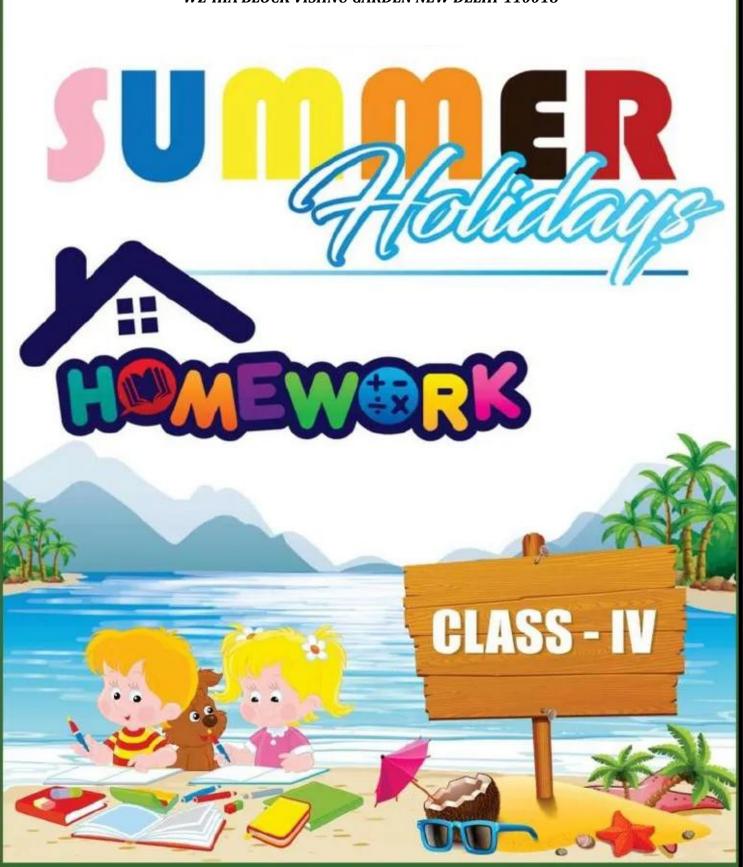
WZ-IIIA BLOCK VISHNU GARDEN NEW DELHI-110018



### "Summer means happy times and good sunshine"

### **HOLIDAY HOME WORK**

### **MATHEMATICS**

- 1. Write tables from 2 to 20, each in your holiday homework notebook.
- 2. Write Roman Numerals from 1 to 100 in your holiday homework notebook.

#### Fun activities:

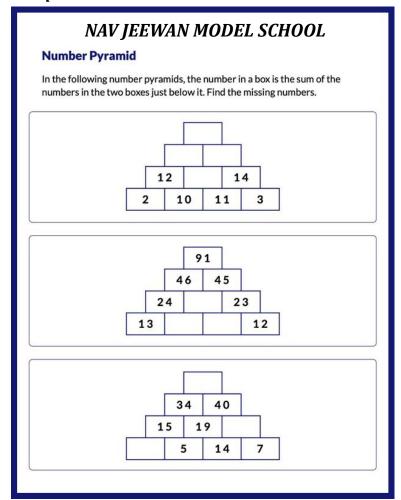
- 1. Create a simple 3D Abacus Model up to C-digits
- 2. Write 10 symbols of Roman numerals with the help of matchsticks in project file.

#### Project fill:

1. Zero Discovery: Paste a picture and write a few sentences about who discovered zero and its importance.

#### Revision:

- Revise all the math topics covered in class during the holidays. Have fun learning and exploring math concept!



### Line of Symmetry

Draw the line of symmetry for each shape. Write how many.

Α



B.



C.



D



E.



F.



G.



Н.



