

# SUMMER VACATION ACTIVITIES



**CLASS-V**  
**SESSION-2022-23**



# BAL BHARATI PUBLIC SCHOOL PITAMPURA

## PRIMARY DEPARTMENT

## HOLIDAY HOMEWORK

## SESSION 2022-23



CLASS V

Dear Children

The holiday season is the perfect time to relax and reflect on the blessings in our lives besides working towards enhancing our skills. This year, we have tried to keep the Holiday Homework simpler yet informative and more interesting. The intent is to promote not only academic learning through interesting assignments but also activities which can gradually become hobbies.

Here are a few suggestions for you:-

- Make sure to spend quality time with your family.
- Help your mother in the household chores.
- Read interesting books and watch good English programmes.
- Play indoor games with your family.
- Follow the instructions given by your teachers and try to complete your HHW independently.

Take care and stay safe !!



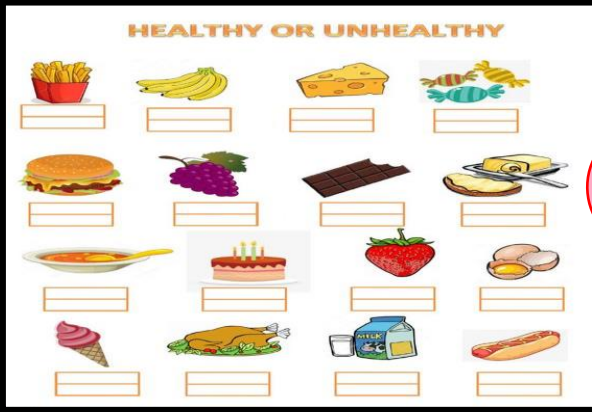
# MATH

Summer Break is incomplete without a tour. Let's take a virtual tour to a grocery store to understand a little more about a balanced diet:

<https://youtu.be/XTVnATGu5d0>

Calories refer to the amount of energy in a food item or drink. An average man needs around 2500 calories a day. When we eat or drink more calories than we use up then our body stores the excess food as body fat. Now a little task for you :

**TASK-1:** Mark each food in the table as Healthy or Unhealthy food :



Learn the multiplication tables of 12,13,14 and 15. Write each table twice in your notebook.

**Task 3:** Let's make our own Happy Meal Menu

A 10-year-old child requires 1800-2200 calories per day. Make your own HAPPY MEAL MENU according to the calorie requirement. ( Hint : 1 chapati = 80 -110 calories ; 1 bowl of rice = 180 calories; 1 cup milk = 70-110 calories ; 1 cup ice cream = 200 calories)

Complete the chart :

**Task 2:**  
Happy Meal Menu

|                  | Food Item | Calorie count | Total | Balanced diet taken or not |
|------------------|-----------|---------------|-------|----------------------------|
| <b>Breakfast</b> | 1         |               |       |                            |
|                  | 2         |               |       |                            |
|                  | 3         |               |       |                            |
| <b>Brunch</b>    | 1         |               |       |                            |
|                  | 2         |               |       |                            |
|                  | 3         |               |       |                            |
| <b>Lunch</b>     | 1         |               |       |                            |
|                  | 2         |               |       |                            |
|                  | 3         |               |       |                            |
| <b>Snacks</b>    | 1         |               |       |                            |
|                  | 2         |               |       |                            |
|                  | 3         |               |       |                            |
| <b>Dinner</b>    | 1         |               |       |                            |
|                  | 2         |               |       |                            |
|                  | 3         |               |       |                            |

**Task 2:** Below is the table representing the calorie intake of four members of a family.

Complete the table :

|          | Breakfast    | Lunch         | Snacks       | Dinner        | Total         |
|----------|--------------|---------------|--------------|---------------|---------------|
| Member A | 350 calories | 1400 calories | 400 calories | 300 calories  |               |
| Member B |              | 1300 calories | 450 calories | 500 calories  | 2600 calories |
| Member C | 200 calories |               | 200 calories | 1000 calories | 2450 calories |
| Member D | 500 calories | 1200 calories | 250 calories |               | 2100 calories |

Note-Do the given tasks on A4 size sheets. Keep them in your Math folder.

**Total calories taken in a day:** \_\_\_\_\_



## Fun Learning

### ENGLISH

Dear Children, let us relax, grab our bucket of popcorn, and move into the beautiful world of movies...

Watch the following movies:

- \*\* COCO
- \*\* MOANA

Now complete the following tasks:

On coloured A 4 ruled sheets, write (in about 100 words each) any one virtue (good value) that you learnt from each of these movies and how you can imbibe the same in your life. Paste / Draw relevant pictures as well.