

Health and Wellbeing



"Holidays are not only meant for relaxation and fun but also for self-improvement and growth. Embrace the opportunity of holiday homework to ignite your curiosity, expand your knowledge, and unlock your potential."

Summer vacation is a time when students can ease and enjoy. It is a time to catch up, spend time with family, friends and range over new hobbies. While it is indeed important to relax and refresh ourselves, it is also important to exercise our minds. Keeping this in mind, we have designed various exciting activities based on our theme **'Health and Wellbeing'** to keep the students engaged and active during the summer vacation.

These fun projects/ assignments would enhance learning skills and help understand concepts better. These activities will not only help the students to revise what was taught, but will also enrich their knowledge. It will retain knowledge and keep their brains engaged. If they venture into it with the right approach and excitement, it will be a great learning opportunity. The time is right to nurture and grow non-intellectual abilities in growing, soft minds.

Dear learners, just for you, we have this "Summer Holiday Homework." It will undoubtedly shape you for a more prosperous and successful year. Prepare yourself for an exciting adventure loaded with excitement.

A few pointers to help you make the most of your extended summer vacation.

Aim to complete the holiday assignments entirely on your own with as little help as possible. Finish any unfinished worksheets, notebooks, or book work that you may have. The holiday homework is to be done with neat and tidy handwriting. The holiday homework must be submitted **daily**.

Do's

Make an early bedtime and morning ritual. Stretch, meditate, or simply take a little stroll.
Eat a nutritious diet with plenty of water. Include citrus fruits like orange, lemon and grapefruit.
Play board games with your parents and siblings and spend some quality time with an elderly person in the family.
Start learning a new skill like painting, dance, music or public speaking.
Make sure to be consistent with the holidays' homework. Avoid completing it for the last day!

Don'ts

Do not waste all your time to play video games and/or mobile games.
Avoid going outside while the sun is at its brightest. Try engaging in some fun indoor activities.
Avoid sleeping in excess or allowing boredom to rule your life. Keep yourself busy while on vacation.

Summer vacations can be considered spent well only if kids are able to strike a balance between enjoyment and learning. Summer breaks shouldn't be viewed as a time off from education. In reality, studying under the appearance of enjoyment and amusement is what makes vacations so essential.

Have a wonderful summer vacation!

ENGLISH

Health is a state of mind, wellness is a state of being. A happy mind is a healthy mind, and a healthy mind is good for the body. Having healthy conversation with the people you trust is one of the best medicine.

According to the two pictures identify the family involved in a healthy conversation. Also create a chart of contrast imaginary statements that the families might be involved in.





Healthy Conversation	Unhealthy conversation
Eg.1 Thank you mom and dad for sending me to such a good school.	Eg.1.I don't want to go to school ,I want to play and watch TV at home.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.

Coursebook-Read the closed reading passages given on page 32&33(I Didn't Do It) , 55,&56(The Macroni Disaster) 78&79(The Tiger ,the Brahmin , and the Jackal) and solve the questions related to it in the workbook.

Create a questionnaire for your parents and interview them according to the questions made by you and write their biography on a A4 size sheet . (include the place they were born in and how did they manage to inculcate the healthy habits and who inspired them.)

HINDI

- 1) सवसथ जीवन के ललए दादी माँ दवारा बता ए गए ककनही पाँच नुसखो को A-3शीट पर दशारइए |

