

# Our Environment

A Unique Book of Environmental Studies & Life Skills

2



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# Preface

Ever since the dawn of the civilisation, people have been fascinated by their surroundings. They have a keen desire to know about their environment.

**Our Environment** is a series of books on environment studies & life skills for the students of classes 1 to 5. It has been designed as a practical and inspirational series focusing on raising environmental awareness and developing eco sustainable behaviour.

The series instils sensitivity to the world around from a very young age, creating an open-minded and receptive learner. The books encourage students to learn by asking, by doing, by exploring and by learning to work with others. The series aims to create a generation of citizens who can nurture the environment that sustains us all.

## **Special features of the series are :**

- ❖ Structured, well-graded content in simple and lucid language
- ❖ Attractive layout, colourful illustrations and photographs
- ❖ All chapters include Tune up, Take a Break and Fun Activity to arouse interest in the topic.
- ❖ Now I Know helps the child to know certain facts that they are not aware of.
- ❖ Life Lesson alerts the children about things they need to take care of the environment.
- ❖ A Quick Recap helps in recapitulation.
- ❖ Exercises provide ample questions to test knowledge and understanding of the child.
- ❖ *Creative Corner* includes interesting activities to ensure children's involvement and encourage them to go beyond the textbook.

An earnest effort has been made to make the series children-friendly and teacher-friendly. I hope it makes the teaching-learning of environmental studies an enjoyable experience. Any suggestions to improve the series are most welcome.

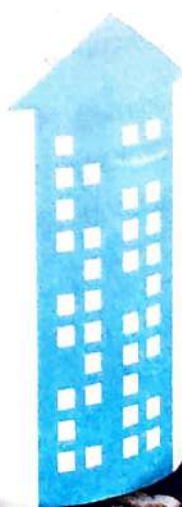

—Authors





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1

# More About Myself

Paste your pictures.



This is me as a baby.



This is how I look now.



**Life Lesson**  
Reading is one of the most marvellous hobbies that anyone can have.

## Favourites and Hobbies

Favourite things are the things that we like more than other things.

### My favourite

Fruit \_\_\_\_\_

Colour \_\_\_\_\_

Cartoon \_\_\_\_\_

Dish \_\_\_\_\_

Festival \_\_\_\_\_

Teacher \_\_\_\_\_

Subject \_\_\_\_\_

Dress \_\_\_\_\_

Toy \_\_\_\_\_

Day \_\_\_\_\_



Hobbies are activities we do in our free time for pleasure.

What is your hobby? \_\_\_\_\_

### Learn from Mickey and Minnie



Hello friends ! I am Mickey. I am a boy. I am seven years old. I like yellow colour.



Dear friends ! I am Minnie. I am a girl. I like purple colour.

### Growth

The change in our shape and size is due to growth. All living things grow.



Seed



Seedling



Plant



Infant



Child



Young



Old man



Kitten



Cat



Puppy



Dog



We are born without teeth. Slowly our **milk teeth** appear. When they fall, we have our **permanent teeth**.

When we grow, our dresses do not fit us. We also need bigger shoes after we grow.

Our looks change with age. There is a change in our interests too.



### Now I Know

There are 20 milk teeth and 32 permanent teeth.

### Take a Break

Encircle the activities that you like to do.

Reading

Driving

Running

Speaking

Cooking

Writing

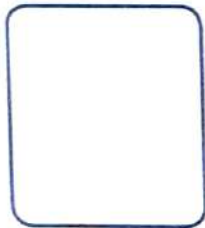
Playing

Puzzles

Sharing

### Fun Activity

Dip your thumb into ink and take your both thumb prints.



My right thumb print



My left thumb print

### A Quick Recap

- All living things grow.
- Growth brings changes.
- Things we like more than other things are our favourite things.
- Activities we do in our free time for pleasure are our hobbies.
- We learn new things as we grow.



# Exercise

## A. Put a tick (✓) on the correct option.

1. You look like this now—

a.



b.



c.



2. It grows with time—

a.



b.



c.

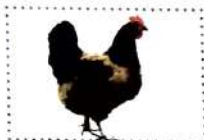


3. A puppy turns into a—

a.



b.



c.



## B. Complete these sentences.

1. My weight is ..... kg.

2. My height is ..... cm.

3. My blood group is .....

4. Colour of my eyes is ..... and colour of my hair is .....

5. My telephone number is .....

## C. Write three things that have changed in your appearance with age.

1. ....

2. ....

3. ....



## Class Talk

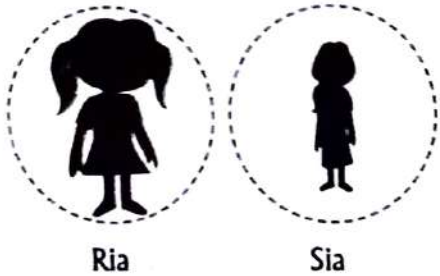
Children can take turns to talk about themselves, their hobbies and their likes/dislikes.

## Creative Corner



Look at the shadows and answer the following questions.

a.

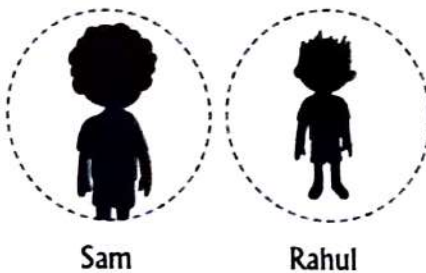


i) Who is taller, Ria or Sia? \_\_\_\_\_

ii) Write names of two classmates—  
who are taller than you? \_\_\_\_\_  
\_\_\_\_\_

Who are shorter than you? \_\_\_\_\_  
\_\_\_\_\_

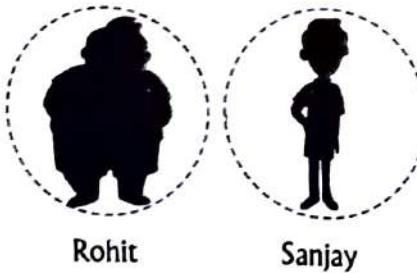
b.



i) Who has curly hair, Sam or Rahul?

ii) Name two of your friends who have curly hair.  
\_\_\_\_\_, \_\_\_\_\_

c.



i) Who is fat, Rohit or Sanjay? \_\_\_\_\_

ii) Name two of your friends who are very thin.  
\_\_\_\_\_, \_\_\_\_\_

## Life Skills

Tell your parents if you do not like the touch of some particular person. This type of touches are called 'bad' touches. You should scream at that very moment when you feel uncomfortable by someone's touch.



# 2

# Know Your Body Parts



## Tune-up

Identify the following body parts. Talk about the functions of each of them.

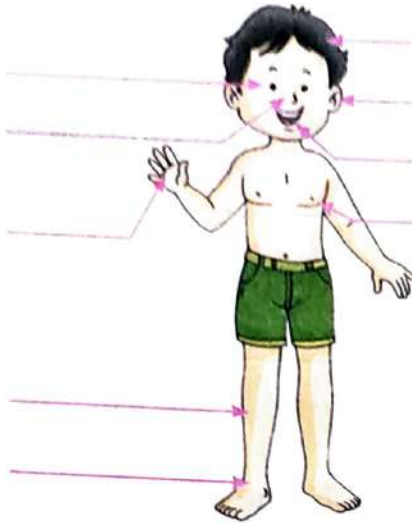
\_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Just like a machine, our body has different parts. Each of these parts performs different functions. Can you name the parts used for the following activities?



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

The parts of the body that we can see and touch are called **external organs**. Name some of your external organs. \_\_\_\_\_



Our legs and toes help us to walk, run, dance, jump, hop and stand straight.



Our arms and hands help us to clap, write, hold things, draw and push.

Our mouth helps us to eat and drink. Teeth help us to chew the food.



Our neck helps in the movement of the head up-down, side to side.

We carry our bag on our shoulders. Our back helps us to twist and bend.



### Sense Organs


The organs that help us to know about the world around us, are called our **sense organs**. Let us read about them.

I can see the grass grow,  
The bright stars, the shining moon,  
I can see the white, snow,  
I can see you.



I can taste the apple,  
I can taste the fresh pineapple,  
The chocolate bar, the cream cake,  
Which the baker has just baked.



 **Now I Know**

Skin is the largest organ of our body. It covers the entire body from head to toe.





I can hear the birds sing,  
I can hear the phone ring,  
The dogs bark, the cat miaow,  
I can hear the crow's caw.



I can smell the roast meat,  
I can smell your dirty feet,  
The fresh bread, the pretty flowers,  
I can smell the roses for hours.



I can touch the soft grass  
I can touch the smooth glass  
The cold ice, the wet rain,  
I can touch the door's chain.



We have **five** sense organs- eyes, ears, nose, tongue and skin.

### Take a Break

Write the functions of each of these sense organ.

Eyes \_\_\_\_\_

Tongue \_\_\_\_\_

Ears \_\_\_\_\_

Skin \_\_\_\_\_

Nose \_\_\_\_\_

There are some other organs in our body which we cannot see. They are called **internal organs**.

### Some of our internal organs



The **heart** is the pumping station of the body. It pumps blood to all parts of the body.



The **lungs** help us to breathe in fresh air and give out the dirty air from our body.



The **brain** controls the whole body. It helps us to think and remember things.

From the mouth, the food goes to the stomach. Stomach is like a bag where the food gets digested.



### Learn from Mickey and Minnie

Why have you placed your hand on your chest?

I can feel a throbbing sound in my chest.

Dear Mickey, this sound is made by the heart when it pumps blood. It is called heartbeat.



Quote

The body is a temple. Keep it clean.

### Bones and Muscles

There are 206 bones in our body. The framework of bones is called **skeleton**. It gives shape to our body and helps in the movement of the body.



**Life Lesson**  
(Mrs Wilson says) A healthy mind resides in a healthy body.



The skeleton is covered by a layer of flesh called **muscles**. Muscles protect the bones. There are about 600 muscles in our body.

Bones and muscles are present under the skin. They work together and enable us to move, run and play.

### Fun Activity

Move your elbow to and fro. Now observe the hinges of the door. Do you see any similarity between the two?

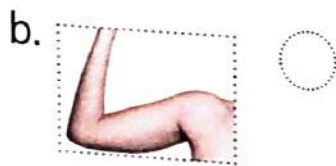
### A Quick Recap

- Our body is like a machine.
- The organs that we can see are called external organs.
- The organs that we cannot see are called internal organs.
- We have five sense organs – eyes, ears, nose, tongue and skin.
- Bones and muscles work together.

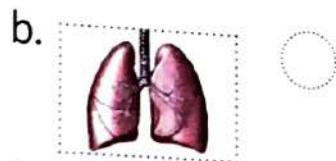
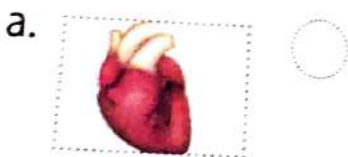
### Exercise

A. Put a tick (✓) on the correct option.

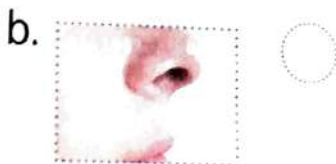
1. It is an external organ–



2. It helps us to breathe–

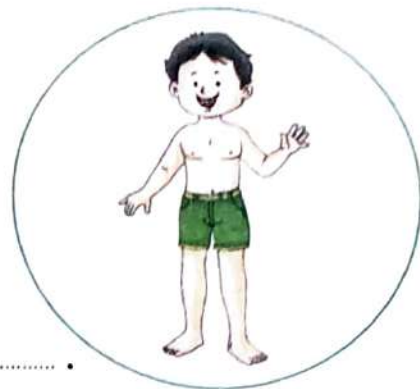


3. We pick things with the help of–



**B. Name the organs that help us to do the following activities.**

1. Stand straight .....
2. Give shape to the body .....
3. To hear the bell ringing .....
4. Break food into tiny pieces .....
5. To remember telephone numbers .....



**C. Answer the following questions.**

1. What are internal organs? Name any three.

.....

2. What are external organs? Name any three.

.....

3. What is the function of stomach?

.....

4. What is a skeleton?

.....

**D. Picture Based Question**

Identify the following body parts and write their names.



E



N



N



E



H



L



T

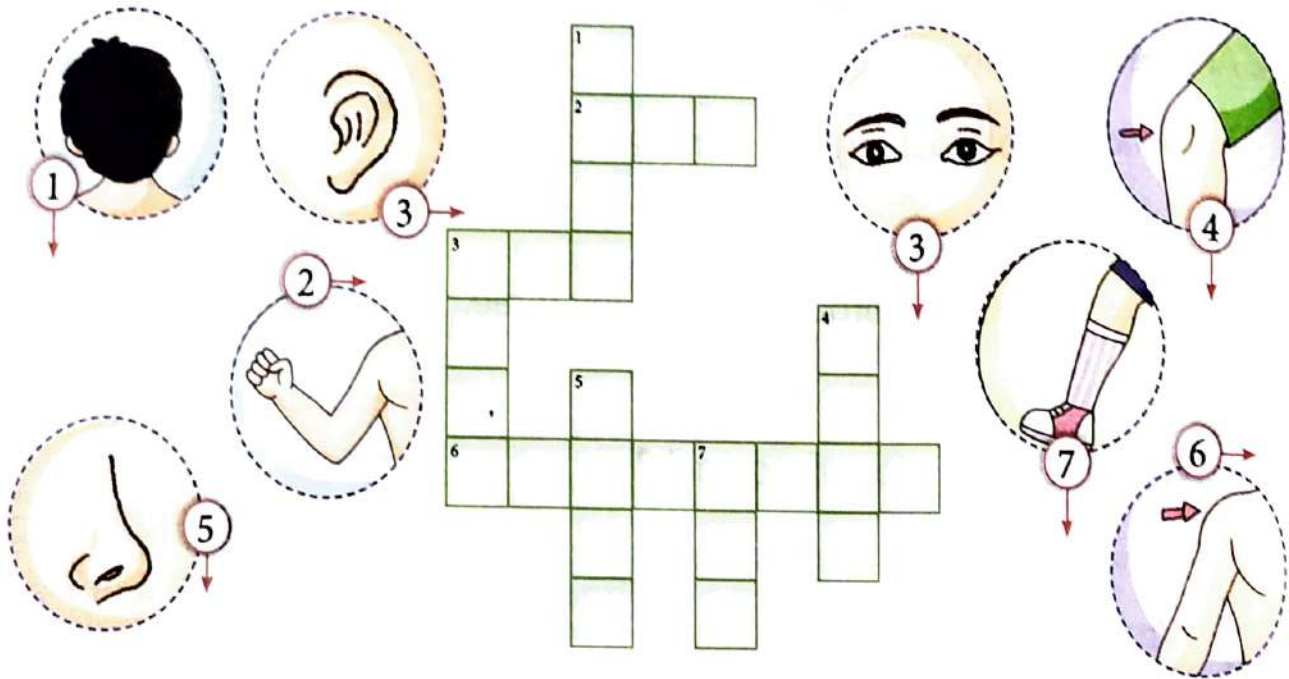
## Class Talk

Discuss the different ways in which we can keep our body clean and healthy.

## Creative Corner



1. Sit in a circle and recite some body rhymes. Identify and locate different parts of the body through actions.
2. Fill in the crossword with the help of the clues given.



## Life Skills

Prerna cannot see. She is visually challenged (blind). But she wants to go to school like her friends. Her parents are hesitant to send her to school as they feel that she would be uncomfortable there and the children might tease her. If a differently-abled child came to your class, what would be your behaviour towards him/her? How would you make him/her comfortable?





# 3

# Me and My Family

## Tune-up

Suppose you have a pet at home. How will you and your family look after it? Write in 3-4 lines.

---

---

---

---

The people who live with us in our house are a part of our family. We all live together, share things, help each other and spend time together.

## Types of Families

Juhi lives with her mother, father, brother and sister. She lives in a **nuclear family**. It is a small family.



Annie has many members in her family. There are her grandparents, parents and her brother. It is a **small joint family**.

Meeta lives with her grandparents, parents, uncles, aunts, siblings and cousins. It is a very big family. It is called a **large joint family**.



## Know Your Relations



Now I Know

Members of a family share a common name which is called their surname. What is your surname?

Members of a family are related to each other. Let us learn about different relationships.

Our father's parents are our **paternal grandparents**.

Our mother's parents are our **maternal grandparents**.

Our father's or mother's brother is our **uncle**.

Our father's or mother's sister is our **aunt**.

Uncle's wife is also our aunt and aunt's husband is also our uncle.

### Take a Break

Write names of at least eight of your family members.

---

---

---

---

---

---

---

---

There are some special families also. A family in which the child/children lives/live with his/her one parent is called a **single-parent family**.

Chhavi's parents did not have their own child. They **adopted** Chhavi from the orphanage. They treat her as their own child and take proper care of all her needs. They love her very much.



### Family and Fun

A happy family plays, laughs, watches television and spends time together with its members.





