



D.A.V PUBLIC SCHOOL SECTOR 49, GURUGRAM

SUMMER HOLIDAY

2023-24



MILLET MINDFULNESS

CLASS VI

MILLETS : THE SUPERFOOD

Millet: A sustainable, nutritious and delicious choice. They are good for the consumer, cultivator and climate.

United Nations General Assembly declared the year 2023 as the

'International Year of Millets'



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.

MATHEMATICS

In India sorghum is known as Jowar. Sorghum is especially valued in hot and arid regions for its resistance to drought and heat.

Finger millet or Ragi is one of the ancient millets in India (2300 BC), with several health benefits.

Finger Millet and Sorghum are important millets in view of its nutritional values. Nutritional value of Sorghum and Finger millets is given in the following tables. Round off the values to the nearest tens place. Prepare two bar graphs for each millets representing nutrients with respect to their nutritional value.



Finger Millet Nutrient Per 100g

Nutrient per 100g	
Energy (Kcal)	328
Protein	7.3 g
Carbohydrate	72 g
Crude Fibre	2.6 g
Calcium	344 mg
Iron	8.9 mg



Sorghum Nutrient Per 100g

Nutrient per 100g	
Energy (Kcal)	349
Protein	10.4 g
Carbohydrate	72.6g
Crude Fibre	1.6 g
Calcium	25 g
Iron	4.1 mg

1. Write the health benefits of both the millets(in tabular form).
2. Find the cost of each millet and compare with the grains normally eaten in your household.
3. Prepare a balanced meal plan (total calorie intake required by children of your age add the millets in the meal plan). Draw/paste pictures of a balanced meal.

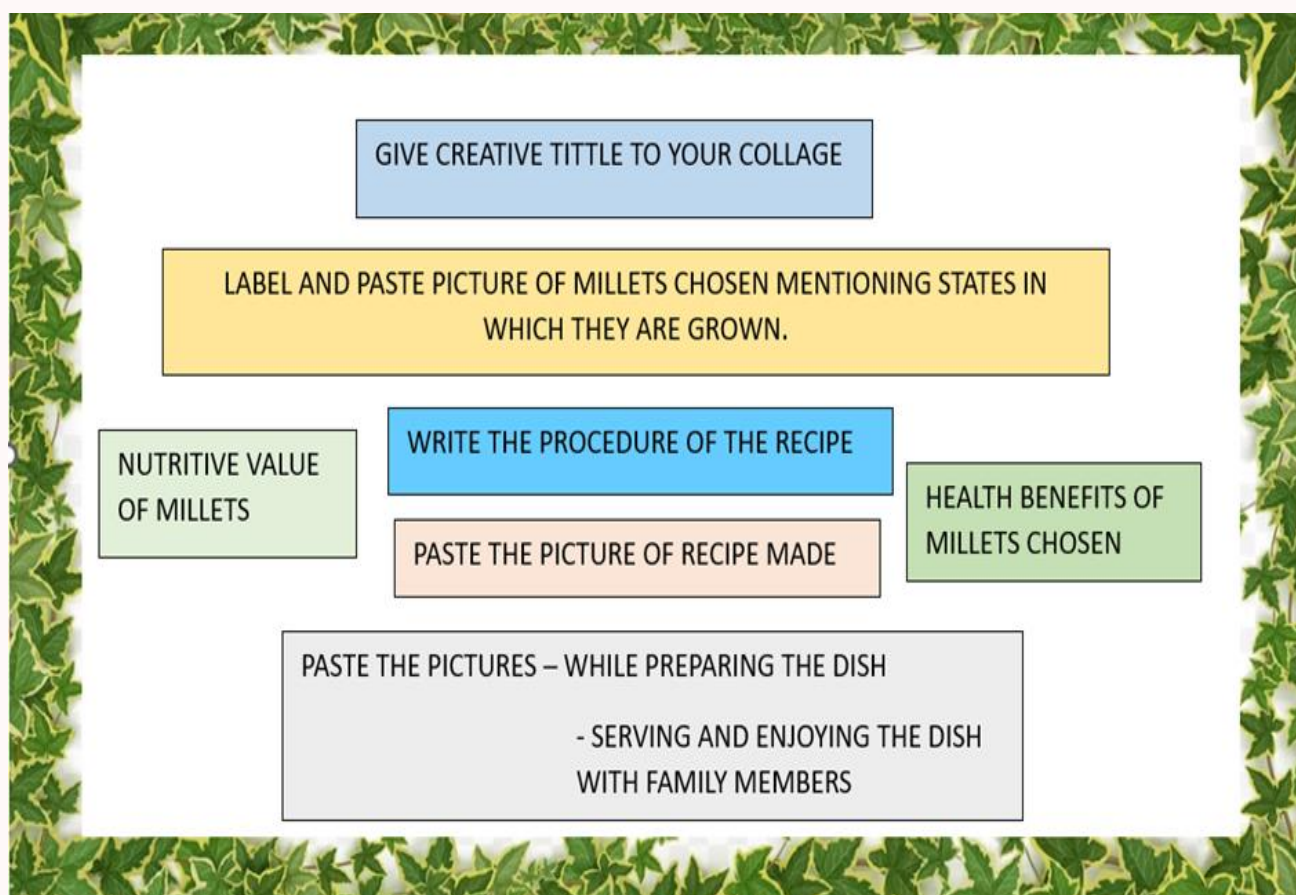
SCIENCE

"Millets are tiny wonder grains with big health benefits."

