

**R. H. MEMORIAL PUBLIC SCHOOL ,  
SECTOR - 87 , GURUGRAM**

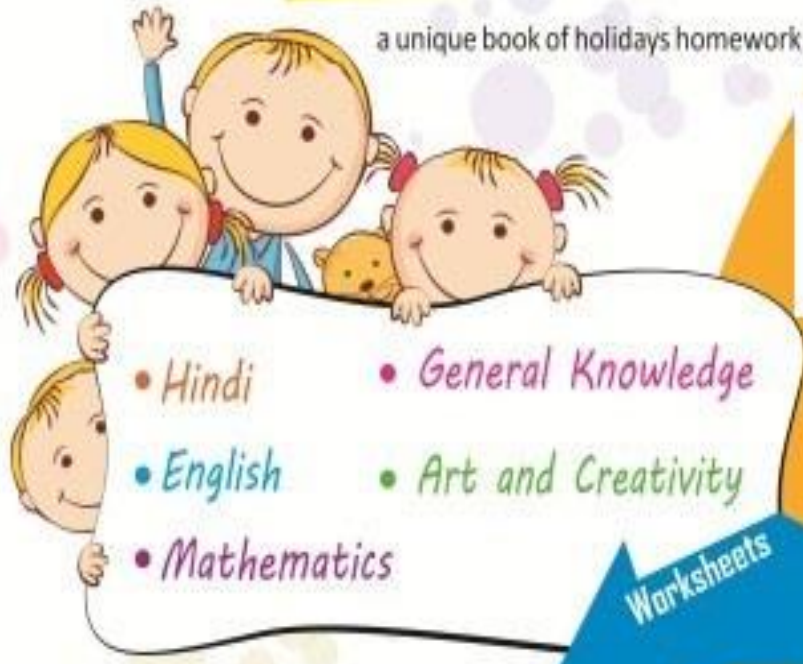
**"HIT - INDIA FIT - INDIA"**



# HOMEWORK

for Summer Vacation

a unique book of holidays homework



Worksheets



R.H. MEMORIAL PUBLIC SCHOOL  
SEC - 87 , KANKROLA, GURUGRAM

**HOLIDAY HOMEWORK (CLASS 4th ) SESSION 2022-23**

❖ **ENGLISH**

- Prepare a dictionary having minimum five words of each alphabets (new words) with meaning to enhance the vocabulary. Cover it with beautiful cover and put book mark it it with moral value written on book mark.
- Write one page of cursive writing daily.

❖ **ART**

- make creative art with waste material.
- Make beautiful scenery by using pulses , rice (don't colour it only paste different types of pulses)

❖ **MATHS**

- Draw clocks of various shapes using waste material.
- Make a calender showing different means they eat daily.
- Do given assignment showing calorie count & given workbook worksheets. Follow the link


<https://images.app.goo.gl/kV42ZyGn6tA6XBwa8>

## Morning Math - Calorie Count



Find the calories for each breakfast item. Add up the total to see how many calories in these breakfast meals.



Food	Amount	Calories
Bacon	2 slices	92
Brown rice	1/2 cup	108
Carrots	1/2 cup	26
Corn tortilla	1	52
Egg	2	204
Grape Juice	6 oz	127
1% Milk	1 cup	105
Oatmeal	1/2 cup	83
Pancakes	2 medium	350
Strawberries	1/2 cup	30
Sautéed Vegetables	1/2 cup	25
Omelet	2 eggs	320
Whole grain toast	1 slice	75


Vegetables \_\_\_\_\_ 


Egg \_\_\_\_\_

1% Milk \_\_\_\_\_ +

Toast \_\_\_\_\_





= \_\_\_\_\_  


Oatmeal \_\_\_\_\_ 


Strawberries \_\_\_\_\_ 

Carrots \_\_\_\_\_ +

Toast \_\_\_\_\_


= \_\_\_\_\_    

Brown rice \_\_\_\_\_ 

Omelet \_\_\_\_\_ 

Corn tortilla \_\_\_\_\_ +

Grape juice \_\_\_\_\_

= \_\_\_\_\_ 

## Lunchtime Math - Calorie Count

Find the calories for each lunch item. Add up the total to see how many calories in these lunch meals. Cross out the meals that are too high in calories.

