

KULACHI HANSRAJ MODEL SCHOOL
HOLIDAYS HOMEWORK
Session 2018-19
CLASS IX

Interdisciplinary Project is an amalgam of two or more academic disciplines into one activity. It is an attempt to integrate all the subjects of Class IX & X students, as a single Holiday Assignment as per the guidelines of CBSE so that their efforts culminate into a thorough knowledge of their respective topics.

The objective of Interdisciplinary research is to produce a cognitive advancement in the form of new understanding collaboration or research which results in new solutions to particular problems and intellectual questions.

Integration is a process by which ideas, data and information, method and role, concepts and theories from various disciplines will be synthesized, connected & blended.

Theme- Life is not living but living in Health

Health is a Quality of the whole person

Mind, Body and Spirit

To insure good health- eat lightly, breathe deeply, live moderately cultivate cheerfulness and maintain an interest in Life

English

It is an old adage

“Eat to live, don’t live to eat”.

Q.1 Keeping the above statement in mind conduct a survey on food habits prevalent in the children in the following age groups:-

- (1) 10-11 years
- (2) 12-13 years
- (3) 14-15 years

(Four children in each age group should be surveyed.)

The survey should be based on the questionnaire provided here:-

1. Do you relish eating fast food/junk food? (*Yes *No)
2. Do you enjoy drinking aerated drinks or conventional drinks?
3. Do you carry home tiffin to school? (Always ;often ;never.)
4. How many times do you eat in a day? (Twice; thrice; four or more)
5. How many times do you eat fruits in a week?(daily; often; never)
6. Are you a vegetarian? (*Yes *No)
7. Do you eat non-vegetarian food or only eggs? (non vegetarian, egg)
8. Do you prefer home cooked food or readymade food from the market? (home cooked, ready made)
9. How many times you have a balanced diet in a week? (daily; often; never)
10. What type of cooking do you prefer?(fried; baked; boiled; microwaved; etc.)

Things to remember:-

1. Use Google tools to complete the activity.
2. Give a graphic representation of the data.
3. Write a report in about 100 - 120 words on the topic ,'Think of what you put in your mouth, that's what healthy eating is all about'.
4. Use A-4 size sheets for the holidays homework.

Rubrics

1. Creativity -5 marks
 2. Originality of expression-5 marks
 3. Relevance of content-5 marks
 4. Language and Fluency - 5 marks
- 20

MATHEMATICS

Task 1. Take 1 chips packet, 1 biscuit packet, 1 pack of frooti and 1 pack of mozzarella cheese.

Read the nutrition information given at the back and represent it in a tabular form also through bar graphs (one bar graph for each item).

Task 2. Based on the given data, answer the questions that follows

DATA TABLE: NUTRITIONAL VALUE OF HEALTHY AND JUNK FOOD(per 1 kg)

So.no.	Value	Healthy Food	Junk Food
1.	CALORIES	1800 gms	5400 gms
2.	CARBOHYDRATES	80 gms	200 gms
3	SUGAR	50gms	190 gms
4.	FATS	50 gms	200 gms
5.	PROTEINS	20 gms	10 gms

QUESTIONS

1. Draw a pie chart and Bar graph for Healthy food.
2. Draw a pie chart and Bar graph for junk food.
3. How many more calories junk food have in comparison to healthy food.
4. Compare other nutritional values of healthy and junk food.

Rubrics

- Presentation of data. (4)
- Submission on time. (4)
- Creativity and work ethics (4)
- Originality (4)
- Viva. (4)

General instructions

Your project must have the following:

- The Certificate of acknowledgement.
- Index giving details of the work done and pictures can be drawn or pasted related to the topic.
- Bibliography i.e. the details of sources of information that you would gather to compile this project.

Assignments (10)

- Polynomials(pages 11 to 18)
- Surface area and volume(pages 49 to 56)

(Do assignment in assignment notebook)

Also do all the questions from NCERT exemplar from the following chapters(in assignment copy):

1. Number Systems
2. Polynomials
3. Surface Area and Volume

Science

1. Prepare a newsletter on deficiency diseases prevalent in our country. The newsletter should be based on symptoms, causes, treatment and prevention steps taken by the government for the health of the population

Instructions

- Use A3 size sheet
- Relevant pictures should be pasted
- Newsletter carries 15 marks

Prepare a working model/activity/game/magic trick based on any science concept such as water conservation, waste management, home remedies, medical equipments, electrolysis, adulteration, pollution etc. This activity carries 15 marks.

Rubrics(15 marks)

- Presentation- 5
- Relevance of content-5
- Originality and creativity-3
- Timely submission-2

Do EXEMPLAR worksheets from the following chapters in a separate register for Physics, Chemistry and Biology.

PHYSICS: Motion

CHEMISTRY: Matter in our Surroundings

BIOLOGY: Fundamental Unit of Life.

SOCIAL SCIENCE

Q 1 “Food Security exist when all people at all time, have physical and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preference for an active and Healthy Life”.

- What is food security?
- Which organization in India is known as the Buffer Stock. State its functions.
- Discuss various factors that are responsible for food insecurity in India.
- Which modern methods should be applied to increase food production in India.
- PDS system was introduced by your for equitable distribution of rations among the poor people

(a) How do PDS work.

(b) What are the various schemes under PDS started by govt.

(c) What are the various measures made by the govt to make PDS effective.

Q2 Explain with bar graph the rise and fall in food production of India.

Note.. no printed written material should be pasted.