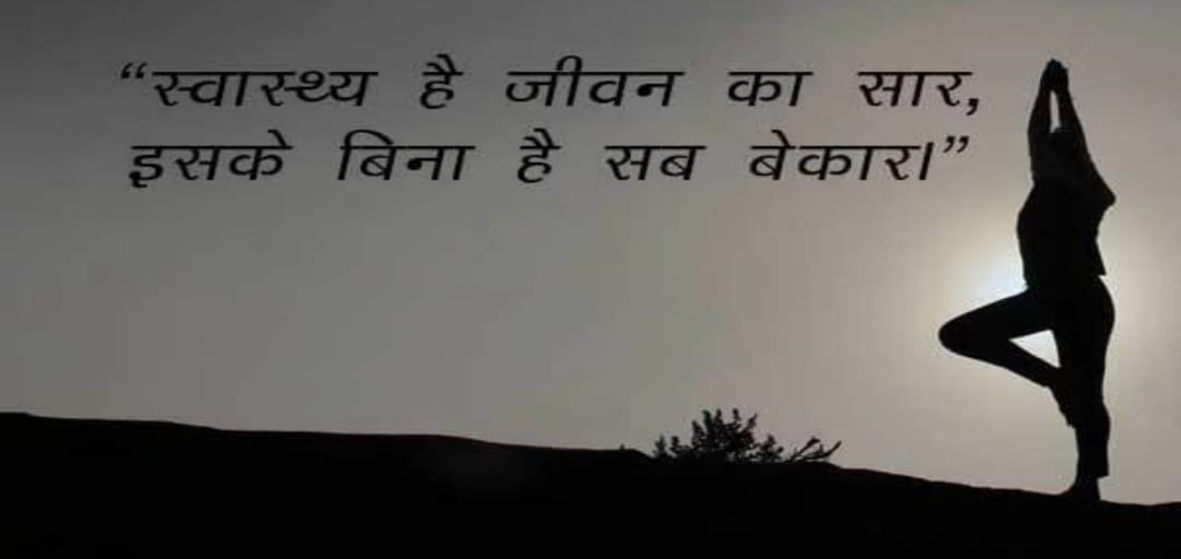
दादी माँ के
घरेलू नुस्खे
एक ऐसी उपचार पद्धति, जो सदियों तक चलती रहेगी।



दादी माँ के घरेलू नुस्खे अचूक भी हैं और सरल भी। इसमें हाथों-हाथ रोग निदान होते देखा जाता है; डाक्टर, वैद्य के यहाँ जाने की आवश्यकता नहीं पड़ती। पढ़िये और आप भी आजमाइये 'दादी माँ के घरेलू नुस्खे'।

- 2) “अचछे सवाथय के ललए अचछी आदते कवषय पर 70 – 80 शबदो मे एक अनुचछेद ललखखए।
3) “सवसथ जीवन ही सबसे बड़ा धन है”
इस कवषय पर A-3शीट मे एक नारा ललखकर उसे चचत दारा दशारए |

“स्वास्थ्य है जीवन का सार,
इसके बिना है सब बेकार।”



MATHS

Read the facts based on health and well-being and answer the following questions:-

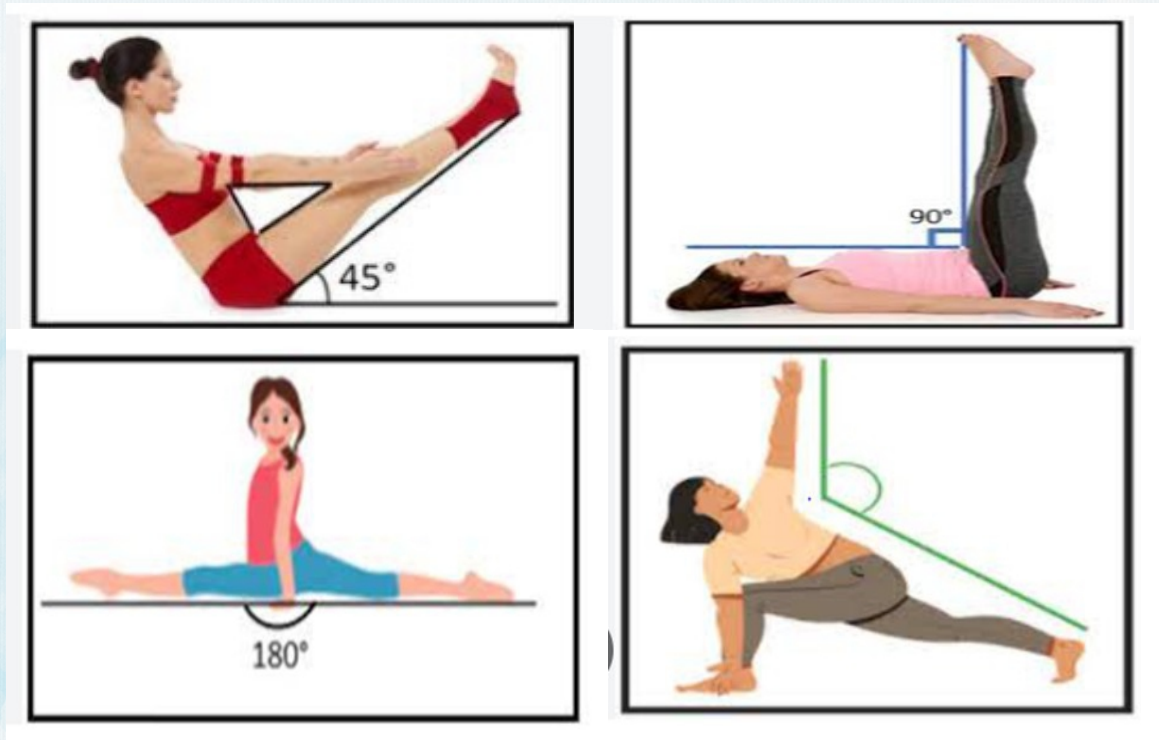
- 1) 120/80 mmHg is a healthy blood pressure range for adults.
- 2) 2 minutes is the recommended duration for brushing teeth.
- 3) 60 minutes is the recommended amount of moderate-intensity exercise per week.
4. 50gm is the recommended daily limit for added sugar intake.
- 5) 45g is an average daily intake of proteins, suggested to an active woman.
- 6) My Health, My Right is the theme for World Health Day 2024.
- 7) 72 times/minute is the average human heart beat rate.
- 8) Swatch Bharat Abhiyan was launched on the occasion of Mahatma Gandhi's 145th birth anniversary.
- 9) Recommended amount of sodium intake for healthy diet per meal is 500 mg or less.