т



NAV	<b>JEEWAN</b>	MODEL	SCHOOL
14716		MODEL	JULIOUL

+	9	5 7	7 6	9 5	+	4 9	3 9	2 9	1 9	+	9	7 9	9	5 9
+	9	6 9	9	9	+	6	9	2 9	9	+	3	9	9	4
+	9	7 9	9	5 9	+	5 9	9	6 8	9	+	4 9	9 5	2 9	9
+	6 2	4	9	9	+	9	7 9	5 7	4 9	+	6	9	7 9	8 9
+	4	9	5 9	8	+	95	9	9	3 9	+	9	6 9	95	98

#### NUMBERS UPTO 9,99,999

Q1.Write the number names for these numerals:  a) 2.22.222 =
b) 8,76,000 =
Q2.Fill in the blanks:  a) The greatest 4-digit numeral is
a) The greatest 4-digit numeral is
b) The numeral just before 80,000 is
Q3.What is the period and place of 9 in 6,95,076?  Period Place  Q4. Write the numerals for these number names:  a) Sixty thousand six b) Seven lakh c) Nine lakh six thousand two hundred one d) Five lakh five thousand five e) Sixteen thousand forty one Q5. Write the short form of: f) a) 40000 + 3000 + 200 + 70 + 5 = g) b) 90000 + 80 + 3 =  NAV JEEWAN MODEL SCHOOL  Date  Q1. Write the following numbers in the place value chart.  Place L T-TH TH H T O  1. 4,12,983  2. 23,459
Period Place  Q4. Write the numerals for these number names:  a) Sixty thousand six  b) Seven lakh  c) Nine lakh six thousand two hundred one  d) Five lakh five thousand five  e) Sixteen thousand forty one  Q5. Write the short form of:  f) a) 40000 + 3000 + 200 + 70 + 5 =  g) b) 90000 + 80 + 3 =   NAV JEEWAN MODEL SCHOOL  Date  Q1. Write the following numbers in the place value chart.  Place
Q4. Write the numerals for these number names:  a) Sixty thousand six b) Seven lakh c) Nine lakh six thousand two hundred one d) Five lakh five thousand five e) Sixteen thousand forty one Q5. Write the short form of: f) a) 40000 + 3000 + 200 + 70 + 5 = g) b) 90000 + 80 + 3 =  NAV JEEWAN MODEL SCHOOL Date Q1. Write the following numbers in the place value chart.  Place
a) Sixty thousand six b) Seven lakh c) Nine lakh six thousand two hundred one d) Five lakh five thousand five e) Sixteen thousand forty one Q5. Write the short form of: f) a) 40000 + 3000 + 200 + 70 + 5 = g) b) 90000 + 80 + 3 =  NAV JEEWAN MODEL SCHOOL Date Q1. Write the following numbers in the place value chart.  Place
b) Seven lakh c) Nine lakh six thousand two hundred one d) Five lakh five thousand five e) Sixteen thousand forty one Q5. Write the short form of: f) a) 40000 + 3000 + 200 + 70 + 5 = g) b) 90000 + 80 + 3 =  NAV JEEWAN MODEL SCHOOL  Date Q1. Write the following numbers in the place value chart.  Place
c) Nine lakh six thousand two hundred one d) Five lakh five thousand five e) Sixteen thousand forty one Q5. Write the short form of: f) a) 40000 + 3000 + 200 + 70 + 5 = g) b) 90000 + 80 + 3 =  NAV JEEWAN MODEL SCHOOL Date Q1. Write the following numbers in the place value chart.  Place L T-TH TH H T O  1. 4,12,983 2. 23,459 2. Write the numbers name for each of the following:
d) Five lakh five thousand five e) Sixteen thousand forty one Q5. Write the short form of: f) a) 40000 + 3000 + 200 + 70 + 5 = g) b) 90000 + 80 + 3 =  NAV JEEWAN MODEL SCHOOL Date Q1. Write the following numbers in the place value chart.  Place L T-TH TH H T O  1. 4,12,983 2. 23,459 2. Write the numbers name for each of the following:
e) Sixteen thousand forty one  Q5. Write the short form of:  f) a) 40000 + 3000 + 200 + 70 + 5 = g) b) 90000 + 80 + 3 =  NAV JEEWAN MODEL SCHOOL  Date  Q1. Write the following numbers in the place value chart.  Place L T-TH TH H T O  1. 4,12,983  2. 23,459  2. Write the numbers name for each of the following:
Q5. Write the short form of:  f) a) 40000 + 3000 + 200 + 70 + 5 = g) b) 90000 + 80 + 3 =  NAV JEEWAN MODEL SCHOOL  Date  Q1. Write the following numbers in the place value chart.  Place
a) 40000 + 3000 + 200 + 70 + 5 =
NAV JEEWAN MODEL SCHOOL  Date  1. Write the following numbers in the place value chart.  Place L T-TH TH H T O  1. 4,12,983  2. 23,459  2. Write the numbers name for each of the following:
NAV JEEWAN MODEL SCHOOL  Date  Q1. Write the following numbers in the place value chart.  Place L T-TH TH H T O  1. 4,12,983  2. 23,459  2. Write the numbers name for each of the following:
Place L T-TH TH H T O  1. 4,12,983  2. 23,459  2. Write the numbers name for each of the following:
2. 23,459  2. Write the numbers name for each of the following:
12. Write the numbers name for each of the following:
A
2. 6,97,582
Seventy-five thousand eight hundred seventeen     One lakh fifty-two thousand nine hundred twenty nine
4. Write the following in expanded form:
1. 98,734 =

