



CLASS IV

HOLIDAY HOMEWORK (2019-20)

SDG Goal 2 Zero hunger



The Sustainable Development Goals (SDGs) aim to end all forms of hunger and malnutrition by 2030, making sure all people – especially children and the more vulnerable – have access to sufficient and nutritious food all year round. ... Together with the other goals set out here, we can end hunger by 2030.

The SDGs aim to end all forms of hunger and malnutrition by 2030, making sure all people—especially children—have sufficient and nutritious food all year. This involves promoting sustainable agricultural, supporting small-scale farmers and equal access to land, technology and markets. At ITL, we aim towards sensitising our students towards the global issues and prepare them to bring about a positive change towards making the world a better place.

The Sustainable Development Goals (SDGs) are a set of 17 "Global Goals" to end poverty, protect the planet and ensure prosperity for all as part of a new sustainable development agenda.

In our effort to appreciate these goals initiated by the United Nations, the summer holiday home work of class IV has been designed on the lines of Sustainable Development Goal 2 Zero Hunger.




Kindly note

- **School reopens on Monday 1st July 2019**
- **Submit the holiday homework by Friday, 5th July 2019.**

EVS 1

Plan your platter (Roll No.-1-20)

- It is rightly said that “**Health is Wealth**” To remain healthy, we must eat food containing all nutrients, i.e. carbohydrates, proteins, vitamins, minerals, fibre and water in proper proportions- that is Balanced Diet. Note down or paste pictures of what you ate for any five days during the vacation. Complete the following table and check whether your diet was a balanced diet. What food items you needed to add or remove to make it a balanced diet?

Days	Food you ate			Balanced Meal	Junk Food	Food items to be added or removed to make it a balanced diet
	Breakfast	Lunch	Dinner			
Day 1 (e.g.)	 Cereals with fruits	 Dal rice, chapatti, vegetable	 Burger	Breakfast and lunch	Dinner	Extra cheese from the burger to be removed
Day 2						
Day 3						
Day 4						
Day 5						

- Take your mother’s help to prepare your favourite dish using sprouts. Observe the procedure and write its recipe on an A4 sheet. Click pictures of the recipe and paste it along with recipe.

Materials required:


scrap file, daily food menu, recipe from sprouts, camera etc



Staying Healthy the Cheaper Way

(Roll. No-21-39)

- Identify the various nutrients present in different sources of foods you consume every day as per the functions they perform. Also paste their pictures. (To be done on A4 sheets in a tabular form)E.g.

Nutrient	Source + Picture	Importance
Proteins	 Pulses	Help in growth and building muscles

- Search internet/any other source and find out easily available local, cheaper alternative food items that can be included in the diet to make it whole some and easily affordable. (at least 10 food items; present your findings on A4 sheet with pictures of food items)

E.g. 1. Guava has more nutrients as compared to expensive kiwi fruit.

2. Easily available mint-chutney/ jaggery can replace expensive broccoli.

- Inform your helping hands at home and around about nutritional value of these foods that can help us to stay healthy and prevent malnutrition.

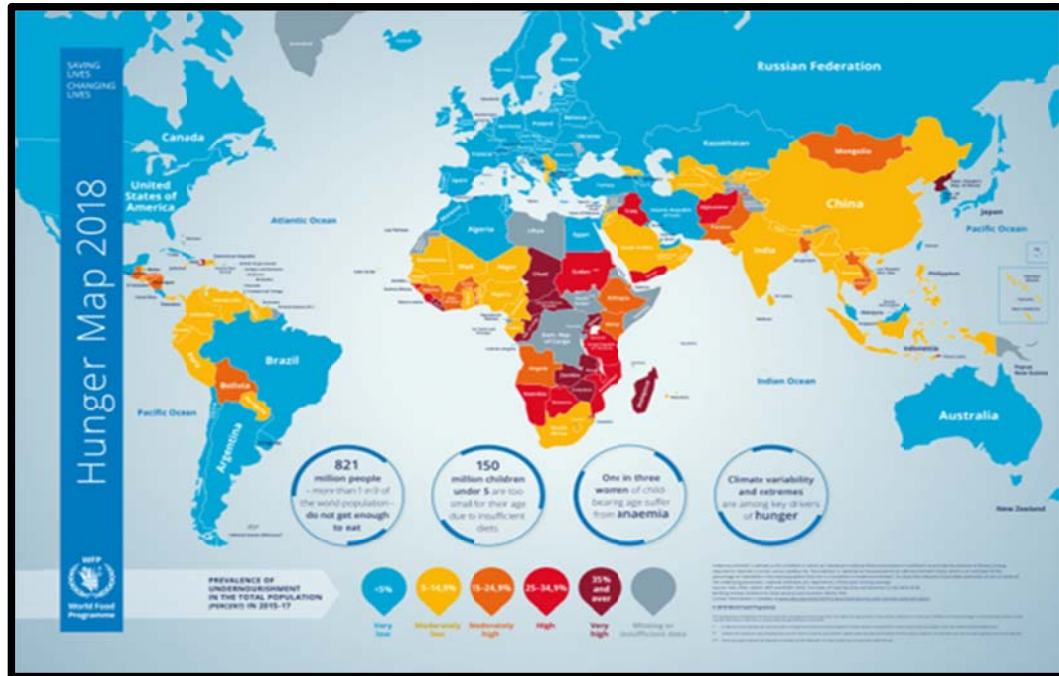
EVS 2 (CLASS 4)

