

**SANSKAR SCHOOL**  
**GRADE-III**  
**Assignment 8**  
**Date: Monday, 20<sup>th</sup> April 2020**

**ENGLISH:**

Describe the picture in 8-10 sentences.



**HINDI:**

वीडियो देखने के पश्चात वर्णमाला, अयोगवाह व संयुक्तव्यंजन लिखें ।

<https://www.youtube.com/watch?v=QkMasoNWF9E&feature=youtu.be>

**MATHS:**

Watch the video and do the following sheet.

<https://www.youtube.com/watch?v=eCh3Sj86-ns&feature=youtu.be>

1. Write the missing numbers from 1400 to 1416.

1400 \_\_\_\_\_ 1416

2. Write the next five odd numbers from 483.

\_\_\_\_\_

3. Write the next five even numbers from 720.

\_\_\_\_\_

4. Pick out the odd and even numbers separately from  
48 to 60.

Odd numbers \_\_\_\_\_

Even Numbers \_\_\_\_\_

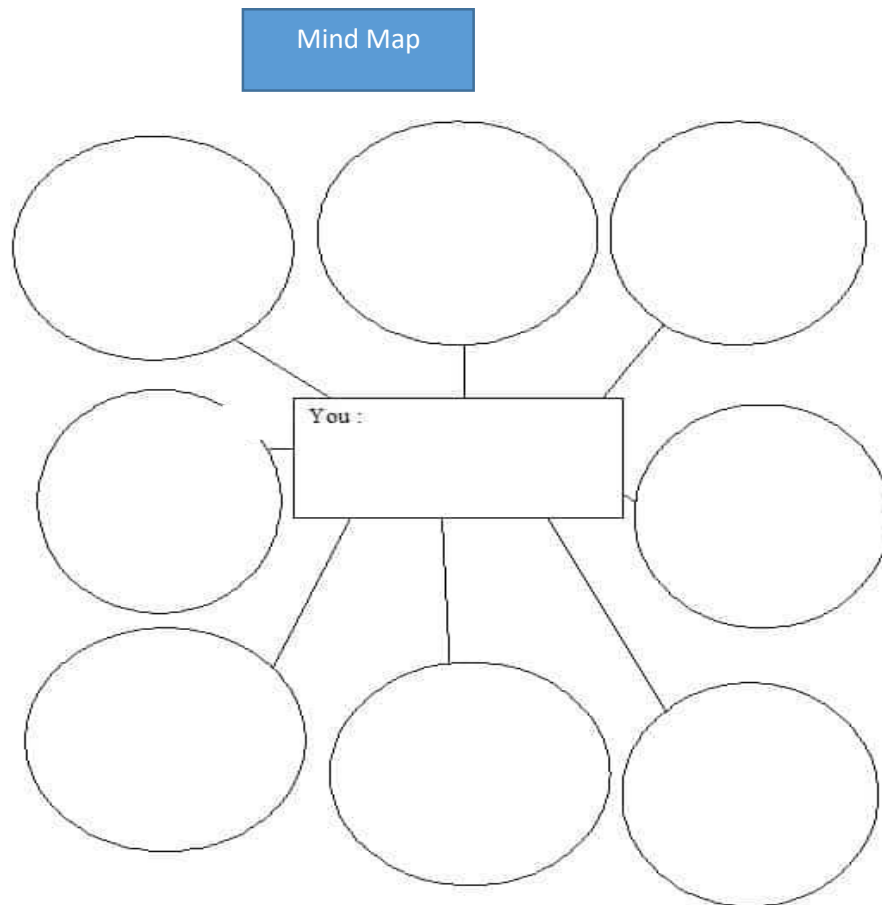
5. Write the place value of 7 and 4 in 7648 and 4729

Place value of 7 \_\_\_\_\_

Place value of 4 \_\_\_\_\_

## UOI:

We all know that eating healthy and balanced diet is very important for our body. Read this carefully and reflect your understanding on a mind map.



There are many benefits to having a nutritious diet. Below are 10 reasons:

### 1. Good Nutrition Improves Well-Being

- Eating healthy allows people to be more active
- People who eat fresh fruit and vegetables daily report no mental health issues, as reported by the Mental Health Foundation
- For our well-being our diet should be full of essential fats, carbohydrates, vitamins and minerals.

