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HOLIDAY HOMEWORK FOR AUTUMN BREAK - 2021.
CLASS - VI (ENGLISH)

READING UNIT - 1

TOP HEALTHY FOODS AND FITNESS TERMS.

The 2010s will go down in history as a decade of a renaissance of healthy trends across the globe. The decade saw the rise and fall of numerous health and fitness trends worldwide. Past ten years were all about fermented food to non-dairy milk alternatives and numerous path breaking discoveries in the medical world. But some health trends took over the world by storm and will have lasting effects on the coming generations. Here we have compiled a list of the top 8 health terms that gained wide popularity in the fitness world for its promising health benefits and something that is going to stay in the coming decade.

Gluten-free



The world witnessed the burgeoning popularity of gluten-free food products among men and women wanting to stay healthy and fit. Gluten is a protein found in most grains and as per some studies, following a gluten-free diet helps to manage the signs and symptoms of celiac disease and other medical conditions. The major source of this protein is wheat, barley and rye. Today, a plethora of gluten-free staples, frozen meals and snacks can be found in the supermarket that we even didn't know about years ago.



Detox

Detoxification or detox was a favorite buzzword this decade and as its popularity goes, it is here to stay for a while. A detox diet is an easy way to get rid of your body of toxins,

which improves your health and promotes weight loss. The process of detoxification also includes making some small lifestyle tweaks.

Read the above given passage and answer the following questions:

1.1 What do you understand by ‘a renaissance of healthy trends’?

- a) A new age of organic health products
- b) New methods of obesity control
- c) An age of new practices to keep healthy
- d) An age of path-breaking discoveries

1.2 ‘But some health trends took over the world by storm.’ What does ‘took over the world by storm’ imply here?

- a) These health trends confused the masses
- b) The popularity of these health trends spread like fire
- c) These healthy trends became widely recognised and will remain so far for generations
- d) Both b and c

1.3 What are the benefits of detoxification or detox process?

1.4 What is the importance of a healthy body to you?

READING UNIT – 2.

INDIA HAS SECOND HIGHEST NUMBER OF OBESE CHILDREN IN WORLD: STUDY

India has the second highest number of obese children in the world, with 14.4 million reported cases, according to a new study published in The New England Journal of Medicine.

China, with 15.3 million obese children, tops the list. The incidence of obesity has doubled since 1980 in over 70 countries of the world, the research finds.

The finding of the study is based on data collected from 68 million people in 195 countries.

Even though the occurrence of obesity among children was lower than adults, childhood obesity has grown at a faster rate than adult obesity in many countries. In 2015, over 2 billion children and adults across the world were overweight. Of these, nearly 108 million children and more than 600 million adults had body mass index (BMI) above 30, which is the threshold for obesity.

Adult obesity was highest in China and the United States while childhood. Adult obesity was higher in women than men of all age brackets, however no such distinction was observed among children and individuals under the age of 20.

High BMI accounted for 4 million deaths globally, nearly 40 per cent of which occurred in persons who were not obese.

During the past decade, researchers have proposed a range of interventions to reduce obesity. Among them is restricting advertising of unhealthy foods to children, improving school meals and encouraging active lifestyle and physical exercises. In 2015, Union Minister for Women and Child Development Maneka Gandhi proposed a ban on junk food in schools, however it was not implemented. Recently, the FASSAI has issued a notification instructing schools to stop serving junk food in their canteens, as it is low in nutrition content and high in salt, sugar and fat. In fact the Government is considering banning the sale of packaged food items termed HFSS (high in fat, salt and sugar) from school canteens.

Read the above given passage and answer the following questions:

2.1. What is the possible reason for the growth rate of obesity doubling across the world?

2.2. The government's role in restricting unhealthy eating among the children is to

- a) blame the children's unhealthy eating
- b) ban advertisement of unhealthy food
- c) reduce the incidence of obesity among children
- d) promote healthy eating

2.3. Data shows that not all deaths occur due to obesity. Other possible reasons include

- a) lifestyle related illnesses
- b) adults are more likely to die
- c) high BMI is linked to early death
- d) junk food is the main cause of death

2.4. Why is the data shown a cause for concern for Indians?

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शरदीय अवकाश गृह कार्य कक्षा-छठवीं

प्रश्न1- नीचे दिये गये गद्यांश को पढ़कर पूछे गये प्रश्नों के उत्तर दीजिए

संसार में सबसे मूल्यावान वस्तु समय है क्योंकि दुनिया की अधिकांश वस्तुओं को घटाया-बढ़ाया जा सकता है, पर समय का एक क्षण भी बढ़ा पाना व्यक्ति के बस में नहीं है। समय के बीत जाने पर व्यक्ति के पास पछतावे के अलावा कुछ नहीं होता। विद्यार्थी के लिए तो समय का और भी अधिक महत्त्व है। विद्यार्थी जीवन का उद्देश्य है शिक्षा प्राप्त करना। समय के उपयोग से ही शिक्षा प्राप्त की जा सकती है। जो विद्यार्थी अपना बहुमूल्य समय खेल-कूद, मौज-मस्ती तथा आलस्य में खो देते हैं वे जीवन भर पछताते रहते हैं, क्योंकि वे अच्छी शिक्षा प्राप्त करने से वंचित रह जाते हैं और जीवन में उन्नति नहीं कर पाते। मनुष्य का कर्तव्य है कि जो क्षण बीत गए हैं, उनकी चिंता करने के बजाय जो अब हमारे सामने हैं, उसका सदुपयोग करें।

(क) समय को क्या कीमती माना गया है?

(ख) जीवन में उन्नति कैसे मिलती है?

(ग) शिक्षा प्राप्त करना क्यों जरूरी है?

(घ) समय की इज्जत ना करने से क्या होगा?

(च) बहुमूल्य शब्द में बहु उपसर्ग है, आप इस उपसर्ग का प्रयोग करके कुछ और शब्द बनाओ

प्रश्न2-चित्र देखकर पूछे गये प्रश्नों के उत्तर दीजिए

Types of Natural Resources



(क) चित्र में कौन-कौन नवीकरण ऊर्जा के स्रोत है?

(ख) चित्र में कौन-सा स्रोत संसार की ऊर्जा का मुख्य स्रोत है?

(ग) खनिज तेज को अनवीकरण ऊर्जा का स्रोत क्यों कहा गया है?

(घ) जंगल हमारे जीवन के लिए किस तरह उपयोगी हैं?

(च) पेड़ अपना भोजन बनाने के लिए कौन सी गैस काम में लेते हैं?

प्रश्न 3- अवकाश के दौरान आप प्रतिदिन हिंदी के समाचार सुनिए या हिंदी का समाचार पत्र पढ़िए और किसी एक महत्वपूर्ण घटना को अपनी गृह कार्य पुस्तिका में लिखिए

प्रश्न4-उन कार्यों की सूची बनाओ जो आप अवकाश के दौरान करना चाहते हैं।

प्रश्न5- आप अपने घर में काम आने वाले वो उपकरण जो बिजली से चलते हैं उनकी एक सूची बनाओ

SANSKRIT
गृहकार्यम्

कक्षा- 6th(सभीवर्ग)विषय- संस्कृत

- 1.संस्कृत भाषा में छात्र प्रतिज्ञा याद करलिखो।
- 2.अपने दैनिक जीवन में प्रयुक्त किन्हीं 10 वस्तुओं के नाम संस्कृत में लिखकर चित्र बनाओ।
3. पठ् धातु के सभीलकारों में रूपयादकीजियेव लिखिये।(सहायता पृष्ठ- 92)
4. निम्नलिखित शब्दों के सभी विभक्तियों में रूप लिखो ।

