



DELHI PUBLIC SCHOOL, SRINAGAR

GRADE 4 SESSION 2021 *FLURRIES OF FUN!!!* Fun with integrated activities

Hello Everyone!

I am _____

the great!

I belong to Class/sec. _____



PASTE YOUR
PHOTOGRAPH
HERE

Come and explore some activities.....

Sometimes, our world can literally feel as though it's upside down. Every day alters our minds and emotions and in times like this, it's important to think about all the things that we're thankful for. Let's remember all the blessings in our life, stay positive, thankful and set ourselves up on a path that is going to be productive and happy.

Have a look at the questions asked in the box below, close your eyes and write down the first thing that comes to your mind

- One thing you have learnt.....
- Any place you have visited
- An amazing smell
- An older person that you are grateful for.....
- A younger person that you are grateful for.....
- Someone who made you laugh.....
- What keeps you healthy?
- A special memory.....
- A good friend
- Someone who has helped you.....
- Something unique about you.....

Let's create a poem.

My teachers want me

to give it a try

Some recipes to cook

and some to _____!

Ingredients and bills

Tend to give me _____

Mouth-watering dishes

Change the mood

Everyone is craving

For Kashmiri _____

Nadru, tomato, kale, radish

Are signature ingredients for spicy _____

Harissa, hogardh, sun dried vegetables

Kashmiri kitchens packed with _____

Yes, the harsh winter is here we know

All of us ready to fight with _____

God keep us safe from diseases

Listen to us and hope corona _____

Snowfall reminds us of the unique way of making ice cream in Kashmir known as "Sheen-e- Kulfi". Take your parents down the memory lane and assist them in making this dessert in the traditional way. Draw it and give it a name.



Winter is a time to celebrate family and togetherness. In winter, our body craves for rich food which provides warmth along with nourishment. A variety of hokh-e-syun is made in Kashmir. Some of them are mentioned here:

Harissa, Wangan-Hachi, Al-e-Hachi, Ruwangan Hachi, zaafran Kehwa, Koshur Pulav, Hokh-e-gaad (Dry Fish), Gogji Aare, phare-gaad or smoked fish, Shabb Degh, Dandelion Greens (Handd), Knapweed (Kretcz), etc.



- Help your mother in preparing one of the Kashmiri winter foods and write down the recipe in the box provided.

RECIPE

- Make a short video clip wherein you will speak in English language about the steps involved in the preparation of your chosen recipe.
- Make a list of the ingredients, their quantity and the price of main ingredients used. Also write the preparation and cooking time.

RECIPE		
INGREDIENT	QUANTITY	PRICE
Preparation and cooking time.		

- Mention the health benefits, medicinal value and the nutritional value of the main ingredients used in the recipe.

RECIPE	
HEALTH BENEFITS	
MEDICINAL VALUE	
NUTRITIONAL VALUE	

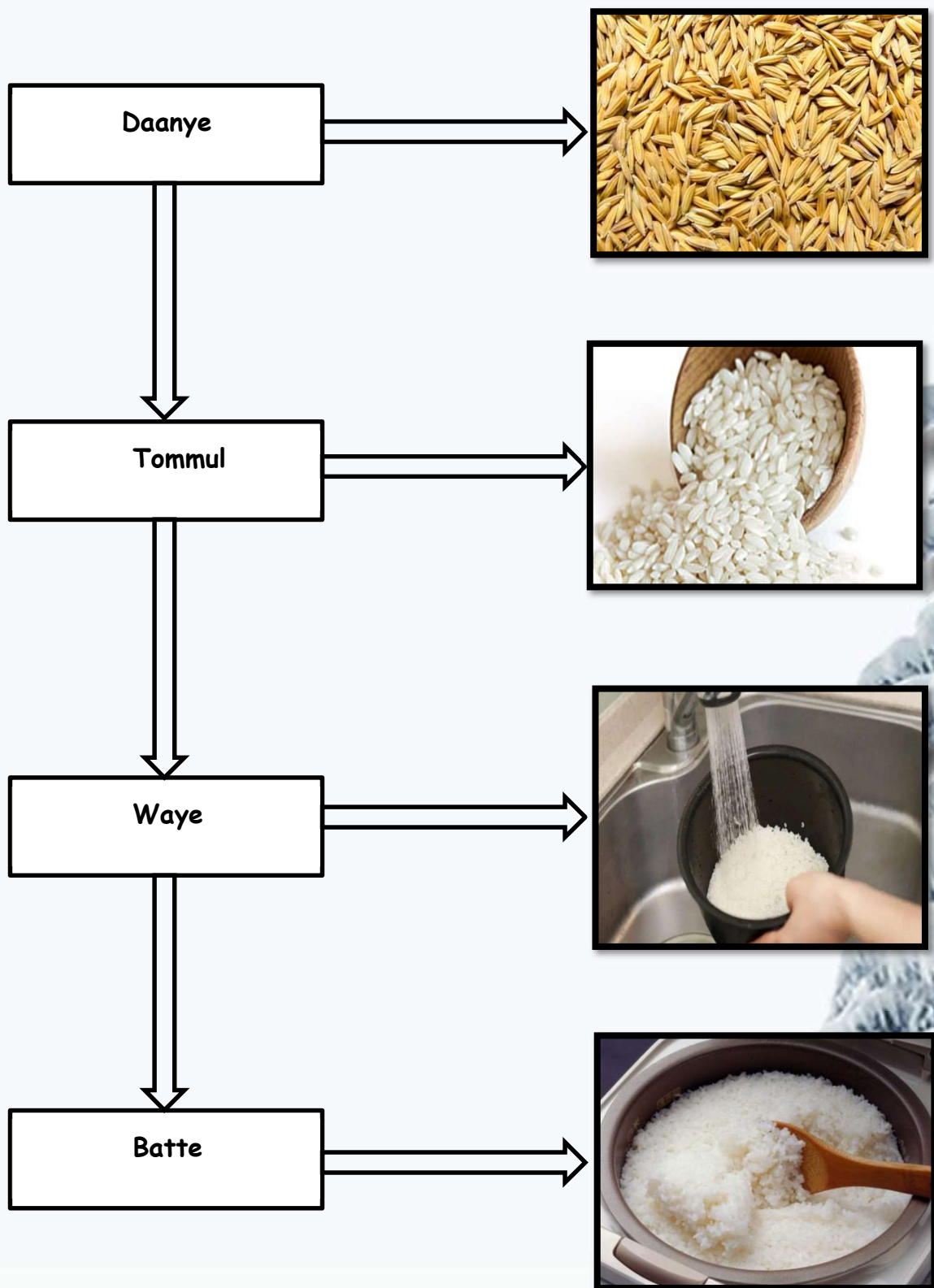
- Create a scrap book using your old notebooks, drawing books, scrap books or your previous class almanac.

