



D.A.V PUBLIC SCHOOL SECTOR 49, GURUGRAM

SUMMER HOLIDAY 2023-24



MILLET MINDFULNESS

CLASS VII

MILLETS : THE SUPER FOOD

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

Milletts are a good source of protein, fibre, vitamins and mineral. Millet is very helpful for people with gluten intolerance because it is gluten-free.

List out the millets consumed by 10 families of your locality(Haryana).

- 1.Prepare a bar graph to represent the above data.
- 2.Choose any two millets and compare their consumption.
3. With the help of data collected form at most 4 rational numbers.
4. Represent the rational numbers on a number line.
- 5.Make a jingle incorporating the importance of millets and rational numbers in your life.

SCIENCE

"Milletts is a tiny wonder grain with big health benefits."

TASK: Make a brochure with colourful pictures and information.

SDG Goal: SDG 12 (Responsible consumption and production)

Topic: Milletts grown in Haryana and Manipur.

Collect the following information about millets grown in Haryana and Manipur.

- Potential of Milletts and Varieties Grown
- Health benefits.
- Requirements for growing millets like Climatic conditions, soil, irrigation etc.

- States which are the largest producers of Millet.
- Benefits of Millet cultivation.

SAMPLE



ENGLISH

Indian food has always been famous in the world for its nutritional value and mesmerising taste. Millets are not only great in taste but have great health benefits too. Youth these days are unaware of the health benefits of eating millets.

Design a poster to encourage the youth to include millets in their daily diet for improved immunity, highlighting the benefits of millets and their cultural significance in Haryana and Manipur.

Instructions to be followed:

- Use an A3 sheet to design the poster.
- Mention the nutritional value and health benefits of the millet.
- Include the image of the millet (design in a 3D)
- Enlist contemporary dishes that incorporate millet, including those that are suitable for vegetarian or vegan diets.
- Provide a catchy slogan for the poster.

- Write the name of issuing agency: Issued in Public interest by DAV Public School, Sector 49
- Give it a neat border.

हिन्दी

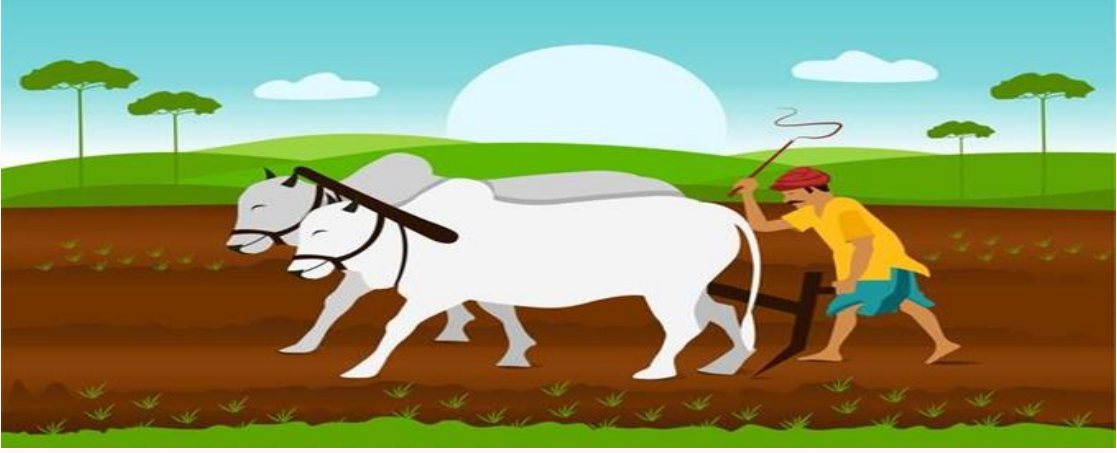
गतिविधि - एक किसान अपने खेतों में मोटे अनाज अर्थात मिलेट्स उगाता है और उसकी पैकिंग करके स्वयं उसे ग्राहकों तक पहुँचाता है। वह अपने प्रोडक्ट के बारे में पूरे देश को जानकारी देना चाहता है। इसके लिए वह दिल्ली के प्रगति मैदान में आयोजित होने वाले मेले में एक स्टोर लगाता है। इसके लिए एक विज्ञापन तैयार कीजिए।

निर्देश -

- ए 3 आकार की एक शीट लीजिए।
- मणिपुर और हरियाणा में उगने वाले मिलेट्स को पूरे देश तक पहुँचाने के लिए एक आकर्षक विज्ञापन बनाइए।
- किसान द्वारा बनाए गए प्रोडक्ट को एक आकर्षक नाम भी दीजिए।
- रंगों, चित्रों, नारे एवं आवश्यक जानकारियों के माध्यम से इसे आकर्षक बनाइए।

संस्कृतम्

कृषकस्य कृते स्वक्षेत्रे स्थूल – अन्नस्य रोपणाय कानि कानि वस्तूनि सहायकानि भवन्ति
इति विचार्य A4 प्रपत्रे तेषां चित्राणि रचयित्वा संस्कृते नामानि लिखन्तु ।



SOCIAL SCIENCE

"MERA WALLA MILLET"

Millets are often referred to as Superfood and its production can be seen as an approach for **sustainable agriculture** and a healthy world. Multidimensional benefits associated with millets can address the issues related to nutrition security, food systems security, and farmers' welfare.

Further, many unique features linked with millets makes them a suitable crop which is resilient to India's varied agro-climatic conditions. Citing these factors, the year 2018 has already been declared as the National Year of Millets and India has called for declaring 2023 as the **"International Year of Millets"**.

SDG Goal: SDG 3 . Good Health and Well Being

Activity planned- Design an advertisement to promote and spread awareness about millets. Choose any one millet grown in Haryana and Manipur. (any one)

Roll No. 1-20 (Haryana)

Roll No. 21-40 (Manipur)

Details of activity- In the given activity students will be asked to design an advertisement on millet.

- Give a catchy tagline to your advertisement
- It could be made on A 3 size sheet or you can give a 3d effect as well.
- Make it creative and interesting through illustrations
- Mention nutritional value of the millet
- Write one easy to cook recipe of the millet to promote it

Material Required:

- A 3 size sheet/for 3d effect paper bag
- Acrylic Colours, Sketch Pen, Crayons
- Any other decorative material



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