बालक, बालिका, फल

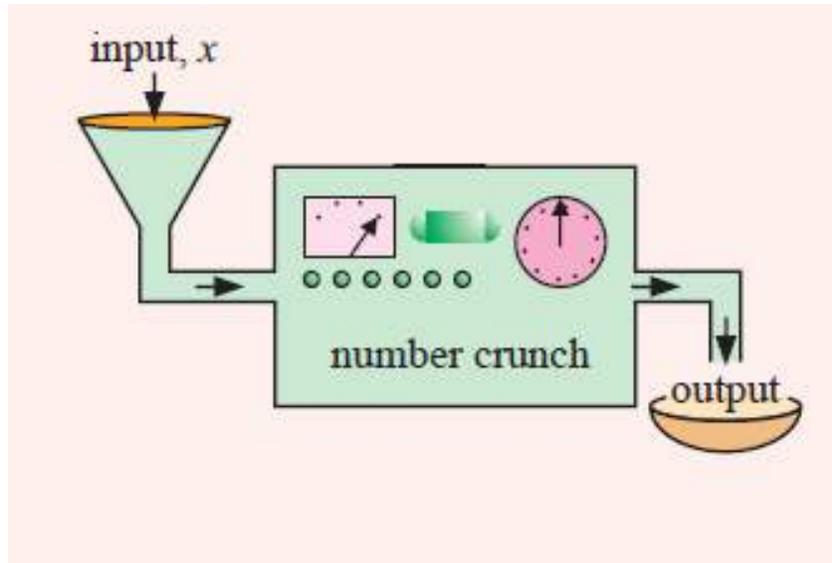
- 5.1 से 30 तकसंस्कृतसंख्यालिखकरयादकरो।

गृह कार्यम्

1. पंचाशत् (50) नूतन शब्दान् लिखत।
2. 1 तः 30 पर्यन्तं संख्याः(numbers) लिखत।
3. बालक, लता, फलम् शब्दाः लिखत।
4. पठति, लिखति धात्वोः लट लकार रूपाणि लिखत।

CLASS 6 AUTUMN BREAK HOMEWORK CCT Question

1. The figure shows a number crunching machine in which any integer can be fed as input. There are a set of instructions which produces output as follows:



If a positive integer is fed into the number crunching machine, it produces one of two results:

- **If the integer fed in is EVEN, the machine divides the number by 2.**
- **If the integer fed in is ODD, the machine subtracts one from the number.**

If a negative integer is fed into the number crunching machine, it produces its additive inverse.

Question1. Find the result when the following numbers are fed into the machine:

- (i) 123 (ii) -72

Question2. What can be the input to the machine if the output is 18?

- (a) 36 (b) 19 (c) -18 (d) All of the above

Question3. It is possible to feed the output from the machine back into the input, and continue to do so until the output reaches zero. For example, with an initial input of 11, the following would occur:



We see that 6 steps are required to reach zero.

Give the number of steps required to reach zero if you start with -24. Show the steps.

2. Dropout rate among school children in India.

With its high tribal population, Jharkhand has the highest dropout rate for schoolchildren in India (only 30 out of 100 finish school).

Dropout rates among Adivasis are the highest all communities. Of an initial enrolment of 100 on an average, only 70 finish school in India. the number of students in the elementary education level is high (94), many drop out the secondary level (with 75 left).



among students, While during and girls

There is no gender disparity in dropouts. Boys quit school in equal measure

In sharp contrast to Jharkhand the States which has the lowest dropout rates are Tamil Nadu, Kerala, Himachal Pradesh and Maharashtra having minimal dropout rates

State	Initial	Elementary	Secondary	Senior
Jharkand	100	83	53	30
Arunachal	100	80	56	38
Nagaland	100	80	55	44
Bihar	100	89	54	46
Meghalaya	100	82	59	48
Mizoram	100	86	60	54.8

Telangana	100	93	72	54.8
West Bengal	100	92	67	55.1
Sikkim	100	94	71	56
J & K	100	87	66	56.6
Manipur	100	84	67	57.3
Tripura	100	95	67	58
Assam	100	95	69	60
Odisha	100	95	68	67.9
Gujarat	100	97	74	68.3
Chhattisgarh	100	96	72.5	71
M.P.	100	94	71.9	72
U.P.	100	91	79	74.2
Goa	100	99	83	74.3
Delhi	100	100	89	79
Rajasthan	100	94	80	80
Punjab	100	97	89	84
Haryana	100	100	88	85.2
Uttarkhand	100	95	87	85.3
Kerala	100	100	87	85.6
Maharashtra	100	99	88	85.6
Himachal	100	99	92	85.8
Tamil Nadu	100	99	89	86.2

The above dropout rate is calculated by subtracting the sum of promotion and repetition rate from 100 in a year. Elementary school refers to Grades 1 to 8; Secondary refers to Grades 9 and 10; and Senior refers to Grades 11 and 12.

Q 1. How many states have no Drop outs at all in elementary level ?

(A) 0 **(B) 1** **(C) 2** **(D) 3**

Q2 In Gujarat , more dropouts are from elementary to secondary or secondary to senior ?

Q 3 .How many states have a dropout rate greater than 10% in elementary school

(A) 2 **(B) 8** **(C) 5** **(D) 6**

Q4. Name the states which has a dropout rate of 20% in elementary school .

