

DAV Public School Gole Market

Class -2 (2025 - 26)

Summer Holidays' Home Assignment

Theme - Healthy Food : "Eat Right, Stay Bright "



Healthy Food Tips :

- Eat a variety of fruits and vegetables
- Start the day with a nutritious breakfast
- Drink plenty of water
- Limit junk food and sugary snacks
- Try new foods and involve yourself in cooking
- Make healthy choices to build a strong body and mind



"Health is Wealth"

Summer Vacation is a great time to relax and feel refreshed.

Eating healthy food not only keeps us fit but also helps us to grow better.

As the saying goes in Hindi,

"जैसा खाओ अन्न, वैसा हो जाए मन।"

- Greet family and friends
- Use 'Please' and 'Thank' you
- Be kind to others
- Help them in household chores
- Respect your grandparents and spend time with them.

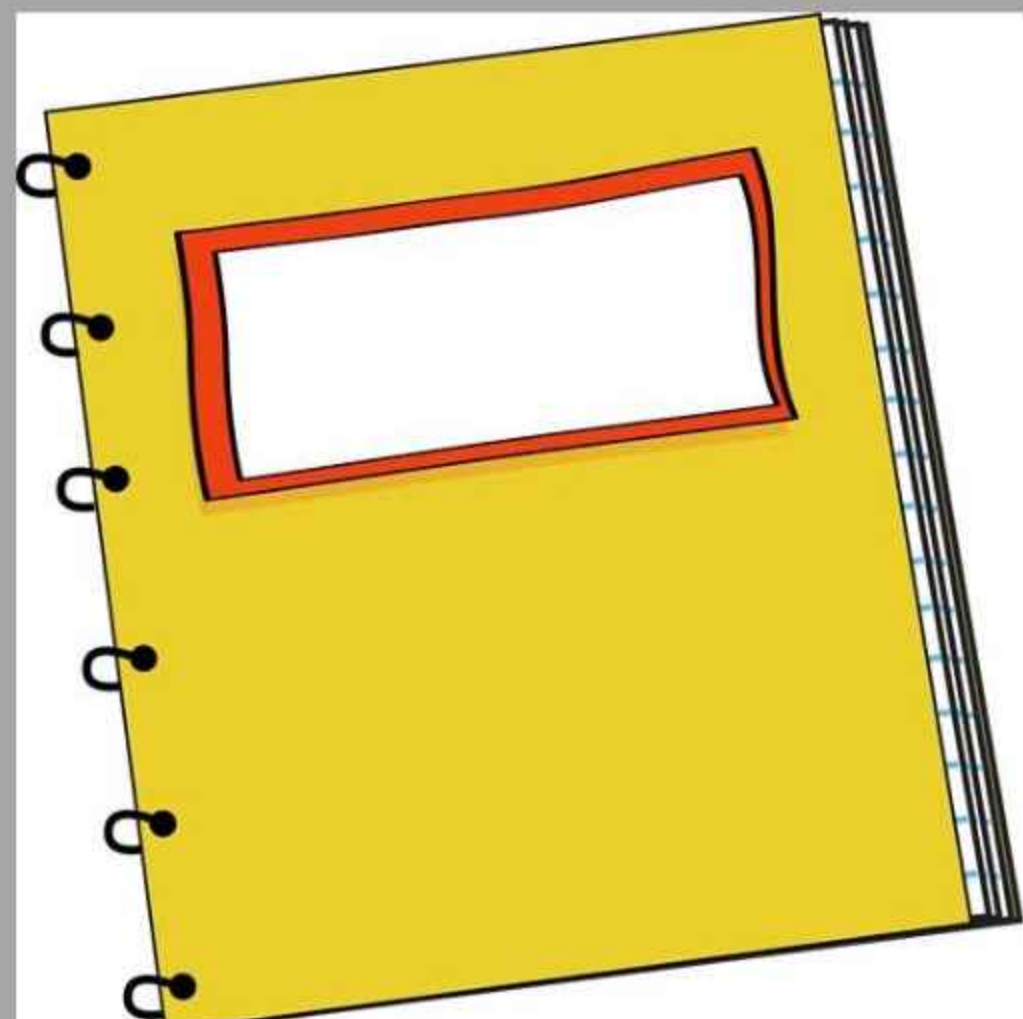
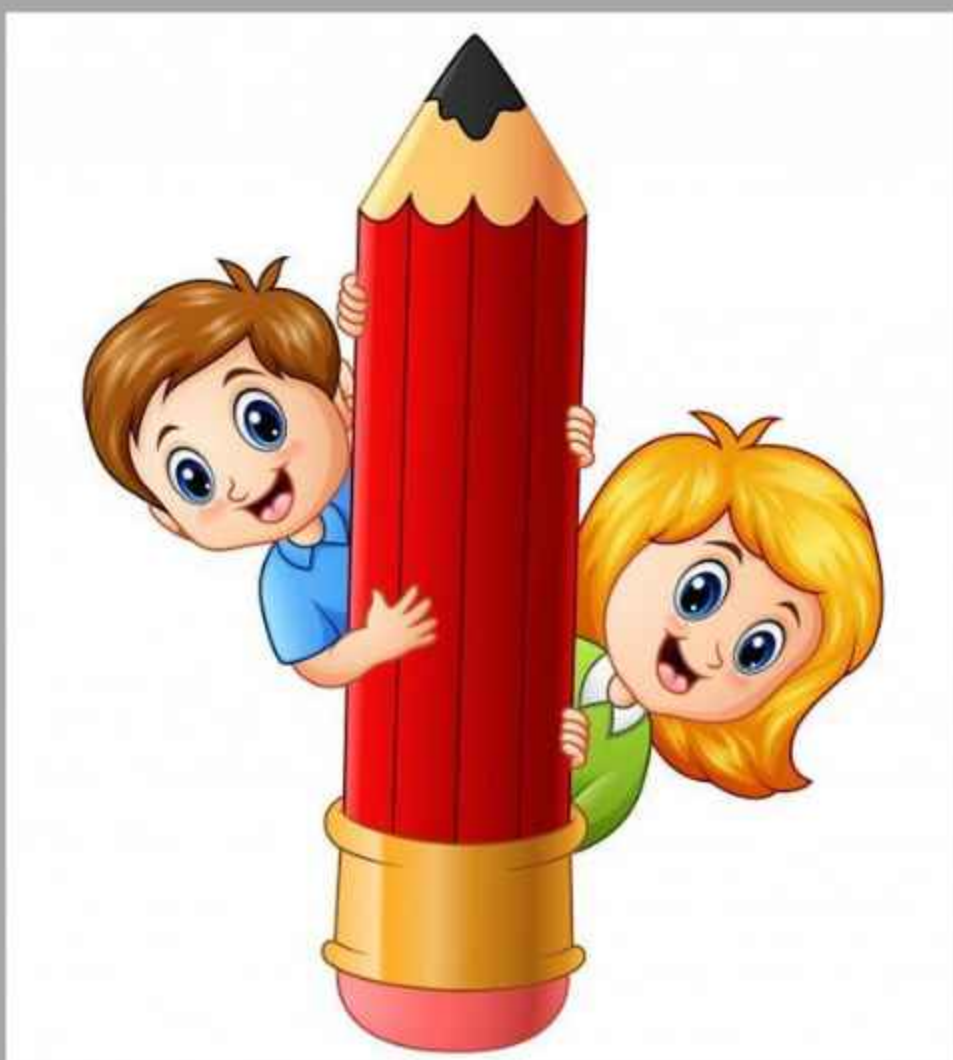
Here are some interesting activities
that you can help your child with



