SHAMBHU DAYAL GLOBAL SCHOOL
SUMMER HOLIDAY HOMEWORK 2026-27
CLASS VI - A & B

TOPIC: Intuitive Eating (A Path to a Healthy Body)

Integrated Research Based Project

Instructions:

1. *This homework is research based and integrated with all subjects.*
2. *All work must be done according to the given project.*
3. *Write your name, class, section and subject clearly on every sheet.*
4. *The main topic is related to Science, but all subjects are integrated in the project.*
5. *Use colourful headings, pictures and creative presentation wherever required.*
6. *Mention the source of your content clearly. If you used ChatGPT, Clipboard, books, websites or any other source, write it properly.*
7. *Maintain cleanliness and proper handwriting in your work.*
8. *Submit the homework on time.*

Assessment Sheet

You can use this as a teacher-friendly assessment rubric.

Criteria	Marks
Topic relevance and research quality	10
Content accuracy and originality	10
Language and expression	10
Organization and neat presentation	10
Creativity and visuals	10
Total	50

SCIENCE

TOPIC: Intuitive Eating -- A Path to a Healthy Body

Description: In a school, Teacher noticed that many children either skipped meals, overate snacks, or ate while watching screens. The teacher introduced the idea of intuitive eating, which means listening to your body's hunger and fullness signals instead of eating out of boredom or habit.

The class decided to investigate how mindful food choices can help maintain a healthy body.

Activity 1: My Hunger Detective (15 Marks) (Do in scrapbook or in A4 size file)

Task: For 3 days, observe your eating habits and note:

- What time you ate
- Whether you were hungry or just eating because of boredom, stress, or habit
- How you felt after eating

Make a simple table in form of picture in your project File.

Questions (Answer the below questions) NOTE: (Give your answers in 2-3 lines).

1. At what times did you usually feel most hungry?
2. Did you ever eat when you were not actually hungry? Why?
3. Which meal made you feel the most energetic?

4. How can we tell if our body is truly hungry?
5. What is the difference between physical hunger and emotional hunger?
6. Did you notice any unhealthy eating habits?

Activity 2: Food and Feelings Survey (15 Marks) (Do in scrapbook or in A4 size file)

Task: Ask 5 family members or friends these questions:

- What is your favorite healthy food?
- Do you stop eating when full?
- How do you feel after eating junk food?
- Record their answers and make a bar graph or pie chart.

Questions (Answer the below questions) NOTE: (Give your answers in 2-3 lines).

1. Which healthy food was most liked by people?
2. How many people said they stop eating when full?
3. How did people feel after eating junk food?
4. Why do some people eat more than needed?
5. How can emotions affect eating habits?
6. What did you learn from the survey?
7. Why is it important to eat mindfully?

Activity 3: Create My Healthy Plate (20 Marks) (Do in scrapbook or in A4 size file)

Task: Make these with clay OR in 3 D form plate with Eatables .

- Fruits, Vegetables, Grains, Protein foods, Water

Write how this plate supports intuitive eating.

Questions (Answer the below questions) NOTE: (Give your answers in 2-3 lines).

1. Which foods did you include in your healthy plate?
2. Why are fruits and vegetables important?
3. How does water help the body?
4. Which foods should be eaten less often?
5. How does a balanced plate keep us healthy?
6. How can intuitive eating prevent overeating?
7. What changes will you make in your daily eating habits?

SOCIAL SCIENCE

TASK 1 – FOOD, CULTURE & SOCIETY (25 Marks)

Students must prepare the project in a separate file using colourful pages, neatly labelled headings, creative presentation, colourful graphs/charts, pictures, maps and proper decoration to enhance the overall appearance of the work.

Part A – Research Work

1. How food habits differ in different regions of India ?
2. Relationship between climate and food habits .
3. How culture and traditions influence eating habits ?
4. Difference between traditional food and modern fast food culture .
5. Importance of healthy eating for society and public health .

Part B – Social Science Analysis

Research the impact of people's food choices and eating habits on the basis of:

- Urbanisation
- Advertisements
- Social media
- Fast food chains
- Busy lifestyle

Write:

1. Why are traditional eating habits changing?
2. How do advertisements influence children and teenagers?
3. How does unhealthy eating affect society and public health?
4. Why is awareness about healthy eating important?

