

3 GOOD HEALTH AND WELL-BEING



SHAMBHU DAYAL GLOBAL SCHOOL GHAZIABAD

3 GOOD HEALTH AND WELL-BEING



SDG 3 : GOOD HEALTH AND WELL BEING

CLASS - I SUMMER HOLIDAY HOMEWORK



THEME - GOOD HEALTH AND WELL BEING

3 GOOD HEALTH AND WELL-BEING



Take care of your body. It's the only place you have to live in."— Jim Rohn

**Dear Parents,
Warm
Greetings!**

The Summer Vacations are round the corner. Keeping our learning curve on, is a challenge that we have learnt to overcome in the previous year. With high spirits and enthusiasm, we aim to keep ourselves positive and happy. Amidst the ongoing challenges, this year we have planned some unique activities for our children to learn while playing. We have planned to teach our little learners the value of food and sharing. This topic is chosen with the motive of encouraging the students to eat their food completely and take only the portions that they intend to finish.

Each student is expected to undertake all the activities assigned in the holiday homework. The assigned work is to be done as per the instructions given at the end of each HHW activity.

This project is an amalgamation of simple yet thoughtfully planned activities which promote critical and creative thinking skills amongst young learners. It is an integrated project with scholastic and co-scholastic activities, targeting competency-based learning.

***Kindly note:-** All the activities and the use of internet for doing the activities to be done strictly under the supervision of parents.



ENGLISH



BOOKS ARE MY BEST FRIENDS



Book Can Be Our Best Friends

Reading Time: Reading story books enhances Language and vocabulary development. Make bed time reading and regular practice with your child (with pictures and large text). After reading stories ask questions like "Did you like the story?" "Who was your favorite character in the story?" etc.

