

HOLIDAY HOMEWORK

CLASS VI



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ENGLISH

You are all alone in the house for a day, with no one to be there till evening. How would you spend your whole day in a constructive manner? Visualize and express your thoughts in a paragraph of about 120-150 words.

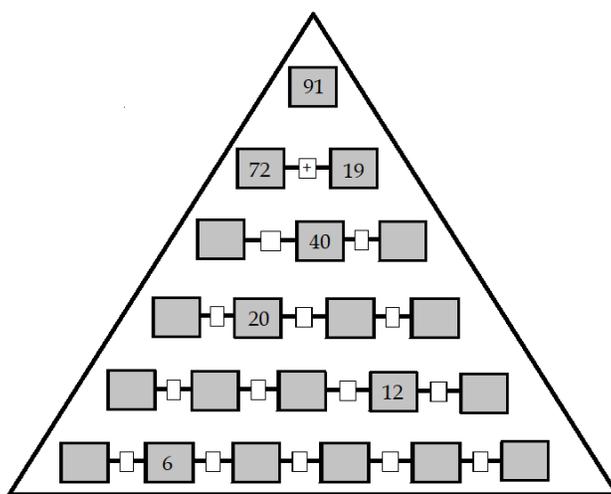
HINDI

अपनी कल्पना शक्ति एवं रचनात्मक अनुभवों का समावेश करते हुए एक स्वरचित कहानी लिखिए। जिसमें निम्नलिखित शब्दों का समावेश आवश्यक है :-

जंगल, व्यापारी, वृक्ष, विशाल, सिंह, विश्राम, नदी, सुरक्षा, सुनसान, मार्ग, क्रोध, राजा, सिपाही, सेनापति, सम्पत्ति, घोषणा, न्याय, घुड़सवार, शक्तिशाली, बुद्धिमान, संतुष्ट, प्रसन्न, प्रशंसा, उपहार, संतोष

MATHEMATICS

NOTE: Students can draw this figure on a sheet of paper and then solve this number pyramid.



- There are 21 big squares for the numbers and 15 small squares for the operation signs.

- Each big square must have a number that is the sum or difference of the numbers on the squares just below it. The small squares must carry the necessary operation signs.
- Some of the big squares and a small squares are filled with numbers and a sign. Use these as hints to fill the rest of the big squares and the small squares to complete the pyramid.

SCIENCE

Components of the Food

We always learn to eat good food in the balanced way because we know our body needs the adequate amount of all the nutrients for various metabolism. Here we have some cases regarding good food habits . Suggest some better way to overcome some unhealthy eating habits.

Read out the following situations and answer the provided questions.

Case 1 –

Scott is a Grade 12 student who appears confident, and is often loud and boisterous. Scott enjoys online gaming and spends most of his time in front of the computer. His mom works evenings, so he and his brother make their own suppers. Snack foods, such as chips, chocolate bars, and desserts, are part of his daily food intake. He eats a lot of fast foods and quickly prepared dinners. With graduation and the formal only three months away, Scott is concerned about his lifestyle, as he will be living on his own in the fall.

1. Is three months a realistic time frame for Scott to make changes before graduation day? Why or why not?
2. What are some suggestions you could give to Scott about his eating habits?
3. How could you encourage him to make healthier choices?

Case 2 -

Shafiq has always been a little self-conscious about his smaller size. In Physical Education class, he has developed his own weight-training program and has maintained it for three months. Every day except Friday, he works out for an hour using the weights. Shafiq is pleased to see the increase in muscle definition in both his arms and abdominal muscles and hopes that soon he'll

gain some weight too. Some of his friends recommended Creatine, a vitamin supplement, and protein powder to help build more muscle, so he takes them faithfully every morning, with his breakfast. To build up even further, Shafiq is into the habit of buying a donut on the way to school, snacking on cookies and chips after lunch, and then buying a hamburger on the way home. After supper, Shafiq lifts his weights. He is usually so hungry after his workout that he makes himself a big cold-meat and cheese sandwich. His mom is constantly amazed at the quantity of food he eats.

1. What improvements would you recommend in Shafiq's nutrition intake?
2. How is his belief that he needs to control his size and shape affecting his eating/nutritional habits and physical activity patterns?

SOCIAL STUDIES

Fundamental Rights

There are some basic rights that are very well-known as fundamental to human existence and crucial for human expansion. In the absence of fundamental rights, a man's existence would be worthless. So, the political institution's role and responsibility mainly emphasized on empowering the people, especially the minorities to live in dignity with rights of equality, dignity and religious freedom. Fundamental Rights have been classified into 6 categories that are Right to Equality, Right to Freedom, Right against Exploitation, Right to Freedom of Religion, Cultural and Educational Right, Right to Constitutional Remedy.

1. Right to Equality: It includes equality before law, prohibition of discrimination on grounds of race, religion, gender, and caste or birth place. It also includes equality of opportunity in matters of employment, abolition of untouchability and titles.

2. Right to Freedom: The Right to Freedom is one of the Fundamental Rights guaranteed by the Constitution of India. The right to freedom gives citizens basic freedom with respect to speech and expression, form associations, freedom of personal liberty, freedom to live a life of dignity, etc

3. Right Against Exploitation: It prohibits the exploitation or misuse of service by force or inducement in the following ways. It prohibits human trafficking i.e. it criminalises buying and selling of human beings like a commodity.

4. Right to Freedom of Religion: Everyone has the right to freedom of thought, conscience and religion; this right includes freedom to change his religion or belief, and freedom, either

alone or in community with others and in public or private, to manifest his religion or belief in teaching, practice, worship and observance.

5. Cultural and Educational Right: The Cultural and educational Rights preserve the right of any section of citizens to conserve their culture, language or script, and right of minorities to establish and administer educational institutions of their choice.

6. Right to Constitutional Remedies: There is a right in India which states that a person can move to Supreme court if he/she wants to get their fundamental rights protected. This right comes under article 32 for Supreme court an article 226 for the high court.

Q1. Match the following with the given Fundamental Right:

1. Abolition of untouchability	a. Right to Freedom of Religion
2. Reside in any part of the country	b. Right to Constitutional Remedies
3. Prohibition of human trafficking	c. Cultural and Educational Rights
4. Freedom to convert into any religion	d. Right to Equality
5. Every child has the right to get basic education	e. Right to Freedom
6. It helps to secure all the rights	f. Right Against Exploitation

Q2. Write the fundamental right for the given image:

