

SUMMER HOLIDAYS HOME WORK

INTEGRATED PROJECT

CLASS 4 TERM 1 (2026-27)

An integrated project is when we learn many subjects together through one fun theme, instead of studying them separately.

THEME : FROM FARM TO TABLE- A NUTRITIOUS JOURNEY.



INTRODUCTION

Food travels a long journey—from being grown on farms to reaching our plate. Farmers grow crops, transport them, and sell them in markets. Farmers are people who grow crops and raise animals for food. They work very hard in the fields in all kinds of weather. Farmers sow seeds, water plants, and harvest crops. They provide us with food like grains, fruits, and vegetables. Farmers are called the backbone of the country.

ENGLISH-

Make a *physical diary* *Farm to Table – A Nutritious Journey*

Header for the Diary Page *”My Nutritious Journey: From Farm to Table”

*Instructions

Creative Twist . – 1. Make it look like a real mini diary.

- Use a small notebook or fold few A4 sheets in half and staple it to look like a diary.
- Cover it with brown craft paper to give it a “farm” feel. You can draw a little basket of vegetables or milk can on the front.

2. *Add a creative title page*

- Write the header in big, colorful letters.
- Decorate the border with drawings of a farm, tractor, cow, vegetables, or a dining plate etc.

3. *Diary Entry Layout*

- *Date & Day* at the top in bold.
- *Dear Diary* as the starting line.
- End with *- [Your Name]* at the bottom right, just like a real diary.

4. *Make it more interesting & presentable*

- Use colored pens for the headings and black/blue for the main writing so it's neat.
- Stick a real small element if possible — like a dried coriander leaf or a picture cut-out from a magazine of fruits and vegetables.

* At the end of each page write a line with a colored pen “**Today I have Learned**”*

Moral learnt: _“I felt happy when I saw how hard the farmer works” and “I felt grateful for the food on my plate”.

HINDI

“**मेरा गाँव, मेरी सीख**” : कल्पना कीजिए कि आप दादा-दादी के गाँव गए और वहाँ पर चने की फसल की बुवाई चल रही है। वहाँ उनकी और आपकी इस विषय को लेकर जो भी बातचीत हुई, चना बोने से लेकर खाने तक की प्रक्रिया की जानकारी दादा-दादी के साथ बातचीत करते हुए अपने संवाद को एक **कहानी + संवाद** के मिश्रण के रूप में लिखें (शुरुआत, बीच और अंत हो)।

□ एक “**Farm to Plate Journey**” **फ्लोचार्ट** बनाएं:

बीज → बुवाई → सिंचाई → फसल → कटाई → पकवान

□ “**दादी की रसोई**” नाम से एक छोटा बॉक्स बनाकर उसमें चने से बनने वाले व्यंजन (जैसे: चना सब्जी, भुने चने) लिखें।

□ संवाद को और जीवंत बनाने के लिए भावनाएँ जोड़ें (खुशी, जिज्ञासा, आश्चर्य)।

□ दादा-दादी के साथ अपनी **फोटो चिपकाएं** और नीचे 1-2 पंक्तियों में अनुभव लिखें:
“गाँव की यह यात्रा मेरे लिए बहुत यादगार रही...” व उनके साथ अपनी एक फोटो भी लगाइए।

इसे “मेरा गाँव, मेरी सीख” शीर्षक देकर पेज को हरे रंग, खेत, ट्रैक्टर, और फसल के चित्रों से सजाएं

MATHS

Mathematics helps us calculate quantities, costs, time, and distribution at every step.

Title: “Mission Farm to Plate – Become a Food Hero!”

You are a *Food Hero* *Agent* . Your job is to safely bring food from farm to plate using your math skills to solve challenges at every step.

*LEVEL 1* -[Multiplication and Estimation]

Farmer Raju grows :

□ 245 Rows of carrots □ 128 plants in each row.

- 1) How many carrots are there?
- 2) Estimate it to nearest 1000.

*LEVEL 2-* [Subtraction and Reasoning]

- 1) Out of 864000 carrots if 125450 carrots are spoiled by heavy rain how much are left?
- 2) Estimate it to nearest 10000.

Creative Twist □ *Show your creativity by a distance map*

Draw a simple map showing:

Farm → Road → Market → Home

➤ Mark distances:

Farm to Road = 15 km Farm to Market = 75 km Market to home = 32 km

➤ Calculate and write total distance travelled.

SCIENCE

Activity 1: Journey of Food from Farm to Table

“Exploring the fascinating journey of food from fertile farms to our daily meals.”

Prepare a well-labelled and neatly illustrated chart depicting the step-by-step journey of food from farm to table. Represent the important stages involved in this process, such as: (Crop cultivation, Growth and harvesting of crops, Transportation of food items,

Add brief explanatory captions for each stage to describe how these processes work together to ensure that fresh and healthy food reaches our plate. Use suitable drawings, pictures, and labels to make your chart informative and visually appealing.

Activity 2: Five Nutri-Rich Millets and Their Health Benefits

“Exploring traditional grains that travel from farms to our plates and nourish our bodies naturally.”

Select any five millets grown in India, paste their pictures neatly in your project file, and write 2–3 informative sentences about each millet highlighting: (its nutritional benefits, importance in maintaining good health, contribution to our daily diet)

You may choose from the following examples:

- Ragi (Finger Millet)
- Bajra (Pearl Millet)
- Jowar (Sorghum)
- Foxtail Millet
- Little Millet (or any other commonly grown millet)

SOCIAL SCIENCE

Farmers are called the “backbone of the country” because they provide food for everyone.

Farmers are very important for our country because they grow the food we eat every day. From grains to vegetables and fruits, everything comes from their hard work. That is why farmers are called the **“backbone of the country.”**

Give answer to the following questions: (2 points each)

Why Are Farmers Important?