1. Read any one book from the reading list given below.

(a) Reading it yourself with Lady Bird - level 1



(b) Jungle Book

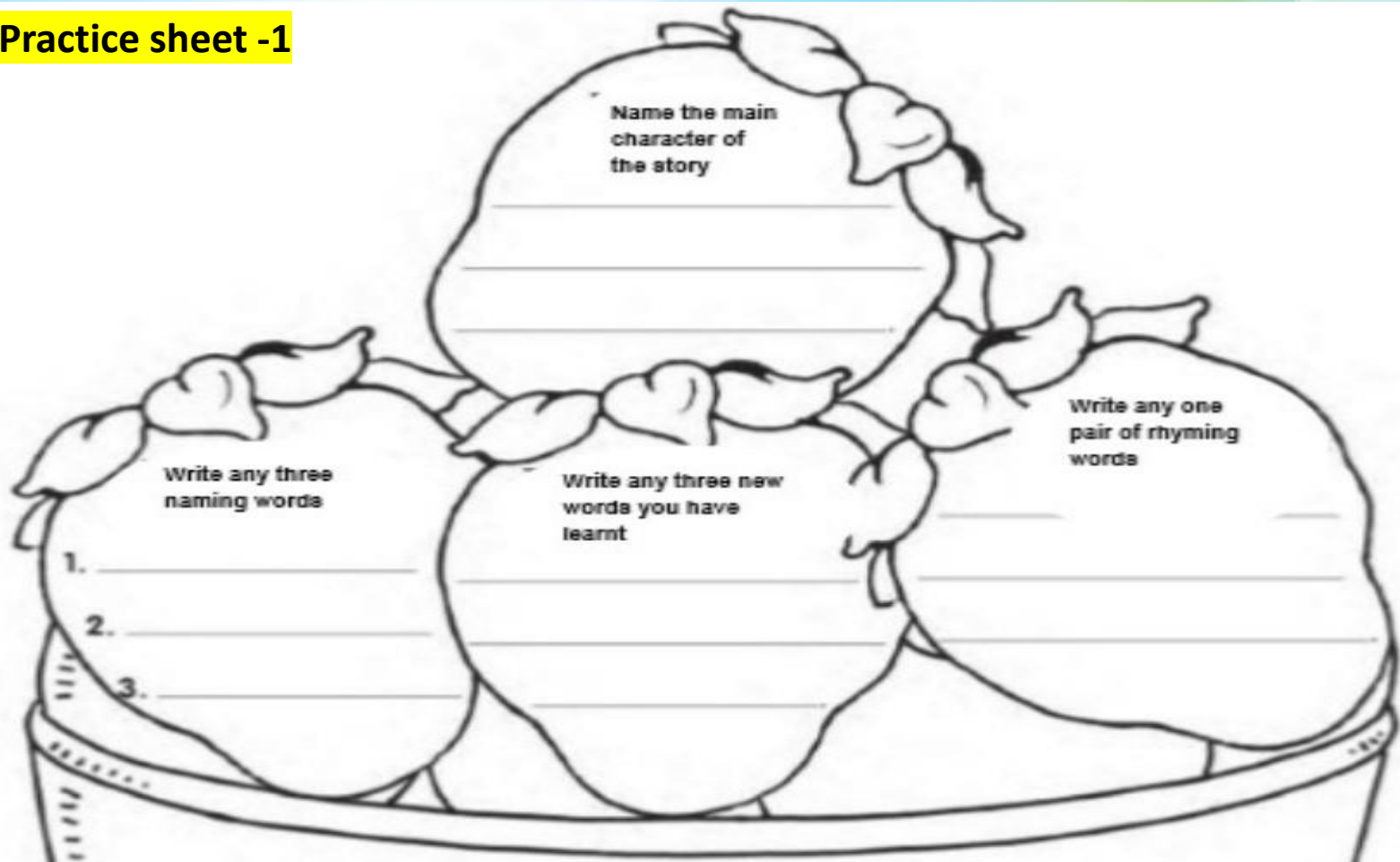


(c) The Best Me I Can Be - Scholastic



2. Make a mask of your favourite character from the stories you have read and decorate it.
3. On the basis of the book read by you complete the worksheet given on the next page.

Practice sheet -1



Write any three
naming words

1. _____
2. _____
3. _____

Name the main
character of
the story

Write any three new
words you have
learnt

Write any one
pair of rhyming
words

Practice sheet -2

NOUN

Look at the picture and write the noun words into the correct categories.



Doctor



Singer



Beach



Table



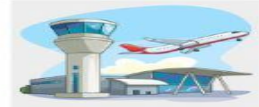
Ball



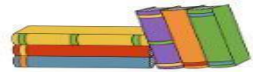
Monkey



Cat



Airport



Books



Farm



Horse



Teacher

Person

Things

Places

Animals

1.

1.

1.

1.

2.

2.

2.

2.

3.

3.

3.

3.

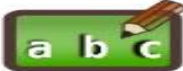
Practice sheets -3 Simple Sentences - Capital Letters and Full Stops

These sentences have got muddled up. Write them out again. Make sure your sentence starts with a capital letter and ends with a full stop.

1)  butterfly The sat flower. the on

2)  used rain. my umbrella the I in

3)  rabbit carrot. ate crunchy The the

4)  school. wrote I story at long a

5)  played sand. children The in the

6)  said girls favourite All the their colour red. was

ENGLISH INTEGRATED WITH EVS



Healthy food refers to food that contains the right amount of nutrients to keep our body fit. We need healthy food to keep ourselves fit. Let our young learners understand it with the help of this beautiful story:

<https://storyweaver.org.in/stories/313823-healthy-food-is-important>

Activity 1: Make a healthy and nutritious plate of your choice. (Pictures given only for reference).

Instructions:

1. Prepare a healthy plate by using a disposable round shaped plate.
2. You can use wrappers of food items or handmade pictures for preparing your plate.

Learning Outcomes:

1. Students will develop a sense of self-expression .
2. Students will be able to understand the importance of food and nutrition.