Part C – Case Study & Awareness Activity

Case Study: Choose any one:

- Mid-Day Meal Scheme
- Food Safety Campaign
- Eat Right India Campaign
- Poshan Abhiyan

Research:

1. Objectives of the programme
2. Benefits to society
3. Role of government in promoting healthy eating

Poster Making: Create a poster on:**"Healthy Citizens Build a Healthy Nation"**

हिंदी

"Intuitive Eating -- स्वस्थ शरीर की ओर एक कदम"

विशेष निर्देश (Instructions)

1. सभी कार्य A4 शीट पर साफ-सुथरे एवं रचनात्मक तरीके से करें।
2. प्रत्येक गतिविधि में रंगों, चित्रों और सजावट का प्रयोग करें।
3. शोध आधारित जानकारी के लिए यदि आप किसी पुस्तक, इंटरनेट, ChatGPT या अन्य स्रोत की सहायता लें तो उसका नाम अवश्य लिखें।
4. परियोजना फ़ाइल का सुंदर Cover Page बनाइए।
5. अपने अनुभव और विचार स्वयं लिखने का प्रयास करें।
6. परियोजना जमा करते समय सभी शीट्स को क्रमवार सजाकर फ़ाइल में लगाएँ।

परियोजना का उद्देश्य:

बच्चों को स्वस्थ खान-पान की आदतों, शरीर की ज़रूरतों को समझने तथा "जब भूख लगे तभी खाना" जैसी अच्छी आदतों के प्रति जागरूक बनाना। इस परियोजना के माध्यम से हिंदी भाषा कौशल, रचनात्मकता और शोध क्षमता का विकास होगा।

1. "मेरी थाली - "Nutrition Detective - मेरी रोज़ की थाली" (Roll No-1 -- 10)

🍽️ **गतिविधि : कार्य:** विद्यार्थी अपनी रोज़ की थाली में शामिल खाद्य पदार्थों (दूध, दाल, फल, रोटी आदि) की सूची बनाकर पता लगाएंगे कि उनसे कौन-कौन से पोषक तत्व (Protein, Vitamins, Calcium, Iron) मिलते हैं। अंत में वे एक "Healthy Daily Plate Chart" तैयार करेंगे जिसमें दिखाएँगे कि दिनभर के भोजन से उन्हें कितने प्रकार के nutrients प्राप्त होते हैं।

हिन्दी एकीकरण: थाली के नीचे 8--10 पंक्तियों में लिखिए: "मैं यह भोजन क्यों पसंद करता/करती हूँ?"

2. "भूख की डायरी" (Hunger Diary) (Roll No-11 -- 20)

कार्य: एक छोटी डायरी बनाइए 5 दिनों तक जिसमें लिखें:

- कब भूख लगी?
- क्या खाने का मन हुआ?
- खाने के बाद कैसा महसूस हुआ?

हिंदी एकीकरण:

हर दिन के अंत में 2 पंक्तियों में अपने अनुभव लिखें।

उदाहरण: "आज मैंने फल खाए जिससे मुझे हल्का और ऊर्जावान महसूस हुआ।"

3. "दादी माँ के हेल्दी नुस्खे" (Roll No-21 -- 30)

कार्य: घर के बड़े-बुज़ुर्गों से 3 पारंपरिक स्वास्थ्यवर्धक व्यंजनों या घरेलू नुस्खों की जानकारी लीजिए।

हिंदी एकीकरण: उनका नाम, सामग्री और लाभ हिंदी में लिखिए।

4. पोस्टर निर्माण **विषय: "सुनो अपने शरीर की आवाज़"**

पोस्टर में यह संदेश दिखाइए:

- भूख लगे तो खाओ
- ज़्यादा खाने से बचो
- पानी अधिक पियो
- रंग-बिरंगे फल-सब्ज़ियाँ खाओ

5. परिवार साक्षात्कार (Research Activity) (Roll No-31 -- 33)

कार्य: अपने परिवार के 2 सदस्यों से पूछिए:

- उनका पसंदीदा हेल्दी भोजन क्या है?
- वे स्वस्थ रहने के लिए क्या करते हैं?

हिंदी एकीकरण: प्रश्न--उत्तर शैली में लिखिए।

सस्कृत

सामान्य निर्देश -

1-सभी कार्य A4 शीट में करें।

खण्ड --- क : वर्ण-परिचयः

क्रियाकलाप 1 --- वर्ण-पहचान -

प्रश्न - निम्नलिखित केस-स्टडी पढ़कर प्रश्नों के उत्तर दीजिए:

राम की संस्कृत पाठशाला में प्रथम दिवस गुरुजी ने श्यामपट्ट पर यह लिखा --- "अ आ इ ई उ ऊ ऋ ए ऐ ओ औ अं अः --- ये स्वर हैं। क ख ग घ ङ / च छ ज झ ञ / ट ठ ड ढ ण / त थ द ध न / प फ ब भ म --- ये व्यञ्जन हैं।"

राम ने पूछा --- 'गुरुजी, क्या सभी वर्णों का उच्चारण एक जैसा होता है?' गुरुजी ने समझाया कि स्वर स्वतन्त्र रूप से बोले जाते हैं जबकि व्यञ्जनों को बोलने के लिए स्वर की आवश्यकता होती है।

प्रश्न 1 --- उपर्युक्त अनुच्छेद में से पाँच स्वर तथा पाँच व्यञ्जन छाँटकर लिखिए।

प्रश्न 2 --- 'क वर्ग' के सभी वर्ण लिखकर उनका उच्चारण स्थान बताइए।

प्रश्न 3 --- 'अन्तस्थ' और 'ऊष्म' वर्णों में क्या अन्तर है? अपने शब्दों में लिखिए।

क्रियाकलाप 2 ---वर्णमाला का एक सुन्दर रंगीन चार्ट बनाइए जिसमें स्वर एवं व्यञ्जन अलग-अलग रंगों में हों।

खण्ड --- ख : लिंग-परिचयः

क्रियाकलाप 3 --- केस-स्टडी पढ़िए और प्रश्नों के उत्तर दीजिए:

सुनीता की माँ ने उसे संस्कृत-गृहकार्य में सहायता करते हुए कहा --- "देखो बेटा, यह वन बहुत सुन्दर है। वन में एक राजा रहता था। उसके साथ एक बालक और एक बालिका भी थी। वे सभी जल पीते थे और फल खाते थे।"

माँ ने पूछा --- 'इस अनुच्छेद में कितने पुंल्लिंग, कितने स्त्रीलिंग और कितने नपुंसकलिंग शब्द हैं?' सुनीता ने ध्यान से पढ़ा और तीनों लिंगों के शब्द अलग-अलग कर दिए।

प्रश्न 1 --- उपर्युक्त अनुच्छेद से पुंल्लिंग, स्त्रीलिंग और नपुंसकलिंग शब्द छाँटकर सारणी में लिखिए।

प्रश्न 2 --- नीचे दिए गए शब्दों का लिंग पहचानकर लिखिए:

पुस्तकम् लिंग: _____ गुरुः लिंग: _____ नदी लिंग: _____

आकाशम् लिंग: _____ बालिका लिंग: _____ राजा लिंग: _____

प्रश्न 3 --- निम्नलिखित वाक्यों में रेखांकित शब्दों का लिंग बताइए और कारण भी लिखिए:

(i) बालकः विद्यालयं गच्छति।

(ii) माता गृहे अस्ति।

(iii) वनं सुन्दरम् अस्ति।

क्रियाकलाप 4 --- रचनात्मक लेखन -

पाँच पुंल्लिंग, पाँच स्त्रीलिंग और पाँच नपुंसकलिंग शब्दों से एक छोटी संस्कृत कहानी (5-6 वाक्य) लिखिए।

ENGLISH

Theme: Intuitive Eating (A Path to a Healthy Body)

Roll No-1 to 4 : Activity 1 -- Paragraph Writing

Topic: "My Healthy Eating Habits"Write a paragraph of 100--120 words.

Roll No-5 to 8 : Activity 2 -- Slogan Writing

Create 10 slogans on healthy eating.

Roll No-9 to 12 : Activity 3 -- Poster Making

Make a colorful poster on: "Choose Healthy Food"

Include:

- Pictures
- Catchy slogans
- Healthy food examples

Roll No-13 to 16 : Activity 4 -- Dialogue Writing

Write a dialogue between: A doctor and a child discussing healthy eating habits. (15--16 lines)

Roll No-17 to 20 : Activity 5 -- Diary Entry

Topic: "Today I Started Eating Healthy"

Write a diary entry describing your experience. (100--120 words).

Roll No-21 to 24 : Activity 6 -- Survey Activity

Conduct a survey with 5 people.

Note- Ask at least 6-7 relevant questions from the topic.

Present the results in: Table form OR Pie chart/bar graph

Roll No-25 to 28 : Activity 7 -- Interview Activity

Interview a parent, sports teacher, or doctor and write a report in 100--120 words.

