

केन्द्रीय विद्यालय वायु सेना स्थल बागडोगरा

ग्रीष्मकालीन अवकाश गृह कार्य

विषय – हिन्दी ,कक्षा – 6

निर्देश:-सभी विद्यार्थी यह कार्य ग्रीष्मकालीन अवकाश में कार्य फाइल में करेंगे।

1.चिड़िया के अलावा आपको कौन – सा पक्षी अच्छा लगता है ? उसका चित्र बनाइए।

2.आपके आसपास खाने में कौन – कौन से व्यंजन प्रचलित है

उनकी सूची बनाइए।

3.अपने बचपन की कोई मनमोहक घटना को विस्तार से लिखिए।

वह चिड़िया जो पाठ को याद करना है।

• ग्रीष्मकालीन-अवकाश-गृहकार्यम् •

विषय- संस्कृतम् कक्षा- VI

1. उल्लिखितानि शब्दरूपाणि धातुरूपाणि च अभ्यास-पुस्तिकायां लिखत पठत च । [उल्लिखित धातुरूप और शब्दरूप को नोटवुक मे लिखो और पढ़के याद करके आना हे]

शब्दरूपाणि - बालक , बालिका ,पुष्प

धातुरूपाणि - पठ् , गम् , स्था

• (लट् , लृट् , लङ् लकारः)

SUMMER VACATION ASSIGNMENT

CLASS – VI

SUBJECT – SCIENCE

Q1. What are the roles of

- (a) carbohydrates
- (b) fats
- (c) vitamins and
- (d) minerals.

Q2. One day you were busy from morning to evening. You couldn't have your lunch. How did you feel? Elaborate your experience.

Q3. While playing in a park in evening Rahul observed very colourful butterflies and bees sitting on the flowers. He wondered why these insects are sitting on flowers only. His friend Rohan explained the reason to him.

- (a) Name some food products that we obtained from animals.
- (b) Why were butterflies and insects sitting on the flowers?
- (c) Name the nutritive constituents of the product.

Q4. People who eat sea-food do not suffer from Goitre. Explain.

Q5. Excess intake of fats is harmful for the body because it causes obesity. Would it be harmful for the body to take too much of proteins or vitamins in the diet?

Q6. Differentiate between herbivores, carnivores and omnivores. Give two examples of each.

Q7. How will you test for protein in a food sample?

Q8. What is anaemia? Explain.

Q9. Name the food needed:
for strong bones and teeth
to prevent scurvy
to avoid constipation
for warmth
for growth.

Q10. Which among the following provides maximum roughage to the diet if taken in equal amount?

Egg, cucumber, grapes, cabbage.

Q11. While using iodine in the laboratory, some drops of iodine fell on Paheli's socks and some fell on her teacher's saree. The drops of iodine on the saree turned blue black while their colour did not change on the socks. What can be the possible reason?

Q12. A mineral causes scurvy when it is not present in sufficient concentration.

Name this mineral.

What are the symptoms associated with this disease?

Also list few sources of this mineral.

Q13. Here are three strips. You have to draw and paste them in figure at three places 1, 2 and 3

.At which place will you paste each strip?

Protein rich food

Carbohydrate rich food

Fat rich food.

Q14. Name two food materials which contain a lot of water.

Q15. Write the sources and deficiency diseases of the vitamins A, B, C, D, E and K.

CBQ-1

Q16. The food we normally eat in a day is our diet. For growth and maintenance of good health, our diet should have all the nutrients that our body needs, in right quantities. Not too much of one and not too little of the other. The diet should also contain a good amount of roughage and water. Such a diet is called a balanced diet. Pulses, groundnut, soybean, Sprouted seeds (moong and Bengal Gram), fermented foods (South Indian Foods such as idlis), a combination of flours (missi roti, thepla made from cereals and pulses), banana, spinach, Sattu, jaggery, available vegetables and other such foods provide many nutrients.

Eating the right kind of food is not enough. It should also be cooked properly so that its nutrients are not lost. But there are some nutrients that get lost in the process of cooking and preparations. If the vegetables and fruits are washed after cutting or peeling them, it may result in the loss of some vitamins.

