



BAL BHARATI PUBLIC SCHOOL, PITAMPURA, DELHI-110034
CLASS IV SUBJECT – SOCIAL SCIENCE (2020-21)
TOPIC- ASSESSMENT AND AAC ACTIVITY

NAME _____ CLASS -IV ____ DATE - 09/11/2020 TO 19/11/2020

Topic: *Assessment and AAC activity*

Sub-topics: *>> The Northern and Coastal Plains - Assessment
>> AAC activity - Dry fruits and States of India*

Learning Outcomes:

Each child will be able to:

- answer at least five questions correctly related to the lesson - The Northern and Coastal Plains.*
- identify at least three dry fruits used in Indian kitchens.*

Activity 1 : Assessment

Link to the assessment sheet for the lesson 'The Northern and Coastal Plains' through Google forms will be shared by the teacher during the online class.

AAC Activity

Activity 2 : Passage reading *Read the following passage:*

Dry fruits are useful in various diseases of the brain, muscles and tissues. Particularly almond has got unique properties to remove brain weakness and strengthen it. Almond preserves the vitality of the brain, strengthens the muscles, destroys diseases originating from nervous and bilious disorders. Walnut is another dry fruit that possesses wonderful qualities of curing brain weakness.

According to Dr. Johnson, almonds, figs, grapes, dates, apples, and oranges are rich in phosphoric element and should normally be used by brain workers. Phosphorus nourishes the vital tissues of the body. It keeps the mind full of enthusiasm for more work.

Now answer the following questions by choosing correct options:

1. **Dry fruits are useful because they**
 - (a) strengthen our heart
 - (b) cure various diseases of the brain, muscles and tissues
 - (c) give confidence to us
 - (d) empower us to do challenging tasks.
2. **Which one is not a property of almond?**
 - (a) It preserves the vitality of the brain
 - (b) It strengthens the muscles
 - (c) It destroys diseases originating from nervous and bilious disorders
 - (d) It strengthens our digestive system.
3. **Phosphoric element is profusely found in**
 - (a) almonds, figs, grapes, dates, apples and oranges
 - (b) almonds, figs, papayas, guavas and pineapples
 - (c) all the green vegetables
 - (d) seasonal fruits.
4. **Brain workers should take fruits rich in phosphoric element because**
 - (a) they remove brain weakness
 - (b) they nourish the vital tissues of the body
 - (c) they keep the mind full of enthusiasm
 - (d) all the above.
5. **The word unique means the same as**
 - (a) ordinary
 - (b) highly qualified
 - (c) unusual
 - (d) enlightened.

Activity 3 : Talking time:



Why are dry fruits the most preferred choice when it comes to Diwali Gifts?

Let's talk to our parents or grandparents



Activity 4: My Box of Nutrition has a variety of dry fruits and dried fruits...let us identify them all...



