



Environmental Studies

2

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Preface

Sapphire Publication book has been specially designed keeping on mind requirement of the students.

Our purpose in developing this series is to provide path-breaking, interactive, joyful experience for both teachers and students. The topic here have been specially structured keeping in mind the primary objectives of incorporating that covers all the aspects of a student's development.

Each chapter has focused and highlighted a variety of topics based on the world around us; bringing out interest of child. Along with these knowledge based evaluation is carried out with the skill sheet for practice.

Special Features :

1. Course book is supported with for practice sessions based on the chapters provided Activity Bag and Project Bag .
2. Activity Bag and Project Bag are designed to reinforce for entire learning experience with child-friendly illustrations.
3. It links learning of the child through activity approach.

_ Publisher



Environmental Studies

Published By



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Designed by : Blue Leaf

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Kinds of Plants

Chap. 1



After completing this chapter we will be able to know about :

- ◆ The different kind of plants and trees
- ◆ Different sizes and shapes of plants
- ◆ Different part of plant

We see different kinds of plants around us. These are of different sizes, shapes and colours. All types of plants cannot grow in the same place. Some plants grow on land while some grow in water. Some grow in cold places while others grow in hot places. Some plants can grow in desert areas also.

Write the name of place of plants in which they grow.



Kinds of Plants

Based on the size and type of stem plants are of the following types : like trees, shrubs, herbs, creepers and climbers.

Trees : Big, tall and strong plants are called **trees**.

Trees have thick, brown and woody stem called **trunk**. It helps the trees to stand upright. They have many branches that bears leaves, flowers and fruits. Trees live for many years **example** : mango, coconut, banyan, neem etc.



Mango Tree



Coconut Tree



Banyan Tree



Neem Tree

Shrubs : Plants that are smaller than trees are called **shrubs**. They have thin, hard and woody stem. Shrubs have many branches. These branches grow close to the ground. They live for a few years. **Example** : hibiscus, rose, tulsi, henna (mehandi) tea plant etc.



Hibiscus



Rose



Tulsi

Herbs : Plants that are small and weak called **herbs**. They have soft stem. They live for a few months. Vegetables, grasses and water plants are also **herbs**. **Example** : grass, coriander, mint, marigold etc.



Grass



Coriander



Mint

Climbers : Plants have weak stem and they need a support to grow. Such plants are called **climbers**. **Example** : money plant, pea-plant, bean plant grapevine etc.



Money-plant



Pea Plant



Bean Plant

Knowledge Corner

- ◆ Most of the herbs are used as medicines.

Creepers : Plants that have weak stems and they grow along the ground. They have thin branches and bear big fruits. They are called **creepers**. **Example** : pumpkin, gourd, water-melon etc.



Pumpkin



Gourd



Watermelon

Water Plants : Some plants grow in water. They are called **water plants**. They grow in seas, rivers, lakes and ponds. **Example** : lotus, seaweed, water hyacinth.



