

HOLIDAY HOMEWORK SHEET

CBSE • CLASS IV • TWAU (THE WORLD AROUND US)

Chapter 6: Happy and Healthy Life

Instructions: Complete all activities neatly. Write answers in your notebook, use colours and pictures where required, and practise healthy habits every day.

1 • SHORT QUESTION-ANSWERS

Answer the following questions in your notebook.

1. How many hours of sleep do children need?
2. Why should we exercise every day?

2 • MULTIPLE-CHOICE QUESTIONS (MCQs)

Choose the correct answer.

1. Which of these is healthy food?

- a) Chips b) Fruits c) Candy d) Cold drinks

2. Which habit keeps our teeth clean?

- a) Eating sweets b) Brushing twice a day c) Skipping breakfast d) Watching television

3. Which of these is a form of physical exercise?

- a) Sleeping b) Watching TV c) Cycling d) Playing video games

4. Which drink is best for staying hydrated?

- a) Water b) Soft drinks c) Energy drinks d) Sugary juice

5. What should we do before eating food?

- a) Wash our hands b) Play outside c) Watch TV d) Sleep

3 • FILL IN THE BLANKS

Complete the sentences.

1. We should brush our teeth _____ a day.
2. We should drink plenty of _____.
3. Fruits and vegetables keep us _____.
4. We should wash our hands before _____.
5. Regular exercise keeps our body _____.

4 • MATCH THE FOLLOWING

Write the correct letter beside each item.

Column A	Column B
1. Fruits _____	a. Physical fitness
2. Exercise _____	b. Clean teeth
3. Toothbrush _____	c. Vitamins
4. Water _____	d. Hydration
5. Sleep _____	e. Rest

5 • HEALTHY FOOD ACTIVITY

Activity: MY HEALTHY PLATE

Draw a plate in your notebook and divide it into sections. Draw or paste pictures of:

- ☐ Fruits
- ☐ Vegetables
- ☐ Grains
- ☐ Pulses and other protein-rich food...

6 • PERSONAL HYGIENE ACTIVITY

Activity: MY DAILY HYGIENE CHECKLIST

Make this table in your notebook and complete it every day for one week.

Healthy Habit	Done ✓
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Brushed my teeth	_____
Took a bath	_____
Washed my hands before meals	_____
Wore clean clothes	_____
Kept my nails clean	_____

Poster Activity: Make a colourful poster on “Healthy Habits, Happy Life.” Include at least five slogans:

- Eat healthy, stay healthy.
- Clean hands, healthy life.
- Exercise every day.
- Drink more water.
- Keep your surroundings clean.

7 • HEALTHY HABITS AT HOME

Observe the healthy habits followed by your family members and answer the question.

1. What healthy food do you eat at home?

ADDITIONAL MCQs FOR PRACTICE

Choose the correct answer.

6. Which activity helps us relax our minds?

- a) Fighting b) Spending time with family c) Skipping meals d) Staying awake all night

7. Which of these is a good habit?

- a) Eating uncovered food b) Washing hands regularly c) Throwing waste on the road d) Drinking very little water

8. What should we do with waste?

- a) Throw it anywhere b) Put it in a dustbin c) Throw it into a river d) Leave it on the road

9. Which food group helps our body grow and repair itself?

- a) Protein-rich foods b) Candy c) Soft drinks d) Toffees

10. What helps us feel fresh and energetic?

- a) Adequate sleep b) Staying awake all night c) Skipping meals d) Avoiding exercise

HAVE A HAPPY, HEALTHY AND JOYFUL HOLIDAY!

COMPUTER HOLIDAY HOMEWORK

A. Fill in the Blanks

1. CPU stands for _____.
2. The physical parts of a computer are called _____.
3. A set of instructions given to a computer is called a _____.
4. The _____ key is used to leave a blank space between words.
5. The _____ key is used to erase characters to the left of the cursor.

B. Answer the Following Questions

1. What is a computer?
2. Explain the difference between input and output devices.
3. What are hardware and software?
4. Write the full forms of CPU, RAM, ROM, and USB.