# NAV JEEWAN MODEL SCHOOL ENGLISH

- 1) Write a paragraph on How I spent my summer Vocation.
- 2) Do writing of 10 pages to improve your writing, Skills.
- 3) Write a story that you like on A3 Sheet with its picture.
- 4) Worksheet on pronouns.

### **NAV JEEWAN MODEL SCHOOL**



### **Pronouns**



Underline the pronouns in each sentence.

- 1. Lucas has so much Lego in his collection.
- 2. We decided to bike the quick way to school.
- 3. She was excited to start dance classes...
- 4. Her favourite colour was purple.
- 5. My mum took us to the concert.
- 6. We had a really fun time.
- 7. The team liked their new uniform.
- 8. Sam took his dog for a walk.
- 9. The students shared their ideas.
- 10. The teacher went with them to the school gate.

myfreeenglishworksheets

### 5) Worksheet on Nouns.

Nouns
A noun names a person, place, or thing.

Directions: Write a noun on the line to complete the sentences.

1.	A was barking all night long.
2.	We drove to town in a
3.	I live in a white on Main Street.
4.	My taught me how to write in cursive.
5.	We go to the to buy food and clothes.
6.	You can check out two books from the
7.	The delivered a letter to our house.
8.	She plays the in music class.
9.	I had a piece of for lunch.
10.	We went to the and played football.
	111 111
6	) Worksheet on Adjective.
	djective is a word that ibes a person, an animal, a place or a thing.  ADJECTIVES  heavy box  beautiful birds.  The names of colours, shapes and numbers are
<b>-</b> @	red car adjectives.
ill in	the blanks with suitable adjectives from the options below:
dar	ngerous, three, square, red, difficult, old, four, dirty, blue, long
. Vi	nay went for a walk on the beach.
	ne man was sick.
	ne servant cleaned the window. The auto rickshaw has wheels.
	ave you seen my pencil?
	ne sky is
	turtles swam in the pond.
	was ajourney.
). It	ried to finish a puzzle.
0 Th	ne magician has a hov

7) Comprehenstion.

**NAV JEEWAN MODEL SCHOOL** 

Name-----

Panda

Pandas are beautiful animals.
China is their home.
They eat bamboo.
They can swim and climb.
Their population is decreasing.
We should try our best to save them.



Fill in the missing words.

Pandas are beautiful —-----.
They eat —-----.They can —----- and climb.Their —----- is decreasing.We should try our best to —----- them.

Circle the True answer:

1-Pandas eat grass

2-Pandas can swim and climb

3-Pandas 'population is increasing.4-We should try to save their population .

5-Pandas are mostly found in China

True/False True/False True/False True /False True /False

### Earth Day

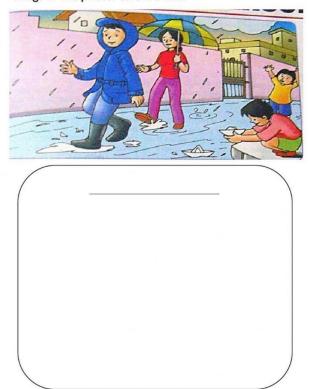
Read the passage below and answer the following questions.

