

Class: 7
Subject Enrichment

Collect pictures of animals whose hair is used as wool. Stick them in your scrap book.

OR

Find out what vitamins are and get the following information:

- a) Why are vitamins necessary in the diet?
- b) Which fruits or vegetables should be eaten regularly to get vitamins?

Write a one page note on the information collected by you. You may take help of a doctor, a dietician or any other person or from any other source.