- Pictures should be pasted to make your project attractive
- A4 size sheet should be used.
- Reference to chapter 4 from your economic book.
- Rubrics..
- Presentation

5 marks

Cover page,acknowledgement

5 marks

Content

5 marks

Creativity

5 marks

Total

20 marks

II Subject Enrichment

(10 marks)

Q3 On the outline political map of France mark

Marseilles

Yantes

Bordeaux

Paris and Austria.

Q4 On the outline physics map of India marks the following river.

The Indus, Satluj, Tapi, Krishna, Ganga, Narmada, Kaveri, Godawari ,Betwa & Brahmaputra.

NOTE: Prepare A scrap book for all these maps

Rubrics

Identification	-	5 marks
Location	-	5 marks
Total		10 marks

हिंदी

विषय - 'पौष्टिक आहार स्वस्थ जीवन का आधार'

- पौष्टिक आहार विषय पर संपादकीय पृष्ठ तैयार कीजिए 1
1. योग और पौष्टिक आहार का संवाद लिखिए
 2. पौष्टिक नाश्ता विषय पर सचित्र चार रेसिपी लिखकर रेसिपी बुक बनाइए
 3. रक्त की कमी के कारण व समाधान सचित्र स्क्रेपबुक का निर्माण कीजिए 1
 4. पाठ -दुख का अधिकार, एवरेस्ट- मेरी शिखर यात्रा व रैदास का प्रपत्र कार्य कीजिए 1

मूल्यांकन बिंदु

विषय वस्तु	5		
कार्य पूर्णता	5		
समग्र प्रभाव	5		
मौलिकता व भावाभिव्यक्ति	5	कुल अंक	(20)
प्रपत्र कार्य			
पाठों से संबंधित प्रश्नोत्तर	5		
व्याकरण कार्य	5		
	कुल अंक (10)		

कक्षा नवमी

२०१८-१९

विषय: संस्कृत

वैशिष्ट्यावकाश-कार्यम्

१. संस्कृतसाहित्ये व्वाक्यम् अधिकृत्य यः ग्रन्थः
आस्ति तम् आधारीकृत्य व्वाक्याय किं किम्
आवश्यकम् । कीदृशं मौजनं कदा मह्यं कीदृशं
-य न महनीयम् इति ।

वर्गीकरणम् -

- ग्रन्थस्य पविचयः ।
- रचनाकारस्य पविचयः ।
- कीदृशं मौजनं सेवनीयम् ।
- कदा मौजनं न सेवनीयम् ।
- कदा कीदृशं-य मौजनं महनीयम् ।
- कदा कीदृशं मौजनं न महनीयम् ।

चित्राणां साधनेन कविपयान्ति ।
सद्युनि वाक्यानि निर्माय कार्यं कविपयान्ति ।

२. क्त्वा, ल्यप्, तुमुन् प्रत्यययुक्तानि पदानि
संयोजनं कृत्वा तथा विभाजनं कृत्वा वाक्येषु
लिखत ।

अंकविभाजनम्

समयावधिः ५

प्रस्तुतिः ५

पूर्णाता ५

शुद्धता ५

GERMAN

Ferienhaus Hausaufgabe

Frage -1 Beantwortet die Fragen

- Listen Sie 15 Gemüse.
- Listen Sie 15 Obst.
- Kleben Sie je drei Linsen.

Frage-2 Listen Sie je 10 gesunde Essen

Frage-3 Schreibt einen Aufsatz über

Wie kann ich gesund bleiben?

Frage -4 gesundes Leben

Was darf ich tun?	Was darf ich nicht tun?

Gesamte Punktzahl

Kreativität 5

Inhalt. 5

Originalität. 5

Präsentation 5

COMPUTER

Type the following document in any Word processing software for eg. MS WORD or Open Office Writer.

Apply the following formatting features:

1. Set the page size to **A4**.
2. Set the **margins** to **1 inch** from all the sides.
3. The **heading** of the document "**What to do if your computer gets virus**" should be of Font Style :"**Batang**", Font size : "**36**", Font color: "**Red**"
4. The headings "**Antivirus software**" and "**Run a system scan**" should be of Font Style :"**Batang**", Font size : "**20**", Font color: "**Red**"
5. The paragraphs should be of Font Style:"**Cambria**", Font size : "**14**", Font color: "**Black**".
6. Apply the **BOLD, ITALICS, UNDERLINE** features to the text as depicted in the document and also change the color of the "**other troubleshooting techniques**" to a **different color**.
7. Set the alignment of all the paragraphs to "**justify**" alignment and headings should be "**center**" aligned.
8. Apply "**Spelling and Grammar**" check feature to the entire document to correct any spelling errors before printing the document.
9. **Print** the final document and **paste it in your computer file**.

What to do if your computer gets a virus

Computer viruses can be dangerous and should be taken seriously, but there are ways to remove them before severe damage is done. We'll go through the basic steps of **virus scanning** and removal, but keep in mind that it may still be necessary to hire a technical support professional to completely remove the virus and repair your computer.

Antivirus software

First, if you don't already have an **antivirus program**, install one. Be sure you only have one antivirus program installed because having more than one can cause significant problems. Examples of antivirus software include Bitdefender and Norton.

Run a system scan

Once you've verified that your antivirus program is running, begin a scan. If you're unsure how to do this, review the documentation for your antivirus program, which usually can be found on the developer's website. Some programs offer several types of scans, and you may want to run the most thorough type, usually called a **full system scan**. This may take several hours. Usually, you do not need to remain at the computer during the scan.

If no viruses or malware are found but you are still experiencing problems with your computer, try [other troubleshooting techniques](#) or have your computer assessed by a support professional.