Earth Day is an annual event celebrated on April 22nd. It is a day dedicated to raising awareness and promoting actions to protect our planet. People all around the world come together to participate in various activities such as planting trees, cleaning up litter, and conserving energy. Earth Day reminds us of the importance of taking care of our environment and encourages us to make sustainable choices in our daily lives. Together, we can make a positive impact and create a greener and healthier planet for future generations.

- 1) When is Earth Day celebrated?
- 2) What is the purpose of Earth Day?
- 3) What are some activities people do to celebrate Earth Day?
- 4) Why is it important to take care of our environment?

#### 8) Picture Composition

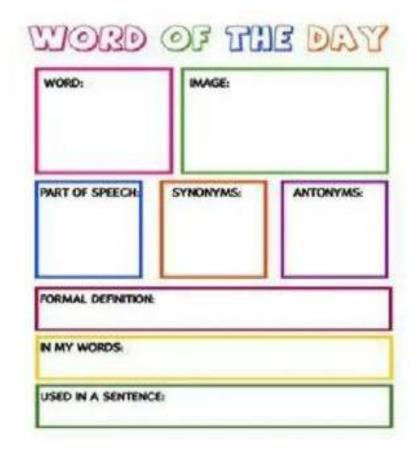
Write a short story about the picture below at least 80 words. Write what makes it fun and other interesting things in this photo. Give it a title.



### 9) Vocabulary activity

### Instructions:-

- This activity is to be done thrice a week.
- Write any new word that you have learnt in your day to day activity /through dictionary/your reading or storybooks.
- You can complete this activity on printout of this page or A-4 size sheet.



# NAV JEEWAN MODEL SCHOOL SOCIAL STUDIES

#### Activity 1:-

Write the name of 10 countries its capital and currency in project file.

#### Activity 2:-

Write your 5 responsibilities at home and school. Are you really a responsible student How? Write down your words in your assignment copy.

#### Activity 3:-

Write the fact of flag and national anthem on A4 sheet.

#### Activity 4:-

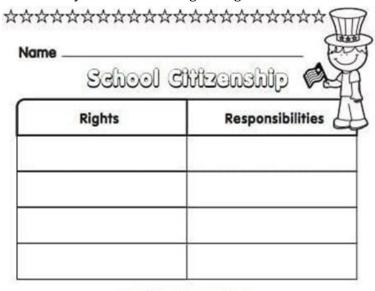
Plant a tree and click the photographs during the plantation & paste it. Write down its benefits & also click a photograph of the plant after 40 days.

#### Activity 5:-

How many times has been Indian flag changed. Paste all flags on A4 sheet.

#### Worksheet 1:

Write down your Duties and Rights in given column: -



Is it a right or a responsibility?

Cut and glue into the correct space.

Follow rules	Bully free
Do your school work	Take care of materials
To be safe	To be different
Be respectful	To learn

heck your brain with given history w Name:	Date: 11.05.2020
I. State 'True' or 'False':-	
1. History is the study of past.	()
2. A Century means 100 years.	()
3. Indus Valley civilization developed in south-wee	tern India. ()
4. We study about British Rule in India in the Anci	ent Period. ()
5. The local name of Mohenjodaro is mound of the	Dead. ()
II. Answer the following questions:-	
1. Who are historians?	
5	
<ol><li>Write the Full form of BCE and CE.</li></ol>	
<u> </u>	
3. Where was the Indus Valley civilization located	?
I. Classify the Indian History with the help of a ti	meline:-
Indian History	
	- M
(Pre-history to 600CE) (700 to 1750CE)	(1750 to 1947 CE)

