

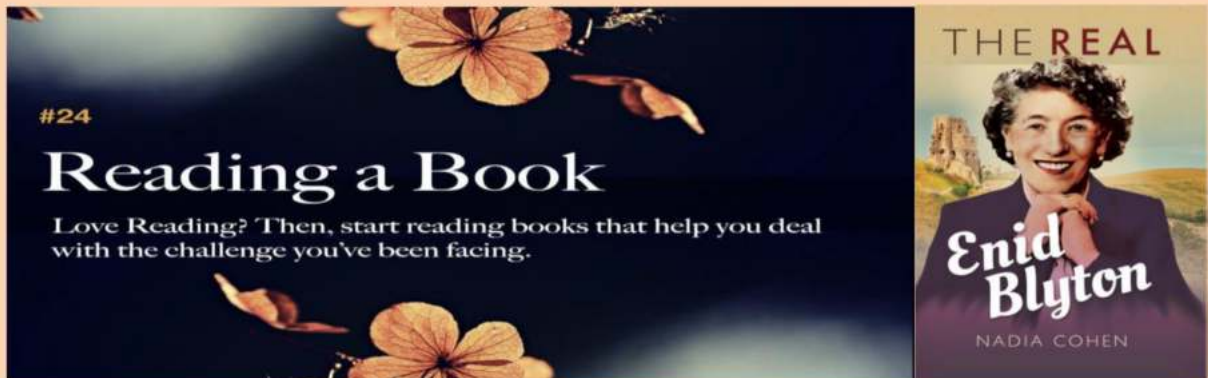
**CARMEL CONVENT SCHOOL JAMMU**  
**CLASS: 4thAB**  
**SUMMER HOLIDAYS HOMEWORK**  
**(2022-2023)**



## **INSTRUCTIONS**

- Summer Vacations is the most fruitful time for learning and nurturing creativity. Keeping this objective in mind we have planned diverse and exciting activities that will enhance your knowledge and boost your creativity.
- "Knowledge is Power" therefore lots and lots of books to cultivate the reading habit and develop your vocabulary, language skills, increase your attention span and improve your spellings.
- "A healthy mind lives in a healthy body". So go out and play the sport of your choice. It will help to instill discipline, generate sporting spirits and channelize your energies constructively.
- Eat healthy food and drink lots of water during summer.
- Revise all the work done in the class. Revise the tables from 2-16.
- This year's holiday homework has been designed keeping interdisciplinary aspect in mind. Health is a concern for everyone so, keeping this in mind we have designed your homework on the theme  
**"HEALTH AND FITNESS"**
- All homework should be handwritten and neatly done on A4 size sheets, stapled subject wise and put together in a common folder.

## ENGLISH



Reading book is a pleasure. It has a joy of its own.

This summer let's enter the world of Mystery created by Enid Blyton. Enid Mary Blyton was an English children's writer whose books have been among the world's best-seller since the 1930s, spelling more than 600 million copies. She wrote a wide range of topics including education, natural history, fantasy and mystery stories, and is best remembered today for her Noddy, Famous Five and Secret seven series.

Read any one book written by Enid Blyton. Also write the review of the book you read in about 100-150 words. Before answering this question kindly check computer work.

2.



Newspapers do not only inform us; they influence us, educate us, and enlighten us.

Read the newspaper daily. Collect at least 5 articles based on the theme 'Health and Fitness'. Now, underline the NOUNS with red, VERBS with blue, ADJECTIVES with orange and ADVERBS with green colour in these articles. Paste these articles in your homework.

## HINDI

1. स्वस्थ रहने के लिए संतुलित आहार चार्ट अपनी स्कैप-बुक पर तैयार कीजिए।
2. घर पर सूर्य नमस्कार का अभ्यास कीजिए और सूर्य नमस्कार के अलग-अलग आसनों के चित्र अपनी स्कैपबुक पर लगाइ नोट- दोनो कार्य एक ही स्कैप बुक पर कीजिए।

## MATHEMATICS



### **1. I CAN COMPARE!!**

Find out the height and weight of 10 family members.

Arrange this data in increasing and decreasing order.

