



Swaraj Public School, Damla
Aff. No :531727 School Code:41704
Website :www.spsdamla.edu.in
Session 2023-24

**Summer Enrichment Programme
Class - VI**

SUMMER TIME, SUMMER TIME

LET'S GO OUT AND PLAY

TIME FOR FUN AND LOTS OF SUN

I LOVE THESE KIND OF DAYS

SUMMER TIME, SUMMER TIME

SWIMMING TO STAY COOL

PILLOW FIGHTS,

AND LATE NIGHT FIGHTS

**AN AWESOME BREAK FROM
SCHOOL**

:) APPRECIATE NATURE - GO FOR LONG WALKS IN A PARK OR GARDEN WITH YOUR FAMILY AND FRIENDS. GROW A PLANT AND NURTURE IT.

:) UNRAVEL THE ARTIST IN YOU - CREATE A NEW STORY, TRY A NEW RECIPE WITH YOUR MOM, LEARN A NEW SONG, PLAY A NEW INSTRUMENT.

:) GOOD MANNERS ARE THE KEY- RESPECT YOUR PARENT, GRANDPARENTS AND ALL ELDERS.

:) USE THREE MAGICAL WORDS (SORRY, PLEASE AND THANK YOU) OFTEN. 'A LITTLE MORE COURTESY GOES ALONG WAY.'

:) STAY FIT, STAY HEALTHY - PLAY YOUR FAVOURITE GAME/SPORT REGULARLY.

:) DEVELOP IN YOURSELF THE SPIRIT OF SPORTSMANSHIP & SENSE OF HEALTHY COMPETITION.

:) LEARN ABOUT OUR HERITAGE - FIND SOME TIME TO VISIT MUSEUM AND MONUMENTS. READ ABOUT THEM.

:) LEARN NEW THINGS RELATED TO YOUR COUNTRY.

:) SAVE NATURE - CONTRIBUTE TO SAVE OUR PRECIOUS ENVIRONMENT. MINIMIZE THE WASTAGE OF RESOURCES LIKE WATER AND FUEL



SUMMER ENRICHMENT PROGRAMME

Class-6 (2023-2024)

Theme: Millets – As Component of Food

SCIENCE

- Roll no(1-5)

“Millet is a tiny wonder grain with big health benefits.”

Make a report with colorful pictures and information.

Topic : “ Millet”

You can include the following information .

- The requirements for growing Millet like soil,climaticconditions,irrigation.
- Varieties of Millets.
- Health benifits.
- Advantages of Millet production.
- States which are the largest producer of Millet

- Roll no (6-10)

<https://youtu.be /4e9cE7YdjNU>

TOPIC- FOOD ADULTRATION

Aim- To detect adulteration in food.

Activity - Students will detect adulteration in different food items & their harmful effect on health. They will present their findings in the given format. Pictures taken during the activity can be pasted. (optional)

S.No	Name of food item	Name of adulterants used	Test to detect the presence of adulterant	Harmful effect of adulterant	Observation
1.	Milk				
2.	Sugar				
3.	Turmeric powder				
4.	Chilli powder				
5.	Black pepper				

Note: You may choose any sample other than mentioned.

Learning outcomes : Students will be able to -

- gather information about different types of adulterants
- identify presence of adulterants.
- define allergic reactions, food poisoning.

• Roll no (11-15)

*Collect the labels from jar/packets containing pickle, sauce, ketchup, jam etc. Read the names of preservatives written on them. Stick any 5 labels on coloured A4 sheet.

Roll no (16-21)



Topic: Methods of Food preservation.

Activity: **Observe the various methods of food preservations used at your home and record your observation on the following points.**

Students will select any five food samples and will record the following information in the given format:

Food Material	Method of preservation	Name of preservative	Reason for the preservative used	Image Collected (Optional)

Learning outcomes: Students will learn about different food preservation techniques and also about the preservatives used for different food items.

Roll no (22-27)

Make a model with the help of cardboard shown below by using original magical millets for our health



MATHS :

- Do the given questions on assignment sheet

Q1 A bread contains 61g Ragi, 31g Bajra, 5g Finger Millets .If Manoj ate one piece of bread in a day and Tanu eat two pieces of bread in a day .