Research Time:

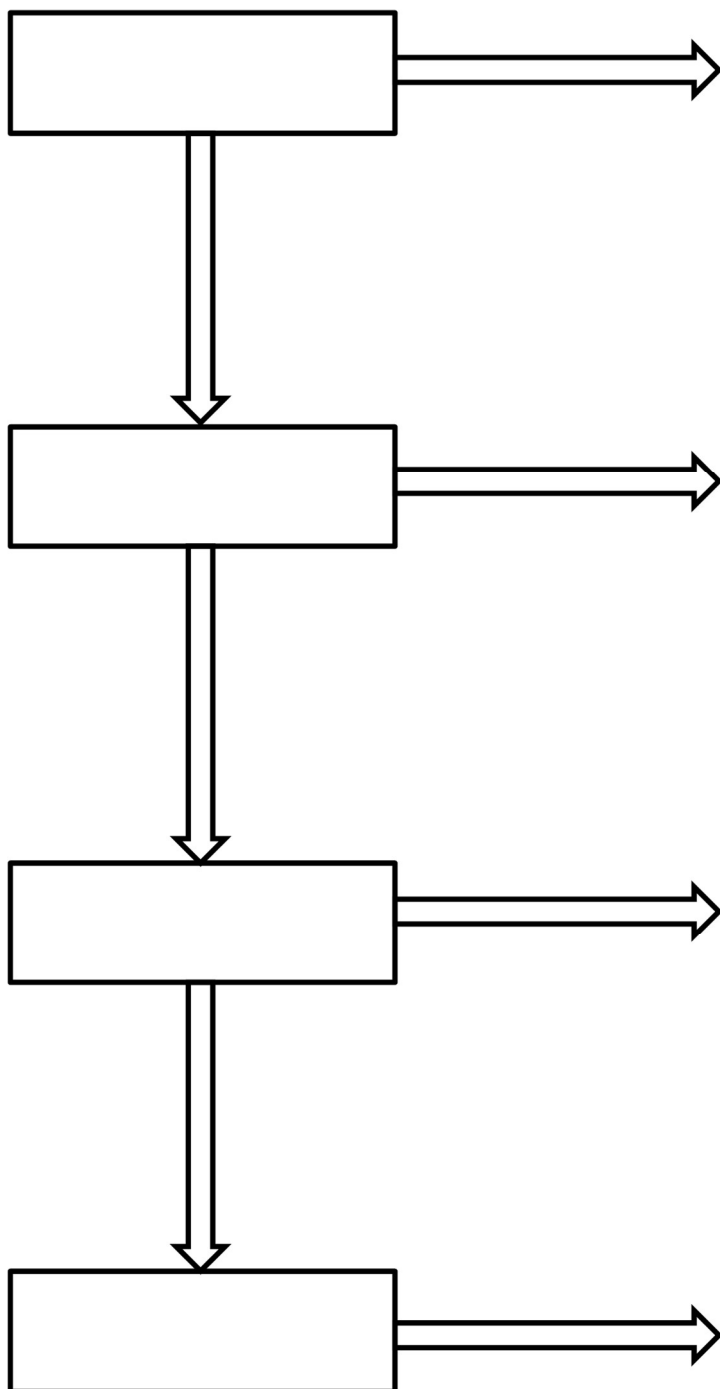
Let's find and pen down a fact about Kashmiri food.

Example:

- The principle diet of Kashmiri people is rice ("batte").
- How does rice become "batte"?



- Now, it's your turn to write and draw/ paste one.



प्रश्न १. नीचे दिए शब्द के आखिरी अक्षर से नया शब्द बनाइए व शब्द -लड़ी पूरी कीजिए-



प्रश्न २. नीचे दी गई कविता को पूरा कीजिए-

बचपन में हमें -----लगती सुहानी थी।
जब पूरे घर में चलती हमारी----- थी॥
स्कूल में पूरे ३० दिन की----- होती थी।
सारा दिन ----- होती थी॥

इन छुट्टियों में जी भर के ----- थे,
----- जी भर के खाते थे,
हमको ठंड नहीं लगेगी -----
हम यही कहते थे॥

ठंड में-----बहुत ख्याल रखती थी,
ठण्ड लग जायेगी ----- मत जाना

