

ROTARY PUBLIC SCHOOL
SUMMER HOLIDAYS HOME WORK (2018-19)
CLASS X

SCIENCE

BIOLOGY:

Lifestyle diseases are defined as diseases linked with the way people live their life. This is commonly caused by alcohol, drug and smoking abuse as well as lack of physical activity and unhealthy eating. Diseases that impact on our lifestyle are heart disease, stroke, obesity and type II diabetes. The diseases that appear to increase in frequency as countries become more industrialized and people live longer can include Alzheimer's disease, arthritis, atherosclerosis, asthma, cancer, chronic liver disease or cirrhosis, chronic obstructive pulmonary disease, type 2 diabetes, heart disease, metabolic syndrome, chronic renal failure, osteoporosis, stroke, depression, obesity and vascular dementia.

Getting enough essential vitamins, minerals and fibre in your diet helps you enjoy your optimum health and wellbeing and avoid chronic illness. Meal preparation is an ideal way create a balanced diet that includes all the foods you love, as well as staying healthy.

Prepare a diet plan for the following:

- a) Plan a meal for obese (overweight) person.
- b) Plan a meal for teenager.
- c) Plan meals for a diabetic patient.

SOCIAL SCIENCE:

POLITICAL SCIENCE:

Make a project on 'POPULAR MOVEMENTS AND STRUGGLES': to show that the movements and struggles enhance democracy.

Use the following pointers from chapter 5. :Popular struggles and Movements

- Struggle for Democracy in Nepal
- Water war in Bolivia
- Similarities and dissimilarities between the two struggles
- Movements as the Expression and Spirit of Democracy.

Note: Make the project on A4 sheets in a file folder. Paste appropriate pictures.
Not more than 10 pages.

Work Experience Activity

To help the police in proper regulation and functioning of the traffic and safety of self and the people, do the following activity:

Responsibilities as road user (R. No. 1 to R. No. 7)

Rules to be followed while driving on road (R. No. 8 to R. No. 14)

Signs and Symbols displayed on the road side (R. No. 15 to R. No. 21)

Traffic signals (R. No. 22 to R. No. 28)

Symbols used for specific buildings (school, restaurant, hospitals, public Telephone, etc) (R. No. 29 onwards)

Draw attractive symbols on A4 sheets (Work can be divided among the group)

The activity can be supplemented by attractive slogans, pictures and sketches.

ART & CRAFT

Warli/Madhubani Painting on ½ Cartridge sheet or ivory sheet with lamination/frame
(Precious/ Gift items)