



BCM SCHOOL BASANT AVENUE

HEALTHY

FOOD

CLASS - III

SUMMER

HOLIDAY HOMEWORK



Note:

All the students are requested to grow a sapling and nurture it. That would be a small contribution from your side to the nature.

General Instructions:

- To inculcate the love towards nature, tell your parents to help you in watering the plants daily.
- Play outdoor games. Make friends.
- Keep a bowl of water in your balcony/ terrace to quench the thirst of birds.
- Holiday homework is compulsory for all the students.
- Compile the Holiday Homework in a beautifully decorated Scrap Book.
- Submit your holiday homework to the Class Incharge after holidays.

'Great Communication begins with Connection.'

Dear parent, summer vacations is the most appropriate time to develop a wonderful bond with the child and enhance the speaking skills of the child along with basic mannerisms. Encourage your ward to use the following statements in daily conversations-

- Greeting elders by saying Namaskar
- May I go out to play?
- Can I invite my friends to spend the evening together?
- Hello papa, how are you feeling today?
- Mumma, how can I help you in household work?
- What did you do over the weekend?
- Say SORRY - When you make a mistake or accidentally hurt someone's feelings.
- Say THANK YOU - When someone does something kind or helpful for you.
- When someone gives you a gift or does something thoughtful.





SQUEEZE , SWIRL & SPEAK

Students need to prepare a glass of lemonade and record a video. In the video, they need to speak 5-6 lines about their recipe including

1. Self introduction and recipe's name (give it a catchy name)
2. Ingredients used
3. Steps of preparing the recipe

The video should be uploaded on the WhatsApp group of your class. You can refer the video through this link:

https://youtu.be/VO_H91cdI3k?feature=shared

“When life gives you lemons, make lemonade.”

-Elbert Hubbard



स्वस्थ भोजन का जादू

गतिविधि

स्वस्थ भोजन से तात्पर्य ऐसे भोजन से है जिसमें हमारे शरीर को फिट रखने के लिए सही मात्रा में पोषक तत्व होते हैं। ज़रूरत है खुद को स्वस्थ रखने के लिए स्वस्थ भोजन की। आइए विद्यार्थियों इस खूबसूरत कहानी की मदद से इस बात को समझें।

https://youtu.be/94_yNG2HXEA?si=hp71WiJE_xNRttF4



छात्र गट्टू द्वारा खाए गए खाद्य पदार्थों को गट्टू की टोकरी में और चिंकी के पास वाले खाद्य पदार्थों को चिंकी की टोकरी में बनाएंगे। गतिविधि को SCRAP BOOK पर बनाया जा सकता है।

1. Saturday Market Adventures-

On a Saturday morning, you and your parents would embark on a delightful journey to the local market. As you stroll through the market, make the choice of fruits and vegetables you want to buy. Note down the quantity of each item bought and the price in your notebook as per the table given



S.No.	Fruits/ Vegetables bought	Quantity	Price



ROHAN'S MARKET ADVENTURE

- Rohan also went on a market adventure. Now help Rohan in solving some fun questions.



S.No	FRUITS BOUGHT	PRICE/kg	QUANTITY
1	PEACH	82	3 kg
2	MANGO	100	5 kg
3	WATERMELON	65	2 kg



Q-1 Answer the following questions.



A) Who bought more mangoes? Rohan or you.

B) Which fruit did Rohan buy in the maximum quantity, compare it with the fruit you bought in maximum quantity using $<$, $>$ or $=$ sign.

C) The price of watermelon is Rs. 65. What is the place value of 6 in 65.

D) Complete the series by skipping 2s beginning from the cost of peach.

E) Write the number that comes before the price of mango (Rs. 100).

F) Write the number that comes after the price of watermelon (Rs. 65).

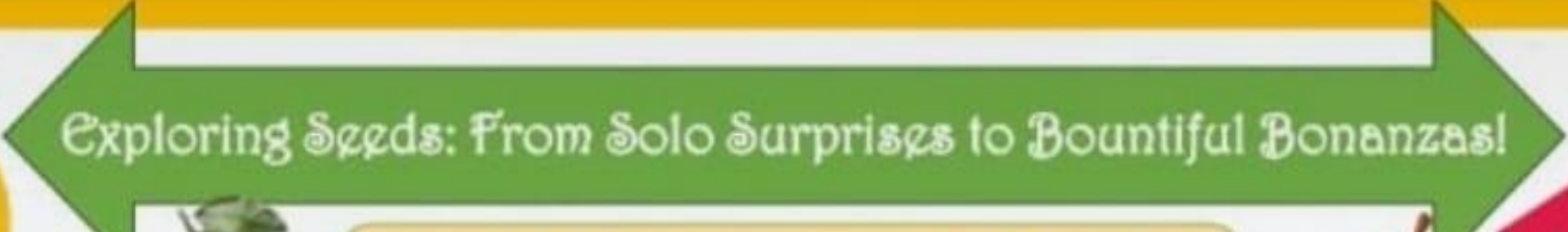
G) The total weight of fruits bought by Rohan is _____ kg.

H) The total money spent by Rohan is _____ and total money spent by you is _____.

Compare the amounts using $<$, $>$ or $=$ sign.