The skins of many vegetables and fruits contain vitamins and minerals. Similarly, repeated washing of rice and pulses may remove some vitamins and minerals present in them. We all know that cooking improves the taste of food and makes it easier to digest. At the same time, cooking also results in the loss of certain nutrients. Many useful proteins and considerable amounts of minerals are lost if excess water is used during cooking and is then thrown away. Vitamin C gets easily destroyed by heat during cooking. Also it can be very harmful for us to eat too much of fat rich foods and we may end up suffering from a condition called obesity.

Que.1) An example of fermented food item is

a) Thepla

b) Idli

c) Sattu

d) Sprouted seeds

Que.2) A considerable amount ofAnd..... are lost if we use water in excessive amount during cooking?

a) Vitamins and minerals

b) Proteins and fibre

c) Minerals and proteins

d) Vitamins and fibre

Que. 3) Eating too much of fat rich foods can lead to a condition called obesity?

a) True

b) False

Que.4) What do you understand by the term “balanced diet?”

Que.5) Mention the disadvantages of cooking food?

Q17. Dia prepared lady fingers that taste yummy. She washed the lady finger after she cut them in small pieces and then fried them in excess oil with lots of spices to make it crunchy and tasty. Was her method of cooking correct?

Q18. Choose the correct option-

Oil is rich in _____.(fats/protein)

Lemon contains _____. (Vitamin C /Vitamin D)

Q19. Match the following-

VITAMINS
SOURCES

A

B

C

D
Sun
Lemon
Carrot
Liver

Q20. Make a small mat by weaving with paper strips and paste it in copy.

Q21. Why sunlight is important for our health?

Q22. Prepare a diet chart to provide your balance diet. The diet chart should include food items which are not expensive and are commonly available in your area.

CLASS -VI MATHEMATICS

- 1. Identify the greatest and the smallest in 2853, 7691, 976, 2445.**
- 2. Using digits 0, 1, 2, 3 without repetition make the smallest four digit number.**
3. Determine the sum of the four numbers as given below:
 - (a) successor of 32
 - (b) predecessor of 49
4. Arrange the following numbers in descending order:
8435, 4835, 13584, 5348, 25843
5. Write in expanded form (indian system)
 - (a) 74967
 - (b) 574021
6. state whether the given statements are true (T) or false (F)
 - (i) Every whole number has its successor.
 - (ii) Every whole number has its predecessor.

Summer Vacation Homework

Subject - English

Class - 6

Use the noun form(s) of the words given in the brackets to fill in the blanks.

Megha recently received a lot of appreciation for her _____ in the field of literature.
(creative)

Now that my granny is quite old, she has a very poor _____. (memorable)

Rajeev has very good _____ when it comes to dealing with his annoying older brother.
(tolerate)

There is very little _____ in his writing. (original)

Find the nouns and write the type beside each noun. Write P for proper noun, C for common noun, CO for collective noun, M for material noun and A for abstract noun.

One has been done for your aid.

Rahul is a good boy. (Rahul – P, boy – C)

She has poor focus and attention

Tarun has applied to many colleges across the country.

How much money are you carrying on the trip?

Mumbai is a big city.

The audience seemed much excited to see the singer perform live for the very first time.

Last year, I went to France with my family to spend the summer with our relatives.

Write a paragraph on 'A Memorable Day In Your Life.'

Attempt a thorough reading of the story 'The Friendly Mongoose' from the Supplementary Reader and then write a summary of the same.

Take a careful look at the cartoons below and answer the questions asked.

SUMMER HOLIDAY HOMEWORK
CLASS -6 SUBJECT- COMPUTER

ANSWER THE FOLLOWING QUESTIONS IN BRIEF

Q1) WHAT IS A SOFTWARE? AND WRITE IT'S TYPES.

Q2) GIVE NAMES OF FIVE INPUT AND OUTPUT DEVICES EACH?

Q3) WHAT IS COMPUTER MEMORY? WRITE DIFFERENCE BETWEEN RAM AND ROM?

Q4) WHAT IS WEBSITE AND WEB BROWSER? GIVE EXAMPLES OF BOTH?

Q5) WHAT IS HTML? WRITE IT'S FEATURES.