply to walk up and down we need energy. This energy to live comes from our food. Plants are the only living forms that can produce their own food. We are all dependent either directly or indirectly on these plants for our food.
- ii. We can classify our vegetables and fruits in the following categories: (a) Berry bearing; (b) Fruit bearing; (c) Nectar bearing and (d) Leafy vegetables. It is important that we classify our vegetables and fruits into these categories and get to know what we eat. It is interesting to note that birds love the vegetable/fruit type. By growing specific kinds of plants in our garden space, we can attract specific birds. Several birds fly in search of a perfect habitat where they can eat, drink and rest. They change their place often, so if we have a planned garden with different kinds of vegetables/fruits planted in them, who knows we could be the lucky ones to play host to beautiful birds.
- iii. Earth itself is a big ball of nutrients. Plants play the role of a machine in converting these raw nutrients into tasty, eatable vegetables and fruits. We, in turn, feed on those and live long. A fascinating journey of the nutrients from the ground below to our plates!
- iv. By getting to know what we eat, we get to know our environment better. When we care for what we eat, we start caring for the environment because if we continue to pollute the environment (air, water and land), our fruits and vegetables will come with pollutants and not nutrients.

A.1. Answer the following questions:

- i. How do we get the energy we need to live?
- ii. In what sense do plants function like a machine?
- iii. How are plants the basis of all the life?
- iv. How can we attract more birds to our home?
- v. Write the correct antonym for the word '**independent**' from the passage (para-1)

2. Read the following passage and answer the following questions:

ILL-EFFECTS OF FAST FOOD

- i. Though fast foods are easy to prepare and liked by almost all people, they are very harmful for human beings. Many researchers have proved that these food items are not good for health. They are fried in oil which can have ill-effects on health. This can make us obese. Especially, cholesterol is very harmful for heart. Obesity can further lead to diabetes and high blood pressure. Such foods don't have good nutrition value for body.
- ii. Children who eat too much of fast food will suffer from lifestyle diseases. Their growth will be affected as compared to those who eat nutritious food. Children are not able to control themselves when it comes to eating fast food. It takes less time to prepare and is convenient to eat. People find it delicious and they are easily available. They prefer to eat burgers, pizza, noodles etc.
- iii. People are imitating Western culture and preferring fast food over home-made food. It is one of the ill-effects of adopting the Western culture. Change in lifestyle has taught people to alter their eating habits. People are working for long hours.
- iv. They don't have time to shop for kitchen and prepare food. Women have started working so who will prepare meals. The standard of living has increased and people can spend more on such show off. Eating fast food is considered to be fashion, so youth prefer it. Fast food culture has also resulted in ending the family tradition of eating together. Children rarely eat together which gives them less opportunity to talk to their parents and elders.

A.2.1. Answer the following questions:

- i. How can fast food affect one's health?
- ii. Why people are preferring fast food over home-made food?

A.2.2. Complete the following sentences:

- i. Children who eat too much of fast food will suffer from _____.
- ii. Fast food culture has also resulted in ending _____.

A.2.3. Write the correct synonym for the word 'well-suited' from the passage (para-2).

3. Read the following passage carefully and answer the following questions:

HEALTH IS WEALTH

- i. Health is a state of complete physical, social and mental well-being. It is a condition where mind, body and spirit are free from illness, injury and pain. Health is as valuable as money and without it, you would not enjoy anything in life. Without good health, neither people will work efficiently, nor will students study properly. One cannot work if one is unwell. Similarly, one cannot work or do anything if is depressed over something.
- ii. Children also need to be healthy as it is vital for their growth and development of mind. They should be healthy as they are required to remain alert and attentive in class. There are various ways by which people can live a good and healthy life. Many people do not get enough time for physical exercise. Thus, they become obese, suffer from hypertension and diabetes. Even children like to sit in front of their computers and avoid outdoor games and activities.
- iii. People should visit a gym or go for morning walk at least every other day and work out so that they can burn fats deposited in their body. Children should play outside rather than sitting and playing video games at their houses.
- iv. They should drink plenty of water, it keeps our skin healthy and burns body fats. Proper sleep is also important as our body needs to relax and reduce stress. We should eat proper balanced diet. Processed food and fast food are immensely popular among the young generation. It has been found that such foods are the culprits behind obese body. Eat more fruits, vegetables and avoid fatty foods. Quit unhealthy habits. Apart from causing cancer, they are the reason behind Bronchitis, cough, asthma and even early onset of ageing.

A.3.1. Complete the following sentences form the passage:

- i. Without good health, _____.
- ii. Children also need to be healthy _____.

- iii. People should drink plenty of water _____.
- iv. Processed food and fast food are _____.

A.3.2. Write the correct synonym for the word 'extremely' from the passage (para-4).