Activity:

- Choose any one millet each from the state of Haryana and Manipur, write a recipe of any one dish made by amalgamating both the millets.
- Make the designed recipe in the kitchen under supervision of Guardian.
- Take pictures with your guardian while preparing the dish and eating the same with the family.
- Also write the nutritional profile, health benefits of the millets involved.
- Present your work in the form of a collage on an A3 size sheet in a creative way.

Sample of collage : On A3 size sheet



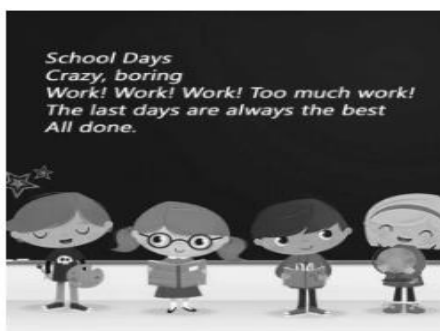
ENGLISH

Activity: Create a unique and creative bookmark that promotes the consumption of millets in Haryana and Manipur through a cinquain poem. The bookmark should also be visually appealing with decorations. The students from roll no. 1-20 will choose a millet from Manipur and Roll No. 21 onwards will choose a millet from Haryana.

To make a bookmark, follow these instructions:

1. Cut a piece of paper or card to the desired size and shape. The standard size for a bookmark is 2 inches by 6 inches, but you can customize it to your liking.
2. Choose a design or theme for your bookmark. You can use markers, pens, coloured pencils, stickers, or any other materials you have on hand.
3. Pick a millet from the state mentioned and write a cinquain about the chosen millet on one side of the bookmark.
4. Create a neat border around the bookmark.
5. Punch a hole at the top of the bookmark and add a ribbon or tassel to finish it off. This will make it easier to use and give it a nice finishing touch.

Taking ideas from the Cinquain on 'Cats' and 'School Days' given below, write a Cinquain on Millet(chosen).



Millet (For eg. Ragi)

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हिन्दी

गतिविधि - हरियाणा और मणिपुर में अलग-अलग प्रकार के मोटे अनाज अर्थात मिलेट प्रयोग किए जाते हैं। फिर उनसे भिन्न-भिन्न प्रकार के व्यंजन बनाए जाते हैं। उन मोटे अनाजों की दोनों राज्यों में होने वाली माँग एवं उपयोगिता को ध्यान में रखते हुए दो दुकानदारों के बीच होने वाली बातचीत को संवाद के रूप में लिखिए।

निर्देश -

- ए 3 आकार की एक शीट लीजिए।
- कल्पना कीजिए कि दो दुकानदार मिलेट्स की बढ़ती हुई माँग के बारे में आपस में बातचीत कर रहे हैं।
- उनकी बातचीत में मिलेट्स द्वारा बनने वाले पकवानों की जानकारी भी साझा की जा रही हो।
- इन संवादों में दोनों राज्यों (मणिपुर और हरियाणा) में उगने एवं प्रयोग होने वाले मोटे अनाजों की जानकारी भी शामिल होनी चाहिए।
- संवाद को उचित निर्देशों, चित्रों एवं रंगों से आकर्षक एवं रोचक बनाइए।

संकृतम्

हरियाणा प्रान्ते विद्यमानानां जनानाम् भोजने स्थूलम् अन्नम् अधिकतया दृश्यते । एकं पुस्तकचिह्नं निर्माय तस्मिन् एकं स्थूलम् अन्नं लेपयित्वा तस्य नाम संस्कृते लिखन्तु ।



SOCIAL SCIENCE

INTRODUCTION- India is a land of diversities. In spite of being related to different cultures, traditions, food habits, religions, and languages, people here respect each other and live together with lots of love and a feeling of brotherhood.

Millets are traditional grains, grown and consumed in the Indian subcontinent from the past more than 5000 years. As we move towards a more sustainable future, it is important to understand the potential of millets as a valuable food crop. By promoting the production and consumption of millet, we can create a more resilient and sustainable food system.

SDG-



DETAILS OF THE ACTIVITY-

- The students will design a state profile according to the state assigned
 - Roll no 1-20 Haryana
 - Roll no 21-40 Manipur
- The students will collect information and paste related pictures inside.
- Reference image has been shared.

INSTRUCTIONS-

- Use your creativity to create the state profile using decorative material.
 - Page 1 Cover page
 - Page 2 State Profile
 - Page 3 Millets and map
- Use A3 size coloured sheet.

MATERIAL REQUIRED-

- Coloured A3 size sheet or pastel sheet
- Colours, sketch pens, crayons
- Decorative material

Come visit Haryana!

IMPORTANT FACTS

Capital-

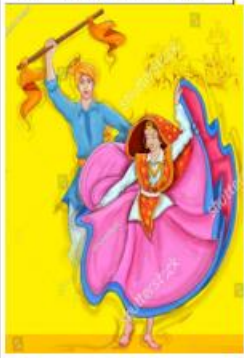
Population-

Largest city-

Language-

Any other information

DRESS WORN IN HARYANA




Top 5 dishes-

Dance forms of Haryana

MILLETS GROWN IN HARYANA

LOCATE HARYANA ON THE POLITICAL MAP OF INDIA





**Millets: Nourishing
our bodies, nurturing
our planet."**