

JESUS' SACRED HEART SCHOOL
TASK PLANNER
CLASS – VI

Theme: Nutrition and Health

SUBJECT	TOPIC	NATURE OF TASK	REQUIRED MATERIAL (To be sent from home)	CLASS/HOME WORK
ENGLISH	Bulletin Board	Students will be divided into groups of 4 students each. Each group will be required to prepare Bulletin board based on the theme 'Nutrition and Health'.	1 ½ chart, picture cutouts, colours, decorative material etc. (per group)	To be done in class
HINDI	Picture Study	A picture based on the theme will be shown. Students will be required to analyse it and write about it on A4 sized sheet.	A4 sized sheet, coloured pens etc.	To be done in class
PUNJABI	Creative Writing	A topic broadly based on the theme will be given on the spot. Students will be required to write 100-120 words on the given topic.	A4 sized sheet, pens etc.	To be done in class
SCIENCE + SST + MATH	Project Report	Students will be required to prepare a project report of 5-6 pages on A4 sized sheets on the topic 'Nutrition and Health' covering the following points: 1. What is nutrition? 2. Importance of nutrition and health 3. Balanced diet Pyramid 4. Table of recommended dietary plan for boys and girls of age 10-12, 13-15 and 16-18 5. Prepare a budget table of your family for a week mentioning the money spent on Nutritional diet and the money spent on junk food and give a brief interpretation of the same.	-	To be done at home and submitted on project day

****Kindly ensure the presence of your ward on Project day, as the activities will not be conducted again.**