Theme – Zero Hunger

The Zero Hunger Goal is at the heart of the United Nations Sustainable Development Goals to be achieved by 2030. But, FAO and all governments involved in the most important mission for our planet won't make it unless everybody makes an effort. The special ingredient for true and everlasting change is... people! And this means you too! So keeping this in mind we have designed the holiday homework on the theme – Zero Hunger. Only with everyone's help will this great goal will be achieved.

Roll No (1 – 19)

- Look at the Map of World Hunger.



- Choose a country that has been marked red (which means more than 35% is malnourished) and complete your research -What factors contributed to the food instability?(Mention any 4 factors)
For example: drought, other natural disaster or environmental factor, political situation,war,famine, food shortages.
- Also give some suggestions on how we can tackle and can adopt Zero Hunger strategy.(Give any 4 suggestions)
- Illustrate your research with maps, pictures ,datas etc on A/4 size sheet.

(Malnourished - weak and in bad health because of having too little food or too little of the types of food necessary for good health

Famine – Extreme scarcity of food)

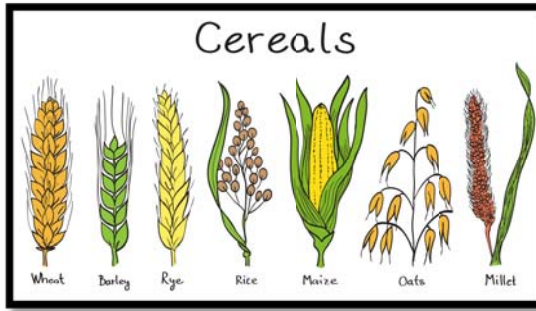
Example has been given for the reference –

AFGHANISTAN -

CAUSES –The following are the principal causes of food insecurity in Afghanistan:



- Lack of employment opportunities
- Low wages and low household income
- Insufficient local production of wheat and cereals



SUGGESTIONS –

- Avoid food waste.
- Don't be fooled by the labels
- Mix up your diet



Roll No 20 – 39

“Every Plate Tells a Story”

- Students will investigate a chosen dish or meal and discover its story. They can illustrate or photograph a representative meal (e.g. favourite meal, recent meal, regular meal) and then use their selected meal to answer the following questions on A/4 size sheet.

QUESTIONNAIRE

1. How many items on your plate contain sugar?
2. How many ingredients of your meal were wrapped in plastic packaging?
3. How much food was thrown away from your plate?

(Was there too much on your plate for you to eat? Did you store the left overs for later or take them home, or did you throw them away? Estimate the number of spoonfuls that were thrown away.)



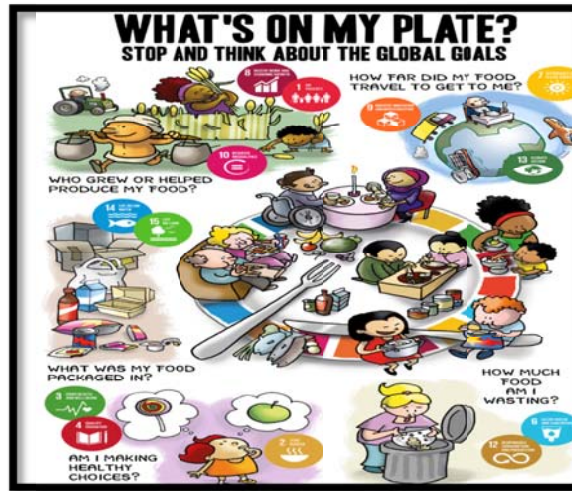
4. How many items on your plate come from your own country?

(Think about the ingredients on your plate and check the packaging if you can. Ask the person who bought it if they know the answer)

5. Who helped to produce my food?

6. How far did my food has travel to get to me?

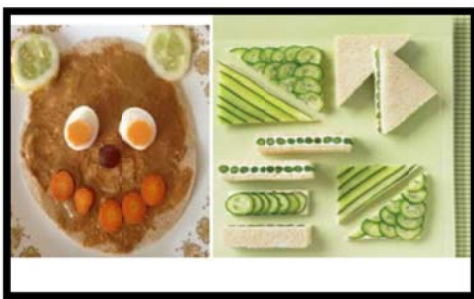
7. Am I making healthy choice?



MATHEMATICS

Innovating with geometrical shapes, quantity and measurement is so much fun. It not only improves playing with your imagination but also recreating things in a meaningful way.

Try your hands at recreating some healthy snacks that keeps us fit and present it using geometrical shapes. Enjoy this snack with your family and friends. (Click a picture and paste it on a A-4 size scrap book. Mention the nutrient values of your snack)



Activity 1 – Using geometrical shapes (Roll No 1 to 20)

Make 3 healthy snacks using geometrical shapes i.e (cooking without fire) and enjoy it with your family and friends.