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Holiday homework

Class VI

I

PLANT PARTS – CONTRIBUTING TO GROWTH AND LIFE OF A PLANT

Source of the passage: <https://sciencing.com/>

While everyone sees that trees and plants grow, how this process occurs is not as evident. Plants have parts that contribute to their life and growth. Most plants engage in photosynthesis - the process that allows plants to take energy from the sun and create sugars.

ROOTS: The roots of a plant grow in the ground and are responsible for pulling both water and minerals to the plant. They expand in the ground to increase the surface area for water absorption. They also anchor the plant into the ground for stability. Root can be a tap root or a fibrous root.

STEM: The plant's stem transports the nutrients and minerals through the plant up to the leaves. Stems grow upwards, allowing leaves at the bottom of the plant to reach sunlight for food production.

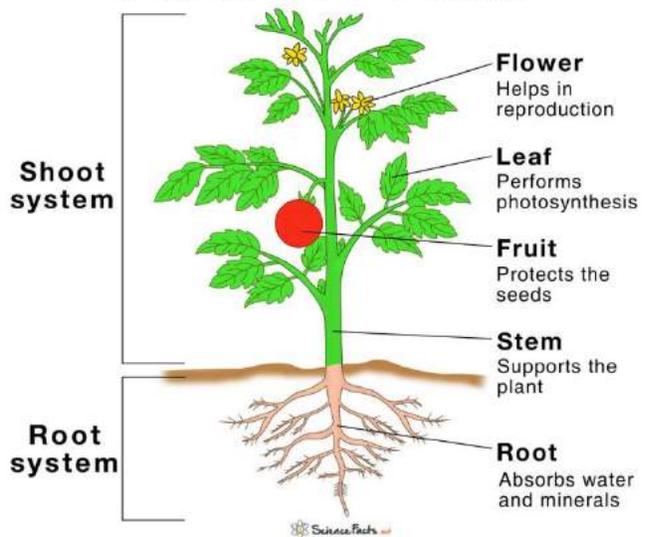
LEAF: The leaf is responsible for catching sunlight and allowing both air and water to enter the plant. Leaves have veins inside them to allow nutrients and water to flow. Pattern formed by these veins is called as venation. Venation can be reticulate and parallel.

FLOWERS: Flowers are the part of the plant that is responsible for making the fruit. The flower has both female parts (called the pistil) and male parts (called the stamens). They work together to fertilize the plant and produce seeds. The petals of a flower attract other insects such as butterflies and bees to the plant to pollinate them.

Read the above passage and answer the following questions-

1. The process that allows plants to make sugars as their food is

Parts of a Plant



Absorption

Photosynthesis

Fertilization

Reproduction

2. Which plant part absorbs water and minerals?

3. Encircle the correct answer

a. Flowers are responsible for making fruits. YES/NO

b. Leaf is a part of the shoot system of a plant. YES/NO

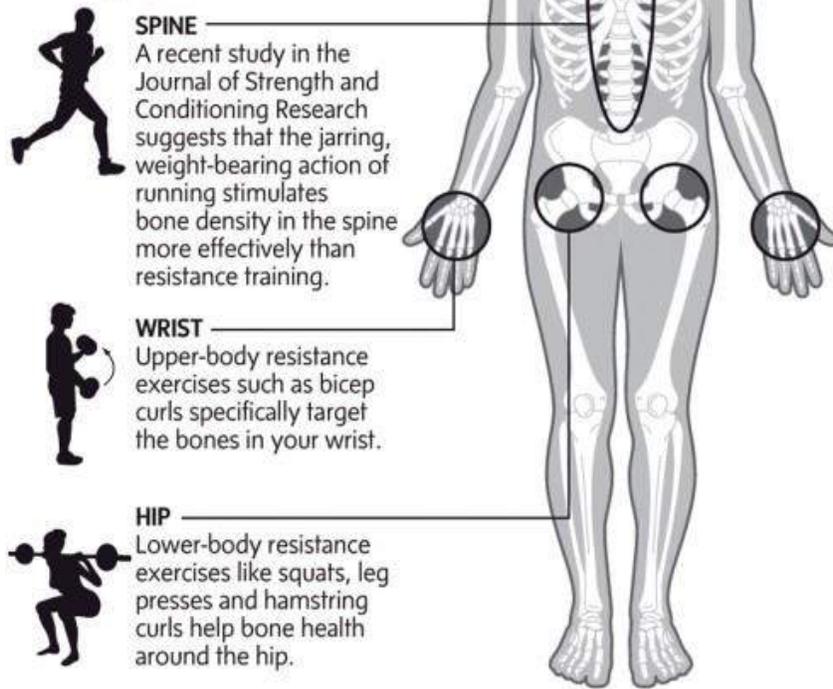
c. Photosynthesis takes place in roots. YES/NO

4. Plants have two types of roots- tap root and fibrous root. Just by looking at the plant, how can you tell if the root is tap or fibrous?

