



THE NEW PUBLIC SCHOOL
Instituted by New Public School, Society
CBSE School No 23007, Affiliation No. 2630004
Holiday Homework (2023-24)
Class I
Theme- Clean, Fit and Healthy



"Happiness is the highest form of health." - Dalai Lama

Vacation brings an ideal opportunity to relax and stimulate your mind with new ideas. They provide a wonderful opportunity to unwind and channel your energies well directed. This is the perfect time to engage in exciting sports, explore various recreational activities, spend time with loved ones and rejuvenate yourself.

However, it is essential to balance your leisure time with constructive and imaginative tasks that your educators have thoughtfully assigned to you as holiday assignments. You have the flexibility to finish them at your own pace, but it's crucial to complete them within the given time frame.

Some healthy and productive habits to imbibe:

- ✓ Get up early and do some exercise at home.
- ✓ Eat lots of fruits and vegetables.
- ✓ Learn a new skill.
- ✓ Read books, find and learn new words.
- ✓ Practice writing.
- ✓ Make sure that the whole family has at least one meal together.
- ✓ Keep a bowl of water for birds this summer. Replenish it regularly.





ENGLISH

1. **Track your eating habits by preparing a 'Food Log'.**
 - Make a food log for seven days on an A4 size sheet. The sample for the same has been attached herewith. (Worksheet 1)
 - Eat healthy food in all five colours and make a chart of five columns and seven rows.
 - Label each column with a colour: red, yellow, orange, green and purple.
 - Label each row with corresponding day of the week (Monday, Tuesday Wednesday, etc).
 - Now each day, mention the food you eat corresponding to the colours mentioned in the chart.
 - Do this activity for seven days. Review your food log at the end of the week to assess your consumption of colorful and healthy foods.
 - Draw your favourite fruits and vegetables too to decorate it.
2. **Picture composition :**
 - Practice the use of 'is and are' with the help of the given picture composition.(Worksheet 2)
3. **Words for reading**
 - Build your vocabulary by reading and learning the given new words.(Worksheet 3)





HINDI

विषय: व्यक्तिगत स्वच्छता

व्यक्तिगत स्वच्छता पर एकसारणी बनाएँ। शरीर के उस भाग का चित्र चिपकायें जिसकी हम सफ़ाई करते हैं और जिस वस्तु का प्रयोग हम अपनी सफ़ाई के लिए करते हैं, उसका चित्र स्वयं बनाएँ और उसमें रंग भी भरें।

उदाहरण: दाँतों के लिए ब्रश।

दाँतों का चित्र चिपकायें और ब्रश का चित्र बनाएँ। हिंदी में उस वस्तु या शरीर के भाग के नाम का पहला व्यंजन लिखें।

MATHS

1. Attempt Worksheet 4

2. Make a routine chart on an A4 sheet mentioning the following details

For example:

- ✓ How many hours do you sleep in a day?
- ✓ How many glasses of water do you drink every day?
- ✓ How many hours do you exercise /play or do any physical activity?
- ✓ How many hours do you devote to your studies?
- ✓ How many hours do you watch TV?

A. After filling the data arrange these numbers in ascending and descending order.





E.V.S

1. Make a Cleanliness Wheel on self-hygiene and healthy surroundings.

Points to remember:

- 1. Pictures should be pasted on the wheel. Pictures can be drawn or you can help your parents in cleaning, click the pictures and paste your own pictures.**
- 2. Explain the importance of health and hygiene with the help of cleanliness wheel.**

NOTE

Please ensure that holiday homework must be submitted to the subject teacher in a folder. Parents are requested to support and guide their ward as they embark on the exciting journey of discovery and self-improvement.





