

KALKA PUBLIC SCHOOL
HOLIDAY ASSIGNMENT
MULTIDISCIPLINARY PROJECT

CLASS IX (2022-23)

TOPIC – FOOD AND NUTRITION (WE ARE WHAT WE EAT)

General Instructions for the project :-

- Total length of the project should not be more than 20 pages of A4 size (4-5 pages for each subject).
- Project should be handwritten and credit will be given to illustrations and creativity.
- Project should be presented in a neatly bound simple folder.
- Follow the colour code for different subjects.
- Prepare a file folder with index and an attractive cover page.

SCIENCE (USE LIGHT PINK PAGES)

1. Make a Project on common food adulterants in any 5 food items used in household. (Perform food adulteration test to check its purity and record your observation. Paste photo of food adulteration test performed).

SOCIAL SCIENCE (USE YELLOW PAGES)

1. Project report on Healthy food and a balanced diet with special Reference to Adolescents.
2. Comparative analysis of Advantages of Healthy population in the economy of a country

MATHS (USE LIGHT BLUE PAGES)

1. Take 1 chips packet, 1 biscuit packet, 1 pack of frooti and 1 ready to eat food pack.
Read the nutrition information given at the back and represent the same through pie charts. (In Percentage)
2. Calculate BMI (Body Mass Index) for 10 individuals and classify them according to BMI classification chart (over height, normal, underweight)

ENGLISH (USE GREEN PAGES)

1. Write a dialogue a nutritionist and a school going child on the harmful effects of junk food.
2. Make a poster on the topic – 'HEALTHY FOOD AND A BALANCED DIET'

हिंदी ग्रीष्मावकाश कार्य

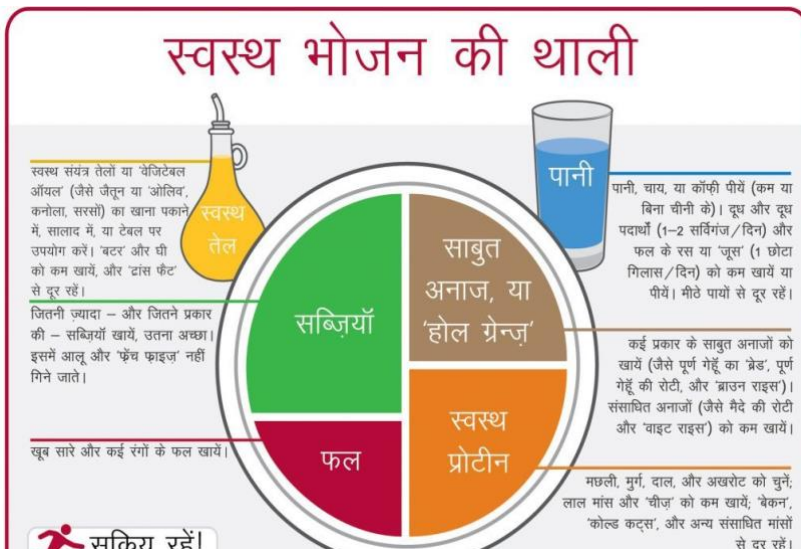
(सामान्य निर्देश :- सभी कार्य A - 4 size शीट पर कीजिए ।)

विषय :- आहार एवं पोषण

प्रश्न 1. पौष्टिक भोजन के विषय में दादा और पोते के बीच संवाद लिखें। (संवाद 30 से 40 शब्दों के बीच में होना चाहिए।)



प्रश्न 2. माँ के हाथ से बने पौष्टिक एवम संतुलित आहार की थाली परोसिए तथा उसके साथ अपना एक फोटो लेकर A 4 साइज़ शीट पर लगाइए।



प्रश्न 3.संतुलित आहार पर एक नारा लिखें व उस से सम्बंधित एक चित्र बनाएं।



Artificial Intelligence (AI):

Make a Project Report using multimedia presentation on how computer science and Artificial Intelligence is used in nutrition?