

THANK YOU



4. Food for Thought

Class 5 English Exercise



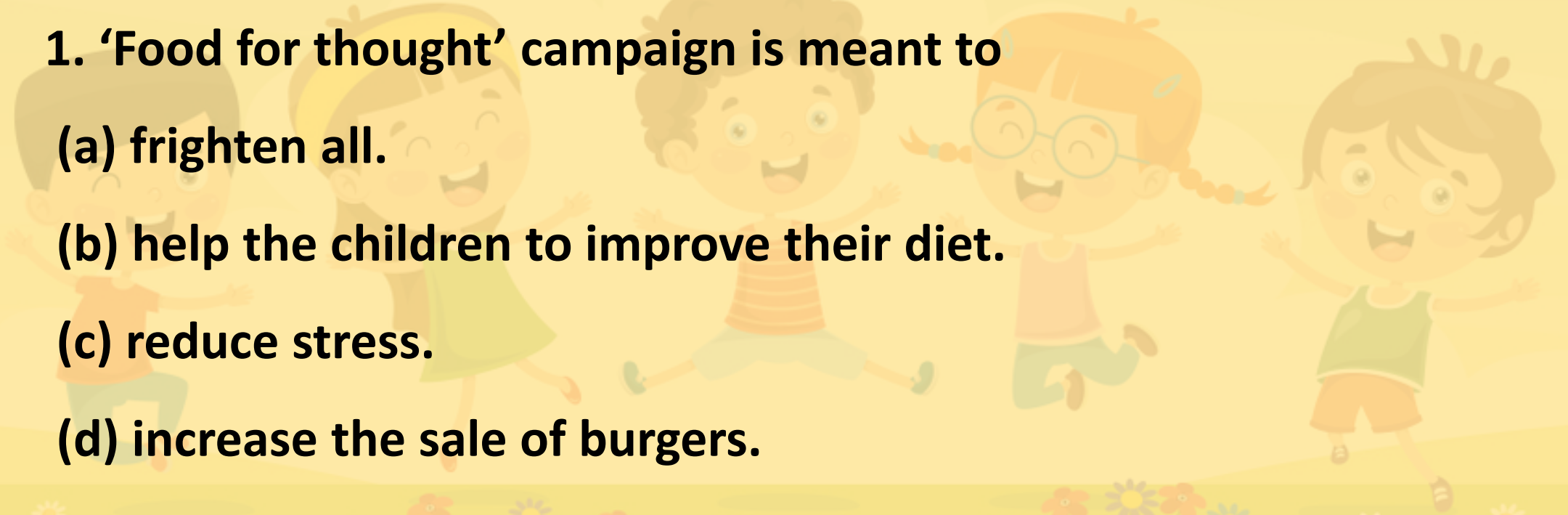
Think, Discuss and Answer

Multiple-Choice Questions

Choose the correct option.

1. 'Food for thought' campaign is meant to

- (a) frighten all.**
- (b) help the children to improve their diet.**
- (c) reduce stress.**
- (d) increase the sale of burgers.**



2. The main ingredient of chips is

(a) wheat.

(b) potato.

(c) maize.

(d) brinjal.



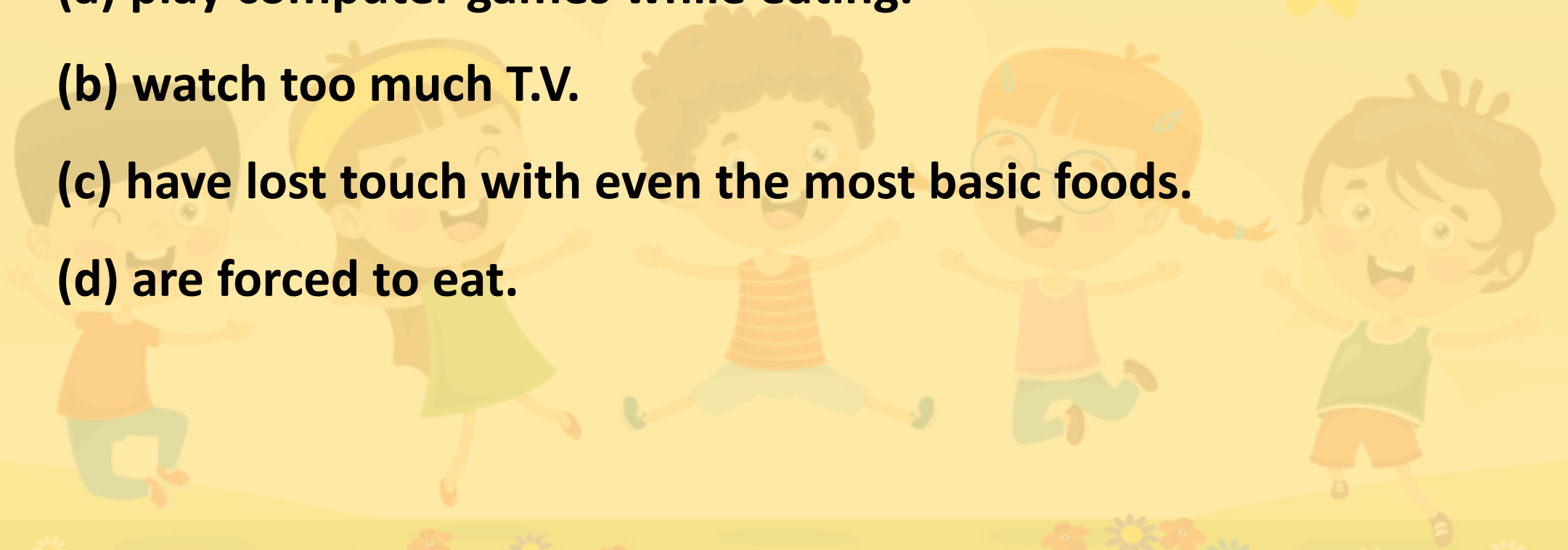
3. Children do not understand what they are eating because they

(a) play computer games while eating.

(b) watch too much T.V.

(c) have lost touch with even the most basic foods.

(d) are forced to eat.



4. per cent children did not know that cheese is made of milk.

(a) 14

(b) 36

(c) 27

(d) 37



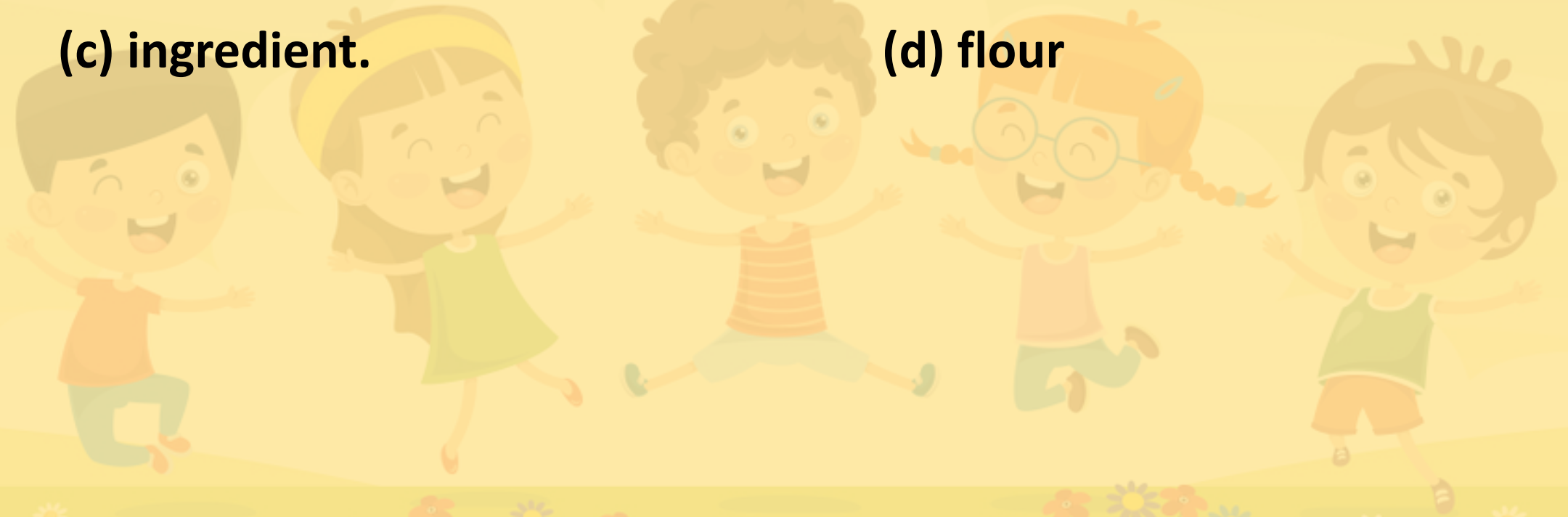
5. The word that means 'one of the things from which something is made' is _____

