

KENDRIYA VIDYALAYA KISHTWAR

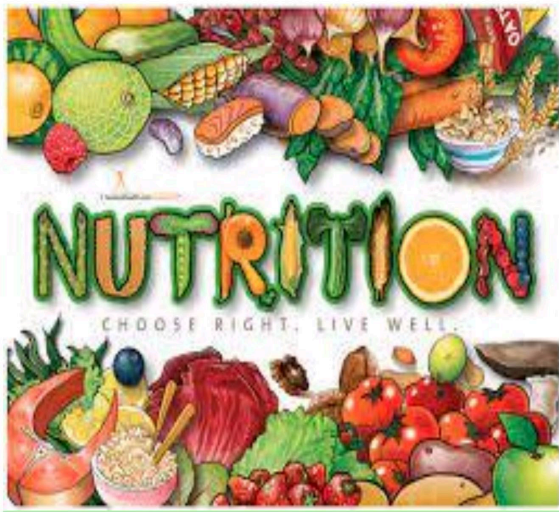
Holiday homework (Autumn Break)

MULTIDISPLINARY PROJECT CLASS-VII

TITLE OF THE PROJECT – FOOD AND NUTRITION

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FOOD AND NUTRITION - जैसा अन्न वैसा तन मन



S.NO	SUBJECT	OBJECTIVES	ACTIVITIES	LEARNING OUTCOMES
1.	SCIENCE	<ol style="list-style-type: none"> To encourage healthy eating habit in the student. To know the different organs and their functions in Human Digestive System. To encourage plantation among the students. To tell them about the two sets of teeth. To make them understand that the teeth they lose are temporary milk teeth. 	<ol style="list-style-type: none"> Make a healthy eating 3D food pyramid. <div data-bbox="464 779 1262 1272" data-label="Image"> </div> <p>Draw/ paste picture of following food items on correct level on your food pyramid. Bananas, butter, carrots, cheese, dried beans, eggs, grapes, potatoes, rice, cake, oranges, bread, oil and milk Also write components of food present in these food items.</p> Draw diagrams of different organs of human digestive system on a thick pastel sheet. Colour them and cut them out. You can also use clay to make model of these organs. Now arrange cutouts/ clay models to make Human Digestive System. Also write down the functions of all these parts. 	<ol style="list-style-type: none"> Know what amount of different nutrients should be in their diet. Able to arrange parts of human digestive system in right order. Understand the process of digestion. Understand that there are two sets of teeth. Learn that milk teeth are replaced by permanent teeth. Know the number of teeth in kids and the adults They will learn and understand about different ways of taking food.

- 6. Understand that permanent teeth replace the milk teeth.
- 7. To make them know about some plants are having special way of taking nutrient

3. Collect data from your friends, neighbors, brothers and sisters about their teeth and fill in the following table:

Name of member	Total teeth=Teeth present + spaces				
	Relation	Age	Total number of teeth	Total number of spaces	Total teeth

- 4. Collect pictures of five insectivorous plants. Paste them. For each write:
 - a. Name of the plant
 - b. Place where they are found
 - c. Mode of nutrition

8. Understand that some plants show dual mode of nutrition.

5. Grow following seed take care of them and observe them. Try to find out which component of food is present in them and what will be end product of digestion of that component of food.

Plant	Component of food present in it	End product of digestion of component of food present in it
Green Gram (mung bean)		
Mustard		
Gram (Chana)		
Wheat		

3.

**SOCIAL
SCIENCE**

1.To understand the purpose of mid-day meal scheme.

2. To know about the different schemes run by the government for under privileged section of society.

3. To familiarize them with the concept of malnutrition.

1. **Observe the picture-**

Eggs to be part of midday meals in seven Karnataka districts

Team to visit TN to study implementation; 14.4 lakh students to benefit from scheme

Published: 03rd September 2021 05:43 AM | Last Updated: 03rd September 2021 05:43 AM



Representational Image (File photo | EPS)

1. Students will be able to understand the purpose of mid-day meal scheme.

2. Students will be able to know the different food schemes of the government.

3.Students will be able to understand the need to run these schemes.

4.Students will be able to understand the role of government in providing these

4.To know the role of government in providing these facilities.

5.familiarize them with the concept of ration shops.

6.To sensitize them toward under-privileged section.

7.To inculcate good eating habits among students.


Read this news headline and collect following information

- What is mid-day meal scheme?
- first state to start mid-day meal.
- Classes in which mid-day meal is implemented.
- Main purpose of this scheme.

Also paste five newspaper cuttings related to this topic.