A. _____

F. _____

B. _____

G. _____

C. _____

H. _____

D. _____

I. _____

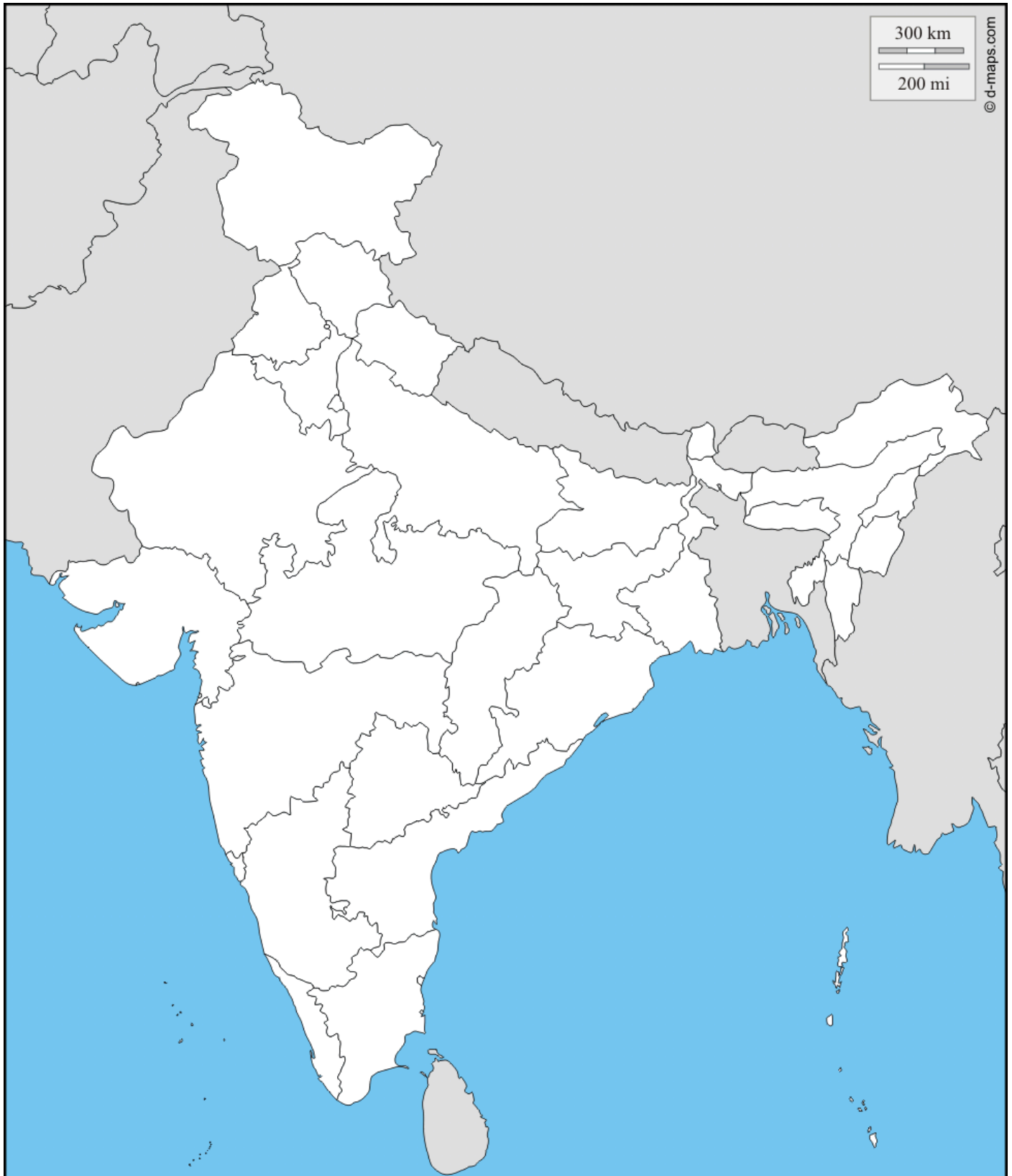
E. _____

J. _____

Activity 5: Click on the link to learn about top 10 dry fruit producing states in India.

<https://www.youtube.com/watch?v=xHiLlmWUDEo>

Now, let us mark these states on the map of India provided below:



Amazing Benefits of Dried or Dry Fruits you should definitely know about

1. **Boost immunity
and help fight diseases.**

2. **Help combat
cancer.**

4. **Help with weight
loss.**

3. **Fight Constipation**

6. **Keep your tummy
healthy.**

5. **Have anti-ageing
and skin-friendly
properties.**

7. **Fight anaemia and
boost haemoglobin.**

8. **Help maintain a
healthy heart.**

9. **Improve bone
health.**

10. **Fight depression
and anxiety.**



Activity 6: Let us surprise our family by serving them all a very healthy, nutritious and yet delicious dish....recipe given below:

Quick and Healthy Dry Fruit Bhel



<i>Ingredients (makes 6-7 cones)</i>	<i>Steps:</i>
<ol style="list-style-type: none">1. 100 gram murmura / rice puffs2. 1 diced onion3. 1 diced tomato4. 2 inch diced radish5. 1 tbsp. besan/gram flour6. 1 tbsp. each cashew, almond, walnut, sunflower seeds, pumpkin seeds7. 1 tbsp. roasted peanut8. ½ lemon9. 2 tbsp. each green chutney, imli ki chutney (tamarind chutney)10. To taste Chat masala, chili powder, salt	<ol style="list-style-type: none">1. Mix all the dry ingredients together.2. Add both chutneys.3. Add seasoning and lemon juice.4. Mix them well.5. Make a cone of paper. And fill the bhel puri in it.6. Garnish with coriander leaves, sev and dry fruits.7. Serve with smile

HAPPY DIWALI & HAPPY LEARNING!!!

