



1. School Name
Smith Memorial School

Learn today,
Lead tomorrow!

HOLIDAY HOMEWORK

3 GOOD HEALTH AND WELL-BEING

CLASS 8

ON TOPIC

SDG 3

GOOD HEALTH AND WELL-BEING

BE ACTIVE EAT WELL STAY SAFE BE KIND MENTAL WELL-BEING

A healthy today, a better tomorrow!

General instructions

The project must be handwritten unless instructed otherwise.

Use file paper and maintain neatness and proper presentation.

Write the title, name, class, section, and roll number clearly on the cover page.

The content should be original and written in your own words. Avoid copying directly from books or the internet.

Use relevant diagrams, charts, pictures, or illustrations wherever required.

All calculations must be shown and should be correct.

Highlight important headings and subheadings using proper formatting.

Maintain proper margins and readable handwriting throughout the project.

Research the topic carefully and include accurate facts and information.

Mention references/bibliography at the end of the project.

Keep the project clean, organized, and properly compiled in a folder/file.

English Language

1. Write a composition 300 to 350 words on any topic according to your class group.(as discussed in the class .Write your name, class and group number.

i. “A Day Without Discipline: How Unhealthy Habits Affect Our Life”.

ii. With reference to the United Nations goal of Good Health and Well-being, research the Blue Zones of the world. Describe the lifestyle, dietary patterns, daily routines, and healthy habits followed by the people living in these regions. How can you incorporate some of these practices into your own life to promote better health and well-being?

iii. Write a story about a character who constantly feels tired, stressed, and unhappy due to unhealthy habits and an imbalanced lifestyle. Describe the challenges faced by the character and explain how small but positive changes in daily routine gradually improve his or her health, happiness, and overall quality of life.

English Literature

Question 1. Diary Entry

Topic : 'A week I avoided junk food.' Opening Line : Dear diary-----

Maintain the record for seven consecutive days.

Question 2. Prepare a scrapbook on 3 health heroes of India.

Question 3. Your mental health and nature are deeply linked. With reference to Dilip Chitre's poem 'The felling of The Banyan Tree', depict the profound emotional turmoil that the narrator experienced.

हिंदी प्रथम :

1. 'पहला सुख निरोगी काया' विषय पर वर्णनात्मक निबंध लिखिए। (शब्द-सीमा 300-400)
2. 'फ़ास्ट फूड' से स्वास्थ्य पर पड़ने वाले दुष्परिणाम और इसके समाधान का उल्लेख करते हुए तर्कपूर्ण लेख लिखिए। (शब्द-सीमा 300-400)
3. निम्नलिखित प्रश्नों के उत्तर संक्षेप में दीजिए -
 - क. मातृभाषा और संपर्क भाषा में अंतर स्पष्ट कीजिए।
 - ख. हिंदी विश्व-भाषा कैसे बन सकती है ? तर्कपूर्ण उत्तर दीजिए।
 - ग. 'पाँच सौ रुपये' के नोट पर कुल कितनी और कौन-कौन-सी भाषाएँ लिखी होती हैं ?
 - घ. विपरितार्थक लिखिए - ऐच्छिक, संन्यासी, आलस्य, कृत्रिम, यथार्थ, अतीत, आगामी, उपेक्षा, शीत, उथला।

हिंदी द्वितीय

1. 'पतंग का अनुशासन' पाठ का सारांश अपने शब्दों लिखिए। (शब्द-सीमा लगभग 250 - 300)
2. यदि आप स्वास्थ्य मंत्री होते, तो लोगों को स्वस्थ रखने के लिए कौन-कौन से कार्य करते ? स्वास्थ्य संबंध जागरूकता फैलाने के लिए एक पोस्टर हेतु संदेश लिखिए।
3. "स्वस्थ तन, स्वस्थ मन और खुशहाल जीवन" विषय पर एक स्वरचित कविता या 300 शब्दों का एक प्रेरणादायक निबंध लिखिए। इसमें निम्नलिखित बिंदुओं का समावेश अनिवार्य है :
 - (i) एस.डी.जी.के लक्ष्यों का परिचय
 - (ii) हिंदी साहित्य में वर्णित स्वास्थ्य के प्रति जागरूकता
 - (iii) 2030 तक भारत को स्वस्थ बनाने के लिए एक युवा नागरिक के रूप में आपकी भूमिका

Mathematics

Q.1. Conduct a survey of 10 family members/neighbours/friends on the following:

- Number of glasses of water they drink daily
- The hours of sleep they get
- Time spent on exercise/walking
- Height (in cm) and weight (in kg)

Based on the above information answer the following:

I) Prepare a frequency distribution table of the collected data.

