



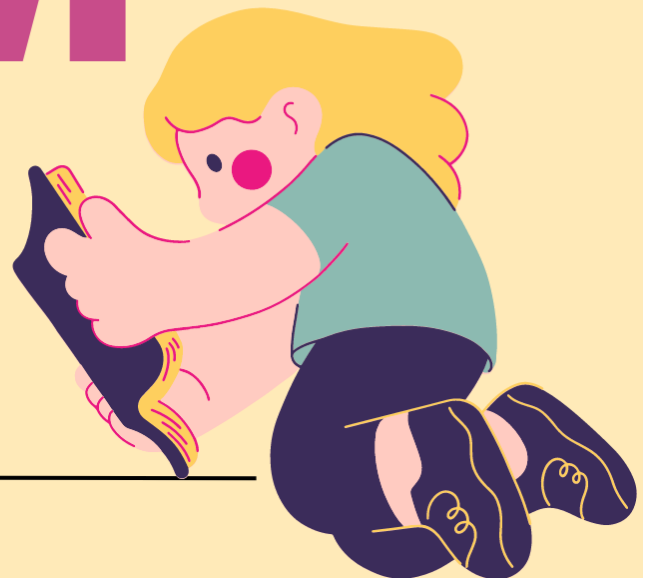
IMPERIAL HERITAGE SCHOOL
SECTOR-102, GURUGRAM

SESSION 2024-25



HOLIDAY HOMEWORK

**GRADE
VI**



"Celebrate the magic of summer vacation, where every day holds the promise of adventure and every moment is a memory in the making."

**Dear Parents
Greetings!**

Summer vacation is a time to escape the confines of the classroom and immerse ourselves in the wonders of the world around us. Whether it's exploring exotic destinations, embarking on outdoor adventures, or simply enjoying the freedom of lazy days spent with friends and family, summer vacation is a cherished time filled with possibilities.

Summer Vacation is the time for the children to explore their multitude interest and indulge in various activities and projects which would lead to their all-round development. We have designed the Holiday Homework in such a way that their creative and hidden talents are surfaced and they will also be able to develop skills like relating, thinking, concluding, inferring etc. With a little creativity and an open mind, the possibilities for a fulfilling summer vacation are endless.

As we reflect on the memories made and the experiences shared during our summer adventures, let us carry the spirit of vacation with us into the new school year. Let us approach each day with a sense of curiosity and wonder, eager to learn and grow from the world around us. And let us never forget the joy and freedom that summer vacation brings, reminding us of the endless opportunities that await us each and every day.

So here's to summer vacation – may it be filled with laughter, adventure, and unforgettable memories that will last a lifetime.

Summer parenting can be both rewarding and challenging, as it often involves balancing work, childcare, and making the most of the season's opportunities for fun and relaxation.

Here are some vital suggestions for navigating summer parenting:

- **Create a Schedule:** While summer is a time for relaxation, having a schedule can help maintain consistency and structure for both you and your children. Include time for activities, chores, meals, and downtime.
- **Plan Engaging Activities:** Keep your children active and engaged with a variety of activities such as outdoor sports, yoga, exercise, arts and crafts, nature walks, swimming, and visits to local parks or museums.
- **Encourage Independence:** Use the summer as an opportunity for your children to develop independence and responsibility. Allow them to make choices, take on age-appropriate tasks, and solve problems on their own.
- **Limit Screen Time:** While it's tempting to let children spend hours on electronic devices, set limits on screen time and encourage other forms of entertainment and learning, such as reading, imaginative play, and outdoor exploration.
- **Maintain Learning:** Incorporating learning activities into your child's routine. This can include reading a book, writing practice in the languages, taking dictation, reading dictionary for new words, practicing math skills etc.
- **Model Self-Care:** Show your children the importance of self-care by prioritizing your own well-being. Make time for relaxation, exercise, meditation, hobbies, and spending quality time with family and friends.
- **Communicate Openly:** Keep the lines of communication open with your children, and encourage them to express their feelings, concerns, and ideas. Listen actively, validate their emotions, and work together to find solutions to any challenges that arise.

