

## **CLASS – III**

### **HOLIDAYS HOMEWORK (2019-2020)**

**ACTIVITY** – Health & fitness

#### **Healthy eating habits and weight management**

- All the students will do the following activities during summer vacation.
- A 20-30 minute brisk walk (evening/morning), jogging/rope skipping
- Keep a record of your meals – Everyday breakfast, lunch, dinner, junk food, if any
- Weight monitoring every Monday (gain/loose)

**Record the above information on A4 size sheet.**