	<u>IIIIVDI</u>									
1) 20 पें	न स्लेख करे।									
2) कक्षा व	ु में कराए हिंदी	पाठमाला और	र व्याकरण के स	भी कार्य याद	करे।					
3) 10 ₹	वतंत्रता सेनानि	नेयों के चित्र चि	पिकाए A-4 शी	ट।						
4) वर्णमा	ाला का चार्ट ब	नाए ।								
				31	थवा					
लिखितः	और मौखिक ध	भाषा के चित्र वि	चेपकाए।							
5) क्रिया	कलाप- विभिन	न्न योग्य मुद्रा	ओं के चित्र चिप	काकर उनके	लाभ लिखो ( प्रो	जेक्ट फाइल	)			
6) देशप्रेग	<u> </u>									
7) भारत	) भारत के राष्ट्रीय प्रतीक को A 4 शीट पर चिपकाए।									
८) दायित	व व्यंजन से प	गांच फ्लैश कार्ड	इ बनाए तथा उ	नमें चित्र बनाव	न्र या चिपकाक न्य	र रंग भी भरे	1			
9) वर्कशी	ਟਿ -1									
इनके तट	भव रुप लिखे	Ī								
i) अग्नि	ii) अंगु	त्री iii) चं	द्र iv) रात्रि	r v) पितृ	vi) सूर्य	vii)	अश्रु			
2 =	ीचे दिए गए	शब्दों में ब्यंजन	तों के नीचे रेखा	खींचिए-						
				3114						
	नई	इस	आज	अरहर	ऋण	मकान				
	ऐनक	उमस	महान	इकाई	ईख	ओझल				
	शहर	अमरख	लखनऊ	ऐश	कलश	औसत				
3. 7	ार्णमाला के 3	मनुसार अगला	वर्ण लिखिए-			_				
	न	क	स	भ	व	_				
						_				
4. =			00		0					
5. 4	दायित्व व्यंजन से पांच फ्लैश कार्ड बनाए तथा उनमें चित्र बनाकर या चिपकाकर रंग भी भरे। वर्कशीट -1 कि तदभव रुप लिखे अग्नि ii) अंगुली iii) चंद्र iv) रात्रि v) पितृ vi) सूर्य vii) अश्रु 2. नीचे दिए गए शब्दों में व्यंजनों के नीचे रेखा खींचिए— जैसे—आम नई इस आज अरहर ऋण मकान ऐनक उमस महान इकाई ईख ओझल शहर अमरख लखनऊ ऐश कलश औसत									
ļ	31	_	ear (	) =	ाजन 🔘	_				
	ओ	-	स्वर (	) 2	गंजन 🔾					
	ख	-	स्वर (	) = =	ांजन 🔘					
	स	_	स्वर (	) 2	ांजन					

स्वर (

स्वर

व्यंजन

व्यंजन

प

ङ

		वाक्य शुद्ध करो	t		
റ്റവ		लिखित वाक्यों को शुद्ध करके लिखिए:			
	क)	वह पेड़ पर से कूद पड़ा।			
	ख)	उसने सोमवार के दिन व्रत रखा।			
	ग)	चार द"ारथ के पुत्र थे।			
	घ)	मेरे को अपनी पुस्तक देकर जाना।			
	ভ)	कृपया करके मेरी बात सुन लो।			
	च)	पिताजी वापस लौट आए हैं।	A	le per	
	छ)	दस बजने को दस मिनट हैं।			
	ज)	वह सारा दिनभर खेलता रहा।			
		पर्यायवाची			
			<b>.</b>		
			दिनांक : —		
प्र१	. नीच	ो लिखे शब्दों के दो-दो पर्यायवाची लिखिए:			
	i)	हाथी	-		
	ii)	गणेश	_ 10		
		অল	_		
	iii)	जल —	8		
	iv)	पत्थर			
	v)	अमृत	(C) (A)(A)		
प्रः	≀. दिए	ए गए चित्रों के आगे उनके दो-दो पर्यायवाची ति	नखिए:		
•		MM			
	i)	AR .			
	ii)	£ 3			
	/	4			
	iii)	Mas			
	111)				
	iv)	<b>**</b>			
	v)				
	vi)				

