



# KENDRIYA VIDYALAYA 5<sup>TH</sup> BN SSB CHAMPAWAT

## MULTI-DISCIPLINARY PROJECT 2022-23

**Name of the student:** \_\_\_\_\_ **Class:** \_\_\_\_\_

**Section:** \_\_\_\_\_

**Roll no:** \_\_\_\_\_

**THEME:** FOOD

LINKED SUBJECTS	GUIDE TEACHERS	SIGNATURE WITH DATE
ENGLISH		
HINDI		
MATHEMATICS		
ENVIRONMENTAL STUDIES		

**CERTIFICATE**

This is to certify that Ms/Mas. \_\_\_\_\_ student of class Section \_\_\_\_\_ has successfully completed her/his project on the theme: SHELTER and title: TYPES OF SHELTER, THEIR NEED AND CONSTRUCTION for Subject:

ENGLISH under the guidance of Sh/Smt/Ms \_\_\_\_\_, KV 5<sup>TH</sup> BN SSB CHAMPAWAT, for the academic session 2021-2022.

Date: \_\_\_\_\_

Teacher sign: \_\_\_\_\_

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**CERTIFICATE**

This is to certify that Ms/Mas. \_\_\_\_\_ student of class Section \_\_\_\_\_ has successfully completed her/his project on the theme: SHELTER and title: TYPES OF SHELTER, THEIR NEED AND CONSTRUCTION for Subject: HINDI

under the guidance of Sh/Smt/Ms \_\_\_\_\_, KV 5<sup>TH</sup> BN SSB CHAMPAWAT, for the academic session 2021-2022.

Date: \_\_\_\_\_

Teacher sign: \_\_\_\_\_

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**CERTIFICATE**

This is to certify that Ms/Mas. \_\_\_\_\_ student of class Section \_\_\_\_\_ has successfully completed her/his project on the theme: SHELTER and title: TYPES OF SHELTER, THEIR NEED AND CONSTRUCTION for Subject:

MATHEMATICS under the guidance of Sh/Smt/Ms \_\_\_\_\_, KV 5<sup>TH</sup> BN SSB CHAMPAWAT, for the academic session 2021-2022.

Date: \_\_\_\_\_

Teacher sign: \_\_\_\_\_

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**CERTIFICATE**

This is to certify that Ms/Mas. \_\_\_\_\_ student of class Section \_\_\_\_\_ has successfully completed her/his project on the theme: SHELTER and title: TYPES OF SHELTER, THEIR NEED AND CONSTRUCTION for Subject: EVS

under the guidance of Sh/Smt/Ms \_\_\_\_\_, KV 5<sup>TH</sup> BN SSB CHAMPAWAT, for the academic session 2021-2022.

Date: \_\_\_\_\_

Teacher sign: \_\_\_\_\_

**ACKNOWLEDGEMENT**

I Ms./ Mas \_\_\_\_\_ of Class \_\_\_\_\_ would like to express my heartfelt gratitude to our honourable Principal Shri.

N. C. JINATA, for giving me this opportunity to experience joy in doing this project, and my subject teachers

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_ for their guidance in doing this project successfully. I would also like to thank my parents and friends for helping me to complete this project.

Date: \_\_\_\_\_

Signature of the student \_\_\_\_\_

## GENERAL INSTRUCTIONS

1. To be done in an A4 size paper with margin on top and left side of the paper.
2. For each subject separate sheet to be used.
3. Creative /Innovative way of submission will be appreciated.
4. Evaluation criteria can be checked before submitting your work. It should be the work of the student and not parent

<b>THEME/ TOPIC</b>	<b>ENGLISH</b>	<b>HINDI</b>	<b>MATHS</b>	<b>EVS</b>	<b>CO- SCHOLASTIC</b>
<b>FOOD</b>	<ul style="list-style-type: none"><li>❖ Write a short poem on “FOOD” (8 lines)</li><li>❖ Write the food habits that we should follow for our healthy life.</li><li>❖ Observe the picture and write</li></ul>	<ul style="list-style-type: none"><li>➤ भोजन पर लघु कविता 8 पंक्तियों वलकिए।</li><li>➤ भोजन की आदत वलकिए वक हमें</li></ul>	<p>BMI (Body Mass Index) is a common tool that measures a person weight in relation to their height.</p> <ul style="list-style-type: none"><li>• BMI is lesser than 18.5 – under weight</li><li>• BMI between (18.5 – 24.9 )- ideal</li></ul>	<ul style="list-style-type: none"><li>• What do you understand from the food pyramid?</li><li>• What will happen if the food pyramid is reversed in your life?</li></ul>	<p>Draw and colour the food pyramid picture.</p>

about it



➤ अपने स्वस्थ जीिन का पालन करना चावहए।

➤ ऊपर वदए गए वचत्र वनरीक्षण करें और उसे अपने तरीके से वलक्तिए।

- BMI between (25-29.9) – over weight
- BMI over 30 indicates obesity.
- Observe the given table and categorize them as overweight / underweight / ideal / obesity.

S . no	Names of person	BMI	Result of BMI
1	Vani	32 kg / m <sup>2</sup>	
2	Raju	17.8 kg / m <sup>2</sup>	
3	Neela	23.3 kg / m <sup>2</sup>	
4	Bhoojho	27.5 kg / m <sup>2</sup>	

5 Nivedhitha 20 kg / m<sup>2</sup>

From this table find out who is healthy and fit

- Write about the essential vitamins.
- Write the sources of vitamins.
- Deficiency diseases of vitamins.

Do the collage work for the followin g.

1. Ene rgy giving foods.
2. Bod y building foods
3. Protectiv e foods.