MORE STUDENTS TO BENEFIT

➤ Mid-day meal scheme was implemented in AP in 2003 for students from classes 1 to 5



➤ It was extended to classes 6-10 in 2008

➤ It covered the National Child Labour Project (NCLP) schools in 2010

EGG FACTOR: To improve the nutritional quotient in the midday meal scheme, the number of eggs served per week has increased from three to five with an outlay of ₹266 crore from this academic year

2. Explore other such schemes which are being run to empower the under privileged during the corona pandemic.
3. Discuss with your parents/friends/teachers about the concept of Ration Shops & prepare a list of things which are being provided to the poor section of the society through these shops.



5.Students will be able to know the functioning of ration shops.

6.Students will be able to understand the concept of malnutrition.

7.Students will be aware of the importance of good eating habits.

4. Make a poster on 'eat healthy stay healthy'.



4.

ENGLISH

1. Developing their creative side.
2. Knowing about the value of nutritious food.
3. Students will be able to avoid junk food and eat healthy food.
4. Inculcating the habit of eating fruits and vegetables.

1. You might have seen nutritional value given in packaging of everyday food items at your home. Examine 6 food packages and write their nutritional value. Take help of the picture given below.

The image shows a Nutrition Facts label for a product with a serving size of 1/2 cup (114g) and 4 servings per container. The label includes the following information:

Amount Per Serving		% Daily Value*	
Calories	90	Calories from Fat	30
Total Fat	3g		5%
Saturated Fat	0g		0%
Cholesterol	0mg		0%
Sodium	300mg		13%
Total Carbohydrate	13g		4%
Dietary Fiber	3g		12%
Sugars	3g		
Protein	3g		
Vitamin A	80%	Vitamin C	60%
Calcium	4%	Iron	4%

* Percent Daily Values are based on a diet of other people's misdeeds.

Callout boxes provide additional information:

- Pay close attention to serving sizes.**
- Look for foods with lower levels of saturated fats.**
- This tells you how much salt is in food.**
- Calcium is important for bones and teeth.**
- Use this section as a guide for daily planning.**
- The amount of calories a person needs each day depends on many factors, including exercise.**
- Products labeled "light" or "lite" must have 1/3 fewer calories or 1/2 the fat of the foods to which they are compared. "Light" also can mean that salt has been reduced by 1/2.**
- Look for products that have more fiber and less sugar.**
- Vitamins and minerals help your body function properly.**

A food pyramid diagram is shown at the bottom, with levels labeled A, B, C, D, E, and F.

1. Students will develop good writing skills. They will know how to interview.
2. Students will be able to know the value of healthy eating habits.
3. Students will avoid junk food.
4. They will eat healthy and will know the nutritional value of everyday food items.

2. Complete the following crossword puzzle with the help of cues given.

Chef Solus Fruit and Veggies Crossword Puzzle

Across

4 The opposite of a sour potato

8 The outside of this melon looks like a web

12 Tomatoes, cucumbers and lettuce make a nice ____

13 This vegetable looks like a mini tree

15 Dip the leaves in butter and enjoy the heart of an ____

Down

1 This is a fuzzy stone fruit

2 This is a side dish at Thanksgiving

3 A palm tree grows these

5 One popular big squash at Halloween

6 This tropical fruit has a big seed in the middle.

7 This looks like an orange but is smaller

9 Monkeys love them

10 Dip these into Ranch dressing

11 Dried grapes are called ____

14 This vegetable has ears (think of cob)

3. Make a comic strip highlight the importance of nutritious food in day-to-day life.



4. Interview a nutritionist on harmful effects of junk food and the value of healthy and nutritious food. Keep the record in writing.



5. Eat a rainbow i.e., a variety of fruits and vegetables. Make your own plate and click its picture. Write the nutritional value of all the items in your plate.



2. **HINDI**

- विद्यार्थी ये जान सकेंगे कि किन खाद्य पदार्थों में कौन-कौनसे पोषिक तत्वों होते हैं।
- विद्यार्थी ये जान सकेंगे कि कौन-कौनसे पोषिक आहारों से शरीर के कौन-कौनसे अंगों का विकास होता है।
- विद्यार्थी विभिन्न राज्यों के खानपान को जान सकेंगे।

1. खानपान और उससे मिलने वाले पोषिक तत्वों जैसे प्रोटीन, विटामिनो को चार्ट विधि द्वारा स्पष्ट करना।

