

Name \_\_\_\_\_ Roll No. \_\_\_\_\_

Class Incharge: Ms. Radha

**Note : Summer Holiday Homework is given in the form of 'Art Integrated Project' in which English, Hindi, Mathematics, Science, Social Science & IT/Computer all are integrated with each other.**

**TOPIC : Food Fiesta (Components of Food)**

**( Make a PPT or Project work in a file)**

1. Write about various '**Components of Food**' with their food resources.
2. Write about various dishes and their ingredients prepared in Uttar Pradesh and Arunachal Pradesh.
3. Write any 5 vegetables and their calories and how many calories should a man, woman and child need everyday to stay healthy?
  - 3.1 Make a list of calories you have to take in one week.
  - 3.2 Arrange the data in ascending and descending order.
  - 3.3 In which day you have taken more calories?
4. Write a poem on "Junk Food" (Pizza, Pasta, Burger, etc) in Hindi.
5. **Read the following passage and complete the exercise that follows-**

Carbohydrates, one of the primary components, provide essential energy for our bodies. From simple and easily digestible sugars to complex and fibrous starches, carbohydrates fuel our daily activities. Some carbohydrates are sweeter than others, with honey being the sweetest and brown rice offering a milder sweetness.

Proteins, another crucial component, are the building blocks of our bodies. They come in various forms, such as lean meats, legumes, and dairy products. When it comes to tenderness, a succulent steak is undoubtedly the tenderest, while tofu offers a softer texture for those who prefer plant-based options.

Fats, often given a bad rap, are necessary for proper bodily functions. They can range from saturated fats found in butter and cheese, to unsaturated fats in olive oil and avocados, which are considered healthier options. Olive oil is the lightest in taste among the oils, while coconut oil carries a distinct tropical flavor.

Vitamins and minerals, though required in smaller quantities, are vital components for our overall well-being. From vibrant red strawberries to dark green spinach, fruits and vegetables offer a plethora of essential nutrients. Comparing vitamin C content, oranges are the juiciest and most abundant, while kiwis provide a tangier and more exotic taste.

- 5.1 Find out 5 adjectives and 5 degrees of Comparison from the given passage.
- 5.2 Write 10 new words and frame sentences in your own words.

5.3 Draw a picture based on the given passage.

5.4 Refer to your Science book and mention deficiency diseases caused due to lack of these nutrients.