WORKSHEET-1
HOLIDAY HOMEWORK (2023-24)
CLASS – I
SUBJECT – ENGLISH

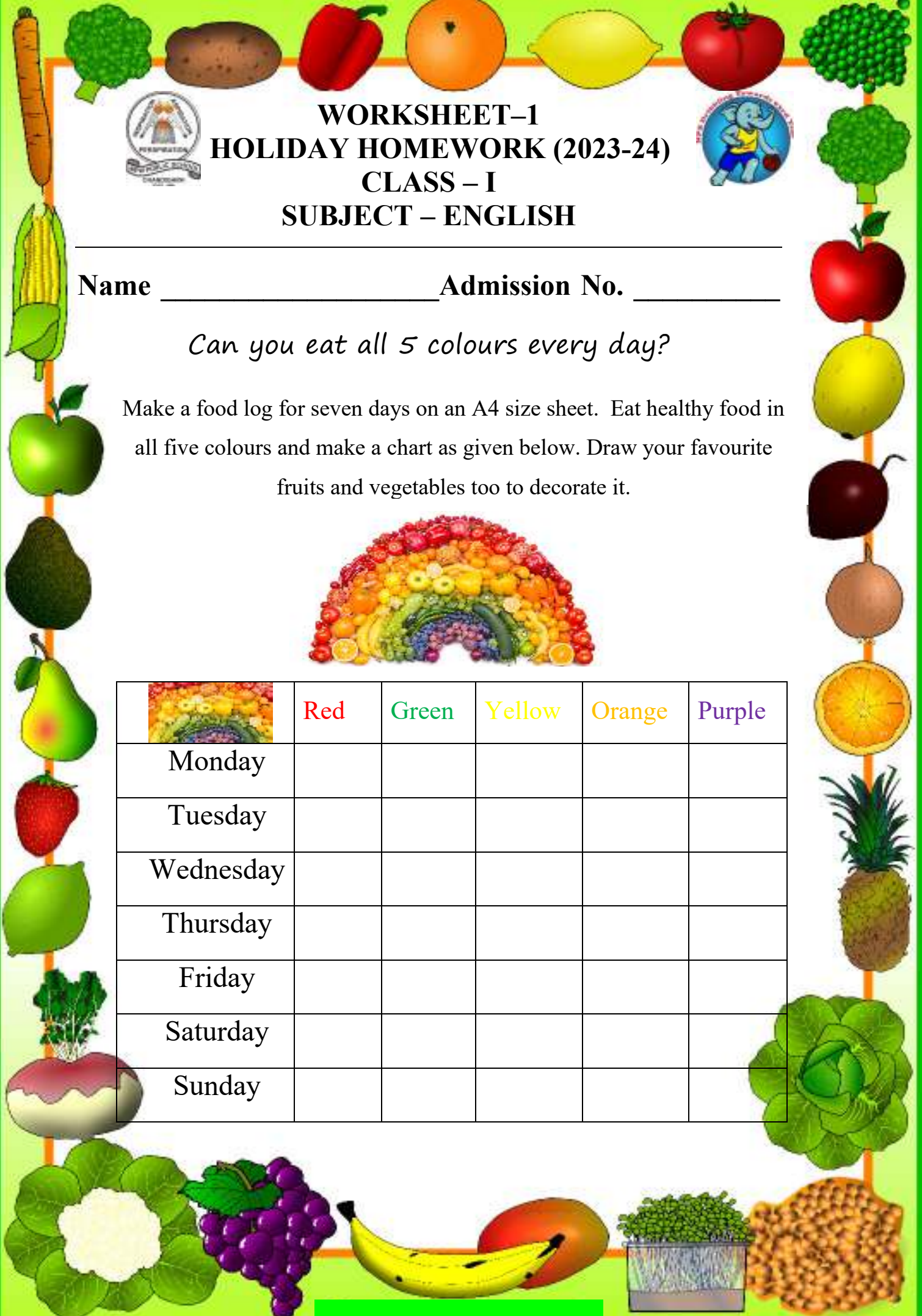
Name _____ Admission No. _____

Can you eat all 5 colours every day?

Make a food log for seven days on an A4 size sheet. Eat healthy food in all five colours and make a chart as given below. Draw your favourite fruits and vegetables too to decorate it.



