

**LAKSHMIPAT SINGHANIA ACADEMY
OPEN BOOK PROJECT
SESSION: 2022 – 2023
TERM: 2**

CLASS – V

THEME: Eat Right India Movement

- All projects to be done in school according to the groups assigned.
- Instructions given by each subject teacher to be read carefully.
- Only research work required for the projects to be done at home.
- No written work to be done at home for the projects.
- Materials required for the projects to be brought by the group members.
- All group members must participate actively in the execution of the projects.
- Discipline must be maintained while working on the projects.

ENGLISH**CLASS: V****FULL MARKS: 20**

INSTRUCTIONS

- Use light coloured fabriano sheets.
 - Include suitable drawings/pictures to enhance your overall presentation.
 - Refer to the internet to gather information but the matter must be written in your own words.
 - All group members must be involved in the project.
-

LEARNING OBJECTIVES:

After the completion of the project students will be able to:

- know about the Eat Right India Movement
 - learn how to design a logo
 - know about the good and bad food practices
 - learn recipes for a healthy tiffin
 - learn how to make a pamphlet
 - augment their writing and imaginative skills
 - enhance their creative and artistic skills
-

THEME: Eat Right India Movement

The importance of 'eating right' cannot be denied. With the trend of eating packaged food increasing day by day, health experts are concerned about its adverse effect on our health. It is time to focus on including homemade nutritious food, fresh fruits and vegetables in our diet along with regular exercise.

Keeping this in mind, your school has started a club that aims to spread the awareness of eating right among the students.

WHAT YOU NEED TO DO:

The class will be divided into 5 groups. Each group will create a **booklet** that will be distributed among the students on behalf of the club. Find out about the Eat Right India Movement by using the given links:

<https://eatrightindia.gov.in/eatrightindia.jsp>

<https://fssai.gov.in/cms/eat-right-india.php>

Your booklet must include the following:

- Give a name and an attractive slogan for the club.
- Design a logo for your club.
- An introduction about the club – Why was it started and what is its aim? How will students benefit from joining this club?
- Dos and don'ts of eating right – good eating practices and food to avoid.
- Tiffin ideas from grandma's kitchen – Speak to your grandparents/elders in your family. Name any 2 tiffin items for children which are tasty as well as nutritious. Write the ingredients in these that make it healthy.
- Include suitable drawings/pictures to enhance your overall presentation.

Design an attractive pamphlet encouraging students to join the club. Mention relevant details including

- venue, days and timings
- activities of the club
- contact details

You may refer to the given link before designing the pamphlet:

<https://www.canva.com/flyers/templates/club/>

LEARNING OUTCOME:

At the end of the project students should be able to design a booklet and a pamphlet and understand the importance of a well balanced diet.

ENGLISH PROJECT RUBRIC

CATEGORY	4	3	2	1
CONTENT – Accuracy and research	All relevant details are included in the booklet and pamphlet and reflects exhaustive research work done on the topic.	The booklet and pamphlet contain almost all details with considerable amount of research work done on the topic.	The booklet and pamphlet does not include all relevant details and research work done on the topic is not exhaustive.	The booklet and pamphlet lack quite a few necessary details with little or no research work done on the topic.
STYLE OF WRITING – spelling, grammar, choice of words	The booklet and pamphlet are clearly written with no grammatical or spelling errors. Choice of words is accurate.	The booklet and pamphlet are clearly written with no grammatical or spelling errors. Choice of words could have been better.	The booklet and pamphlet present some grammatical or spelling errors. Choice of words is limited.	The booklet and pamphlet present many grammatical and spelling errors. Choice of words is extremely limited.
CREATIVITY AND ORIGINALITY	Displays great amount of creativity and originality. Name of the club, slogan and design of logo are unique and original.	Displays good amount of creativity and originality. Name of the club, slogan and design of logo are original.	Displays limited amount of creativity and originality. Name of the club, slogan and design of logo are original to some extent.	Displays lack of creativity and originality. Name of the club, slogan and design of logo are not original.
OVERALL PRESENTATION	The planning and execution of the layout, design and presentation of the project is excellent.	The planning and execution of the layout, design and presentation of the project is good.	The planning and execution of the layout, design and presentation of the project is well done, but has scope for improvement.	The planning and execution of the layout, design and presentation of the project is not done properly.
INDIVIDUAL CONTRIBUTION	Participated actively in the project. Exhibited good leadership qualities and helped members. Was an excellent team member.	Participated actively in the project. Followed the suggestions of the members. Was a good team member.	Participated in the project but not wholeheartedly. Had minor adjustment issues with the members. Was an average team member.	Little effort shown towards completion of the project. Disturbed the other team members and did not believe in teamwork.

TOPIC- सही खाओ आंदोलन

उद्देश्य (Objectives)

- कल्पनाशीलता का विकास
- रचनात्मकता का विकास
- भाषा शैली का विकास
- व्यावहारिक ज्ञान का विकास
- भाषिक क्षमता और वैचारिक क्षमता का विकास
- 'सही खाओ आंदोलन' से परिचय
- संतुलित भोजन के महत्व से परिचय
- भोजन निर्माण की विधि से परिचय
- नेतृत्व क्षमता का विकास



- 'ईट राइट इंडिया अभियान' भारत सरकार और भारतीय खाद्य सुरक्षा और मानक प्राधिकरण (एफएसएसआई) की एक पहल है, जो सभी भारतीयों के लिए सुरक्षित, स्वस्थ और टिकाऊ भोजन सुनिश्चित करने के लिए देश की खाद्य प्रणाली को बदलने के लिए है। भारत में सार्वजनिक स्वास्थ्य में सुधार लाने और जीवन शैली की बीमारियों से

लड़ने के लिए नकारात्मक पोषण संबंधी प्रवृत्तियों का मुकाबला करने के लिए, भारतीय खाद्य सुरक्षा एवं मानक प्राधिकरण (FSSAI) ने 10 जुलाई, 2018 को “सही खाओ आन्दोलन(The Eat Right Movement) अभियान का आरम्भ किया है। जिससे कि खाद्य उद्योग भोज्य पदार्थों पर लेबल लगाने से सम्बंधित (food labeling regulation) नियमों का पालन कड़ाई से किया जा सके। इस अभियान का उद्देश्य लोगों द्वारा नमक, चीनी एवं तेल की खपत को अगले तीन वर्षों में 30% घटाना है। इस अभियान के दो प्रमुख नारे हैं – “स्वस्थ खाओ” और “सुरक्षित खाओ”। अभियान से आशा की जा रही है कि लोग अपने स्वास्थ्य पर अधिक-से-अधिक ध्यान देंगे और सही भोजन करते हुए दीर्घायु को प्राप्त करेंगे। आज देश में मधुमेह, उच्च रक्तचाप, हृदय रोग, विटामिन एवं खनिज तत्वों की व्यापक कमी और भोजन-जनित रोगों के मामले लगातार बढ़ते ही जा रहे हैं। ऐसी दशा में आवश्यक है कि इन रोगों से बचाव के लिए निवारक उपाय लागू हों। सही खाओ भारत आन्दोलन इस दिशा में एक बड़ा कदम है क्योंकि इससे समाज में व्यवहारगत परिवर्तन संभव है।

➤ परियोजना कार्य से संबन्धित सामान्य निर्देश - (सामूहिक कार्य)

- ✓ परियोजना के लिए आवश्यकतानुसार A4 साइज पन्नों का इस्तेमाल करें।

भोजन का हमारे शरीर एवं स्वास्थ्य पर पड़ते प्रभाव से हम सब परिचित हैं। अतः उसे ध्यान में रखते हुए विद्यार्थी एक पत्रिका का निर्माण करेंगे।

