



**Sainik School Amethi**  
**SUMMER HOLIDAY HOMEWORK**  
**(2024-25)**



**CLASS: 8**

**SUBJECT: Science**

**Note:** All the work must be done in a separate notebook.

1. Answer all the exercise questions in the chapter Nutrition in Plant's?
2. Answer all the exercise questions in the chapter Nutrition in Animals?
3. Answer all the exercise questions in the chapter Heat?
4. Revise the syllabus covered so far.
5. As we discussed the topic Nutrition in Animals in the class and we hope that you have realised how important it is for us to have balanced diet in order to keep our body working and healthy, based on the topic following activities are designed.

ACTIVITY 1: Discuss with your parents and grandparents, the way to lead a healthy life. Based on the discussion design a diet plan for the children of your age group with tips and suggestions to lead a healthy life.

ACTIVITY 2: Work on your self-healing power and write various ways to boost your immune system.

ACTIVITY 3: Fast food is not good for health. Compose a story (150-200 words with pictures and drawings) with this message wherein a girl or boy explains to her/his younger brother, the bad effects of eating fast food.

[Hope you enjoy doing these activities with your family.](#)

[Wishing you happy and safe holidays.](#)