4. Read chapter-1 and chapter-2 of your N.C.E.R.T Book and write answers of the following questions.

(Here are the links for the following NCERT chapters-

Chapter-1 - <http://ncert.nic.in/ncerts/1/fehl101.pdf>

Chapter-2- <http://ncert.nic.in/textbook/pdf/fehl102.pdf>)

Chapter-1 WHO DID PATRICK'S HOMEWORK?

- i. Write the character sketch of Patrick in about 50-60 words.
- ii. Give characteristic features of the little man. Do you think he was intelligent enough to do Patrick's homework? Give reasons.
- iii. What do we learn from the story 'Who did Patrick's homework'?

Chapter-2 HOW THE DOG FOUND HIMSELF A NEW MASTER!?

- i. Write about the early life of dogs.
- ii. Draw a flow chart showing the animals served by the dog. Why did the dog leave them one-by-one?
- iii. Do you think the dog is man's most loyal servant? How?

WRITING

- 5. You are Radhey. Your brother Rajat's friend, Anish called up to talk to him, but since he was not at home, you took the message for him. Anish asked you to inform Rajat about a reading session on the topic 'Components of Food' to be conducted tomorrow in the class. As you have to leave for your dance classes, you decide to leave a message.
- 6. Write a paragraph in about 80-100 words on the topic 'Importance of healthy diet in one's life's.
- 7. Choose a piece of food/dish you like, then write a description of it in about 80-100 words that includes the way it looks, smells, tastes etc.

GRAMMAR

8. Underline nouns in the following sentences and write their types.

- i. Rahul has come.
- ii. This is made up of plastic.
- iii. Have you seen the Taj Mahal?
- iv. Love conquers all.
- v. The crowd is angry.

9. Fill in the blanks with abstract nouns formed from the words in brackets.

- i. We should always speak the _____. (true)
- ii. The audience burst in peels of _____. (laugh)
- iii. Books give us a lot of _____. (know)
- iv. He is a man of great _____. (kind)
- v. The new job is a _____ for him. (promote)

10. Rewrite the following sentences by changing the gender. You will have to make some other changes, too.

- i. Her husband is a teacher.
- ii. The lion sprang at the fox.
- iii. The governor was the son of Mr. Hampton.
- iv. The Duke wants to see his daughter.
- v. My mother is a doctor but her brother is an engineer.

11. Read the following sentences and state whether the words printed in bold are of feminine, masculine, neuter or common gender.

- i. Her **brother** is a soldier.
- ii. The **officers** are busy.
- iii. Her **sister-in-law** is a pilot.
- iv. The **taxi** was at the gate on time.
- v. The **bridegroom** was greeted by his friend.

12. Underline the nouns in each of the following sentences. Then rewrite them by changing the 'number' of the nouns. Make other necessary changes, too.

Example. Do you know this gentleman?

Do you know these gentlemen?

- i. The child was playing with a doll.
- ii. The woman was carrying a large black bag.
- iii. Hari went to see his friends.
- iv. The maid-servant is absent.
- v. The beggar was sent to a shelter home.

13. Identify the case of each highlighted word. Write N for nominative case and O for objective case.

- i. The boy hit **the door**.
- ii. **Sameer** played the violin.
- iii. **The tiger** killed the deer.
- iv. Rashi wrote **a book**.
- v. **The wallet** was lost by Timmy.

14. Write the possessive form of the following.

- i. The costumes of the actors.
- ii. The ideas expressed by Mahatma Gandhi.
- iii. The friends of my brother.
- iv. The car owned by Harry.
- v. A holiday for a week.

15. Identify the kinds of sentence.

- i. When did they come to a decision?
- ii. Please tell me what has happened.
- iii. The event was a success.
- iv. How amazing the Taj Mahal is!
- v. The man in the blue shirt is my uncle.

16. Underline the subject and circle the predicates.

- i. The President addressed the nation.
- ii. I shared my sandwiches with Alice.
- iii. They have scaled many Himalayan peaks.
- iv. Stars twinkled in the dark sky.
- v. The howling wind frightened us all.

17. Determine whether each group of words is a clause (C) or a Phrase (P).

- i. when she came along
- ii. under the bed
- iii. which you wanted to sing
- iv. and he died
- v. which you lost last week

Revise the Syllabus completed till date.
Literature- A heritage of trees, Home, Sweet home!
Grammar- Sentences, Nouns-Gender, Number, Case
Writing- Message

हिंदी

प्र०1. निम्नलिखित विषय पर अनुच्छेद लिखिए-

पौष्टिक आहार: स्वस्थ जीवन का आधार

विशेष- अनुच्छेद में आए किन्हीं दस शब्दों को चुनकर उनके दो-दो पर्यायवाची शब्द लिखिए।