पत्रिका में निम्नलिखित बिंदुओं का समावेश अवश्य हो –

- क) पत्रिका को एक उचित शीर्षक अथवा नाम दें।
- ख) संतुलित आहार पिरामिड का निर्माण करेंगे।
- ग) संतुलित आहार के फायदे लिखेंगे।
- घ) संतुलित आहार अपनाने पर आधारित नारा (स्लोगन) लिखेंगे।
- ङ) संतुलित आहार में से कुछ चीजों का इस्तेमाल करते हुए , किसी एक पौष्टिक भोजन का निर्माण करेंगे।
- च) उसमें इस्तेमाल होने वाली सामग्रियों को लिखेंगे।
- छ) भोजन बनाने की विधि को कक्षा में साझा करेंगे।
- ज) प्रस्तुति एवं भाषा पर विशेष ध्यान देंगे।

अधिगम प्रतिफल (LEARNING OUTCOME)

विद्यार्थी संतुलित आहार के महत्व से परिचित हुए। अपने जीवन में इसका प्रयोग करने में सक्षम हुए। 'सही खाओ आंदोलन' से परिचित हुए।

RUBRIC FOR CLASS 5 HINDI PROJECT(UT_3)

मानदंड	4	3	2	1
विषय-वस्तु का प्रभावी और सृजनात्मक वर्णन	विषय सामाग्री से जुड़े तथ्यों पर गहरा शोध और लेख में सटीक एवं विषयानुरूप वर्णन है।	एक या दो तथ्यात्मक त्रुटियों के अलावा अधिकांश तथ्य सही एवं विषयानुरूप हैं।	कुछ तथ्य विषयानुरूप हैं पर तीन से अधिक त्रुटियाँ पाई गई हैं।	प्रयुक्त लेखों में विषय सामाग्री स्पष्ट नहीं है।
कलात्मक क्षमता एवं चित्र संकलन	परियोजना के विषय की प्रभावी अभिव्यक्ति के लिए रंगों साज-सज्जा की सामग्री , तस्वीरों का अच्छा उपयोग।	परियोजना के विषय की प्रभावी अभिव्यक्ति के लिए रंगों साज-सज्जा की सामग्री , तस्वीरों का कुछ उपयोग।	परियोजना के विषय की प्रभावी अभिव्यक्ति के लिए रंगों साज-सज्जा की सामग्री , तस्वीरों का कम उपयोग।	परियोजना के विषय की प्रभावी अभिव्यक्ति के लिए रंगों साज-सज्जा की सामग्री , तस्वीरों का उपयोग नहीं किया गया ।
भाषा का प्रयोग	प्रस्तुतीकरण में वाक्य-विन्यास, वर्ण—विन्यास एवं विराम चिह्न संबंधी त्रुटियाँ न होना। सहज एवं	प्रस्तुतीकरण में वाक्य-विन्यास, वर्ण—विन्यास एवं विराम चिह्न संबंधी कुछ ही त्रुटियाँ का होना।	प्रस्तुतीकरण में वाक्य-विन्यास, वर्ण—विन्यास एवं विराम चिह्न संबंधी त्रुटियाँ के कारण भाषा की	प्रस्तुतीकरण में वाक्य-विन्यास, वर्ण—विन्यास एवं विराम चिह्न संबंधी त्रुटियाँ के कारण

	बोधगम्य भाषा का उपयुक्त प्रयोग।		उपयुक्तता का अभाव पाया जाना।	विषयानुसार भाषा का प्रयोग न हो पाना।
दिशा निर्देशों का पालन/ समयनिष्ठता	दिशा निर्देशों का कड़ाई से पालन एवं समयानुसार कार्य सम्पन्न होना ।	अधिकांश निर्देशों का पालन एवं समयानुसार कार्य सम्पन्न होना।	बहुत कम दिशा निर्देशों का पालन एवं अतिरिक्त समय देने के पश्चात कार्य सम्पन्न होना।	दिशा निर्देशों का पालन एवं समयानुसार कार्य सम्पन्न न हो पाना।
समग्र प्रस्तुति	परियोजना का समग्र प्रभाव रोचक और आकर्षक।	परियोजना का समग्र प्रभाव ध्यान आकर्षण के लिए पर्याप्त।	परियोजना की समग्र प्रस्तुति को आकर्षक बनाने के लिए कुछ ही प्रयास किया गया।	समग्र प्रस्तुति को रोचक बनाने के लिए विद्यार्थी ने किसी प्रकार का प्रयास नहीं किया।

LAKSHMIPAT SINGHANIA ACADEMY

UNIT TEST 3

OPEN BOOK PROJECT

2022-23

Theme: Eat Right India

Class: V

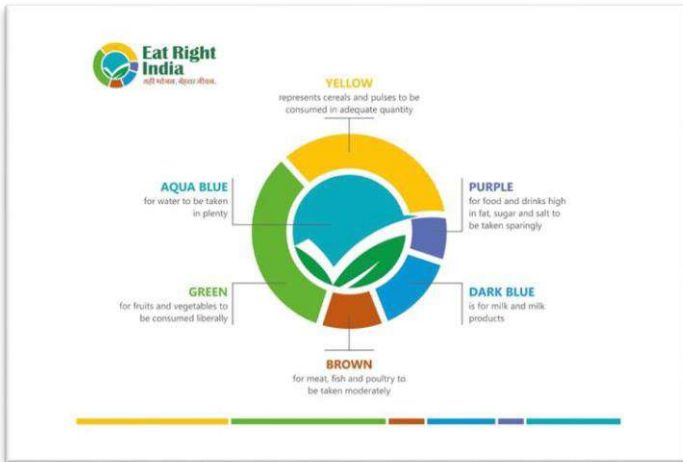
Total: 20 Marks

Subject: Bengali 2nd Language

পরিসংখ্যান কার্যের উদ্দেশ্য:

- সুস্বাদু খাদ্যভ্যাস ও পৌষ্টিক ভারতকে চেনা
- সৃজনশীলতার বিকাশ
- ভাষাশৈলীর বিকাশ
- ব্যবহারিক প্রয়োগক্ষমতার বৃদ্ধি
- ভাষার ব্যবহার ও বিচারশক্তির বিকাশ

“Eat Right India” আন্দোলন হল ভারত সরকার এবং ফুড স্ফোর্স অ্যান্ড স্ট্যান্ডার্ড অথরিটি অফ ইন্ডিয়া (FSSAI) এর একটি উদ্যোগ যাতে সমস্ত ভারতীয়দের জন্য নিরাপদ, স্বাস্থ্যকর এবং টেকসই খাদ্য নিশ্চিত করার জন্য দেশের খাদ্য ব্যবস্থাকে রূপান্তরিত করা যায়। দ্য ইট রাইট ইন্ডিয়া তিনটি মূল থিমের উপর ভিত্তি করে- নিরাপদ খান, স্বাস্থ্যকর খান এবং টেকসই খান। ইট রাইট ইন্ডিয়া লোগো একটি স্বাস্থ্যকর 'ভারতীয় থালি' (প্লেট) প্রতিনিধিত্ব করে যাতে সুস্বাস্থ্যের জন্য সঠিক পরিমাণে সমস্ত খাদ্য গোষ্ঠী সমন্বিত একটি সুস্বাদু এবং স্বাস্থ্যকর খাদ্য নিশ্চিত করা যায়। লোগোর প্রতিটি রঙ একটি খাদ্য গোষ্ঠী এবং এর সংশ্লিষ্ট পুষ্টির বিভাগকে প্রতিনিধিত্ব করে যা শরীরের জন্য প্রয়োজনীয়।
সঠিক আহার মানে কি?