- Find the amount of Bajra consumed by Tanu I 125 days. Convert the quantity into milligram.
- Find the quantity of Ragi consumed by Manoj in 214 days. Convert the quantity into milligrams.

Q2 Approximately six million people throughout the world consume Ragi Semolina and Ragi products daily .Write your answer in Numerals.

- Write the successor and predecessor of a number.
- How many lakh make six million?

Q3 Find the number of people suffering from deficiency disease in India in the year 2000 and 2015.In which year was the number more and by how much ?

Q4 The maximum amount of sorghum intake of Rahul and Rakesh is 156 g and 248 g respectively in a day. Write the numbers individually in Roman Numerals. Also Find sum of total gram of sorghum consumed by both of them and write answer in Roman Numerals

Q5 Natasha eats balanced diet everyday having 1476 g of millets from Poha, 264 g of millets from Ragi and 462 g of millets from Bajra .Find the total sum of total millets consumed by her per day using associative property of Addition of whole numbers.

Q6 Make a list if the numbers of vegetables, fruits and pulses you eat .Count them individually. Now Write expression for each of the following using brackets:

- sum of number of vegetables and fruits divided by number of pulses
- Difference of number of pulses and fruit multiplied by sum
- Two times of the sum of number of vegetables and pulses divide by number of fruits.

Q7 In a city, the number of Bajra eaters are 256478 and the number of Ragi eaters are 149876.

- Estimate the number of Bajra eaters to nearest hundreds thousand and lakh.
- Estimate the number of Ragi eaters to ten. Ten thousand and lakh .

Q8 India and China are two top millet producing countries. Find the annual production of millet for year 2019 in these two countries and write name of production according to :

- Indian system of numeration
- International system of numeration

Q9 The average daily millet intake of a male adult is 2500 and for a female adult is 2000. Using the digits of thee two countries and write number name of production according to :

- Indian system of numeration
- International system of numeration

Q10 Write the annual Ragi production of top 5 producing states in India ? Arrange the number in ascending and descending order .

Roll no- 6 to 8 (VI A)

- Working model to represent Even, odd ,Prime numbers

<https://youtu.be/3vboqmsmgg0>

Roll no 9,10(VI A)

Working model to Show Multiplication of integers

<https://youtu.be/INHB1q7qtWw>

Rollno - 6 to 8(VI B)

- Working model of 3D shapes

<https://youtu.be/IX47aeS556M>

Roll no 9,10(VI B)

- Working model to show bar graph

<https://youtu.be/3u-p-Fnolic>

• ENGLISH :

* Do work of English in scrap book

1. Why millets are considered as positive grains?
2. Given below are names of five commonly found millets in India
 - a) Foxtail Millet
 - b) Kodo Millets
 - c) Barnyard Millets
 - d) Finger Millets
 - e) Pearl Millets.

On an A4 size sheet paste pictures of all these millets and write their health benefits. Also write down their Fibre content.

Q2. Prepare a Millet based dish and prepare a project file on the following questions

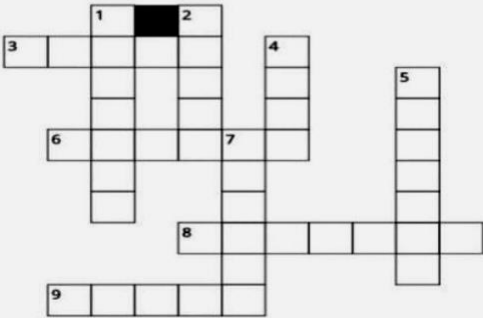
- What is millet?
- How is it crucial?
- Ingredients you used to prepare your dish.
- Create your millet-based dish (Eg: Millet biscuits pudding, Foxtail millet pulao, Ragiladoo, JowarUpma, etc) and also prepare a collage for the same adding the pictures of your dish, pictures clicked while preparing a dish and the picture of the final millet dish, etc.
- Write the benefits and disadvantages of millet

Q3 Design a Logo on the topic ‘Millets- the super food’ and a brief write-up about the ‘logo’

- Collect samples of various Millets available in your area. Write their biological and local name.
- Choose a millet of your choice and write its brief history. Make your presentation colorful and informative.

