



# SHEMFORD FUTURISTIC SCHOOL

Summer Vacation Homework (Session-2024-25)

Grade- IV AZAD

Theme - Nutrition

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## EVS

Nutrition is good for health but how the over intake of nutrition affects our health adversely?

- 1) Write any 10 points to justify the above statement.
- 2) Write the percentages of different types of nutrition that are required for a child group of 8-12 years.
- 3) Write the names of diseases that are caused by excess fats, proteins, Carbohydrates and sugar.
- 4) Write the part of the body affected by the excess of particular nutrition.

**Note-** The H.W is to be done on A4 sheets.

## Computer

Make a presentation on the difference between junk food and fast food.

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## English

Draw a Nutrition Food Pyramid and detailed the importance of diets during different stages of life in HW notebook of English.

Note: Encircle the proper nouns and underline the common nouns in your explanation.

Write one page of handwriting daily by copying any textbook/story book in the homework notebook.

## Mathematics

Objective:-

To learn about the real life applications of concepts learnt in chapter 1 & 2 vis a vis "Nutrition".

Methodology:-

1. Select any five natural eatables (vegetables and fruits) and five processed eatables (biscuits, chocolates, soft drinks, etc.).
2. Note down the nutritional contents of each item (i.e. write down the nutrients found in each and its quantity in mg).
3. Organize the above information in a tabular format.
4. Write the names of various nutrients (present in each eatable item) in ascending order of their quantities (one for each item).
5. Estimate the quantity of each nutrient present in each of the eatables to its nearest tens' place value.

## Hindi

- 1) कैसा होना चाहिए हमारा आहार ? चित्र के माध्यम से फूड पिरामिड को बताइए। (A4 sheet)
- 2) राष्ट्रीय पोषण दिवस कब मनाया जाता है? उसके मुख्य बिंदु लिखिए।(A4 sheet)
- 3) पोषक तत्वों का सचित्र A4 सीट पर विवरण लिखिए।
- 4) प्रतिदिन एक पेज सुलेख हिंदी साहित्य (तरंग) की किताब से सुंदर अक्षरो में गृहकार्य कॉपी में लिखिए।

## G.k

Visit your nearest agricultural field and conduct research on various nutritional plants. Also mention the names of the plants.

Create a file which includes following information-

List of the names of the nutritional plants.

Nutrition present in those plants.

Mention their growing seasons.

## Art

Draw a nutritive food pyramid on A4 sheet and make it beautiful with the help of suitable colors.

Learning outcomes-

They will get information about nutritive foods.