Watch television



Play together



Go for picnics



Dine out



**Life Lesson**  
(Mrs Wilson says) Keeping a pet is not just keeping an animal in the house. It is like a member of the family and should be treated well.

Family members share joy and sorrows. They celebrate functions and festivals together.

### Learn from Mickey and Minnie

Quote

Time spent with family is time well spent. Family is the one constant element in life.

Where are you going, Minnie?

I, too, am going out for a picnic tomorrow with my sibling and cousins.

It is my cousin's birthday party. All my relatives will be there.

Family get togethers are so much fun, Mickey. We spend quality time together.



Watering plants



Taking the pet for a walk



Keeping the house clean

### Helping Each Other

Family doesn't mean only fun. It is our duty to help each other and look after our grandparents.



## Fun Activity

List out two indoor and two outdoor games that you play with your family.

## A Quick Recap

- People who live with us in our house are our family.
- A nuclear family just has parents and one or two children.
- A small joint family has grandparents, parents and children.
- A large joint family has grandparents, parents, uncles, aunts, children and cousins.
- Some families have a single parent while some families adopt a child.
- We laugh, play, share and care in a family.

## Exercise

A. Put a tick (✓) on the correct option.

1. My uncle's son is my—

a. sibling

b. cousin

c. aunt

2. It is a small joint family—

a.



b.



c.



3. My father's son is my—

a. niece

b. brother

c. sister

B. Given below are some incorrect statements. Rewrite them correctly.

1. My mother's husband is my uncle. \_\_\_\_\_

2. My uncle's wife is my grandmother. \_\_\_\_\_

3. My father's mother is my grandfather. \_\_\_\_\_



**C. Answer the following questions.**

1. What is a family?

.....

2. What is a large joint family?

.....

3. How are your parents' brother and sister related to you?

.....

4. What do you do to help your family members?

.....

**D. Picture Based Question**

Which of these activities are good for family bonding? Put a tick (✓) on them.



**Class Talk**

Discuss how festivals and other special days such as birthdays and anniversaries are celebrated at home.



1. Draw your family tree of extended family members on an A4 sheet and talk about them.
2. Many times we have old, sick and differently abled people around us. How can we help them? Come up on the class stage and share your experiences when you have actually taken care of such people.

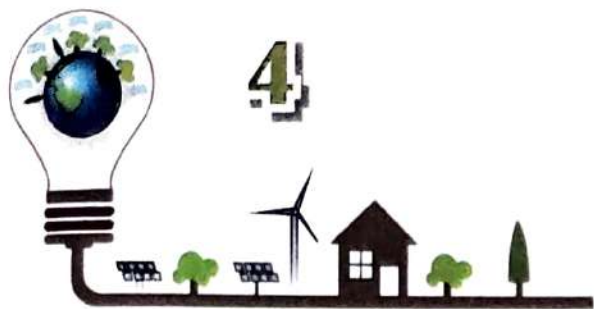


KUDOS TO YOU  
IF YOU DO IT ON  
REGULAR BASIS

### Life Skills

Dadi asked Abhay to fetch some flowers for her prayer. He went to the nearby park. He took some time to fetch the flowers. His mother scolded him for being late. She thought that he must have been playing with his friends. Abhay said that he wasn't playing but got late in bringing the flowers as he had met a blind man who was waiting at the roadside to cross the road. He helped him by holding his hand and making him cross the road. Do you think Abhay's reason for getting late was fair enough? Why// Why not?





4

# Food for Health

## Tune-up

Draw pictures of two of your favourite foods. Also write 1-2 lines about each of them.



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

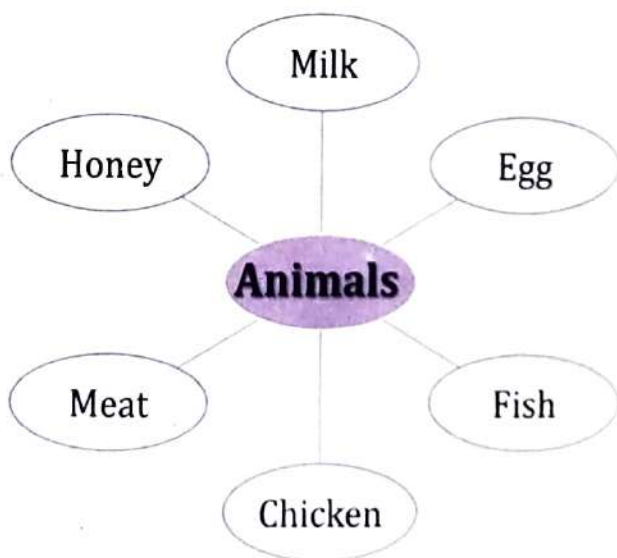
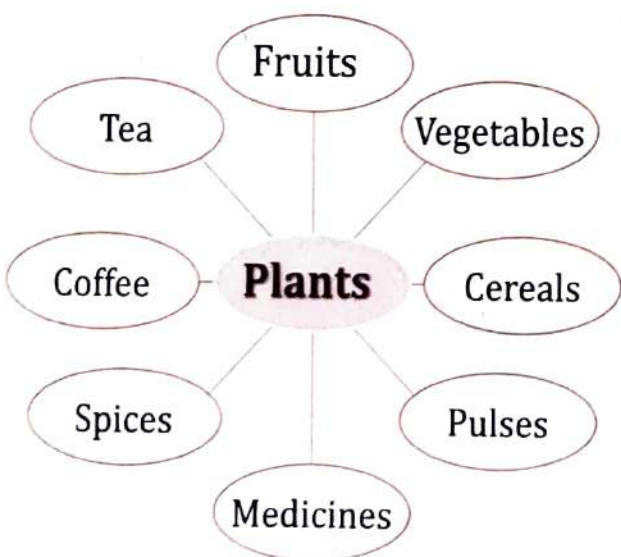
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## Why do we eat food?

Whenever we are hungry, we eat food. Food gives us energy to work and play. It helps us to grow. It keeps us healthy and strong.

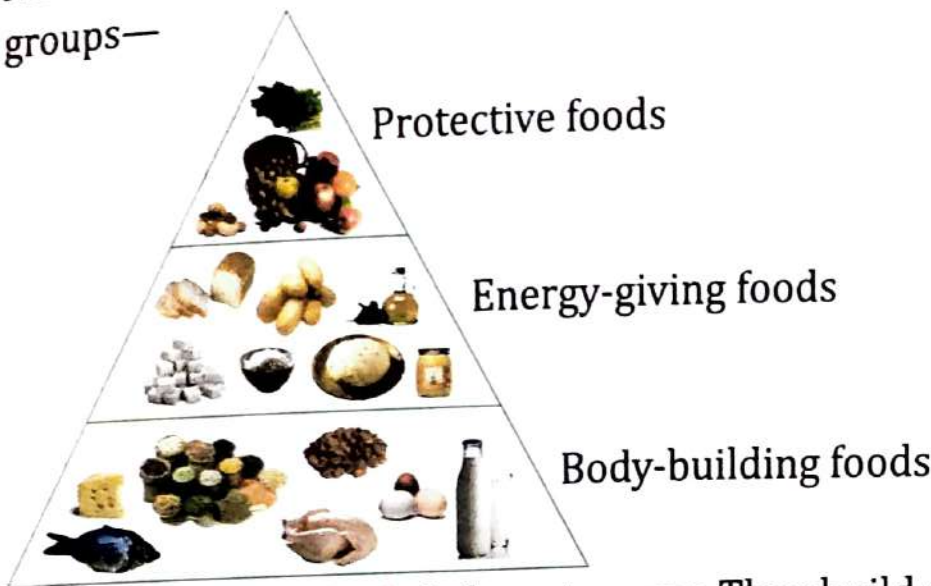
## Sources of Food

Plants and animals are the main sources of food.



## Food Groups

All the foods that we eat can be classified into the following groups—



**Now I Know**  
People who eat plant products, like fruits, vegetables and pulses and cereals are called vegetarians. People who eat animal products like eggs, meat, fish are called non-vegetarians.

- **Body-building foods** help us to grow. They build our bones and muscles.
- **Energy-giving foods** give us energy to work and play.
- **Protective foods** protect us from diseases.

## Balanced Diet

A meal that contains all types of food items in the right proportion is called a **balanced diet**.

Food items like burgers, pizzas, colas and chips are called junk food. They are tasty to eat but not healthy. They make us obese (fat). We must avoid them.

### Take a Break

Unscramble the words by identifying the food items.



EEHSEC



SGGE



RUBREG



NNAABA



# Raw and Cooked Food

Some food items are eaten raw like all fruits, some vegetables like cucumber, tomato, onion, etc. Some food items are eaten cooked, like brinjal, bitter gourd and lady's finger.



Can you name two food items that can be eaten both raw and cooked?

\_\_\_\_\_

# Meals of the Day

Meal is the food that we eat at one time. We have three main meals a day.



Breakfast

Breakfast is the first meal of the day. We have it before we go to school.

We eat lunch in the afternoon after we come back from school.




Lunch



Dinner

Dinner is the last meal of the day. We have it at night.

We must have our meals at fixed time and drink lot of water. It is good for health. Water helps to throw out the waste from the body.

 **Life Lesson**  
 (Mrs Wilson says) One must eat to live and not live to eat.



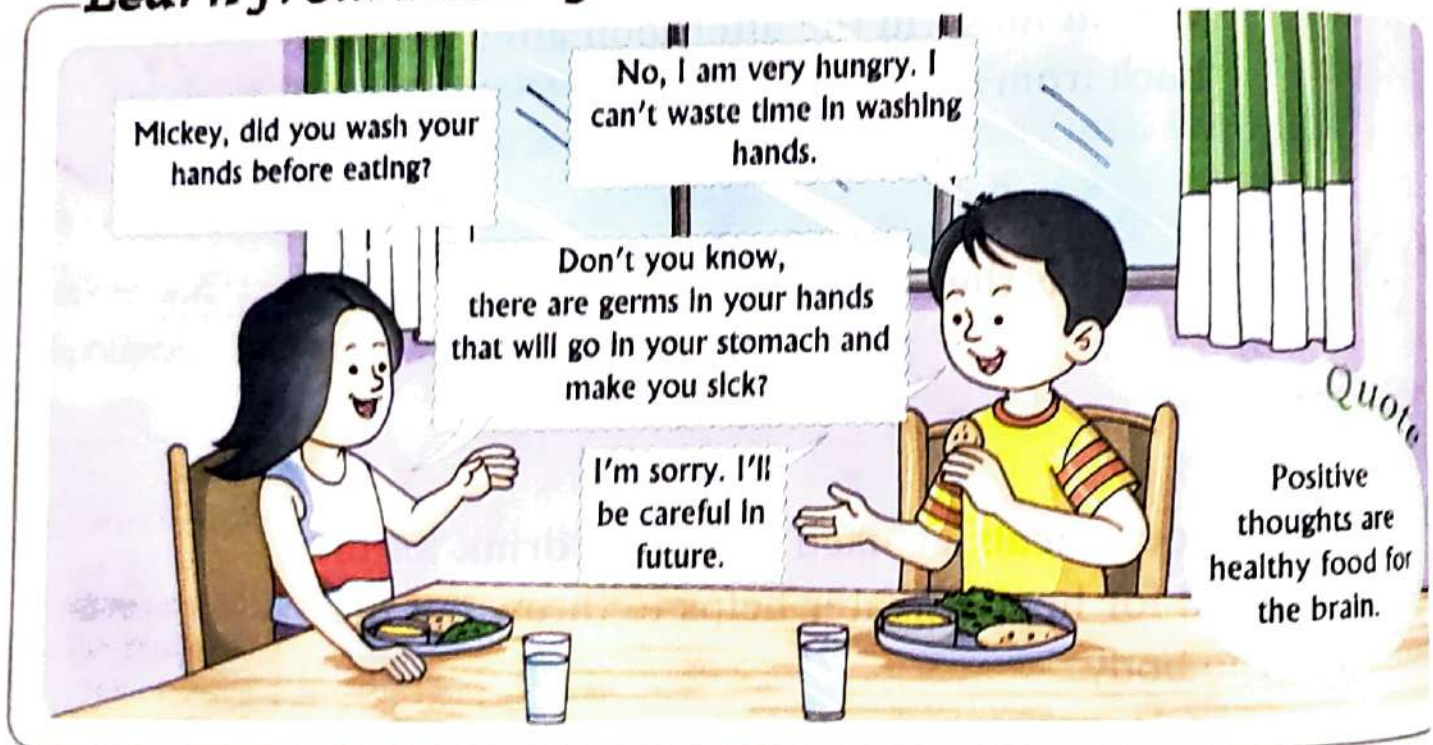
## Good Eating Habits

We must follow some good eating habits to stay healthy.

1. We must wash our hands before and after every meal.
2. We must wash the fruits and vegetables before eating and cooking.
3. We should not overcook the food.
4. We should finish all the food on our plate.
5. We must eat slowly and chew food with our mouth closed.
6. Food items should be kept covered.
7. After having the meal, we must keep our soiled plate and bowl in the kitchen.
8. We should eat fresh and well-cooked food.



## Learn from Mickey and Minnie



## Fun Activity

Help your mother in the kitchen to prepare a fruit salad for the family. Don't forget to wash them first!!

## A Quick Recap

- Food gives us energy to work and play.
- We get food from plants and animals.
- Foods are divided into three groups— body-building foods, energy-giving foods and protective foods.
- We have three main meals a day— breakfast, lunch and dinner.
- We must follow good eating habits to stay healthy.

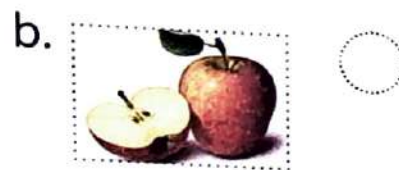
## Exercise

A. Put a tick (✓) on the correct option.

1. This is a protective food—



2. It gives us energy—



3. It is a good habit—



B. Write 'T' for true and 'F' for false statements.

1. Food keeps us healthy and strong.

2. We must eat a lot of junk food.
3. People who eat eggs, meat and fish are called non-vegetarians.
4. Fruits are eaten raw.
5. Plants give us honey.

**C. Answer the following questions.**

1. Why do we need food?

.....

2. What are the three groups of food?

.....

3. What are the two main sources of food?

.....

4. State any two good eating habits. Do you follow them?

.....

**D. Picture Based Question**

Write down the name of your favourite dish. Draw its picture also.

Name \_\_\_\_\_



## Class Talk

Why should we eat cooked food? Discuss. ....

## Creative Corner



Find the following words in the box given below.

Apple

Banana

Cheese

Ice cream

Juice

Nuts

Peaches

Plums

Prunes

Raisins

Yogurt

Milkshake

P	R	U	N	E	S	Y	I	C	E	C	R	E	A	M
A	M	I	L	K	B	D	M	O	Q	S	N	I	T	I
S	R	P	L	U	M	S	L	A	B	T	U	A	L	L
V	R	A	I	S	I	N	S	B	C	D	E	A	R	K
B	A	N	A	N	A	U	H	L	M	N	U	T	S	S
U	P	U	S	U	W	T	A	P	P	L	E	E	N	H
Y	O	G	U	R	T	S	O	R	T	S	S	T	S	A
X	S	S	Y	A	P	E	A	C	H	E	S	S	T	K
V	C	H	E	E	S	E	T	J	U	I	C	E	L	E

## Life Skills

Aarav's parents are working. He stays at home with his maid. To keep Aarav happy, his mother leaves lot of junk food for him at home or orders pizzas and burgers so that he doesn't complain. Do you think Aarav eats correct food? Are the parents showing the right attitude? What is your opinion?





## Tune-up

Draw pictures of the dresses for the following people.

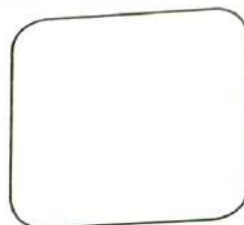
A male



A female



A baby



A student



## Why do we need clothes?

Clothes are worn to cover our body.

We wear clothes to protect ourselves from heat, cold, dust, rain and insects. Clean and ironed clothes make us look smart.

We wear different clothes in different seasons.

In **summers**, we wear light coloured cotton clothes. They keep us cool and absorb our sweat. We get cotton from cotton plant.

After plucking and cleaning the cotton-boll, the spinner spins it into thread. Then the weaver makes cotton cloth from the thread.



Summer clothes



Cotton plant



Thread



Cotton dress



### Now I Know

The cotton we get from plants is a fruit of the plant. It is called a boll.



In **winter**, we wear woollen clothes. They keep us warm.

We get wool from animals, like sheep, yak and camel.



Sheep



Yarn



Wollen dress



Wollen clothes

Besides woollen clothes, we also wear silk clothes in winter. They, too, keep us warm. They have a shiny appearance. We get silk from silkworms.