II) Draw:

a) A bar graph for water intake.

b) A line graph for sleep and exercise.

III) Find:

a) Average exercise time.

b) Maximum and minimum exercise time

IV) Body Mass Index (BMI) helps measure healthy body weight.

Formula:

$$\text{BMI} = \frac{\text{Weight (kg)}}{(\text{Height in m})^2}$$

Find a) BMI value

b) Whether the person is:

- Underweight

- Healthy

- Overweight

Q.2. Activity: Water Intake Monitoring

Conduct a 3-day water intake study of four family members/friends. Record the amount of water consumed daily (in litres).

Based on the above information answer the following:

I) Convert all mixed fractions into improper fractions.

II) Arrange the daily water intake values in ascending order.

III) Find the total water intake for 3 days.

IV) Find the average daily water intake.

Q.3. During a fitness camp, the number of students participating in yoga is $2x+7$, while the number participating in aerobics is $x+5$.

Based on the above information answer the following:

I) Find the total number of students participating in the fitness camp.

II) Find the difference between the number of students in yoga and aerobics.

III) If $x=8$, find:

a) Number of students in yoga

b) Number of students in aerobics

c) Total participants

d) Which activity has more participants? By how many students?

IV) Represent the total number of participants as an algebraic expression in simplest form.

Q.4. A school garden has opposite sides equal and parallel. The gardener says the shape of the garden is a parallelogram.

Based on the above information answer the following:

I) Write any two properties of a parallelogram.

II) Are all angles equal in this figure?

III) Draw a rough labelled figure of the garden.

Geography

A. On India political map: Shade and label with given colour code.

1. Shade Red: 3 highest density states/UTs.

2. Shade Green: 3 lowest densities

3. Shade Blue: States where $IMR > 40$.

4. Shade Yellow: Three states with favourable gender ratio.

B. Write a report exploring how population dynamics affect health in your country or a specific region.

C. Research how population density impacts the spread of diseases (e.g., COVID-19, flu).

History/Civics

1. Different countries follow different health care systems to ensure the well-being of their citizens.

Which country, according to you, has one of the best health care systems in the world? Compare its health care system with that of India by discussing at least three similarities and three differences.

(Word Limit: 150–200 words)

2. Imagine that you are the Health Minister of a country and you want to introduce a new Health Bill in the Legislature.

Describe the complete procedure through which this bill becomes a law.

(Word Limit: 200 words)

3. “The rapid growth of industries during the Industrial Revolution brought technological progress and economic development, but it also led to overcrowded cities, pollution, unhealthy working conditions, and the spread of diseases among workers and poor families.”

i) With reference to the above excerpt, explain how the Industrial Revolution contributed to the spread of major epidemics and deterioration of public health. Mention any two major epidemic that affected people during this period and describe their causes and effects on society.

ii) Further, imagine that the World Health Organization existed during the Industrial Revolution. What measures and policies do you think it would have taken to control the spread of diseases and improve the living conditions of the people?

You may support your answer with illustrations, charts, newspaper reports, or pictures.

(Word Limit: 300–350 words)

Physics

Question 1: Sound and Noise Pollution

Arjun is an adult living near a busy shopping mall. He notices that the constant noise from the mall affects his daily life, sleep, and concentration. He decides to record the sound levels at different spots in and around the mall using a sound meter app.

Note for Students: This activity must be done under the supervision of a parent or guardian. Students should not visit any public place alone. Safety comes first!

