

DAV CENTENARY PUBLIC SCHOOL, PASCHIM ENCLAVE, NEW DELHI 110087

CLASS VII HOLIDAYS HOMEWORK (2025-26)

THEME: A TASTE OF CULTURE (FOOD AND CULTURE)



Dear Parents/Students,

“Summers are time to Relax, Refresh and Restore!!” Here’s the most awaited time duration of the year when students get opportunity to take a break from the regular school routine, explore and experience new adventures and learn new skills using their creative caps. The school wish all its lovely students a very happy, exciting and enriching summer vacation!!

Here are few guidelines for students to utilize this time in a constructive manner:

- ❖ Students must stay hydrated, stay indoors during peak hours of sunshine and consume healthy food, to stay fit and fine.
- ❖ Give priority to “Family Time”. Spend time with parents, grand parents and relatives to strengthen the bond and nurture the valuable relationships of life.
- ❖ Try to be “Near Nature”. Enjoy the early mornings, chirping of birds, blooming flowers in gardens. If possible, visit beaches, hills, lakes etc. and admire the scenic beauty of nature.
- ❖ **LIMIT YOUR SCREEN TIME**. Try to minimize the time spent with gadgets. This is important to ensure sound mental health and intellectual growth of students.
- ❖ Read books. Reading of books provide scope for exponential growth of intellect.

(PARENTS MAY GET THE BOOKS ISSUED FROM LIBRARY, DURING SCHOOL HOURS, DURING SUMMER VACATIONS) Suggestive list of books to be read include:

- Happy Prince by Oscar Wilde
https://ec.europa.eu/employment_social/2010againstpoverty/export/sites/default/extranet/news_documents/188_The_Happy_Prince.pdf
 - Five Goes off in a Caravan (Enid Blyton)
<https://www.riceethiopia.com/wp-content/uploads/The-Famous-Five-05-Five-Go-Off-In-A-Cara-Enid-Blyton.pdf>
 - Gulliver Travels by Jonathan Swift
<https://www.eriesd.org/cms/lib/PA01001942/Centricity/Domain/2098/Gullivers%20Travels%20text.pdf>
 - पाजेब
 - मानसरोवर - प्रेमचंद की कहानियां
- ❖ Strengthen your academics. Students must utilize this time to study and strengthen their concepts and bridge the academic gaps, if any.

Please note:

- Trans-disciplinary research based project work has been given in Class V based on the theme – “**A TASTE OF CULTURE (FOOD AND CULTURE)**”. This project work will be assessed and students will be given due credit for the same in Internal Assessment.
- Holidays Homework must be done on A4 size sheets (as per the colour scheme given below).

English – **PINK**

Hindi – **SKY BLUE**

Sanskrit – **ORANGE**

Mathematics – **PURPLE**

Science – **GREEN**

Social Science – **YELLOW**

Computer/ICT – **WHITE**

- **Holidays Homework should be first submitted to subject teachers for checking. Later, Holidays Homework is to be compiled together in the given format as Trans-disciplinary Project:**

- 1. All A4 sheets of Holidays Homework together to be compiled in ONE RING BINDER FILE.**
- 2. File to be covered with hand-made sheet. The file cover should be designed creatively by the student.**
- 3. File should include Index, Acknowledgement, Certificate, all subjects sheets (in order – English, Hindi, Sanskrit, Mathematics, Science and Social Science) and REFLECTION SHEET.**
- 4. REFLECTION SHEET Format is given below:**

My Name, Class & Section
What I liked most about this trans-disciplinary project?
Challenges that I faced while doing this project....
How I overcame the challenges faced?
What knowledge/insights I gained from this project?	

ENGLISH

Diary writing: A Culinary Journey in My Diary

Task: Imagine you are a traditional dish from any culture (including Indian!). Narrate your journey through time, highlighting your cultural significance and any interesting stories or memories associated with you.

- * Your Origins
- * Your Cultural Significance
- * Stories and Memories
- * Your Evolution (if any)
- * Your Feelings and Observations

Menu Card Designing:

Menu Card Creation

Imagine you're a chef at a restaurant that celebrates diverse cuisines from around the world. Prepare a menu card featuring dishes from at least three different cultures (e.g., Indian, Italian, Chinese). Include:

1. Dish names
2. Brief descriptions
3. Cultural origins

Requirements

1. Use descriptive language to highlight flavors and ingredients.
2. Ensure the menu card is visually appealing (you can include images or illustrations).
3. Write a short introduction to your menu card, explaining the significance of food in different cultures.

Assessment

Your menu card will be evaluated on:

1. Creativity and originality
2. Language usage and descriptions
3. Cultural representation and sensitivity

Have fun creating your menu card!

