

For your holiday homework, you will create a simple but creative **PowerPoint presentation** on the topic "**Mindful Eating: A Path to a Healthy Body.**" This presentation will help you understand how food choices and eating habits affect your health and mind. Please follow the instructions given below carefully:

Prepare a power point presentation based on the topic allotted according to roll numbers-

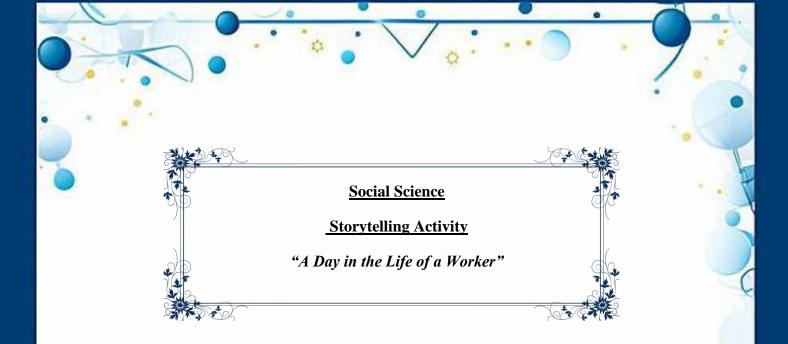
- * <u>Roll No. 1 to 12</u> Journey of Food from farm to plate
- * Roll No. 13 to 24 My daily plate- Building a healthy meal.
- * Roll No. 25 to 36 What my diet lacks Deficiency diseases

* <u>Roll No. 37 to last</u> - Healthy snacks Vs. Junk food

Creative Tips

- Use **pictures, symbols**, and colors to make it interesting
- Use **short sentences** or **bullet points** don't fill the slides with long paragraphs
- Keep your presentation neat and clear.

EVALUATION: (To be assessed as Multiple Assessment Activity-1) M.M.-5 • Content Accuracy & Relevance • Creativity & Visual Appeal • Organization & Structure • Presentation Skills • Originality & Effort



Objective: To help students understand the daily life, challenges, and contributions of people involved in different economic roles by presenting a creative and informative story.

Time Limit:

- Each student will get 2 to 3 minutes to present their story.
- Make sure your story is short, clear, and within the time limit.

Instructions for Students:

- Choose a character who is involved in an economic activity (assigned according to Roll Number)
- Create a story about the character's daily life, work, challenges, and how they contribute to
 society.
 - The story can be real or imaginary, but it should be relevant and respectful.
- Use props, drawings, or simple costume items (optional) to enhance your presentation.

Elements required in the story

The story should include:

- 1.Name and location of the character
- 2.Description of their job/work
- 3. Tools or skills they use
- 4. Challenges they face
- 5. Importance of their work to society
- 6.A personal reflection or message (what they feel or wish for)

Topic Allocation:

Students should adhere to the economic role according to their respective Roll Numbers

- Roll No- 1-8 Agricultural Workers (Farmers, Fisherman, Cattle herders, Poultry farm worker)
- Roll no- 9-16 Construction Workers (Masons, Road workers, Brick layers, Plumbers)
- Roll No- 17-24 Artisans and Craft Workers (Potters, Weavers, Carpenters, Blacksmith, Toy maker)
- Roll No- 25-32 Service Workers (Tailors, Barbers, Domestic Helper, Cook, Watchman)
- Roll No- 33- 40 Transport and Delivery Workers (Rickshaw pullers, Auto drivers, Delivery workers, Courier person)
- Roll no -41 onwards Shop and Market Workers (Shopkeeper, Vegetable seller, Flower seller, Street

