SLS DAV PUBLIC SCHOOL , MAUSAM VIHAR , DELHI
CLASS – VI & VII
SESSION – 2021-22
HOLIDAY HOMEWORK

INTERDISCIPLINARY   PROJECT

The UN General Assembly designated 2021 the International Year of Fruits and Vegetables (IYFV).

The IYFV 2021 is a unique opportunity to raise awareness on the important role of fruits and vegetables in human nutrition, food security and health and as well in achieving UN Sustainable Development Goals.

Objectives of the IYFV 2021:

1. **Raising awareness of and directing policy attention to the nutrition and health benefits of fruits and vegetables consumption;**
2. **Promoting diversified, balanced, and healthy diets and lifestyles through fruit and vegetable consumption;**

3. **Reducing losses and waste in fruits and vegetables food systems;**
4. **Sharing best practices on Promotion of consumption and sustainable production of fruits and vegetables that contributes to sustainable food systems;**

PREPARE AN INTERDISCIPLINARY PROJECT BASED ON THE FOLLOWING GUIDELINES . (IT WILL BE ASSESSED AS PART OF YOUR PORTFOLIO ASSESSMENT)

GENERAL INSTRUCTIONS:

a. Assignment should be done in the respective C.W. notebooks .

b. Upload the work in assignment section of your class teams..

YOUR PROJECT SHOULD INCLUDE:

Q1 Create your own logo for **International Year of Fruits & Vegetables**   (DO IT IN ART FILE)

Q2 Enlist the benefits of eating fruits and vegetables (to understand that consumption of fruits and vegetables contribute to a healthy diet and overall good health for the body) (DO IT IN SCIENCE NOTEBOOK)

Q3 किसान अपनी कड़ी मेहनत से हम सबके लिए अनाज उगाता है इसलिए अन्नदाता और परमेश्वर कहलाता है ।

दिए गए चित्रों का अध्ययन करते हुए अपने शब्दों में एक कहानी की रचना करें जो किसान जीवन के योगदान की कहानी दिखाती हो।
 (WORD LIMIT -100 WORDS) (DO IT IN HINDI NOTEBOOK)

Q4 On a map of India, mark the states where the fruits native to India are grown and briefly enumerate on its climatic conditions required to grow that particular fruit or vegetable (DO IT IN SOCIAL SCIENCE C.W. NOTEBOOK)

Q5 भोजन से प्राप्त होने वाले विभिन्न पौष्टिक तत्व जैसे प्रोटीन, विटामिन, कार्बोहाइड्रेट,वसा, खनिज इत्यादि हमें किन-किन खाद्य पदार्थों से प्राप्त होते हैं, उन पदार्थों के नाम संस्कृत में लिखें| उनकी सूची सुंदर , साफ व रचनात्मक प्रकार से बनाएँ| संस्कृत भाषा की पुस्तक पाठ संख्या-4 "आगच्छ भोजनं कुर्याम" से सहायता ले सकते हैं|
(DO IT IN SANSKRIT C.W. NOTEBOOK)

Q6 (Fruits and vegetables have multiple health benefits, including the strengthening of the immune system, that are essential for combating malnutrition in all its forms and overall prevention of non-communicable diseases)

1)Explore your culinary skills and include adequate amount daily as part of diversified and healthy diet .

2)Paste your photo in your ENGLISH NOTEBOOK while preparing any nutritious salad or dish and write a paragraph in 100 words on the topic '*HARNESS THE GOODNESS* '

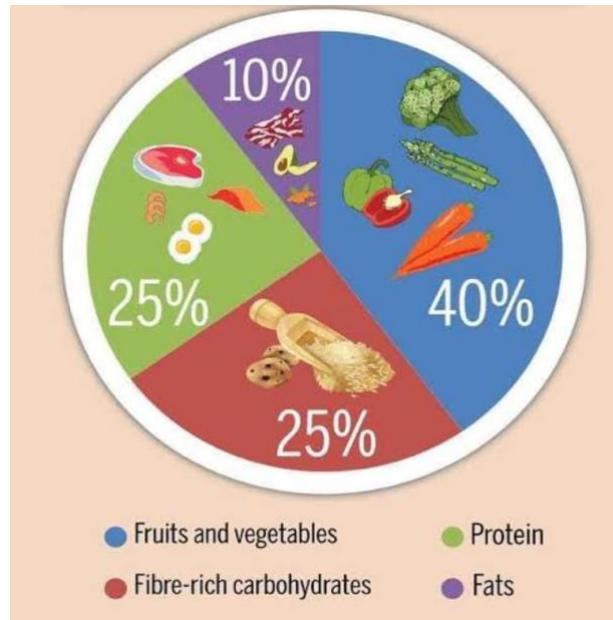Q7 सात्विक भोजन के 10 फायदे लिखो I (DO IT IN NAITIK SHIKSHA NOTEBOOK)

साित्वक आहार | Sattvic Food | Satvik Food

- साित्वक भोजन वह है जो शरीर को शुद्ध करता है और मन को शांति प्रदान करता है।
- पकाया हुआ भोजन यदि ३-४ घंटे के भीतर सेवन किया जाता है तो इसे साित्वक माना जाता है।
- उदाहरण - ताजे फल, हरी पत्तेदार सब्जियाँ,बादाम आदि, अनाज और ताजा दूध।

Q8
Refer to the attached image and answer the following questions:-

Q1- Prepare a table of various nutrients given in the figure depicting percentage and their fraction .

Q2- How much percent fiber-rich carbohydrates is less than fruits and vegetables?

Q3-Complete

Fats+__=Protein+___

Q4- Fats constitute __ fraction .

Q5- Which nutrient bears highest percentage .Name it and write it in fraction.

(DO IT IN MATHEMATICS NOTEBOOK)

.   Recipe

Convert the given Recipe to serving of 100 and 200.

Serving of 25	Serving of 100	Serving of 200
2 cups of flour		
2 tsp. baking powder		
1/2 tsp. salt		
2/5 tsp. cinnamon		
1/2 cup of margarine		
1/4 cup chopped nuts		
4/8 cup orange juice 1 tsp. grated orange peel		
2/4 cup shredded coconut		
1 egg beaten		