

## HOLIDAY HOMEWORK

### HOME SCIENCE

### CLASS-10

### SESSION-2021-22

#### INSTRUCTIONS

1. Complete all the work on A4 size colored sheets wherever required.
2. Use colored pens only for headings or important highlights.
3. Each question has to be attempted separately.
4. Be creative in your presentation of work.

Q1. Prepare a PROJECT on the Basic food groups as given by ICMR and their nutrient contribution keeping in mind art and sports integration. The report should include pictures of food items corresponding to groups and their examples. It can be done on A4 SIZE colored sheets or in the form of PPT. The first page should have your full name, class, section, subject.

Q2. Design a toy for educating a preschool child on basic concepts. Use material available in your home to attract the attention of young children.

Q3. Record your video (2), while preparing any new and healthy dish you have learnt recently to boost your immunity in this pandemic times. Wear apron and chef cap while you record your video in English. Also pay attention to the display you do for your dish.