



Subject - English

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Grade - 5

Unit :- 06 – Healthy Living

Activity 01

Draw your today's lunch plate on workbook page 66.

Activity 02

Read the Pupil's Book page 78 and 79. Complete the following table.

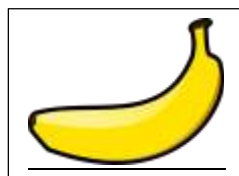


uses:- protect ourselves against viruses / to be energetic / help us to see well / keep our gums healthy / help us to have strong bones and teeth

VITAMINES	USE	FOOD ITEMS
A		
B		
C		
D		
E		

Activity 03

Find the following riddles.
Match.



I am crunchy.
Rabbits like to eat me.
I grow in the ground.
Who am I?

I am green or purple.
I grow on vines.
I come in bunches.
Who am I?

I am yellow and long.
I am fruit.
Monkeys eat me.
who am I?



I have a brown shell.
I am oval.
I grow on palm trees.
Who am I?

I am white.
You can drink me.
I come from cows.
Who am I?



Activity 04

Do the workbook lesson 7 on page 67.

Activity 05

750g of dried fish / a jar of ice cream / a kilo of Beans / a Pineapple / 250 g of turmeric /
500g of Tuna / a box of masks / a bottle of milk

Use these words to complete your shopping list on workbook lesson 5 on page 63.