Silkworm



Cocoon



Silk-thread



Silk dress

In **rainy** season, we wear clothes like raincoats over our clothes. They are made from rubber as it is waterproof.

Rubber clothes keep us dry. The umbrella and gumboots are also made of waterproof material.



Gumboots



Raincoat

We also wear clothes made of leather and fur. We get leather and fur from skin of animals.



Leather jacket



Fur

We get linen from flax plant.



Flax plant



Linen

Fibres that we get from plants and animals are called **natural fibres**. Cotton, silk, linen and wool are some natural fibres.

Fibres that are man-made, are called **synthetic** or **artificial fibres**. Nylon, polyester and rayon are some synthetic fibres.

### Take a Break

Place the following fabrics under the correct category.

Cotton Linen Nylon Wool Polyester Rayon Leather Silk

Man-made fibres

---

---

---

---

Natural fibres

---

---

---

---

### Special Clothes



Uniforms are special clothes. They are worn by people at their work. We can know about the profession of the person by the uniform he/she wears.

Children also wear uniform and go to school. Different schools have different uniforms.

Artists wear **costumes**.

**Ceremonial dresses** like lehenga, sherwani, heavy salwar-kameez and suits are worn on ceremonies like wedding.

**Party wear** dresses like gowns, jackets and frocks, are worn for parties.



**Life Lesson**  
(Mrs Wilson says) We wear simple, elegant clothes. Our dressing sense is the definition of our innerself.



Suit



Lehenga



Gown



Jacket



## Learn from Mickey and Minnie



What types of clothes do you wear at home? \_\_\_\_\_

### Fun Activity

Children can dress up in different uniforms of people in different professions and then speak a few lines about themselves.

### A Quick Recap

- We wear clothes to protect ourselves from cold, heat, rain and dust.
- We wear different clothes in different seasons and on different occasions.
- We wear cotton clothes in summers.
- We wear woollen clothes in winters.
- Raincoats, gumboots and umbrella keep us dry in rains.
- Fibres are of two types—natural and synthetic.

# Exercise

A. Put a tick (✓) on the correct option.

1. It is worn in winters–

a.



b.



c.



2. It is a dress of doctors–

a.



b.



c.



3. We get cotton from–

a.



b.



c.



B. When do we wear these dresses?

1. Party wears

2. Ceremonial dresses

3. Uniforms

4. Woollens

.....  
.....  
.....  
.....

C. Answer the following questions.

1. Why do we wear clothes?

.....

2. Name the fibres we get from plants.

.....

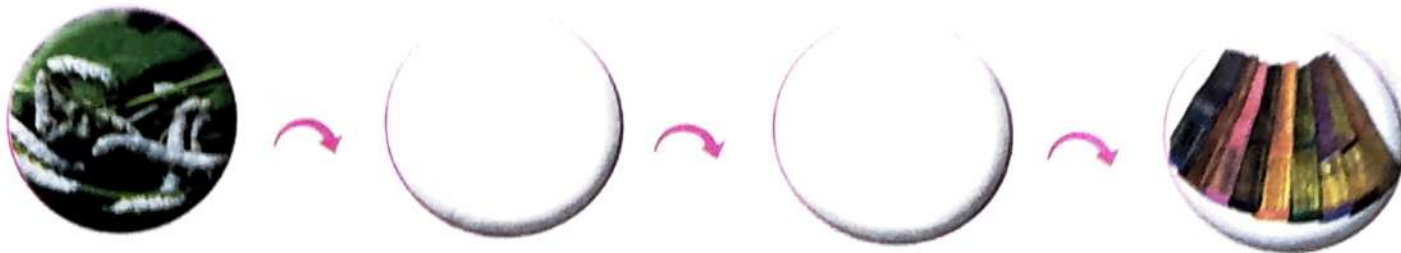


3. Name three synthetic fibres.

4. What is a uniform?

#### D. Picture Based Question

Complete the chain and name them.



#### **Class Talk**

Children can talk about how the material and texture of dresses change in summer and winter. Children can tell about different activities in summer and winter.

#### **Creative Corner**



Collect different fabrics and paste them in a scrapbook. Also mention the seasons in which those fabrics are worn and which one is man-made fabric and which one is natural.

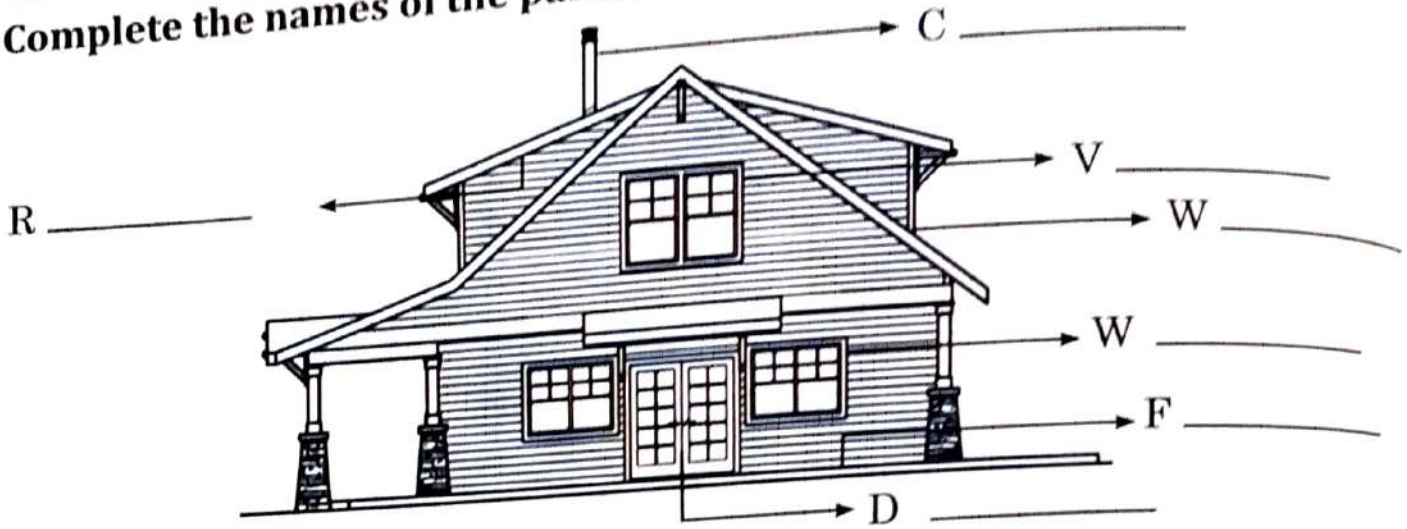
#### **Life Skills**

Aakriti went to her friend's house. Her friend was keeping some old clothes in a bag. On asking, she said that she was going to sell those old clothes in the market. Aakriti suggested that she should give away those clothes to an orphanage or to an NGO. Was Aakriti's suggestion sensible? How would it help others? What do you do with your old clothes?





**Tune-up**  
Complete the names of the parts of a house.



### Need for a House

We all need a house to live in. It protects us from heat, cold, rain, storm, wild animals and thieves. It gives us shelter and rest. We feel safe in a house.

### Types of Houses

Houses are of two types—

- Kutcha houses
- Pucca houses

### Kutcha Houses

Kutcha houses are temporary houses. They are made of mud, bamboo, straw and dry leaves. They are weak houses.

**Hut** is a mud house made of straw, bamboo, dry leaves and wood. It is found in villages.



## Pucca Houses

Pucca houses are permanent houses. They are made of bricks, cement, concrete, iron and wood. They are strong houses.

Pucca houses can be single-storeyed, multi-storeyed, bungalow.



### Now I Know

Houses on hills have sloping roofs to slide off snow and water.

Houses on plains have flat roofs.



Single-storeyed



Multi-storeyed



Bungalow

## Some Special Houses



A **tent** is made of canvas. It is used for camping by soldiers or campers.

**Igloo** is a house made of snow. It is found in areas that are covered with snow throughout the year.



We find **stilt houses** in places where it rains heavily. They stand on bamboo stilts.

**Caravans** are houses on wheels. They are also called motor homes. They can be taken from one place to another.



**Houseboats** float on water. They are found on the Dal Lake in Kashmir and the backwaters of Kerala.



Many people work together to construct a house.



An **architect** makes the layout of the house.



A **mason** builds walls and roofs by laying bricks.



An **electrician** fixes up the electrical fittings and wires in a house.



A **plumber** fixes up taps, pipes and water tank in the house.

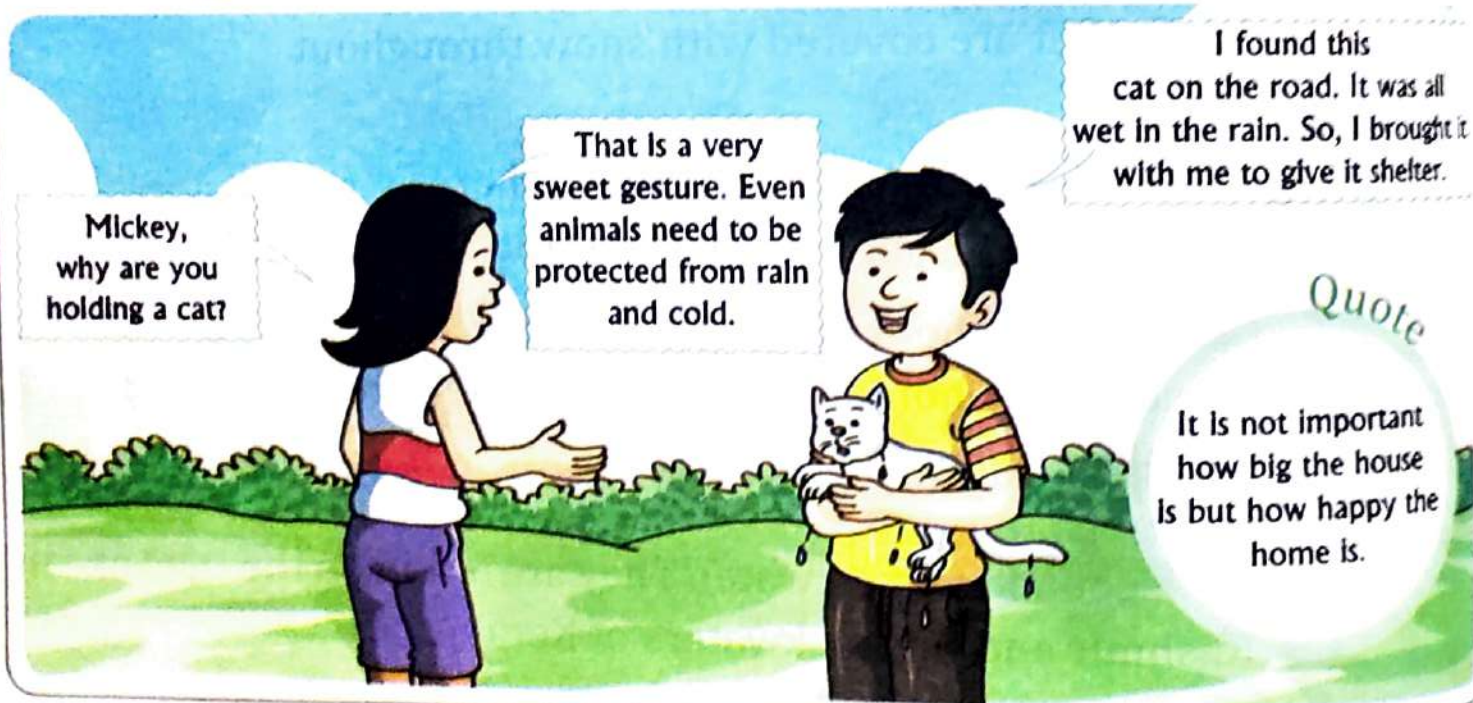


A **painter** paints the walls to make the house look beautiful.



A **carpenter** makes wooden objects like windows and almirahs.

### Learn from Mickey and Minnie



## Take a Break

- Is your house single-storeyed or multi-storeyed?

---

- Name any two materials used to make your house.

---

- Which is your favourite room in the house?

---

- Is your house well-ventilated? Yes/No.

---



### Life Lesson






(Mrs Wilson says) A house is made of bricks and beams but home is built with love and dreams.

## Qualities of a Good House

It is not important that the house where we live must be large. A small house can also be a good place to live in. But it should have the following qualities—



- It should be airy and clean.
- It should have a lots of plants around.
- It should be well-ventilated, i.e. many doors and windows should be there to let in fresh air and enough sunlight.
- It should have a clean neighbourhood.
- The drainage system must be proper and covered.

We can decorate the house with rangoli patterns , paintings , vases , wall hangings , and decorative lamps . A decorated house makes us feel great in the home. Its decoration makes the house cozy and comfortable.

## Fun Activity

Dip your hands (palms) into colour and take their impressions on the entrance of the house. Write your address under these impressions.



## A Quick Recap

- A house protects us from cold, heat, rain, thieves and wild animals.
- Kutcha houses are made of mud, straw, dry leaves and twigs.
- Pucca houses are made of bricks, wood, cement and concrete, etc.
- Many people make a house by working together.

## Exercise

A. Put a tick (✓) on the correct option.

1. This is a picture of a kutcha house—



2. These are used to make a kutcha house—



3. It is not a movable house—



B. Match the following.

### Column A

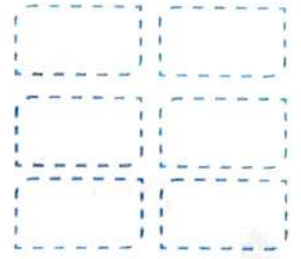
1. Tent
2. Houseboats

### Column B

- a. Water
- b. Cold places



- 3. Huts
- 4. Igloos
- 5. Caravans
- c. Motor homes
- d. Canvas
- e. Villages



**C. Answer the following questions.**

1. Why do we need a house?

.....

2. Name four types of special houses.

.....

3. Name the people (any four) who help in making a house.

.....

4. List any two qualities of a good house.

.....

**D. Picture Based Question**

Name the things that are used to clean the house. Use the help box.

Bucket Phenol Mop Wipe



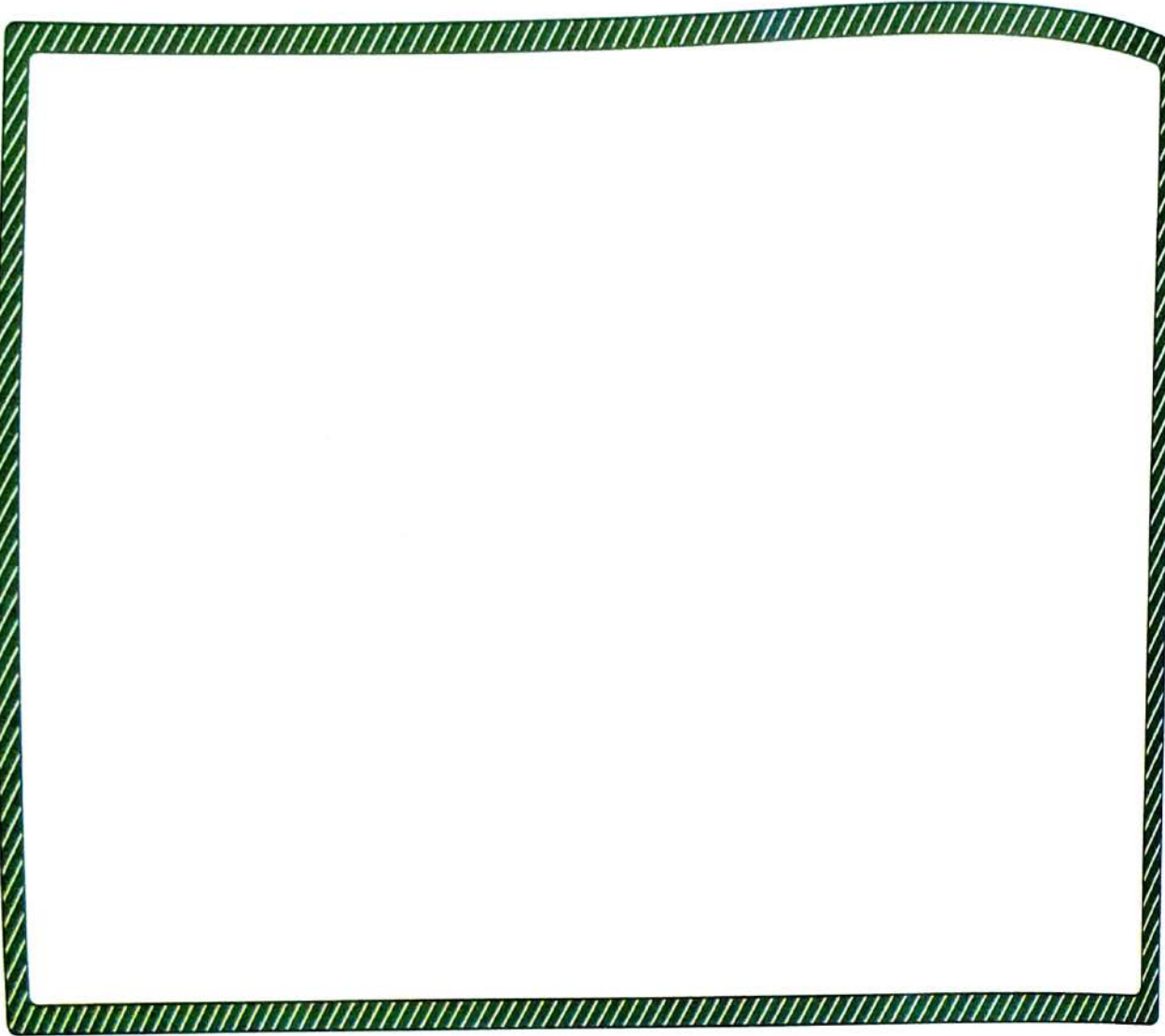
**Class Talk**

Discuss the ways in which you keep your house and the surroundings clean.





