

CLASS: 5

TIME: Two hours 15 minutes

Instructions

- The first 15 minutes is cool-off time. Read the questions and plan the answer during this time.
- There are three sections in the question paper A. Health and Physical Education, B. Art Education and C. Work Integrated Education.
- Follow the instructions while answering the questions and its sub questions in all the sections.

A. Health and Physical Education

(Total Score – 15)

Read each of the questions given below carefully and answer them.

1. Which of the following statements about sleep is correct?

(Score -1)

- i. Adequate sleep is necessary for good health and physical growth.
- ii. A child aged 6 – 12 years needs 3 hours of sleep.
- iii. Sufficient sleep is necessary to enhance thinking skills and memory.
- iv. The importance of sleep to lead a healthy life is very low.

A. ii, iii and iv are correct

B. Only ii is correct

C. Both i and iii are correct

D. Both ii and iv are correct

2. Choose the correct answer.

(Score -1)

- i. FIFA is related to cricket.
- ii. ISL is related to football.
- iii. IPL is related to cricket.
- iv. NBA is related to cricket.

A. Only iv is correct

B. Both i and iv are correct

C. Only i is correct

D. Both ii and iii are correct

3. Complete the table.

Observe the picture given below and write the names of the yogasanas.

(Score -2)

A		
B		

4. Write any two hygienic habits that a person should follow.

(Score -2)

- Clean your teeth and mouth every morning and night.
-

Questions 5 to 7 have options A and B. Answer only one of them.

5.A. Write any two benefits of practising yoga regularly.

(Score- 2)

- Helps to reduce mental stress.
-

OR

5.B. Write two important benefits of regular participation in team games.

- Mutual understanding
-

6.A. Write any two positive changes that occur in the body due to nutritional intake.

(Score -2)

OR

6.B. What is physical fitness? Write the names of any two activities that help in increasing physical fitness.

7.A. When is International Yoga Day celebrated? Describe the significance of International Yoga Day.

(Score- 2)

OR

7.B. Observe the picture given below and write the correct answer.



a) What is the name of this activity?

b) Write any one benefit of this activity to the body.

8. Write down the amount of water that children of different ages should drink in a day.

(Score-3)

Age	Quantity
4 – 8 years old	
9 – 13 years old	
14 – 18 years old	

B. Art Education

(Total Score – 15)

1. Green is obtained by mixing two colours. Which are those colours?

A. Red and yellow

B. Blue and white

C. Blue and Yellow

D. Red and Blue

(Score -1)

2. The following are the characteristics of *Vaytharies*. Choose the correct statements from these.

i. They are presented rhythmically.

ii. They are sung by combining letters in a musical and rhythmic way.

iii. It is a simple music.

iv. They are structured according to carnatic music.

A. i, ii, iii are correct

B. i, ii, iv are correct

C. ii, iii, iv are correct

D. Only i is correct.

(Score -1)

Questions 3, 4 and 5 have two options, A and B. Answer only one option for each question.

3.A. a) What is a handicrafts?

b) Write the names of any two raw materials used in handicraft.

(Score -2)

OR

3.B. When two colours are mixed, a new colour is obtained. Write the names of any four such colours. Also write the colours that are mixed to obtain each new colour.

- 4.A. *Vaytharis* are sung by combining letters in a musical and rhythmic way. In which categories of songs are *vaytharis* used? Write any two categories. (Score -2)

OR

4.B.

കള കള കള കള

ചിന്ത ചിന്ത ചിന്ത ചിന്ത

ചിത്ര ചിത്ര ചിത്ര ചിത്ര

നീം നീം നീം നീം

The lines given above can be sung in tune and rhythm. Write four similar lines using pleasant sounding words.

- 5.A. A flipbook is one that shows movement in a picture series when we flip the pages one by one. While making a flipbook that shows the movement of a ball, how do you draw the position of the ball on its pages? Create the movement of the ball by drawing four pages in a sequence. (Score -2)

OR

- 5.B. A story board is a series of pictures that are drawn as part of shooting a movie. Observe the pictures given below and write a story.

Picture - 1



Picture - 2



Picture - 3



6. Each locality has its unique songs and dance forms. They are known as local dance forms. Write the names of any two local dance forms that you are familiar with. (Score -2)
7. You are performing a short play in the classroom. You are enacting a situation in which you are walking through a field. Write two expressions suitable for acting in a situation where you suddenly slip in the mud and fall down. (Score -2)
8. Explain the preparations and presentation method for any three presentations conducted by the Arts Club as part of the Independence Day Celebrations. (Score - 3)

(Areas : Painting, Drama, Dance, Music, Cinema)

C. Work Integrated Education

(Total Score – 15)

1. Choose the correct answer from the following statements.

(Score – 1)

- (i) In growbag farming, the planting mixture is prepared by mixing are equal proportion of soil, dry cow dung powder and coco peat.
- (ii) Placing pieces of tiles at the very bottom of the growbag will help to prevent water loss.
- (iii) Placing a layer of coconut husk or dry leaves over tiles or bricks helps the roots of the plants grow well.

A. Statements i, ii are correct

B. Statements ii, iii are correct.

C. Statements i, iii are correct

D. All are correct.

2. Find the corresponding from column A, B and C

(Score – 1)

A	B	C
a. Carbohydrates	1. Dairy products	i. Coconut oil
b. Proteins	2. Wheat	ii. Fruits
c. Fats	3. Vegetables	iii. Ragi
d. Fibres	4. Cashew nuts	iv. Seeds

A. a – 4-ii, b-3-i, c-2-iv, d-1-iii

B. a-2-iii, b-1-iv, c-4-i, d-3-ii

C. a – 2 – iii, b-4-ii, c-1-iv, d-3-i

D. a-3-ii, b-4-iii, c-1-iv, d-2-i

3. It is essential to prepare a plan before starting the construction of a house. What are the two advantages of drawing a plan? (Score – 2)
4. What values and attitudes do you develop by taking part in creating a vegetable garden at home or at school? (Score – 2)
5. A daily diet chart should be prepared for Sachu, who follows a healthy lifestyle. Can you suggest two locally available, high fibre vegetables and two fruits to include in the chart. (Score – 2)
6. Observe the picture given below. What are the features of such houses? (Score – 3)



Answer only one of the questions 7A & 7B.

7.A. As part of the Harithasabha activity it was decided to make grow bags using waste materials. (Score -4)

- a) Write two waste materials other than jeans for making grow bag.
- b) Explain the manufacturing methods using any one of the grow bags you listed.

OR

7.B. Anu's food plate includes cake, sweets, soft drinks, chips and fruits.

- a) Should any changes be made to Anu's food plates? Write your opinion.
- b) Explain the need for preparing a food plate.