(a) nuggets.

(b) gory.

(c) ingredient.

(d) flour



words.com

Unscramble the words used in the prose:

1 IEBOSTY

| | | | | | | |
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2 SGRTIEL

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3 EGGNUTS

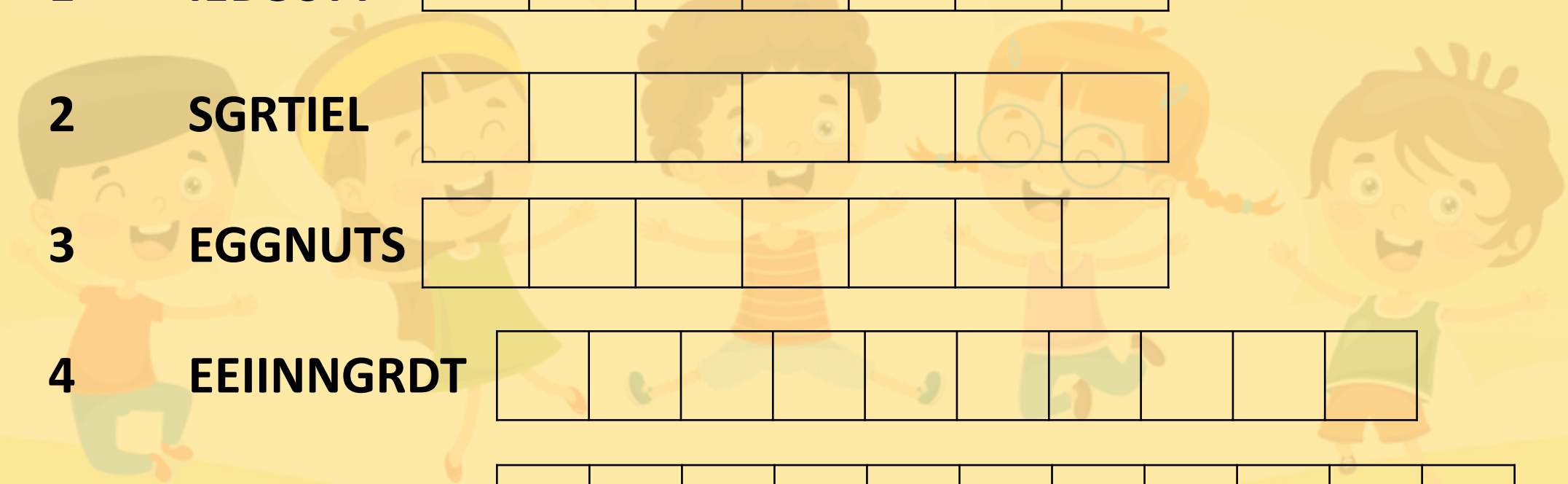
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4 EEIINNGRDT

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5 EEEIICLBRTS

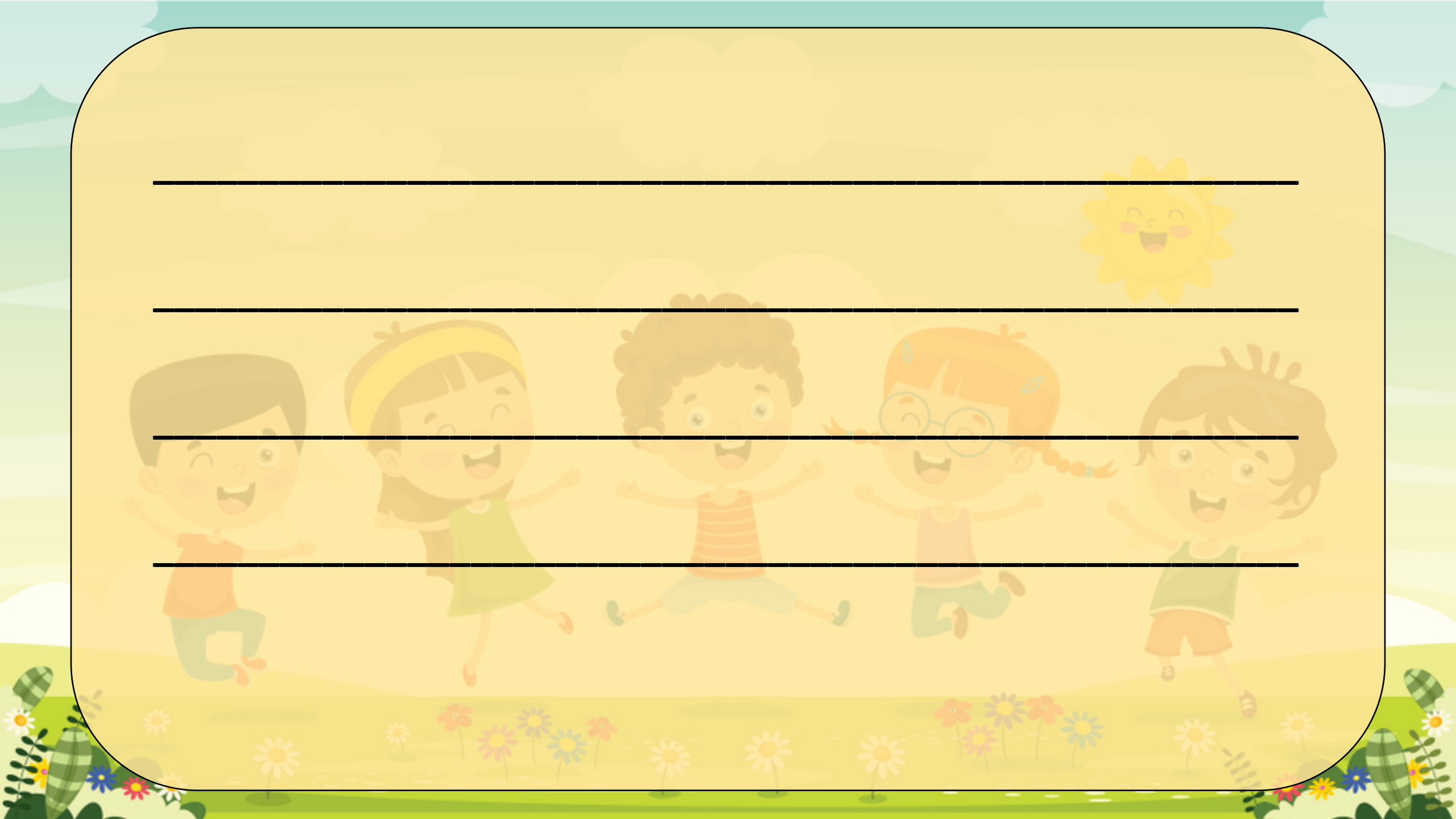
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Write a paragraph on the topic 'I want to be healthy'

