

Holiday Homework 2021-22

Weekly Learning Package Number - 4

Class – VI

Subject Teachers: English - Mrs. Apurva / Mrs. Gagandeep
Hindi - Mrs. Rekha / Mrs. Meera Dimri

English-

Q1: Read the given passage carefully and answer the questions that follow.

We must take proper care of our hair. Healthy hair looks beautiful and makes us feel good. It is important to keep our hair clean by washing it regularly with soap or shampoo. This removes the dirt and dust and prevents scalp infections. To have healthy hair, we must eat a balanced diet which provides nourishment to our skin. We should eat lots of green leafy vegetables, fresh fruits and cereals. Consumption of amla juice, ash gourd juice, pumpkin and coconut water enhance hair growth. Vitamin B12 helps to prevent hair loss and can be found in fish, eggs, chicken and milk. We should avoid the intake of Maida (fine flour) and deep-fried dishes, sweets made of white sugar, soft drinks, tea and coffee. If we follow a healthy regime of yoga and breathing exercises, we can enjoy healthy hair for a long time as it slows down the process of greying and ageing.

Answer the following questions:

1. It is important to keep our hair clean because.....
2. A balanced diet provides.....
3. Find the word from the passage which means the same as “Improves”.
4. What substances help in enhancing hair growth?
5. What food stuff should be avoided for healthy hair?

Hindi-

प्रश्न 1) पाठ एक 'जीवन' कविता में प्रकृति के किन उदाहरणों के बारे में बताया गया है लिखिए।

प्रश्न 2) दिए शब्दों के लिंग बताइए।

1. कवि
2. फल
3. गीत
4. मेघ
5. सरिता
6. फल
7. धरा
8. रत्नाकर
9. पानी
10. नदी

Activities –

1. Prepare a card for Mother's Day expressing your love for your mother.
2. Make a butterfly with the help of different shades and colourful sheets. (Refer the attached picture for help)



3. Learn Mool Mantar with meaning:

Ik Onkar - There is one God

Satnaam - His name is truth

Karta Purakh - He is the Creator

Nirbhau - He is without fear

Nirvair - He is without hate

Akaal Moorat - He never dies

Ajooni - He is beyond births and deaths

Saibhang - He is self-existent

Gurprasad - By the Guru's grace, He is obtained.

Stay Home, Stay Safe, Be Healthy, Be Happy