	अपित गत्यांश
	दिनांक :
निम्नलिखि	त गद्यांश के आधार पर पूछे गए प्रश्नों के उत्तर दीजिए।
पौष्टिक एव केले के पेड़ के पेड़ से विवाह और आनंद है।	लोकप्रिय फल है, जिसका इस्तेमाल अमीर-गरीब सभी समान रूप से करते हैं। यह फल ं औषधीय गुणों से भरपूर होता है। इसका पेड़ भी बहुत उपयोगी होता है। हिंदू स्त्रियाँ के नीचे पूजा-अर्चना करती हैं। दीपावली तथा अन्य त्योहारों एवं शुभ अवसरों पर केले तोरण द्वार सजाए जाते हैं। केले के पत्तों को शुभ माना जाता है। धार्मिक समारोहों, पूजा-पाठ में इनका प्रयोग किया जाता है। इसके पत्ते में भोजन करने का एक अलग केला खाने से तंदरूस्ती बढ़ती है। यह वज़न बढ़ाने में सहायक है। इसमें कार्बोहाइड्रेट, विटामिनों की अच्छी मात्रा होती है।
क)	केले का फल कैसा होता है?
ख)	केले के पेड़ की क्या उपयोगिता है?
ग)	केले के फल में कौन-कौन से तत्वों की अच्छी मात्रा होती है?
घ)	निम्नलिखित के विलोम शब्द लिखिए। शुभ
ङ)	गद्यांश से दो संज्ञा शब्द छाँटिए। ——————
	अपठित गद्यांश
एक दिन ए व्यक्ति मेहन पर भी स्वाग् जी से कहा था। तब स्वा अन्न प्राप्त ि इस व्यक्ति । भ्रष्ट कैसे हु चीजों को म	गत्यांश को ध्यानपूर्वक पढ़कर, समझकर प्रश्नों के उत्तर दीजिए - क व्यक्ति स्वामी दयानंद जी के पास एक थाली में दाल-भात परोसकर ले आया। वह त मजदूरी करके अपना और अपने परिवार का पेट भरता था। उच्च कुल का न होने भी जी ने सहर्ष उसका अन्न ग्रहण किया। तब ब्राह्मणों को बुरा लगा। उन्होंने स्वामी कि यह अन्न दूषित हो गया है अत: आपको इसका भोजन स्वीकार नहीं करना चाहिए मी जी ने उन्हें अन्न दूषित होने के कारण बताए, ''एक तो, जहाँ दूसरे को दुख देकर केया जाता है और दूसरा, जहाँ अन्न में कोई मिलन (गंदी) वस्तु पड़ जाती है। लेकिन का अन्न तो परिश्रम से कमाए धन का है। यह दूषित कैसे हुआ और इसे खाने से मैं आ? वास्तिविकता यह है कि हमारा मन मिलन होता है और इस कारण हम दूसरों की लिन मानने लगते हैं। अत: हमें एक दूसरे के प्रति भेदभाव को त्यागकर अपने मन को ते बचाना चाहिए इसी में हमारी भलाई है।''
क)	भोजन परोसकर लाने वाला व्यक्ति <u>किस प्रकार</u> अपने परिवार का पेट भरता था?
ਚ)	स्वामी जी के अन्न ग्रहण करने पर ब्राह्मणों ने स्वामी जी से <u>क्या</u> कहा?

ग) स्वामी जी के अनुसार मनुष्य की भलाई <u>किस</u> में है?

ूघ) स्वामी जी ने अन्न दूषित होने के <u>कौन-से</u> दो कारण बताए?

चित्र देखकर इनके बारे में लिख



### उपयुक्त शब्द भरकर अनुच्छेद पूरा कीजिए तिरंगा झंडा


### **GENERAL KNOWLEDGE**

- 1. Write 5 Current affairs daily in your holiday homework notebook.
- 2. Name 10 different animals, paste their pictures and write their habitat in your holiday homework notebook.

#### Fun activities:

- 1. Paste 5 herbs and spices and write their benefits in your scrapbook.
- 2. Paste 10 different leaves in your scrapbook and name them.

#### Revision:

1. Revise all the work that has been done in the class.



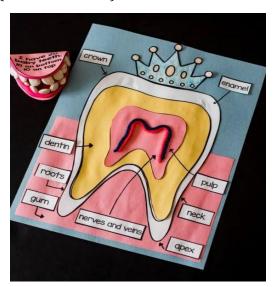
#### **GUIDELINES**

- 1. Keep your work neat and organized.
- 2. Use colours and drawings to make your work more interesting.
- **3.** Ask your parents for help if needed.