To remain healthy I must _____





Spell Well

Fill in 'ie', 'ei'.

i comes before e except after c

Ch ___ f

gr ___ f

wr ___ d

rec ___ ve

n ___ ce

prot ___ n

conc ___ t

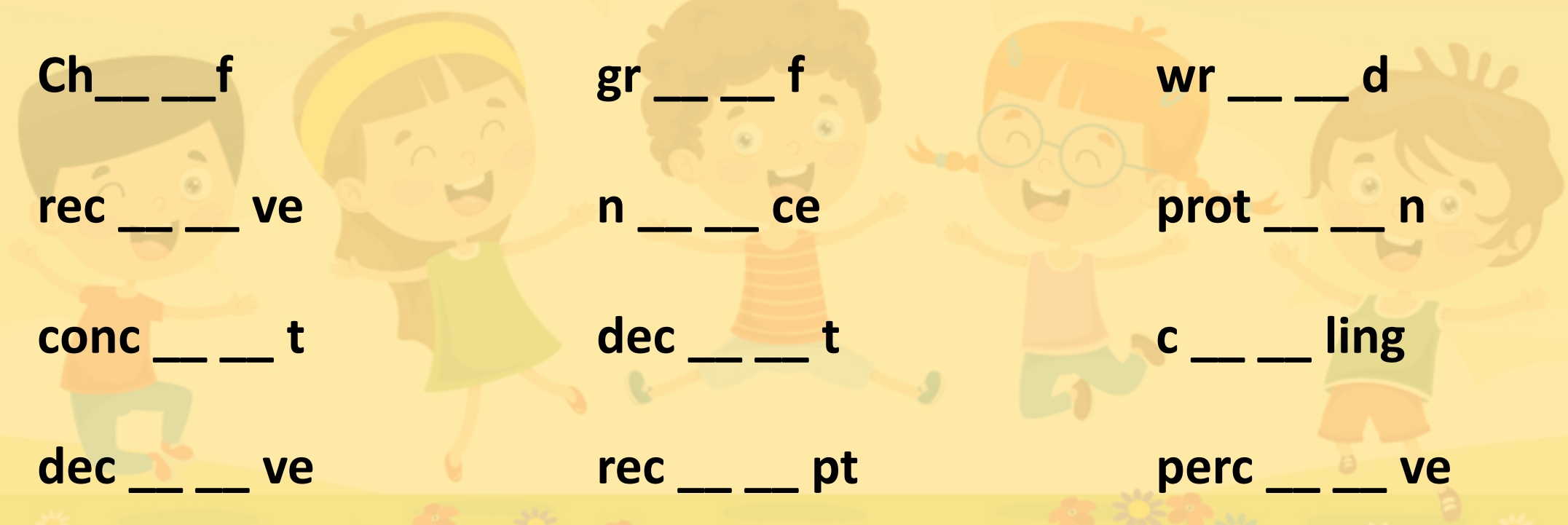
dec ___ t

c ___ ling

dec ___ ve

rec ___ pt

perc ___ ve



Let's Read Aloud

birch

bird

birth

chalk

champ

champion

boomerang

booster

booth

challenge

chamber

chance

both

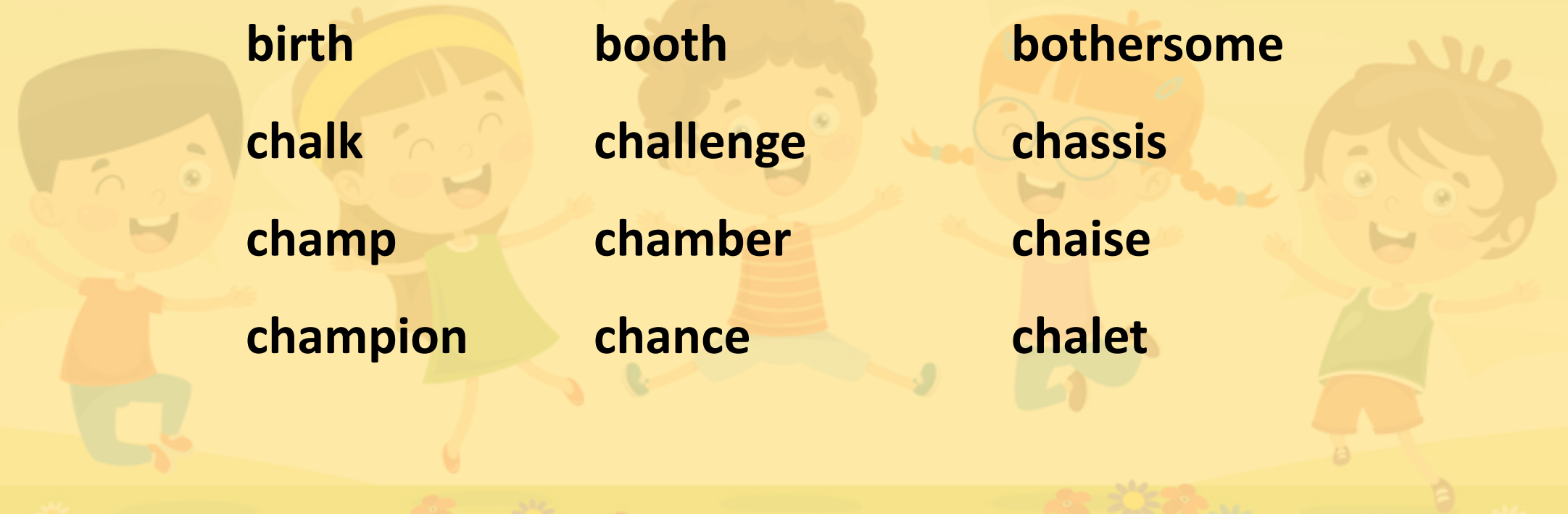
bother

bothersome

chassis

chaise

chalet

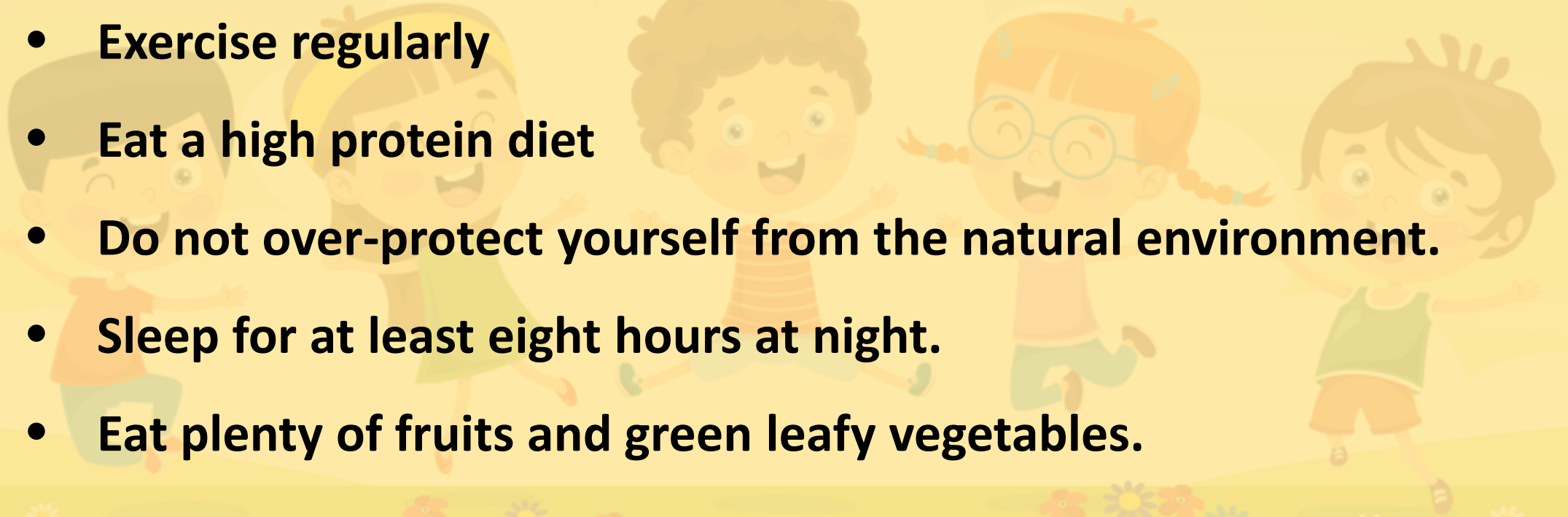


Let's Write

Read these instructions.