Answer the following questions :-

- a) Write healthy blood pressure range in Roman Numeral.
- b) Write the minutes recommended in week if you brush twice in a day.
- c) Write the time recommended for exercise in a week in seconds .
- d) Write the added sugar intake limit in mg.
- e) Multiply 2024 by greatest 3 digit number and write the number name of product as per International place value chart.
- f) Add smallest 5 digit number to 145 and write predecessor , successor and expanded form of the sum .

Yoga is an ancient form of practice that is widely adapted, bringing the mind, body, and soul together. It is a way of living that connects us to our senses and rejuvenates our bodies both physically and mentally. It acts as the confluence to create that balance between mind and body. Maths and geometry hold a significant place in yoga movements. Maths is a tool that allows the body to perform holistic movements and gain control in every posture.

Make a Collage of your photographs clicked while doing Yoga and showing different types of angles (Acute angle, Right angle, Obtuse angle and Straight angle) based on various poses of Yoga on A-4 Sheet



SCIENCE

“The key to healthy life is having a healthy mind.” – Richard Davidson

1. My mother's kitchen

There are so many things in the kitchen like fruits, vegetables, spices, cereals list is endless. All of them are packed with vitamins, and many other nutrients. Make a collage (**A4 PASTEL SHEET**) of any five such things which will boost up your immunity to fight with diseases. **Do not include processed or packaged food.** Paste the pictures of the same or you can draw the pictures also. Write at least two points for each to explain how they are helpful.

Immunity boosters' food examples

Citrus Fruits, root Vegetables, Nuts, seeds, red bell pepper, Yogurt & Turmeric



2. I am a dietician

Well, it sounds interesting isn't it. Sweets, chocolates, junk food all are so tempting that it's hard to resist but as a science student we now know what a balanced diet is (remember chapter 3).

Make a diet chart of a healthy breakfast, for yourself for a week. Include all the nutrients **Hey remember to add lots of proteins as you all are growing champs**). Do not forget to put your name against 'dietician name'.

Paste or draw the diet on A4 pastel sheet.

DIET CHART (Dietician name- _____)

PLAN YOUR BREAKFAST

	DATE	BREAKFAST	CARBS	PROTEINS	FATS	VITAMINS	MINERALS
MON	01-Jul	Vegetable sandwich	YES	NO	YES	YES	YES
TUE							
WED							
THUR							
FRI							
SAT							
SUN							

3. Help Rohan to reach in playground for playing.





SST

“India- The Land of Spices”

Healthy mind lies in a healthy body



India is considered as the 'Land of Spices' as the spices are derived from diverse areas of the country such as highlands, lush green lands, tropical forests or even fertile valleys.

