

# Summer Holiday Homework

Class - KG 1





**SHAMBHU DAYAL GLOBAL SCHOOL**  
**SUMMER HOLIDAY HOMEWORK 2026**  
**CLASS: KG 1**

**General Instructions for Holiday Homework**

- Complete all holiday homework neatly and on time.
- Use scrap file 2 for all subjects. (UOI, English, Hindi and Maths)
- Write your name and section clearly on the cover page.
- Maintain neat handwriting and proper presentation.
- Use colours, headings, and relevant pictures to make your work attractive.
- Do all activities independently with minimum help from parents.
- Keep your work clean and well-organized.
- Read all instructions carefully before starting the work.
- Revise your work after completing it.
- Ensure that all activities and projects are properly attached in the scrap file.
- Label each subject and activity clearly with proper headings.
- Submit the holiday homework on the third day after vacation. Late submissions may affect marks.
- Incomplete homework will not be accepted for assessment.
- Happy Learning and Enjoy Your Holidays!
- While completing your holiday homework, you may use AI research tools like Google Gemini and Perplexity AI to collect information, ideas, facts, and images for your projects and assignments.

NAME - \_\_\_\_\_

SEC. - \_\_\_\_\_

SUBJECT	RESEARCH BASED TOPIC- HEALTHY AND UNHEALTHY FOOD
UOI	<p><b>Description:</b> Research Based Topic: <b>Healthy and Unhealthy Food</b> (MM. 50)            Food gives us energy to play, learn, and grow. Some foods keep us healthy and strong, while some foods should be eaten only sometimes. Through these fun activities, children will learn about healthy and unhealthy food habits.</p> <p><b>1. Healthy Plate Activity</b>            Draw a healthy plate with:</p> <ul style="list-style-type: none"> <li>• Fruits                      Vegetables</li> <li>• Milk                              Chapati/Rice</li> </ul> <p>Talk about why healthy food is important.</p> <p><b>2. Good Food Habits</b>            Paste pictures and tick ✓ the good habits:</p> <ul style="list-style-type: none"> <li>• Wash hands before eating                      Eat fruits daily</li> <li>• Drink water    Eat too many chocolates X</li> </ul> <p><b>3. Family Food Survey</b>            Ask family members:</p> <ul style="list-style-type: none"> <li>• What healthy food do they like?</li> <li>• Which fruit is their favourite?</li> </ul> <p>Draw or paste one picture.</p> <p><b>Assessment Criteria (50 Marks)</b></p> <ol style="list-style-type: none"> <li>1. Identification of Healthy &amp; Unhealthy Food - 10 Marks</li> <li>2. Drawing/Pasting &amp; Presentation - 10 Marks</li> <li>3. Colouring &amp; Creativity - 10 Marks</li> <li>4. Understanding of Good Food Habits (✓/✗ Activity) - 10 Marks</li> </ol>

5. Neatness, Completion & Effort – 10 Marks

Total: 50 Marks

Note: Take videos or pictures while doing every activity and paste it when the Activity is completed.

INTEGRATED

(MM. 50)

ENGLISH

Description: Integrated theme with UOI

Food helps us grow healthy, active, and strong. Through this activity, children will learn the names of healthy and unhealthy foods, improve speaking skills, recognize colours and food items, and develop good eating habits in a fun and creative way.

Activity 1-Healthy Food Names

Read and speak:

- Apple Milk
- Banana Carrot Bread

Draw and colour any 5 healthy foods.

Activity 2- Identify healthy and unhealthy food

Circle the Healthy Food and cross the Unhealthy food

Paste or draw 4 pictures of both:

- Healthy food ✓
- Unhealthy food ✗

Example:

- Apple ✓
- Chips ✗

Activity 3 – Good Food Habits

Tick ✓ the good habits:

- ✓ Wash hands before eating
- ✓ Eat fruits daily
- ✓ Drink water

✗ Eat too many chocolates

Assessment Criteria (50 Marks)

1. Understanding of healthy and unhealthy food – 10 Marks
2. Identification of food items – 10 Marks
3. Vocabulary & speaking skills – 10 Marks
4. Drawing, colouring & creativity – 10 Marks
5. Neatness & presentation – 10 Marks

Total: 50 Marks

Note: Take videos or pictures while doing every activity and paste it when the Activity is completed.

(MM. 50)

HINDI

Description: Integrated theme with UOI

भोजन हमें स्वस्थ, ताकतवर और ऊर्जावान बनाता है। इस गतिविधि के माध्यम से बच्चे स्वस्थ और अस्वस्थ भोजन के बारे में जानेंगे, फलों और सब्जियों के नाम सीखेंगे, सही खान-पान की आदतें समझेंगे तथा चित्रों और रंगों के द्वारा मज़ेदार तरीके से सीखेंगे।

गतिविधि 1 – घर में पूछो और बताओ

अपने मम्मी-पापा से पूछो:

- तुम्हें कौन सा फल सबसे अच्छा लगता है?
- तुम्हें कौन सी सब्जी पसंद है?

कार्य:

उस फल और सब्जी का चित्र बनाओ या चिपकाओ।



### गतिविधि 2- स्वर अभ्यास

अ से अनार

आ से आम

इ से इमली

चित्र बनाओ और रंग भरो।

### गतिविधि 3- मेरा पसंदीदा स्वस्थ भोजन

अपने पसंदीदा स्वस्थ भोजन का चित्र बनाइए या चिपकाइए।

उसका नाम हिंदी में लिखिए।

उदाहरण:

सेब, केला, दूध, गाजर

### गतिविधि 4 - रंग भरो

फल और सब्जियों के चित्रों में सुंदर रंग भरिए।

#### ■ मूल्यांकन मानदंड (50 अंक)

हिंदी स्वर (अ, आ, इ) और भोजन से संबंध की समझ - 10 अंक

चित्रों की सही पहचान और सही स्वर से मिलान - 10 अंक

हिंदी शब्दावली एवं अभिव्यक्ति (खाद्य पदार्थों के नाम) - 10 अंक

चित्र बनाना, रंग भरना एवं रचनात्मकता - 10 अंक

स्वच्छता एवं प्रस्तुतीकरण - 10 अंक

Note: Take videos or pictures while doing every activity and paste it when the Activity is completed.

## MATHS

Description: Integrated theme with UOI

(MM. 50)

Math activities will help children learn counting, number recognition, sorting, matching, and shapes using healthy food objects. Children will enjoy learning numbers and basic math concepts through colourful and fun food-based activities.

### 1. Count the Fruits

Count and colour:

- 5 apples 🍏
- 4 bananas 🍌
- 3 carrots 🥕

### 2. Food Sorting

Draw two baskets:

- Healthy Food Basket
- Junk Food Basket

Paste or draw food items in correct baskets.

### 3. Number Fun

Write numbers 1-10 using fruit and vegetables.

### 3. Simple Comparison (more/less)

Draw two groups of food items.

- "Which group is more?"
- "Which group is less?"

#### ■ Assessment Criteria (Math - 50 Marks)

Counting accuracy (fruits & vegetables) - 10 Marks

Correct sorting of healthy and junk food - 10 Marks

Number writing (1-10) using food items - 10 Marks

Understanding of more/less comparison - 10 Marks

Neatness, colouring & presentation - 10 Marks

Note: Take videos Or pictures while doing every activity and paste it when the Activity is completed.

Jyotsna  
21/05/24

(Dr. JYOTSNA SHARMA)



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