Smart tips for Homework Assignments:

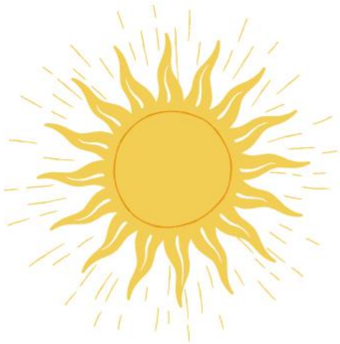
- Originality of the work will be appreciated.
- Schedule your time for activities so that there is no piling up for the last moment.
- Read the instructions for each subject carefully.
- Holiday Homework is a part of subject enrichment and will be assessed as per the given parameters.
- A beautiful handwriting makes a good impression. Submit your work neatly.
- Parents are requested to only guide their children while doing their assignments.
- Please maintain the quality of work done.
- Present your assignments creatively

Rubrics to assess Holiday Assignments:

Content	Presentation	Relevance	Creativity	Originality	On-time Submission
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Let us all feel the summer vibes with a poem written by 'Christina Rossetti' ...

SUMMER EMBRACE



In the golden glow of a sun-kissed day,
Summer arrives in its splendid display.
School doors close, and children cheer,
As vacation whispers, "The time is here!"

No more pencils, no more books,
Just endless days with curious looks.
From sandy shores to mountain peaks,
Adventure awaits, with no time to be meek.

Underneath a cerulean sky so vast,
Memories are made, moments that last.
Splashing in rivers, climbing trees,
Chasing fireflies in the evening breeze.

Ice cream cones and lemonade stands,
Footprints left in soft, warm sands.
Picnics in parks, laughter in the air,
Summer vacation, beyond compare.

From dawn till dusk, and into the night,
The world is ours, an endless delight.
With friends by our side, and dreams in our heart,
Summer's embrace, never to depart.

So, let's dance in the sun, and sing with glee,
For summer vacation sets us free.
In this season of joy, let's make our stand,
Embracing the magic of sun-kissed land.



Happy
holidays

Wishing all of you a very joyful, safe and fun packed summer break.
Happy Holidays!

Best Regards
Ms. Neelu Sharma
Principal

TOPIC:

EVOLUTION OF FOOD

Embark on a captivating journey through the culinary landscape of India, where flavours weave a tale of heritage and innovation. From the ancient Indus Valley civilization to the vibrant streets of modern metropolises, each dish whispers secrets of tradition and adaptation. Witness the fusion of indigenous spices with foreign influences, creating a symphony of taste that delights the senses. Explore the diverse regional cuisines, each a reflection of the land's bounty and cultural tapestry. Join us as we unravel the evolution of food in Indian society, a journey steeped in history, tradition, and the relentless pursuit of culinary excellence. Through this carefully crafted Holiday Homework, you will get an opportunity to dive into the magical land and learn more about the captivating journey of Indian cuisine.



ENGLISH

1. MY EATWELL PLATE

Look at the image given below.



Write a paragraph in 120 - 150 words on the topic *MY EATWELL PLATE*. Use the following prompts to write the paragraph:

1. Importance of good diet for a youngster
2. Healthy food - gives energy, protects from diseases and builds immunity
3. Home cooked food, non-fried, and less sugary
4. Evolve junk food into healthy food at home
5. Effect of advertisements on food habits
6. Maintain hygiene while eating
7. More fruits and liquids

2. DO-IT-YOURSELF FOOD ALBUM

A. Create a FOOD ALBUM. It should have 2 sections.

Section A: Recipes: Include recipes of the following items along with pictures.

- a. Two summer drinks
- b. Two main courses
- c. One sweet dish
- d. Any fruit based or vegetable salad
- e. A healthy breakfast item

Section B: EVOLUTION OF FOOD: Show any 3 international / regional dishes that are cooked differently in India. Example: Paneer pizza - pizza does not have cottage cheese as topping in Italy, but it is eaten in India. Paste pictures of the original food item and its place of origin and how it is consumed in India.

