



D. GOENKA  
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# HOLIDAY ENGAGEMENT 2023-24



## PRIMARY SECTION- CLASS- V



## FROM THE PRINCIPAL'S DESK....

*If Life were predictable, it would cease to be life, and be without flavor.*

Dear Students,

These Summer months of May and June help us to take stock of ourselves as we rest, replenish our minds and get revitalized for the busy months ahead. The holidays ensure perfect family time and opportunities for travel and pursuing interests and hobbies.

They say that an umbrella, a book and the mind only work when open !!! So let us open our minds and embrace the various ways in which we can enhance our thoughts, empower our learning and expand our knowledge during the summer break.

The Summer Holiday Engagement of 2023, comes with a special intent and purpose.

Each challenging and interesting project will take you on a journey....a journey of self discovery and introspection.

Every task will have a significant FUN quotient as well as an inherent reward of knowledge attained.

Almost all options will require a bit of family involvement because we want our Goenkan minds to communicate and collaborate with friends, parents and siblings. In our educational experience, we should always keep pace with our surroundings for which social interactions are the key.

In my opinion, all efforts are appreciated and I value the importance of creativity and individual strengths of all students.

Hope everyone enjoys the roller coaster ride and the overall impact of learning from this Goenkan initiative of the Summer Holiday Engagement 2023-24.

Let us reinvent ourselves through mutual sharing, working together and internalizing progressive ideas.

Arnab Mukherjee

G D GOENKA PUBLIC SCHOOL, VASANT KUNJ

HOLIDAY ENGAGEMENT 2023-24

CLASS- V

ENGLISH

It's better to know how to learn than learn how to know !

Dr Seuss

Multitasking and Mindfulness may seem like big words but after you complete the Summer Holiday Engagement activities, you will be able to practice both !

We know you all are bursting with ideas and enthusiasm . You are sure to get everyone at home involved in all your efforts.

That's the plan ! To spread awareness about food conservation and to practice healthy eating habits.

Your ability to express your thoughts, share opinions and communicate your beliefs ...these are valuable tools of learning.

Enjoy being confident about your choices and keep on reading to enhance your vision and empower your life.

**I. ( Do any TWO of the options and present it in a smart and creative way in a file ! No glitter or stones please. )**

1. Pen down your views/ thoughts ( 100-120 words approx ) on the topic-

\*Food wasted leads to food shortage\*

2.Solve the crossword puzzle related to food.

## CROSSWORD PUZZLE<sup>®</sup>

### PUBLIC

**ACROSS**

11. Added nutrients that lost during processing.

9. "Blood Sugar"

10. Physically inactive.

8. Vegetables contains \_\_\_\_ which helps in digestion.

12. Disease of heart.

13. Chemical substance body used from food.

14. Over or undernutrition.

17. \_\_\_\_ energy & other nutrients to maintain health.

19. \_\_\_\_ need in small amounts for healthy body.

20. Found in meat, poultry, fish, egg, milk, nuts & seeds.

**DOWN**

1. The physiological drive for food.

2. Unit to measure energy.

3. Eat balance, moderate & \_\_\_\_ of food. (BMV)

4. High blood pressure.

5. Fiber helps in \_\_\_\_.

6. " \_\_\_\_ is the key"

7. Disease with abnormal sugar amount in blood.

15. Body's ability to fight infection.

16. Eat \_\_\_\_, moderate & variety of food.

18. Exercise can gain \_\_\_\_.

**ACROSS**

11. A D D I T I V E

9. G L U C O S E

10. S E D E N T A R Y

8. F I B E R

12. C O R O N A R Y

13. P R E S E R V A T I V E

14. M A L N U T R I T I O N

17. P R O T E I N

19. V I T A M I N

20. P R O T E I N

**DOWN**

1. H U N G E R

2. K J O U L E

3. B A L A N C E

4. H I G H

5. D I G E S T I O N

6. S U G A R

7. D I A B E T E S

15. I M M U N I T Y

16. E A T

18. W E I G H T



3. Prepare a rap song or slogans to be pasted in the classroom and on bulletin boards to spread the message : Food wasted leads to food shortage.

