

KENDRIYA VIDYALAYA BEML NAGAR

HOLIDAY HOME WORK VI A,VI B,VI C

In Home work Notebook

I.Prepare a Diet chart to be followed during summer vacations weekly for 4 weeks

SIno	Time	Meal	Nutrients
1	6:30 AM	Milk	Proteins,Calcium

a)Is your Diet Balanced? Does it contain all nutrients?

b)Record your Height and Weight during Start of Vacation and End of Vacation.

II.Collect different types of fabrics and identify their names.
Paste your collections along with the name of the fibre used to make the fabric.

III. Make a short video explaining any scientific phenomenon or activity .It should be you explaining in simple words any experiment or concept.