স্বাস্থ্যকর ওজনে থাকার জন্য এবং শক্তির ভারসাম্য বজায় রাখার জন্য, আমরা যা খাই এবং পান করি তাতে ক্যালোরির ভারসাম্য এবং নড়াচড়া করার সময় আমরা যে ক্যালোরি পোড়াই তার মধ্যে ভারসাম্য বজায় রাখার জন্য সঠিক খাওয়া গুরুত্বপূর্ণ। একই পরিমাণ ENERGY IN (ক্যালরি খরচ) এবং ENERGY OUT। (ক্যালোরি পোড়া) সময়ের সাথে = ওজন একই থাকে।

ভারতে জনস্বাস্থ্যের উন্নতি করতে এবং লাইফস্টাইল রোগের বিরুদ্ধে লড়াই করার জন্য নেতিবাচক পুষ্টির প্রবণতা মোকাবেলা করতে, FSSAI 10ই জুলাই, 2018-এ 'দ্য ইট রাইট মুভমেন্ট' চালু করেছে।

এই সকল তথ্য মাথায় রেখেই বাংলা পরিযোজনা কাজকে দুটি পর্যায়ে ভাগ করা হয়েছে।

পুস্তিকার বিষয়বস্তু:

- উপযুক্ত সুস্বাদু আহারের তালিকা (Diet Chart)
- তালিকা থেকে তোমার পছন্দের দুটি খাদ্য বেছে নিয়ে সেই খাদ্যের রন্ধন প্রণালী প্রয়োজনীয় উপকরণ সহ লেখ।
- প্রাসঙ্গিক চিত্র(হাতে আঁকা বা প্রিন্টেড)
- উপযুক্ত প্রচ্ছদ (Cover) ও শিরোনাম (title)

উপস্থাপনা:

- যে দুটি খাদ্যের রন্ধন প্রণালী পুস্তিকায় লেখা হয়েছে তার খাদ্যগুণ (কেন তা সুস্বাদু খাদ্য) এবং কেন তুমি সেগুলিকে বেছে নিয়েছ তা নিজের ভাষায় বল।

কার্যের কাঙ্ক্ষিত ফলাফল:

পরিযোজনা কার্যের দ্বারা শিক্ষার্থীরা ভারতীয় খাদ্যাভ্যাস ও তাকে সঠিক পথে চালনা করার বিষয়ে সচেতন হবে। ভারতীয় জনজীবনের ঐতিহ্যকে সংরক্ষণ করার উপায় ও প্রয়োজনীয়তা সম্পর্কে অবহিত হবার পাশাপাশি ভারতীয় নাগরিকদের দায়িত্ব, কর্তব্যপালনের বিষয়ে আরও বেশি সচেতন হবে।

Evaluation Rubrics – V Bengali 2nd Language

Skills- দক্ষতা	Competency – যোগ্যতা			
	4	3	2	1
Content	সকল বিষয় সঠিক ভাবে লেখা হবে এবং প্রতিটি ক্ষেত্র আলাদা ভাবে প্রতিফলিত হবে	দুটি রন্ধন প্রণালীর উল্লেখ থাকলেও আহার তালিকায় সঙ্গতির অভাব	প্রয়োজনীয় বিষয়ের প্রতিটি ক্ষেত্রের উল্লেখ নেই	অসম্পূর্ণ কাজ (একটি রন্ধন প্রণালীর উল্লেখ)
Research	আহারের খাদ্যগুনের স্পষ্ট উল্লেখ	রন্ধন উপযোগী দ্রব্যাদির অসম উল্লেখ	রন্ধন উপযোগী দ্রব্যাদির অনুপস্থিতি	ভুল খাদ্য বেছে নেওয়া
Creativity	বিষয়বস্তুর সাথে সমতা বজায় রেখে মৌলিক চিন্তাশীলতা	বিষয়বস্তুর সাথে সমতা বজায় থাকলেও মৌলিকতার অভাব	বিষয়বস্তু ও নামকরণে সমতার অভাব	নামকরণের অনুপস্থিতি
Art Integration	পরিচ্ছন্ন হস্তলিখন ও উপযুক্ত প্রচ্ছদ ভাবনা	উপযুক্ত প্রচ্ছদ ও ছবির অপ্রতুলতা	উপযুক্ত প্রচ্ছদের অভাব	প্রচ্ছদের অনুপস্থিতি
Overall Presentation	সুন্দর, পরিচ্ছন্ন উপস্থাপনা ও স্পষ্ট বাচন	সুন্দর, পরিচ্ছন্ন উপস্থাপনা, বাচনে আত্মবিশ্বাসের অভাব	কার্যে পরিচ্ছন্নতার অভাব	বানান ভুলের বাহুল্য

LAKSHMIPAT SINGHANIA ACADEMY
MATHEMATICS
UNIT TEST 3 – OPEN BOOK PROJECT

Class – V

F.M. 20

Eat Right India Movement

Through this project, students will be able to:

- learn more about safe, healthy and sustainable food
- revise and apply the concepts of Multiples and Factors, HCF and LCM, Fractions
- apply their creativity and imagination to complete the culinary art work.
- develop critical thinking, problem-solving and collaborative skills

Eat right stay fit make India Super hit

As per the Food Safety and Standards Act, FSSAI is the body that is expected to ensure the availability of safe and wholesome food for the people in India. Thus, the Eat Right India movement is a large-scale effort to transform the country's food system into safer and healthier eating habits.

Eat Right India's vision is about creating a culture of safe, healthy and sustainable food for all. Making Indian food Trans fat free by 2022 .It aims to cut down salt/sugar and oil consumption by a fraction in three years. We know Fruits are one of the key components in any balanced diet as they are rich in fiber, vitamins, minerals, and antioxidants. Fruits bring multiple health benefits including protection against some forms of diseases, reducing blood pressure and cholesterol, maintaining healthy body weight, etc.



A. Let us be a part of this Eat Right India Movement by preparing healthy Sangria (a fruit- based drink) following the recipe given below:

$\frac{1}{2}$ of $\frac{1}{4}$ of orange slices

$\frac{3}{4}$ of $\frac{1}{2}$ lemon, slices

$\frac{5}{4}$ of $\frac{1}{2}$ of a green apple slices

$\frac{1}{4}$ of $\frac{1}{2}$ of a red apple slices

$1\frac{1}{2}$ cup of cranberry juice

$1\frac{3}{4}$ cups fresh orange juice

$\frac{1}{4}$ cup freshly squeezed lemon juice

Enjoy this refreshing drink.

B. Let us make the Eat Right India Logo that represents a healthy 'Indian thali' (plate). It shows the division of a balanced diet in terms of quantity and food groups. The six colours also signify the six tastes as per Ayurveda that is necessary for energetic effects on the mind and body as suggested in Charaka Samhita. Take a paper plate (if available) or cut a paper in a circle like a plate.

Use the clues given below to find the amount of the food groups needed.

Write the quantity of each food item.

The distribution of food groups as per the logo is as follows:

- Yellow represents pulses and cereals. The quantity in grams is the LCM of 72 and 96.
- Green is for fruits and vegetables. The quantity in grams is the HCF of 1935 and 2150.
- Brown represent poultry, fish and meat. The quantity is $\frac{1}{6}$ of 180 grams.
- The blue part is for milk and milk products. The quantity is the quotient of $1000 \div 236$ in ml
- Purple is for food and drinks high in fat or sugar. The quantity is the value of $\frac{5}{10}$ of 100 ml.