Prepare a collage with pictures of different types of houses.



### Life Skills

We must put up different dustbins with three colours- green, blue and red. Green is to dump fruit and vegetable peels, paper, leftover food. Blue is to throw in plastic waste, bottles, tin cans etc. Red is for old medicines, bulbs, spray cans, batteries, etc. Is this idea of separating the waste right?





## Tune-up

Make a 😊 if you agree and a ☹️ if you disagree.

1. Some people throw garbage on roads.
2. This garbage is good for health.
3. Open garbage attracts germs.
4. These germs cause various diseases.
5. Sometimes when the sweeper does not come to pick up the garbage, it gets collected at various places.

A healthy mind dwells in a healthy body. It is very important to remain fit and disease free. This can be attained by following a healthy routine – eating a balanced diet, exercising and observing cleanliness. Let us read about some healthy habits.

## Healthy Food

Which of these two children, in your opinion, is eating healthy food? Why?



Yummy burger with chips! I will have a cold drink with it.

I love to eat fresh fruits and home cooked food.



We should take a healthy diet. The food that contains different nutrients which are needed by the body in different quantities, is called a **Balanced Diet**.



We should drink plenty of water. Food items like burger, pizza, cold drinks, noodles and chips should be eaten in very less quantity. It would be better if you can avoid eating them as they are **junk food**.

We must eat at proper time. Overeating must be avoided and food must be chewed properly.



### Exercising

Cycling, swimming, skating, jogging and other outdoor activities are different forms of exercise.

Yoga also helps in keeping us fit but it must be done under the supervision of an adult expert.



Exercise keeps us active and healthy.

### Learn from Mickey and Minnie

Get up sleepyhead ! It is already day. The Sun is up. You are still in bed.



We get fresh, clean air from the plants in the park. We meet our friends there. Morning walk is an exercise to keep us healthy.

No more sleeping. We must go to the park for our morning walk.

I want to sleep for some more time. It is holiday today.

*Quote*

The body is a temple. Exercise keep us active.

Ok fine ! Give me some time. I will brush my teeth and get ready.

Why go for a morning walk, we walk so much in the day !



## Cleanliness

We must see to it that our entire body, from head to toe, must be kept clean. Taking care of one's own cleanliness is known as **Personal Hygiene**.



- Remember— "Early to bed and early to rise" makes a man healthy wealthy and wise.

- Brush your teeth twice a day— in the morning and before going to bed at night.



**Now I Know**  
Visit a dentist regularly. Brush your teeth in a proper manner. Use dental floss to clean the space between teeth. Bacteria attack the food in the teeth and cause cavities and bad breath.



- Have bath regularly. Wear clean and ironed clothes.
- Keep your nails short and clean.

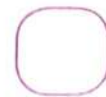
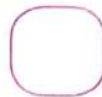
- Apply oil to your hair and comb them.

- Cover your nose with a handkerchief while sneezing.



## Take a Break

A right posture is very important for healthy life. Put a tick (✓) on the correct posture and a cross (×) on the incorrect one.



## Other Healthy Habits



- Wash your hands before and after every meal.
- Keep the food items covered.



- Wash the fruits and vegetables properly before eating and cooking them.



- Eat fresh food. Stale food makes us sick.
- Take proper rest. It helps the body and mind to freshen up.

- Keep your books and toys at the proper places after use.

- Help your parents in whatever way you can.



- Dispose the garbage in closed dustbins.

To stay healthy, it is important to keep our surroundings clean.



**Life Lesson**  
(Mrs Wilson says) Germs enter our body through our dirty hands and can make us sick.

## Fun Activity

Collect wrappers of soap, oil, shampoo, toothpaste and talcum powder and paste them on a chart paper. Check out what your friends use!!

## A Quick Recap

- It is very important to stay fit and healthy.
- We must follow a healthy routine.
- We should eat a balanced diet.
- We must avoid junk food.
- Exercise and outdoor activities keep us active.
- We must keep ourselves clean.



# Exercise

A. Put a tick (✓) on the correct option.

1. This is a healthy habit—

- a.        b.        c. 

2. It is a balanced diet—

- a.        b.        c. 

3. It is not the right thing to do—

- a.        b.        c. 

B. Unjumble the letters to make names of activities that keep us healthy.

1. SEEXRCIE .....  
2. TERS .....  
3. ENCEALLINSS .....  
4. HHAELTY OFOD .....

C. Answer the following questions.

1. How can we remain fit and disease free?

.....

2. Name three junk foods.

.....

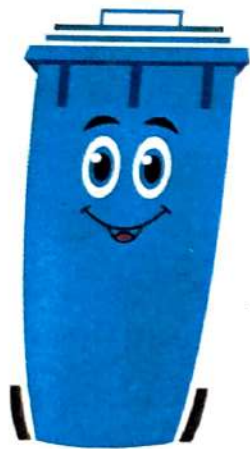
3. What is meant by personal hygiene?

4. Write any two healthy habits.

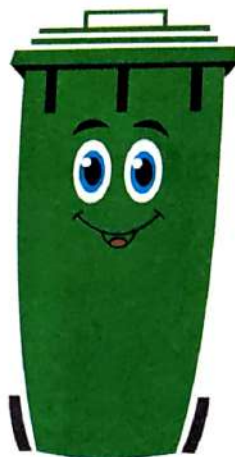
#### D. Picture Based Question

Have you seen these two types of dustbins? What is the difference between them? What type of garbage do you put in them? Sort and write.

Vegetable peels, Paper, Plastic bottle, Egg shells, Leftover food, Broken glass



.....  
.....  
.....



.....  
.....  
.....

#### Class Talk

Is it important to follow good manners with healthy habits? Discuss.

#### Creative Corner



#### 1. Recite and have fun.

I must be all neat and clean  
Untidy I must not be seen,  
From morning till time for bed,  
I must be clean from toe to head.



I wash my hands without fail,  
I don't forget to trim my nails,  
I bathe, wash and comb my hair,  
I go to play in fresh air.  
This is how I stay clean,  
As cleanliness is a part of my routine.



2. Perform some yogic exercises under the guidance of a trainer.

### **Life Skills**

Sarthak went to the market with his mother. He was, tempted by the red apples. He asked his mother to buy some for him. He then, took an apple from the bag and started eating it. He was scolded by his mother. Don't you think Sarthak was eating a healthy food i.e. apple? Why was he scolded then? What should have been done before eating the apple?





### Tune-up

Put a cross (x) on the activities you think are wrong.



Accidents are caused when we are careless. They can cause physical injury. Accidents can happen anywhere — at home, while playing, on road or while travelling. All these accidents can be avoided if we are careful and follow safety rules.

### Safety Rules

Safety rules are the rules that help in our safety. We must follow them at all places to avoid injury.

Let us know some safety rules.

#### At Home

- Always keep your books and toys at proper places after using them.
- Throw the garbage in the trash can. Someone might slip on the peels and fall.
- Do not play with sharp objects like knives, blades and scissors.
- Do not touch electric switches or plugs.
- Do not run on the stairs.
- Do not open the door or talk to strangers.



## On Road

- Always cross the road at the zebra crossing.
- Always walk on the footpath or pavement.
- Do not run or play on the road.
- We must wear our seatbel in a car.
- If there is no zebra crossing, then before crossing the road, first look towards your right, then left and finally towards right again.
- Always obey traffic lights.
- Do not tease stray animals.



## In School

- Do not jump on the desks or chairs.
- Do not run on stairs or in the corridors.
- Do not leave the bag or bottle on the floor. Others may trip and fall.



### Now I Know

These are some road signs—



No parking



Speed  
breaker  
ahead



No horn



No right  
turn

## In Bus

- Wait for the bus at the bus stop in a queue.
- Do not lean out of a moving bus.

- Never put your hand or any other body part out of a moving bus.
- Do not stand on the foot board of the bus.
- Do not get out or in a moving bus.

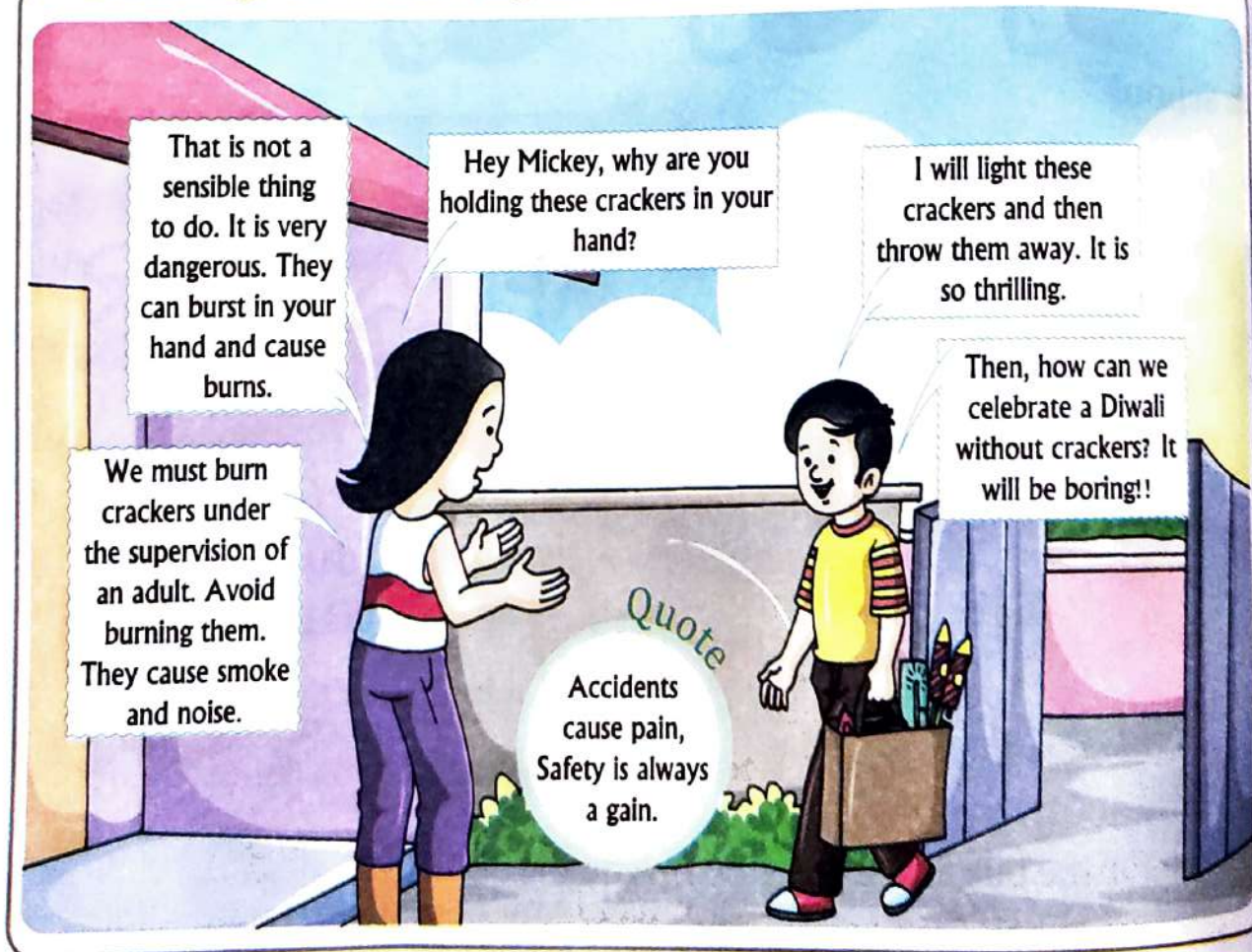


### Some Other Safety Rules

- Use safety tubes or floaters while swimming.
- Follow rules of game in the playground.
- Do not push on the swings, instead wait for your turn.
- Never jump over fences or from walls.
- Wear helmet while riding a bicycle.
- Do not fly kites on an open terrace.



### Learn from Mickey and Minnie



## First Aid

First Aid is the immediate help given to a person when he/she gets hurt or injured.

- When a person is hurt, we must not panic.
- Inform an elder if at home, or the teacher if in school.
- Apply ice-cube if there is a minor burn.
- If the injury is serious, the injured must be taken to the doctor.



**Life Lesson**  
(Mrs Wilson says) Good safety practices lead to a longer, happier life. So, stay alert don't get hurt.

### Fun Activity

Use an old box and prepare your first aid kit.

### A Quick Recap

- Accidents are caused by carelessness.
- We must follow safety rules to avoid injury.
- Safety rules must be followed at home, in school and while playing also.
- First aid is the immediate help given to a person when injured.

## Exercise

A. Put a tick (✓) on the correct option.

1. We should walk on—

a.



b.



c.



2. We should not play with this—

a.



b.



c.



3. We should wear this while ridding a bicycle.

a.



b.



c.



**B. Write 'T' for true and 'F' for false statements.**

1. We must cross the road at the zebra crossing.
2. We should not walk on the footpath.
3. We should give first aid in case of injury.
4. We should talk to strangers.
5. We must wait in a queue at the bus stop.

**C. Answer the following questions.**

1. How do we cross the road when there is no zebra crossing?

.....

2. Name some unsafe objects that we should not play with.

.....

3. State two safety rules to be followed in school.

.....

4. What is First Aid?

.....



## D. Picture Based Question

Write the names of the given things. Then, discuss how using them can be dangerous for a child.



### **Class Talk**

Your friend is hurt in the school's playground. How can you provide him first aid?

### **Creative Corner**



Make an emergency card. Write your details on it including your blood group, emergency contact numbers, etc with the help of an elder. Use an old card, pastel sheet, pen for this purpose. Carry this card daily in your bag.

### **Life Skills**

There was bell sound at the door. Raman looked through the eyeglass. He did not recognize the man. He asked the man who he was. The man said that he was an electrician and had come to repair a faulty switch. He asked Raman to open the door. Raman refused to do so and asked him to come later as his parents were not at home. Do you think Raman did the right thing? Discuss.





# Neighbours and Neighbourhood

## Tune-up

Names of some places in the neighbourhood are given here. **Encircle** the ones that offer emergency services.

Hospital

School

Bus Stop

Police Station

Market

Fire Station

Bank

Temple

Park

Post Office

People who live near our house are called our **neighbours**. Families along with their houses and other important places form our **neighbourhood**. People are familiar with each other in a neighbourhood. We should be polite and helpful to our neighbours. We will now read about some useful services provided by a neighbourhood.

## Market

There is a **market** near every neighbourhood. We can buy things of everyday need from a market, like fruits, vegetables, confectionery and stationery.



## Bank



We can keep our money and jewellery safely in a bank. Here we can deposit and withdraw money. ATM (Automated Teller Machine) enables us to withdraw money wherever we need. Debit and credit cards can be used to buy things. Loans are also given by the banks.



## Post Office



We get letters, envelopes, stamps, inland letters and aerogrammes from a **post office**. We can also send money orders and parcels through the post office.

## Police Station

Police maintains the law and order in the neighbourhood. They safeguard us from thieves, robbers and other bad people.

### Take a Break

Name the following places.

- Here we fill our vehicle with fuel
- From here we borrow books for a short time
- From here we board the bus
- Fire fighters and fire engines are available here

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---

## Hospital/Dispensary

People who are unwell or sick get treatment in the **hospital**. They are treated by the doctors who are helped by nurses. In case of emergency, we can call at 102 for an ambulance to carry patients.



## Park



**Park** is a place where people of all ages go for a walk, to play, to meet their friends. There are different flowers and trees in a park. Children enjoy on the swings. We must keep it clean and always throw the garbage into the dustbins. Avoid playing near barbed wires or thorny plants.



### Life Lesson

(Mrs Wilson says) Instead of plucking flowers and cutting trees, try to grow more trees and keep your neighbourhood fresh and healthy.



## School

School is one of the most important places in the neighbourhood. Here, we learn to read, write, draw, dance and sing. We make friends and play too. In a school, the teachers teach us various interesting things and help us learn good, healthy habits. There are different classrooms for different activities like a music room, computer room, along with a medical room and a playground.



