

MDH INTERNATIONAL SCHOOL, DWARKA

Class-V

HOLIDAY HOMEWORK (2019-20)

THEME : HEALTHY LIFESTYLE

Instructions:-

- i) Homework should be done neatly on A4 size coloured sheets.
- ii) Compile and put your holiday homework in an illustrative portfolio folder with an eco-friendly cover.
- iii) Grades will be given for the same.
- iv) Daily reading of newspaper is MUST.
- v) Homework should be submitted on **6th July, 2019.**

ENGLISH

1. Write a self composed poem on Healthy Food (On A-4 sheet).
2. Prepare and write a recipe of any one healthy dish with photograph.
3. Healthy Lifestyle is the key to success. Justify this statement in 80 – 100 words.
4. Write 20 proverbs related to Health with their meanings.
5. Suggested readings:
 - i) Oliver Twist
 - ii) Black Beauty
 - iii) Heidi

विषय – हिंदी

- 1– "स्वस्थ जीवन" पर आधारित स्वरचित कोई कविता लिखो ।
- 2– जंकफूड खाने से हमारे स्वास्थ्य जीवन पर क्या प्रभाव पड़ता है इस विषय पर एक लेख लिखो

SANSKRIT

1—“प्रातः भ्रमण स्वास्थ्य के लिए हितकर है” इस विषय पर पाँच वाक्य संस्कृत में लिखिए ।

2 –दस स्वास्थ्य वर्धक फलों और सब्जियों के नाम लिखकर चित्र बनाओ ।

MATHEMATICS

1. Bake a cake at home. Enlist the ingredients used in making a cake of 1kg.
 - ❖ Record the quantity of the ingredients in grams and then convert them into kilograms and express the same in tabular form.
 - ❖ Using the data, find out and the quantity of ingredients for a 15kg cake. Record the data in a tabular form and show the mathematical operations used in the calculation for the same.
 - ❖ Write the calories of the ingredients used in making a cake.
2. Visit a departmental store of your locality and purchase at least two healthy items for two weeks. Make a list of items purchased and total the amount spent in both the weeks. Make a bill for both the weeks.

SCIENCE

‘What’s in your plate?’

‘Smart food choices for healthy life.’

1. Prepare a balanced diet chart for yourself.
2. You went to a party and ate lot of junk food and sweets. How would you compensate for it in your other meals for that day?
3. Write two recipes of healthy snacks that you would like to eat and click a picture for the same.

SOCIAL SCIENCE

1. On A3 sheet make a collage on Ancient Diet Vs Modern Diet. Write an eye-catching slogan and give a shape to your collage.

2. Write about the ancient cuisine from North, South , West and East of India which kept the people healthy and active. Paste pictures related to it.
3. In the present time people are going to Gym or joining Zumba to keep themselves fit and healthy. Find out, how and what, people in ancient times did to lead a healthy lifestyle?
4. Write the benefits of healthy food habits found in fruits and vegetables.
5. On a physical map of India, mark the states located in the North and West regions where the farmers grow healthy crops.

ART

1. Do units 14, 22, 26, 30 in the art book.
2. Decorate 2 glass bottles with beads, paints and mirrors, etc.
3. Make a beautiful basket with the help of waste material .

FRENCH

- Write down the names of 5 vegetables and 5 fruits in French and paste their pictures on an A3 size sheet.
- Draw a picture of the Eiffel Tower on an A3 size sheet and colour it.
- Write the numbers 1-20 in French in your notebook.
- Revise Ch-1 and 2 for the Periodic Test.

COMPUTER

Create a poster on ‘Balanced Diet’ with slogan in MSWord. Insert appropriate images, font to make it more attractive. Take a colored printout on an A4 size sheet.