



# Asian International School

Summer Holiday Homework (2022-23)

## Class VI

### Multidisciplinary Project in Alignment with NEP 2020

English: Festivals of Northern India

Maths: Calorific Value of various food consumed in Northern India

Science: Food and Nutritional Value of Northern India

Computer: Poster Making with any of the background of Northern India


Social Science: Seven Sisters (North Eastern States)

Hindi: Aksharo Ka Mahatva  
Bengali: Bhasa Boichitro

**RAINBOWS OF NORTH INDIA**

Art Education: Different forms of arts of Northern India

Subjects Collaborated- Science, Mathematics, Social Science, 2nd Language(Hindi/Bengali), English, Computer Science .

Subject	Contents	Guidelines	Skills
Social Science	<p><b>TOPIC: CULTURE AND SCIENCE-SEVEN SISTERS(NORTH EASTERN STATES)</b>            Students will compare and contrast the socio-cultural livelihoods of the Seven Sister States of India. They may draw or paste pictures related to the topic.</p> 	<ul style="list-style-type: none"> <li>✓ (Project content should be covered within 15 pages including coversheet, acknowledgement, Content, Bibliography)</li> <li>✓ Omit using Colors like–Red, pink, orange</li> <li>✓ Colors which could be used – Blue, Brown, Green, Violet, Black</li> <li>✓ You can use newspaper clippings, maps, diagrams and other relevant material.</li> <li>✓ The project has to be a handwritten project.</li> <li>✓ Project should be done in channel files.</li> </ul> <p>The project should be done in the following chronology:</p> <ul style="list-style-type: none"> <li>✓ Cover Page –Name, Class, Section, Roll</li> <li>✓ Acknowledgement</li> <li>✓ Content</li> <li>✓ Introduction –Why the north eastern states are known as Seven Sisters</li> <li>✓ Now Mention those seven states one after the other (one page each)</li> <li>✓ discuss about their social and cultural aspects.</li> <li>✓ Paste or draw relevant pictures according to the topic.</li> </ul>	<ul style="list-style-type: none"> <li>• Cognitive skills</li> <li>• Communicative skills</li> <li>• Critical thinking and problem-solving skill</li> </ul>

Science

Make a comparative study based on food habits, nutritional value & deficiency disorders found in Northern India. Mention the sustainable development goals achieved through this project.



- Take A4 sheets to complete your project. Put them in a channel file.
- Your project must include content, introduction, body, conclusion, bibliography and acknowledgement.
- Research and find out the amount of well-balanced diet consumed, nutritional value and deficiency disorders found in Northern India.
- Suggest any one method for reducing the deficiency disorders.
- Paste coloured pictures or draw with pencil on the topic.

- Cognitive ability
- Analysis, interpretation
- Critical thinking
- Research skills and practices
- Collaboration, and creativity.

Mathematics

Graphical representation of the calorific values of different food items consumed by the people of northern India.

- The calorific value of food indicates the total amount of energy, a human body could generate during its metabolism which is expressed in calorie/gm. Calorific value is the measure of the heat to be produced in our body after consuming that food item.
- Find out the calorific values of different food items (take any 7 food items) usually consumed by the people of northern India. Find the value in Cal/gm unit. (1 calorie = 4.2 J) Where Cal stands for calorie and J stands for Joule unit. Calculate calorie per cup of those food items or per 100 gm of the same. If a food contains three main components (i.e, carbohydrates, proteins and fats ),

- Numeric literacy.
- Cultural literacy.
- Creativity.
- Collaborative learning.
- Social and cultural awareness.
- Idea design and refinement.
- Interpretation and analysis.

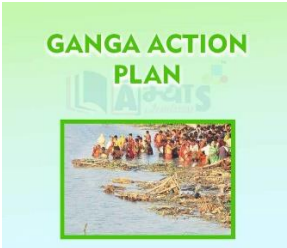
then add the calorific values of each component to find out the calorific value of that food item. For example, in potato curry (aloo curry) the nutritional value is 32.3 gm carbohydrate ,1.3 gm protein and 4.7 gm fat therefore the measured value is 103 calories. So, Calorific value of that potato curry is calculated as:  
 $C.V. = 103 / (32.3 + 1.3 + 4.7) = 2.68 = 3 \text{ Cal/gm ( rounded off )}$

- Now represent the calorific values of those food items in a bar graph taking proper axis.



Computer

Make a Poster with a Slogan on Ganga Action Plan in MS-Word or on any Photoshop Software



- Take a practical sheet to complete your project. Paste the printout of your poster in white page and in rule page write your own views. Put it in a channel file.
- Your project must include an introduction, a body and a conclusion.
- Your project must include appropriate images.

- Cognitive ability
  - Creative thinking
  - Computing ability
- Representation of complex real-life data in a simplified format

Art Education

Choose any three kinds of Tribes of North Eastern India. Draw and colour the traditional tribal costumes of any 3 tribes. Draw any 3 textile weaves of the costumes and mention their specialities.

Note: Use water colour or pencil colour or sketch pen for painting.

