

We need fresh air to breathe. Dirty air makes us ill. We should breathe clean and fresh air. Foul air is bad for health. It contains harmful germs. Fresh air is available in the open.

We should sit and play in the open to make ourselves healthy.

**Fresh air** comes from outside the house.

Keep your windows open to let in fresh air.

Never cover your face while sleeping.

Green plants make air fresh.

Grow green plants in and around your house.

Have a garden in your house.

Neem and Eucalyptus in the garden provide very fresh air.





- Air cannot be seen. It can be felt only.
- Air is used to fill things. When we blow air into a balloon it becomes bigger. It is because now it is filled with air.
- Air exerts pressure.
- Air has weight, e.g. a football full of air is heavier because it is filled with air.
- Air supports burning.



### Test your Self

1. We can feel \_\_\_\_\_. (food/air)
2. \_\_\_\_\_ make air fresh. (green plants/animals)
3. \_\_\_\_\_ air makes us ill. (Fresh/Dirty)



### BREEZE

Wind blowing softly is called breeze. Breeze is gentle wind. It makes us feel pleasant.



### STORM

Fast and strong wind is called storm. Storms cause damage to houses, crops, trees and kill men and animals.

### Test your Self

1. Have you ever enjoyed pleasant weather? If yes, how do you feel?

\_\_\_\_\_

2. What do you do on windy days?

\_\_\_\_\_

## WEATHER COCK (WINDVANE)

In the following picture you see a weather-vane. It shows the direction of the wind.

- N—stands for North
- E—stands for East
- W—stands for West
- S—stands for South



### Know the Keywords :

Atmosphere	: Mixture of gases that surrounds the Earth.
Polluted Air	: Air having dust and smoke.
Fresh Air	: Air without dirt and smoke.

### Point to Remember

- We should breathe in clean and fresh air.
- We should grow green plants which purify the air.
- Open doors and windows to let the pure air enter in our house.
- We should keep our faces uncovered while sleeping.
- Pure and fresh air makes us healthy. We should play in the open field.

## EXERCISE TIME

### A. Multiple choice questions (MCQs).

Tick (✓) the correct option :

- Air is a mixture of \_\_\_\_\_.  
a. many gases  b. water  c. smoke
- Moving air is called \_\_\_\_\_.  
a. wind  b. storm  c. breeze
- Soft wind is called \_\_\_\_\_.  
a. breeze  b. air  c. storm
- We must always keep air \_\_\_\_\_.  
a. dirty  b. clean  c. smoke

**B. Tick (✓) the correct and cross (X) the incorrect ones :**

1. Smoke makes air foul.
2. Dust keeps the air fresh.
3. Trees provide fresh air.
4. Cover your face while sleeping.

  
  
  

**C. Match the following :**

- |                       |                                  |
|-----------------------|----------------------------------|
| 1. Plants             | a. car, bus etc.                 |
| 2. Air                | b. windows and ventilators       |
| 3. Smoke              | c. can not be seen               |
| 4. Fresh air in house | d. make the air clean and fresh. |

**D. Fill in the blanks with the given words :**

fresh, open, healthy, plants

1. Breathe clean and \_\_\_\_\_ air.
2. Grow green \_\_\_\_\_ around your house.
3. Always play in the \_\_\_\_\_.
4. Fresh air keeps us \_\_\_\_\_.

**E. Answer the following questions :**

1. Why do you need fresh air?

\_\_\_\_\_

2. Where should you play to get fresh air?

\_\_\_\_\_

3. What should you do to get fresh air while sleeping?

\_\_\_\_\_

4. What should you do to get fresh air in your house?

\_\_\_\_\_



Creative Work

- Grow some green plants in and around your house.