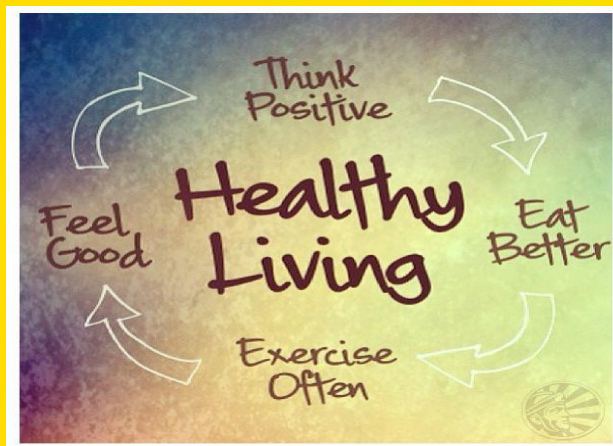




ARMY PUBLIC SCHOOL, BIRPUR
HOLIDAY HOMEWORK SUMMER BREAK
SESSION 2024-25
CLASS V
THEME : HEALTHY LIFE STYLE



ENGLISH

READING SKILL

Q1. Read the given comprehension below and answer the questions in a thin-lined notebook.

Health is wealth. Health refers to a person's overall well-being-physical, social and mental. The World Health Organization adds to this definition by stating that health does not just refers to the objective of living but also includes the resources for everyday life. Health is the condition of the human body which is free from any injury or illness.

Hygiene refers to practices which ensure that we have good health. Hygiene protects our body from diseases and helps our immune system become more robust. There are many types of hygiene like hair hygiene, face hygiene, body hygiene, hand hygiene, nail hygiene, oral hygiene, eye hygiene, armpit hygiene and many more.

A balanced and nutritious diet is a prerequisite for good health. Fruits and vegetables have vital minerals and vitamins which we need to be healthy. We must wash fruits and cook vegetables before consumption.

Drinking sufficient fluids helps to remove toxins from our body. We must regulate our fats and sugar intake. Milk helps to make our bones stronger. So we should eat healthy to be healthy.

- a. What does health refer to?
- b. What does hygiene refer to?
- c. What are the different types of hygiene?
- d. What is balanced diet?
- e. Make two sentences using each of the given words:
practice, protect, sufficient, vital, remove, intake
- f. Pick out any 5 nouns from the given passage and classify them according to their type.
Eg. Health – Abstract noun
- g. Write any two slogans on “Health”.

Q2. Read an interesting story book of your choice, draw its cover page, and write moral of the story on an A4 sheet.

WRITING SKILL

Q3. Your friend does not keep well and suffers from different health problems off and on. Because of his health, he is not able to focus on his studies too. Write a letter to your friend telling him how he can keep himself fit and fine. To be written in thin notebook.

LISTENING SKILL

Q4. Use the given link. Watch and listen to the video carefully.

<http://www.youtube.com/watch?v=mkzIWzkQ2EI>

CREATIVE WRITING

Q4. Project: Prepare Sprout Chaat: Write the ingredients required and the recipe to prepare Sprout Chaat. Paste your picture while preparing it. Do on A4 sheet.

Q5. Do 10 pages of calligraphy in a thin-ruled notebook.

Q6. Learn and revise all work done in notebook.

हिन्दी

प्रश्न 1. पाँच पृष्ठ सुंदर सुलेख कीजिए । इसके लिए एक पतली हिंदी कॉपी का प्रयोग करें।

प्रश्न 2. सामयिक मूल्यांकन 1 के पाठ्यक्रम को पढ़िए एवं याद कीजिए ।

प्रश्न 3. किसी भी एक कहानी की किताब जो आपने पढ़ी है, शीर्षक पृष्ठ बनाकर सारांश लिखिए । इसके लिए A 4 शीट का प्रयोग करें।

प्रश्न 4. पढ़ाई के साथ - साथ खेलों का हमारे जीवन में काफी महत्त्व होता है, एक स्वस्थ एवं तंदरुस्त ज़िंदगी जीने के लिए खेलना भी अति आवश्यक है ।

- अपने किसी भी एक पसंदीदा खेल को खेलते समय अपना फोटो खींचकर उसे चिपकाकर एक फ़्लैश कार्ड बनाएँ (8inch x 8inch) और उस खेल से संबंधित निम्नलिखित जानकारियाँ प्राप्त कर फ़्लैश कार्ड पर लिखें –
- खेल का नाम _____
- खिलाड़ी का नाम _____
- खिलाड़ी का उपनाम _____
- खेल से सम्बंधित संज्ञा शब्द _____
- उपयुक्त विशेषण खेल के लिए _____

MATHS

- Learn Tables from 2-15.
- Practice the work done in class.
- CALCULATE THE NUTRITIONAL VALUE:** Choose your favourite healthy recipes and calculate the nutritional value of each ingredient. Then create a chart to compare the nutritional content of different recipes. Use A4 sheets.

For reference-

RECIPE	CALORIES	PROTEIN	CARBS	FAT
Name of Recipe 1				
Name of Recipe 2				
Name of Recipe 3				

4. PROJECT WORK

- Roll no.1 to 10 – Abacus.
Reference Link <https://youtu.be/zUwO5njIRGM?si=1d9B41foQht2hHUu>
- Roll no.11 to 20 – Place value chart
Reference Link <https://youtu.be/AU-q24rLjgk?si=h59kl3F23YatsKAH>
- Roll no.21 to 30 – Types of angles.
Reference Link https://youtu.be/WBNGEQGq8lQ?si=N5wp5_nbUXizfCLh
- Roll no.31 to 40 – Measuring units.
Reference Link <https://youtu.be/KjkcpwMLfx0?si=SAhQgsvqiYaRl7eZ>
- Roll no.41 to 50 – Fraction wheel.
Reference Link <https://youtu.be/IX47aeS556M?si=zMiEU-D3JF-JjH4>

5. Solve the given worksheet on a A4 sheet.

- The smallest 5-digit odd number is_____.
- The smallest 7-digit number using only 9,1,3,0 is_____.

- c) 15,605 when rounded to the nearest 1000 gives _____.
- d) How many thousands are there in ten lakhs? _____.
- e) LX + XXX = _____.
- f) C x V = _____.
- g) Complete the series: V , XXV , XXXV , _____, _____.
- h) $20+200+2000+20000 =$ _____.
- i) Place value of 8 in the given number. 38675290. _____
- j) $(4,56,980+ 3,48,000)+2,34,678 =$ _____ $+(3,48,000 + 2,34,678)$.

EVS

1. Sow a seed of your own choice in a pot and then observe and take a photograph of every step of its germination process from a sprout to a whole plant. Paste these pictures step by step on an A4 sheet describing the process of the seed germination and the life cycle of a plant.
2. Learn and do all the 12 steps of Surya Namaskar in the morning. Meanwhile, click the picture of every single step or asana that you have performed and then paste these pictures on A4 sheet by making a collage.
3. Learn and revise PT 1 syllabus of EVS