प्र०2. स्वस्थ रहने के लिए अपने आहार में भोजन के सभी पोषक तत्वों को सम्मिलित करने की आवश्यकता को समझाते हुए अपने छोटे भाई को पत्र लिखिए।

विशेष- पत्र में आए किन्हीं पाँच शब्दों को चुनकर उनका वर्ण-विच्छेद कीजिए।

प्र०3. 'भोजन करता पोषण' विषय पर (स्वरचित) कविता लेखन कीजिए।

प्र०4. भोजन के किसी एक पोषक तत्व की महत्ता समझाते हुए, प्रेरक नारा (स्लोगन) लेखन कीजिए।

प्र०5. चित्रों में दिए गए खाद्य पदार्थों से प्राप्त होने वाले मुख्य पोषक तत्वों का नाम लिखकर शरीर के लिए उनकी उपयोगिता (एक-दो पंक्तियों में) लिखिए।



प्र०6. पाठ्य पुस्तक के पठित पाठों एवं व्याकरण विषयों का अभ्यास कीजिए।

वसंत- पाठ 1 से 3 तक
बाल रामायण - पाठ 1 और 2
व्याकरण - पाठ 1, 2 और 4
पर्यायवाची शब्द, विलोम शब्द
रचनात्मक लेखन: अनुच्छेद लेखन

MATHEMATICS

- ☐ There are total 10 questions and 2 activities
- ☐ Do both questions and activities on simple ruled pages.

- Q.1. A Chocolate contains 61g carbohydrates, 31g fats and 5g proteins. If Manoj eats one chocolate in a day and Tanu eats two chocolates in a day.**
- (i) Find the amount of fats consumed by Tanu in 125 days. Convert the quantity into milligrams.
 - (ii) Find the quantity of carbohydrates consumed by Manoj in 214 days. Convert the quantity into milligrams.
- Q.2. Approximately six billion people throughout the world consume milk and milk products daily. Write your answer in numerals.**
- (i) Write the successor and predecessor of the number.
 - (ii) How many lakhs make six millions?
- Q.3. Find the number of people suffering from deficiency diseases in India in the year 2000 and 2015. In which year was the number more and by how much?**
- Q.4. The maximum amount of sugar intake of Rahul and Rakesh is 156 calories and 248 calories respectively in a day. Write the numbers individually in roman numerals . Also find the sum of total calories consumed by both of them and write the answer in Roman numerals.**
- Q.5. Natasha eats a balanced diet everyday having 1476 calories from carbohydrates, 264 calories from proteins and 461 calories from fats. Find the total calories consumed by her per day using associative property of addition of whole numbers.**
- Q.6. Make a list of the number of vegetables , fruits and pulses you eat. Count them individually. Now write the expression for each of the following using brackets.**
- (i) Sum of number of vegetables and fruits divided by number of pulses.
 - (ii) Difference of number of pulses and fruits multiplied by their sum
 - (iii) Two times the sum of the number of vegetables and pulses divided by the number of fruits.

Q.7. In a city, the number of vegetarians are 256478 and the number of non vegetarians are 149876.

- (i) Estimate the number of vegetarians to nearest hundred, thousand and lakh.
- (ii) Estimate the number of non vegetarians to nearest ten, ten thousand and lakh.
- (iii) Find the rough and closer estimate of the difference of the number of vegetarians and non vegetarians.

Q.8 The United states and India are the two top cow milk producing countries. Find the annual production of milk for the year 2019 (in metric tonnes) in these two countries and write the number name of production according to

- (i) Indian system of numeration
- (ii) International system of numeration.

Q.9. The average daily calories intake for a male adult is 2500 calories and for a female adult is 2000 calories. Using the digits of these two numbers, form a greatest and a smallest number of 6 digits. (Digits can be repeated more than once).

Q.10. Write the annual rice production (in metric tonnes) of top 5 rice producing states in India. Arrange the numbers in ascending and descending order.

**Revise Syllabus completed till now
Chapter 1, 2 and 3 (till Ex 3.2)**

ACTIVITIES

ACTIVITY – 1

Q.1. Write the complete activity on a paper and then solve it.

In each box, choose a sign: +, -, ×, ÷ or = to make the calculation correct. You can use the same operation more than once!

10	÷	2	+	3	=	8
5	○	4	=	2	○	10
10	○	6	=	20	○	5
8	=	6	○	2	○	4
9	○	7	=	12	○	6
9	○	7	=	4	○	4
3	○	4	=	20	○	8
11	○	2	○	5	+	1
24	○	3	○	2	○	10
5	○	28	○	4	○	2

ACTIVITY - 2

In the boxes given below, nine numbers are given, in which the place values are written in jumbled order. Correct the order and write the number. Find and circle this number in the big grid. The number can be read either from left to right or from top to bottom or diagonally. One example has been done for you.