Prepare a chart in your notebook recording the following for each spot:

Name of location

Sound level recorded

Difference from safe level

Effect on health (Safe / Harmful / Very Harmful)

(a) If the sound level near the mall exceeds 80 dB, what could be the potential effects on Arjun's health according to Physics ?

(b) Arjun installs double-glass windows with a vacuum between the two glass panels. Will he still hear the noise from the mall? Explain using properties of Sound Propagation.

Question 2: Force, Pressure and Exercise

Arjun also goes to a gym regularly. His personal trainer explains to him how Physics plays an important role in exercise and body mechanics. The trainer ensures all activities are done safely so that the body is not harmed by excessive force or pressure.

(a) During a plank exercise, Arjun's body exerts a force of 600 N on his hands. If the total area of both palms on the ground is 0.03 m^2 , calculate the pressure exerted on the floor.

(b) The trainer tells Arjun to use a thick yoga mat instead of exercising directly on the hard floor. Using the concept of Force and Pressure, explain why a thick mat with a larger contact area reduces the pressure on Arjun's joints and prevents injury.

(c) During weight training, Arjun lifts a dumbbell of 10 kg. Calculate the force (weight) exerted by the dumbbell.

Question 3. The trainer advises Arjun to keep his back straight while lifting. Explain in one line how incorrect posture increases pressure on the spine and can cause injury.

A solid iron dumbbell used in Arjun's gym has a mass of 3.9 kg. The density of iron is 7.8 g/cm^3 .

(a) Convert the mass of the dumbbell into grams.

(b) Calculate the volume of the dumbbell.

(c) If an aluminium dumbbell of the same volume is made, and the density of aluminium is 2.7 g/cm^3 , calculate the mass of the aluminium dumbbell.

(d) Which dumbbell — iron or aluminium — would a beginner prefer and why? Connect your answer to the concept of density and mass.

Chemistry

1. In hospitals, oxygen is stored as liquid oxygen under special conditions and later converted into oxygen gas before being supplied to patients. In another case, an iron bridge exposed to moist air for many years slowly develops a reddish-brown coating and becomes weak.

- a) Although the state of oxygen changes during storage and use, its chemical composition remains unchanged. What does this indicate about the nature of the change?
- b) The oxygen obtained after conversion can again be changed back into liquid oxygen under suitable conditions. What characteristic of the change does this show?
- c) The reddish-brown coating formed on iron cannot be easily converted back into pure iron by simple physical methods. What does this suggest about the type of change taking place?
- d) Moist air plays an important role in the weakening of the iron bridge. Which process is responsible for this change and what two conditions are necessary for it?
- e) Compare the changes occurring in oxygen and iron on the basis of formation of new substance and reversibility.

2. During a health awareness programme, students visited a laboratory where they observed that chemicals are used in the preparation of medicines, antiseptics, and disinfectants. They also learned that several scientists contributed towards improving healthcare through discoveries in chemistry.

- a) Which branch of science mainly deals with the study of substances and their changes during the preparation of medicines?
- b) Medicines and disinfectants are produced through processes in which substances with new properties are formed. What does this suggest about the nature of these changes?
- c) Why are antiseptics and disinfectants commonly used in hospitals and clinics?
- d) A scientist whose discoveries helped in improving healthcare and treatment is remembered for contributions in chemistry and medicine. Name any one such scientist.

3. SURVEY ACTIVITY

Instructions:

Conduct a survey on 5 people of different occupations such as teacher, doctor, shopkeeper, farmer, homemaker, student, engineer, etc.

3. Ask the following questions and record their responses by ticking the correct option and writing a short reason. Also, write a detailed observation about the findings from the survey responses of people with different occupations.

S.No.	SURVEY QUESTIONNAIRE	YES	NO	REASON
1.	Do you check the expiry date before buying food products?			
2.	Can spoiled food cause food poisoning?			

3.	Should food be stored properly to prevent spoilage?			
4.	Do you think uncovered food gets spoiled faster?			
5.	Can adulterated food be harmful to health?			
6.	Should people avoid eating food with unusual smell or colour?			
7.	Is washing fruits and vegetables important before eating?			
8.	Do chemicals and preservatives affect food quality if used excessively?			
9.	Should food safety awareness be taught in schools?			
10.	Can good food habits help in maintaining better health?			