पोषक तत्व के प्राप्ति स्रोत एवं कार्य		
पोषक तत्व प्राप्ति के स्रोत	पोषक तत्व	कार्य
	कार्बोहाइड्रेट	<ol style="list-style-type: none"> ऊर्जा प्रदान करना। प्रोटीन को शरीरिक बूढ़ के लिए सुख करना। बला को उपेक्षा के कारण से। चर्बन क्रिया निर्वाचित करना।
	वसा	<ol style="list-style-type: none"> ऊर्जा का उच्च संचयन बला में सुलभता विटामिनो का संचयन/संश्लेषण शरीर के लक्षण का नियंत्रण शरीर के संरक्षण को को बढ़ावा दे रहा
	प्रोटीन	<ol style="list-style-type: none"> शरीरिक बूढ़ शरीर में को बढ़ावा क्रियाओं का नियंत्रण शरीर के संरक्षण को ऊर्जा प्रदान करना
	खनिज लवण	<ol style="list-style-type: none"> कैल्शियम- दालों व अनाजों का निर्माण करना बला के लक्षण को सुख को नियंत्रित करना बला को उपेक्षा के कारण से। शरीर को संरक्षण का निर्माण करना
	विटामिन	<p>विटामिन ए- दालों, अनाज, आंव की दालों में उपेक्षा</p> <p>विटामिन डी- कैल्शियम व फॉस्फोरस के संचयन के कारण से।</p> <p>विटामिन सी- कैल्शियम व फॉस्फोरस के संचयन के कारण से।</p> <p>विटामिन ए- दालों, अनाज, आंव की दालों में उपेक्षा</p> <p>विटामिन डी- कैल्शियम व फॉस्फोरस के संचयन के कारण से।</p> <p>विटामिन सी- कैल्शियम व फॉस्फोरस के संचयन के कारण से।</p>
	जल	<ol style="list-style-type: none"> शरीर के लक्षण को सुख को नियंत्रित करना बला के लक्षण को सुख को नियंत्रित करना शरीर के लक्षण को सुख को नियंत्रित करना शरीर के लक्षण को सुख को नियंत्रित करना शरीर के लक्षण को सुख को नियंत्रित करना

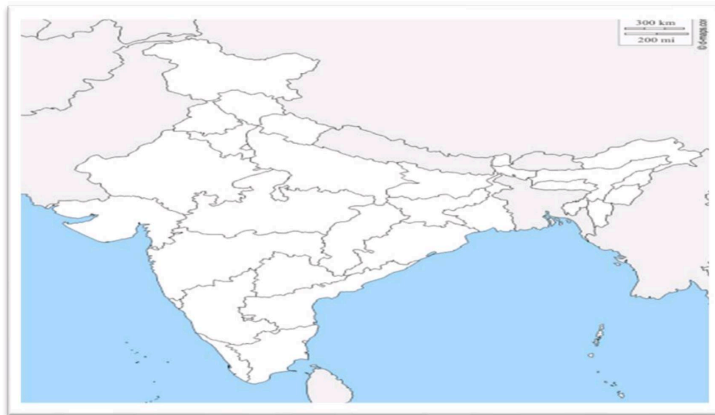
- हमारे शरीर के निर्माण में खानपान एवं उससे मिलने वाले पोषिक तत्वों की भूमिका की समझ होना।
- पोषिक आहारों की कमी से शरीर पर होने वाले प्रभावों की समझ होना।
- विद्यार्थियों में विभिन्न राज्यों के खानपान की जानकारी होना। विद्यार्थियों में अपने आसपास के लोगों के खानपान की जानकारी होना।

4.विद्यार्थियों में पौष्टिक आहारों से शरीर को स्वस्थ रखने की समझ विकसित हो सकेगी।

2. विद्यार्थियों से एकल नाटक अभिनय कराना कि कौनसे पौष्टिक आहार शरीर के किन अंगों के विकास में सहायक होते हैं।



3. विद्यार्थियों के द्वारा अपनी कक्षा में विभिन्न राज्यों से अध्ययनरत विद्यार्थियों से फोन या एस.एम.एस. द्वारा विभिन्न राज्यों के खानपान की जानकारी हासिल कर भारत के नक्शे में दर्शाना ।



4.विद्यार्थियों में अपने आसपास के लोगों के खानपान की जानकारी होना।

4. विद्यार्थियों को समूह में विभाजित करके एवं उनको आसपास के क्षेत्रों से फोन या एस.एम.एस. द्वारा यह ज्ञात करवाना कि लोगों का खान-पान क्या है और उनसे किस प्रकार की पोषिकता की पूर्ति को सारणी द्वारा दर्शाइए। अगर नहीं तो कारणों की खोज करेंगे।

