

ST. MARK'S SR. SEC. PUBLIC SCHOOL
SUMMER HOLIDAY HOME WORK
CLASS VII (2023-24)

THEME : SDG 3 GOOD HEALTH AND WELL BEING



5. Advertisements promoting good health & well-being.
6. Attach the sheet of your creative writing paragraph based on the topic and paste relevant pictures
7. Make any five Quiz cards related to the word 'health' for eg. nutrition, exercise etc. Write one MCQ on each card eg. Choose the correct word for exercise: a. watching tv b. talking c. walking

List of Books that you can read

Harry Potter and Sorcerer's Stone by J.K. Rowling

- Robinson Crusoe by Daniel Defoe
- To Kill a Mockingbird by Harper Lee
- The Time Machine by H.G. Wells
- Little Women by Louisa May Alcott
- Jane Eyre by Charlotte Bronte
- The Good Earth by Pearl S. Buck
- David Copperfield by Charles Dickens
- The Three Musketeers by Alexander Dumas



HINDI

शारीरिक व मानसिक रूप से स्वस्थ रहने के लिए व्यायाम, पर्याप्त नींद, स्वच्छता, ध्यान और मनोविज्ञान आदि जितने महत्वपूर्ण है, स्वास्थ्य को अच्छा रखने के लिए उतना ही महत्व पौष्टिक तथा संतुलित आहार का भी है।

प्रश्न 1 पौष्टिक आहार का अर्थ समझते हुए उसके फायदे लिखें।

प्रश्न 2 संतुलित आहार युक्त भोजन की थाली का आकर्षक प्रस्तुतीकरण चित्र बनाकर अथवा लगा कर करें।



प्रश्न 3 अन्न और मन का आपस में घनिष्ठ संबंध है तभी तो कहा जाता है, 'जैसा खाए अन्न वैसा बने मन'। अन्न के प्रभाव से ही मन की सोचने समझने की शक्ति विकसित होती है। "जैसा अन्न वैसा मन" विषय पर सुंदर शब्दों में लेख लिखिए।

सामान्य निर्देश:

- ❖ कार्य स्वच्छता से करें।
- ❖ लिखते समय शुद्ध वर्तनी का ध्यान रखें।
- ❖ कार्य का प्रस्तुतीकरण आकर्षक होना चाहिए।

❖ कार्य स्क्रीप फाइल में करें |

MATHS

ENHANCING THE SUSTAINABLE DEVELOPMENT THROUGH YOGA

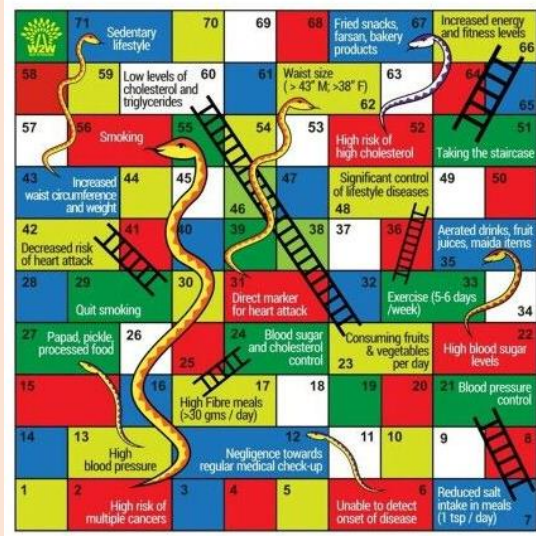


TASK 1 : Ensuring healthy lives and promoting well-being at all ages is essential to sustainable development. Due to the unique feature of yoga, we propose that yoga – based learning can serve as a potential solution to achieve the SDG's. To create awareness, prepare a poster on yoga poses forming different types of angles or shapes on an A4 size sheet. You can either draw the poses or paste pictures and also write the respective angle or shape formed in that particular yoga pose.

TASK 2 : Go Goals Game - The Go Goals game is a board game that aims help teach children around the world about the Sustainable Development Goals in a simple and child-friendly way. Prepare a board game on Sustainable Development Goal -3, Ensuring healthy lives and promoting well – being and show how your eating habits affect your well- being and promote good health.

For example: Snakes & Ladders (A Nutrition Game)