You may take ideas from the sites given below:

<https://no2arakkonam.kvs.ac.in/eat-right-creativity-challenge-fssai-poster-making>

<https://eatrightindia.gov.in/the-logo.jsp>

LEARNING OUTCOME:

At the end of the project, students should be able to solve some mathematical clues, develop problem solving skill and revise the concepts of Multiples and Factors and Fractions and will be able to know about the safe and wholesome food for the people in India.

MATHEMATICS PROJECT GRADING RUBRICS

	4	3	2	1
Maths Content	Demonstrates a clear knowledge and application of maths skills.	Demonstrates a general knowledge and application of maths skills.	Demonstrates limited knowledge and application of maths skills.	Demonstrates no knowledge and application of maths skills.
Problem Solving (Sangria)	Very good capacity of problem solving. Is able to calculate the fractions without any help.	Acceptable capacity of problem solving. Is able to calculate the fractions with little help.	Limited capacity of problem solving. Is able to calculate the fractions with teacher's intervention.	Poor problem-solving capacity. Is not able to calculate the fractions even with teacher's intervention.
Art Integration (Logo)	The concept in the submission is exceptionally creative and well-integrated with art.	The concept in the submission is creative and well-integrated with art.	The concept in the submission shows little creativity and integration with art.	The concept in the submission lacks creativity and integration with art.
Communication and Team Work	Very fluid, adequate and orderly communication in the group. No teacher intervention is required.	Adequate and orderly communication in the group. Little intervention from the teacher is required.	Limited communication in the group. Some teacher's intervention is required.	Poor communication in the group. Teacher has to intervene in many occasions.
Individual Participation and Involvement	Very good participation in the project. Helps teammates and provides ideas.	Adequate participation in the project. Helps teammates and provides ideas.	Little participation and involvement in the project.	Lack of participation and involvement in the project.

SUBJECT: EVS**Class: V****FULL MARKS: 20****THEME: EAT RIGHT INDIA MOVEMENT**

Eat Right India is an awareness campaign through which we aim to motivate people of the country – be it the urban population or rural, to eat in the right. With the agenda of ‘Sahi Bhojan, Behatar Jeevan’, the campaign aims to make individuals, food producers and marketers aware about the most basic thing that is eating and serving healthy food. It is also an initiative to reduce the country’s disease burden. This large-scale effort has been started by The Food Safety and Standards Authority of India (FSSAI) in 2018.

LEARNING OBJECTIVES

Students will be able to:

- Know and learn what is ‘Eat Right India’ movement and the intention behind the ‘Eat Right’ objective.
- Research about the harmful ingredients and its health hazards.
- Experiential learning: How to make a diagrammatic representation of the above
- Collaborative learning: Presenting their research-based work and explaining the same to the entire class.
- Integrating art with environmental science through Logo- designing.
- Appreciate how the government is trying to improve the food standard in India through a recognized body FSSAI.
- Integrate the social reformation of our country and environmental science through this project.

Your group has been assigned to carry out the above campaign in your own school. With the above information and a little research work on your own, do the following as directed:

Q1. Collect **one** wrapper/carton each of the given 5 items –

- a. Noodles (eg. Maggi/ Top Ramen/ Chings)
- b. Soft drink (eg. Coke/ Thums Up/ Sprite/Mirinda)
- c. **Potato Chips** (Lays/ Uncle Chips/ Bingo)
- d. Frozen Desserts (Kwality Walls/Cream Bell/Vadilal/Metro)
- e. Packaged food (Crackers/ Frozen Veggie Burgers/ Pasta/ Nuts & Nut Butter/ Canned Beans)

On a chart paper, Stick the above wrappers/ cartons. Write down the harmful ingredients/ substances present in each of the food items.

Q2. Mention the harmful effects of these substances in the human body.

Q3. Present your plan of campaign to the class, explaining the importance of having healthy food.

Q4. Give a suitable title for your presentation.

Q5. Design your own logo of the 'Eat Right LSA' movement. Stick it in the chart paper.

Note:

- Project has to be done in a group.
- Presentation to be done by the members of the group.
- Designing a logo for your campaign.

LEARNING OUTCOME

At the end of the project, students:

- Will know and learn what is 'Eat Right India' movement and the intention behind the 'Eat Right' objective.
- Will be able to research about the harmful ingredients and its health hazards.
- Will have an experiential learning: How to make a diagrammatic representation of the above
- Will be able to integrating art with environmental science through Logo - designing.
- Will learn to appreciate how the government is trying to improve the food standard in India through a recognized body FSSAI.
- Integrate the social reformation of our country and environmental science through this project.
- Will strengthen their enacting skills through role play.

NAME: _____

Sec: _____

V/ EVS/ 2022-2023

Some internet sites for reference:

<https://www.idiva.com/health-wellness/diet-detox/the-four-harmful-ingredients-in-packaged-foods-that-are-killing-you/15061831>

<https://www.healthline.com/nutrition/food-toxins-that-are-concerning>

<https://www.parentune.com/parent-blog/7-harmful-ingredients-in-packaged-foods/580>

<https://www.eatthis.com/chemicals-in-soda/>

<https://www.omicsonline.org/open-access/harmful-effects-of-soft-drinks-on-human-health-117278.html>

<https://www.thehealthsite.com/fitness/diet/what-makes-instant-noodles-so-bad-770692/#:~:text=They%20contain%20Harmful%20Preservatives,can%20cause%20severe%20health%20issues.>

<https://food.ndtv.com/food-drinks/the-dark-side-of-instant-noodles-what-makes-them-harmful-766902>

<https://fitelo.co/ice-cream-benefits/>

<https://www.webmd.c>

CLASS 5 EVS – RUBRIC – OPEN BOOK PROJECT (UT3)

	4	3	2	1
Content - Accuracy and understanding of the theme	Demonstrates a clear understanding of the theme. The content is concise and accurate.	Demonstrates an adequate understanding of the theme. The content is adequately concise and accurate.	Demonstrates limited understanding of the theme. The content is somewhat accurate.	Demonstrates no understanding of the theme. The content lacks accuracy.
Creativity and Originality - Art integration	The submission reflects originality and is exceptionally creative and well-integrated with Art.	The submission reflects originality to some extent and is adequately creative and integrated with Art.	The submission is somewhat creative and displays little integration with Art. Shows little originality.	The submission lacks creativity and integration with Art. Originality is lacking.
Research Work – Use of technology and media (links provided)	Accessed suggested media and employed technology exceptionally for research work.	Accessed suggested media and employed technology adequately for research work.	Suggested media was somewhat accessed. Research work was inadequate.	Suggested media was not accessed at all. Research work is lacking.
Guidelines followed - Collaboration and Individual Contribution	Guidelines have been strictly followed. Every member has contributed effectively. The group displayed	Most of the instructions have been followed. Most of the members have contributed	Followed very few guidelines. Very few members have contributed. The group	Guidelines have not been followed. Only one or two members contributed.

	excellent collaboration.	effectively. The group displayed good collaboration.	displayed inadequate collaboration.	There was lack of collaboration.
Overall Presentation – Layout of the project and oral presentation	<p>Presentation includes relevant pictures/drawings to support the content.</p> <p>The presentation is exceptionally attractive and appealing in terms of design, layout and neatness. Oral presentation was exceptionally good.</p>	<p>Graphics used in the presentation support the content to some extent. The presentation is quite attractive in terms of design, layout and neatness. Oral presentation was good.</p>	<p>Graphics are somewhat related to the content. Some attempt has been made to make the presentation somewhat attractive. Oral presentation was somewhat good.</p>	<p>Graphics are not related to the content at all. Little or no effort has been made to make the presentation attractive. Oral presentation was inadequate.</p>

SSC

Class: V

Full Marks: 20

INSTRUCTIONS

- Use white / light coloured chart to present your project.
- Please bring your own colour pencils / markers and other stationery items
- Bring table cloth, paper napkins, paper plates, cutlery or other utensils required for the table layout.
- Write in your own words.
- Make sure your project is neat and appealing.

