

Pawar Public School, Nanded City

Sub:Science      May Vacation Holiday HW      Std : VI

Students are supposed to do the following activities. Make a note of it in their science notebook.

- 1) Collect different pieces of fabrics. Collect information on any one fabric.
- 2) Explore the spices used in the kitchen and find out their health benefits.
- 3) Make a diet plan for the family members keeping in mind their age, weight, physical activity, medical conditions like BP, diabetes etc.
- 4) Write a recipe of any one healthy breakfast or snacks like corn/sprout bhel , raita, buttermilk lassi etc. Also write down the nutrients provided by the ingredients used. (Avoid junk food).