



THE DOON YUDHISHTERA



PUBLIC SCHOOL, DEHRADUN

HOLIDAY HOMEWORK
FOR
SUMMER VACATION

SESSION 2024-25

CLASS - VI

THEME - HEALTH & WEALTH



English

INSTRUCTIONS:-

- The assigned holiday homework should be done in at least 3 pages.
 - Compile all the given work in single folder.
1. Write an essay on health and wealth describing the benefits of a good health.
 2. Write a sick leave application to the principal of your school informing him about your poor health.
 3. Identify the kinds of sentences and write whether it is Declarative, Interrogative, Imperative or Exclamatory.

How was your day in school?
Do not pluck flowers.
What is your favorite magazine?
That was a wonderful play indeed!
Please pass me the handbag.
He is the leader of the group.
What a lovely bouquet of flowers!
Do your homework.

4. Change the sentences as instructed.

Did she clean up the room? (change to declarative)
This is Naresh's wallet. (change to interrogative)
Open the door. (change to interrogative)
Will you stop talking? (change to imperative)
She is a brilliant actor. (change to exclamatory)

5. Add appropriate question tag in these sentences.

Divya is not a student.
You don't know the answer.
Sarthak will come.
We are eating something delicious.
That is her house.
You aren't afraid of snakes.
You don't know English.
We missed the train.
Be quiet.
The soup is hot.

6. Identify the type of nouns whether they are common, proper, collective or abstract.

Greatness ,Fame, Crowd ,Honor , Bunch , Taj mahal , Shoal, Justice Doctor, Kalidas

Instructions :- Do the given work in A4 sheet paper.

Mathematics

- 1) Calculate the nutrition value of three different meals and arrange their nutrition value in ascending order.
- 2) Plan a weekly budget for purchasing unhealthy and healthy food. Analyze which one is best for consumption.

Social Science

Answer the following questions on the theme Healthy is wealth. (Do in A4 sheets)

- Reflect on your personal habits and choices regarding health and well being. Why do you think maintaining good health is important?
- List three habits or practices that contributes to a healthy lifestyle.
- How can an individual contribute to promoting a culture of health and wellness in theirs Communities?

ACTIVITY

Investigate how different societies through history have viewed and valued health. How those perspectives have influenced their lifestyle, belifes and practices.(Add drawing, Photo or quotes related to Health is Wealth)

Science

Prepare a project on the topic 'How Yoga is important to stay fit and healthy? With your pictures performing yoga. (Minimum 3 pages)

Computer

1. What are the most commonly used health monitoring devices? Write about them (Any 5).
2. Explain the uses of Computers in healthcare sector.
3. Name top 5 new medical technologies.

Hindi

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।



General Knowledge

1. Write any 5 medicines, their extraction (source), invention and cure in A4 sheets (maximum 3 pages). 2. Do the attached worksheets.

Name: _____ Date: ___/___/___ Score _____

WORKSHEET-1

Multiple-Choice Questions:

- (1) Select the incorrect statement from the following.
(A) Cooking makes food free of germs
(B) Raw vegetables are rich in roughage
(C) Children need more food as they grow very fast
(D) Over-eating makes the body more strong to fight with disease.
- (2) Which of the following is a symptom of vitamin D deficiency?
(A) Poor vision
(B) Weak muscles and very little energy to work
(C) Bleeding gums
(D) Bones become soft and bent
- (3) Over-nutrition is a form of main nutrition in which nutrients are over supplied relative to the amounts required for normal growth, development and metabolism. Over-nutrition leads to
(A) Deficiency disease
(B) Obesity
(C) Thin and weak body
(D) All of these
- (4) From the following select the option which does not represent correctly the edible part of the given plant.
Plant – Edible part
(A) Carrot – Root
(B) Onion – Leaves
(C) Ginger – Stem
(D) Turmeric – Root

WORKSHEET-2



HEALTHY OR UNHEALTHY?

