



TOPIC-NUMBERS AROUND US

INTEGRATED ACTIVITY: Food and Health

Name - \_\_\_\_\_ Class/ Sec - V \_\_\_\_\_ Date-15.05.2020

We have been learning about numbers and their importance in our lives. To increase our knowledge, we will see how numbers are used in Science as well. Here is an activity where you will use the knowledge of large numbers in calculating number of calories consumed during a day.

**Calories refer to the amount of energy in a food item or drink.** An average person needs around 2500 calories in a day. When we eat or drink more calories, than we use up, our bodies store the excess as body fat.

**Below is the table representing the calorie intake of 4 members of a family.**

Complete the table by adding the calories consumed by every individual, then arrange the calories in ascending and descending orders.

**(NOT TO BE DONE IN THE NOTEBOOK)**

	<b>Breakfast</b>	<b>Lunch</b>	<b>Snacks</b>	<b>Dinner</b>	<b>Total</b>
<b>Member – A</b>	350 Calories	1400 Calories	400 Calories	300 Calories	----- ----
<b>Member – B</b>	----- ----	1300 Calories	450 Calories	500 Calories	2600 Calories
<b>Member – C</b>	200 Calories	----- ----	200 Calories	1000 Calories	2450 Calories
<b>Member – D</b>	500 Calories	1200 Calories	250 Calories	----- ----	2100 Calories

Note: A 10-year-old child requires 1800 – 2200 Calories per day.

Make a diet plan for yourself according to the requirements.

(HINT: 1 chapati = 80 – 110 calories; 1 bowl of rice = 180 calories; 1 cup milk = 70 calories; 1 cup ice-cream = 200 calories)

Complete the chart given below:

DIET PLAN FOR A DAY				
	Food Item	Calorie Count	Total	Balanced Diet taken or not
Breakfast	1.			
	2.			
	3.			
Brunch	1.			
	2.			
	3.			
Lunch	1.			
	2.			
	3.			
Snacks	1.			
	2.			
	3.			
Dinner	1.			
	2.			
	3.			

Answer the following questions based on the above data collected by you:

**(Please do the following questions in the notebook)**

Q1. Write the number of calories consumed by you in:

- a) breakfast
- b) lunch
- c) dinner

Now compare them and write them in descending order.

Q2. In which meal did you consume maximum calories?

Q3. Which meal of yours had minimum calories?

Q4. Calculate the total calories consumed by you during the day.

Q5. Find out the correct order of calorie intake throughout the day and try to adopt it in your daily routine.

- a) Breakfast < Lunch < Dinner.
- b) Dinner < Lunch < Breakfast.
- c) Lunch < Dinner < Breakfast.

Q6. Write in about 50 words how calculating your calories help you in maintaining your perfect metabolism and thus, remaining healthy.

Q7. Write the food items (junk food) which you should avoid in your diet.

## WORDLY WISE

**WEEK- IV**

**DAY-5(15.05.2020)**

Dear children, today we are going to use the five new words that we have learnt during this week to complete the given paragraph. The words are given here for ready reference-

**gratitude, meditation, quarantine, robust, nutrition**

A lot has been taught to us by this \_\_\_\_\_ period. It has given us opportunities to express our love and \_\_\_\_\_ for our family members. We have become over-cautious about our health and \_\_\_\_\_. We all spend quality time doing \_\_\_\_\_ to feel fresh and relaxed. After these times will be over, we all will emerge out as \_\_\_\_\_ beings, both physically as well as mentally.

### **VOCABULARY ENRICHMENT**

Children, in this section, we have been learning two new words everyday, which can be used in place of using 'very' with a descriptive word, thereby helping ourselves develop our language better. Here are the two new words for today:

**very intelligent – brilliant**- That was a **brilliant** idea!

**very exact – accurate**- The report was **accurate** and well balanced.

You must try and make use of them while conversing with others.