Q4 Solve the crossword puzzle :

Millets



Across

3. Millet containing the highest amount of proteins 12.5%

6. A tamil name for Kangni millet

8. The year of 2023 dedicated for which cereal

9. Millet mainly grown in Rajasthan about 80%

Down


1. Used for ethnlol production

2. Millet which is an antioxidant

4. Millet which is substitute for rice and wheat

5. Also known as crops of the future

7. Region where Millets are used to make beer



• HINDI :

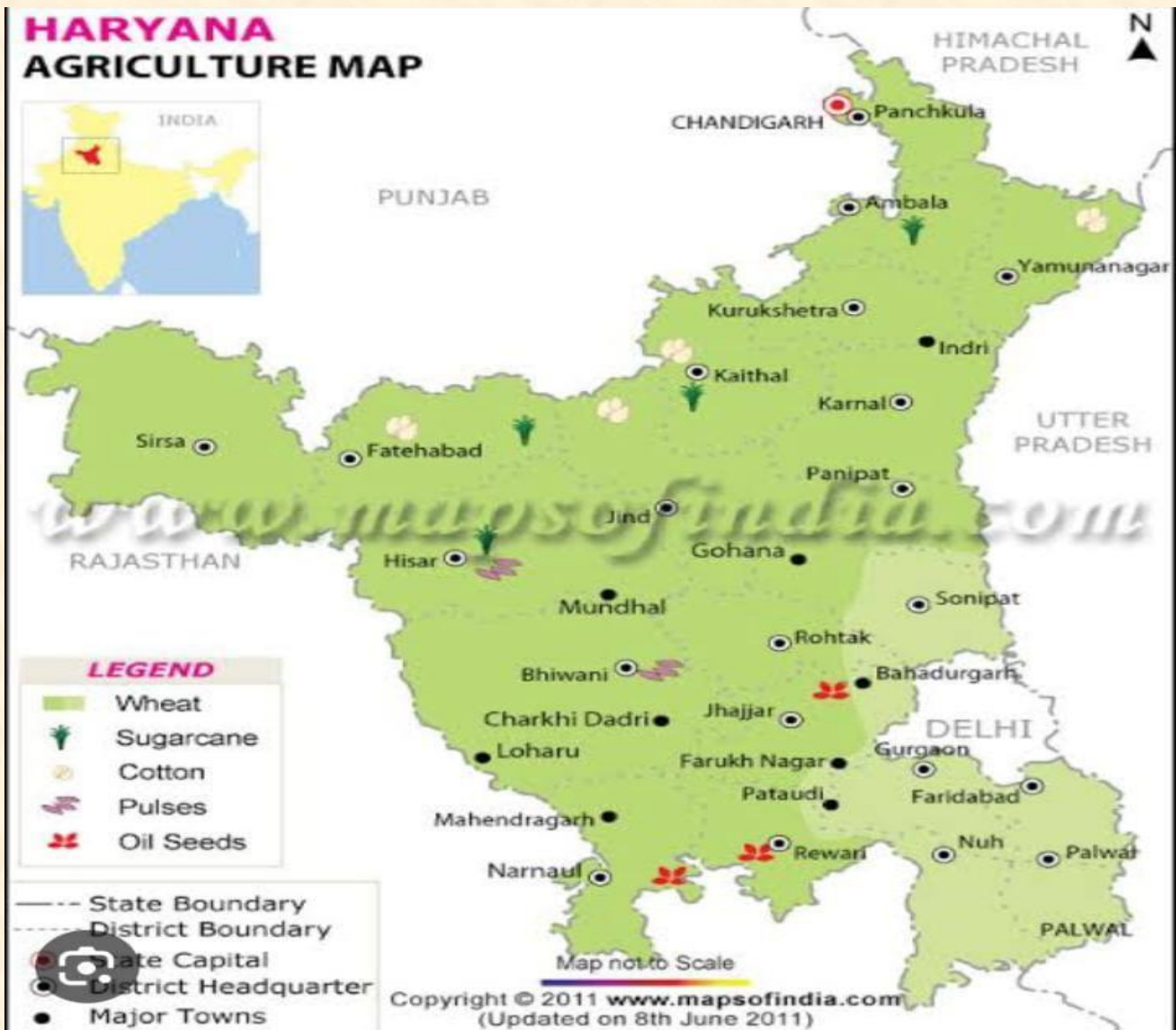
1. बाजरा क्या होता है? भिन्न भिन्न प्रकार के मोटे अनाज को अलग-अलग श्रेणी में बाँटिए (अनुक्रमांक 1 to 10)
2. मोटे अनाज को महत्वपूर्ण पोषक अनाज क्यों माना जाता है? माता और पुत्र के द्वारा संवाद लेखन द्वारा लिखिए (अनुक्रमांक 11 से 20)
3. मिलेटक्रॉप्स उत्पादन व निर्यात बढ़ाने के लिए सरकार द्वारा योगदान लिखिए (अनुक्रमांक 21 से 27)
4. "कंगनी अनाज" का महत्व बताते हुए अपनी माता जी को पत्र लिखिए!