## 2. It's Expensive To Be Unhealthy

- According to the U.S. Department of Agriculture a healthier diet could prevent us from medical problems and loss of lives. .

## 3. Helps You Manage a Healthy Weight

- Eating a nutritious diet filled with fruits, vegetables, whole grains, dairy and protein will help maintain a healthy body weight.
- Maintaining a healthy diet and exercise program will make us fit and healthy.
- . Adding a variety of fruits and vegetables to meals can help you control your weight.

## 4. Maintains Your Immune System

- Our immune system is our defence against disease.
- Maintaining your immune system requires an intake of proper vitamins and minerals.
- Eating a well-balanced diet, including fruits, vegetables and food low in fats, will help support a healthy immune system.

## 5. Delays the Effects of Aging

- Foods like tomatoes, berries, avocados, nuts and fish all contain certain vitamins and minerals that are good for the skin.

## 6. Gives You Energy

- Our bodies derive energy from the foods and liquids we consume.
- The main nutrients our body uses for energy are carbohydrates, fats and protein.
- Carbohydrates such as whole-grain breads and starchy vegetables are the best for prolonged energy since they are digested at a slower rate.
- Water is necessary for transport of nutrients. .

## 7. Reduces the Risk of Chronic Disease

- According to the Centres for Disease Control and Prevention, risk factors for chronic diseases, like type 2 diabetes, have been increasingly seen at younger ages as a result of unhealthy eating and weight gain
- So we should always eat healthy food.

## 8. Healthy Eating Positively Affects Your Mood

- Diets high in carbohydrates have a more uplifting effect on mood.
- A diet rich in protein, moderate in carbohydrates and low in fat will have a positive effect on mood.
- As much as food affects our mood, mood affects our food choices
- When we experience feelings of sadness, we are more likely to choose unhealthy foods.

## 9. Increases Focus

- Food has an impact on the way we think.
- Eating fruits and vegetables throughout the day helps keep the mind healthy and engaged.

## 10. Healthy Diets May Lengthen Your Life

- Your body needs food in order to survive.
- Overeating create more stress on the body and could lead to a shorter lifespan. So for long life we must eat healthy food and lot of exercise.


**10 REASONS DOCTORS TALK ABOUT THE NEED FOR GOOD NUTRITION & DIETS**

- 1. WELL-BEING IS REDUCED WITH A POOR DIET**  
Icons: chocolate, pizza, burger, beer
- 2. IT'S EXPENSIVE TO BE UNHEALTHY**  
Icons: three dollar signs
- 3. HELPS YOU MANAGE A HEALTHY WEIGHT**  
Icon: scale
- 4. MAINTAINS YOUR IMMUNE SYSTEM**  
Icon: target with shield
- 5. DELAYS THE EFFECTS OF AGING.**  
Icons: grapes, apple, heart, pills
- 6. GIVES YOU ENERGY**  
Icons: running boy and girl
- 7. REDUCES THE RISK OF CHRONIC DISEASE**  
Icon: laptop with heart rate line
- 8. HEALTHY EATING POSITIVELY AFFECTS YOUR MOOD**  
Icon: happy person with arms raised
- 9. INCREASES FOCUS**  
Icon: brain with sun rays
- 10. HEALTHY DIETS MAY LENGTHEN YOUR LIFE**  
Icon: doctor and patient at a desk

 **UnityPoint Clinic**

## MINDFUL ME:

Move down the memory lane and build new memories with your family.



**MEMORY WALL**

Create unforgettable moments with your family with this Memory game.

- Bring out old photographs of self, parents, grandparents in different places. (can add other people and places)
- Stick the selected pictures on a sheet of paper.
- Now ask the respected family member to share the story around those pictures.
- Find a cool name for the picture and write it against it.
- Put those sheets up in different rooms as a 'Memory Wall'.



Minds Matter

## **MUSIC:**

### **Instrumental music:**

(1) Watch the video and practise to enhance your flute playing skills.

### **Lesson 3**

<https://www.youtube.com/watch?v=igyaHTSG7Wg&feature=youtu.be>

(2) Watch the videos to learn drums.

You can practice along with the video and enhance your talent.

<https://www.youtube.com/watch?v=m8-VzV34Y04&feature=youtu.be>

(3) Watch the videos to learn beat boxing.

<https://www.youtube.com/watch?v=KTuCWggDH90&feature=youtu.be>