5. What is the difference between a file and a folder?
6. Write any five rules for using a computer safely.
7. What is the use of MS Paint?
8. What is the difference between the Backspace and Delete keys?
9. Write five uses of computers in our daily lives.

C. Write True or False

1. A printer is an input device. []
2. RAM is a type of memory. []
3. A keyboard is used to enter data. []
4. We should share our passwords with strangers. []
5. A folder can contain files. []

D. Creative Activities ☐

- Draw a computer system and label its parts.
- Make a chart showing five input devices and five output devices.
- Write ten computer-related words and their meanings.
- Create a greeting card using MS Paint, if a computer is available.
- Write five advantages of computers.

Subject: Mathematics

Q.1. Write and learn multiplication tables from 2 to 20. Write each table in multiplication form.

Q.2. Write the numbers and their number names from 1000 to 2000.

Q.3.Q. Solve the following word problems. Show your calculations.

1. Weight: A shopkeeper had 25 kg of rice. He sold 8 kg 500 g of rice in the morning and 6 kg 750 g in the evening. How much rice is left with him?
2. Weight: A vegetable seller bought 12 kg 500 g of potatoes and 8 kg 750 g of onions. What is the total weight of the vegetables he bought?
3. Capacity: A water tank contains 25 L of water. If 8 L 500 mL of water is used in the morning and 6 L 750 mL in the evening, how much water is left in the tank?
4. Capacity: A milkman has 15 L of milk. He fills bottles of 500 mL each. How many bottles can he fill completely?
5. Capacity: A family uses 1 L 500 mL of milk every day. How much milk will the family use in 7 days?
6. Weight: A bag of flour weighs 5 kg. A shopkeeper packs it into smaller packets of 500 g each. How many packets can he make?

विषय – हिंदी

प्रिय विद्यार्थियों,

शरदावकाश के दौरान निम्नलिखित रचनात्मक कार्य आनंद पूर्वक कीजिए।

१. अनुच्छेद लेखन

- विजया दशमी (दशहरा) पर 10–12 वाक्यों का अनुच्छेद लिखिए।
- दुर्गा पूजा पर 10–12 वाक्यों का अनुच्छेद लिखिए।
- दोनों अनुच्छेद अलग-अलग ए-4 शीट पर लिखिए।

२. चित्रकला

- विजयादशमी के अवसर पर भगवान श्री राम द्वारा रावणवध अथवा दशहरे के मेले का सुंदर चित्र बनाकर उसमें रंग भरिए।

३. कहानी पठन

- प्रतिदिन एक हिंदी कहानी पढ़िए। दस दिनों में कम से कम दस कहानियाँ पढ़िए।
- प्रत्येक कहानी से मिली सीख को एक वाक्य में लिखिए।

४. रचनात्मक गतिविधि

- दुर्गा पूजा अथवा दशहरे पर एक सुंदर शुभकामना कार्ड बनाइए और उस पर हिंदी में शुभकामना संदेश लिखिए।

आवश्यक निर्देश

- सभी लिखित कार्य ए-4 शीट पर सुंदर एवं साफ-सुथरी लिखावट में कीजिए।
- चित्रों में रंग भरिए तथा अपनी रचनात्मकता का प्रयोग कीजिए।
- छुट्टियों में प्रति दिन हिंदी पढ़ने का अभ्यास कीजिए।

शुभ शरदावकाश!

खूब पढ़ें, खूब सीखें और अपनी प्रतिभा को निखारें।

ENGLISH HOLIDAY HOMEWORK

Q1. Write 5 new English words daily with their meanings and make sentences using them.

Q2. Write 10 opposite words (antonyms) and 10 similar words (synonyms).

Q4. Write 10 sentences using different describing words (adjectives).

Q5. Write a paragraph of 100–120 words on any ONE of the following topics:

- My Favourite Festival
- My Best Friend
- The Importance of Trees
- My School
- A Visit to the Zoo

Q6. Write 10 sentences each using:

- Is, am, are
- Was, were
- Has, have, had

Q7. Write 10 sentences about your favourite sportsperson and paste their picture.