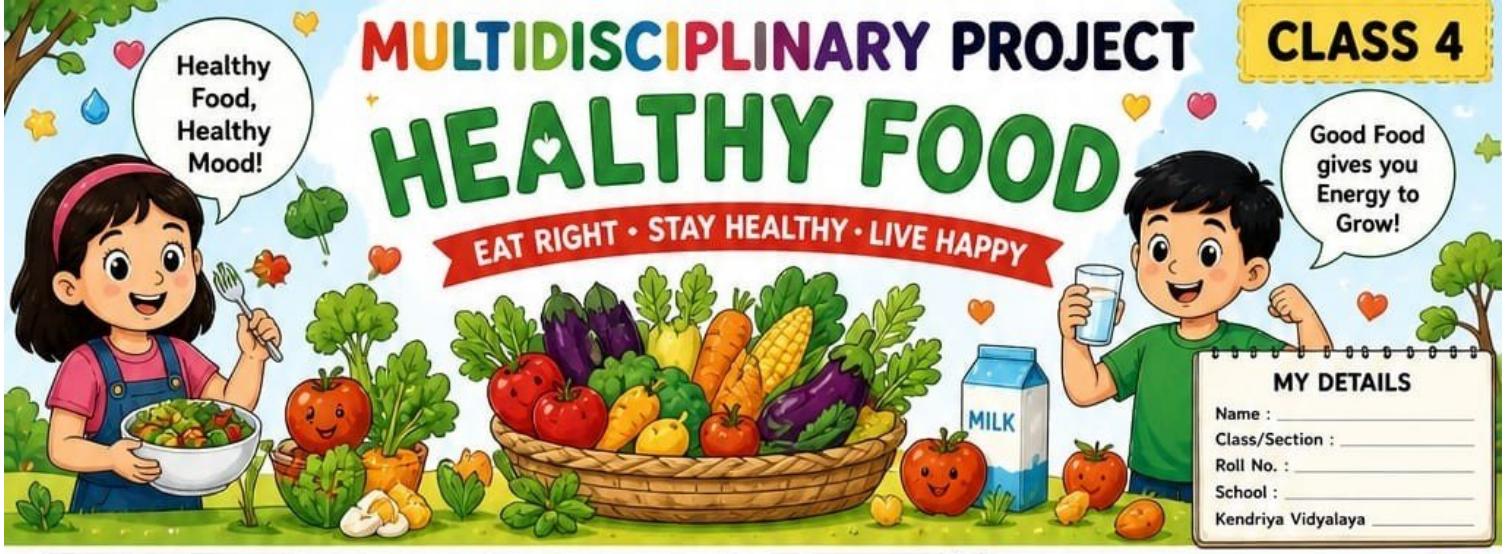



**MY DETAILS**

Name : _____
Class/Section : _____
Roll No. : _____
School : _____
Kendriya Vidyalaya _____

## 1. ENGLISH

**A. Read the passage and answer the questions.**

Healthy food keeps our body fit and active. We should eat food from all food groups – carbohydrates, proteins, vitamins, fats, minerals and roughage. We should drink plenty of water and avoid junk food.



**Questions:**

1. What does healthy food keep our body? _____
2. Name any two food groups. _____
3. Why should we drink plenty of water? _____
4. Which food should we avoid? _____

**B. Vocabulary**

Write the meaning.

1. Nutritious _____
2. Balanced _____
3. Iron _____
4. Junk _____
5. Energy _____

**C. Creative Writing**

If you were a fruit/ vegetable, write 4 sentences about how you help our body.



_____
_____
_____

## 2. HINDI

**क. गद्यांश पढ़कर प्रश्नों के उत्तर लिखिए।**

स्वस्थ रहने के लिए संतुलित भोजन बहुत जरूरी है। भोजन में अनाज, दाल, दूध, फल, सब्ज़ियाँ और पानी शामिल होना चाहिए। जंक फूड हमें बीमार कर सकता है।। इसलिए हमें घर का बना पौष्टिक भोजन करना चाहिए।

**प्रश्न:**

1. स्वस्थ रहने के लिए क्या जरूरी है? _____
2. संतुलित भोजन में क्या-क्या शामिल होना चाहिए? _____
3. जंक फूड क्यों नहीं खाना चाहिए? _____
4. हमें कैसा भोजन करना चाहिए? _____