	Red	Green	Yellow	Orange	Purple
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					





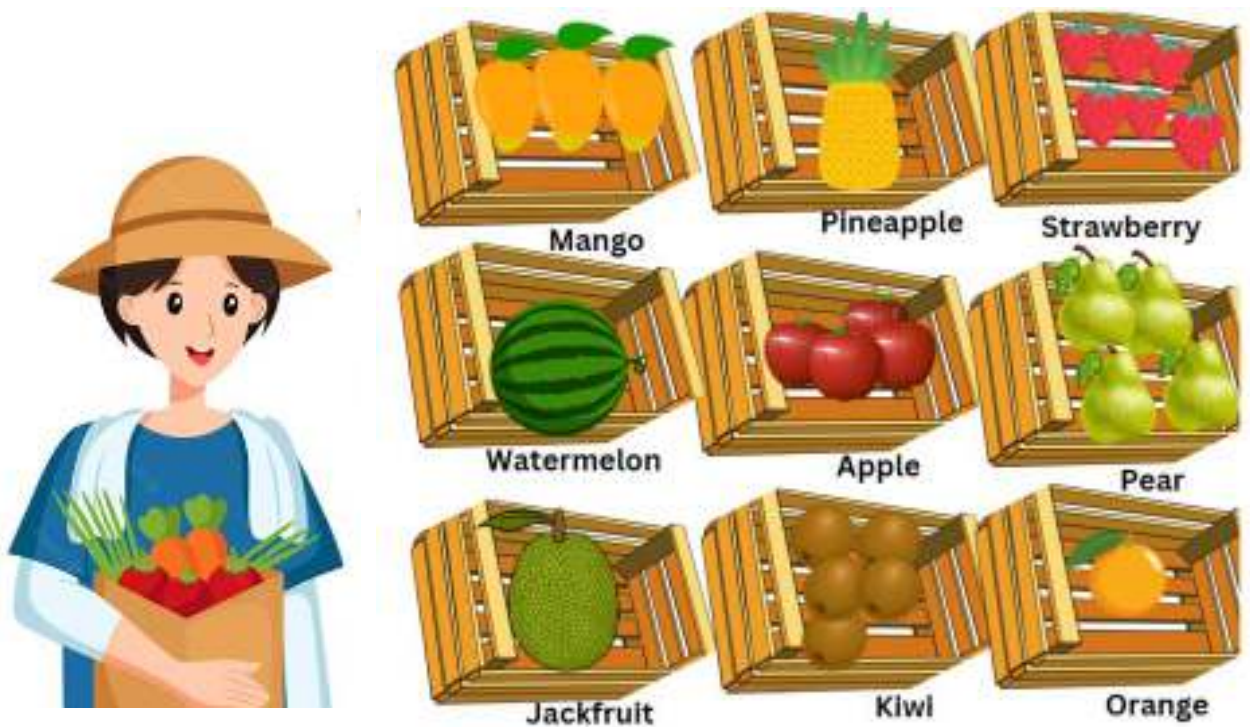
WORKSHEET-2
HOLIDAY HOMEWORK (2023-24)
CLASS – I
SUBJECT – ENGLISH



Name _____ Admission No. _____

1. Look at the picture and describe it using 'There is or There are'.

The Fruit Shop



a. There are three mangoes.

b. _____

c. _____

d. _____

e. _____

f. _____

g. _____

h. _____







i. _____

WORKSHEET-3
HOLIDAY HOMEWORK (2023-24)
CLASS – I
SUBJECT – ENGLISH

Name _____ Admission No. _____

Read aloud and learn the spellings given below. Try to use these words in your conversation with family and friends.