• SOCIAL SCIENCE :

Section A roll no(1-27) and section B (roll no-1)

Make a working model of the state map on A4 sized cardboard using coloured LED and functional circuit and show the millets grown in that state, type of soil in which that millet grows, suitable climatic conditions and dishes made out of this millets.

- Take help from map shown below. You have to show millets in the concerned state map



Section A

Map making model roll no wise allocation of states is as follows:

Roll no-1 Andhra Pradesh	10- Jharkhand	19- Odisha
2- Arunachal Pradesh	11- Karnataka	20- Punjab
3- Assam	12- Kerala	21- Rajasthan
4- Bihar	13- Madhya Pradesh	22- Sikkim
5- Chhattisgarh	14- Maharashtra	23- Tamil Nadu
6- Goa	15- Manipur	24- Telangana
7- Gujarat	16- Meghalaya	25- Tripura
8- Haryana	17- Mizoram	26- Uttar Pradesh
9- Himachal Pradesh	18- Nagaland	27- Uttarakhand

Section B

Roll no- 1- West Bengal

Roll no 2-5 make a model of grid showing the latitudes and longitudes and locate India, Haryana and Delhi on it

Roll no 6-10 Make a report on how we locate places on the grid and locate India, Haryana, Delhi on a drawn figure of grid .

Roll no 11-18 make a working model of heat zones of the earth showing the climate of each heat zone and show the millets grown in each of these heat zones

Roll no 19,26 make a model of important parallels of latitudes showing the measurement of each parallel of latitude

Roll no 20-25 Make a chart showing important parallel of latitude and show the measurements of important parallels of latitude

• COMPUTER :

*VI A

Make a pamphlet on food sustainability using Gif's

*VI B

Make a video of steps showing an Authorised Online Food Shopping From any Website i.e. Amazon, Flipkart etc.

• ARTS:

- Best out of waste - Paint a waste bottle and paste jute rope on it and decorate it by mirrors
- Make flowers from waste polybags.
- Make a thankyou and a birthday card

• **EBSB:**

Title Page

SWARAJ PUBLIC SCHOOL, DAMLA
‘EK BHARAT SHRESHTHA BHARAT’ Project
Session 2022-23

Name of Student :
Roll No. :
Class & Section :

1st Page

Make a colourful & beautiful map of state Manipur.

2nd Page

Name of the state : **Manipur**
Symbols of Manipur :
Capital :
Emblem :
No. Of Districts :
Mammal :
Language :
Bird :
Chief Minister :
Flower :
Governor :
Fruit :
Area :
Tree :
Sport :

3rd Page:

Learn and write 5-10 alphabets of Manipuri.

4th Page

History of Haryana and Manipur

5th Page

Culture of Haryana and Manipur

6th Page

Crops grown in Haryana and Manipur

SPECIAL DAYS ACTIVITIES:

➤ **World Environment Day:**

Plantation Drive- Grow Plants in a Vertical Garden and send the Pictures to the class teacher till 2nd June.

➤ **FATHER'S DAY ACTIVITY:** (To be submitted till 15 June)

Make a Beautiful collage/album of your childhood pictures with your father and present that to him on fathers day also send the picture to the class teacher by 15th June.