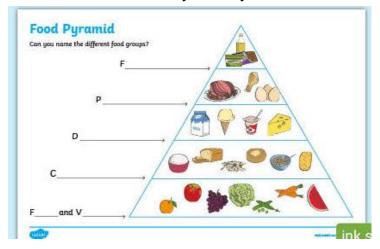
### **SCIENCE**

1. Make artwork for dental on A3 sheet

(Class 4th Venus)

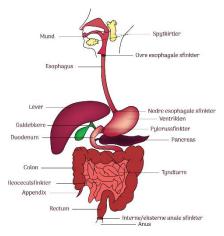


2. Make artwork for Healthy Food Pyramid on A4 Sheet. (Class 4th Jupiter)

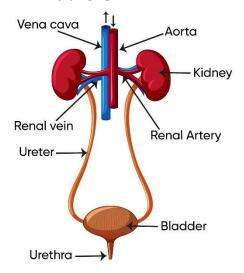


3. Make artwork type of teeth on A4 Sheet. (Class 4th Mars)

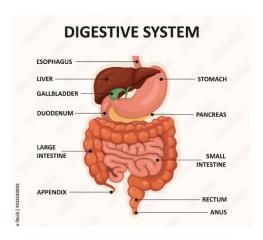




- 1. Make a chart the digestive system for class fourth Venus
- 2. Make a poster on World environment Day
- 3. Make a two any yoga poses A-4 sheet



- 1. Make a chart of excretory system in human for 4th Jupiter
- 2. Make a poster on World environment Day
- 3. Make a two any yoga poses A-4 sheet



- 1. Make a chart of Digestive part in human for 4th Mars
- 2. Make a poster on World environment Day
- 3. Make a two any yoga poses A-4 sheet

### Plan Your Diet

Make a diet plan with the help of your elders or teacher in your notebook. List the food items you will eat in a week and the types of nutrients you will get from them. Also write the amount of each food item you will take in.

	Breakfast	Lunch	Dinner	Snacks
	(300-400)	(400-500)	(400-500)	(100-150)
	Calories	Calories	Calories	Calories
	Oats meals,	Salad, Tofu,	Roasted	Apple, Peanut
<u>DAY-1</u>	Berries Nut	Green Veggies	Vegetables	Butter, Fiber
			Proteins	
	Breakfast	Lunch	Dinner	Snacks
<u>DAY-2</u>				
	Breakfast	Lunch	Dinner	Snacks
<u>DAY-3</u>				
	Breakfast	Lunch	Dinner	Snacks
DAY 4				
<u>DAY-4</u>				
	Breakfast	Lunch	Dinner	Snacks
	breakiast	Lunch	Dinner	Snacks
DAY-5				
DAIS				
	I .			

### **Comprehension**

Meena sometimes forgets to brush her teeth in a day she also rarely brushes her teeth twice a day she loves drinking soft drink and eating pastries one day she notices her teeth looking yellow and black at some places

Answer the following question

- 1. Would you say Meena has healthy teeth? give reason
- 2. Why is Meena having trouble with her teeth?
- 3. What routine should mean of follow to take care of our teeth every day?
- 4. What food should mina avoid having?
- 5. Name two food item that will help in strengthening Mina's teeth?



### NAV JEEWAN MODEL SCHOOL

### **Caring For Our Teeth**

Visited a dentist and ask her/him to give you a full examination of your teeth also ask the following questions and write down what you learnt in your notebook

- 1. Which food items should we avoid to keep our teeth healthy?
- 2. Which food items make our teeth strong and healthy?
- 3. How can we take care of our teeth?