Instructions for food album:

1. All recipes to mention ingredients, method and any storage method

2. At least 1- 2 pictures (you can click the picture after you cook it yourself)
3. Write the cooking method using Present Tense and modals. Example 1: Rice *should (modal)* be soaked for 1 hour before cooking. Example 2: *Soak (present tense)* rice for 1 hour before cooking.
4. **Vocabulary related to food :** <https://www.teflcourse.net/english-grammar-corner/glossary-of-esl-cooking-terms/> and <https://images.app.goo.gl/BCs3T5R6hy4RXH7P6>

3. MANIPURI DINNER PARTY!

1. Read the following article <https://shorturl.at/bIL13>
2. Read the following article <https://shorturl.at/noCGQ>
3. Create an attractive menu card by taking any 5 food items from the websites.

Instructions for the menu card: Invite your friends for dinner. Describe the food items as attractively as possible. Write the name and its description in 1-2 sentences. Use adjectives.

HINDI



खाने के विकास को देखने के लिए, पहले हमें इस विषय पर शुरू से दृष्टि डालने की आवश्यकता है जैसे कि शुरुआत में हम सभी प्रकार के प्रकृति व जीव-जंतुओं से भिन्न-भिन्न प्रकार के भोजन प्राप्त करते थे। जैसे कि पशुओं का शिकार करके उनसे तरह - तरह के व्यंजन बनाना फिर, धीरे-धीरे इंसानी समाज के विकास के साथ, खाने की विधि में भी बदलाव आया और खेती का विकास हुआ, जिससे हमें अनाज और सब्जियाँ मिलने लगी। फिर, रसोई घर के विकास ने भी खाने की प्रक्रिया को बदल दिया। आज, हमारे पास मॉडर्न खाने की तकनीक है, जिसमें फास्ट फूड, प्रोसेस्ड फूड, और रेडी-टू-इट भोजन शामिल है। इसके अलावा, वैज्ञानिक अनुसंधान और तकनीक ने भोजन के विकास को और भी बेहतर बनाया है, जैसे कि जेनेटिक इंजीनियरिंग से इम्प्रूव्ड क्रॉप्स, फूड प्रेज़रवेशन तकनीकें, और आर्टिफिशियल फ्लेवर्स का इस्तेमाल। इस प्रकार, हम देख सकते हैं कि किस तरह से इंसानी समाज और उसकी ज़रूरतें बदल रही हैं, और किस तरह से भोजन के विकास ने इस पर प्रभाव डाला है।

1. भारत में प्राचीन समय के खाने में और आधुनिक समय के खाने में क्या - क्या बदलाव आए हैं?
A4 Size Sheet पर विस्तृत वर्णन कीजिए ।
2. हरियाणा और मणिपुर के कुछ प्रसिद्ध व्यंजनों का चित्र A4 Size Sheet पर बनाते हुए दोनों प्रदेशों के खान पान में अंतर बताएँ ।
3. स्वस्थ मानव शरीर के लिए पौष्टिक भोजन पर आधारित A4 Size Sheet पर एक कविता या एक हास्य कविता लिखें ।

MATHS



1. “My Favourite Cuisine and its Nutritive Value”.

Make a collage on A3 size sheet following the steps given below

- a) Paste a picture of your favourite cuisine.
- b) Write the names of ingredients used in your favourite dish from the cuisine.
- c) Make a table of nutritional facts for that dish.

2. Choose any famous food of Manipur. Paste its picture and write its ingredients along with the nutritional facts as shown in example below on an A4 sheet.



3. Choose any 5 food items and compare their price twenty years back with today's price. Also paste pictures of those food items. Use an A4 sheet to present your answer.