LEARNING OBJECTIVES:

After the completion of the project students will be able to:

- know about the Eat Right India movement
- know about the significance of the 6 colours of Eat Right India
- significance of eating right
- know about the nutritional guidelines listed under this movement
- know about the traditional food of different states

THEME: Eat Right India Movement

In the preamble to the Food Safety and Standards Act, 2006, the Food Safety and Standards Authority of India (FSSAI) is expected to ensure availability of safe and wholesome food for the people in India. Therefore, FSSAI has embarked on a large-scale effort to transform the country's food system in order to ensure safe, healthy and sustainable food for all Indians through the '**Eat Right India**' movement. The tagline '**Sahi Bhojan. Behtar Jeevan**', thus, forms the foundation of this movement. This movement aims to bring people from all walks of life together in a Jan Andolan towards a healthier, happier India.

WHAT YOU NEED TO DO:

Imagine yourself to be the brand ambassadors of this movement. Promote this movement by creating a **collage** and a **traditional healthy thali** based on the Eat

Right India movement. Work on the allotted states as per the guidelines for eating right given by FSSAI under the Eat Right India Movement.

Your collage must include the following:

- theme of Eat Right Movement
- logo of the movement (draw and label)
- significance of the 6 colours of Eat Right India (**included in the thali of your state**)
- significance of eating right
- state 5 nutritional guidelines listed under this movement
- Mark the state in the political map of India
- Names of the top 10 countries of the world lying emphasis on having healthy food

Following to be kept in mind for Traditional Healthy Thali and oral presentation:

- Food and beverage(s) of the allotted state (traditional and healthy)
- Table lay out – traditional, neat and creative
- Menu of the thali presentation (should include the name of the food/beverage item and nutritional value for each. The beverage may be prepared in the class.)
- Students **may** dress up as per the traditional state costume for the oral presentation
- For oral presentation they will speak on their state menu and the traditional and health significance of each.

Group Division:

Group 1- Gujarat

Group 2 – Rajasthan

Group 3 – Punjab

Group 4 – Kerala

Group 5 – Tamil Nadu

Name: _____ sec: _____ Roll No: _____ V/Unit Test 3/SSC/2022-23

You may use these links for research:

- https://fssai.gov.in/upload/uploadfiles/files/Eat_Right_July_Initiative_02_09_2020.pdf
- <https://eatrightindia.gov.in/eatrightindia.jsp>
- <https://youtu.be/iuMBZ99BJ5g>
- <https://eatrightindia.gov.in/the-logo.jsp>

LAKSHMIPAT SINGHANIA ACADEMY

RUBRICS FOR SSC 5 OPEN BOOK PROJECT

	5	4	3	2	1
Content	<p>theme of Eat Right Movement logo of the movement (draw and label) significance of the 6 colours of Eat Right India significance of eating right state 5 nutritional guidelines listed under this movement 5 states and their traditional healthy food items and the health benefits</p> <p>(all the above points are mentioned)</p>	<p>theme of Eat Right Movement logo of the movement (draw and label) significance of the 6 colours of Eat Right India significance of eating right state 5 nutritional guidelines listed under this movement 5 states and their traditional healthy food items and the health benefits</p> <p>(all the above points are mentioned but not given required details for each)</p>	<p>theme of Eat Right Movement logo of the movement (draw and label) significance of the 6 colours of Eat Right India significance of eating right state 5 nutritional guidelines listed under this movement 5 states and their traditional healthy food items and the health benefits</p> <p>(some points from above are missing)</p>	<p>theme of Eat Right Movement logo of the movement (draw and label) significance of the 6 colours of Eat Right India significance of eating right state 5 nutritional guidelines listed under this movement 5 states and their traditional healthy food items and the health benefits</p> <p>(most of the points from above are missing)</p>	<p>theme of Eat Right Movement logo of the movement (draw and label) significance of the 6 colours of Eat Right India significance of eating right state 5 nutritional guidelines listed under this movement 5 states and their traditional healthy food items and the health benefits</p> <p>(Have given a sketchy overview)</p>
Creativity	<p>The project was creatively done by thinking out of the box. Has a unique layout and presentation.</p>	<p>The project was fairly creatively done by thinking out of the box. Has a fairly unique layout and presentation.</p>	<p>The project was somewhat creatively done.</p>	<p>Has tried to think out of the box to present the project but the layout is not well organized.</p>	<p>Has not thought out of the box to present the project. Just listed information as</p>

					taken form the net.
Overall Presentation and Neatness	The subject matter content is informative, well presented and creative in terms of – map, work/diagrams , layout and neatness. Very neat and organized.	The subject matter content is quite informative, fairly well presented and creative in terms of –map, work/diagrams, layout and neatness. Very neat and organized.	The subject matter content is somewhat organized and neat.	The presentation is neither very neat nor systematic.	The subject matter content is not at all presented well or informative in terms of - work/diagram s, layout and neatness.
Collaboration and co-ordination	All the members worked as a team and were open to each other’s suggestions. Worked in harmony in the execution of the project.	Almost all the members worked as a team and were open to each other’s suggestions. Worked in harmony in the execution of the project.	Some of the members did not work as a team and had fight over differences of opinion. Struggles to worked in harmony for the execution of the project.	Most of the members could not work as a team and were not open to each other’s suggestions.	All the members did not work as a team and were reluctant to accept each other’s suggestions. Did not work in harmony in the execution of the project.

LakshmiPat Singhania Academy
Unit Test III -2022-23
Open Book Project
Subject: Computer Education

Class: V

Full Marks: 10

Learning objectives:-

To develop ICT skill of students by using the application
To develop critical thinking skill while calculating calories for each day.
To understand the importance of Eat Right India

Learning Outcome:

Students would be able to -

- Understand the importance of Eat Right India Movement
- Importance of healthy nutrients.
- Importance to follow diet chart.

Eat Right India Movement

“Eat Right, Stay Fit, Tabhi India Super Fit”, Dr Harsh Vardhan said this as he launched the Eat Right India Movement of FSSAI, the new healthy eating approach which places citizens at the centre of a Health Revolution through food and fitness. The campaign 'Eat Right India' with its new logo and tagline is '**Sahi Bhojan**

Create a customizable diet meal planner for yourself by following the workflow given below

1. Click the link given below
<https://www.eatthismuch.com/>
2. Select your preference from the options given below.



Ready to give it a shot? Let us know your diet.

Paleo

Vegetarian

Vegan

Ketogenic

Mediterranean

I want to eat Calories Not sure?

in meals ▼

Generate

3. Select not sure button if you do not know your calories intake and fill up the details to calculate your required calories for a day.

Nutrition calculator ✕

This calculator uses a standard BMR equation (the Mifflin-St Jeor formula) to estimate your Calorie needs. We also make some rough macronutrient suggestions, but you're free to completely customize these values when you create a free account.

Keep in mind that this is a general estimate. For best results, consult your healthcare provider.

