

Riviera International Academy

Assignment-2077

(Ashad 04, 2077, Thursday)

Class: Six

Subject- Social Studies

Lesson –Our Infrastructure of Development: Health

A. Study the following text and answer the following questions:

8 Habits of Healthy Kids

1. Spend at least one hour a day being physically active.
2. Limit TV, computer games and the Internet to no more than one hour a day.
3. Don't eat in front of the TV.
4. Drink water instead of soda.
5. Eat more fruits and vegetables.
6. Eat less fast food (no more than once a week). Choose smaller portions if you do eat out.
7. Snack on healthy foods and eat less junk food and sweets.
8. Switch to 1% or fat-free dairy products.

Problems in health sector of Nepal

Major problems in health sector of Nepal are as follows:

1. In a rural area, a government has not been able to operate hospitals and manage doctors as well



Source: hmi.huffairs.org

Fig: Health sector

as necessary tools, equipment, and medicines.

2. There are no such health services in the remote areas because of the lack of facilities doctors are not interested in working there.
3. Instead of going to doctors people prefer to go to witch doctors (Dhamijhankri).
4. It is because due to the lack of education and awareness in remote areas. Also, can not even pay for doctor fee.

Solutions

1. In rural areas, awareness program should launch by Government and non-government organization.
2. In all parts of the country health posts and health centres should be established. And doctors are to be motivated to go to the remote areas.
3. Mobile health camps should be conducted and blood donation programmes.
4. Health education should be made compulsory in a school curriculum.

1. How many healthy habits do you follow? Make a list of the good habits that everyone should follow to have a healthy lifestyle.
2. What kinds of problems are there in health sector?
3. **Think and Write:** What steps should the society take to improve health sector of our country? Explain.

विषय – नेपाली

बन्दाबन्दीले तिम्रो पढाइमा कस्तो असर परेको छ, दश वाक्यको एक अनुच्छेद लेख।

Subject- Mathematics

Source: Photos of exercise are given below:

Perimeter, Area and Volume

4. a) The length of a side of equilateral triangle is given below. Find the perimeters of triangles.
 - (i) $l = 5$ cm
 - (ii) $l = 4.5$ cm
 - (iii) $l = 2.6$ cm
- b) The length of a side of square is given below. Find the perimeters.
 - (i) $l = 4$ cm
 - (ii) $l = 6.5$ cm
 - (iii) $l = 7.2$ cm
- c) The length and breadth of rectangle are given below. Find the perimeters.
 - (i) $l = 5.5$ cm, $b = 4$ cm
 - (ii) $l = 6.3$ cm, $b = 4.7$ cm
 - (iii) $l = 7.8$ cm, $b = 4.7$ cm
- d) The length of each side of regular polygons is given below. Find the perimeters.
 - (i) pentagon $l = 3$ cm
 - (ii) hexagon $l = 4.5$ cm
 - (iii) octagon $l = 6.5$ cm
5. a) The perimeter of an equilateral triangle is 18 cm, find the length of its each side.
- b) If the perimeter of an equilateral triangle is 45 cm, what is the length of its each side?
6. a) The perimeter of an isosceles triangle is 32 cm and the length of each equal side is 10 cm. Find the length of its base.
- b) In $\triangle ABC$, the length of sides AB and AC is 6 cm each. The perimeter of $\triangle ABC$ is 20 cm. Which is the longest side of the triangle?
7. a) A squared field is 20 m long. If you are running around it, how many metres do you travel in one round?
- b) A rectangular garden is 35 m long and 25 m broad. How many metres does a girl cover in one complete round around it?
8. a) If the perimeter of a squared ground is 220m, find the length of a wire required to fence with
 - (i) 1 round
 - (ii) 2 rounds
 - (iii) 3 rounds
- b) The perimeter of a rectangular field is 180m. Find the length of a wire required to fence it with 4 rounds.
9. a) A squared park is 80 m long. How many metres of wire is required to fence it with 5 rounds?
- b) You are running around a rectangular ground of length 42 m and breadth 24 m. How many metres do you cover when you complete 6 rounds around it?

Work: Complete all the works from the given page.

You are not allowed to use calculator.

The End.