Food	Amount	Calories
Apple	1 medium	93
Baby Carrots	6	21
Chips	1 oz bag	160
Chocolate Chip Cookie	2 medium	118
Grilled Cheese	1	410
Hamburger	1 small	250
Hot Fudge Sundae	1 small	306
Hotdog and Bun	1	280
Large French Fries	1	500
Lowfat Dip	2 Tbsp	60
Salad Dressing, LF	1 Tbsp	18
Milk 1% Fat	8 oz	105
Orange slices	4	62
Soda	12 oz can	143
Sports Drink	12 oz	90
Taco, Beef	1	170
Turkey/LF Cheese Sandwich	2 slices of each	260
Veggie Salad	1 cup	10
Water	12 oz bottle	0

LF = low fat

Hotdog with Bun \_\_\_\_\_

Chips \_\_\_\_\_ +

Hot Fudge Sundae \_\_\_\_\_

Sports Drink \_\_\_\_\_

\_\_\_\_\_ = \_\_\_\_\_

Hamburger \_\_\_\_\_

French Fries \_\_\_\_\_ +

Chocolate Chip Cookies \_\_\_\_\_

Soda \_\_\_\_\_

\_\_\_\_\_ = \_\_\_\_\_

Veggie Salad with dressing \_\_\_\_\_

Orange slices \_\_\_\_\_ +

Water \_\_\_\_\_

Turkey and Lowfat Cheese Sandwich \_\_\_\_\_

= \_\_\_\_\_



Beef Taco \_\_\_\_\_

Apple \_\_\_\_\_ +

Baby Carrots with Lowfat Dip \_\_\_\_\_

1% Milk \_\_\_\_\_

\_\_\_\_\_ = \_\_\_\_\_




## Dinner Math - Healthy Tasty Meals



Find the calories for each dinner item. Add up the total to see how many calories in these dinner meals.


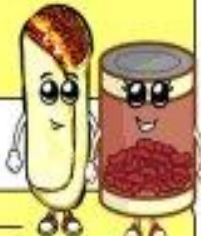
Food	Amount	Calories
Apple	1 sliced	15
Baked Potato	1 small	128
Fruit	1 cup	50
Lettuce	1.7 oz	8
Low Fat Milk	1 cup	105
Meat	4 oz	186
Pinto Beans	1/2 cup	120
Salad	3/4 cup	17
Salsa	1.2 oz	7
Steamed Veggies	1/2 cup	32
Veggie Pizza	1 slice	180
Whole Wheat Pasta	1/2 cup	174
Whole Wheat Tortilla	1	130

Pasta \_\_\_\_\_ 

Salad \_\_\_\_\_

Milk \_\_\_\_\_ +

Fruit \_\_\_\_\_


= \_\_\_\_\_  

Meat \_\_\_\_\_

Baked Potato \_\_\_\_\_

Steamed Veggies \_\_\_\_\_ +

Milk \_\_\_\_\_

= \_\_\_\_\_ 


Tortilla \_\_\_\_\_


Veggies \_\_\_\_\_

Lettuce \_\_\_\_\_ +

Salsa \_\_\_\_\_

Pinto Beans \_\_\_\_\_

= \_\_\_\_\_ 




Together we make a healthy meal!


Veggie Pizza \_\_\_\_\_

Salad \_\_\_\_\_

Sliced Apples \_\_\_\_\_ +

Milk \_\_\_\_\_ 

= \_\_\_\_\_





## ❖ EVS

- Do workbook of Lesson -1, 2, 13 , 18, 21 ,27.
- Prepare a chart on healthy food and Junk food.
- Learn Syllabus done in class.

## ❖ हिन्दी

- प्रत्येक दिन एक पेज सुलेख लिखें ।
- 5-5 शब्द अर्थ लिखे और याद करें ।
- अपनी पाठ्य पुस्तक से एक कविता याद करें ।
- वन महोत्सव का चित्र बनाकर १० लाइन लिखें ।

## ❖ G.K.

- Read English newspaper daily.
- Learn c.w. syllabus.
- Paste pictures of "Animals" on A-4 Sheet.

## ❖ COMPUTER

- Revise all Class done.
- Do activity time in book of lesson - 1 , 2 , 3.