Suggested Questions

- What are healthy eating habits?
- Why should children avoid junk food?
- How does exercise help students?
- Why is sleep important?

Roll No-29 to 33 : Activity 8 -- Creative Writing Section

Write: "A Day Without Junk Food" (100-120 words)

OR

"If I Were a Nutritionist" (100 words)

SUBJECT - FRENCH

Question 1: La Ville Lumiere (The City of Light) (10 Marks)

Which city is called "the city of lights" in France?

Task:
Trouve le nom de la ville qu'on appelle "la ville lumiere" en France. Fais une recherche pour trouver deux raisons historiques ou culturelles pour lesquelles cette ville a ce nom special. Colle une belle photo de cette ville la nuit.
Find the name of the city called "the city of light" in France. Do research to find two reasons (historical or cultural) why this city has this special name. Paste a beautiful photo of this city at night.

Question 2: Le Monument de 1889 (The 1889 Monument) (10 Marks)

Which famous monument in France was built for an exhibition in 1889?

Task:
Identifie ce monument celebre construit pour l'Exposition Universelle de 1889. Recherche le nom de l'ingenieur qui l'a cree. Ecris aussi sa hauteur en metres et dessine le monument dans ton cahier.
Identify this famous monument built for the World's Fair of 1889. Research the name of the engineer who created it. Also, write its height in meters and draw the monument in your notebook.

Question 3: Les Salutations a l'Ecole (Greetings at School) (10 Marks)

How do French people greet each other in the morning at school?

Task:
Recherche la culture scolaire en France. Comment les eleves saluent-ils le professeur le matin? Et comment les amis se saluent-ils entre eux (decouvre le rituel de "la bise")? Ecris les expressions exactes utilisees.
Research school culture in France. How do students greet the teacher in the morning? And how do friends greet each other (discover the ritual of "la bise" / the cheek kiss)? Write the exact expressions used.

Question 4: La Francophonie dans le Monde (French Around the World) (10 Marks)

Which language do people of France speak? Also find the name of one more country where French is spoken.

Task:
La France parle francais, mais ce n'est pas le seul pays! Fais une recherche sur la "Francophonie". Trouve deux autres pays (un en Europe et un en Afrique) ou le francais est une langue officielle. Dessine ou colle les drapeaux de ces deux pays.
France speaks French, but it is not the only country! Do a research on "Francophonie". Find two other countries (one in Europe and one in Africa) where French is an official language. Draw or paste the flags of these two countries.

Question 5: Les Salutations du Soir (Evening Greetings) (10 Marks)

When you meet your teacher in the evening, which greeting can you use in French?

Task:
Quand le soleil se couche, les salutations changent en France. Trouve l'expression correcte pour saluer ton professeur le soir. Recherche aussi a quelle heure environ les Francais arretent de dire "Bonjour" pour utiliser cette salutation du soir.
When the sun goes down, greetings change in France. Find the correct expression to greet your teacher in the evening. Also, research at around what time French people stop saying "Bonjour" to use this evening greeting…

Mathematics

Task 1: Healthy Food Survey (Data Handling)

Activity: Conduct a survey of **10 family members, friends, or neighbours**.

Ask These Questions:

1. Which healthy snack do you eat most often?
2. How many glasses of water do you drink daily?
3. How many fruits do you eat in a week?
4. What is your favourite healthy meal?

Record the Data:

Create a table like this:

Name	Favourite Healthy Snack	Water Glasses Per Day	Fruits Per Week

Mathematical Work:

- Create a **bar graph** showing favourite snacks.
- Find:
    - Most common snack
    - Least common snack

- Average water intake

Task 2: Pattern Hunt in Healthy Eating (Patterns in Mathematics)

Activity: Observe eating habits for 7 days and create patterns.

Example Patterns:

- Number of glasses of water:
  2, 4, 6, 8, ___
- Fruit servings:
  1, 3, 5, 7, ___

Research Work: Find patterns in:

- Meal timings
- Exercise routines
- Water intake
- Steps walked daily

Creative Work: Create:

- Number patterns
- Shape patterns using fruits and vegetables
- Rangoli or mosaic pattern based on healthy food shapes

Task 3: Create Your "Healthy Eating Mathematics Journal"

Activity: Prepare a mini scrapbook/project file including:

- Healthy recipes
- Food charts
- Prime number puzzles
- Food patterns
- Survey results
- Drawings and slogans

Include:

✅ One healthy eating slogan ✅ One mathematical puzzle related to food

✅ One self-created graph ✅ One pattern activity