Class III

To reduce the use of paper and to Go Green school promotes the use of technology to save the environment. Homework is being provided online. Summer Vacations is a break from a fixed schedule and to play unlimited, use your imagination and creativity and make the process of learning fun. This Smart Summer holiday assignment is for your all round development and to challenge your imagination and creativity.

> Encourage the child to do the work independently.
> Provide guidance and support wherever required.
> Motivate your child to speak in English.
> To inculcate the reading habits encourage your child and motivate them to read newspapers and books.
> Entire Assignment is to be done using A4 sized Pastel Sheets and decorate it artistically.
> Print outs of Practice Worksheets to be taken separately in order to complete them.
> Holiday Assignment should be submitted to the respective teachers within the First week after school reopens.
> Holiday Assignment will be evaluated on the basis of submission and quality of your work done and 50% marks will be added to Formative Assessment: 1.
The Sun is scorching and temperature is rising day by day. Be indoors, play, enjoy watching movies, explore and learn.

**Theme : Health is Wealth**

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Activity 1: Read any one stories give and recreate it with a story map as given in (Image1):-
STORY 1

Health is Wealth!  Once upon a time, there lived a generous and kind-hearted king. But, the people weren’t happy with their king. Because, the king was too lazy and would not do anything other than eating and sleeping.

He spent days and weeks and months in his bed either eating something or sleeping. He almost became inactive. The king became a potato couch and the people started to worry about the king.

One day he realized that he couldn’t even move his body, unable to move his foot. He became very fat and his enemies made fun of him ‘fatty king’, ‘bulky king’ etc.

He invited specialized doctors from various parts of his country and offered them generous rewards to make him fit. Unfortunately, none could help the king gain his health and fitness. Since the king was very cordial to his fellow people, many suggested renowned doctors to help him. He spent enormously but everything went in vain.

One fine morning, a holy man, (Rishi) visited the region of the King. He heard about the ill-health of the king and told the minister to meet him at his place. When the minister met him, he informed the minister that he could easily cure the king. Hearing these promising words, the minister became very happy. He requested the king to meet the holy man to get rid of the ill health. The holy man resided at a distant place. Since the king could not move his body, the fatty king asked the minister to bring the holy man to the palace, but the holy man refused and ordered to come to meet him.

After strenuous efforts, the king met the holy man. The holy man encouraged him and said he was good and very soon the king would gain
his health. He asked the king to come for treatment every day from the next day of visit. Also the holy man told the king that he would treat the king only if he came on foot to his place. 
The King was unable to walk even a few steps on the road, but accompanied by his followers, he reached the holy man’s place. Unfortunately, the holy man was not available there and his devotee requested the king to come and meet him the next day for treatment. This was repeated for two weeks and the king never met the holy man, never had any treatment. Suddenly, the king realized that he felt a lot lighter, lost considerable amount of weight and felt more active than before. He realized the reason why the holy man asked him to reach his place by walking. Very soon, the king regained his health, and the people were very happy in his kingdom. 
The King had a lot of wealth, but no amount of wealth could make him healthy. **Health is Wealth!**

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**STORY 2**

**THE STORY OF SARAH AND FLUFFY**
Sarah did not like to drink milk. Whenever her mom gave Sarah a glass of milk, she would say, “No, thanks, Mom, no milk for me.” Sarah’s mom knew how important it was for her young daughter to drink milk. Milk had calcium and Sarah needed calcium in order to have strong teeth and bones.

One afternoon Sarah’s mom spoke to Sarah’s teacher, Mrs. Smith, about her problem with Sarah. Mrs. Smith had an idea.
The next day Mrs. Smith gave Sarah a special book to read. The book was called, “Fluffy.” Sarah loved to read. She read all the time. Sarah also loved kittens. Fluffy was a kitten. Sarah couldn’t wait to read her special book. When Sarah got home from school that day, she ran to her mom, kissed her, and said, “Mom, look. Mrs. Smith gave me a special book to read. It is about a kitten named Fluffy.” “That’s nice, dear. Why don’t you read a bit before dinner?” asked her mom. Sarah washed her hands and sat at the kitchen table to read. After reading for a few minutes, Sarah said, “Oh, poor Fluffy can’t climb a tree because her paws hurt.” Sarah kept reading. Then Sarah said, “Poor Fluffy can’t bend, twirl, or dance because her paws hurt.” Sarah closed her book. Sarah’s mom came to the table and asked, “What’s wrong, dear? Why have you stopped reading?” Sarah said, “It’s Fluffy. She can’t climb, bend, twirl, or dance because she won’t drink milk and, and, and……” Sarah stopped. Then Sarah said, “Mom, may I have a glass of milk?” Sarah drank the glass of milk and said, “If Fluffy needs milk to be healthy and strong, I guess I do, too.” “Yes, dear,” smiled Sarah’s mom.

STORY 3

Oscar Penguin’s New Penguin Suit

Oscar Penguin then went into his bedroom, closed the door, and ate a large bag of jelly beans. “I really love jelly beans,” smiled Oscar.

At dinner that night Oscar was not hungry. He ate two peas, two string beans, and one olive.

As Oscar left the table, he thought, “It’s okay not to eat mom’s food. I have lots of jelly beans I can eat.”

Then one day Oscar Penguin got a big surprise.

Oscar needed a new penguin suit.

When Oscar went with his mom to get a new penguin suit at the penguin suit store, all the suits were too small. None of the suits fit Oscar.

Oscar was very upset. He called out, “Mom, what am I going to do? None of the penguin suits fit me. What am I going to wear?”

Oscar’s mom smiled saying, “Oscar, Let’s go home and talk. I know what you can do to fit into a new penguin suit.”

