Project day/ Date : Tuesday / 27.10.2026

Cir No. :-JSHS/0609/1026 **Date : 13.10.26**

JESUS' SACRED HEART SCHOOL

TASK PLANNER

GRADE I

Theme: Healthy & Happy Life

SUBJECT	TOPIC	NATURE OF TASK	REQUIRED MATERIAL (To be sent from home)	CLASS/HOME WORK
ENG	The Food I Eat – Reality Check	Students will be required to bring a wrapper of the unhealthy food item they like to eat and talk about its five disadvantages. They will also tell with which healthy item they will replace it.	Food Wrappers	To be done in class
HINDI	Speech	Students will be required to prepare 6 –7 lines on advantages of healthy food.	___	To be done in class
PBI	Worksheet Based	Students will recognise the pictures of healthy food items and colour them.	Crayons	To be done in class
MATH	Shape Hunt	Students will be required to identify the geometric shapes present in pictures of different personal hygiene items such as soap, toothpaste tube, comb, mirror, bottle, and toothbrush**.** Worksheet will be provided for the same.	-	To be done in class
EVS	Cooking Without Fire	Students will be required to prepare their favourite food / healthy food item / salad and answer the questions asked by the teacher.	Chopped Ingredients, a plate, a spoon, newspaper, a small bowl.	To be prepared in class
GK	My Healthy Tiffin	Students will be required to paste 2-3 pictures each of healthy food items according to their school diet chart on an A3 sized sheet.	A3 sized sheet, picture cutouts of healthy foods and fevistick	To be done in class

****Kindly ensure the presence of your ward on Project day, as the activities will not be conducted again.**