Lotus grows in ponds and lakes



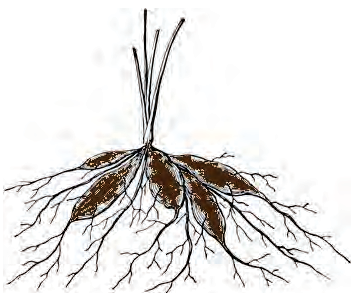
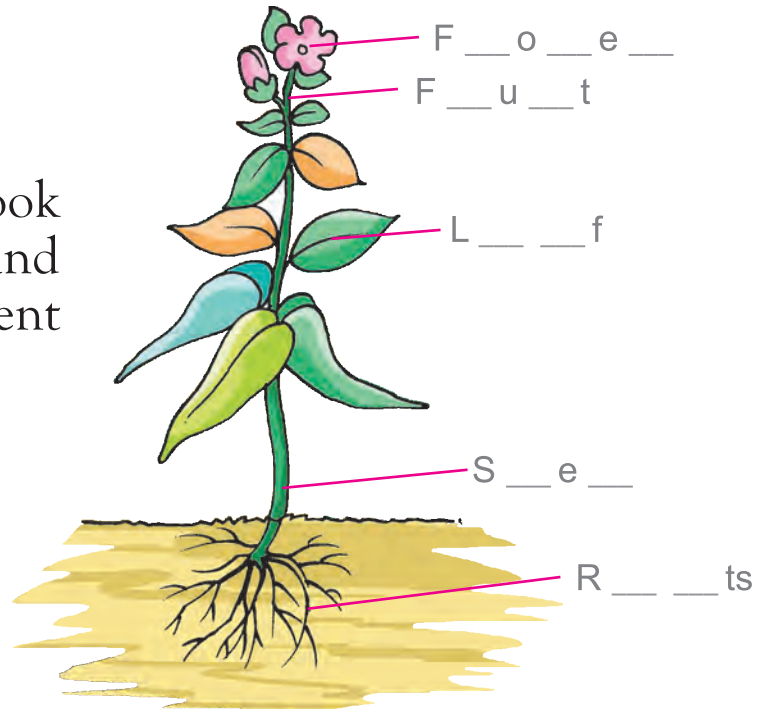
Seaweed grows in sea water



Water Hyacinth grows in rivers and lakes

Parts of a Plant

A plant has many parts. Look at the plant given below and complete the name of different parts of plant.



Roots

Roots : Roots grow under the ground. They give support to the plant and take water and minerals from the soil and send them to the different parts of the plant.

Stem : It is the main body of a plant. It helps plant to stand straight. It bears leaves, branches, flowers and fruits. It grows above the ground. It carries water and food to all other parts.



Stem

Knowledge Corner

- ◆ You can find the age of a tree by counting the number of rings across a section of tree trunk.

Leaf : It is flat green part of the plant that makes food for plant. It is called the **kitchen of the plant**.



Leaf

Flower : It is colourful and beautiful part of a plant that produces fruits or seeds.



Flower



Fruit

Fruit : It is fleshy or juicy part of plant that grows from flower. It has seeds inside.

Seed : It is the basic part of a plant from which a baby plant grows.



Seed

Plants Make Their Own Food

Green plants make their own food with the help of air, sunlight and water. The stem carries this food from leaves to all other parts of the plant. Plants store extra food in their roots, stems, fruits, leaves and seeds in the form of starch.

POINTS OF VIEW

- Plants are different shapes, sizes and colours.
- On the base of shapes and sizes plants are of following types such as; trees, shrubs, herbs, climbers, creepers, etc.
- Very strong and tall plants are called trees.
- Climbers have need a support to grow.
- Leaves of plants prepare the food for plants so these are called the kitchen of plant.
- Flower is a most beautiful part of a plant.





Exercise

A. Tick (✓) the correct option :

1. Strong and woody stem with branches are found in _____ .
(a) herbs (b) trees (c) climbers
2. The beautiful part of the plant that produces seed is called _____ .
(a) leaf (b) root (c) flower
3. Lotus is a _____ .
(a) water plant (b) tree (c) herb
4. To make their own food, plants need _____ .
(a) water and sunlight (b) air, water and sunlight
(c) air and water

B. Fill in the blanks with correct word :

1. Trees are _____ plants with woody stems. (small/big)
2. _____ have weak stems. (trees/climbers)
3. The _____ makes food for the plant. (leaf/root)
4. _____ grows under the ground. (leaf/root)
5. _____ is a basic part of plant from which a baby plant grow. (seed/leaf)

C. Write True or False statements :

1. All types of plants can grow in the same type of places. _____
2. Some plants grow under the water. _____
3. Herbs have hard woody stems. _____
4. Seaweed grows in sea water _____
5. Roots are grow under the ground. _____

D. Match the following :

1. Hibiscus (a) Fruit
2. Mint (b) Shrub
3. Papaya (c) Herb
4. Banyan (d) Tree

E. Give two examples of each of the following :

1. Trees _____
2. Shrubs _____
3. Herbs _____
4. Climbers _____
5. Creepers _____
6. Water Plants _____

F. Write the function of each of the following part of plant :

1. Root _____
2. Stem _____
3. Leaves _____
4. Fruit _____
5. Seed _____

G. Answer the following questions :

1. What are shrubs and herbs ?
2. What are trees ?
3. What is the difference between climbers and creepers ?
4. From which part of a plant branches attached ?
5. Where are seeds found ?



