



DELHI PUBLIC SCHOOL

SAIL TOWNSHIP, DHURWA, RANCHI-834004 (JHARKHAND)



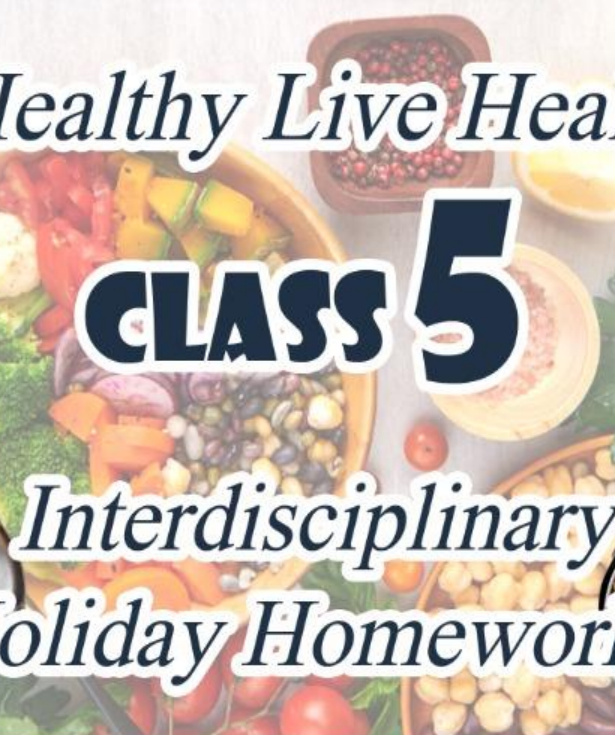
FESTIVITY OF DOING AND LEARNING



Eat Healthy Live Healthy

CLASS 5

*Interdisciplinary
Holiday Homework*



FESTIVITY OF DOING AND LEARNING

“Learning is the beginning of wealth.

Learning is the beginning of health.

Learning is the beginning of spirituality.

Searching and learning is where the miracle process all begins.”



"Creativity is a habit, and the best creativity is the result of good work habits."

Dear Students,

Greetings!!

Holiday is the time that we all eagerly wait for. We all make plans to enjoy, to relax and to empower ourselves during these days. This Puja vacation the Holiday Homework is designed as a medium for you all to achieve the motto of "Doing and Learning." The true sign of intelligence is not knowledge but imagination. This Interdisciplinary Holiday Assignments will foster curiosity, develop creativity, enhance knowledge and instil the joy of learning. It will certainly help you to discover a new you, who is more enriched and confident and performs every action to perfection.

Stay home, Stay safe!!

Interdisciplinary holiday assignments

Theme: Health – LET'S BE FIT

General Instructions :-

- Use of A4 sheet is recommended for the assignments as and where needed.
 - Original drawing/illustrations and creative use of material will be appreciated.
1. With the help of your mother learn to cook a dish.
 - Write down the ingredients needed to prepare the dish.
 - Describe its recipe like a chef.
 - Write about your culinary experience in at least four to five sentences.



2. Choose any three different food products purchased by you recently and note down the nutritional information mentioned on their labels.

- Make a data table with headings like proteins, carbohydrates, fats, vitamins and minerals.
- Compare the nutritional value of these three products and find out the most nutritious one.



3. On the political map of India mark the states which are the major producers of cereals involved in your diet.



4. त्योहारों पर बनाए जाने वाले विशेष व्यंजनों में से किसी एक व्यंजन का वर्णन करते हुए इसमें पाए जाने वाले पोषक तत्वों का उल्लेख करें।

5. Take a moment and add how many calories your family needs as a whole per day. Now, find out how many calories your family would need in the month of October and then in a year.

