

BCM SCHOOL, BASANT AVENUE,  
DUGRI ROAD LUDHIANA



***Ek Bharat Shreshtha Bharat***

***Inter-Disciplinary Project***  
***Class – VI***

***Millets of Odisha***



Knowing more about our country provides a foundation for active citizenship and empowers us to contribute positively and take decisions that can shape the future of country.

Let's explore **Odisha- India's Best Kept Secret**

Show your creativity by making a brochure on 'Millets of Odisha'

# General Instructions

- Make the brochure on a scrap book.
- For decoration, use material available at home.
- Use eco friendly products avoiding too much expenditure.
- Brochure must be neat and legible.



# Dear Students

You are at liberty to use your creativity in the presentation of your holidays homework. You can do your homework in any form given below:

- ☐ Video/ Audio clip
- ☐ PPT
- ☐ Model
- ☐ Rap song
- ☐ Story
- ☐ Picture Presentation
- ☐ Infographics
- ☐ Posters
- ☐ Drama
- ☐ Scene creation
- ☐ Magazine
- ☐ Folders
- ☐ Brochure or any other form.

You are also free to submit your holiday homework individually or in group of two or three.



# The Brochure Must Include:

Write down the names of millets grown in Odisha and mention the climatic conditions required to grow them.

- Ragi ( Finger Millet) is a major millet from Odisha. Mention the various nutrients found in Ragi and the health benefits of it .
- रागी से पैन केक बनाने के लिए उस में प्रयोग होने वाली सामग्री की सूची तथा विधि लिखें और इसे बनाते हुए वीडियो भी बनाएं।
- ਤੁਸੀਂ ਪੰਜਾਬ ਦੇ street food ਨੂੰ ਬਹੁਤ ਪਸੰਦ ਕਰਦੇ ਹੋ ਤੇ ਭਾਰਤ ਦਰਸ਼ਨ ਦੇ ਦੌਰਾਨ ਉੜੀਸਾ ਦੇ Street Food, ਜੋ ਬਾਜ਼ਰੇ ਦੀ ਵਰਤੋਂ ਕਰਦੇ ਹੋਏ ਬਣਦੇ ਹਨ, ਉਹਨਾਂ ਬਾਰੇ ਜਾਣਿਆ, ਦੱਸੋ ਕਿ ਉਹ ਕਿਹੜੇ- ਕਿਹੜੇ ਹਨ ਅਤੇ ਉਹਨਾਂ ਦੀਆਂ ਤਸਵੀਰਾਂ ਸਹਿਤ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਇੱਕ Menu ਤਿਆਰ ਕਰੋ।
- Make a video in ADOBE SPARK software
- Theme: Natural vegetation and wild life in Odisha
- (Note-Duration of video - 3-4 minutes)

OR

- Make PPT in Canva (Note- Minimum slides in PPT – 15)
- Theme: Natural vegetation and wild life in Odisha
- Millet is a good source of protein, fiber, key vitamins, and minerals. The potential health benefits of millet include protecting cardiovascular health, preventing the onset of diabetes, helping people achieve and maintain a healthy weight, and managing inflammation in the gut. The following table Shows nutritional values of different types of millets grown in Odisha.





Crop / Nutrient	Protein (g)	Fat (g)	Fiber (g)	Minerals (g)	Iron (mg)	Calcium (mg)	Calories (kcal)
Pearl Millet <i>Pennisetum glaucum</i>	10.6	4.8	1.3	2.3	16.9	38	378
Finger Millet <i>Eleusine coracana</i>	7.3	1.5	3.6	2.7	3.9	344	336
Foxtail Millet <i>Setaria italica</i>	12.3	4	8	3.3	2.8	31	473
Kodo Millet <i>Paspalum scrobiculatum</i>	8.3	3.6	9	2.6	0.5	27	309
Little Millet <i>Panicum sumatrense</i>	7.7	5.2	7.6	1.5	9.3	17	207
Barnyard Millet <i>Echinochloa spp.</i>	11.2	3.9	10.1	4.4	15.2	11	342
Sorghum <i>Sorghum bicolor</i>	10.4	3.1	2	1.6	5.4	25	329
Proso Millet <i>Panicum miliaceum</i>	12.5	2.9	2.2	1.9	0.8	14	356
Rice <i>Oryza sativa</i>	6.8	2.7	0.2	0.6	0.7	10	362
Wheat <i>Triticum</i>	11.8	2	1.2	1.5	5.3	41	348

