

## CLASS IV "BEYOND THE DINNER TABLE"

Dear students,

Yipee! Summer vacations are approaching and your joy seems to find no boundaries! It's the perfect time to do something new and explore something fresh. This year, we have endeavored to create a summer assignment that is not only educative, informative and interesting, but also inculcates values which are an integral part of education. Remember-

*"The aim of education is knowledge not of facts but of values"*

We hope you'll enjoy doing the suggested activities.

ALL WORK HAS TO BE DONE ON A- 4 SIZE COLOURED SHEETS AND MAKE  
AN  
ATTRACTIVE FOLDER FROM HANDMADE PAPER TO PUT YOUR SHEETS



1. Coupons printed in flyers, newspapers and magazines can save you money on food. You need to cut out these coupons, and find out how much you can save on each item. Prepare a list of things you can buy if you are given ₹ 1,000.

OR



You want to buy all new appliances for your kitchen. Visit different shops and find out the price of different appliances. Then choose the best deal and make a list of all that you want to add to your smart kitchen. Find out how much it would cost to replace all your kitchen appliances.

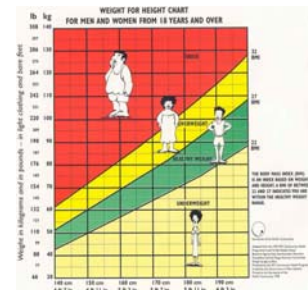


2. Plan a menu for your birthday party to be attended by 30 people. Remember to include healthy food items. Calculate the cost of ingredients needed for each item. Finally find out the total money spent on food.



OR

BMI is a measure of body fat based on height and weight that applies to both adult men and women. Calculate the BMI of 10 adults in your family and place them according to BMI categories. You can use the BMI chart available on internet or with doctors. Then accordingly design a healthy food menu for one week for those family members who are in the overweight categories. Calculate the total calories for each meal and the total calories for the day.



3. Illustrate a poster to promote healthy choices at the school canteen also design an advertisement for making healthy food choices.

(Visual /Spatial –Applying /Analysing)

OR

Prepare a brochure for promoting healthy eating.

(Intrapersonal –Understanding )



4. Indian spices and condiments have reached the global research tables. Research the medicinal properties of any five Indian spices /condiments which have been recognized worldwide for their health benefits.



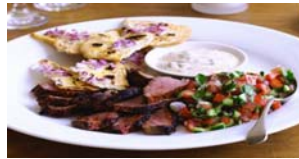
OR

Research any one food item from any five countries which is popular worldwide include its history, health benefits, recipe involving that food etc.

(Compulsory for All )

5. Design a mobile of the organs /body parts involved in the digestive system.  
( creating /visual-spatial)

6. Prepare healthy platters using paper plates on cuisines of India, China, Italy and England. Paste Pictures .



7. Design 5 recipes for a healthy lunchbox. Make a small recipe book and paste photographs too. Choose two ingredients from each recipe. Research and find out which country uses those ingredients the most. Write one recipe from that country using those ingredients.



8. Select any 5 food items from your kitchen and make a table of the following on an A4 sized pastel sheet

- Write the manufacturing date, expiry date, MRP and weight of food items. What do you understand by these? Are they necessary? Why or Why not?
- Paste the wrapper of the food items or its picture.
- If you could start your own company, what food item would you like to manufacture? What would you call your Company? Draw its logo too.



OR

Make a list of processed food items consumed by your family. Which is the family's favourite? Which frozen food item do you like? Find out how they are processed (any 5 of items). Are they a healthy option? Compare and contrast processed foods with fresh foods .



9. Prepare Quiz cards on food and digestion.

## हिन्दी



1 स्ट्रीट फूड क्या है? सम्पूर्ण जानकारी , उनके सूची , उनके चित्र एकत्रित कीजिए व रंगीन पुस्तिका बनाइए। किसी एक ऐसे स्ट्रीट फूड को बनाने का प्रयास करें जिसमें मटर का प्रयोग किया जाता हो व उसे बनाने की सम्पूर्ण विधि चित्र सहित लिखिए।



या

भोजन में प्रयोग होने वाले नमक का महत्व किस प्रकार आज़ादी की लड़ाई व महात्मा गाँधी के जीवन से जुड़ा हुआ है? नमक का इतिहास व नमक कैसे बनता है तथा कितने प्रकार का नमक होता है व कौन से नमक का प्रयोग उत्तम है। सम्पूर्ण जानकारी गुगल व पत्रिकाओं से एकत्रित करता हुआ कोलार्ज बनाइए।

2 भारत के कोई 3 पारम्परिक भोजन (traditional food) को चुनते हुए उनकी जानकारी एकत्रित करें व एक प्रवाह चित्र (flow chart / mind mapping) का

निर्माण करते हुए रंगीन पुस्तिका तैयार कीजिए।





या

दादी नानी द्वारा त्योहारों व छुट्टियों में बनाए जाने वाले कोई दो नमकीन व मीठे खाद्य पदार्थों की विधि, जानकारी, चित्र व सामग्री की सूची रंगीन कागज़ पर तैयार कीजिए। साथ साथ किसी भोजनालय के खानसामे का साक्षात्कार लीजिए व चित्र चिपकाते हुए उनका अनुभव लिखिए।

### VOCABULARY LIST

Make a flashcard of each word and write the meaning of the word on the backside. (size of flashcard  $\frac{1}{4}$  of A4 sheet). Each child should make at least ten flashcards.

addend    successor    predecessor    multiplicand    multiplier    quotient  
dividend    divisor    factors

camouflage    terrestrial    aquatic    hibernation    aerial    perennial  
delta    coast    humid    moisture

wisdom    hazard    isolate    ban    dodge    hollow    gaze    display  
annoy

प्रयोग    सहयोग    सुरक्षा    आनंद    विश्वास    परिश्रम    उत्साह    यात्री    विशाल    शीतल

### HERE ARE SOME BOOKS YOU COULD READ

- Number the stars by lois lowery
- The 13 clocks by james jhurber
- Magic school Bus series by scholastic publication
- The Giraffe and the pelly and me-Roald Dahl
- 20,000 leagues under the sea –Jubs Verne





### Videos You Could Watch and Enjoy-

- WALL- E
- रहीम टेस्टी फूड पार्ट 1 पार्ट 2 यू ट्यूब
- 'India unlimited' on food food (Thursday 2:00 pm)
- The Wizard of Oz
- Charlie and the chocolate factory



### Places to visit

- Dilli Haat
- Chandini Chowk – Gali Parantha Wali or Chaat Shop
- India Habitat Centre , Lodhi Road
- Shankar's International Dolls Museum
- Visit to Craft's Museum , Pragati Maidan

**"VALUES AREN'T BUSES... THEY'RE NOT SUPPOSED TO GET YOU ANYWHERE. THEY'RE SUPPOSED TO DEFINE WHO YOU ARE."**

— [Jennifer Crusie](#)