Steps to build immunity:

- **Exercise regularly**
- **Eat a high protein diet**
- **Do not over-protect yourself from the natural environment.**
- **Sleep for at least eight hours at night.**
- **Eat plenty of fruits and green leafy vegetables.**



Now in your own words write down how you intend to build your immunity, that is the body's ability to resist infection.

In order to build strong immunity I will





Think and Write

Write down the names of vegetables and fruits of the given colours.

Red _____

Orange _____

Yellow _____

Green _____

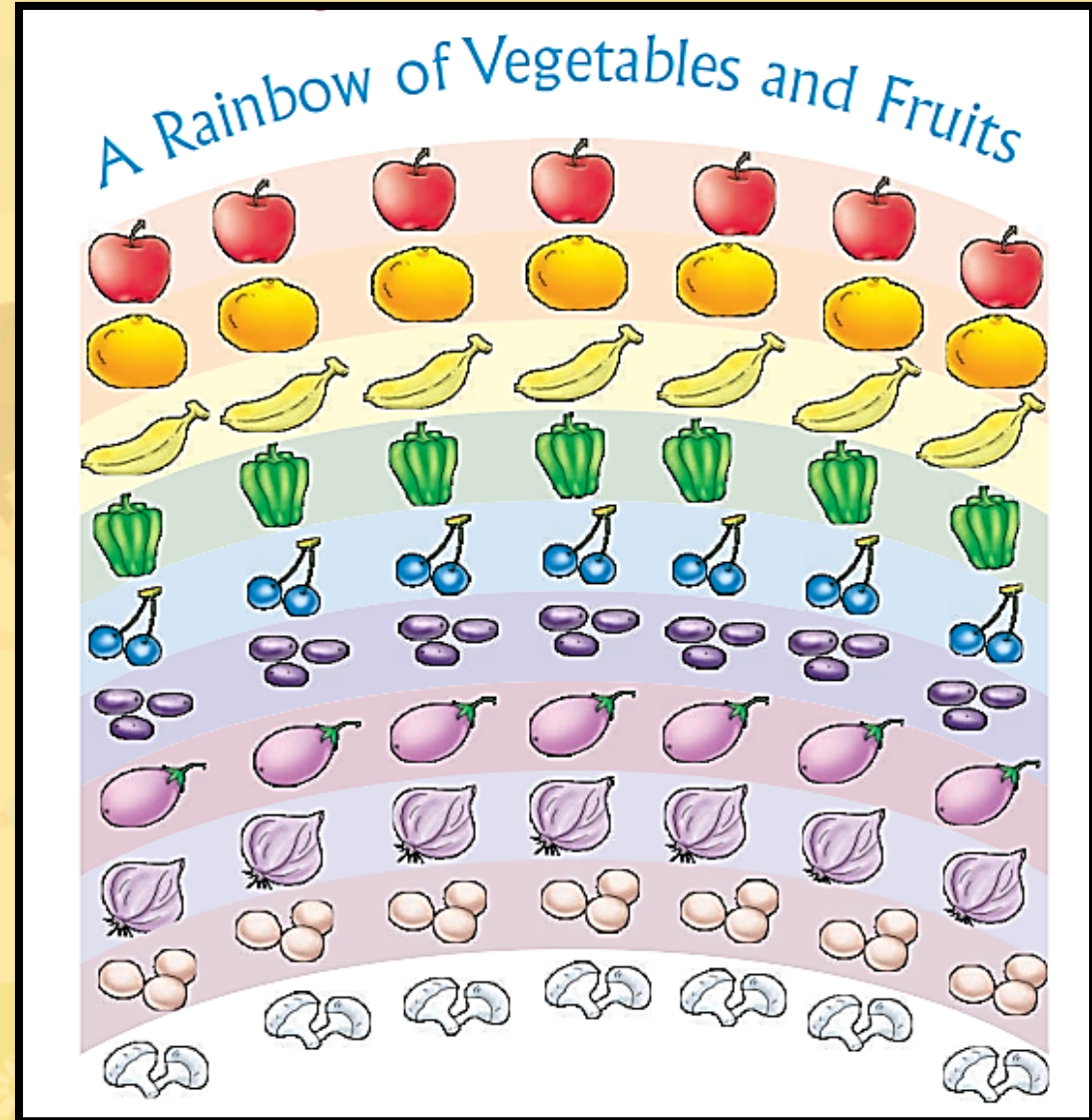
Blue _____

Violet _____

Purple _____

Brown _____

White _____

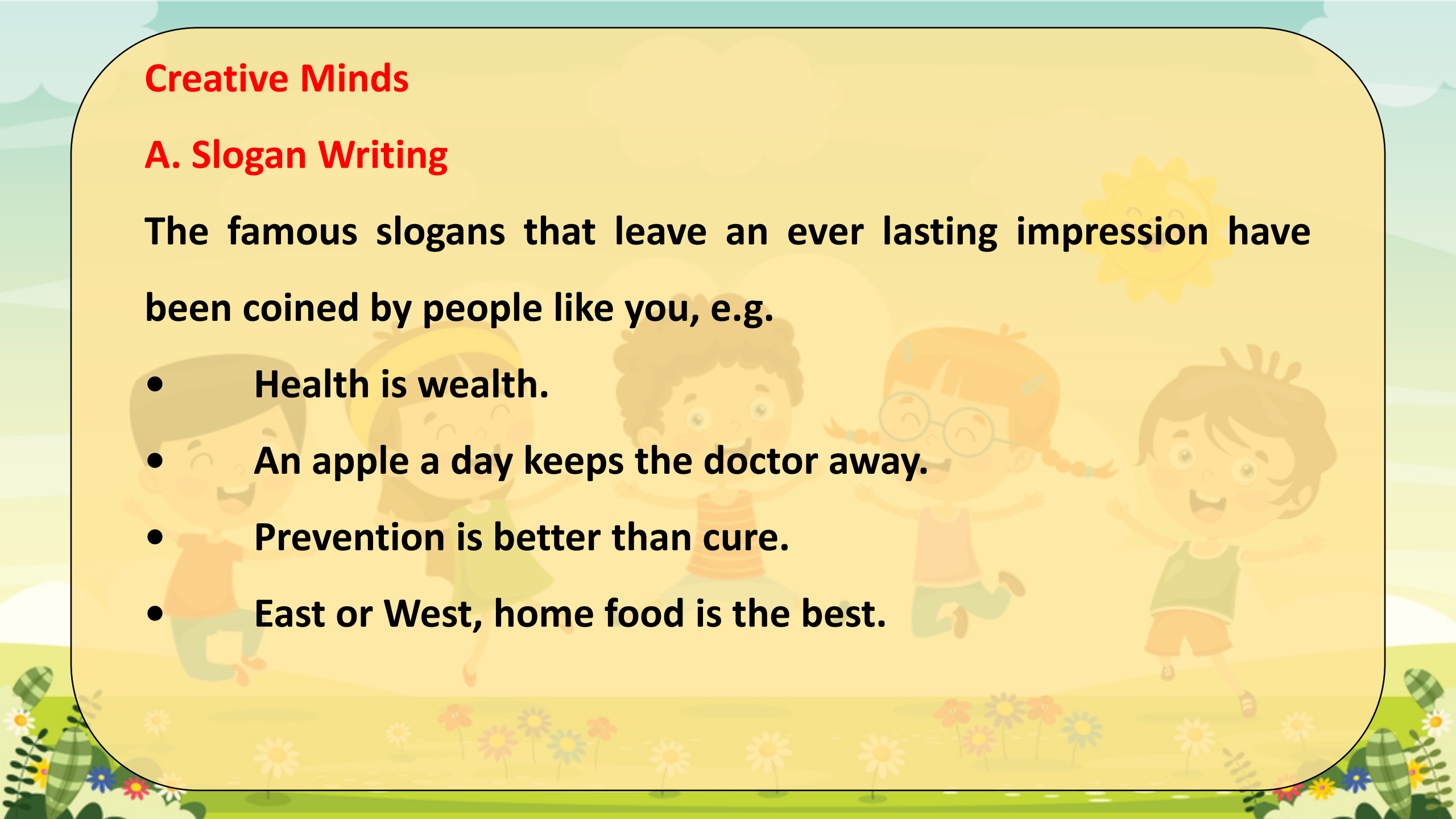


Creative Minds

A. Slogan Writing

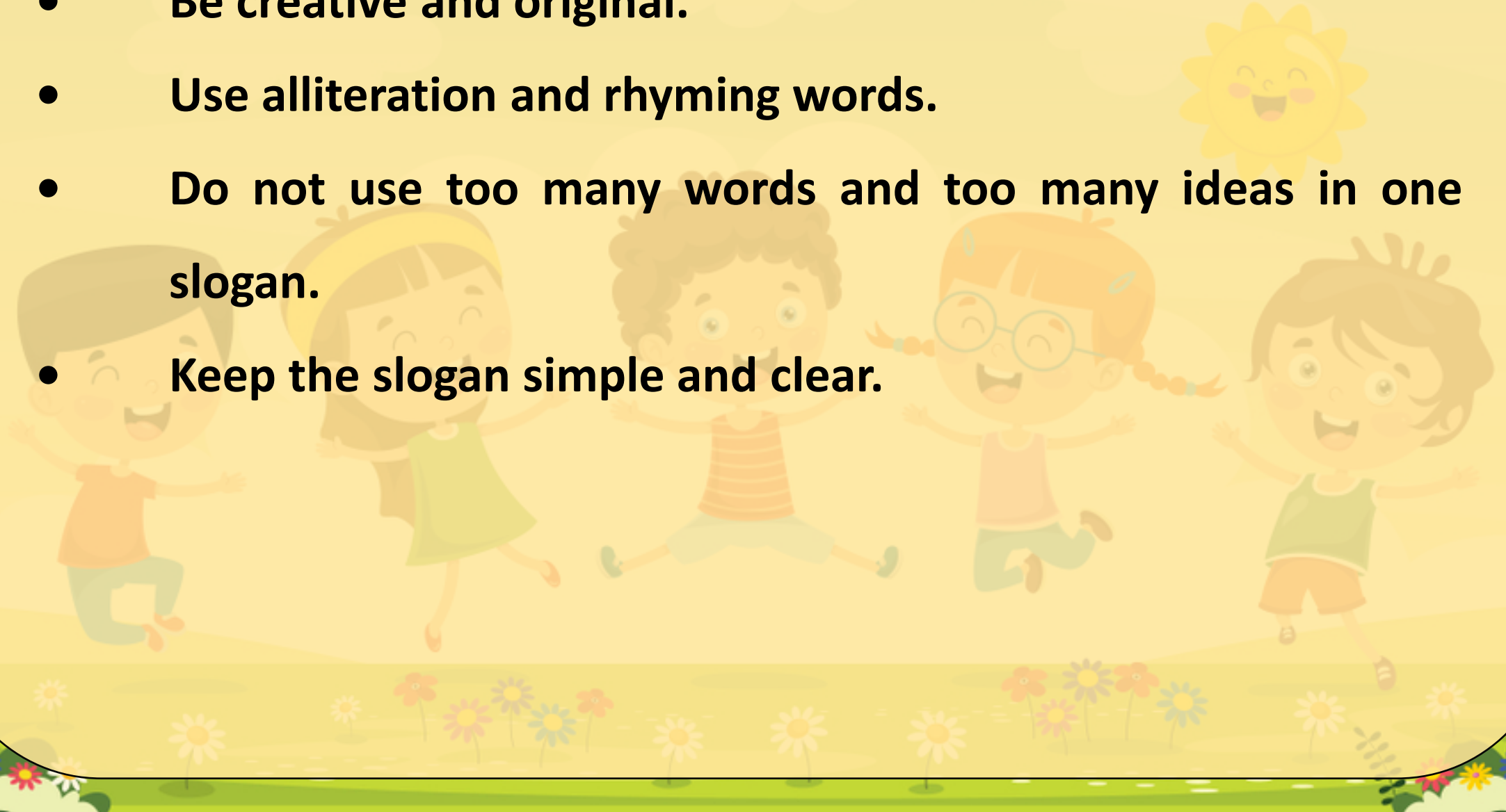
The famous slogans that leave an ever lasting impression have been coined by people like you, e.g.

- **Health is wealth.**
- **An apple a day keeps the doctor away.**
- **Prevention is better than cure.**
- **East or West, home food is the best.**