**घ. चित्र देखकर 5 वाक्य लिखिए।**



1. _____
2. _____
3. _____
4. _____
5. _____

**ख. शब्दार्थ लिखिए।**
**(किसी एक)**

1. पौष्टिक _____
2. संतुलित _____
3. आवश्यक _____
4. रोग _____
5. स्वच्छ _____

**ग. वाक्य बनाइए।**
**(किसी पाँच पर)**

1. भोजन _____
2. स्वास्थ्य _____
3. फल _____
4. सब्ज़ी _____
5. पानी _____
6. अनाज _____

## 3. MATHEMATICS

**A. Data Handling**

A class of 30 students was asked about their favourite healthy food.

| Food Item | Tally Marks | Number |
|---|---|---|
| Fruits | 𝍸 𝍸 \| | |
| Vegetables | 𝍸 𝍸 | |
| Milk | 𝍸 \| | |
| Pulses | 𝍸 𝍸 | |
| Nuts | 𝍸 | |

1. Which food is liked by most students? _____
2. Which food is liked by least students? _____
3. How many students like pulses? _____
4. How many students are there in all? _____

**B. Word Problems**

1. A food basket has 25 apples. 8 apples are eaten. How many apples are left?



_____

2. Riya has 15 almonds. She gives 6 to her brother. How many almonds are left with her?



_____

3. A shopkeeper has 48 bananas. He sells 27 bananas in the morning and 10 in the evening. How many bananas are left?



_____

**C. Measurement**

Convert into grams (g) or kilograms (kg).

1. 2 kg = _____ g
2. 750 g = _____ g
3. 1 kg 250 g = _____ g
4. 3 kg 500 g = _____ g



**D. Picture Graph**

Each ☺ = 2 students

| | | | | | |
|---|---|---|---|---|---|
| Salad | | | | | |
| Milk | | | | | |
| Sprouts | | | | | |
| Fruits | | | | | |

1. Which is most popular? _____
2. Which is least popular? _____

## 4. TWAU (EVS)

**A. Food Groups**

Label the food groups and give two examples each.

| Carbohydrates (_____) | Proteins (_____) | Vitamins & Minerals (_____) | Fats (_____) | Roughage (_____) |
|---|---|---|---|---|
|  |  |  |  |  |
| 1. _____ 2. _____ | 1. _____ 2. _____ | 1. _____ 2. _____ | 1. _____ 2. _____ | 1. _____ 2. _____ |

**B. True or False**

1. Junk food is always healthy. ( )
2. We should drink 6–8 glasses of water daily. ( )
3. Fruits and vegetables give us vitamins. ( )
4. Milk and pulses help in body building. ( )




**C. Match the Following**

| | |
|---|---|
| 1. Carrot | a. Strong bones |
| 2. Milk | b. Good for eyes |
| 3. Spinach | c. Iron rich food |
| 4. Almonds | d. Gives energy |

**D. Short Answer**

1. Why is balanced food important?

_____

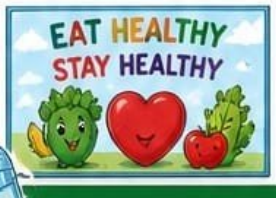
2. Write two healthy habits related to eating food.

_____
_____

## 5. ART INTEGRATION

**A. Poster Making**

Make a colorful poster on "Eat Healthy, Stay Healthy".



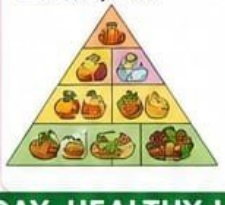

**B. Craft Work**

Make a healthy food plate using paper cut-outs.



**C. Food Pyramid**

Draw and colour the Food Pyramid.



**D. Collage**

Make a collage of healthy food using old magazines.



**E. My Healthy Plate**

Draw your own 'Healthy Plate' and colour it.



**GOOD FOOD TODAY, HEALTHY LIFE TOMORROW!**

PM SHRI KV MUZAFFARNAGAR

SHIFT-2

SUMMER HOLIDAY HOMEWORK (2026-27)

CLASS – 4

SUBJECT : COMPUER

1. Do all the work on A4 Size Chart Paper (White color) and keep in a transparent folder.

2. First page of file should contain- name of school- KVS MZN, Shift-2, Title - Summer Holiday Homework (2026-27), Subject - Computer

Submitted to :

Mr. Ajay Kr. Goel

(Computer Instructor)

Submitted by:

Name of Student: .....

Class : .....Section: .....

Roll No.:.....

## ASSIGNMENTS

Q.A What is Computer ?

Q.B Paste picture of Computer System.

Q.C What is Personal Computer.Paste Pictures of Desktop and Laptop computer.

Q.D What are uses of Super Computer? Paste pictures of Super Computer of 04 countries including India.

Q.E Write are Input devices. Paste 4 Input Devices.

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