हिंदी

विषय – हमारी संस्कृति : हमारी धरोहर

शीर्षक - हमारा खानपान

- पृष्ठ एक – दक्षिण भारत के किसी एक राज्य का इतिहास
- पृष्ठ दो – उस राज्य का खानपान
- पृष्ठ तीन – उस राज्य की भाषा एवं संस्कृति
- पृष्ठ चार – वेशभूषा और त्योहार
- पृष्ठ पाँच – आपका अनुभव

रचनात्मक लेखन

- चलचित्र दर्शी (बाँयोस्कोप) के माध्यम से दक्षिण भारत के किसी एक राज्य पर खोज कार्य को प्रदर्शित करें।
- उपसर्ग और प्रत्यय – एक सुंदर मॉडल का निर्माण कीजिए।
- संवाद लेखन - दो मित्रों के मध्य हमारी संस्कृति और खानपान विषय पर संवाद लेखन।

*सामान्य निर्देश

1. कार्य रचनात्मक और मौलिक होना चाहिए।
2. सुंदर , आकर्षक तथा शोध प्रक्रिया के आधार पर संपन्न होना चाहिए।



MATHEMATICS

THEME: A Taste of Culture

You are the owner of a restaurant in your native State offering a variety of food.

- Give a captivating mathematical name to the restaurant.
 - Design a mathematical menu card for your restaurant .
 - Also, give lucrative combo offers and discounts to make the menu more economical and budget friendly.
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SCIENCE

It is rightly said –

‘Food is a lens for culture.’

Food is an essential part of every culture. It’s more than a way of expressing oneself, connecting with others and passing on rich cultural heritage. Indian cuisine is renowned for its wide choice of dishes. The style of cooking varies from area to area.

Herbs and Spices are the most versatile and widely used ingredients in Indian cuisine. Herbs and spices are both plant based flavorings, but they differ in the plant part they come from. Herbs are typically the leaves, stems, flowers of plants, used fresh or dried while spices are derived from seeds, roots, bark or fruits and are always dried. Herbs and spices are used generously in India, be it North India or South India. But every single spice used in Indian dishes has some nutritional & medicinal properties.

“Adding herbs and spices to your daily diet lowers blood pressure and keeps heart disease at bay.

- **Prepare a project on ‘Herbs and spices used in various parts of India and their Health benefits.’**
- ❖ Make a cover page on ‘Food is a lens for culture’ highlighting herbs and spices used in various parts of India.
- ❖ Collect information on any two herbs and two spices used in various parts of the country and note down the following points:
 - a) Part of the country where it is used
 - b) Soil and climatic conditions under which it is grown
 - c) Medical and Health benefits of that Herb/ spice
- ❖ Use illustrations and pictures to make your work attractive and beautiful.

SOCIAL SCIENCE

Task 1: A Taste of Culture(Food and Culture)

Prepare a "Food Calendar" (wall/table calendar)for the year 2025 exploring the food habits and culture across 12 countries including India. (Choose the staple food)

1. ***Country Selection***: Choose 12 countries from different regions, including India.
2. ***Food Research***: Research traditional foods, and collect relevant images/pictures for each country and give the nutritional value of the food (showing the key ingredients- staple food/crop used to prepare that food)

GUIDELINES

Guidelines for making a calendar based on your selection

- A3 size sheets to be used for wall calendar and A4 size sheets be used for table calendar(yellow)
 - Handwritten project
 - Accurate and presentable work is required to be done.
1. ***Calendar Design***: Design a calendar with 12 pages(from January till December, 2025, one for each country.
 2. ***Country Pages***: Include the following information for each country:
 - Traditional dishes (their names and relevant pictures)
 - Images or illustrations
 - Providing information about the staple crop of that particular country and how it's used in the traditional food.
- (Use less than half a page to mention month wise dates.)
- * The project prepared should be made from eco-friendly products without incurring too much expenditure. Only 12 sheets of paper are required to complete this task.

Task 2: Complete the given practice worksheets.

SANSKRIT

विषयः संस्कृतेः स्वादः, भोजनं संस्कृतिः च

मुख- पृष्ठः— भारतस्य संस्कृतिः भोजनं च

कस्यापि एकस्य प्रदेशस्य संस्कृतेः भोजनस्य वेशभूषायाः च विषये चत्वारि वाक्यानि लिखन्तु ।

(चित्र सहितम्)

निर्देशाः -

- 1 कार्ये सुन्दरता मौलिकता भवेत् ।
- 2 चित्रस्य रचना शोभना भवितव्या ।
- 3 लेखन- कार्ये सुन्दरं स्वच्छं भवेत् ।

प्रदत्त -कार्यप्रपत्राणि अपि कुर्वन्तु ।

COMPUTER/ICT

Game Design in Scratch

1. Scratch Game on Favorite Sport

- **Activity:** Use **Scratch software** to design a basic interactive game themed around their **favorite sport** (e.g., cricket catch game, football goal scoring, etc.). Include features like background changes, scores, sounds, and controls.

Additional Activities:

- **Storyboard Planning:** Before starting the game, students create a **storyboard/sketch of the game design**, including characters, actions, and controls.
- **Peer Review:** Let students present their games to classmates and receive feedback on design and functionality.

ART & CRAFT

Make a Canvas Painting – geometrical shapes, size 12 X 12 inches. Frame your creation.