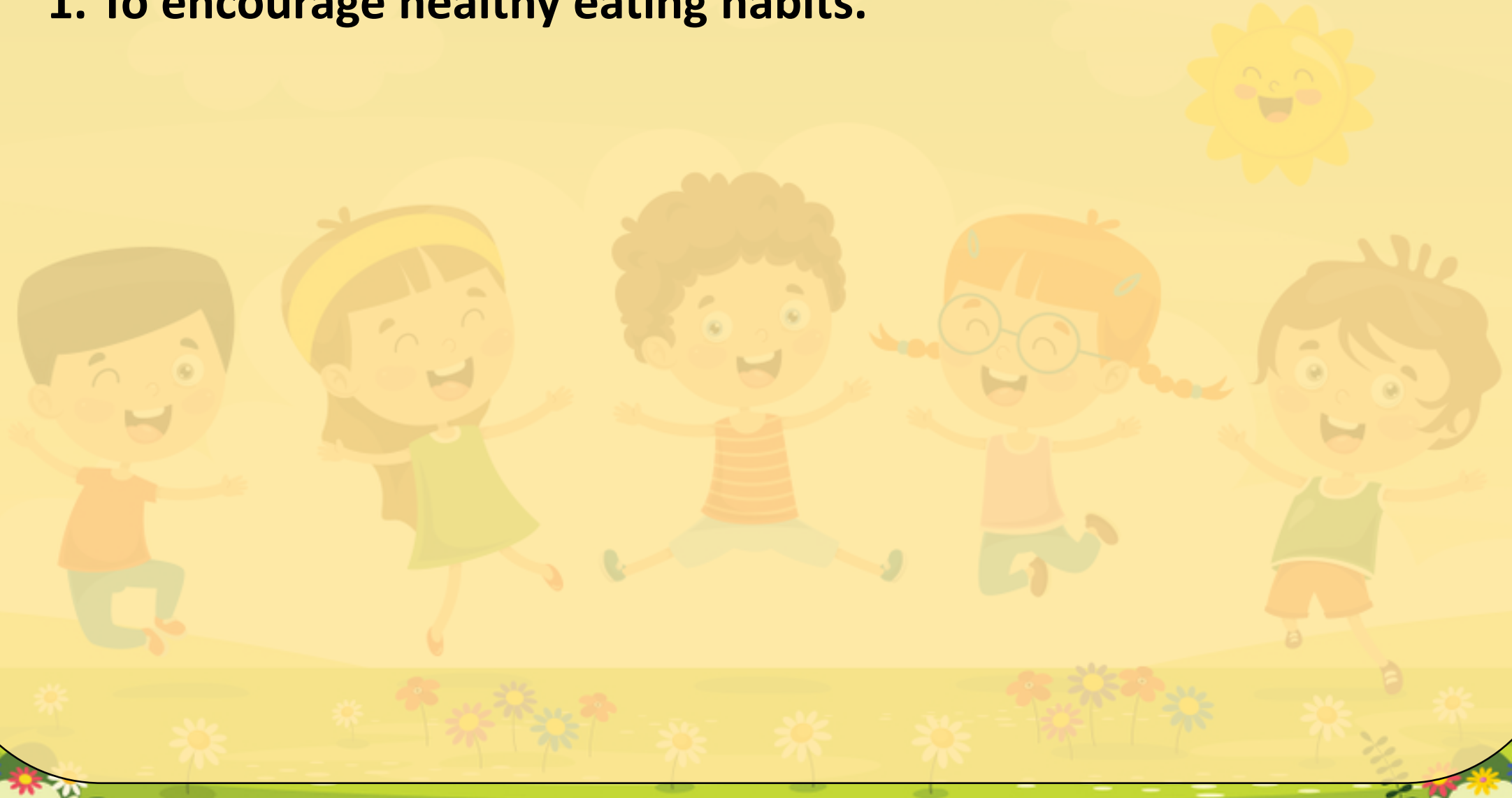
For writing catchy slogans:

- Be creative and original.
- Use alliteration and rhyming words.
- Do not use too many words and too many ideas in one slogan.
- Keep the slogan simple and clear.



Now, write the slogans with the following ideas :

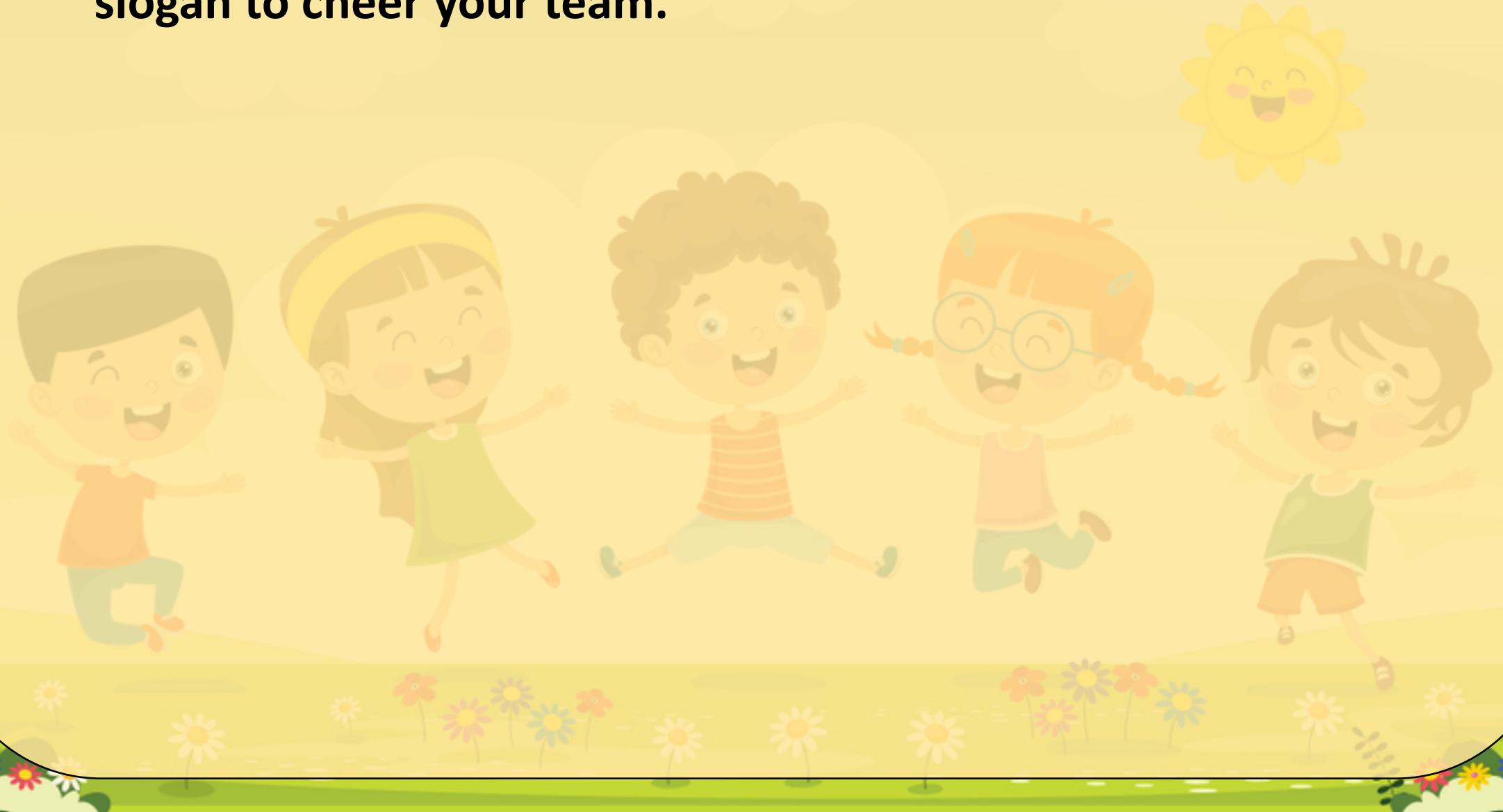
1. To encourage healthy eating habits.