- *Read a Panchatantra or Champak story of your choice.
- *Identify your favourite character from the story.
- *Write a short paragraph about why you like this character.
- *Make a stick puppet of your favourite character.
- *Compose a poem about the benefits of fruits and vegetables and make big cut out of one fruit and one vegetable.
- *Learn poem with action.
- *Complete the sentence: "Eating healthy food makes me....."
- "My Favorite Fruit/ Vegetable Booklet*: Create a booklet with pictures and information about your favorite fruit or vegetable.

Let us do some Practice Work.....

- *Write the names of your family membership in English.
 - *Learn and Write your full address and phone number in English.
 - *Write names of places (any 5)
 - *Pick ten new words from the story and write them separately.
- Note: Please use A4 size sheets with three lines for your English homework.
(Parents ,kindly help by drawing the lines.)





- *Measure and record the weight of 5 different fruits/vegetables.
- *Accompany your mom to the market and help her buy fruits and vegetables.
- * Make a list of the fruits and vegetables purchased and note their quantities.
- * At home, count and calculate the total quantity of each fruit and vegetable.



Activity:

Create a beautiful landscape using basic shapes (circle, square, triangle, rectangle, etc.) on an A4 size sheet



NUMBER FUN

Write numbers from 1 to 200 under HTO (Hundreds-Tens-Ones) place value format

Write and learn tables of 2 and 3.

Write number names for:

123, 256, 384, 426, 522, 610, 721, 810, 956, 999



1. अपना नाम हिंदी में दस बार लिखिए
2. दस फलों और दस सब्जियों के नाम हिंदी में लिखिए।
3. सर्दी , गर्मी और बरसात में खाए जाने वाले तीन विशेष व्यंजन लिखिए।

गतिविधियाँ

*पौष्टिक भोजन की तस्वीरें काटकर चार्ट बनाइए और उनके नाम हिंदी में लिखिए।

*पौष्टिक भोजन पर एक छोटी कविता लिखिए।

* सुंदर सुलेख तीन लाइनों वाली कॉपी में लिखिए



Art Activity

Make a Tiger Mask.

Create a colourful Tiger mask using paper, colours and other craft materials.

Create a wall hanging or pencil stand using waste materials. You may refer to the sample



EVS



***DRAW A PICTURE OF A FARM OR MARKET WHERE HEALTHY FOOD IS GROWN/SOLD.**

***WRITE ABOUT THE IMPORTANCE OF EATING SEASONAL FRUITS AND VEGETABLE.**

***PLANT A SEED IN A SMALL WASTE CONTAINER. BRING THE PLANT TO SCHOOL AFTER THE VACATION.**

VIDEO REFERENCE: [YOUTUBE.COM/SHORTS/IHY-IYVH71S?SI=27RM-_FALGF8PLBI](https://youtube.com/shorts/IHY-IYVH71S?SI=27RM-_FALGF8PLBI)



Culinary Art

**Prepare Shikanji or Aam Panna with the help of your parents
Paste your photo with the drink in your scrap file.**

Healthy Breakfast (No Fire Cooking):

**Prepare a dish with help.
Paste your photo with it..**





YOGA for Mind , body & soul
21st June is an International Yoga Day
Let us do a few Yoga exercises.....

1.Tree Pose (Vrikshasana)

"Stand on one leg, with the other foot resting on the inner thigh.

*Arms by your sides or in a prayer position.

2.Butterfly Pose (Buddha Konasana)

*Sit with your legs bent and feet together.

*Flap your legs like butterfly wings.

*get to take your mom or elder along....



Draw or paste pictures of yoga poses
and
write the names of the poses on an A4 size sheet...

Instructions for sending the Assignments after summer vacation...

***Keep all the projects in a folder.**

*** Notebook should be covered with any colored paper and beautifully decorated.**