I) Who spent more money and by how much?





Exploring Seeds: From Solo Surprises to Bountiful Bonanzas!



Some fruits have one seed, others have a bunch, Lets explore them all, And take a hunch !

ACTIVITY SEED SORTING

Collect some summer fruit seeds like watermelon, papaya, apple, etc and sort them into different groups based on their size shape or colour. Put them in transparent pouch and staple them in your Scrap Book.

Some fruits have one seed, some fruits have few seeds and some fruits have many seeds. Some fruits have seeds inside whereas some fruits have seeds on the skin.

"Quirky Trivia"
Seeds are like tiny, magical packages inside fruits. When we plant them in soil and give them water and sunlight, they grow into big, beautiful plants!

Let's try to say this tongue twister:
Mike makes mango marmalade

Activity: Seed Art

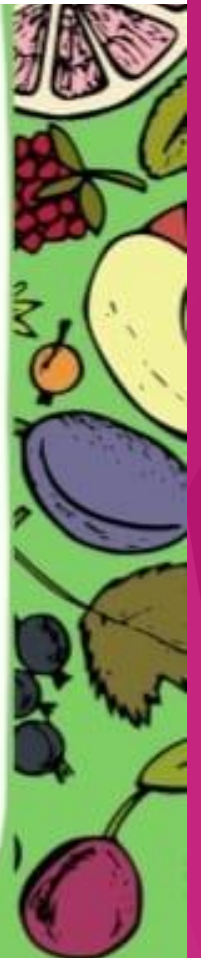
Create a collage or scene or a picture using seeds from different summer fruits collected after eating the fruits. You may use colours to complete the Art work.

ACTIVITY Food Taste Test

- Take chopped fruits and vegetables.
- Taste them one by one.
- Make a table mentioning the taste (sweet, sour, bitter) of atleast 5 fruits or vegetables tasted by you.

S.No.	FRUIT	TASTE
1		
2		
3		
4		
5		

- Make sentences using the 5 fruits tasted.
- The above activities will be done in English ScrapBook
- Students will write one page of English handwriting everyday in a separate notebook. Notebook will be submitted with HHW.



ਗਰਮੀਆਂ ਦਾ ਤੋਹਫਾ- ਮੈਂਗੋ ਆਈਸਕ੍ਰੀਮ

ਗਰਮੀਆਂ ਦਾ ਮੁੱਖ ਫਲ ਅੰਬ ਹੈ। ਆਓ ਅਸੀਂ ਸਿੱਖਦੇ ਹਾਂ ਕਿ ਅੰਬਾਂ ਤੋਂ ਆਈਸਕ੍ਰੀਮ ਕਿਵੇਂ ਬਣਦੀ ਹੈ। ਇਹ ਨਾ ਸਿਰਫ ਬਹੁਤ ਸਵਾਦ ਬਣਦੀ ਹੈ ਪਰ ਇਹ ਇੱਕ ਮਜ਼ੇਦਾਰ ਗਤੀਵਿਧੀ ਵੀ ਹੈ ਜੋ ਸਾਨੂੰ ਕੰਮ ਕਰਨ ਦਾ ਹੁਨਰ ਵੀ ਸਿਖਾਉਂਦੀ ਹੈ। ਇਸ ਨੂੰ ਤੁਸੀਂ ਆਪਣੇ ਪਰਿਵਾਰਿਕ ਮੈਂਬਰਾਂ ਦੀ ਸਹਾਇਤਾ ਨਾਲ ਬਣਾਓ।

“ਮੈਂਗੋ ਆਈਸਕ੍ਰੀਮ” ਬਣਾਉਣ ਦਾ ਤਰੀਕਾ ਦਿੱਤੇ ਗਏ ਲਿੰਕ ਦੇ ਵੀਡੀਓ ਵਿੱਚ ਦੇਖੋ:

<https://youtu.be/6mLDWInd75U?si=QdcKcxkxGR0Phar8>

ਲਾਭ- ਅੰਬ ਸਿਹਤ ਲਈ ਲਾਭਦਾਇਕ ਹੁੰਦੇ ਹਨ। ਇਹ ਵਿਟਾਮਿਨ ਸੀ ਨਾਲ ਭਰਪੂਰ ਹੁੰਦੇ ਹਨ। ਇਹ ਦਿਲ ਦੀਆਂ ਬਿਮਾਰੀਆਂ ਹੋਣ ਤੋਂ ਬਚਾਉਂਦੇ ਹਨ। ਤੁਸੀਂ ਇਸ ਵਿਧੀ ਨੂੰ ਪੰਜਾਬੀ ਵਿੱਚ ਬੋਲਦੇ ਹੋਏ ਆਪਣੀ ਵੀਡੀਓ ਬਣਾਓ ਅਤੇ ਇਸ ਸਵਾਦ ਭਰੀ ਆਈਸਕ੍ਰੀਮ ਨੂੰ ਬਣਾਉਣ ਦੇ ਤਰੀਕੇ ਨੂੰ ਆਪਣੇ ਪਰਿਵਾਰ ਅਤੇ ਦੋਸਤਾਂ ਨਾਲ ਸਾਂਝਾ ਕਰੋ।

