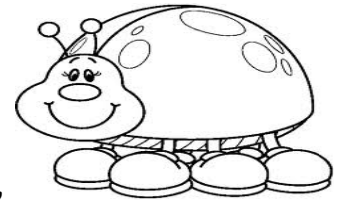




**TAGORE INTERNATIONAL SCHOOL
VASANT VIHAR, NEW DELHI
HOLIDAY HOMEWORK**

Class- III



“BEAT THE HEAT WITH A HEALTHY TREAT”

“To ensure good health: Eat lightly, breathe deeply, live moderately, cultivate cheerfulness & maintain an interest in life.”

Dear students,

The summer vacations are here again. We wish that you enjoy every minute of this long break with your family and friends. This summer break, the ‘Wellness Bug’ will keep you company. There are a lot of activities which will be fun to do, and loads to learn from.

We wish you all a very pleasurable and wellness-packed summer break.

INSTRUCTIONS:

Make sure you file all your work in a beautiful handmade folder. Try to beautify it using any kind of decorative material.



The first activity is compulsory. Choose any one, from the other two activities.

Buggy is very particular about the food he eats. He is here to stay with you this summer and would like to know your food habits too. Prepare a chart of food eaten by you over a week.

	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thur</u>	<u>Fri</u>	<u>Sat</u>	<u>Sun</u>
Breakfast							
Mid-morning snack							
Lunch							
Evening snack							
Dinner							

→ Now along with Buggy, your buddy, colour all the healthy foods green and all the unhealthy foods blue.

2. Summer brings a little bit of rain with it...and the rainbow too! Buggy is in a mood to eat a healthy salad which is as colorful as the rainbow. Create a recipe of such a salad that has all healthy ingredients.

NAME OF THE SALAD: _____

Time taken: _____

Ingredients: _____

Write the steps in points (Procedure)

OR

Make a list of the herbs (at least 10) you see around you and in the kitchen. Paste their pictures and mention their medicinal values. Interview your grandparents about how they avoided going to the doctor by using these at home.

3. **FOOD MOODS**

a) In a tabular form, mention the different kinds of food that you like to eat when you are in different moods (at least 5).

Mood	Food

OR

b) Compare and contrast why your mother insists on eating particular food items and why you don't want to eat them (at least 5)

c) Compare the street food of any six states of India. Find out if these foods are linked to the climate of that state.

Food item	Why my mother insists on me eating it	Why I don't like eating it

OR

Cut the pictures of the fruits that you enjoy eating and arrange them in the descending order of the number of seeds in the fruits.

MOVIES TO WATCH

(The first movie is a must watch. You can choose to watch any two of the other movies.)

→ On days when it is too hot to venture out, you and the Bugsy could watch the movie 'Charlie & The Chocolate Factory'.

→ Make a list of all candies & chocolates shown in the movie.

→ Sometimes healthy foods also have negative effects. Do you know of any? Enlist them.

OTHER MOVIES ARE:


- 1) Rio 2
- 2) The Pink Panther
- 3) Mahabharata
- 4) Shrek
- 5) Mrs. Doubtfire

FILM REVIEW

- i) What value did you learn from the movie? How will you apply it in your life?
- ii) Which character would you want to be like? Why?

INTERNET SITES TO VISIT:



Bugsy loves browsing the internet and often checks out the  tes. You must try them out too!

→ www.makemegenius.com

→ www.gigglepoetry.com

→ www.funbrain.com

→ www.explorations.org/kids.php (kids games for nutrition exploration)

→ www.foodafactoflife.org.uk/activity.aspx?srteld=14§ionid=61&contentId=56 (make a healthy lunch-box)

→ www.kidnetic.com/koer/move.aspx (move mixer)

While you are surfing the net, find out the top 10 happiest countries in the world and :

- a) Arrange them in descending order of their ranking
- b) Find out (any one) reason for the happiness of their citizens.

PLACES TO VISIT:-

1. Dilli Haat, for the mango festival in June

AT THE DILLI HAAT

- ➔ Spot all the varieties of mangoes that you see in the festival.
- ➔ Judge the state that has the maximum number of mangoes coming from it.
- ➔ Discover the medicinal value of this fruit and its tree. (Write any 5 medicinal values)
- ➔ Note down some products that we get from a mango.
- ➔ Click pictures of the various varieties and paste them.



2. Kingdom of Dreams, Gurgaon
3. Fun 'n' Food Village.
4. Deer Park

When you are at the Deer park:

See the different patterns of leaves that you see in the park, click their pictures & paste them in your scrap book.

हिन्दी

1 स्वस्थ शरीर के लिए अच्छे खान पान के चित्र चिपकाकर रंगीन कागज़ पर एक सूची तैयार कीजिए।

2 अच्छी सेहत के लिए उचित फल और सब्जियों के दस फ्लैश कार्ड रंगीन कागज़ से बनाइए।

3 मैं स्वस्थ हूँ इस पर एक कठपुतली पप्पट बनाइए और सजाइए।

कहानी पारायण ए बी डी (आर्य बुक डिपो)

पौराणिक कहानियाँ भाग 3 सी बी टी प्रकाशन

नैतिक कहानियाँ भाग 3 सी बी टी प्रकाशन

गीतों की फुलवारी मधुबन ऐजुकेशन बुक्स

दिए गए प्रकाशन की कहानियों में से स्वस्थ शरीर से जुड़ी कोई

दो कहानियाँ पढ़ो।

शब्द सूची से शब्द पढ़ो

पतंग , उड़ते , सुबह , परिवार , आज़ाद , खुशी , पक्षी , आसमान , पढ़ाना , खिलौने , आवाज़ , चिड़िया , तितली , समाप्त , जन्मदिन , मौसम , थोड़ा , अच्छा , गरमी , मीठे , झगड़ा , प्रश्न , सूचना , दोपहर , जीवन , जंगली , बच्चे , सहायता , बगीचे , किनारे , नन्ही

SUGGESTED BOOKS TO READ (any 2)

_Children, Buggy is very fond of reading! He has the following books. To keep up with him, you must also read at least 2 of them:-

1. Matilda by Roald Dahl.
2. James & the Giant Peach by Roald Dahl.
3. It's fair to Share by Read India Books.
4. The Monsoon Concert by Read India Books.
5. Because of a Cup of Coffee by Geronimo Stilton.
6. Curse of the Cheese Pyramid by Geronimo Stilton.



TV CHANNELS / SERIALS TO WATCH :

Are you fond of watching TV? Yes? So is Bugsy! Snuggle in with him and watch these shows together:

→ NDTV good times

→ Z KAHANA KHAZANA –Food ka Mood (6:00pm – 6:30pm)

→ CARTOON NETWORK –Oggy and the cockroach (4:30 pm – 5:00pm)

→ DISCOVERY CHANNEL –Factory Made (4:30 pm -5:00pm)

Bugsy has the following **vocabulary list** to master this summer. Can you help him master it?



Broccoli	cauliflower	radish	produce	depends	temperature	requirement
rainfall	alluvial	stomata	photosynthesis	coriander	fibrous	edible
branches	peepal	turnip	spinach	oxygen	cauliflower	

Create a Pictionary of 45 words. You have to choose the words from your course books (15 words from English, 10 words each from Social Studies, Science and Hindi).