

CLASS V
HOLIDAY HOMEWORK

EVS

ACTIVITY 1

Eat green to keep green

LEARNING OUTCOMES

By the end of the activity, students will be able to

- **compare healthy and unhealthy food and plan a healthy meal chart for their family.**
- **design a health magazine and write an article based on factors that contribute to the well-being of an individual.**
- **relate and understand the importance of food in our life.**
- **think of sustainable ways to keep healthy and keep our environment clean and green.**

DESCRIPTION:

- **The parent will discuss with the students ‘‘Eat green to keep green.’’ If we eat green - fruits and vegetables then their peels, which are actually waste, can be used further as they are biodegradable (Compost).**
- **Whereas if we eat junk like chips their waste (wrappers) will create harmful effects as they are non-biodegradable.**

METHODOLOGY:

Learners will research on the effects (on our health as well as on the environment) and write the differences between healthy eating and junk food.

Children can watch the following video for their understanding.

[Why is junk food unhealthy? - Ask Coley - Health Tips for Kids | Educational Videos by Mocomi - YouTube](#)

METHOD OF SUBMISSION:

- Children will write an article in a health magazine (through ppt/A4 size paper), based on the research conducted.
- The ppt or picture of the A4 sheet has to be uploaded on Google Classroom.

REFERENCE MANUAL: *Handbook of Joyful Learning, Pg. 60-61*

[handbook-joyful.pdf \(cbseacademic.nic.in\)](#)

Time duration - 1 hr 30 mins

OR

ACTIVITY

Regional Music

LEARNING OUTCOMES -

- Identifies and documents some of the regional musical instruments.
- Likes to play simple musical instruments available.

DESCRIPTION & METHODOLOGY:

- Children can present a regional song/dance/instrumental/vocal. They can put on their traditional costumes (optional). The children can then record a video (of 1 min. only) of their performance.
- Links for reference:

[New type innovative centre rod mridangam - YouTube](#)

[Kadri Gopalnath Vol 2 of 7....Watched anything like this??? - YouTube](#)

METHOD OF DISSEMINATION:

- The video can be posted on the Padlet (link will be shared by Teacher) or directly upload it on Google classroom.
- Padlet
<https://padlet.com/kanikashrivastava/vhevcczllv70i7wf>

REFERENCE MANUAL:

Ref: AAC Manual, Pg. 75.

Time duration - 1 hr 30 mins