2. To save wild life.



3. To encourage your friends in an inter-house cricket match. A slogan to cheer your team.



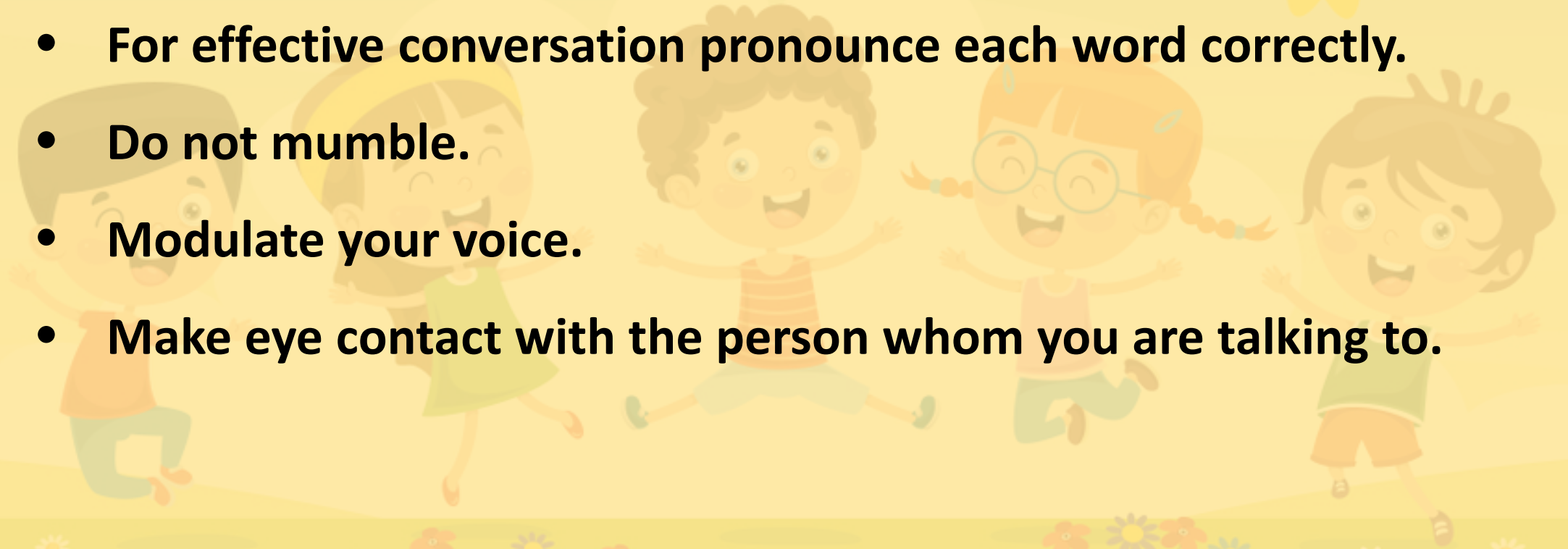
4. To save stray animals.



Learn to Converse and Communicate

Effective communication skills are necessary to convey your thoughts and ideas clearly and accurately.

- **For effective conversation pronounce each word correctly.**
- **Do not mumble.**
- **Modulate your voice.**
- **Make eye contact with the person whom you are talking to.**



- **Never be sarcastic.**
- **Don't try to judge any one.**
- **Never discuss people or the faults of others.**
- **To acquire good speaking skills have a warm smile and positive attitude.**

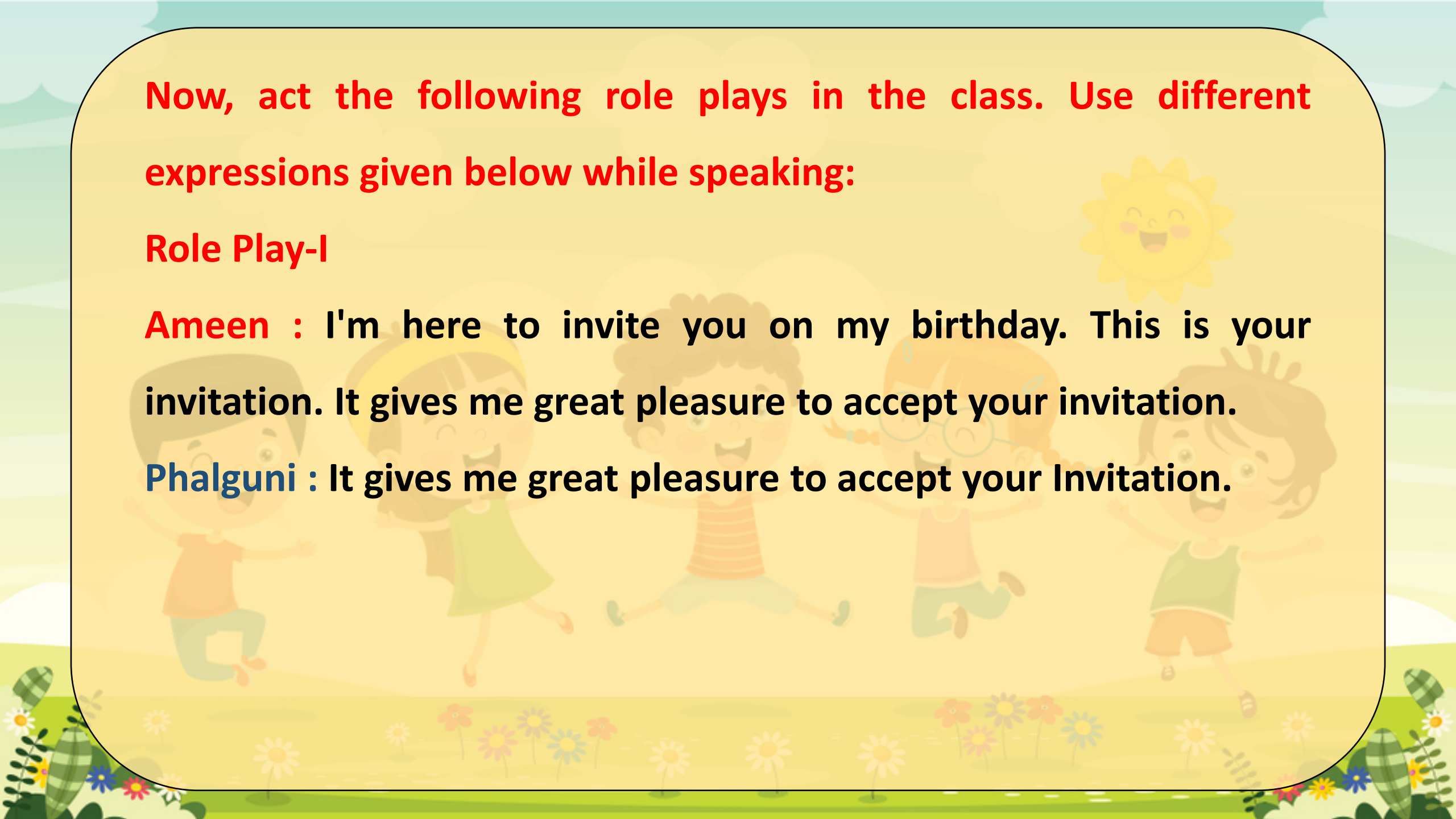


Now, act the following role plays in the class. Use different expressions given below while speaking:

Role Play-I

Ameen : I'm here to invite you on my birthday. This is your invitation. It gives me great pleasure to accept your invitation.

Phalguni : It gives me great pleasure to accept your Invitation.



Try these expressions:

- I would be glad to come.....
- I'd love to come.....
- I certainly will, thank you very much.....
- With great pleasure.....



Role Play-II

Atin : I have come to invite you for a dance party.

Ratik : Sorry, I won't be able to come as I am going out of station today.

Try these expressions:

- I'm afraid I won't be able to come.....
- I wish I could come but.....
- Sorry, I can't make it.....
- I wish I could come, but I can't because.....

