

Name:

Class : V

Sec:

HOLIDAY ASSIGNMENT



“Reading on a daily basis should become as routine as brushing your teeth before bedtime. Reading for pleasure on a daily basis can improve fluency and nurture a love of reading”

Guidelines for Holiday Homework:

Revise the content covered in the month of April .Do your holiday homework neatly and in an organised manner.

English:

Make it a habit to read a newspaper daily during vacation.

Now create your own newspaper clippings and information in brief for preparing the following pages:

Page 1 - National news

Page 2 - Interviews and book reviews

Page 3 - City news

Page 4 - International news

Page 5 - Science and Technology

Page 6 - Sports news

Page 7 - Puzzles and Sudoku

Maths:

1. Calculate your BMI and know your fitness.

Information :-

(weight in kilograms)

Formula for finding BMI :

$$\text{BMI} = \frac{\text{weight in kilograms}}{\text{height in meters}^2}$$



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The metric formula accepts heights measurements in meters ight in kilograms. If you know your height in centimeters only, simply divide the number of centimeters by 100 convert it to meters.

For example, a person who is 183cms tall is 1.83m tall (183cm / 100 = 1.83m)

Using the metric formula is even easier than the imperial method as it's a two step process.

Step 1. Multiply your height by itself.

Step 2. Divide your weight in kilograms by the value calculated in step 1.

The resulting number is your BMI.

Compare this BMI value with the weight status table below given:

BMI		Weight Status
Below 18.5		Underweight
18.5-24.9		Normal
25-29.9		Overweight
30.0 +		Obese

Now calculate the BMI of your family members according to the table below on A4 size sheet.

For example:

S.No.	Name of the family member	Weight (in kg.)	Height (in meter)	Formula	Category
1.				$BMI = \frac{\text{weight in kilograms}}{\text{height in meters}^2}$	

Science:

Make a poster to promote “ PULSE POLIO CAMPAIGN “. Also, write a slogan suitable to spread awareness about polio prevention. e.g. “ Get a drop, Stop a Strop “.

General:

• Write the names of ten items you use in everyday life. For example: Ice-Cream, Tooth paste, Soap, Medicines, Cool drinks, Cough syrup, Tomato Ketchup , Bread, Butter and Biscuits.

Furnish the details in the table given below:-

S.No	Name of the Item	Composition / Ingredients	Weight (gms, kg,lt,ml)	Price	Date of Manufacture	Date of expiry