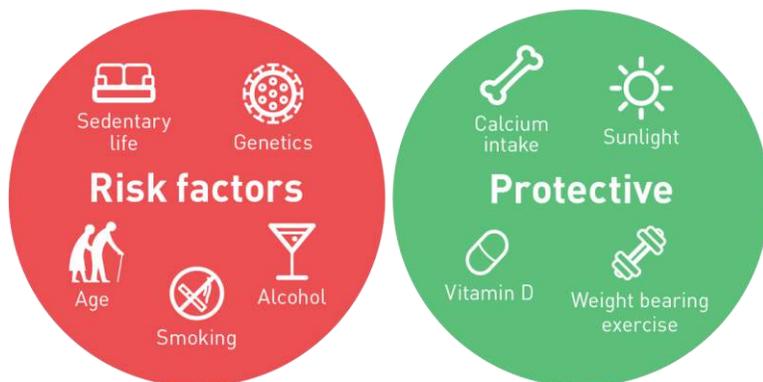
5. In the picture above you can see a plant which is able to stand upright. But all the plants are not able to stand upright. Why? Justify your answer with examples.

II

Fractures are never good news, but hip fractures are often the worst, according to Heather McKay of the Centre for Hip Health and Musculoskeletal Research in Vancouver. They're complex and expensive to fix, and many victims never fully regain their quality of life. Other particularly vulnerable bones are the spine and the wrist.



COMPILED BY ALEX HUTCHINSON, GRAPHIC: TRISH McALASTER / THE GLOBE AND MAIL



Answer the following question based on the observations made.

1. What type of joint is present in our wrist?

- (a) Pivotal joint
- (b) Hinge joint
- (c) Fixed joint

(d) Ball and socket joint

2. **List different factors which could increase the risk of having bone fractured?**

3. All bones are not straight. Some ribs are bent. They join the chest bone and the backbone together to form a box. This is called the **rib cage**. Some important internal parts of our body lie protected inside this cage

Agree/Disagree

4. . **How can we keep our bones healthy?**

1. Identify the pictures given below and answer the following questions.



1. Draw a cross on the right corner of the map and write the cardinal direction.
2. If you are traveling from Kolkata to surat in which direction would you travel?
a. North b. South c. East d. West
3. The ratio between the distance on the map and the corresponding distance on the ground is
a. Direction b. Symbol c. Scale d. Plan
4. Which is the Eastern most state of India?
a. Orissa b. Gujarat c. TamilNadu d. Manipur
5. Which state was recently converted into Union Territory in India?
a. Andhra Pradesh b. Maharashtra c. Jammu and Kashmir d. None of these

2. Nowhere in the world have government willingly shared power.

All over European USA, women and the poor have had to fight for participation

in government. Women's struggle to vote got strengthened during the First World

War. This movement is called the women's suffrage movement as the term suffrage usually means

right to vote. During the War, many men were away fighting, and because of this women were called upon to do

work that was earlier considered men's work. Many women began organising and managing

different kinds of work. When people saw this they began to wonder why they had created so many unfair

stereotypes about women and what they were capable of doing. So women began to be seen as being equally

capable of making decisions. The suffragettes demanded the right to vote for all women and to get their demands heard they

chained themselves to railings in public places. Many suffragettes were imprisoned and went on hunger strikes, and they

had to be fed by force. American women got the right to vote in 1920 while women in the UK got to vote on the same terms as

men some years later, in 1928.

1. Which form of government does our country India have?
a. Monarchy b. Democratic c. Dictatorship d. None of these
2. Stereotype means...
a. Judging people negatively
b. Treating all equally
c. Fixing people into one image
d. None of these

3. All 18yrs and above having the right to vote is known as...
 - a. Fundamental duty
 - b. Suffrage movement
 - c. Universal Adult Franchise
 - d. None of these

4. The above paragraph shows...
 - a. Equality
 - b. Difference between rich and poor
 - c. Gender discrimination
 - d. Respect for women

5. Mention any two advantages of democratic government over Monarchy government.