Current diet type	anything		
I want to	① <input type="button" value="Lose weight"/>	<input type="button" value="Maintain"/>	<input type="button" value="Build muscle"/>
Preferred units	<input checked="" type="button" value="U.S. Standard"/>		<input type="button" value="Metric"/>
I am	<input type="button" value="Male"/>		<input type="button" value="Female"/>
Height	<input type="text" value=""/>	ft	<input type="text" value=""/>
Weight	<input type="text" value=""/>		
Age	<input type="text" value=""/>		
Bodyfat	① <input type="button" value="Low"/>	<input type="button" value="Medium"/>	<input type="button" value="High"/>
	under 14%	14% to 22%	above 22%
Activity level	① <input style="width: 100%;" type="text" value="Sedentary"/>		
Set a weight goal?	<input checked="" type="button" value="No thanks"/>		<input type="button" value="Yeah let's do it!"/>

📊 Calculate

4. Now go back to previous page and you can put required calories and select number of meals as well. After that select generate button and you will be able to see you diet plan for a day in order to achieve the required calorie.
5. You will be able to see your diet plan as given below. You can regenerate if you do not like the food generated by system. Eg. You may have both vegetarian dishes according to your preferences.



Submission process:-

1. Both partner need to prepare their diet plan using the process mentioned above.
2. Create a MS Word document and give a proper heading for your project
3. Mention your name and roll no in the document.
4. Paste the screenshot of your diet plan for all four meals.
5. Paste the screenshot of pie chart of your calorie distribution.
6. Point 3 to 5 will be repeated for the other partner.
7. Save your document as RollNo1RollNO2_CE_dietplanner. Please note both the partners need to submit a single Word file after completion of your project.

Rubric for Assessment:-

Criteria	2.5	1.5	1
<i>Appropriate use of ICT Skill</i>	Presentation of stepwise working reflects the maximum use of suggested tools to get the desired output	Presentation of stepwise working reflects the use of some suggested tools to show acceptable understanding	Presentation of stepwise working hardly reflects any use of suggested tools to get the desired output
Covered all steps to add components	Completed the full process in order to complete the task	Completed the full process in order to complete the task	A few required components given
<i>Collaboration</i>	Effectively encourages and Supports the efforts of the group as a whole.	Usually encourages and supports the efforts of the group as a whole	Let's others do the work and rarely supports the efforts of the group as a whole.
<i>Art Integration</i>	Expresses artistic idea with a Maximum amount of details	Expresses artistic idea with some amount of details	Lacks artistic idea and has few details.

Name: _____ Sec: ____/Roll No. ____ V3RD Lang./ Hindi /2022-23

LAKSHMIPAT SINGHANIA ACADEMY
OPEN BOOK PROJECT (UNIT TEST-3)
2022-23

Class-V
Subject- Hindi 3rd Language

F.M.10

TOPIC- EAT RIGHT INDIA(ईट राइट इंडिया)

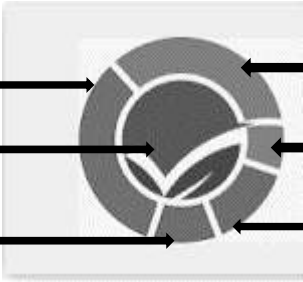
LEARNING OBJECTIVES

Upon completion of the project, students would be able to:

- Apply their knowledge of Hindi Varnmala and matras to a given task
- Enhance and strengthen their knowledge about the “EAT RIGHT INDIA”
- Build individual research capacity

EAT RIGHT INDIA (ईट राइट इंडिया)

Dear students, To improve public health in India and combat negative nutritional trends to fight lifestyle diseases, FSSAI launched 'The Eat Right Movement' on 10th July, 2018. to transform the country's food system in order to ensure safe, healthy and sustainable food for all Indians.

टैग लाइन (TAG LINE)	'सही भोजन. बेहतर जीवन'
प्रतीक चिन्ह (LOGO)	 <p>हरा → पीला नीला → बैंगनी लाल → नीला</p>

सामूहिक परियोजना कार्य

पोस्टर निर्माण

परियोजना कार्य से जुड़े आवश्यक निर्देश-

1)विद्यार्थी दी गई जानकारियों के आधार पर एक पोस्टर का निर्माण करेंगे।

पोस्टर में निम्नलिखित बिंदुओं का समावेश होगा।--

- 1)एक चार्ट पेपर पर 'ईट राइट इंडिया' का लोगो(LOGO) बनाकर उसमें सही रंगों को भरें और इसके लक्ष्य (TAG LINE) को लिखें।
- 2) चार्ट पेपर पर दो स्वास्थ्यवर्धक फलों व दो सब्जियों के नाम लिखें व उनका चित्र बनाएँ।
- 3) सब्जियों और फलों का प्रयोग करके पौष्टिक चाट का निर्माण करें व उसके बारे में जानकारी दें।

LEARNING OUTCOMES:

इस परियोजना कार्य को करने के पश्चात् बच्चे 'ईट राइट इंडिया' अभियान से परिचित होंगे।उनमें सामूहिक कार्यकौशल का विकास होगा। वे स्वस्थ भोजन के महत्व को जानेंगे। वे हिन्दी वर्णमाला व मात्राओं के उचित प्रयोग के बारे में जानेंगे तथा उनमें भाषिक क्षमता और वैचारिक क्षमता का भी विकास होगा।

RUBRIC FOR CLASS 5 3rd LANGUAGE HINDI PROJECT

मानदंड	2.5	2	1.5	1
विषय-वस्तु	विषय सामाग्री से जुड़े तथ्यों का विषयानुरूप वर्णन है।	एक या दो तथ्यात्मक त्रुटियों के अलावा अधिकांश तथ्य सही एवं विषयानुरूप है।	कुछ तथ्य विषयानुरूप है पर तीन से अधिक त्रुटियाँ पाई गई हैं।	प्रयुक्त तथ्यों में विषय सामाग्री स्पष्ट नहीं है।
कलात्मक क्षमता	परियोजना के विषय की प्रभावी रूप से प्रस्तुत करने के लिए चित्रकला व पाक शास्त्र कला का अच्छा उपयोग।	परियोजना के विषय की प्रभावी रूप से प्रस्तुत करने के लिए चित्रकला व पाक शास्त्र कला का कुछ उपयोग।	परियोजना के विषय की प्रभावी रूप से प्रस्तुत करने के लिए चित्रकला व पाक शास्त्र कला का कम उपयोग।	परियोजना के विषय की परियोजना के विषय की प्रभावी रूप से प्रस्तुत करने के लिए चित्रकला व पाक शास्त्र कला का उपयोग नहीं किया गया।
भाषा का प्रयोग	प्रस्तुतीकरण में वर्ण-विन्यास का उपयुक्त प्रयोग।	प्रस्तुतीकरण में वर्ण-विन्यास संबंधी कुछ ही त्रुटियाँ का होना।	प्रस्तुतीकरण में वर्ण-विन्यास व वर्तनी संबंधी त्रुटियाँ के कारण उत्तर की उपयुक्तता का अभाव पाया जाना।	प्रस्तुतीकरण में वर्ण-विन्यास व वर्तनी संबंधी अत्यधिक त्रुटियाँ के कारण उत्तर की उपयुक्तता का अभाव पाया जाना।

Name: _____ Sec: ____/Roll No. ____ V3RD Lang./ Hindi /2022-23

समग्र प्रस्तुति	परियोजना का समग्र प्रभाव रोचक और आकर्षक।	परियोजना का समग्र प्रभाव ध्यान आकर्षण के लिए पर्याप्त।	परियोजना की समग्र प्रस्तुति को आकर्षक बनाने के लिए कुछ ही प्रयास किया गया।	समग्र प्रस्तुति को रोचक बनाने के लिए विद्यार्थी ने किसी प्रकार का प्रयास नहीं किया।
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LAKSHMIPAT SINGHANIA ACADEMY

OPEN BOOK PROJECT

UNIT TEST 3 (2022-2023)

CLASS: V

F.M.: 10

SUBJECT: Bengali 3rd Language

LEARNING OBJECTIVES:

After completing the project, the children will be able to –

- Learn about the Eat Right India Movement
- Gain knowledge about the significance of the different colours in the Eat Right India Movement logo and name them in Bengali
- Identify the different food items in each group and name them in Bengali.

