



HOLIDAY HOMEWORK 2022 – 23

Class: VII



In accordance with the guidelines of CBSE we are incorporating integrated project based learning wherein students will prepare projects for all the subjects based on a common theme. This endeavor has been taken up with the objective of inculcating the approach of integrating diverse subjects or fields and the spirit of collaborative learning.

THEME: HEALTH IS WEALTH

General Instructions:

- Integrated project of all subjects to be done in different files or according to the subjects.
- The areas to be covered are suggested below. You can of course use your creativity and innovation for new ideas too!
- Credit will be awarded to original drawings, illustrations, and creative use of materials. □ The project needs to be developed and presented in this order:
 - Cover page showing project title, student information, school, and Academic year.
 - List of contents with page numbers.
 - Acknowledgments (acknowledging the institution, offices, and libraries visited and persons who have helped).
 - The last page should have a Bibliography/ Sources of information from where you have collected your information.

ENGLISH

1. Write a self-composed poem on the theme 'Health is wealth' 2.

Write a recipe for a tiffin snack that is tasty as well as healthy.

OR

Write an interview with a doctor/dietician focusing on a perfect diet for growing children.

CRITERIA FOR EVALUATION:

Innovativeness, Presentation, Creativity, Content, Grammar & Spellings

MATHEMATICS

1. Collect the height (in cm) and weight (in kg) of 4 – 5 members of your family.

2. Prepare bar graph for the above collected data (i.e. height and weight).

3. Calculate average height for the collected data.

4. Calculate average weight for the collected data.

CRITERIA FOR EVALUATION:
Content, Knowledge & Relevant Data, Measurements, Presentation, Creativity

SCIENCE

- | |
|--|
| <p>1. Health is Wealth. Prepare a diet chart of 12 year old child. The diet chart should be balanced and should include food items whthatre not expensive and are commonly available in your area.(content not to exceed two pages)</p> <p>2. To ensure the general health of your family, you should make sure that all the members of the family increase the intake of water. Suggest five measures to increase water intake. (You may refer www.h2o only.orguk/rnl.)</p> |
| CRITERIA FOR EVALUATION: |
| Content, Presentation, Innovation and Creativity, Research & Investigation |
| |

SOCIAL SCIENCE

Create an Advertisement on “Health is Wealth” Elaborate on the following points:

- i) Create a Slogan and the name of the Celebrity whose name will help to create a better impact.
- ii) List out the forms of Media where this Advertisement will be placed.
- iii) Identify the target audience for this advertisement campaign.

CRITERIA FOR EVALUATION:

Creativity & Appearance, Reflects deeper thinking skills, Style & Organization, Timely Submission

हिंदी ग्रीष्मावकाश कार्य

1. अपने परिवार के सदस्यों से स्वस्थ रहने के दस नुस्खे पूछ कर लिखिए।
 2. स्वस्थ रहने के लिए संतुलित आहार चार्ट अपनी स्कैप-बुक पर तैयार कीजिए।
- नोट- दोनों कार्य एक ही स्कैप बुक पर कीजिए।

DOGRI

डोगरी

1. योगा दे आसनें दे चितरें कन्नैइककोलाजत्यारकरो। (A4 sheet)
2. पढ़ाया गेदासाराकम्मयादकरो।

Urdu

1. Draw a picture of your school and write five lines on your School.

COMPUTER SCIENCE

1. Create an excel sheet of the health index 2021 released by NitiAayog.
2. Draw a pie chart and find out the state with the poorest health facilities in India.

HEALTH AND PHYSICAL EDUCATION

Holiday's homework

1. Do exercise and yoga atleast 20 min to stay fit and healthy.
2. Balancing exercise.
3. Jumping and stretching etc.
4. Skipping at home.
5. Meditation.

ART& Craft

1. **Poster on the topic Health is Wealth.**
2. **Craft – Best out of waste (Bottle Craft).**

MUSIC

Write a brief biography of Pt. Shiv kumar Sharma and describe the Santoor.



We wish you all the best for your vacation. Have fun and enjoy it. I hope you enjoy every moment of your vacation.

