

PM SHRI KENDRIYA VIDYALAYA CLRI, CHENNAI

ACADEMIC SESSION 2025-26 TERM 1

Multi-Disciplinary Project (MDP)

CLASS VI

A balanced diet is important because it helps our body stay healthy and strong. It gives us the right amount of nutrients like carbohydrates, proteins, fats, vitamins, and minerals. These nutrients give us energy, help us grow, and protect us from getting sick. During peak summer, it's important to eat healthy to stay cool and hydrated. Eat lots of fruits and vegetables like watermelon, cucumber, oranges, and leafy greens. These foods have water and help keep our body cool. Drink plenty of water, coconut water, or fresh juices to avoid dehydration. Avoid oily and spicy foods, as they can make you feel hot and tired. Eat light meals and include curd or buttermilk to keep your stomach cool. Eating healthy in summer helps us stay fresh, energetic, and safe from heat-related problems.

SL NO	SUBJECT	PROJECT/ACTIVITY
1	ENGLISH	List three junk foods that you and your friends frequently eat. Based on these lists, imagine you want to write a letter to your principal requesting a ban on certain junk foods inside the school campus. Outline the reasons why you think these foods should be banned, considering health and academic performance.

2	HINDI	<p>नीचे दिए गए विषय पर 6–8 पंक्तियों का एक अनुच्छेद लिखिए –</p> <p>"संतुलित आहार का हमारे जीवन में महत्व"।</p> <p>अपने अनुच्छेद में यह बताइए कि संतुलित आहार क्या होता है, यह हमारे शरीर के लिए क्यों ज़रूरी है, और हम अपने आहार में कौन-कौन से सस्ते व सरल खाद्य पदार्थ शामिल कर सकते हैं।</p>
3	SANSKRIT	संतुलित खाद्य पदार्थानां चित्राणि रचयित्वा तस्य नामानि च लिखत ।
4	MATHEMATICS	<p>Use your diet chart to calculate the approximate cost of food for one day.</p> <p>Tasks:</p> <ol style="list-style-type: none"> 1. Find the cost of each meal based on the quantity used. 2. Add all the costs to find the total daily expense. 3. Calculate the cost for a week (7 days).
5	SCIENCE	Prepare a diet chart to provide a balance diet for a 12 year old child. The diet chart should include food items that are not expensive and easily available
6	SOCIAL SCIENCE	<p>Food habits change from region to region in India.</p> <ol style="list-style-type: none"> 1. List any three regions of India and mention one common food item eaten there. 2. Explain how local climate and farming affect what people eat in those regions. 3. Suggest one healthy, local food from each region that can be a part of a balanced diet.

INSTRUCTIONS

- Use separate A4 sheets for each and Submit in a single file
- It should be hand written only.
- Write your name, Class & Section and roll number on the cover page
- Stick photos or draw pictures/graphs wherever applicable
- Creativity in presentation of the content will be highly appreciated

Evaluation will be based on the following

i). Concept clarity (4)

ii). Content & Presentation (4)

iii). Punctuality and Neatness(2)

TOTAL MARKS:10

DATE OF SUBMISSION: 25.06.2025