Besides all these places, there are some more places in our neighbourhood like places of worship, railway station and airport.

We must keep our neighbourhood tidy.

## Learn from Mickey and Minnie



## Fun Activity

Give the names of these places of recreation in our neighbourhood.



C \_\_\_\_\_

P \_\_\_\_\_

R \_\_\_\_\_

S \_\_\_\_\_ P \_\_\_\_\_

What fun activity do you have at these places? Discuss. \_\_\_\_\_

## A Quick Recap

- People who live near our house are our neighbours.
- Families and important places around our house form our neighbourhood.
- Places in our neighbourhood are of great importance.
- We must be polite and helpful towards our neighbours.

## Exercise

A. Put a tick (✓) on the correct option.

1. We get this in the neighbourhood—



2. We get stamps and postcards from—



3. When people fall sick, they go to—



B. Write name of any 6 places that your neighbourhood has.

1. ....

4. ....

2. ....

5. ....

3. ....

6. ....

C. Answer the following questions.

1. Who are neighbours?

.....

2. What is a neighbourhood?

.....

3. Write two things that we do in the park.

.....

4. What do teachers do?

.....

D. Picture Based Question

Write two ways to keep the following places clean.

a.



Park

.....

.....

b.



Market

.....

.....

c.



School

.....

.....



## Class Talk

Why do we need emergency services like fire-brigade, ambulance and police?

## Creative Corner



1. Do you know how is 'ambulance' written on the front spread of the ambulance? Find out and write on a cardboard.
2. Write complete addresses of any two of your neighbours.

## Life Skills

Aman goes to the park daily to play with his friends. He doesn't forget to carry a jute bag with him in which he collects all the litter of the park, like empty bottles and wrappers. He then dumps it into the dustbin. His friends tease him and call him a sweeper. Should Aman stop doing what he does? Why? Why not?





## Tune-up

Unjumble the names of the helpers and match them to their pictures.



NMSAO

ATOPSMN

NWMOA  
CUCNODTOR

CEFH

RCUOREI  
NMA

Is it possible for us to do all our work on our own? No it is not. We need the help of other people to do different tasks for us. Different people do different kinds of work. The work they do is their occupation. It is a means to earn money. No job is big or small. All jobs have equal importance in our lives. The people who do various jobs for us are called community helpers. They make our life easier.

Let us see how these community helpers help us.

**They make things—**



**Tailor** stitches our clothes.



**Carpenter** uses wood to make cupboards and table.



**Farmer** grows crops.





**Cobbler** makes and mends shoes.



**Blacksmith** makes things of iron.



**Potter** makes pots with clay.

**They sell things—**



**Chemist** sells medicines.



**Confectioner** sells cakes and pastries.



**Draper** sells cloth

**They repair things—**



**Plumber** repairs leaking pipes and taps.



**Barber** cuts our hair.



**Now I Know**

A grocer sells wheat, sugar, and rice. A greengrocer sells fruits and vegetables.





**Mechanic** repairs vehicles.



**Electrician** repairs electrical fittings.

**Life Lesson**  
(Mrs Wilson says) Talent is God given.  
—Be humble.  
Fame is man given.  
—Be Grateful.

### Take a Break

Name some people who entertain us.

.....  
.....

They help us in the school—



**Teacher** teaches us to read and write.



**Peon** does the odd jobs.



**Guard** stands at the school gate.



**Clerk** works in the office.



**Driver** drives the bus to carry children.



**Maid** keeps the school clean.



## Learn from Mickey and Minnie



## Fun Activity

Write down the names of these people who help you.

Milkman

.....

Watchman

.....

Newspaper man

.....

Sweeper

.....

Maid/servant

.....

Driver (if any)

.....

## A Quick Recap

- Different people do different kinds of work.
- Occupation is a means to earn money.
- People who help us are called community helpers.
- Some people make things, some sell things.
- Some people entertain us.

# Exercise

A. Put a tick (✓) on the correct option.

1. He mends our shoes—

a.



b.



c.



2. He repairs leaking pipes and taps—

a.



b.



c.



3. He repairs vehicles—

a.



b.



c.



B. Fill in the blanks using the given words.

( cakes, chemist, farmer, read, pastries, tailor, write )

1. .... sells medicines.
2. Teacher helps us to ..... and .....
3. .... stitches our clothes.
4. Confectioner sells ..... and .....
5. .... grows crops.

C. Answer the following questions.

1. What is an occupation?



2. What does a blacksmith do?

.....

3. How does a mechanic help us?

.....

4. Name some people who help us in the school (any four).

.....

**D. Picture Based Question**

Where do these people work? Write down the names.



.....



.....



.....



.....

**Class Talk**

Thieves and robbers also work. Their work is to steal things from others. Is this also an occupation? Discuss.

**Creative Corner** 

Dress up as any one helper. Talk about your occupation and its importance in the neighbourhood.

**Life Skills**

No work is low. Without sweepers, garbage collectors and maids, we cannot keep the environment and surroundings clean and healthy. All jobs are equally important. We must respect all kinds of helpers around us.





11

# Festivals We Celebrate

## Tune-up

We eat different kinds of foods on different festivals.

Match the names of the foods to the festivals on which they are eaten.



PONGAL



HOLI



CHRISTMAS



EID

## Festivals

India is a land of festivals. There are many festivals celebrated in our country. With festivals, come fun, enjoyment and delicious food.

**Festival** is a special day celebrated with our family and friends. It is a way of bringing people closer. We celebrate, perform rituals, decorate houses and enjoy during festivals.

There are two types of festivals—

- Religious festivals
- National festivals

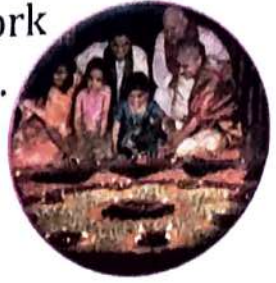
## Religious Festivals

Religious festivals are connected to various religions. Diwali, Dussehra, Eid, Gurpurab, Christmas and Holi are some of the religious festivals. Let us learn about them.



## Diwali

Diwali is a festival of lights. People clean their houses and work places. They decorate their houses with diyas and candles. People pray to Lord Ganesha and goddess Lakshmi. Beautiful rangoli patterns are made. New clothes are worn and sweets and gifts are exchanged with family and friends.



### Learn from Mickey and Minnie

What are your plans for Diwali this year? Have you bought crackers?

No, this year I have decided not to burn crackers. They cause so much of pollution. They make a lot of noise too.

I will spend that money on distributing sweets and other necessary things to the poor and needy.

Is this how Diwali is celebrated? There is no fun without crackers!



Quote

Be a part of the solution and not a part of the pollution.

## Dussehra

Dussehra is celebrated to mark the victory of good over evil. It is celebrated for ten days. **Ramlila** is performed in these days and episodes from Lord Rama's life are enacted. Effigies of Kumbhakaran, Meghnad and Ravana are burnt on the tenth day.



Now I Know

Dussehra is also known as Vijayadashmi.

## Eid

Muslims celebrate Eid at the end of the holy month of fasting, **Ramzaan**. They go to mosques and offer prayer called **Namaz**. People wear new clothes, wish each other Eid Mubarak.



A special sweet dish called **sewain** is prepared on this occasion. Children get gifts (Eidi) from their elders.

## Gurpurab

Sikhs celebrate Gurpurab to mark the birthdays of their ten gurus. People go to gurdwara, listen to shabad kirtan and pray to **Gurugranth Saheb**. People enjoy a common meal called **langar**. Gurdwaras are decorated and processions are held.



## Christmas



**Christmas** is celebrated every year on 25th December. It marks the birthday of Lord Jesus Christ. People offer prayers in the church, sing carols, enjoy plum cakes and decorate Christmas trees. Children wait anxiously for Santa Claus who brings them gifts.

## Holi

Holi is a festival of colours. People play with colours. Children have fun playing with water pistols. A special sweet dish **gujiya** is prepared on this day.



### Take a Break

Name the festivals associated with the following pictures.



## National Festivals

National festivals are celebrated by the people all over the country. These festivals are considered as national holidays. Functions are organised in schools. The Republic day, the Independence day and Gandhi Jayanti are our three national festivals.



### The Republic Day

The Republic Day is celebrated on 26th January. Constitution of India came into force on this day in 1950. A colourful parade is held at Rajpath, New Delhi. President of India hoists the National Flag and takes the salute.

### The Independence Day

The Independence Day is celebrated on 15th August. India got its independence from Britishers on this day in the year 1947. The Prime Minister of India hoists the National Flag at Red Fort and addresses the people.



### Gandhi Jayanti

Gandhi Jayanti is celebrated on 2nd October to mark the birthday of Mahatma Gandhi. He is also known

as 'The Father of the Nation' and 'Bapu'. People offer flowers as a mark of homage and prayers are held at his samadhi at the Rajghat.



**Life Lesson**  
(Mrs Wilson says) All festivals must be celebrated by all religions. This brings peace and unity amongst people.



**Now I Know**  
Besides these festivals, there are harvest festivals too which are celebrated when crops ripen. They are Baisakhi, Onam, Pongal and Bihu.

### Fun Activity

Draw a colourful rangoli pattern on a chart paper.

## A Quick Recap

- India is a land of festivals.
- Festivals are of two types—religious and national festivals.
- Diwali, Dussehra, Eid, Gurpurab, Christmas are religious festivals.
- The Independence Day, the Republic Day and Gandhi Jayanti are national festivals.
- Festival is a special occasion day celebrated with our family and friends.

## Exercise

A. Put a tick (✓) on the correct option.

1. Holi is associated with—

a.



b.



c.



2. Langar is held on—

a.



b.



c.



3. He is known as Bapu—

a.



b.



c.



B. Write 1-2 lines about each of the following.

1. Diwali

.....

2. Dusshera

.....

3. Christmas

.....

4. Eid

.....



C. Answer the following questions.

1. What is a festival?

.....

2. What are religious festivals? Name any two.

.....

3. What are national festivals? Name any two.

.....

4. Which is your favourite festival? How do you celebrate it?

.....

D. Picture Based Question

Match the following.

Column A

Column B



.....



.....



.....



.....

**Class Talk**

Children will take turns to talk about how they celebrate different festivals.





1. We have learnt about different types of festivals. There are some special days that are celebrated to mark the birthdays of some great people. Here are some of them. Find out whose birthdays are celebrated on these days.

- Buddha Purnima .....
- Mahavir Jayanti .....
- Children's day .....
- Janamashtmi .....
- Ramnavmi .....



2. Can you name?

- Our National Animal .....
- Our National Flower .....
- Our National Fruit .....
- Our National Sport .....
- Our National Bird .....

### Life Skills

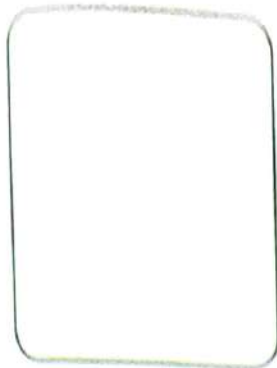
Rahim asked his father to bring some crackers for him on Diwali. His father refused saying that it was not their festival. They would celebrate Eid. Rahim was very upset. All his friends had bought a lot of crackers. Is his father's attitude right?





## Tune-up

Draw pictures of any two vehicles and write their names.



We live in a big world. We need to move from one place to another; to go to school, meet our relatives or to reach our workplaces.

Movement of goods and people from one place to another is called **transportation**.

**Means of transport** are the means or vehicles by which we travel from one place to another.

There are three modes (ways) of transport—

- Roadways
- Waterways
- Airways

### Land Transport (Roadways)

Land transport includes travelling by road and by railways. Bus, truck, cycle, rickshaw, bullock-cart, car, motorcycle, etc are some of the vehicles that help in travelling by road.

Trains, metro, monorails and trams move on tracks that are laid down on land. Trains that carry people are called **passenger trains**. Trains that carry goods are called **goods trains**.

Vehicles drawn by animals or humans like tonga and rickshaw, etc are slow. In some places like hilly areas, animals like donkeys, horses are used for transportation. Vehicles like car that run on fuels or are drawn by engines move fast.



### Now I Know

Seat belts in cars are for our safety. They save us from bumping into the wind screen in case of accidents.

## Waterways

Boats, ships, steamers, cruise liners, yachts, rafts and canoes travel along waterways.



Ships and cruise liners travel long distances by sea. They carry many people at a time.

Boats are rowed by people with the help of oars. Yacht uses wind for sailing.

Submarines stay under the water and are used by Navy. Waterways are the cheapest means of transport but they are slow as compared to roadways and airways.



## Take a Break

Read the names of the vehicles.

Write **A** if they cause air pollution and **N** if they cause noise pollution.

Aeroplane

Bicycle

Bus

Rickshaw

Truck

## Airways

Means of air transport travel in air. Aeroplanes, helicopters, gliders, hot-air balloons are some of the means of air transport. They are used for covering very long distances. Pilots fly the aeroplane and air hostesses take care of the passengers.

Rockets take astronauts into the space.

Airways is the fastest means of transport but most expensive too.



## Learn from Mickey and Minnie



## Fuels

Vehicles take people and goods from one place to the other. But to move, they need fuel. Petrol, diesel, CNG, coal and electricity are some of the fuels.

They burn and help in the movement of the vehicles. We must try to save fuel. Walk short distances or use cycles. Use of eco-friendly fuels like CNG also helps to reduce pollution.

**Life Lesson**  
(Mrs Wilson says) We must use clean, environment-friendly fuels as they do not give out harmful smoke and prevent air pollution.



Petrol



CNG

### Fun Activity

Note down the registration numbers of any five vehicles and write them on the given number plates—

\_\_\_\_\_ || \_\_\_\_\_ || \_\_\_\_\_ || \_\_\_\_\_ || \_\_\_\_\_

### A Quick Recap

- Transportation is movement of goods and people from one place to another.
- Means of transport are the vehicles that are used for travelling.
- There are three modes of transport – Roadways, Waterways and Airways.
- Some means of transport are driven by humans or by animals.
- Other means of transport need fuel to move.

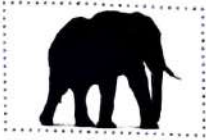


# Exercise

A. Put a tick (✓) on the correct option.

1. It is not a means of transport—

a.



b.



c.



2. It is the fastest means of transport—

a.



b.



c.



3. It is a means of land transport—

a.



b.



c.



B. Define these terms.

1. Passenger trains

.....  
.....

2. Goods trains

.....  
.....

3. Means of transport

.....  
.....

4. Airways

.....  
.....

C. Answer the following questions.

1. What is meant by transportation?

.....

2. What are the different modes of transport?

.....

3. Name two means of transport used

a. In water .....

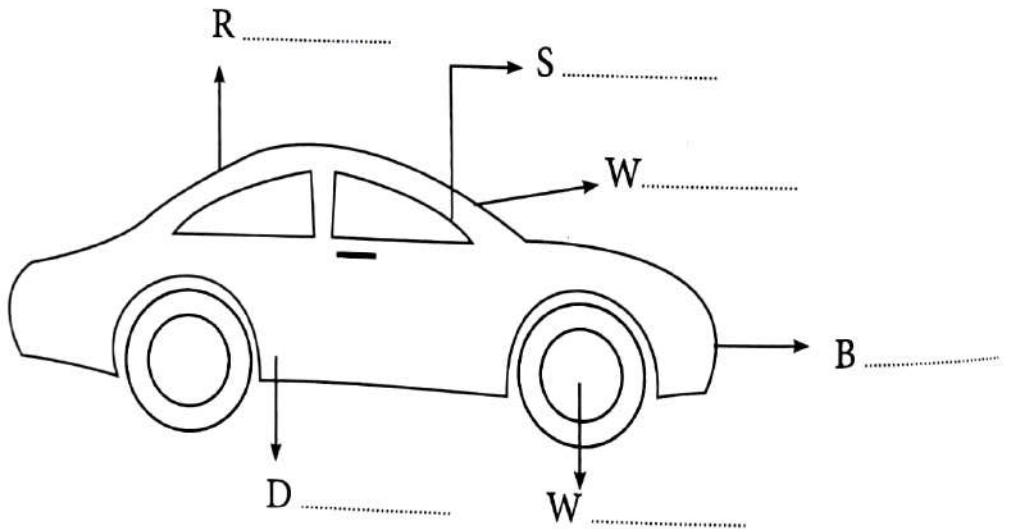
b. In air .....

4. Name four fuels needed to move the vehicles.

.....

D. Picture Based Question

Label the parts of a car



## Class Talk

Compare traffic seen in cities and villages. Discuss the reasons for traffic jam in cities.

