

Class: Six

Subject- HPE

Topic - **Healthy Habits**

Study the given text and answer the following questions:

Unhealthy eating habits refer to consuming foods:

- which contain too much of fat, including oily foods, cakes, pastries
- which are high in sugar, for example, sweets, fizzy drinks, ice creams, chocolate
- which are high in salt, for example pickles ('achards', 'confits'), fruits with 'disel piment', potato crisps
- almost throughout the day
- in very large amounts from all the 3 Food Groups

Unhealthy eating habits also include inadequate consumption of water and foods from the 3 Food Groups every day.

The 3 Food Group Plate model



- What do you mean by 'Unhealthy eating habit'?
- Do you think you follow an unhealthy eating habit?
- What is the '3 Food Group Plate Model'?
- Write down a few ways with which one can follow a 'Healthy eating habit'?

Subject- Science

- Differentiate between heat and temperature.
- Draw a diagram of any two luminous bodies.

विषय - नेपाली

परियोजना कार्य १० गते भित्र बुझाइसक।मौ खक परीक्षाको तयारी राम्रोसँग गर।

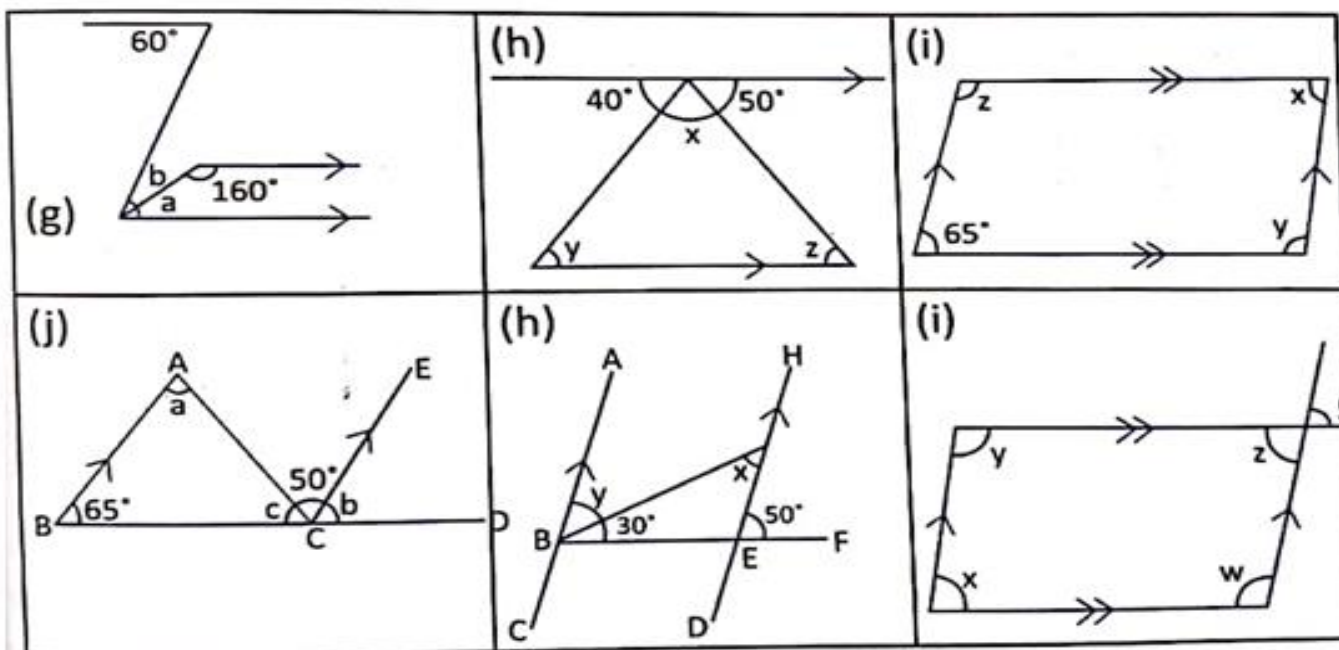
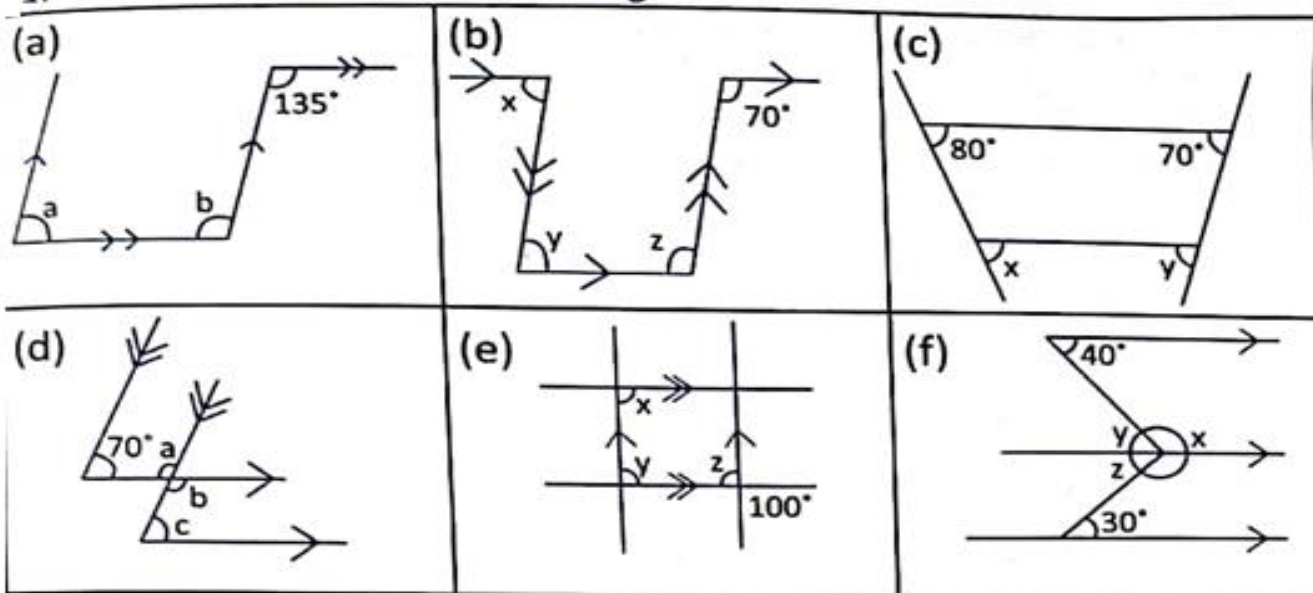
Subject- Mathematics

Source: Photos of exercise are given below.

Work: complete 11 & 12 from page 31.

Do your work neatly

1. Find the values of unknown angles:



12. Solve the following questions:

- If $(5x+10)$ and $(x+50)$ are the vertically opposite angles, find x .
- Find two complementary angles such that the measure of the larger is 4 times the smaller.
- Find the supplementary angles such that the measure of the smaller is $\frac{1}{2}$ of the larger.

The End.