- | | Healthy | Unhealthy |
|------------------------------------|--------------------------|--------------------------|
| 1 I brush my teeth every day.----- | <input type="checkbox"/> | <input type="checkbox"/> |
| 2 I play video games often.----- | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 I don't drink water.----- | <input type="checkbox"/> | <input type="checkbox"/> |
| 4 I walk my dog.----- | <input type="checkbox"/> | <input type="checkbox"/> |
| 5 I go to bed early.----- | <input type="checkbox"/> | <input type="checkbox"/> |
| 6 I eat junk food.----- | <input type="checkbox"/> | <input type="checkbox"/> |
| 7 I ride my bike.----- | <input type="checkbox"/> | <input type="checkbox"/> |
| 8 I eat a lot of cookies.----- | <input type="checkbox"/> | <input type="checkbox"/> |
| 9 I don't sleep well.----- | <input type="checkbox"/> | <input type="checkbox"/> |
| 10 I wash my hands well.----- | <input type="checkbox"/> | <input type="checkbox"/> |
| 11 I stay up late.----- | <input type="checkbox"/> | <input type="checkbox"/> |
| 12 I play golf.----- | <input type="checkbox"/> | <input type="checkbox"/> |
| 13 I practice yoga.----- | <input type="checkbox"/> | <input type="checkbox"/> |
| 14 I don't eat sugar.----- | <input type="checkbox"/> | <input type="checkbox"/> |



WORKSHEET-3

Food Nutrients Homework

Use a range of sources of information (revision guides, books from the library, internet sites) to fill in the table below in as much detail as possible.



Nutrient Group	Foods with this nutrient in	What it is used for in the human body
Carbohydrate (Sugars)		
Carbohydrate (Starch)		
Protein		
Fat		
Fibre		
Vitamins		
Minerals		
Water		

Healthy or Not healthy?

Circle the healthy foods and cross out the unhealthy foods.



banana



French fries



milk



cake



avocado



muffin



honey



fish



tomato



canned juice



lettuce



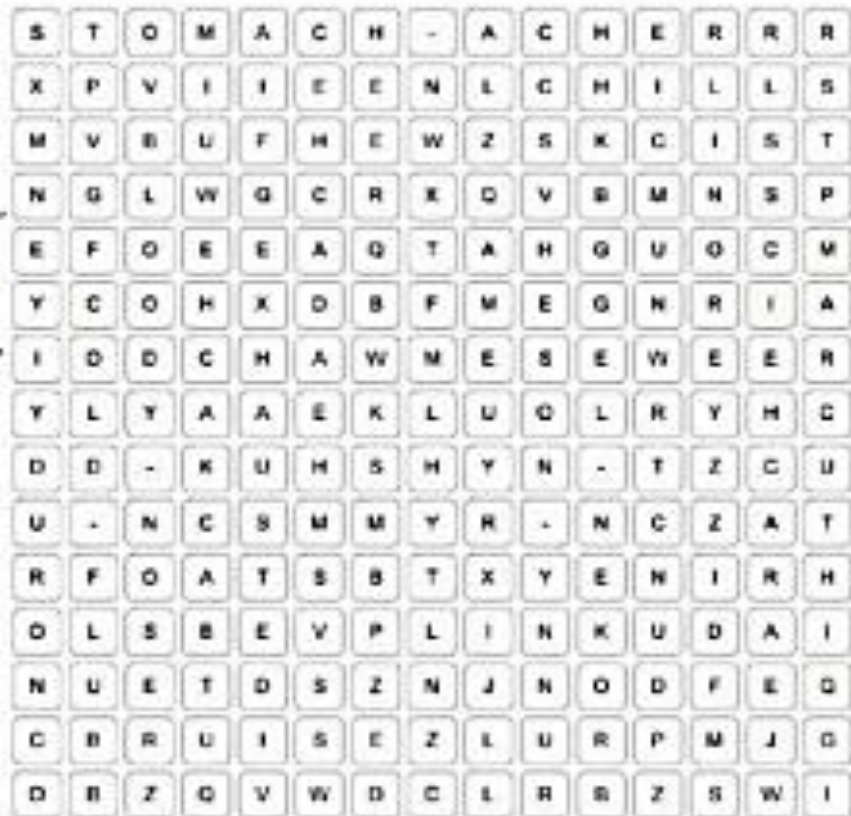
ice cream



HEALTH PROBLEMS

Can you find all the hidden words in this word search?

Words can go in the following directions: → ← ↓ ↑



STOMACH-ACHE

COUGH

EARACHE

RUNNY-NOSE

DIZZY

CUT

EXHAUSTED

BACKACHE

BROKEN-LEG

SICK

HEADACHE

BRUISE

CRAMP

BLOODY-NOSE

COLD-FLU

CHILLS