SCIENCE

1. RESEARCH PROJECT

Find out about *any two* main food items eaten by people in **Manipur, Haryana, Rajasthan and Assam**. *Write their names, ingredients, sources and paste the respective pictures* in front of these food items. Prepare this state wise list on A4 size sheets.



2. **Art integration activity**

Design a bookmark based on the slogan” **Jai Jawan Jai Kisan**”.(In the shape of a leaf, flower or any other part of plant)

3. **Tabulation**

Prepare a table in the Science note-book for about 10 different **vitamins** and 7 **minerals**. Write their **sources, functions and the deficiency diseases** caused by these (due to lack of these nutrients in our body).

SOCIAL STUDIES

“Indian food is an art that integrates flavours, cultures, and emotions.”



1. "Around the World," Culinary Showcase Event: -

Traditional vs. Modern Cuisine: Students will research and explore traditional dishes, modern interpretations, and fusion recipes from various cultures and cuisines and prepare a recipe book of any one traditional dish, one modern dish and one fusion dish with special mention of the ingredients, cooking methods, presentation, and flavour balance.

OR

Globalisation and Fusion Cuisine: The students will explore the impact of globalisation on Indian food culture, including the rise of fusion cuisine and the adoption of international culinary trends. Students can analyse how Indian cuisine has adapted to meet changing tastes and preferences in a globalised world and prepare a recipe book of any three dishes from globalised/fusion cuisine with special mention of the ingredients, cooking methods, presentation, and flavour balance.



2. Exploring India's Food Diversity: To understand how factors such as geography - terrain, soil; climate - hot, moderate humid, cold and history- invasions, colonialism, migrations and trade routes have influenced the food traditions of the Seven Sister States in India. The students can create posters and visual aids to complement their research. Posters can feature maps of the states, photographs of regional dishes, ingredient lists, and cultural symbols related to food. Students will choose one or more north east states of India.



3. Region and Cultural Influences: Festivals like Baisakhi in Haryana and Yaoshang in Manipur play a vital role in preserving cultural heritage through food. These festivals are celebrated with traditional dishes that hold symbolic significance and bring communities together. Investigate how region and cultural practices have shaped Indian food culture and create **a photo album/Scrapbook Album/ Digital Photo Book- a photo book online using platforms like Shutterfly, Snap fish, or Mix book.**

Note:-

In the photo album, you can capture images of people preparing traditional dishes, vibrant festival celebrations, colourful ingredients, and the joyous atmosphere of communal dining. Each photo can be accompanied by a brief description highlighting the cultural significance of the food or festival depicted. Through this project, you can showcase the rich culinary and cultural heritage of Haryana and Manipur while emphasising the importance of preserving and celebrating these traditions for future generations.

SANSKRIT

- (1) हरियाणा और मणिपुर राज्य के प्रमुख चार-चार व्यंजनों के संस्कृत में नाम लिखते हुए A3 सीट पर दो कॉलेज के माध्यम से दर्शाए।
- (2) कोई भी संस्कृत कथा चित्र सहित चार्ट पर दर्शाए।
- (3) रचनात्मक विधि का प्रयोग करते हुए राम अकारांत पुल्लिंग शब्द रूप और पुस्तक नपुंसकलिंग शब्द रूप, पठ् और लिख् धातु रूप अपनी उत्तर पुस्तिका में लिखें।



FRENCH

1. Préparer une affiche(chart) sur la cuisine française (food, cheese, wine etc.)
2. Write the conjugation of *être*, *avoir*, *aller* and 10 *Er* verbs in a French notebook.
3. Écrivez tous les articles sur une feuille de format A4 et écrivez leurs règles. (Write all the articles on an A4 sheet and write their rules.)



COMPUTERS

An eBook, short for 'electronic book,' is a digital form of a printed book designed to be read on devices like computers, tablets, or smartphones. eBooks are vital marketing assets with multiple digital 'pages' that deliver information to its reader.

Create an eBook using Book creator, showing traditional Indian food. Students can use images and videos. Once done students are required to upload link on teams.