**II.** Maintain a journal to express your thoughts, achievements, feelings, travels etc. anything you would like to write about.

## EVS

### Part 1

Sprout a small cup of moong seeds at home. Click picture of the sprouted seeds and the process you followed on an A4 sheet.

### Part 2

Make a list of food items your grandparents and parents like. Make a list of the food items you like. Compare both the lists. What food items are missing from your list mention that on an A-4 sheet.

### Part 3

Paste the pictures of the tools and machineries used in agriculture on an A4 Sheet and label them.

## MATHS

Q1) Mark the periods with commas and write the name in both Indian and International systems of numeration.

3490862

Ans) .....

a. Indian systems of numeration:

.....

.....

b. International systems of numeration:

.....

.....

Q2) Write the numeral for: Nineteen crore two lakh twenty thousand and two hundred. Ans) .....

Q3) Express the number in standard form:  $40,00,00,000 + 6,00,000 + 4,000 + 700 + 9$

Ans) .....

Q4) Write the Predecessor of :

a) 5,22,32,490 : .....

b) 52,08,300 : .....

Q5) Find the sum of the place values of the underlined digits in the following: 3 8 4 6 1 9

Q6) Find the difference of the place values of the underlined digits in the following: 6 2 2 5 47 8

Q7) Write the following Hindu-Arabic numbers in the Roman numerals:

a) 1720 : .....

b) 1140 : .....

Q8) Subtract the number and check the answer:

$$78,00,000 - 65,47,000$$

Ans)

Q9) There are 5,280 mangoes to be packed equally in 12 boxes. How many mangoes can be put in one box?

Ans)



1. 1. जी . डी . गोयंका अखबार की संरचना संपादक के रूप में चार पृष्ठों में लिखित आधार बिंदुओं के अंतर्गत कीजिए। हिंदी समाचार

क) देश- विदेश के समाचार

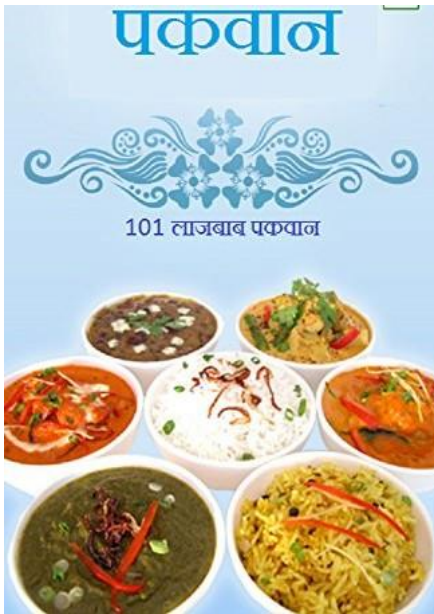
ख) खेल जगत के समाचार

ग) स्वरचित कहानी या कविता

घ) खाद्य पदार्थों से संबंधित विज्ञापन ।

ङ) छुट्टियों में आपके द्वारा भ्रमण की गई जगहों की संक्षिप्त जानकारी ।

च) दादी माँ के घरेलू नुस्खे पकवान



2. मोटे अनाजों (Millet) का प्रयोग करके चार व्यंजनों की रेसिपी बुक तैयार करें जिसमें व्यंजनो के बनाने की विधि के साथ साथ उसके चित्र भी होने चाहिए। व्यंजनों के नाम मजेदार होने चाहिए। व्यंजन पुस्तिका में प्रथम पृष्ठ में मोटे अनाज ( Millets) के नाम व उनसे मिलने वाले लाभ का भी उल्लेख करें ।

3. ग्रीष्म कालीन अवकाश के दौरान हिंदी की दो पुस्तकें पढ़ें व उनकी समीक्षा तैयार करे।