Survey Details:

Name of the person	Occupation	Signature

Biology

Do an extensive research on the topics given below and prepare a project. Each question must be attempted in not more than 100 words. Use pictures and data wherever required.

1. Prepare a healthy tiffin menu for five days of school showing approx. content of macronutrients.
2. Choose any five plants of your choice. Write their medicinal value and contributions towards good health. Write their Botanical names and paste or draw their pictures.
3. List the vaccines recommended by the World Health Organization for children from birth to 14 years of age. Prepare a checklist of the vaccines you have received, mention the age at which each vaccine was taken, and write one benefit of each vaccine.

Computer

Computer Holiday Homework Class 8

1. Create a Healthy Lifestyle Blog

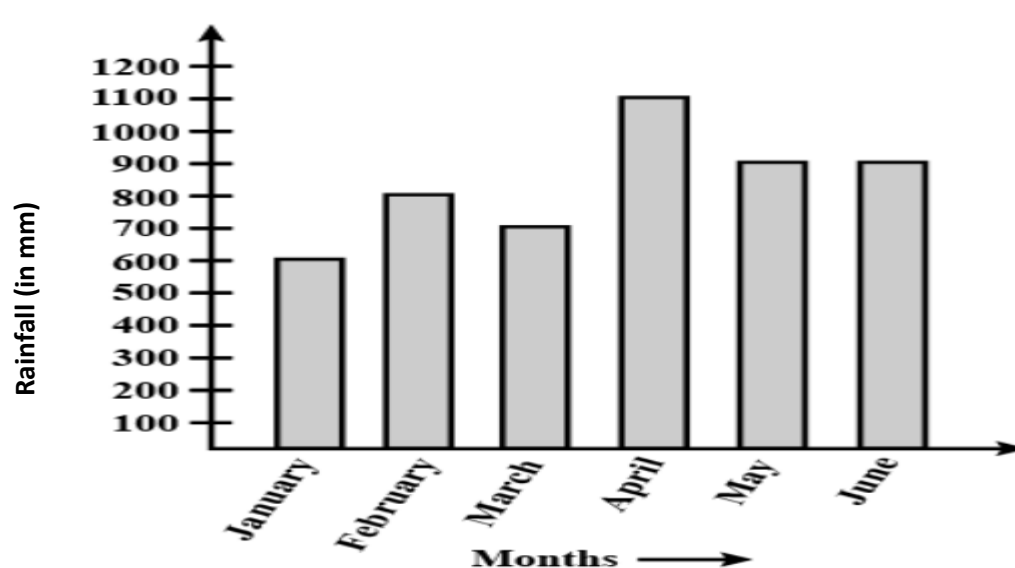
Task: Set up a blog using platforms like WordPress or Blogger.

Content: Write posts about nutrition, exercise, mental health tips, and your personal health journey. Include photos, infographics, and links to reputable health resources.

2. Use Spreadsheet Software to Track Health Goals

Task: Create a spreadsheet using Excel or Google Sheets.

Content: Track daily water intake, exercise, and healthy meals and macronutrients. Use charts or graphs to visualize your progress over time.



Question 1

Observe the table above and answer the following

a. Write the function to find the maximum rainfall in the year 2000 along with cell range.

- b. Write the function to find the average rainfall in the year 1981 along with cell range.
- c. What is the minimum rainfall in the month July. Also write the function along with cell range to find minimum.
- d. Count the total number of cells involved in the sheet above. Also write the function along with cell range to count.
- e. Write the formula or function to find the sum of total rainfall in the month of December.

Question 2

Observe the Column Chart above and answer the following

- (a) What information does the bar graph depict?
- (b) How much rainfall (in mm) happened in the first three months?
- (c) Calculate the increase in rainfall in May over the rainfall in January.
- (d) In which month the rainfall was minimum and what was it?
- (e) Calculate the average (mean) rainfall in 6 months.

Art and craft

Colour a totebag by using acrylic colour