When they got home, Oscar’s mom said in a gentle voice, “Oscar, there are three things you can do to solve your problem:

You can stop eating junk food and sweets.

You can start eating healthy foods like fruits, vegetables, cereal, chicken, and fish.

And you can begin doing a bit of ‘Jiggle, Jiggle, Jogging’ each day.”

“Sure, Mom, I can do those three things,” smiled Oscar. And he did.

Oscar Penguin ate healthy foods, ‘Jiggle, Jiggle, Jogged’ each day, became healthy, strong, and got a brand-new penguin suit!

**OSCAR PENGUIN’S JOG-A-LONG SONG**

JIGGLE, JIGGLE, JOG
JIGGLE, JIGGLE, JOG
JIGGLE, JIGGLE
JIGGLE, JIGGLE, JOG
**Entertainment** :-  Watch a movie as allotted according to the Roll-No :

1. Madagascar : anyone Part 1,2,3 Roll- No 1-10)
2. Tangled / Shrek (Roll- No 11-20)
3. A bug's life (Roll- No 21 - onwards)

**Activity 2: Questions to Stimulate Student Interest -- Get them Talking and Thinking**

1. Did you learn anything from this movie? If you did, what was it?

   __________________________________________________________________________

   __________________________________________________________________________

2. What did you like best about the movie? Why?

   __________________________________________________________________________

   __________________________________________________________________________

3. What did you like least about the film? Why?

   __________________________________________________________________________

   __________________________________________________________________________

4. Who was your favorite character in the movie? Why?

   __________________________________________________________________________

   __________________________________________________________________________

5. Which character did you [admire, hate, love, pity] the most? What was it about that character that caused you to have that reaction?

   __________________________________________________________________________

   __________________________________________________________________________

   __________________________________________________________________________

6. Which part made you imagine that you also want the same as in the movie?

   __________________________________________________________________________
WHY IS COLOR IN FOOD SO IMPORTANT FOR HEALTH?

What does color in food mean?

The color of food is a natural system of plants to attract the attention of predators, so that they consume the edible parts of the plant and then spread their seeds and reproduce the species.

In return, plant foods have nutritional and medicinal properties for the body, that are a source of energy and phytochemicals that the body needs to live.

<table>
<thead>
<tr>
<th>Color</th>
<th>Organs</th>
<th>Taste</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>Lungs and Large intestine</td>
<td>Spicy</td>
</tr>
<tr>
<td>Orange-yellow</td>
<td>Stomach and Pancreas</td>
<td>Sweet</td>
</tr>
<tr>
<td>Red</td>
<td>Heart and Small intestine</td>
<td>Acid</td>
</tr>
<tr>
<td>Green</td>
<td>Liver and Gallbladder</td>
<td>Bitter</td>
</tr>
<tr>
<td>Black</td>
<td>Kidneys and Bladder</td>
<td>Salty</td>
</tr>
</tbody>
</table>

Color theory according to the traditional Chinese medicine
Activity 3: Use the image 2 and image 3 and stick or draw different fruits and vegetables. Group pictures to represent each color category of food on separate scrapbook pages.

**PROPERTIES OF COLOR IN FOOD**

- **White**
  - For the immune system
  - Diuretics

- **Yellow**
  - For skin health and elasticity
  - For healthy bones

- **Red**
  - They improve cardiovascular conditions

- **Green**
  - Depurative for the liver
  - Body detox

- **Purple**
  - To improve your sight
  - Anti-aging

- **Orange**
  - For your skin, and stomach
  - Body detox
**Maths : Fractions** The idea of shading in boxes and naming fractions of symbols was so abstract that students had nothing to connect it to the concept. It is boring too. So we came up with a series of activities that would allow them to explore fractions with one of their favorite things: Food! They can also learn to share their favorite food.

**Activity 4:** Choose any one of the activities from Activity A or Activity B

**Activity A.** Create a Fraction of food items and design a table mat and get it laminated. Use the image 4 as a sample.

![Image 4](image-url)

**Activity B:** Create a Pizza showing the Fractions as given in the image 5 and 6 of your own. Creativity and imagination would be appreciated.

![Activity Image](image-url)
A. Write the place value of 5
1. 1756  
   ______
2. 3596  
   ______
3. 6235  
   ______
4. 10956 
   ______
5. 6365  
   ______

B. Write the roman numbers for the following
1. 6   ______
2. 8   ______
3. 12  ______
4. 15  ______
5. 25  ______
6. 19  ______
7. 39  ______
8. 20  ______
9. 33  ______
10. 40 ______

C. Write in ascending order
1. 252, 512, 625, 652
   _____ _____ _____ _____
2. 376, 737, 535, 773
   _____ _____ _____ _____
3. 797, 597, 679, 559
   _____ _____ _____ _____
4. 949, 423, 442, 929
   _____ _____ _____ _____
5. 795, 757, 799, 755
   _____ _____ _____ _____

D. Write in descending order
1. 625, 266, 662, 552
   _____ _____ _____ _____
2. 195, 237, 146, 105
   _____ _____ _____ _____
3. 133, 139, 191, 129
   _____ _____ _____ _____
4. 879, 890, 904, 789
   _____ _____ _____ _____
5. 565, 597, 502, 577
   _____ _____ _____ _____
कक्षा – तीसरी

1 दस पेज सुलेख करे।

2 प्रश्न (क) और (ख) में से कोई एक करे।

(क) अपनी मन पसंद की कोई एक कहानी स्कूट बुक पर लिखकर लाए। इस कहानी से हमें क्या शिक्षा प्राप्त हुई लिखिए।

(ख) समाचार पत्रो में से कोई पाँच बुटकुले काटकर स्कूट बुक पर दिखाकर लाए।

3 चित्र वर्णन कीजिए।