



CLASS – 1
EVS

SUMMER
HOLIDAYS
HOMework
FOLDER



Dairy

COME LET'S PREPARE SOME DELICIOUS, TASTY AND YUMMY FOOD ITEMS FOR OUR FAMILY MEMBERS.

THESE FOOD ITEMS WILL IMPROVE YOUR IMMUNITY SYSTEM.

Russian Salad

Ingredients and Procedure:-

1 Cup peas (shelled)

125 gms carrots (diced), peeled

125 gms french beans (stringed and cut)

1 large potato (peeled and cubed), boiled

3 cups mayonnaise sauce

1 tbsp salt

1 tbsp black pepper, powdered

1 tbsp mustard powder

1. Boil or steam the chopped vegetables, to bite like consistency, drain and chill.

2. When cool, mix the sauce, salt, black pepper and mustard powder.

3. Chill and serve.



*Prepare this Health Drink for
yourself and your family members.*

Turmeric Milk Shake.

INGREDIENTS:

1. Milk
2. Sugar/Honey
3. Turmeric Powder





COME LET'S DO SOME PLANTATION

These plants are easy to grow and helps us to fight against all bacteria and viruses.

- ▶ Take a cutting of ginger and plant it.



- ▶ Take a cutting of garlic and plant it.



Do question A, B, and C of page 15 and 16.
Revise all the work done till now.
Do a reading practice daily and learn the spellings too.



Happy
Holiday!