<p style="text-align: center;">health</p>	<p style="text-align: center;">happy</p>	<p style="text-align: center;">cleanliness</p>
<p style="text-align: center;">exercise</p>	<p style="text-align: center;">hospital</p>	<p style="text-align: center;">sleep</p>
<p style="text-align: center;">germs</p>	<p style="text-align: center;">doctor</p>	<p style="text-align: center;">nutrition</p>

		
<p>first-aid</p>	<p>nurse</p>	<p>dancing</p>
		
<p>running</p>	<p>swimming</p>	<p>walking</p>

WORKSHEET- 4




HOLIDAY HOMEWORK – (2023-24)
CLASS – I
SUBJECT – MATHS





Name _____ Admission No. _____

Q1. Write number names of the following numbers

a)  = _____

b)  = _____

c)  = _____


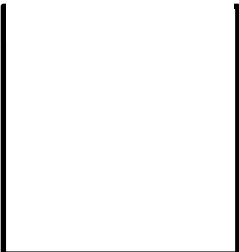
d)  = _____


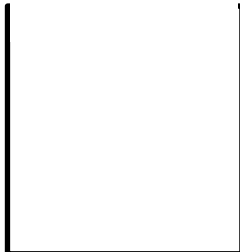


Q2. Write backward counting from  to .

T O	T O	T O
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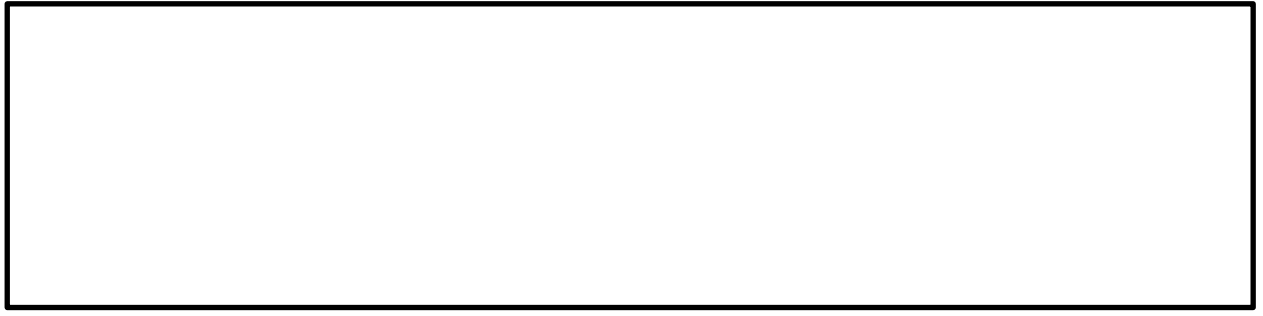
Q3. Draw beads to show the given number.

a) 
T O



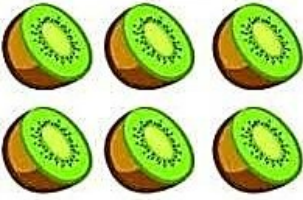
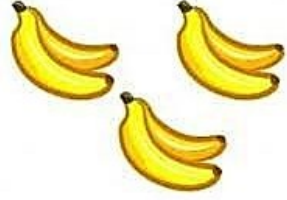
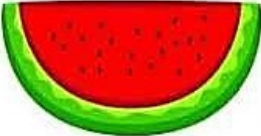
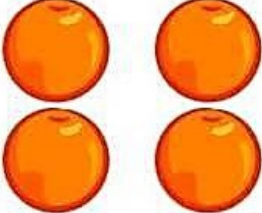
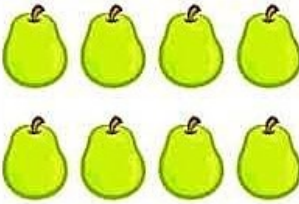
b) 
T O




Q4. Draw 17  



Q5. Count and circle the correct number of fruits.

 3 4 5	 5 6 7	 3 4 5
 1 2 3	 4 5 6	 6 7 8



Q6. Complete the name of the vegetable, count and write the number of vegetable and also write the number name.



Name of the Vegetable	Number	Number Name
P _ _ A _ O		
_ O M _ _ _ _		
C _ C _ _ B _ _ _		
T _ _ N _ P		
_ _ I O _		
C _ _ R _ _ _		
B R _ _ J _ _ _		