Spices are an important component of human life. They have their own distinct essence, flavour, colour and aroma.

Apart from all this spices are widely used in **Ayurvedic medicines**

Keeping all these things in mind, make a table on an A3 size sheet for any two spices found in different states of India.

1. Name of the spice
2. Image of the spice
3. Largest producer state
4. Health benefits
- 5- On a political map of India mark the selected state

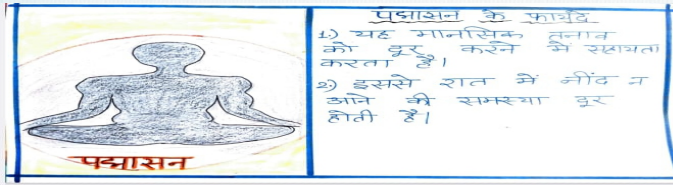
EXAMPLE- REFER TO THIS TABLE AND MARK ON THE POLITICAL MAP OF INDIA

Name of the spice	Image of the spice	Largest producer state	Health benefits

SANSKRIT

“योगासन के फ़्लैशकार्ड”

आज की थका देने वाली ज़िन्दगी में स्वयं को स्वस्थ रखने के लिए योग करना अतिआवश्यक है। इसी को ध्यान में रखते हुए इस बार के गृहकार्य में विद्यार्थी अपने स्वास्थ्य को बनाये रखने के लिए नित्य किये जाने वाले योगासन से सम्बंधित फ़्लैशकार्ड(5-8) बनायेंगे। इसके लिए वे अपनी पसंद के रंग की शीट को लेकर उसके कुछ चौकोर टुकड़े करके(12 सेमी.X22 सेमी) उन पर योगासन(जिन्हें वे नित्य करते हैं) के चित्र बनायेंगे और उनके नाम लिखकर संक्षिप्त में उस आसन से होने वाले फायदे भी लिखेंगे। उपलब्ध सामग्री से सजाएँ। सम्भावित उदाहरण नीचे दिये गये हैं |



FRENCH

Santé et Bien-être!

Do you like to eat fruits and vegetables? Let's learn what we call them in French. Make a collage of 5 of your favourite fruits & 5 of your favourite vegetables along with their names in French on an A3/A4 size sheet under the heading "Une bonne alimentation pour une bonne santé."

GERMAN

Essen Sie Gesund! - Eat healthy!

As you already know, we should eat fruits and vegetables for our growth. Let's learn what we call them in German. Make an alphabet chart or a small book . Write and stick the picture of a fruit or vegetable for each alphabet. You can use your German dictionary to help you. Write the name in German

COMPUTER

Assignment: PowerPoint Presentation on Health and Wellness

Your assignment is to create a Microsoft PowerPoint presentation that explores different methods to achieve and maintain good health. Your presentation should cover various aspects of physical and mental well-being, offering practical tips and strategies for leading a healthy lifestyle.

Guidelines:

Content: Your presentation should include information on nutrition, exercise, stress management, sleep hygiene, and other relevant topics related to health and wellness.

Visuals: Incorporate visuals such as images, diagrams to enhance your presentation

Sources: Use reliable sources to support your information and cite them appropriately if you include any statistics, facts, or quotations.

Creativity: Be creative in your slide design, layout, and presentation style to make your presentation visually appealing and engaging.

Length: Aim for a minimum of 10 slides, but feel free to include more if needed to cover your topic thoroughly.

Submission Instructions:

Save your PowerPoint presentation as a .pptx file.

Submit your presentation to your subject teacher.

Make sure your presentation is well-organized, visually appealing, and free of errors.

ART & CRAFT

The dining table in our house should be neat and clean as we share our daily meals with our family, sitting around the table. To avoid spilling food and to maintain cleanliness we use table mats to keep our plates, spoons and glasses etc. using a table mat is healthy habit.

You can use paper/Jute/any type of fabric/beads/any other material for making table mats and laminate if you are creating mat using paper.





Aster

Public School

Explore | Expand | Excel

HS-1 & HS-4, Sect-3, Noida Ext.

SUMMER HOLIDAY
HOMEWORK (2024)
CLASS-V