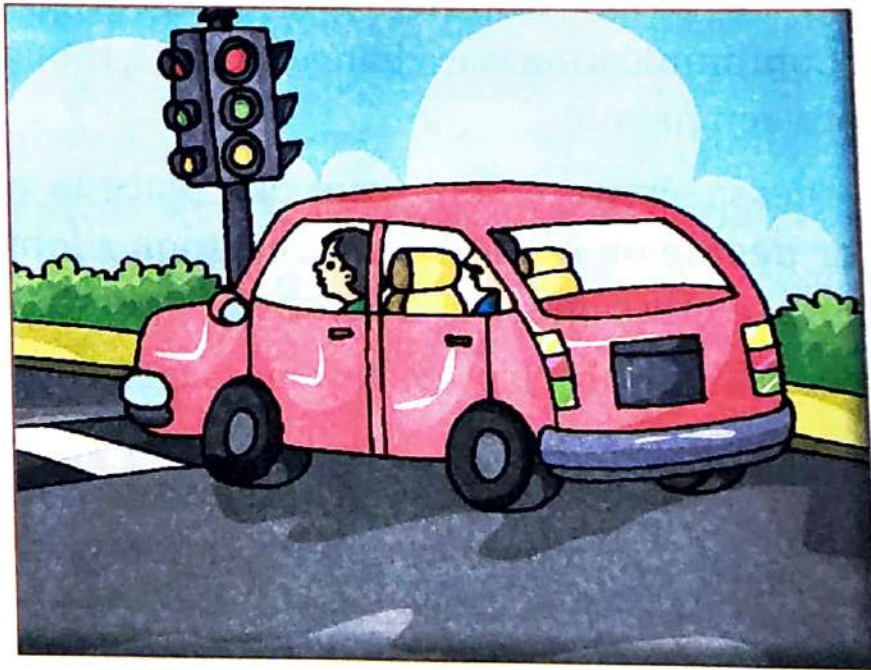
## Creative Corner



Use triangles, squares, circles and rectangles to create vehicles. Cut out these shapes out of different coloured glazed papers and then paste the ready vehicles on a chart paper.

## Life Skills

Abhi was going to the market with his father. At the traffic signal, his father switched off the ignition of the car. With it, the air conditioner and music system also went off. Abhi asked his father to start the ignition as he was feeling hot. Who do you think was right— father or Abhi? Why?



**Tune-up**

Write **A** if you agree and **D** if you disagree with the given statements.

1. We should be brief on the phone.
2. We should spend too much time playing games on computer and mobile.
3. Internet should always be used in presence of parents.
4. We should sit with our family and friends and communicate with them.

  
  
  
**Communication**

We need to talk or write to others on different occasions. This is **communication**. Communication is exchange of ideas, thoughts, information and messages between people.

In earlier times, messages were sent from one place to another with the help of pigeons or people on horse-backs. This took a long time and there was no certainty of the messages to reach the right person at the right time.



We can also convey messages through movements of our hands, our face expressions, through our speech and through our gestures. The different ways of communicating with different people are called

**Means of Communication.**

Let us know about some common means of communication.

**One-to-one Communication**

In one-to-one communication, exchange of ideas or thoughts is between two people—the sender and the receiver.



Telephone, letters and computers are means of one-to-one communication.

## Telephones

Telephone is the fastest means of communication. We can talk to anybody across the globe through the telephone.

STD (Subscriber Trunk Dialling) and ISD (International Subscriber Dialling) are the two ways of making direct call to the other person.

Telephones are of two types—

### Landline

It is the phone that is connected with a telephone wire. The handset can be fixed or cordless.



#### Now I Know

Alexander Graham Bell invented the telephone. He gave the word 'Ahoy' as the greeting word but it was changed to 'Hello' by Thomas Edison.

### Mobile Phone

This type of phones are portable i.e. they can be carried along with us wherever we go. They are also called **cellular phones** or cell phones.



We can send videos and images through mobiles.

We can chat or exchange SMS (short message service) on a mobile phone.

We can send or receive printed messages immediately through the Fax machine. It is connected to the telephone.



Fax (facsimile) means 'a copy'.

### Take a Break

Put a tick (✓) on the means of communication used for recreation.



## Letters

People have been writing and sending letters since earlier times. It is the most popular means of communication. However the art of letter writing is now fading out. We write letters on **postcards**, **inland letters** and **aerogrammes**. We also paste a stamp on them before posting them into the letter box.



We get all these things from the post office.

We use the **Speed Post** service of the post office if we need to get the letters or parcels delivered quickly. **Courier Services** can also be used for fast delivery of urgent letters. We write a six-digit PIN code (Postal Index Number) on the letter or parcel with the complete address of the receiver for it to reach the right destination.

## Computer

Computers are also used to send and receive messages and information. It can be done across the world through Internet. It is a very popular means of communication.

Through Internet, we can send e-mails (electronic mail) or chat with our near and dear ones. E-mail is a fast and inexpensive means of sending messages.

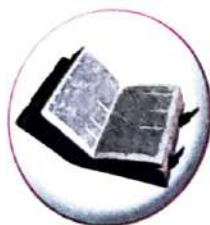


**Life Lesson**  
(Mrs Wilson says)

Communication brings people closer to each other. It has made the world a small place.

## Mass Communication

Mass communication, also called mass media, can be done through newspapers, television, magazines, radio and books. There is one sender and many receivers with whom communication is performed at the same time. Isn't it a time saving method?



Newspapers are published in several languages across the world. They give us information on national and international issues. They are the cheapest means of mass communication. Radio and television are popular means of mass media. They give us a lot of information. Books and magazines are a great source of knowledge and entertainment. There are books for all age groups.

### Learn from Mickey and Minnie

Minnie, I am wondering how the differently abled people communicate. They are unable to hear and speak.

Mickey, these people use sign language to talk to others.

There is a special script called Braille script, which helps the blind to read and understand.

How do the blind read?



Quote

The path to success is paved with healthy communication skills.

### Fun Activity

Collect different stamps of your country and other countries. Make a collage with these stamps.

### A Quick Recap

- Communication is exchange of ideas, thoughts and information.
- Means of communications are the different ways by which we exchange ideas.
- Telephones, letters and computers are means of one-to-one communication.
- Mass communication includes newspapers, television, radio, books and magazines.

## Exercise

A. Put a tick (✓) on the correct option.

1. We can read and get information on this—

a.



b.



c.



2. In earlier times, messages were sent through—

a.



b.



c.



3. It is the fastest means of communication—

a.



b.



c.



B. Give the full form of the following.

1. E-mail

---

2. ISD

---

3. PIN

---

4. STD

---

5. SMS

---

C. Answer the following questions.

1. What is communication?

---

2. What are the different means of one-to-one communication?

---



3. What is mass communication?

4. How are computers helpful to us?

D. Picture Based Question

Write **O** for older means and **M** for modern means of communication.



**Class Talk**

Hold a discussion on "Means of communication" used in villages and big cities.

**Creative Corner**



1. Demonstrate the use of some modes of communication in the class.



2. Cut out pictures and information from newspapers and paste them on a chart paper and create your own newspapers.

**Life Skills**

Raghav and his sister play games on computer and mobile for long hours. Their eyesight has become weak and they have lost interest in studies. Can you make them understand their fault?



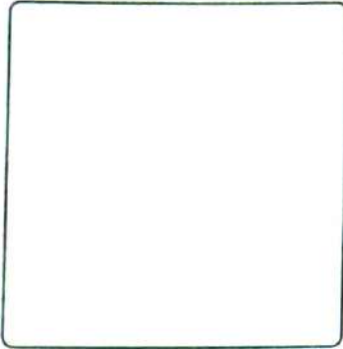


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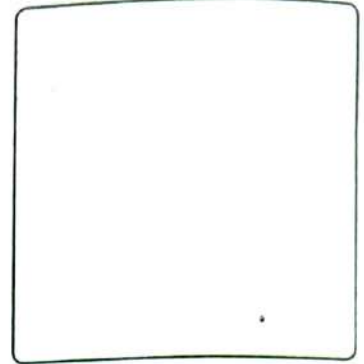
# Time & Directions

## Tune-up

Draw two clocks. Make their dials and draw the hands. Show on them the timings when you get up in the morning and the time when you go to bed.



When I get up



When I go to bed

## Time

Sun helps us to know the time. When the Sun rises, it is **morning**. It is time to go to school. We return from school in the **afternoon**. When the Sun sets, it is **evening**. We go to play in the evening. When the moon shines, it is **night**. It is time to go to bed and end the day.



Morning



After noon



Night



### Now I Know

1 minute = 60 seconds

1 hour = 60 minutes

1 day = 24 hours

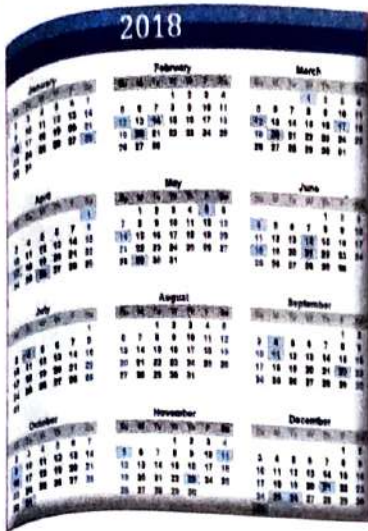
1 week = 7 days

1 month = 30 days

1 year = 12 months

Clock also helps us to know the time. A clock has a face and two hands. The small hand is the **hour hand** and the long hand is the **minute hand**.





Write : .....

Weekdays .....

Names of months .....

Which months have 30 days? .....

Which months have 31 days? .....

A calendar tells us the dates and days in different months.

### Take a Break

Write your daily routine.

I get up at ..... Time to play .....

I go to school at ..... Homework time .....

I come back from school at ..... Dinner time .....

My lunch time is ..... Time to go to bed .....

### Directions

There are four main directions—

North, South, East, West

North-South and East-West are opposite directions.

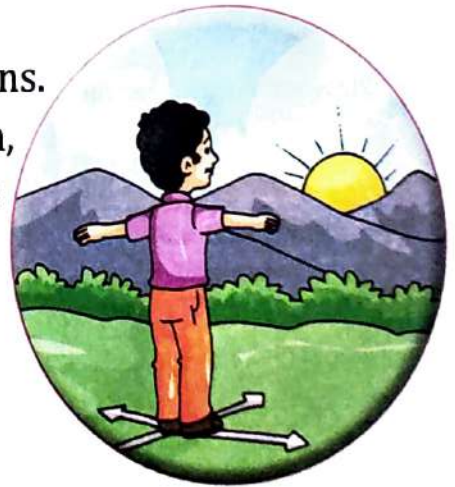
Sun rises in the east and sets in the west. Up, down, in front, right and left also help us to tell the directions. They are called **sides**.

Look around yourself in the class.

Which child is in front of you? .....

Who sits at your back? .....

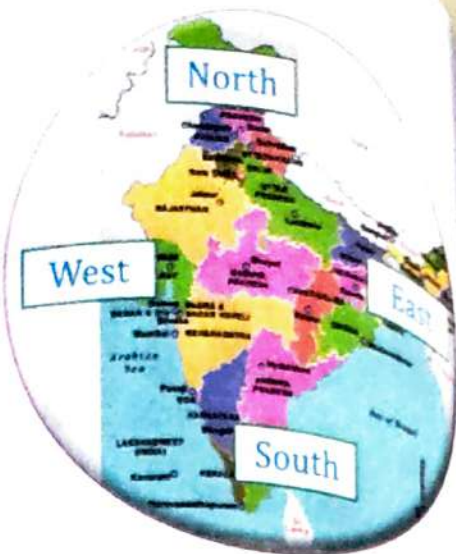
..... sits on your right and ..... on the left.



## Locating Places

Directions help us to locate different places.

A map is a drawing of the Earth or a place shown on a flat surface. The top of the map shows North direction and the bottom of the map shows South direction. East is on the right whereas West is on the left.



### Life Lesson

(Mrs Wilson says) Value time, time once gone never comes back. Make the best use of time now. There is never a tomorrow.

Maps have **symbols** to show different places like temples, bridges and schools, etc. They help in locating places easily.

### Fun Activity

Show with directions how to reach the nearby market from your house. Prepare and present it on an A-4 sheet.

### Learn from Mickey and Minnie

What are you holding in your hand?

It is a map. It will show me the directions to reach my aunt's house.

How will it show you the way?

It has arrows for right, left, directions marked on it.

Wow! that is so convenient!

Quote

Happiness is a direction and not a place. So, be happy to make others happy.



## A Quick Recap

- Sun and clock help us to know the time.
- A calendar tells us the dates and days.
- North, South, East and West are the four main directions.
- Map is a drawing of the Earth or a part of the Earth.
- Map has symbols to show different places.

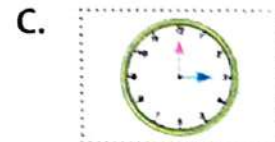
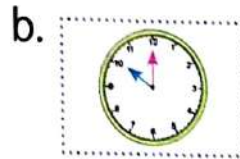
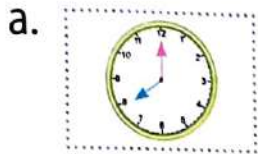
## Exercise

A. Put a tick (✓) on the correct option.

1. When the Sun rises, it is—



2. We go to school at about—



3. It is model of the Earth—



B. Circle the correct option.

1. (Sun/Stars) helps us to know the time.
2. Calendar shows us (time/days).
3. (North/East) lies towards the top of a map.
4. One week has (8/7) days.

5. On a map, we show different places with the help of (symbols/colours).

C. Answer the following questions.

1. Name two things that help us to know the time.

.....

2. What happens when the Sun rises and sets?

.....

3. What does a calendar show us?

.....

4. Name the four main directions.

.....

### **Class Talk**

"Time once lost cannot be regained." Discuss.

### **Creative Corner**



1. **Make your own clock.**

Use a paper plate, ice cream spoons and a thumb pin to design your own clock. Mark the numbers with colourful sketch pens. Be creative!!!!



2. **Bring a compass to the class and help to locate directions with its help.**



### **Life Skills**

Pratham has made a timetable for his studies. His friend Dwij says that he does studies whenever he feels like. Which of the two boys do you think does the right thing?



## Tune-up

Write **W** for plants that grow in water and **L** for the ones that grow on land.












There are plants all around us. They are of different shapes and sizes. Some are very tall while others lie low on the ground. Different types of plants are—

Trees



Shrubs



Herbs



Climbers



Creepers



## Parts of a Plant

Like humans, plants also have different parts which perform different functions. Let us learn about them.

### Roots

Roots lie below the soil. They hold the plant firmly to the soil. They absorb water and minerals from the soil for the plant.

### Stem



Stem holds the plant upright in the soil. It bears the leaves, flowers, buds and fruits.

It transports water and food to all parts of the plant.

### Leaf

Leaves are the 'food factory' of the plant. They prepare food for the plant with the help of sunlight, air and water.

### Buds

Buds grow into flowers.

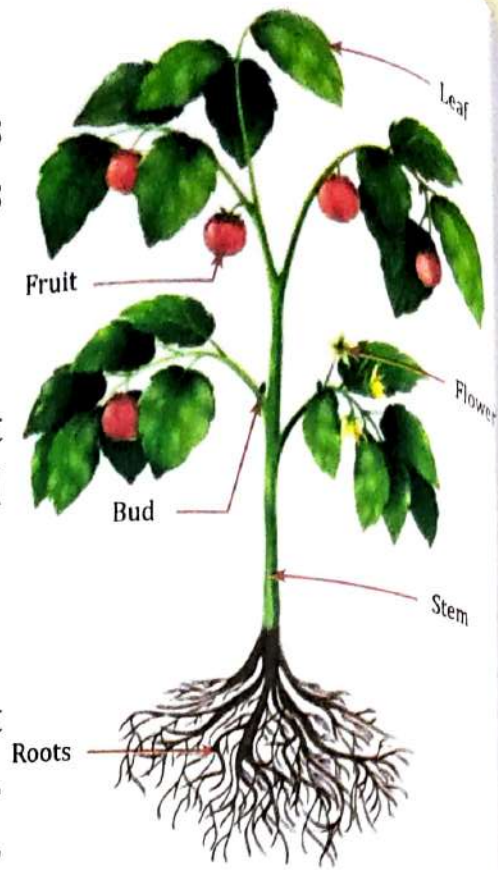


### Flower

Flowers grow into fruits. Fruits have seeds that grow into new plants.

## Edible Parts of Plants

Some parts of the plant store food. They are eaten as food.



### Now I Know

Only green plants make food. They have a green coloured pigment called chlorophyll that helps the plants in preparing food.



**Root—**



Carrot



Radish

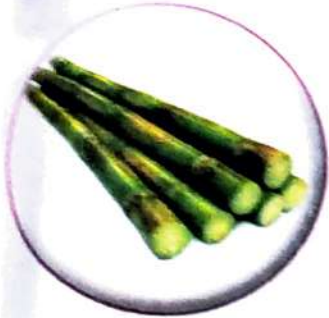


Turnip



**Life Lesson**  
(Mrs Wilson says) Adopt a plant. Help it to grow. Involve your friends too. Make the Earth a clean, healthy place to live.