Activity 2 :Evs (Science) Research Manual pg – 9,10,11,19



Topic - स्वास्थ्य ही धन है। (संगीत और कला के साथ एकीकृत)

हम सब कई प्रकार की सब्जियों का सेवन करते हैं, ये सब्जियाँ होती हैं बड़ी मजेदार। ये हमें भरपूर मात्रा में पौष्टिक तत्व प्रदान करती हैं।

गतिविधि - 'काव्य पाठ'

'छात्र स्वस्थ खाने की आदतों पर कुछ पंक्तियाँ बोलेंगे और गर्मी की छुट्टियों के बाद उसे कक्षा में प्रस्तुत करेंगे।

शिक्षण के परिणाम :

- इस गतिविधि के माध्यम से छात्रों को जंकफूड के अपेक्षाकृत सब्जियों को प्रतिदिन अपने आहार में सम्मिलित करने के लिए जागृत किये जाने में सहायता प्राप्त होगी।





मात्राओं की घड़ी

आ
मात्रा - 1

दिन, बिल
काही, गीतिका
कविता, सिर

जीण, खीर
रीट, गदमी, खी
रही, शरीर

उ
मात्रा - 2

पुंछ, भुष, गुन
मुड, बुका
खिलनाले, उम

ए
मात्रा - 3

पु, पा
पुं, पुं
कार, पुरा, पुं

इ
मात्रा - 4

पती, पंख
हंस, संडा
गा, संडा, पंका

ऋ
मात्रा - 5

ऌ
मात्रा - 6

ऍ, ऎ



It is rightly said that “Healthy mind lives in a healthy body”. So, it is very important that children should take care of their health and well-being right from childhood. Variety of fruits and vegetables are the source of vitamins and minerals that keep them healthy and fit. Therefore, it is essential for children to have adequate amount of fruits and vegetables in their everyday meal.

Activity 1: “THE EAT WELL GROW WELL CHECKLIST”

Instructions:

- Parents will take a printout of the checklist given in the link attached below:
https://docs.google.com/document/d/1WtPjklFNB6qHra98NYh5vOr_k5mNod3/edit#heading=h.gjdgxs
- Students will maintain record of the fruits and vegetables they consume daily in their meals.
- They will count and write the number of fruits and vegetables they will consume by the end of the day.
- They can choose fruits and vegetables according to their choice.
- They will bring the checklist to school after summer break.

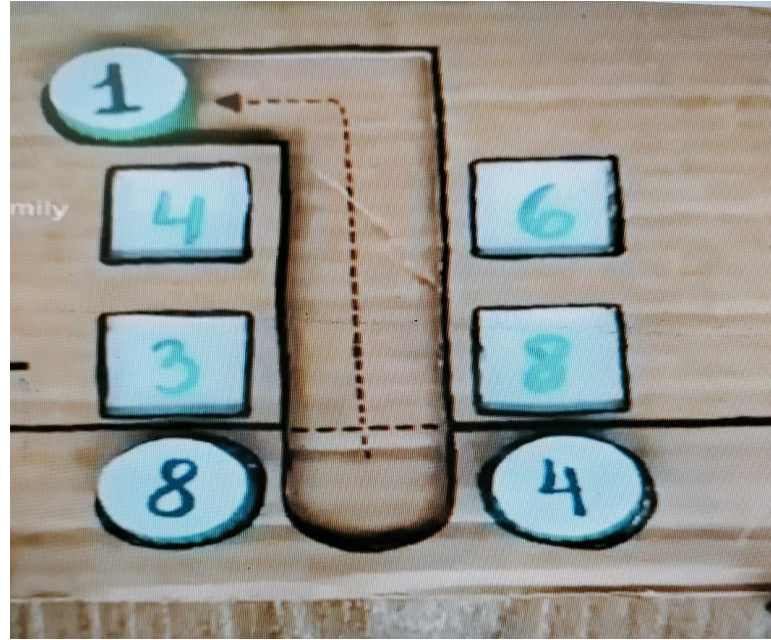
Learning Outcomes:

- Students will learn to eat fruits and vegetables in their daily routine.
- They will also encourage their friends to consume fruits and vegetables to stay healthy.



