



PM SHRI KENDRIYA VIDYALAYA



DHARMAPURI

TERM – 1

(2025-2026)

MULTI DISCIPLINARY PROJECT

THEME - FOOD AND

NUTRITION

CLASS-V

Theme:

Name of the School:

Name of the Student:

Class: v

Sec:

RollNo.:

Guide Teachers: _____

Project Date: From _____ To _____

CERTIFICATE

This to certify that student of
class section.....has successfully
completed his / her project on the theme

.....

and Title..... under the
guidance of of PM SHRI KV
..... for the Academic session 2024-25.

Date - Teacher's signature

RUBRICS

ACTIVITY	NEATNESS (3)	CREATIVITY (2)	CONTENT (3)	PRESENTATION (2)	TOTAL (10)
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

CLASS-5

SUBJECT – EVS

1. What are the different food groups? What are the benefits of including each in your diet . write in your own words.

2. How much servings from each food group do you need each day to maintain a balanced Diet .

विषय - हिंदी

1. पोषण क्या है ? हमारे शरीर के लिए भोजन क्यों आवश्यक है ?

2. आपने दो दिन जिन खाद्य पदार्थों का सेवन किया है , उनकी सूची बनाएं I

Subject - English

1. "Food Advertisements" Task:

Students design a **poster** or **write a short advertisement** to promote a healthy food (like almonds, spinach, yogurt).

They must use catchy slogans, persuasive words, and explain why people should eat it.

2. "My Healthy Food Alphabet Book"

Students create an **alphabet booklet** (one page per 2–3 letters) where each letter stands for a healthy food. For example: A = Apple (write a sentence: "Apples keep your body strong.")

B = Broccoli (write: "Broccoli is rich in vitamins.")

Decorate each page with drawings.

3. Reading Comprehension Passage:

"Rina's Healthy Surprise"

Rina loved eating chips, chocolates, and cold drinks every day after school. One day, she felt very tired in class and had a bad stomachache. The doctor told her she needed to eat more fruits, vegetables, and drink plenty of water.

Her mother made a colourful salad with carrots, cucumbers, tomatoes, and even some crunchy nuts. At first Rina did not like the look of it. But when she tasted it, she smiled. "Mmm... this is actually yummy!"

From that day on, Rina started eating more healthy food. She felt stronger and happier. Now, she even helps her mother make tasty, healthy snacks for the whole family.

Questions:

1. What kind of food did Rina like to eat before her stomachache?
2. What did the doctor advise Rina to eat and drink?
3. How did Rina feel after she started eating healthy food?
4. Find a word from the passage that means the same as "**bright and full of different colours.**"
5. What is the opposite of "**unhappy**" from the passage?
6. Pick one **verb** from the second paragraph and use it in your own sentence.
7. Identify the **adjective** in this sentence: "*Rina felt very tired in class.*"
8. What lesson can we learn from Rina's story?

SUBJECT –MATHS

1. **Collect the covers of different items you buy .Paste the covers of items and write how much percentage of carbohydrates / proteins /fats/sugar/mfg date/exp date**
2. **Make different patterns using leaves paste in the A4 Sheet**

WHAT I LEARNT FROM THE PROJECT:

BIBLIOGRAPHY

I..... of class Have done this project with the help of my parents teachers and Following resources.

INTERNET

NEWSPAPER

TEXTBOOK