**stem—**



Sugar cane



Potato



Ginger

**Fruit—**



Apple



Tomato



Mango



Banana



Orange

**Flower—**



Cauliflower



Broccoli



Artichoke



Basil



## Leaf—



Mint



Coriander



Cabbage



Spinach

## Cereals—



Pea



Maize



Rice



Wheat

## Take a Break

Draw the following parts of the plant.

Flower



Fruit



Stem



Root



Leaves



## Usefulness of Plants

Plants are very useful to us. They provide us with many things—

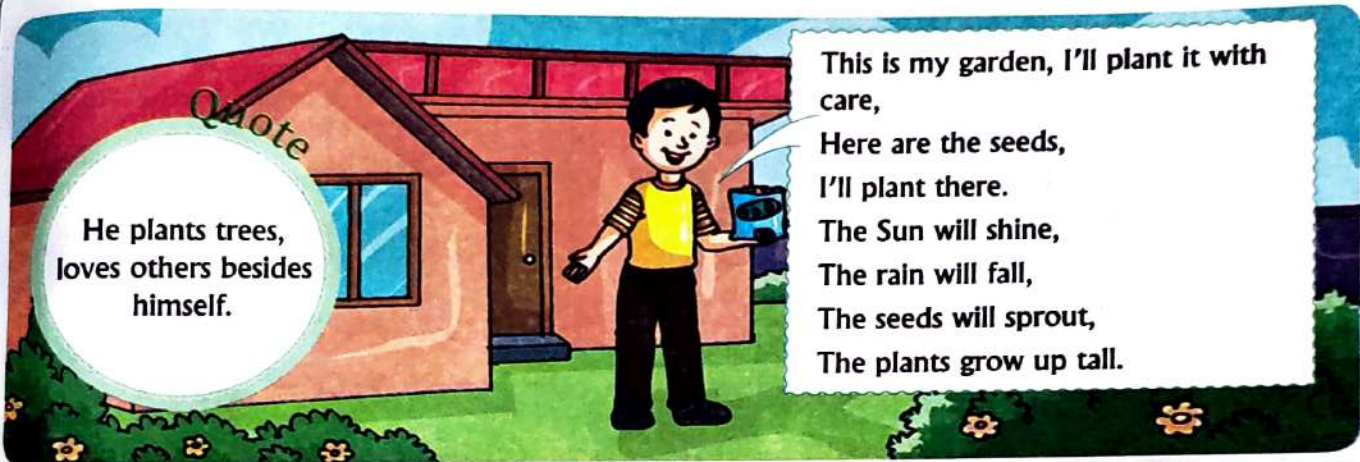




Plants also give us fresh air to breathe. They are called the 'Lungs of the Earth'.

They provide shelter to many birds and animals.

### Learn from Mickey and Minnie



Quote

He plants trees,  
loves others besides  
himself.

This is my garden, I'll plant it with  
care,

Here are the seeds,  
I'll plant there.

The Sun will shine,

The rain will fall,

The seeds will sprout,

The plants grow up tall.

### Fun Activity

Grow a plant in a pot. Decorate the pot with different colours. Gift it to your best friend. What a wonderful gift it is!!!

### A Quick Recap

- Plants are of different shapes and sizes.
- Plants are of different types— trees, shrubs, herbs, creepers and climbers.
- Roots, stem, leaf, flower, fruit are different parts of the plant.
- Different parts of plants are edible.
- Plants give us many things like fruits, vegetables, oil, spices, etc.
- Plants provide shelter to many birds and animals.



# Exercise

A. Put a tick (✓) on the correct option.

1. We eat flower of-

a.



b.



c.



2. It is a creeper-

a.



b.



c.



3. We eat the leaves of-

a.



b.



c.



B. Circle the odd one out.

1. spices

perfumes

wool

tea

2. apple

coconut

banyan

mint

3. broccoli

tomato

cucumber

mango

4. carrot

rice

radish

turnip

C. Answer the following questions.

1. What are the different types of plants?



2. Why do we call leaves the food factory of the plant?

.....

3. Give two uses of plants.

.....

4. Why are plants called 'Lungs of the Earth'?

.....

#### D. Picture Based Question

Given below are some foods that we eat. Which part of the plant are they? Write.



#### **Class Talk**

Discuss ways how we can save our green friends.

#### **Creative Corner**



Find out the uses of these medicinal plants.

Tulsi, Eucalyptus, Mint, Ginger. Write them on an A-4 sheet and display in the class.

#### **Life Skills**

Mary waters the plants outside her house every day. She often talks to them and treats them like other living beings. Do you think her behaviour is good. Why?





### Tune-up

Read and recite this poem about a pretty butterfly.

Just like birds, butterflies also lay eggs.

Here comes a butterfly and lays an egg.

Out comes a caterpillar with many legs.

A little cocoon to sleep in then from the cocoon.

My oh My !

Out comes a butterfly !



We see different types of animals around us. Some are **very big** animals like—



Elephant



Giraffe



Rhino

Some animals are small like—



Cat



Sheep



Dog



Some animals are very small like—



Insect



Rat



Cockroach

Not all animals are kept at home. Animals that are kept at home are called **pet animals**. They guard our houses. They give us company and also entertain us.



Dog



Parrot



Rabbit

**Domestic animals** live near our homes or on the farms. They are reared as they are very useful to us. They are used for various purposes like ploughing fields. Some of them give us milk.



Horse



Ox



Cow



Goat

**Wild animals** live in the jungle. They are tamed to entertain us in the circus. They can also be seen in the zoo.



Lion



Bear



Elephant

## Learn from Mickey and Minnie

Minnie, what do the birds do with these twigs? Do they eat them?

Where do they build their nest? Is it made with twigs only?

Birds built nests on trees and in cozy corners of a terrace. They use dry leaves, wool, cloth, etc to build nests. Here they lay eggs from which chicks hatch.

No dear. They use twigs to build their home. It is called NEST.

Saving an animal won't change the world but for that animal the world changes forever.

## Eating Habits of Animals

All animals do not eat the same kind of food. Animals that eat plants and parts of plants are called **herbivores**.



Herbivores

Animals that eat flesh of other animals are called **carnivores**.



Carnivores



### Now I Know

The place where the animals live is called their **habitat**. Animals living on land are called **terrestrial** animals. Aquatic animals live in water. **Amphibians** live both on land and in water.



Animals that eat both plants and flesh are called **omnivores**.



Omnivores



**Life Lesson**  
(Mrs Wilson says) Do not hurt or kill animals. They too have feelings. They are God's creatures and have an equal right to live on this Earth.

Some animals eat the dead remains of animals. They help in keeping the environment clean. They are called **scavengers**.

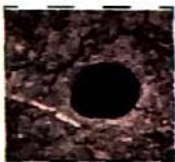


Scavengers

### Take a Break

Animals need shelter to protect themselves from their enemies and to give birth to their young ones.

Match the animals to their homes



Dog

Cow

Hen


Rat

Lion

Horse

### Uses of Animals

Animals are very useful to us in many ways. Let us know about them.

- Animals guard our houses.
- Animals give us milk. Milk is used to make other dairy products like— cheese , curd  and butter .
- They entertain us.



- They are used for transportation and carrying loads.
- They give us wool, silk, fur, leather. We must use the skin of only dead animals.
- They give us honey 🍯 and eggs 🥚.
- Some animals help in ploughing fields.

## Babies of Animals

Like humans, all animals have babies. Some give birth to young ones while some lay eggs.



Cat has kitten



Dog has puppy



Lion has cub



Sheep has lamb



Duck has ducklings



Cow has calf



Pig has piglet



Horse has colt

## Relationship between humans and animal

Animals have been a very important part of our lives. Our animal friends provide us with many useful things. They provide us with lot of emotional support. In turn, it is our duty to take care of all their needs. Animals have feelings just like humans. We should have respect for them, just as much as for everything else as they are a creation of God.

### Fun Activity

Draw the picture of a fish in the notebook and colour it. Label its body parts also.



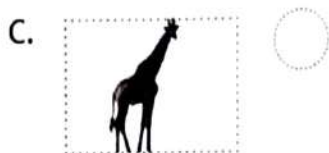
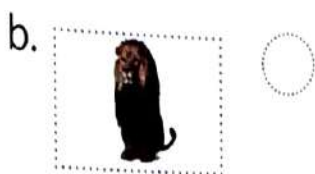
## A Quick Recap

- Some animals are very big while some are very small.
- Pet animals live in our homes.
- Domestic animals live near our homes or on farms.
- Animals eat different types of foods.
- Animals are very useful to us. We should take care of them.

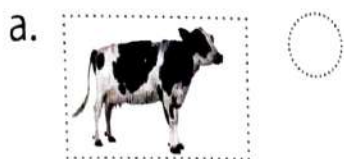
## Exercise

A. Put a Tick (✓) on the correct option.

1. It is a pet animal-



2. It eats only flesh-



3. It lays eggs-



B. Fill in the blanks using the given words.

( jungle, lion, dog, scavengers )

1. \_\_\_\_\_ is a pet animal.

2. Wild animals live in the \_\_\_\_\_.

3. \_\_\_\_\_ eat the dead remains of animals.

4. Cub is baby of .....

**C. Answer the following questions.**

1. What are pet animals?

.....

2. What are scavengers?

.....

3. Give four uses of animals.

.....

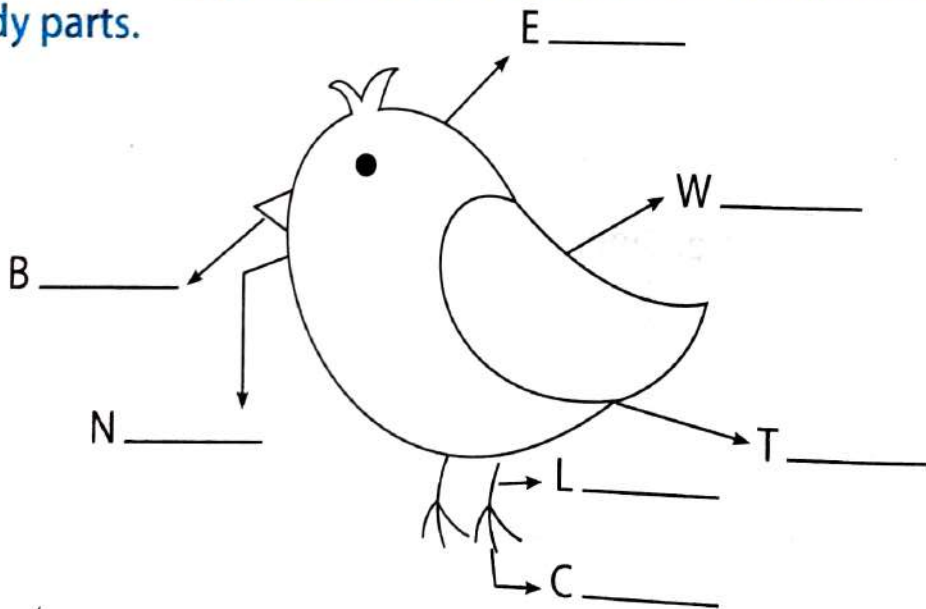
4. What are their babies called?

Horse ..... Lion .....

Pig ..... Cat .....

**D. Picture Based Question**

**Label the body parts of the bird. Discuss the functions of each of these body parts.**



## Class Talk

Where do we take the animals when they fall sick? How can we take care of animals?

### Creative Corner



1. Look at the pictures of the animals.

Write any five characteristics that they have in common. [Hint— grow, move]



All these animals

.....

2. Match each animal with its sound.

#### Animals

1. Lion
2. Elephant
3. Bird
4. Rat
5. Horse
6. Monkey

#### Sounds

- a. Trumpets
- b. Neighs
- c. Squeaks
- d. Grunts
- e. Roars
- f. Chirps


### Life Skills

Mansha's father is a trader. He needs to transfer goods from one place to another in the city. He always hires horse carts or bullock carts for transferring goods. He loads the carts with a lot of goods. Mansha feels sorry for the poor animals. She tells her father to send the goods through trucks but he says that will cost more. Is his behavior justified? Give your opinion.

Don't you think we should be compassionate and sensitive towards animals?





### Tune-up

- Name three things that have air filled in them.

\_\_\_\_\_

- Name two things that give out smoke.

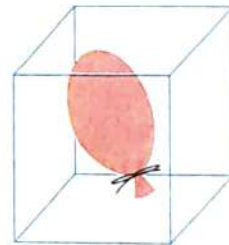
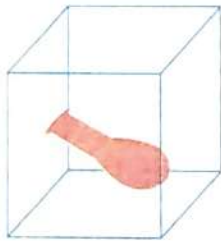
\_\_\_\_\_

Have you noticed leaves fluttering on trees, clothes moving on the clothes line? What moves them? It is air. Air is all around us. It cannot be seen. We can only feel air.

## Properties of Air

### Air occupies space

Take a deflated balloon and keep it in a small box and close it. Now fill air in the balloon and try to place it in the same box. It does not fit into it. This shows that air occupies space.



### Air has weight

Take a deflated and an inflated ball of the same size. Weigh both of them separately. We see that the ball filled with air weighs more than the deflated one. This shows that air has weight.



## Air expands on heating

Heat water in a covered pan. After some time, when the water starts boiling, we notice the lid of the pan shaking. The vapours rise and move the lid. This shows that air expands on heating.

Air is odourless and colourless.

It cannot be seen .We can only feel the moving air.



### Now I Know

When we fill air in a balloon or tyre, we notice that it starts bulging. It is because air exerts pressure on the walls.

## Air Pollution

Air pollution is caused when gases, dust particles and smoke make the air dirty. These are harmful substances. Polluted air is increasing day-by-day and affecting the whole environment.



## Take a Break

Tick (✓) the activities that make air dirty.



## Causes of Air Pollution

**Burning of fuels** like coal and petroleum is a major cause of pollution. Many vehicles use petrol to run and emit harmful gases that make the air dirty.

**Factories and industries** produce different products. They give out harmful gases from their chimneys that mix with the air and make it poisonous.

**Burning of garbage and crackers** also produces particles that are harmful for the atmosphere.

**Cutting of trees** is harmful for environment. Trees take up carbon dioxide and give out oxygen for breathing.



### Life Lesson

(Mrs Wilson says) We must try to be a part of the solution and not a part of the reasons of pollution.

### Learn from Mickey and Minnie

#### Quote

A breath of fresh air is a great thing to take.

Mickey, why are you coughing so much?

Instead of burning the garbage, it should be filled in the landfills. It will reduce the garbage and the pollution created by burning it.

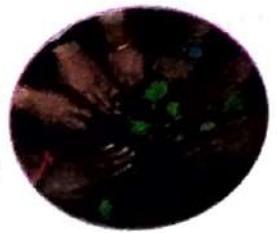
Some people have burnt the garbage near my house. The smoke is hurting the eyes and I am finding it difficult to breathe.



## Reducing Air Pollution

We must be aware of the increasing level of air pollution and understand the need to make air fresh and clean. Here are some ways to do it—

- Grow more trees.
- Use CNG (Compressed Natural Gas) in vehicles.
- Industries and factories should be away from housing areas. They must be fitted with chimneys.
- Do not burn garbage.
- Avoid bursting crackers.
- Use public transport and carpool.
- Get the vehicles checked regularly for pollution.



## Air Borne Diseases

Breathing in harmful and polluted air causes several health problems. It gives birth to many air borne diseases. They are simply developed in our body by breathing. They spread when an infected person coughs, sneezes or throws out nasal or throat mucus. Some of the air borne diseases are—

- |               |                |
|---------------|----------------|
| • Common cold | • Mumps        |
| • Influenza   | • Measles      |
| • Chickenpox  | • Tuberculosis |



## Symptoms

Some common symptoms of air borne diseases are coughing, sneezing, congestion, running nose, sore throat, headache, bodyaches, fever and loss of appetite.

## Prevention

Given below are some ways to prevent the spreading of air borne diseases—

- Avoid close contact with the sick person.
- Stay home when sick.
- Cover your mouth while coughing or sneezing.
- Do not use things used by a sick person.
- Use an oral mask to prevent infection.
- Do not spit here and there.
- Use disinfectants at home and other public places.
- Children must be vaccinated at the proper age.



### Fun Activity

#### Slogan

Write a slogan or message on reduction of air pollution. Make it very attractive.

### A Quick Recap

- Air is all around us.
- It can be only felt and not seen.
- Air occupies space, has weight and expands on heating.
- It is colourless and odourless.
- Gases, dust particles and smoke make the air dirty and cause air pollution.
- To control air pollution, we must plant more trees, use CNG, stop burning garbage and avoid bursting crackers and use public transport.
- Dirty air causes air borne diseases, like common cold, mumps, influenza, chickenpox and tuberculosis.
- To prevent air borne diseases, avoid contact with the sick person, avoid spitting here and there and cover your mouth while sneezing and coughing.



