



**SHAH INTERNATIONAL SCHOOL  
HOLIDAY HOME WORK (2024-25)  
CLASS-II**

**THEME-Healthy Lifestyles**

Dear students

It's time for the summer break, a time to explore and to learn in different ways. Let's use these holidays to pursue some hobbies and apply our minds creatively to learn new things and bring a change in our own individual ways. For that we have planned some interesting work to make your summer vacation full of creativity. So, go ahead and enjoy your summer break.

**GUIDELINES FOR HOLIDAY HOMEWORK**

- Holiday homework has to be done in a very neat and presentable manner on A4 size sheet.
- **Roll No 1 to 20 will do English and Maths Holiday Home Work and Roll No 21 TO 35 will do Hindi and EVS Holiday Home Work.**
- Revise the work done in the month of April and May for all subjects.
- Holiday Homework should be submitted in a folder by 3rd July 2024 (Wednesday). It must be labelled properly with the name, class and roll number of the child.

**Looking forward to see you soon. HAPPY HOLIDAYS!**

**ENGLISH**

Q1-Draw or paste attractive pictures of any two healthy foods or healthy dishes or food items on a coloured A-4 sized sheet. Write a few lines about it using the describing words given below:

yummy/organic/bitter/sweet/active/spicy/mouthwatering/scrumptious/delicious/acidic/hot/juicy/creamy.

Q2- From the picture given below, try to find out **twelve naming words and frame one sentence on each**. Do this activity on a coloured ruled A-4 sized sheet. Also paste the picture.



**Example: girl-This girl is so active.**



## हिंदी

1. स्वस्थ एवं सेहतमंद रहने के लिए हमें किन - किन पौष्टिक आहार की जरूरत होती है ? उनके चित्र चिपकाकर किसी एक के बारे में पाँच पंक्तियाँ लिखिए। (A4 शीट पर)।
2. संतुलित आहार में फलों व सब्जियों का बहुत महत्व होता है। इसी तथ्य को ध्यान में रखते हुए अपनी रुचि के अनुसार एक आकर्षक head gear बनाए।
3. एक स्वस्थ जीवन शैली में व्यायाम का बहुत महत्त्व है। स्वस्थ जीवन शैली से सम्बंधित व्यायाम के चित्रों से एक कोलाज बनाइए। (A3 शीट पर)

## MATHS

### I. Healthy Feast (Roll No-1 to 10)

Imagine its your 7<sup>th</sup> birthday next week and you decide to give a party to all your relatives and friends. You are also a fitness freak and you suggest your parents to keep the healthy snacks in your party. Now decide any 6 healthy snacks that you want on that day and paste the pictures of the snacks on an A-4 size sheets (2 pictures on one sheet). Write down the calories that your selected snack has in the form of a table given below and do the given calculations of each snack below the picture:

SNACKS	CALORIES PRESENT
 VEGAN CHIA PUDDING	166
 STRAWBERRY OATS MUFFIN	64

Then write its:

1. Predecessor(before), Successor(after),
2. Expanded Form
3. Number Names
4. Ascending and Descending Order
5. Add the total calories taken by you in one day.

## II. Healthy Shopping (Roll No-11 to 20)

Visit a shopping mart like Reliance Fresh etc. with your parents and purchase any 5 healthy food items which cost more than Rs. 100. Paste their pictures and write their prices in A-4 size sheet:

Then write its:

1. Predecessor(before), Successor(after),
2. Expanded Form
3. Number Names
4. Ascending and Descending Order
5. Add the total amount spent on them

## III. Learn tables from 2 to 10. (For all the students)

### EVS

#### “Eating Well, Living Well: A Holistic Menu for Health”

In today’s fast-paced world, where convenience often trumps health, it’s essential to prioritize nutritious eating habits.

Design a menu card for your restaurant on A4 sized sheets featuring a variety of nutritious and delicious options for breakfast, lunch, and dinner. The menu card should contain the following:

1. A title at the top of the page with the logo of your restaurant.
2. Divide the menu into three sections (breakfast, lunch and dinner) and write the names of the dishes in the respective meal .
3. Draw or paste pictures of healthy food next to each section.
4. Mention the category to which the dish belongs. (energy -giving food, protective food and body – building food).

#### Note:

- One meal should be on one page.
- Five dishes per meal and two drinks.

#### Make it colourful and creative.

Note: The given pictures are for reference.