- Creative skills
- Fine Motor Skills

<p>2nd Language (Hindi/ Bengali)</p>	<p>पाठ- अक्षरों का महत्व टाँपिक-अक्षरों का महत्व बताते हुए भारत में बोली जाने वाली किन्हीं दस(10) विभिन्न भाषाओं व उनकी लिपियों का नाम लिखें। तथा उन लिपिओं का सांकेतिक रूप भी लिखें और रंग तथा पेन्सिल का प्रयोग करें ।</p> <p>বাংলা ও আসামের ভাষা বৈচিত্র্যের চিত্রসহ তুলনামূলক আলোচনা:- ক) দুই রাজ্যের রাজধানী ও তার পার্শ্ববর্তী অঞ্চলের ভাষা। খ) ভাষাকে কেন্দ্র করে সেই সকল মানুষদের খাদ্যাভ্যাস ও জীবনযাত্রা। গ) তুমি এই প্রকল্পটি থেকে কী শিখলে?</p>	<p>Note: दिए गए गृहकार्य को अपनी हिन्दी कॉपी में ही पूरा करें एवं रंगीन पेन्सिल का प्रयोग भी करें । लिखावट सुंदर एवं साफ होनी चाहिए ।</p> <p>Note: ক) হাতের লেখা পরিষ্কার করবে ও বানানে নজর দেবে। খ) লেখার প্রতি যত্ন নেবে। গ) A4 page -এ মার্জিন দিয়ে সুন্দর করে সাজিয়ে তুলবে। ঘ) প্রথম পৃষ্ঠায় বিদ্যালয়ের নাম, নিজের নাম, শ্রেণি ও বিভাগ এবং বিষয়ের নাম লিখতে হবে। ঙ) দ্বিতীয় পৃষ্ঠায় কৃতজ্ঞতা স্বীকার লিখবে চ) তৃতীয় পৃষ্ঠায় সূচীপত্র লিখতে হবে ছ) চতুর্থ পৃষ্ঠা থেকে লেখা শুরু হবে।</p>	<p>संज्ञानात्मक कौशल (cognitive skill)</p> <p>Cognitive skill</p>
<p>English</p>	<p>Research and write a paragraph about anyone festival celebrated in Northern India. (Assertive, Interrogative, Exclamatory sentences, suitable nouns, and adjectives must be included in the writing).</p>	<ul style="list-style-type: none"> <li>• The project should be done in white A4 sheet papers and submitted in a channel file.</li> <li>• The papers should be bordered.</li> <li>• The project should be handwritten.</li> <li>• Your project must have headings and subheadings.</li> <li>• You can use ONLY <b>blue</b> or <b>black</b> coloured pens.</li> <li>• The project should have an introduction and conclusion written in separate paragraphs.</li> </ul>	<ul style="list-style-type: none"> <li>•Socio-cultural skills</li> <li>•Creativity</li> <li>•Literary skills</li> <li>•Research skills</li> <li>•Idea design and refinement</li> <li>•Interpretation and analytical skills</li> <li>•Cognitive skills</li> </ul>

Example: Rann Festival  
Desert festival  
Phulaich Festival etc.



✚ Additional Instructions:

✦ **MATHEMATICS:**

Refer to this table for calculating calorific value of food values:

Food	Portion (g)	Calories (Cal)	Carbo-hydrates (g)	Protein (g)	Total Fat (g)
<b>Indian Vegetables/Curries</b>		<b>FatFreeKitchen.com</b>			
Aloo-Baigan Mixed Vegetable	100	103	32.3	1.3	4.7
Aloo-Beans Mixed Vegetable	100	134	34.3	2.4	8.7
Aloo Curry	100	105	14.4	1.2	5.0
Baigan Ka Bharta	100	70	5.7	1.2	4.7
Bhindi (Okra)	100	161	12.1	3.9	10.7
Cabbage (Platta Gobi)	100	131	7.0	2.3	5.0
Chole (Chickpeas)	100	74	3.3	4.3	4.1
Curry, Cuddy (Besan: Khaddi)	100	100	15.0	2.9	5.1
Gatte ki Subji	148	275	-	-	-
Methi-Aloo	100	121	16.0	2.2	5.4
Mutter Paneer	100	147	10.7	8.5	8.1
Kaddu (Pumpkin, Kashiphal)	100	67	6.7	1.6	3.8
Rajmah (Kidney Beans)	100	102	10.7	4.7	3.4
Shahi Paneer	95	283	-	-	-
Shimla Mirch-Aloo	100	93	12.8	1.5	3.4
Stuffed Tomato	100	85	11.0	2.1	3.4
Torai (Ridge gourd)	100	65	4.0	1.2	4.7
Vegetable Jalfraani	98	159	-	-	-
Vegetable Kofta Curry	100	147	13.3	2.6	9.1
Vegetable Korma	100	88	8.7	1.4	5.3

✚ **ENGLISH:**

- The **write-up** must be written **within 200 words**.

**“FOR A SUSTAINABLE TOMORROW”**