क्रमांक	नाम	भोजन के प्रकार	पोषिक तत्व	पोषिकता की पूर्ति (हाँ/नहीं)

3. **SANSKRIT**

1. विद्यार्थी अनाजों के नाम, फलों के नाम और सब्जियों के नाम संस्कृत भाषा में जानने में समर्थ होंगे।

2. वे इन शब्दों की शुद्ध वर्तनी लिख सकेंगे।

3. विद्यार्थी आहार के पोषक तत्वों के विषय में संस्कृत में सरल वाक्यों की रचना कर सकेंगे।

4. जीवन में अन्न का क्या महत्व है - विद्यार्थी श्लोक के माध्यम से इसकी जानकारी प्राप्त कर सकेंगे।

1. विद्यार्थी 10 अनाजों के, 10 फलों के तथा 10 सब्जियों के चित्र चिपकायेंगे और चित्रों के नीचे उनके नाम संस्कृत में लिखेंगे।



2. **वीडिओ निर्माण** - छात्र अपनी पाठ्यपुस्तक से जीवन में अन्न के महत्व से सम्बन्धित एक श्लोक को (A-4 Size) पेपर पर बड़े अक्षरों में लिखेंगे उस श्लोक को कण्ठस्थ करके सस्वर गायन करते हुए तथा उसका भावार्थ बताते हुए वीडिओ बनाएंगे।

1. विद्यार्थियों को संस्कृत भाषा में अनाजों के, फलों के और सब्जियों के नामों का ज्ञान हो जाएगा।

2. वे इन शब्दों की शुद्ध वर्तनी लिखने में समर्थ होंगे।

3. छात्र आहार के पोषक तत्वों के विषय में बताते हुए संस्कृत में वाक्य-रचना कर सकेंगे।

4. छात्र (अन्न के महत्व से सम्बन्धित) श्लोक का शुद्ध उच्चारण करने में समर्थ होंगे।

3. छात्र आहार के विभिन्न पोषक तत्वों का महत्त्व बताते हुए संस्कृत में वाक्य रचना करेंगे। (10 वाक्य)



ASSESSMENT

(Rubrics)

- Content
- Originality
- Creativity
- Presentation

METHODOLOGY

- INTERVIEWS
- QUESTIONAIRE
- REPORTS
- BAR GRAPH
- WRITING SKILL
- SURVEY
- EXPLORATION
- EXPERIMENTATION

RESOURCES

पाठ्यपुस्तक

शब्दकोश

गूगल

अभिभावक एवं परिवेश

NCERT Book

<http://www.nce rt.nic.in/exemplar/labmanuals.html><http://cbseacademic.nic.in/><https://www.youtube.com/watch?v=VA7JzS94QdA><https://www.energisekids.com/kids-food-pyramid/><https://www.newindianexpress.com/states/karnataka/2021/sep/03/eggs-to-be-part-of-midday-meals-in-seven-karnataka-districts-2353557.html><http://www.imotforum.com/2017/09/government-scheme-malnutrition/>

a) Back to Basics

<https://drive.google.com/drive/folders/1v92nc25oMEGMJh5IEHTS4u7I5Zgai38>

b) Maths Lab Activity

<https://www.vivadigital.in/subjects/mathematics/maths-lab-activity-1/9789387486447>

c) Subject wise source book on assessment

<https://epathshala.nic.in/process.php?id=teachers&type=Teaching-Instructions&ln=en>

d) Art Integrated Project

http://cbseacademic.nic.in/web_material/Circulars/2020/33_Circular_2020.pdf<http://www.nce rt.nic.in/exemplar/labmanuals.html><https://www.youtube.com/watch?v=Z08FhT3-cJc><https://www.britannica.com/plant/carnivorous-plant><https://nfsa.gov.in/public/nfsadashboard/PublicFPSDDashboard.aspx>

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d) Art Integrated Project

http://cbseacademic.nic.in/web_material/Circulars/2020/33_Circular_2020.pdf**Note – The project should cover-**

- Introduction
- Acknowledgement
- Content
- Conclusion
- Bibliography

ASSESSMENT-

- *Content
- *Originality
- * Creativity
- * Presentation

RESOURCES-

- *Text book
- * Google
- * You tube

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TEACHERS

1. ENGLISH (Mrs. Shobha TGT ENGLISH)
2. SCIENCE (Ms. Akanksha sharma)
3. SOCIAL SCIENCE (Mr. Mithilesh TGT SOCIAL SCIENCE)
4. HINDI
5. SANSKRIT