Based on above information, answer the following questions:

- A) Arrange the types of millets in ascending order according to their calcium content.
- B) Round off their calories content to the nearest 10s.
- C) Check whether above protein contents are divisible by 2 or not? (Use divisibility rule)
- D) Find prime factorization of calories content of Proso Millet .
- E) Find HCF of calcium content of Finger millet and pearl millet and check whether they are co-prime or not.





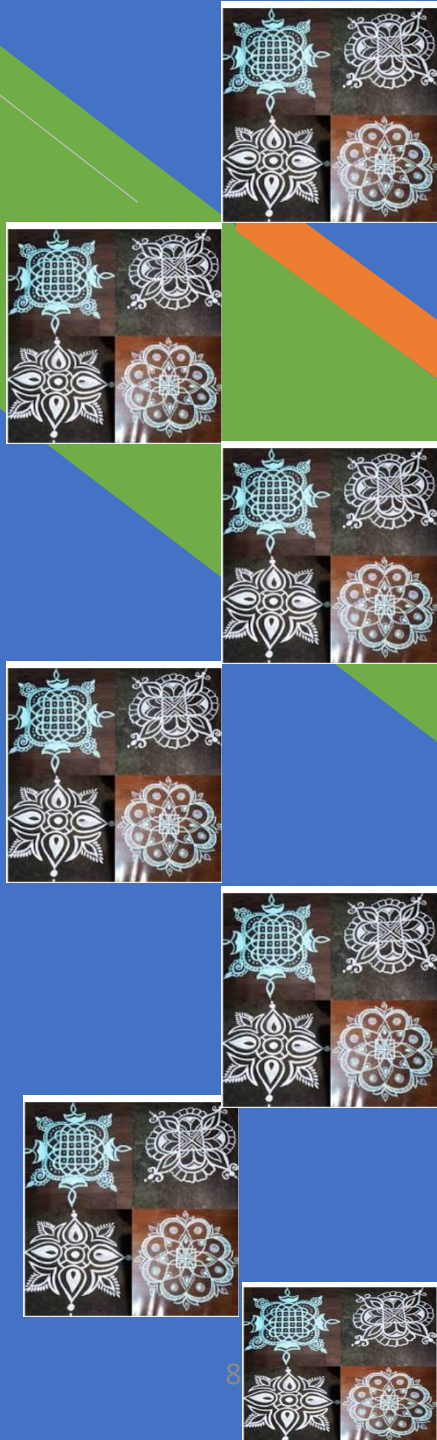
*Odisha runs a ‘Meal in Exchange for Plastic Waste Program’. The programme entails a meal for anyone who brings a kilogram of used polythene bags, plastic bottles and cups, officials said, adding, it is being carried out under the State government’s ‘Aahar’ scheme. But in Punjab we don’t have any such program ,lets analyze the kind of plastic waste generated through the food packaging*

*Visit any food court of supermarket and make a list of all kinds of packaging used for various kinds of food products e.g. Cans, Tetra Packs, Plastic Bottles etc. Make a table of these items as shown below and write against each item whether packaging is recyclable or one time usable plastic.*

<i>Food item</i>	<i>Packaging type</i>	<i>Recyclable /one time use</i>

***GROCERY CLOTH BAG MAKING:** Make a grocery cloth bag or you can purchase a cloth bag from supermarket and paint it with JHOTI CHITA, MURUJA ART. Purpose of making bag is to encourage sustainable living. Following link will guide you how to stitch the bag.*

*<https://www.needlepointers.com/main/youtubecontent.aspx?youtubecontentid=7>*





# Link For Your Reference :

[https://youtube.com/shorts/bs\\_T\\_TSJ-pk?feature=share](https://youtube.com/shorts/bs_T_TSJ-pk?feature=share)

