

PM SHRI KENDRIYA VIDYALAYA RAJOURI

□ MDP: Healthy Living and Food (Class 6)

□ Theme

Healthy Living and Food: Understanding the importance of balanced diet, hygiene, fitness, and sustainable habits.

□ Subjects Integration

□ English

Write a paragraph: "My Daily Healthy Routine"

Poster making on: Eat Healthy, Stay Healthy

Vocabulary: List 10 healthy food items and their benefits

Slogan writing (e.g., "Junk food is tempting but health is lasting")

Sanskrit

1. संस्कृत परियोजना कार्य (Sanskrit Project)

शीर्षक: स्वस्थं जीवनम् (स्वस्थ जीवन)

1. शब्द-कोश (Vocabulary): किन्हीं 5 फलों और 5 सब्जियों के नाम संस्कृत में चित्रों के साथ लिखें।

उदाहरण: आम्रम् (आम), कदलीफलम् (केला), वृन्ताकम् (बैंगन), अलाबू (लौकी)।

2. श्लोक (Shloka): स्वास्थ्य पर यह प्रसिद्ध श्लोक लिखें:

"शरीरमाद्यं खलु धर्मसाधनम्।"

(अर्थ: शरीर ही सभी कर्तव्यों को पूरा करने का पहला साधन है।)

3. संस्कृत वाक्य: स्वस्थ रहने के लिए 3 सरल वाक्य:

4. अहं शुद्धं जलं पिबामि। (मैं शुद्ध जल पीता हूँ।)

अहं प्रतिदिनं व्यायामं करोमि। (मैं रोज़ व्यायाम करता हूँ।)

अहं समयतः भोजनं करोमि। (मैं समय पर भोजन करता हूँ।)

Hindi

हिंदी परियोजना कार्य (Hindi Project)

शीर्षक: पोषण और स्वास्थ्य

1. नारा लेखन (Slogan): एक छोटा और आकर्षक नारा लिखें।

2. नारा: "जैसा अन्न, वैसा मन-स्वस्थ आहार, सुखी जीवन!"

3. तालिका (Comparison Table): स्वस्थ और अस्वास्थ्यकर भोजन में अंतर:

Science:-

Create a “Family Health Map”—a large poster with photos or drawings of each family member surrounded by their specific “Nutritional Requirements”

The “Family Nutrition Census” (Task)

The Task: Track 3-4 family members of different ages (e.g., a toddler sibling, a working parent, and a grandparent).

The Activity:

Interview: Ask each person about their daily physical activity (Steps taken, chores, or exercise).

Observation: Record what they eat for 3 days.

The Analysis: Compare their plates. Does the grandparent eat less spicy food? Does the working parent drink more coffee/tea? Does the child drink more milk?

□ **Social Science**

1. Food and Culture

Write about different types of food eaten in:

North India

South India

East India

West India

Mention how climate and region affect food habits.

□ Example:

Cold areas → more ghee, butter

Hot areas → more fruits, curd

Healthy Lifestyle in Ancient India

Write short note on:

Early eating habits

Importance of fresh food

Simple living

Community and Food

How festivals include special food (Diwali, Eid, etc.)

Importance of sharing food

MATHS:-

Bar Graph

Draw a bar graph of fruits eaten in a week

(Mon–Sun on X-axis, number of fruits on Y-axis)

Balanced Diet Plate (Fractions)

Draw a plate and divide it into parts:

$\frac{1}{2}$ for vegetables and fruits

$\frac{1}{4}$ for grains

1/4 for proteins

Colour each part and label

Counting Calories (Addition)

Write what you eat in one day.

Find the calories of each food item.

Add them to get total calories.

Budget for Healthy Food (Money)

Make a list of healthy food items with prices.

Add total cost.

Check if it fits within a budget of ₹500.

AI (ARTIFICIAL INTELLIGENCE)

Prepare a PPT (3 Slides)

Slide 1: Healthy Living

Slide 2: Healthy Food (add 2 pictures)

Slide 3: Exercise is good

☐ Word Formation

Write words related to health:

FOOD

HEALTH

WATER

. ☐ Emoji Poster (Very Easy)

Use keyboard emojis in Word:

□□□□

Make a small poster:

☐ "Eat Healthy Food"

☐ **Art Education (Creative Work)**

"Healthy Food Awareness Poster"

Draw a colorful poster on

Junk food vs Healthy food

Add slogans + creativity

☐ **Physical Education (Fitness Work)**

7-Day Fitness Tracker

Record:

Exercise done

Time spent

Add:

2 yoga poses + benefits

Personal Hygiene Chart

Vocational Education:-

Draw or write:

Wash hands before eating

Brush teeth twice a day

Take bath daily

Keep nails clean

☐ Skill learned: Self-care habits

No-Fire Cooking (Practical Work)

Prepare a simple dish like:

Fruit salad

Sprout salad

Write:

Ingredients

Steps

Benefits

☐ Skill learned: Basic food preparation

Healthy Routine

Write your daily routine:

Wake up early

Exercise/Yoga

Eat on time

Sleep early

☐ Skill learned: Time management