Who is the tallest? Who is the heaviest?

2. Innovating with Geometrical shapes is so much fun. It not only involves playing with our imagination but also recreating things in a meaningful way. Try your hands at recreating some healthy snack that keep us fit and present it using Geometrical shapes. Enjoy this snack with your family and friends!! (Click the picture of the dish you have made and paste it in your homework).



## SCIENCE

### **1. STAY STRONGER LIVE LONGER:**

When you go shopping next time with your parents, read the labels of the food products you pick very carefully. You will notice that every food pack bears nutritional information on the label. After coming back from the market, choose packets of any 3 three different food items you have bought. Note the nutritional information on a sheet. Also make a data table with various headings like protein, carbohydrate, vitamins and minerals. Compare the nutritional value of these three products. Find out which product out of the three products you bought, is the most nutritious. Develop a habit of reading the date of manufacturing and date of expiry mentioned on packets of all food items.

### **1. MEDICINAL PLANTS:**

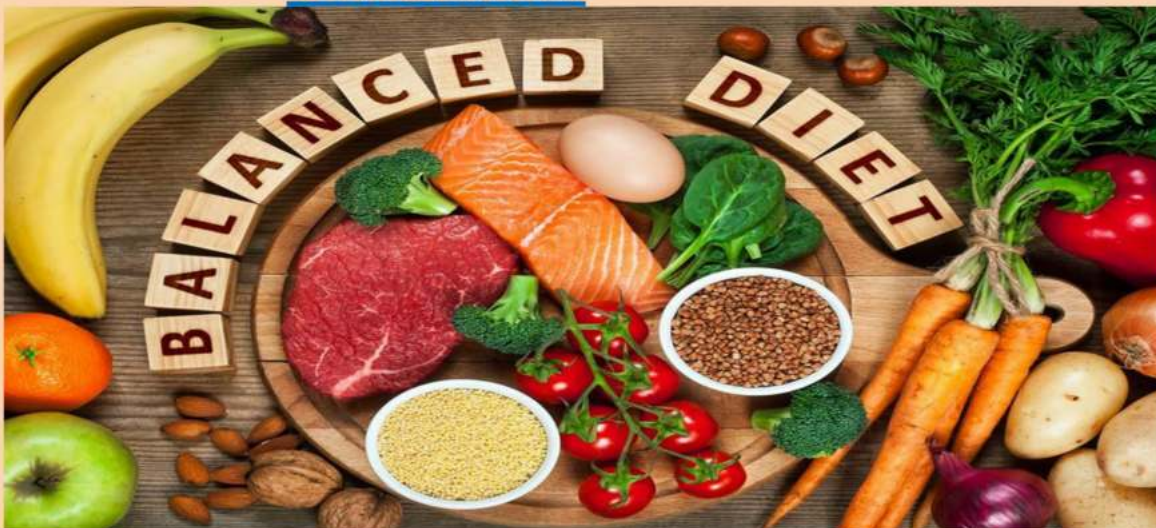


Before the modern-day medicine and synthetic Drugs, there were plants, and ancient civilizations knew how to use them effectively to treat Common ailments and even life-threatening diseases.

One such plant is tulsi.

Tulsi leaves are used to treat cold, cough, bronchitis. Find out about at least 5 more medicinal plants and write their medicinal use. You can paste the pictures of these plants.

### Social studies



Eating a balanced diet in a different region.

A group of students plan to visit two different states of India. To get the real

feel of these states, they plan to eat only local food. You are their tour advisor. Pick out two states of India which are far away from your state, which you think they should visit. Find out 2-3 main dishes eaten in these states and their nutrient content. Now suggest a balanced diet for the students using these dishes.

## URDU

Make a picture of your favourite picnic sport and write down five lines on it.

## Computer

1. Prepare a chart or collage on input and output devices.
2. Question 1 of English you have to type in MS word and printout. take a

## Physical education



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

## MUSIC



1. Write two songs on health and fitness.
2. Write two patriotic songs.

## ART & CRAFT



- Wall hanging.**
- Bottle Painting.**
- Puppet with paper.**



**THANK YOU**

AND

**HAPPY HOLIDAYS**