

DAV PUBLIC SCHOOL, SECTOR-49, GURUGRAM

**HOLIDAY HOMEWORK 2026-2027
CLASS VII**



Topic: “Fireless Feast: A Plate Full of Health!”

Prepare a nutritious and visually appealing food platter using ingredients that do not require cooking on flame, ensuring it connects to all subjects. Present your work in an A4 size scrapbook.



Subject-wise tasks:



English

Create a simple and colourful poster of a healthy plate that represents healthy eating and good health along with the slogans. The poster should highlight the idea of healthy eating without cooking on flame. Write an attractive and clear title at the top of the poster. You may write four slogans like 'Eat Fresh, Stay Fit'. Write three healthy eating tips along with the slogans. For example: Avoid junk food.

Use any A4 sheet of any colour.



Hindi

आपने अपने माता-पिता के लिए गर्मी में ठंडक का अहसास कराने वाला एक पेय पदार्थ बनाया। इसे बनाने की प्रक्रिया के बारे में तथा इसे पीने के बाद के अनुभव के बारे में अपने माता-पिता से हुई बातचीत को संवाद रूप में लिखिए।



Mathematics





“Geometry & Fractions on My Healthy Plate”

Carefully observe your Fireless Feast Platter and identify the different geometrical shapes formed by the food items. Count each shape and represent it as a fraction of the total number of shapes used in the platter.

1. You may use food items like:

- Circular cucumber/tomato slices
- Triangular sandwiches
- Rectangular biscuits
- Square cheese pieces, etc.

2. Activity Table(for example):

Picture of the Item	Shape of the Item	Fraction
 Sandwich	 Triangle	
 Cucumber Salad	 Circle	
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3. Further Exploration








- Convert the fractions into percentages.
- Arrange the fractions in ascending and descending order.
- Identify:
 - Shape with the greatest fraction
 - Shape with the smallest fraction

4. Draw and colour the geometrical shapes used in the platter.



Science

Paste a picture of each ingredient used in your food platter. Write one major nutrient found in each ingredient and also mention nutritional values of each ingredient in tabular form as indicated below:

Picture of Ingredient 	Name of Ingredient 	Nutrient/ Food group 	Nutritional values/ Functions 
	1.		
	2.		
	and so on		



Social Science

“A Healthy Food Fair”

Riya and her friends organized a “Cooking Without Fire” food fair in their school. They prepared dishes using fruits, vegetables, peanuts, coconut, and curd collected from different states of India. During the fair, they also displayed a map showing where these ingredients are mainly produced. Their teacher explained how agriculture connects people, culture, climate, and economy.

“Discover India Through Food”

Choose any 5 ingredients used in cooking without fire recipes. Find out in which state they are mainly grown or famous. Locate those states on the political map of India and write their importance.



Sanskrit

प्रिया: छात्रा:!

युष्माकं स्थालिकायां ये भोज्यपदार्थाः सन्ति तेषां निर्माणे केषां फलानां शाकानां वा प्रयोगः अभवत् तेषां शाकानां फलानां वा चित्राणि लेपयित्वा नामानि संस्कृतभाषायां वर्णितसञ्चिकायाम् (SCRAPBOOK) लिखत।



Art

Paste/draw a colorful picture of your final platter. Decorate the scrapbook cover neatly.

Note:

- Platter should include at least 4-5 ingredients from different food groups to make it a balanced.
- Do not use fire/gas/stove for any preparation.



ICT

"Healthy Café Menu" – Digital E-Menu Card Challenge

 This Summer Vacation turn your home into a Healthy Fireless Café!

Become a Young Digital Designer and Smart Chef by creating an attractive Digital E-Menu Card with delicious and nutritious no-fire recipes.

Use your creativity and technology skills to design a colourful café menu that you can proudly present to your parents, family, and guests.

 Theme:

"Eat Healthy, Design Smart!"

Create a creative Digital E-Menu Card for your own healthy café featuring fireless dishes.

 **Imagine This:**

 **Fruits become fun dishes**

 **Healthy snacks become café specials**

 **Refreshing drinks become healthy beverages**

 **And YOU become the digital menu designer!**

 **Your E-Menu Must Include:**

- ✓ **Name of your Healthy Café**
- ✓ **Attractive heading/logo**
- ✓ **Minimum 5 Fireless Dishes**
- ✓ **Ingredients used**
- ✓ **Health benefits of dishes**
- ✓ **Food pictures or illustrations**
- ✓ **Colourful and creative design**

 **Suggested ICT Tools:**

Create your E-Menu Card using:

- **Canva**
- **Microsoft PowerPoint etc.**