*Write its recipe along with the quantity of ingredients used in mg or g

* Mention the nutrient value of your snack.

*Students' are advised to make 3-4 pieces of snacks according to number of members in family to avoid wastage of food. If your family and friends enjoyed eating it then you can make more but ensure "NO WASTAGE". Still if any then donate to needy people near your residence area.

Answer the following questions related to the activity-

Q1. What is the total cost of each piece of snack made by you?

Q2. Find the cost of 25 pieces of such snacks.

Q3. Find the cost of 37 pieces of such snacks.

Q4. Find the cost of all the ingredients used to make each piece of snack.

Activity 2 – Using measurement of liquid. (Roll No 21 to 39)

Everyone enjoys drinks in summers to stay "cool". Make 3 healthy natural home made drinks i.e. sattu, lime water and aam-panna. Which is rich in vitamins, gives you energy and keeps you cool.

Enjoy the drink time with your family and friends. (Click a picture and paste it on A-4 scrap book).

*Write its recipe (measurement of different ingredients in *l* or *ml*).

*Compare these drinks with ready made drinks which are costly and write down your observation.

*Students are advised to take appropriate quantity of water and other ingredients according to no. of members in your family to avoid wastage of water and the nutrient / Vitamin value of the drinks. If your drink is left then ensure to give it to needy people near your residence area to avoid "WASTAGE".

Our school uses the RO water plant; waste water for flushing or cleaning washrooms to avoid wastage of water

Answer the following questions related to the activity-

Q1. What is the total cost of each glass of drink made by you?

Q2. Find the cost of 25 glasses of such drinks.

Q3. Find the cost of 37 glasses of such drinks.

Q4. Find the cost of all the ingredients used to make each drink



ENGLISH

Recently you went to your friend's birthday party. You were pained to see the leftover food being treated as a waste and thrown in garbage bin. You decided to sensitize people about the value of food. The leftover food in homes, restaurants and parties can be kept at one common place from where the needy people can collect it.

* Make **2 Pamphlets** on how we can stop the wastage of food and use it instead of throwing it.

- Illustrate your pamphlet with helpful visual elements like photos, tables and charts.
- Use coloured pens and pencils
- Make the pamphlet on A3 sheet

Paste 1 copy in your society or nearby vicinity to create awareness and submit the second copy at school. Write what impact your pamphlet had and paste its picture in the scrap book.

HINDI

हर एक, किसी एक ,को खिलाए। (EACH ONE, FEED ONE)

भारतीय संस्कृति में गाय , पक्षी , जानवर इत्यादि को अपने भोजन में से प्रतिदिन दान देना सदियों से चला आ रहा है। आप अपने आप किसी ऐसे व्यक्ति को खाना खिलाएँ जो भूखा है या उसके पास भोजन नहीं है। अपने अनुभव कहानी रूप में **A4 Sheet** पर लिखिए। ।

(रोल नंबर 1 -19)

या

आपने किसी प्राकृतिक आपदा (बाढ़ /भूकंप) में सहायता राशि या सामान सहायता हेतु दिया। सहायता प्राप्त लोगों से काल्पनिक बातचीत चित्रकथा (**comic strip**) के माध्यम से **A3 Sheet** पर लिखिए। । (रोल नंबर 20 -39)

FRENCH

TOPIC: Vocabulary Bank(French dictionary)

MATERIAL REQUIRED: 1 Pocket dairy, **enchanted -0**, colours, glue stick, materials for decoration.

OBJECTIVE: The students will have their own French dictionary likewise they will learn and use those words in day-to-day life. Through this task, they will enhance their vocabulary in a creative manner.

Students are supposed to make a coloured vocabulary bank consisting 3-4 words from each alphabet (A-Z) from their chapters of French text-book. They can write the pronunciation of each alphabet. Moreover, they can paste colourful pictures as well for the same. They can use different colours and materials to decorate it .

SANSKRIT

भगवद् गीता के अनुसार भोजन के महत्व को बताते हुए ए३ रंगीन पेज़ पर गीता के 17वें अध्याय से कोई पाँच श्लोक लिखकर उनका हिन्दी अर्थ लिखें एवं अंत में पाँच पंक्तियों में भोजन का दुरुपयोग रोकने के लिए किए जाने वाले उपायों को अपने शब्दों में लिखें ।

उद्देश्य

- 1 छात्रों को भगवद्गीता में वर्णित भोजन से संबंधित महत्वपूर्ण जानकारियों से अवगत करवाना ।
- 2 संस्कृत शास्त्रों में लिखी प्राचीन बातें वर्तमान के आधुनिक युग में भी उतनी ही प्रासंगिक एवं उपयोगी हैं जितनी पहले थी, इस जानकारी से छात्रों को परिचित करवाना ।
- 3 भोजन का महत्त्व, उसका सही उपयोग तथा भोजन के दुरुपयोग से हमारे समाज पर पड़ने वाले प्रभावों की जानकारियों से अवगत करवाना ।

ART & CRAFT

Do coloring in Page no.s 11,14,22,25,27,31