



SHARDA INTERNATIONAL SCHOOL

ART INTEGRATED PROJECT (2026-2027)

TOPIC-FOODS OF MANIPUR

CLASS- V

GENERAL INSTRUCTIONS: -

1. Make only one handmade project folder for all subjects. Decorate it neatly with colours, glitter, etc.
2. Write on the front page: **ART INTEGRATED PROJECT – CLASS V – TOPIC – STUDENT’S NAME.**
3. Use coloured ruled A4 sheets. You may paste pictures, maps, tables, or drawings wherever needed.
4. Write subject name accordingly.
5. First write: Index → Acknowledgement → Introduction and then start the subject work.
6. Write the answer for each subject question in 1–2 pages only and staple all sheets neatly in one folder.
7. **ART INTEGRATED PROJECT** file must be submitted by 3rd July 2026. kindly ensure timely submission.

SR NO.	SUBJECT	TOPIC
1.	ENGLISH	On an A3 sheet, draw or paste pictures of famous Manipuri foods like Eromba, Singju, and Black Rice Kheer. Write one describing word (adjective) for each food such as “spicy”, “healthy”, or “sweet” and decorate the sheet creatively.
2.	SST	On an A3 sheet, paste a map of Manipur and mark it clearly. Around the map, draw or paste famous foods like Eromba, Singju, and Black Rice Kheer. Decorate the sheet neatly to show how food represents the culture, traditions, and lifestyle of Manipur.

:-Use the above given picture as a reference and add your own creative ideas.

3. HINDI
 मणिपुर राज्य के प्रसिद्ध भोजन पदार्थों के चित्र बनाइए अथवा चिपकाइए तथा उनके बारे में जानकारी लिखिए।
 A4 sheets में कार्य कीजिए।
 भोजन पदार्थों के चित्र बनाइए अथवा चिपकाइए।
 प्रत्येक चित्र के नीचे उसका नाम लिखिए।
 रंगों एवं सजावट का प्रयोग करके परियोजना को आकर्षक बनाइए।

4. MATH
 Write any one traditional Manipuri recipe with ingredients and their exact measurements on an A4 sheet. Decorate neatly with pictures or drawings.

5. SCIENCE
 Prepare an A3-size colourful poster on “Food Pyramid of Manipur” using pictures, drawings, or cuttings showing nutrients, balanced diet, healthy eating habits, energy-giving, body-building, and protective foods.
 Decoration and suggestive ideas: - You can decorate using: Borders and colours, Labels and arrows or Manipuri art/designs. Keep the poster neat, colourful, and easy to read.
 Reference picture of food pyramid is given below: -

A balanced diet for children

Foods shown in the plate below should be the part of balanced diet.

Fruits
 Focus on fruits
 • Eat a variety of fruit
 • Choose fresh, frozen, canned or dried fruit
 • Go easy on fruit juices

Vegetables
 Vary your veggies
 • Eat more green dark veggies
 • Eat more orange veggies
 • Eat more dry beans and peas

Physical Activity
 Find your balance between food and physical activity
 • Be physically active for 30 minutes most days of the week
 • Children and teenagers should be physically active for 60 minutes everyday or most days of the week

Oils
 Know your fats
 • Make most of your fat sources from fish, nuts and vegetable oils
 • Limit solid fats such as butter, stick, margarine, shortening, and lard

Milk
 Get your calcium-rich foods
 • Go low-fat or fat-free
 • If you do not or cannot consume milk, choose lactose-free products or other calcium sources

Grains
 Make at least half your grains whole
 • Eat at least 3 ounces of whole grain bread, cereal, rice or pasta everyday
 • Look for the word “whole” before the grain name on the list of ingredients

Meats and Beans
 Go lean on proteins
 • Choose low-fat or lean meats and poultry
 • Bake it, broil it or grill it
 • Vary your choice with more fish, beans, peas, nuts, and seeds