Activity - 2

Double digit Addition Board



Material Required-

1 Cardboard, Black Marker, Few bottle caps, White sheet

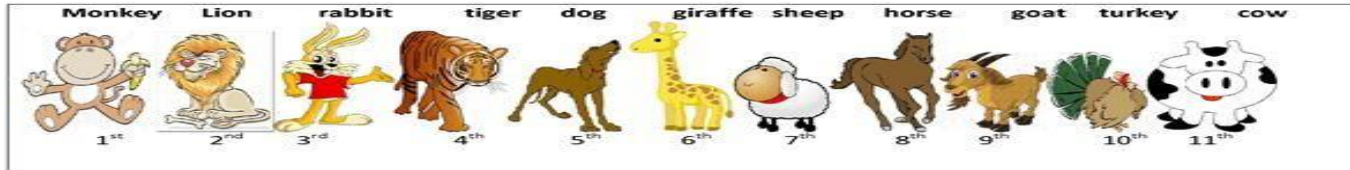
Reference link - <https://in.pinterest.com/pin/135389532542821335/>

Draw a circle around the smallest number and a cloud around the largest number.

15**11****17****23****38****29****91****45****15****33****39****31****78****1****43****26****58****57****72****41****74****14****22****91****58****35****14****36****71****52**

Name : _____ Grade: _____ Score: _____

Practice sheets-5 ordinal numbers



Which animal is the:

1. Fourth — _____
2. Seventh — _____
3. Second — _____
4. Sixth — _____
5. Ninth — _____
6. First — _____
7. Third — _____
8. Tenth — _____
9. Eighth — _____
10. Fifth — _____



ART INTEGRATED FUN ACTIVITY

Eating is something that is rarely done mindfully by young people. Mindful eating is a valuable task for children to slow down the mind and become more focused on the present. Children should know about the right food for them to eat.

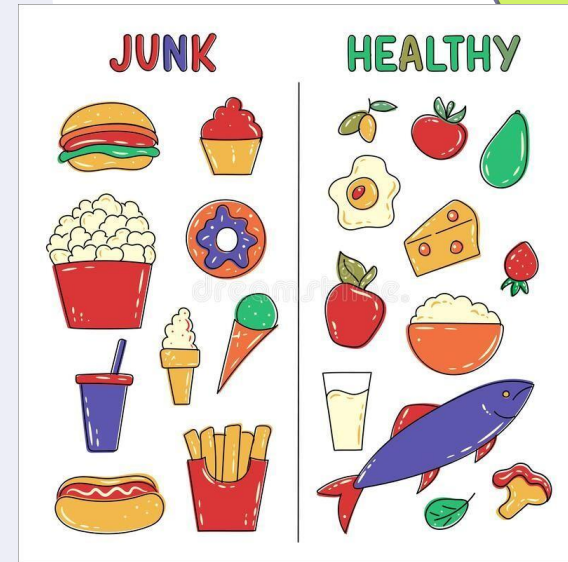
Activity- Draw healthy and Unhealthy food item.

Instructions-

- Take a drawing sheet.
- Draw healthy food item and unhealthy food item.
- Colour them, cut them out and decorate it on any A4 sheet.
- Students will bring their sheets to display in the class.

Learning outcomes-

- It will enhance creativity and imagination of students.
- Students will learn about the difference between healthy and unhealthy food.



Tips on 'Eating better' for kids

- **Start the day with a healthy breakfast. It refuels the body and provides energy for the day.**
- **Let kids help plan and prepare 1 meal each week.**
- **Eat together as a family as often as possible.**
- **Take time eating, and chew slowly. It takes 20 minutes for the brain to tell the body that you are full.**
- **Eat more vegetables and fresh fruits. Aim for a total of 2 cups of fruit and 2 1/2 cups of vegetables each day.**
- **Eat more whole grains. Examples include oats, brown rice, rye, and whole-wheat pasta.**
- **Drink plenty of fluids.**



Happy Holidays