Work done by Farmers.

Types of Crops

Difficulties Faced by Farmers

How Can We Help Farmers?

Creative Twist: • Draw a farmer working in the field

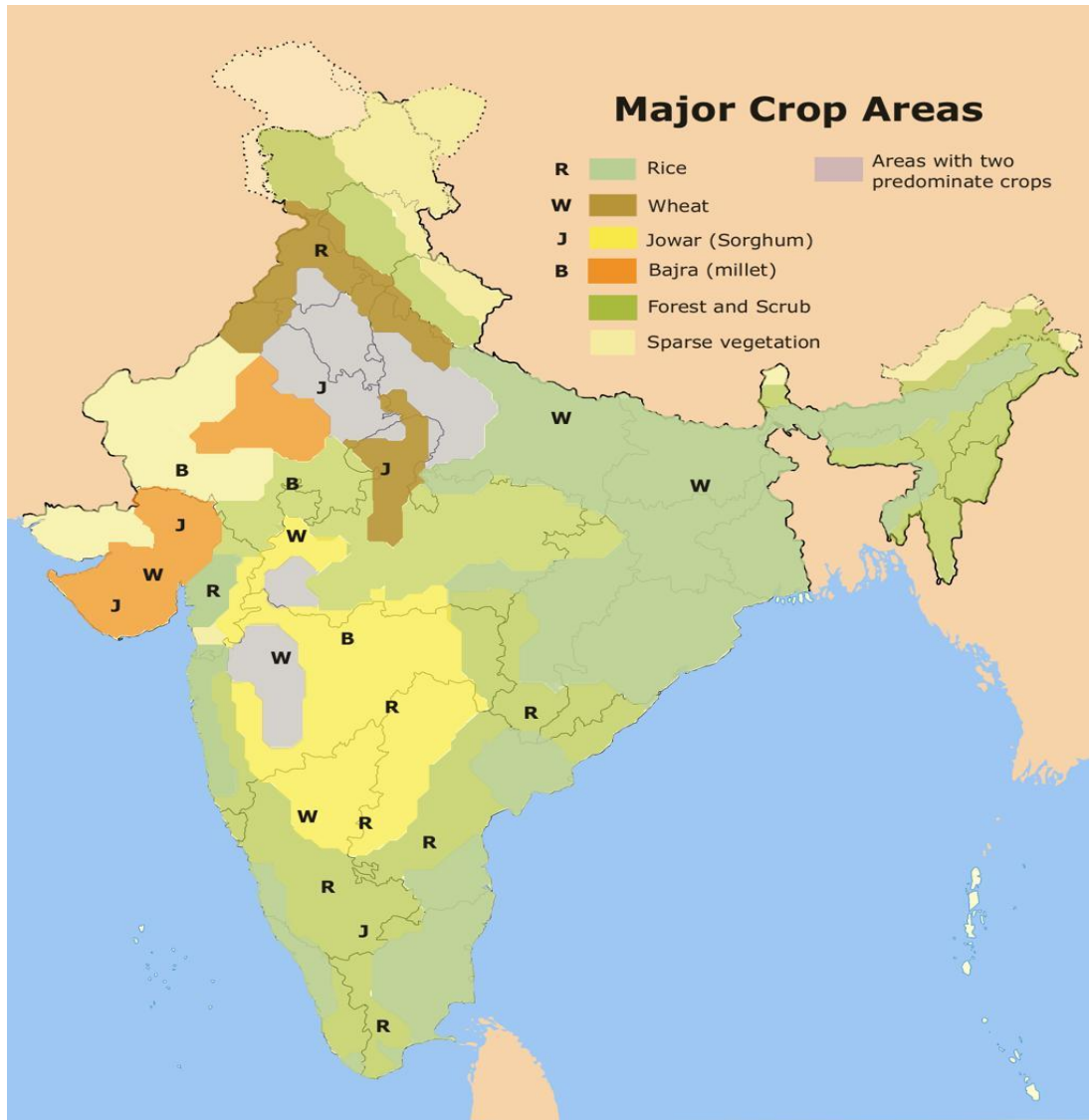
- Write a slogan: “No Farmers, No Food”**
- Make a small thank you card for farmers**

MAP WORK ACTIVITY Paste a **map of India** and do the following:

- Mark **Punjab & Haryana** – Wheat
- Mark **West Bengal** – Rice
- Mark **Maharashtra** – Cotton
- Mark **Uttar Pradesh** – Sugarcane

□ **Creative Tip:** Use different colours and draw small crop symbols on the map.

You can use the given map for reference



GENERAL KNOWLEDGE.

Know the Heroes Behind Our Food

Food reaches our plate through the dedicated efforts of many hardworking people.

Explore and recognise the important roles played by the helpers who contribute to this journey from farm to table. Collect suitable pictures and write about how each person supports the process of bringing fresh and nutritious food to our homes.

Include the following food heroes:

Farmer

Truck Driver

Shopkeeper / Vendor

Dairy Worker

Cook / Family Member

At the end, add a short concluding note explaining why we should respect and appreciate these everyday heroes who make our meals possible.

Class 4: Functionality & Software

- **Hardware vs. Software:** Create a chart paper differentiating between hardware components and software applications.
- **MS Paint/Drawings:** Draw a scenic landscape in MS Paint, save it, and print it out.
- **Computer Quiz:** Create a 10-question quiz about computer basics, abbreviations (CPU, UPS), and inventors.
- **Keyboard Shortcuts:** List 10 useful keyboard shortcuts (e.g., Ctrl+C, Ctrl+V) and their functions.
- **Note:** *The above-mentioned project to be done in Project file . *Click the photos and make videos of students while doing these activities and share these with class teachers.