### Our Teeth

### Fill in the blanks with the words from the box

Chew Four Grind						
Milk	Permanent	Thirty-two	Twenty			
. We use our te	eeth to and	food	into smalle	r		
A STATE OF THE PARTY OF THE PAR	sets of teeth:	teeth and	tee	eth.		
. When we are	little, we have	milk teeth.				
. When we are	older, we have	permane	nt teeth.			
i. We have	_types of differen	t teeth.				
every question	choose a), b) or c):					
. What is the	function of Incisor	s?				
a. Tear food	b. Cut foo	od	c. Grind fo	ood		
. What is the	function of Canines	?				
a. Tear food			c. Cut food	4		
. What is the	function of Premole	ars and Molars	?			
a. Chew and			c. Cut foo	od		
grind	7.0.777			AC-		
food						
. What is plag	1e2					
a. A tooth	b. A cavi		c. A stick			
a. A 100111	b. A cav	· · · y	substa	50		
			Subsid	ice		
. How often sh	ould we visit the d	entist?				
a. Every	b. Every	six	c. Every			
year	month		month			
Read the sentence the word bank.	es below and fill in the m	nissing words from				
We have four ty	/pes of teeth: incisors,	, pi	emolars and ri	nolars.		
2. We use our tee	th to bite, chew, crunch an	d	food.			
3. Children have a	a first set of 20	teeth.				
4	teeth usually appea	r after about 20 year	rs of age.			
5. A tooth is made	e up of three main parts: th	ne crown, the neck a	nd the			
6. Our teeth help it into	us to break up food so tha	t our bodies can		it and t		
7. Teeth should b	Teeth should be cleaned with a and toothpaste.					
8. Drinks which a	Drinks which are high in damage the teeth and cause			tooth		
9.	at the front of the ri	nouth slice and cut f	ood.			
	and					
sugar	wisdom	digest	· r	oot		
canines	energy	grind		olars		
Carrines	energy	gina	iTI	o farial		

incisors

milk

toothbrush

decay

### Riddles with answers 2

#### Answer the riddles then match them with the pictures



1 - What can run but never walks, has a mouth but never talks, has a head but never weeps, has a bed but never sleeps?

2 - What has teeth but doesn't bite?

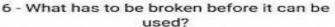
3 – It doesn't matter how little or how much I am used, you change me every month. What am I?

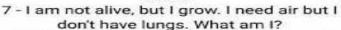




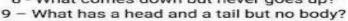
4 - What is served but never eaten?5 - What has wheels and flies, but it is not a kind of aircraft?





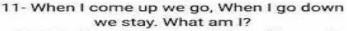






















Name: \_\_\_\_\_

a. Nutrients

b. Food preservation



Grade: IV

### Food and Nutrition

1.	Fill in the blanks.
	a. Food can be eaten in or form.
	b helps the body to fight diseases.
	<ul> <li>c. A contains all the nutrients such as fats, protein, vitamins, etc in correct amounts.</li> </ul>
	d. Proteins are called nutrients.
2.	Give two examples of food that contains the following nutrients.
	a. Vitamins
	b. Fats
	c. Minerals
	d. Proteins
3.	Circle the odd one out. Give reason for your answer.
	a. Canning, roughing, freezing, boiling
	b. Oil, butter, groundnuts, honey
	c. Spinach, cabbage, cheese, apple

C. N	ame three foo	d that		
1.	Protect us from	n diseases.		
	(a)	(b)	(c)	
2.	Give us energ	y		
	(a)	(b)	(c)	
Hot (	Questions			
Thin	k and answer			
	has noodles fo ss with your pa		iya has idlis. Who w	ill be healthier?
Cre	ative Co	rner 🛚 •		
	earrange the e blanks.	letters given	in the brackets a	and complete
1.	Food give us		to work and play.	(gerney)
2.	Body-building	food are rich ir	n,	(ropetisn)
3.	Protective-foo	d are rich in	7 4 T	(tivmnais)
ac			ctures. Write the groups and writ	
7				TO STATE OF THE ST
Energy	y-giving food W	e need this food for	Body-building	Protective food

# NAV JEEWAN MODEL SCHOOL Drawing

Activity 1: -Make a drawing showing how we can protect trees, water, and animals.

Activity 2: -Draw and color your favorite cartoon or superhero.

Activity 3: Bottle craft from Drawing book pg. no. 18.

Activity 4: -Color the following picture by number.

# **COLOR BY NUMBER**