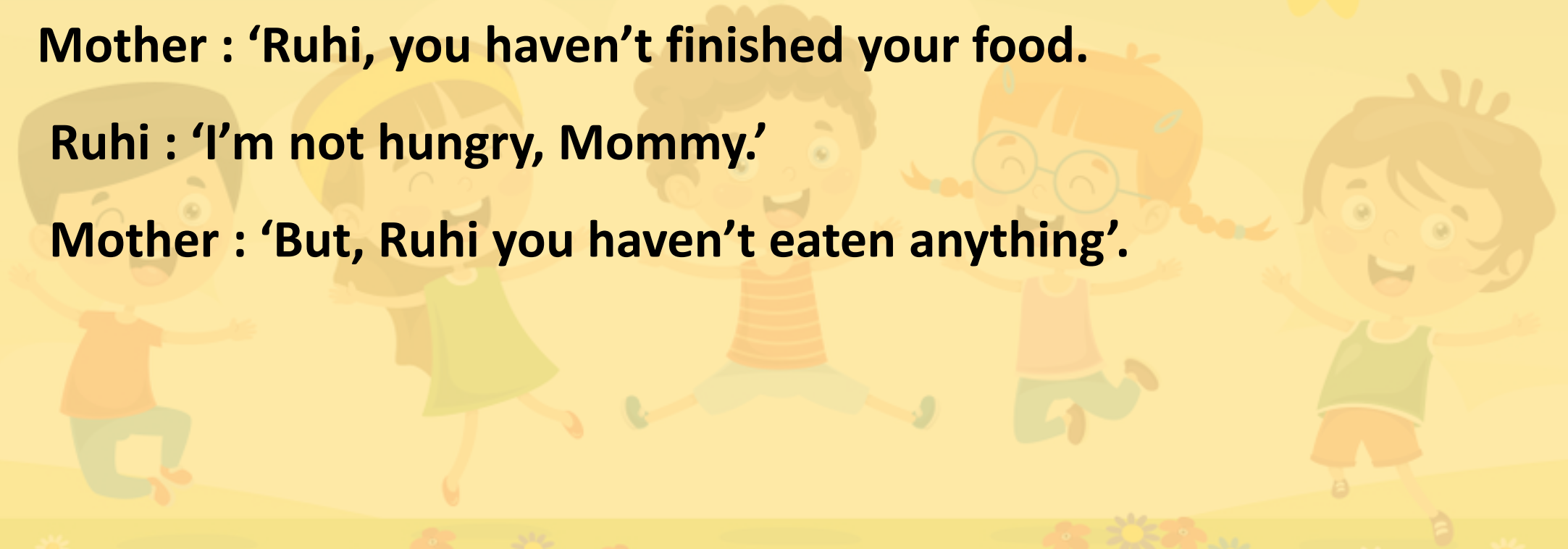
Life Skills

A. Read the dialogue which takes place between a mother and her daughter.

Mother : 'Ruhi, you haven't finished your food.'

Ruhi : 'I'm not hungry, Mommy.'

Mother : 'But, Ruhi you haven't eaten anything'.



Ruhi : ‘Of course, I have. I’ve had a cold drink, Mommy, I know what I need’.

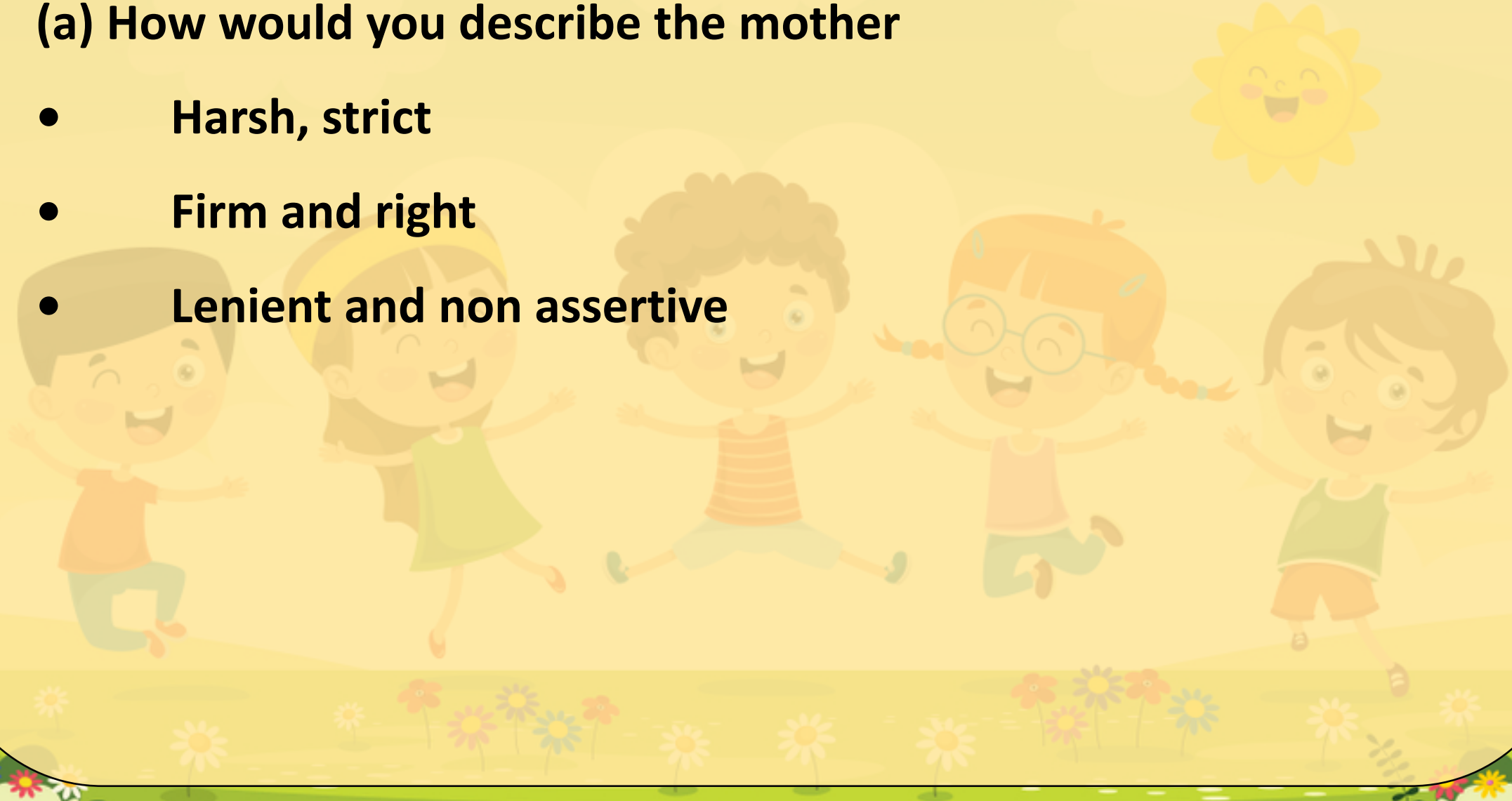
Mother : ‘You must understand what is good for your health. You should eat nutritious food.’



Now, answer these questions.

(a) How would you describe the mother

- **Harsh, strict**
- **Firm and right**
- **Lenient and non assertive**



(b) Ruhi is

- **right**
- **disobedient**
- **ignorant**



B. In groups of four, discuss

What is good for your health?

Write brief notes as you talk.

Give your notes a topic - 'Lets remain healthy and strong'.



C. Look at this table. Put a tick mark in the appropriate column

Yes

No

1. An apple a day keeps a doctor away.

| | |
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| | |
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2. You like rajmah and rice.

| | |
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3. Citrus fruits are orange, lemon, etc.

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| | |
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**4. Yellow fruits and vegetables are
good for you.**

| | |
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|--|--|

5. Are you a vegetarian?

| | |
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Yes

No

6. Mango is the king of fruits.

| | |
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| | |
|--|--|

7. Mustard leaves are called saag.

| | |
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8. Ginger grows on trees.

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9. Garlic is of red colour.

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10. Juice of the leaves of bitter gourd is
good for health.

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Read Recite and Rejoice

The vulture eats junk food between his meals,

And that's the reason why

He very, very rarely feels

As well as you or I.

His eye is dull, his head is bald,

His neck is growing thinner



**Oh, what a lesson for us all
To eat healthy food
Whether it's breakfast,
Lunch or dinner.**



Warm Up

Answer the following questions:

1. Name the person who is called as 'The Iron man of India'.



2. The poor school teacher died at a young age but his son became the Prime Minister of India.



3. What is your ambition in life?



4. Which is your favourite subject?



5. Do your parents tell you to switch off the TV or you do that yourself without being told to do so.



6. How many hours do you study everyday?



7. Have you ever tried to learn any musical instrument?



8. Can you ride a bicycle? Who taught you to do that?



THANK YOU