THEME: EAT RIGHT INDIA MOVEMENT

FSSAI (Food Safety and Standards Authority of India) has embarked on a large-scale effort to transform the country's food system in order to ensure safe, healthy and sustainable food for all Indians through the **Eat Right India Movement**.

The Eat Right India Logo represents a healthy Indian plate. It shows the division of a balanced diet in terms of quantity and food groups. The six colours also signify the six tastes as per Ayurveda that is necessary for energetic effects on the mind and body.

The distribution of food groups as per the logo is as follows:

- Yellow represents pulses and cereals
- Green is for fruits and vegetables
- Brown represent poultry, fish and meat
- The blue part is for milk and milk products
- Purple is for food and drinks high in fat or sugar

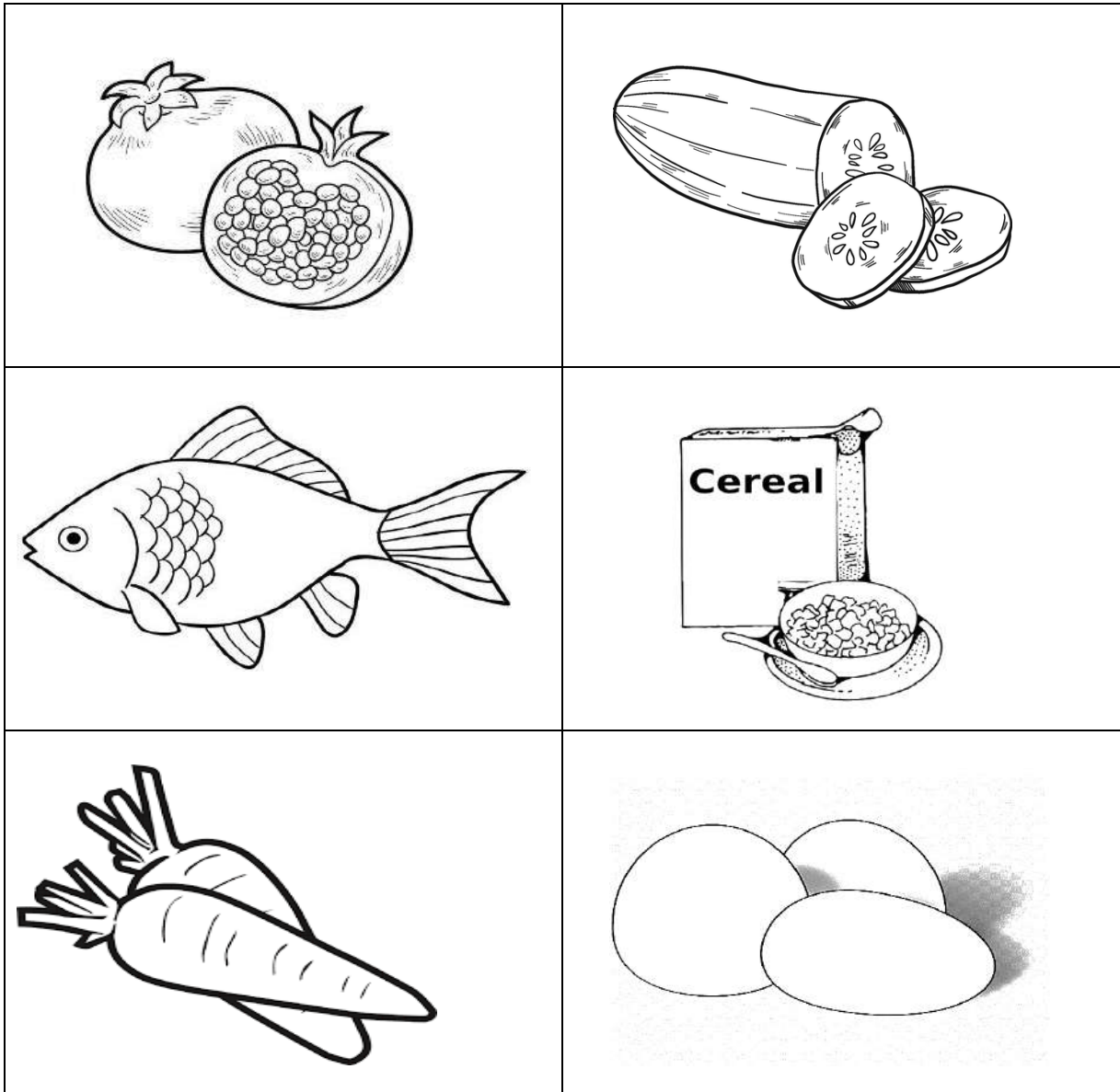


The part denoted by each colour showcases the quantity of consumption. Yellow, i.e., pulses, and green, which denotes fruits and vegetables must be consumed abundantly. On the other hand, purple, i.e., fat-based products must be consumed the least.

WHAT YOU NEED TO DO:

- On a white chart paper draw the Eat Right India Logo and colour it.
- Write the names of the colours representing each food group in Bengali.
- Identify the food items given in the images. Cut and paste the images of the food items in the correct food group to complete the logo.
- Write the names of at least one food item in each group in Bengali.





LEARNING OUTCOME:

- At the end of the project, the students should be able to learn about the Eat Right India Movement, gain knowledge about the significance of the different colours in the Eat Right India Movement logo and name them in Bengali and identify the different food items in each group and name them in Bengali.

LAKSHMIPAT SINGHANIA ACADEMY

RUBRICS

BENGALI 3rd LANGUAGE – CLASS V - OPEN BOOK PROJECT – UT 3 (2022-2023)

	5	4	3	2	1
Content – Accuracy and understanding of the theme	Demonstrates a clear understanding of the theme and the content is written in an accurate and exemplary manner without any error.	Demonstrates an adequate understanding of the theme, the content is well written with some spelling errors.	Demonstrates a partial understanding of the theme, the content lacks accuracy.	Demonstrates a vague understanding of the theme, the content lacks accuracy.	Demonstrates no understanding of the theme, the content lacks accuracy.
Creativity, art integration and overall presentation	The project is presented in an exceptionally creative manner and is well integrated with art with extensive use of relevant pictures and drawings. The submission demonstrates excellent design and layout and is presented in a neat and attractive manner.	The project is presented in a somewhat creative manner and is integrated with art with adequate use of pictures and drawings. The submission demonstrates good design and layout and is presented neatly.	The project is presented in an acceptable manner but is not well integrated with art with little use of pictures and drawings. The submission is acceptable in terms of design, layout and presentation.	The project is poorly presented and is not well integrated with art with very less use of pictures and drawings. The submission demonstrates poor design and layout and is not presented neatly.	The presentation is extremely poor and is not integrated with art with no use of pictures and drawings. The submission is untidy and demonstrates very poor design and layout.