3 tens
9 ones
6 thousands
5 hundreds

→ 6 5 3 9

9	6	8	5	6	7	4	9	4	0
4	6	5	5	1	2	3	7	8	2
0	3	9	3	7	8	3	5	4	8
7	2	5	8	9	7	4	3	2	1
3	9	8	5	2	0	1	3	4	5
9	4	5	4	3	4	0	2	1	6
0	8	0	8	6	4	0	3	6	8
0	8	0	8	6	4	0	3	6	8
7	9	5	3	6	2	3	1	5	6

2 ones
3 hundreds
5 thousands
6 tens

6 ones
5 hundreds
1 thousands
6 tens

1 thousands
5 ones
4 tens
3 hundreds

9 thousands
8 ones
7 tens
3 hundreds

2 ones
8 tens
3 thousands
7 hundreds

4 tens
1 thousands
8 hundreds
3 ones

4 thousands
2 hundreds
4 tens
1 ones

5 hundreds
9 thousands
3 tens
6 ones

4 hundreds
8 ones
3 tens
5 thousands

SOCIAL SCIENCE

1. A tree in my courtyard or terrace garden.

Trees provide us with many benefits necessary for survival like clean air, shade, food etc. They also give us hope, insight, and courage to persevere in the harshest conditions. As William Shakespeare well quotes about the environment - "One touch of nature makes the whole world kin." Draw a picture of a tree and also draw the different products we derive from it.

2. The discovery of agriculture was the first step towards civilized life.

Due to the outbreak of pandemic, the whole world is bleeding and passing through a tough economic time and lots of families are hurt. So, it is the best time to grow few vegetables, flowers and medicinal plants at home. Keeping this in mind take any two states and write in detail about any two crops/vegetables/fruits grown over there.

3. Collage is like a hall of mirrors.

Every direction you look, you see something different and visually stimulating. Use your creative skill and make a collage of crops, vegetables and fruits found in your selected states.

4. I am a chef.

Everyday we imagine that our breakfast should have mouth-watering pizzas, burgers, pastas, etc. instead of parathas and sabzies. But now due to the spread of COVID-19, we understand that simple and healthy food is the best to increase our immune system. Accept the challenge and help your mother in the kitchen in preparing a healthy and tasty dish with the crops /vegetables/fruits according to your selected states and write the recipe for the same.



Revise Syllabus completed till now

(History: Ch 1 & 2)

(Geography: Ch 1 & 2)

(Civics: Ch 1 & 2)

SCIENCE

“What we know is a drop, what we don’t know is an ocean”. A popular saying rightly said by one of the prominent scientists Sir Isaac Newton. It goes well in the field of science, one can explore endlessly in the various fields of science. Today so many countries are battling against COVID-19 and are in distress to find a cure for it. In such testing time of pandemic all eyes are set on the science and scientist community to find a potent vaccine to end this horrendous phase. But desire to learn and excel will not stop.

Read the questions and do as directed.

1. My mother’s kitchen – There are so many things in the kitchen like fruits, vegetables, spices, cereals list is endless. All of them are packed with vitamins, and many other nutrients. Make a collage of any five such things which will boost up your immunity to fight with diseases. Do not include processed or packaged food. Paste the picture of the same or you can draw the picture also. Write two points to explain how it is helpful.

2. I am a dietician – Well it sounds interesting isn’t it. Sweets, chocolates, junk food all are so tempting that it’s hard to resist but as a science student we now know what is a balanced diet (remember chapter 2).

Make a diet chart of a healthy breakfast, for yourself for a week. Include nutritional values, ingredients used, time taken to prepare it. (Hey remember to add lots of proteins as you all are growing champs). You can help your mother in the kitchen and express your gratitude towards her.

3. My alluring kitchen garden – Let your creative minds explore something practical. Try to maintain a small kitchen garden in any available space in your house (terrace, balcony or any other open space) grow small plants like chillies, small herbs, aloe vera, ornamental flowers or any other plant of your choice. Click the pictures of the same or you can draw the pictures also and write the benefits of any four such plants.

4. **Fitness freak** – In this lockdown phase when all have become sedentary it is very important to remain active and energised. Energy levels can be kept high by taking a healthy diet and working out. To do some exercises so many joints in the body are involved. Do some light exercises and make a list of all the joints that are engaged in them.

(Remember chapter 8). Mention the name of the joint, place where it is found, what type of motion it provides.

**Revise the syllabus completed till now
Chapter 1, 2, 4, 8 and 10**

NOTE

You are requested to ensure that the work assigned during the vacations are completed sincerely. Given the circumstances, the school might not be in a position to revise/repeat all the things already covered due to limited time. Soliciting your kind cooperation in regards of the time.

Good luck stay safe and healthy