MOVE UP IN LIFE WITH HEALTHY HABITS

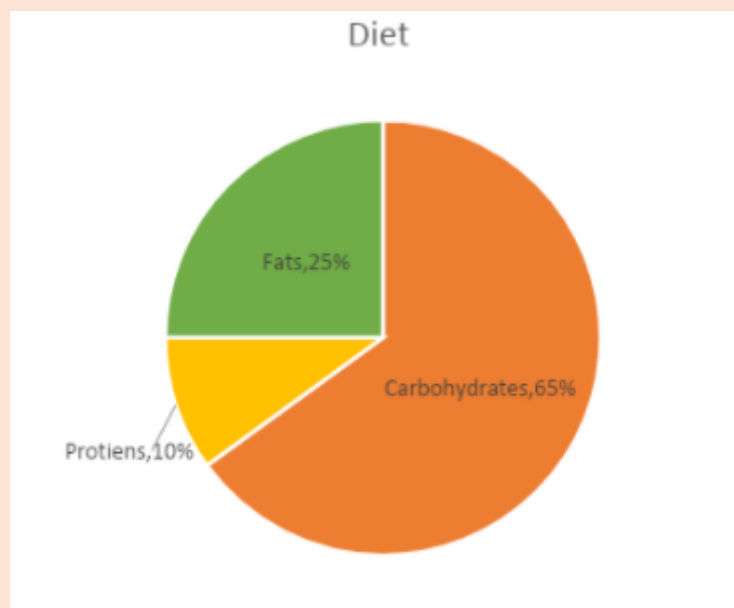


SCIENCE

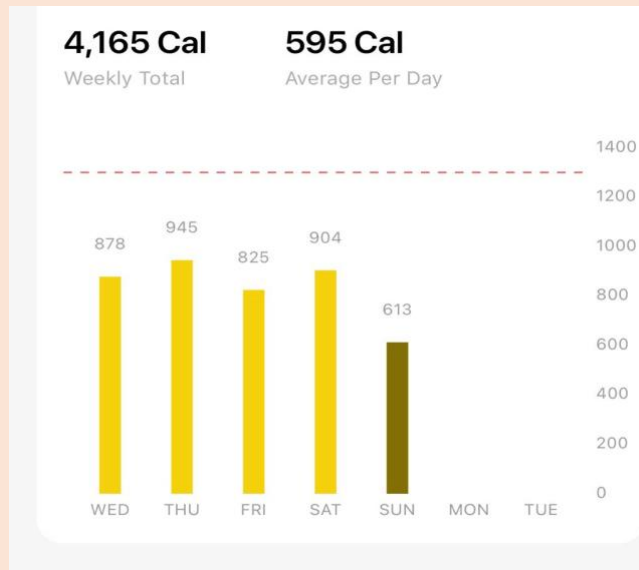
MY FITNESS PAL

Create a Food Log for three weeks using scrap file. It should contain the following information in tabular formats:

- ❖ Dates of food logging
- ❖ Foods consumed in – Breakfast, Lunch, Evening, Dinner
- ❖ Calories of each food item
- ❖ Nutritional information (calorie break-up) of each food item (fats, carbohydrates, fiber, protein etc). Prepare a pie chart of daily nutrient intake .



- ❖ Write a report on your general eating pattern, ways to improve it and support it with a graphic representation (for eg., the diet mainly consists of carbohydrates and lacks in calcium, vitamins, iron etc)



SOCIAL SCIENCE

1. Public Health Services:



The Public health service is a chain of health centers and hospitals run by the government. They are linked together so that they cover both rural and urban areas:

- At the village level -health centres.
- At the District Level-District Hospitals
- Large cities have many government hospitals.

Activity

Discuss the role of public health Services in India with special reference to the following points:

1. Role of private hospitals in cities.
2. Healthcare and Equality- Is adequate healthcare available to all.
3. Adequate measures / steps taken to provide proper healthcare to all.

Instructions :

- ❖ To be done on a scrap file.
- ❖ Draw illustrations and paste pictures.

2. Classify and explain architecture and inscriptions of Chola empire and distinctive features of South Indian temples with proper pictures.

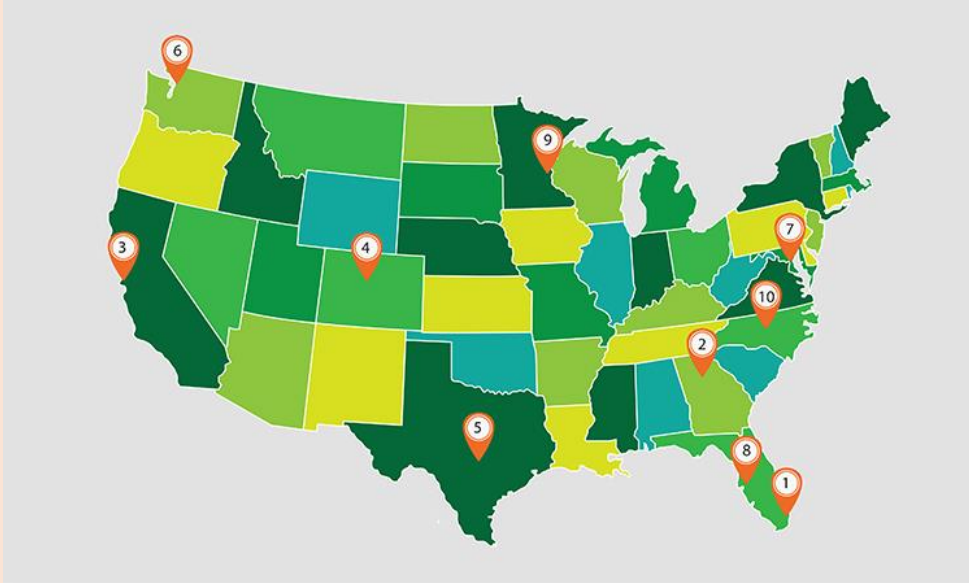
SANSKRIT

ग्रीष्मकालीन-अवकाशकार्यम्

'उत्तमस्वास्थ्यम् ' इति विषये कानिचन दश श्लोकानि अर्थचित्रसहितं लिखत।

निर्देश : प्रदत्तकार्य को सभी छात्र स्कैप फाइल में करेंगे ।

FRENCH



On the map of France mark the 5 healthiest cities and make a collage with the pictures of the activities performed by the French people to keep themselves in shape along with their names in French on an A3 sheet.