LAKSHMIPAT SINGHANIA ACADEMY
UNIT TEST 3
OPEN BOOK PROJECT
2022-23

Theme: Eat Right India

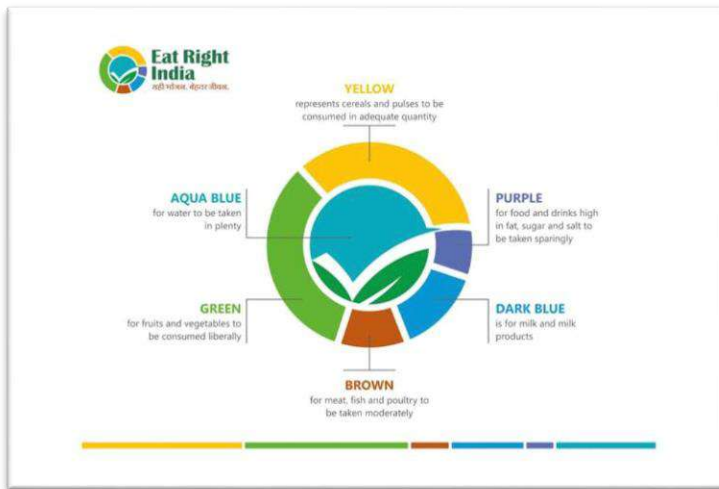
Class: V

Total: 10 Marks

Subject: Sanskrit 3rd Language

The Eat Right India movement is an initiative of the Government of India and the Food Safety and Standards Authority of India (FSSAI) to transform the country's food system in order to ensure safe, healthy and sustainable food for all Indians. The Eat Right India is based on three key themes- Eat Safe, Eat Healthy, and Eat Sustainable. The Eat Right India Logo represents a healthy 'Indian thali' (plate) to ensure a balanced and wholesome diet comprising all food groups in the right quantity for good health. Each colour in the logo represents a food group and its corresponding nutrient category that is required by the body.

What is the meaning of eat right?



Eating right is important to staying at a healthy weight and keeping an energy balance, the balance between the calories in what you eat and drink, and calories you burn when moving. The same amount of ENERGY IN (calories consumed) and ENERGY OUT. (calories burned) over time = weight stays the same.

To improve public health in India and combat negative nutritional trends to fight lifestyle diseases, FSSAI launched 'The Eat Right Movement' on 10th July, 2018.

As a part of your Sanskrit project

- Draw and colour the logo of Eat Right India and mention the name of each colour in Sanskrit
- Name and draw/paste picture for at least 1 food for each category.
- Paste or Draw adequate pictures
- A proper title and cover for the project

Learning Objectives:

- Creativity Skill enhancement
- Writing Skill enhancement
- Use of Language
- Application of Language
- Knowing the healthy lifestyle

Learning Outcome

At the end of the project, students should be able to understand the values and importance of healthy diet and lifestyle modification. Students will also recognize the way to improve their quality of life.

Name:_____ Sec:___ Roll No:_____ ClassV/Term II/Sanskrit3L/2022-23

Evaluation Rubrics – V Sanskrit 3rd Language

Skills	Competency				
	5	4	3	2	1
Content	All the names and colours properly mentioned	All the names not mentioned	Names are mentioned but names of the items missing	Incomplete Work	All the parameters not met
Overall Presentation	Good and neat handwriting, proper use of pictures with labels	Good and neat presentation but not adequate pictures	Work is not neat	Pictures are not labelled properly	Clumsy project work

Name: _____ Sec: __ Roll No: _____ Class V /Unit 3/German/2022-23

LAKSHMIPAT SINGHANIA ACADEMY

**SUB: GERMAN 3RD LANGUAGE
CLASS-V
UNIT TEST 3 (2022-23)
OPEN BOOK PROJECT**

Total Marks:10

Theme: Food habit of Indians and Germans

Learning objective : die Landeskunde (knowing the country)

Learning outcome: Food, Nutrition and food habits of both the countries.

Language : English/Deutsch

Instruction: -

1.Wie oft essen Inder und Deutsche am Tag? Wie heißen diese Zeiten und wie sind die Timings in Indien und Deutschland? Mach zwei Tagesablauf für Indien und Deutschland.

(How many times does the Indians and the Germans eat in a day? How are these times named and what are the timings in India and Germany? Make two timetables for India and Germany)

2.Was sind die Grundnahrungsmittel in Indien und in Deutschland?.

(What are the staple foods in India and in Germany?)

3.Was haltet euch für gesund und ungesund?

(What do you consider healthy and unhealthy?)

Eine Präsentation erstellen.

(Create a presentation)

Alle Informationen sind mit angemessenen Bildern und Beschriftungen zu versehen

(All the information to be furnished with appropriate pictures/diagrams and labeling)

Die deutschen Wörter können in Deutsch geschrieben werden, und die indischen Wörter können in Englisch/Hindi geschrieben werden

(The German words should be written in German language, and the Indian words can be written in English/Hindi)

Die Links, über die die Informationen gesammelt werden, sind zu erwähnen

(The links from which the information are collected are to be mentioned)

Macht die Präsentation in 5er-Gruppen, in der Schule zu erledigen

(Make the presentation in groups of 5, to be done in school)

Einreichen

(submit).

YOUR SCORE		A 3 points /3 points	B 2point /3 points	C 1.5point /2points	D 0.5 point /1 point
...../3	Research work	Best quality of information	Good quality of information	Not so Good quality of information	The quality of information is not what is asked for
...../3	Information	All the topics covered, all the information given as asked, followed all the instructions	All the topics covered, all the information given but not followed the instruction	Incomplete information	Mostly wrong information
...../4	Overall presentation	Proper presentation with the links used for research, Relevant decoration, properly furnished with the presenter's name class section and roll number	Presentation with the links used for research, Relevant decoration, not properly furnished with the presenter's name class section and roll number.	Presentation with the links used for research, Not so relevant decoration, properly furnished with the presenter's name class section and roll number	Presentation without the links used for research, not so relevant decoration, not properly furnished with the presenter's name class section and roll number

LAKSHMIPAT SINGHANIA ACADEMY

Open Book Project : UT 3 (2022-23)

Class – 5

Marks – 10

Subject – French (3rd Language)

Le Movement Eat Right India

Learning Objectives : To ensure safe, healthy and sustainable food for all Indians .

The Eat Right India is based on three key themes : Eat safe, eat healthy and eat sustainable food. To improve public health in India and combat negative nutritional trends to fight against lifestyle diseases, Food Safety and Standards Authority Of India (FSSAI) launched The Eat Right India Movement. The tagline “Sahi Bhojan Behetar Jeevan”, forms the foundation of this movement.

Compare the healthy food habits of France and India.

For example, French people take chicken which is rich in protein and fresh fruits and vegetables which is rich in vitamins. Indians take fish which rich in protein and carrot rich in vitamin which improves eye sight.

There are some common healthy food which are taken by the people of both the countries, like chicken, eggs, fruits and vegetables in the meal. .

Use French words as much as possible.

Support your presentation with suitable pictures/ drawings to make it attractive.

Projects will be group projects to be done in school.

Learning outcome: At the end of the project the students should be able to compare the healthy food habits of France and India.

FRENCH UT 3 PROJECT RUBRIC (2022-23)

Class – 5

	5	4	3	2	1
Content	A clear understanding of the theme and the content is written in an accurate and exemplary manner without any spelling error.	Demonstrate an adequate understanding of the theme, the content is well written with some spelling error.	Demonstrates a partial understanding of the theme, the content lacks accuracy.	Demonstrates a vague understanding, the content lacks accuracy.	Not understood the content of the project
Research work, presentation and neatness	Proper research on the content . Use of relevant pictures with labels . Neatness is there.	Good presentation but not adequate pictures .	Presentation is good but without labelling	No neatness in presentation and without labelling	No neatness in presentation. Not adequate pictures and without labelling