# Exercise

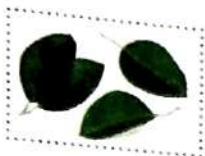
Put a tick (✓) on the correct option.

1. It does not move with moving air—

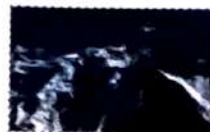
a.



b.



c.



2. It causes pollution—

a.



b.



c.



3. It is the correct way to avoid air pollution—

a.



b.



c.



B. Fill in the blanks using the given words.

( public, air mumps, weight, garbage, Space )

1. \_\_\_\_\_ is invisible.
2. Air has \_\_\_\_\_ and occupies \_\_\_\_\_.
3. Burning of \_\_\_\_\_ causes air pollution.
4. We should use \_\_\_\_\_ transport.
5. \_\_\_\_\_ is an air borne disease.

C. Answer the following questions.

1. State any three properties of air.

.....



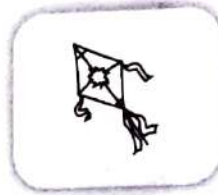
2. What is air pollution?

3. List the reasons that cause air pollution.

4. Write any two ways to control air pollution.

#### D. Picture Based Question

What is common in these objects? Name them and colour them.



#### **Class Talk**

Why should we turn off lights and fans when not in use? Discuss.

#### **Creative Corner**



1. Prepare a collage with pictures that depict air pollution related activities and problems caused by them.
2. Become a poet and write a poem or song on clean air.
3. With the help of a trained Yoga instructor, learn and practise some simple exercises and asanas for use of air for healthy living.

#### **Life Skills**

The world is a beautiful place and fresh air is the gift of God to humans. We must try to participate in activities that keep the air and our surroundings clean and green. This will help us to have a long and disease-free life.



**Tune-up**

Write 'N' for natural water sources and 'M' for man-made water sources.

**Water**

All living things need water to survive. Life is impossible without water. About 75% of our Earth is covered with water making the Earth the 'Blue Planet'. It is found on the surface of Earth in oceans, seas, rivers and below the Earth's surface in the form of ground water.

**Sources of water**

There are various sources of water. Some of them are provided to us by nature, like rivers, seas and oceans. Rain is the main source of water on Earth. All these sources are called **natural water sources**. The sources of water like dams, wells, hand pumps and tube wells are created by man. So, they are called **man-made water sources**.





Living things need water to survive. Most of the fruits and vegetables contain water. More than 50 % of our body weight is due to water in our body. Plants use water to grow and to make food.



### Now I Know

A lot of water is lost from our body in the form of urine and sweat. Plants lose water in the form of water vapours that go into the atmosphere.



## Clean Water

The water that we get from different sources is not totally pure and clean. It contains certain impurities. It is important to purify water before consuming it.

### Ways to Purify Water

At home, we can purify water by using RO water purifier or a water filter machine. It can also be made fit for drinking by boiling it at high temperature. It helps in killing the germs present in water. Adding chemicals, like chlorine, to water makes it fit for drinking.



RO purifier



Water filter



Boiling water

### Take a Break

Write 'T' for statements that are true and 'F' for the false ones.

1. Plants do not need water.
2. Boiling kills the germs in water.
3. 25 % of Earth is covered with water.
4. Rain is a natural source of water.



## Water Pollution

Water bodies become dirty due to natural factors and human activities. **Water pollution** is caused due to addition of harmful substances to the sources of water. If such water is consumed, it causes several health problems. Some of the reasons of water pollution are—



- Disposing the wastes from houses and industries into the water bodies
- Washing clothes and animals in the water bodies
- Overuse of fertilisers in the fields.

Dirty water affects plants and animals in the water. They can even die due to the impurities mixed with water. Some of the water borne diseases are cholera, hepatitis, diarrhoea and typhoid.



### Learn from Mickey and Minnie

What are you doing Mickey?

I am disposing the garbage in the river. Our house must be clean.

Quote

Water is the driving force of all nature.

Isn't it important to keep the water bodies also clean? These things make them dirty and harmful.

I will be careful and dispose it in the dustbin only.

## Judicious Use of Water

Water is the key to life. All living things need water for survival. It is as important as fresh air. If we use water judiciously, we can maintain the presence of water on the Earth in future.

Follow the following ways to conserve water—

- Do not keep the tap running while brushing and bathing.
- Use a bucket and mug for bathing and washing cycles and cars.
- After washing the fruits and vegetables, the water can be used to water plants.
- Leaking taps and pipelines must be repaired.
- Try to reuse water for cleaning and mopping.



### Fun Activity

Take a glass of water and mix some mud in it. Mix it well. Now take a filter paper or muslin cloth and cover the mouth of another empty glass. Now pass the dirty water through the filter paper/muslin cloth. What do you notice? Mud collects on the paper/cloth and water passes into the empty glass.

**Remember**— *This water is still not fit for drinking.*

### A Quick Recap

- Rivers, seas, oceans are natural sources of water.
- Hand pumps, dams, tube wells and wells are man-made sources of water.
- Water can be purified by using water purifiers like RO purifier and water filters.
- Boiling and adding chlorine also purify water.
- Water pollution is caused by natural reasons and human activities.
- Drinking dirty water causes health problems and water borne diseases.
- Water must be used judiciously.



# Exercise

A. Put a tick (✓) on the correct option.

1. It contaminates water–

a.



b.



c.



2. It saves water–

a.



b.



c.



3. It is not a natural source of water–

a.



b.



c.



B. Write 'T' for true and 'F' for false statements.

1. Wells are man-made sources of water.



2. Fruits do not contain water.



3. RO system is a water purifying machine.



4. Fertilisers clean the water.



5. Earth is called the 'Blue Planet'.



C. Answer the following questions.

1. Differentiate between natural and man-made sources of water.

---



2. Why do plants need water?

.....

3. Name any three ways to purify water.

.....

4. State any two ways to conserve water.

.....

### D. Picture Based Question

Tick (✓) the activities that cause water pollution.



### Class Talk

Discuss the precautions to be taken during rainy season to keep dry and to keep sources of water clean.

### Creative Corner



1. Prepare a project on 'Save water'. Write slogans and messages.
2. A visit can be organised to water bodies in the neighbourhood and write a few lines on your observations.

### Life Skills

Water is a precious resource. We must try to save every drop of it. It can be done by reusing the water in different places for different activities. It is our responsibility to keep the sources of water (natural or man-made) clean for healthy living.



## Tune-up

Read this piece of advice from the Moon.

Enjoy your life to its fullest.

Be someone to look up to

Don't be afraid of difficulties

Always shine so bright

Honour the changes in life

And light up the night



Discuss the theme of the poem.

## Heavenly Bodies

All the natural objects that we see in the sky are called **heavenly bodies**. They include the Sun, the moon, stars and all the planets. **Planets** are the heavenly bodies that revolve around the Sun. All these are a part of the **universe**.

Let us learn about these heavenly bodies.

### Sun

Sun is a huge ball of fire. It gives us heat and light. Sun's heat helps plants to grow, clothes to dry, and formation of clouds. Sun rises in the east and sets in the west. Life is possible on Earth due to the heat of Sun.

Sun is actually a star which is very huge. It appears bigger than other stars because it is the nearest star to the Earth.

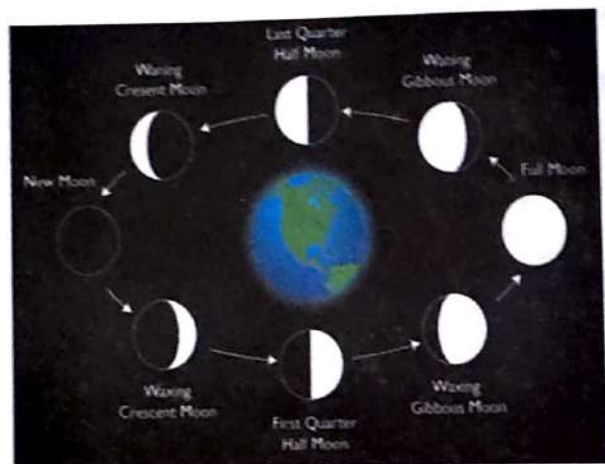


## Moon

The Moon is called the Earth's *satellite*. It revolves around the Earth in a definite and regular path and takes  $29 \frac{1}{2}$  days to travel round the Earth.

As the Moon moves round the Earth, different portions of its surface receive the sunlight. This causes it to appear to us almost as though the Moon changes its shape as the month goes on. We call these change the *phases* of the Moon.

Remember, the Moon has no light of its own. It receives light from the Sun which is reflected by its surface.



### Learn from Mickey and Minnie

No one can live on Moon as there is no air and water on it which are very important to survive.

Are there other things also in the sky which we cannot see?

Yes, there are many heavenly bodies in the sky.

What are you thinking Mickey?

I am wondering if someone lives on The Moon just as we do on Earth.

God provides enough to satisfy everyone's needs but not everyone's greed.



## Take a Break

Write two activities you perform and two things you see in the sky

In day time \_\_\_\_\_

\_\_\_\_\_

At night \_\_\_\_\_

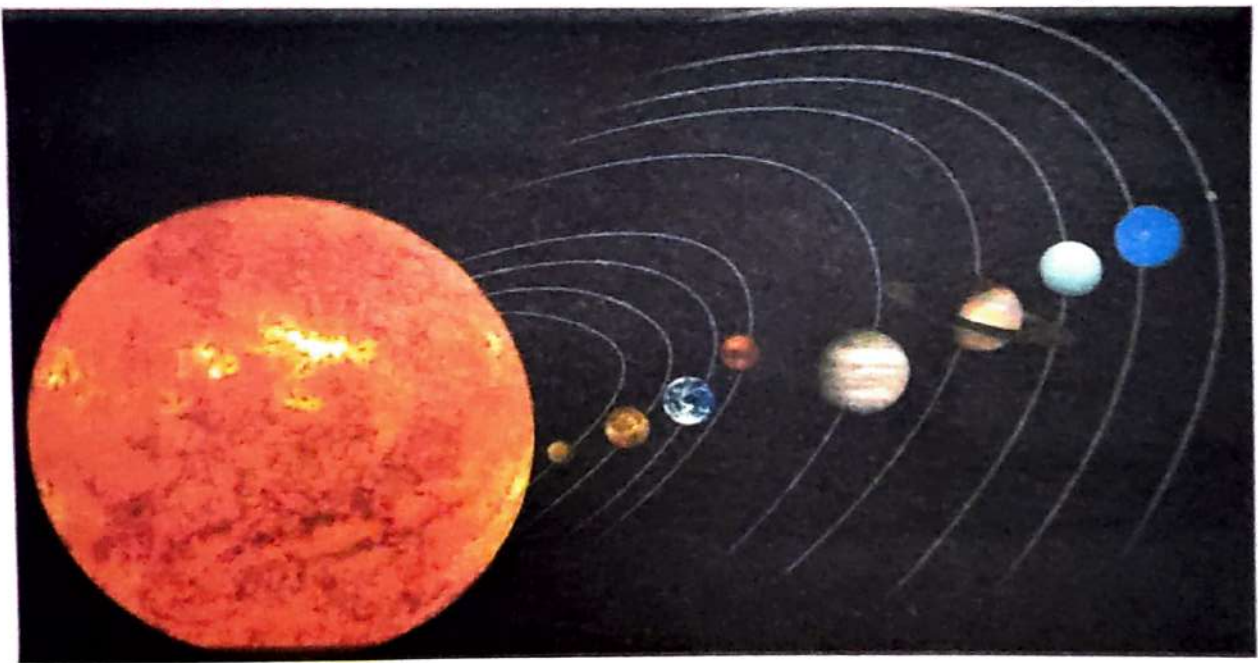
\_\_\_\_\_

## Stars

The tiny, twinkling objects that we see in the sky at night are called stars. They, too, are far off.

## Solar System

The Sun and the eight planets that revolve around the Sun are together called the solar system. The Sun is in the centre of the solar system.



We have an interesting way to learn the names of these planets in the solar system.

My Very Educated Mother Just Served Us Noodles.

## Earth

Earth is called the 'Blue Planet' as three-fourths of the Earth is covered with water.

Large water bodies on this planet are called **oceans**. There are five main oceans on the Earth. Large masses of land are called **continents**. There are seven continents on Earth.

Earth is round like an orange. It is surrounded by a layer of air called **atmosphere**. It makes life possible on Earth. Land, water and atmosphere together form the environment.

## Globe

Globe is a model of the Earth. It shows all the continents and oceans.



**Life Lesson**  
(Mrs Wilson says) The greatest threat to our planet is the belief that others will save it.



## Now I Know

The movement of the Earth on its axis causes day and night. The part of the Earth that faces the Sun has day and the opposite side has night.



## Fun Activity

Draw the model of the solar system using a thermocol sheet and different colours.

## A Quick Recap

- Heavenly bodies are the natural objects seen in the sky.
- Sun is a huge ball of fire.
- Moon is the Earth's natural satellite.
- Stars are tiny, twinkling objects in the sky.
- Sun and eight planets form the solar system.
- Earth is called the 'Blue Planet'.
- Large water bodies are called oceans.
- Large masses of land are called continents.
- Globe is the model of the Earth.



# Exercise

put a tick (✓) on the correct option.

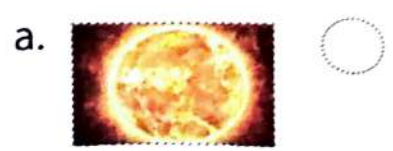
1. It is a heavenly body-



2. It is a model of the Earth-



3. It rises in the east-



B. What are the following called?

1. Large water bodies
2. Large land masses
3. Sun and the eight planets
4. Model of the Earth
5. The layer of air that surrounds the Earth

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C. Answer the following questions.

1. What are heavenly bodies?



2. How is Sun useful to us? (any two points)

3. What is the solar system?

#### D. Picture Based Question

Look at the different types of sky and match them correctly.



a. It's afternoon



b. It's day time



c. It's night



#### Class Talk

Discuss ways in which we can keep our Earth clean and a healthy place to live.

#### Creative Corner



1. Draw the following pictures on plain sheets and display in the class.

A Rainy Day

A Cloudy Day

A Sunny Day

A Cold Day

2. Observe the sky at night and during the day time. Talk about all the things that you see.

#### Life Skills

We all love to watch the twinkling stars in the night sky. What would it be like if we were unable to watch them? Can you think of a reason for this? What can we do to control this?



# Test Paper — I

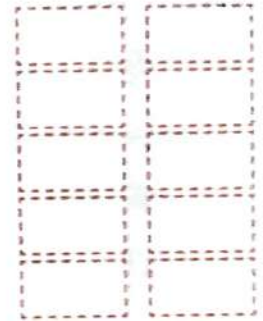
## (Based on Chapters 1 to 10)

### A. Fill in the blanks.

1. A puppy turns into a \_\_\_\_\_ .
2. We pick things with the help of \_\_\_\_\_ .
3. We get \_\_\_\_\_ from cotton plant.
4. We should walk on \_\_\_\_\_ .
5. \_\_\_\_\_ mends our shoes.

### B. Match the following.

- |               |                |
|---------------|----------------|
| 1. Tent       | a. Water       |
| 2. Houseboats | b. Cold places |
| 3. Huts       | c. Motor homes |
| 4. Igloos     | d. Canvas      |
| 5. Caravans   | e. Villages    |



### C. Answer in one line.

1. What are external organs? Name any three.  
\_\_\_\_\_
2. What are the two main sources of food?  
\_\_\_\_\_
3. Why do we need a house?  
\_\_\_\_\_
4. Who are neighbours?  
\_\_\_\_\_

### D. Name the following.

1. Our father's or mother's brother. \_\_\_\_\_
2. First meal of the day. \_\_\_\_\_
3. House made of snow. \_\_\_\_\_
4. Here we keep our money and jewellery. \_\_\_\_\_

# Test Paper -2

(Based on Chapters 11 to 19)

## A. Fill in the blanks.

1. Calendar shows us \_\_\_\_\_ .
2. One week has \_\_\_\_\_ days.
3. Wild animals live in \_\_\_\_\_ .
4. \_\_\_\_\_ is an air borne disease.
5. \_\_\_\_\_ rises in the east.

## B. Give the full form of the following.

1. E-mail \_\_\_\_\_
2. ISD \_\_\_\_\_
3. PIN \_\_\_\_\_
4. STD \_\_\_\_\_
5. SMS \_\_\_\_\_

## C. Answer the following questions.

1. What are national festivals? Name any two.

\_\_\_\_\_

2. How are computers helpful to us?

\_\_\_\_\_

3. What does a calendar show us?

\_\_\_\_\_

4. List the reasons that cause air pollution.

\_\_\_\_\_

## D. Write 'T' for true and 'F' for false statements.

1. India is a land of festivals.
2. Letter is the fastest means of communication.
3. Fruits do not contain water.
4. Earth is called the 'Blue Planet'.