ACTIVITY BAG

- (i) Take a clean glass bottle and fill it with water.
- (ii) Ask a friend to bring you a long piece of a money plant. You may even find one at home or in school. Make sure it has a few leaves too.
- (iii) Place the cut end of the plant in the water.
- (iv) Look at it carefully everyday. What changes do you notice? Talk about them in class.

Uses of Plants

Chap. 2



After completing this chapter we will be able to know about :

- ◆ The food items that we get from plants like vegetables, fruits, spices, cereals and pulses etc.
- ◆ The other products like sugar, spice, wood, jute, beverages, etc., from plant.

Plants are our green friends. They give us many useful things like food, medicines, wood, oil, paper, clothes and many other things. They keep the air fresh and clean and make our surrounding beautiful.

Tick (✱) the things that we get from plants or their products :



Food from Plants

We get different kinds of food from plants. We eat roots, stems, leaves, fruits and flowers as vegetables and seeds as cereals and pulses.

Stems	Roots	Leaves	Flower	Seeds	Fruits
potato	carrot	spinach	cauliflower	corn	mango
onion	radish	cabbage	broccoli	peas	orange
ginger	turnip	letuce			grapes
sugarcane					banana

Knowledge Corner

- ◆ Brinjal, tomato, lemon and lady's finger etc., are fruits of the plant.

We also get nuts from plants. Nuts are dry-fruits with a hard shell.

Example : walnut, cashew, almond, groundnut, etc.



Walnut



Cashewnut



Almond



Groundnut

We get spices from plants. Spices add special flavour and taste to our food. **Example :** turmeric, black pepper, cardemom, clove, chillies etc.



Turmeric



Blackpepper



Cardemom

Plants also give us refreshing drinks. We make tea from dried leaves of tea plant.



Tea



Tea leaves



Coffee beans



Coffee

We get coffee from seeds of coffee plant or cocoa.

We get sugar from the juice of sugarcane stem.



Sugar



Sugarcane

The flowers and fruits of some plants like rose, lemon, and mango are used to make sharbats, juices and jams.



Mango Juice



Jam

We get oil from the seed of certain plants like sunflower, mustard, groundnut and soyabean. We get it by crushing the seeds of plants rich in oil. These oil are used in cooking food. **Example :** coconut, groundnut, sunflower, mustard, etc.



Coconut



Groundnut



Sunflower



Mustard

Some oil like coconut and mustard are applied on hair.

Fibres from Plants

We get fibres from plants. These fibres are used to make clothes, socks, ropes and mats. Jute and cotton are two types of fibres.

Wood from Plants



Cotton Plant



Cotton Clothes

Fibres from cotton plant is used to make clothes.



Jute Plant



Jute Rope

Fibres from jute plant is used to make ropes, mats and socks.

We get wood from trees like teak, deodar or sheesham which is used to make our furniture, doors and windows. Wood from some trees is used to make a number of other things, such as boats and carts.



Table



Boat



Door



Window

Plants Give us Paper, Rubber and Gum

Paper is made from pulp of trees like bamboo plant.



Bamboo



Paper



Rubber Tree



Acacia Tree

The eraser we use are made of rubber. We get rubber from the juice of the rubber tree. Rubber is also used to make tyres and pipes. We get gum from the acacia tree. Gum is used to make glue.

We make dyes, paints and varnishes from juice of some trees. We get dyes from plants like henna (*mehandi*) and indigo.



Henna



Indigo

Medicines from Plants

Some plants are used for making different medicines. Plants like tulsi, neem, clove and turmeric are used for making medicines.



Tulsi



Neem



Mint



Turmeric

Plants give us Soaps, Toothpaste and Perfumes

We use juice and oils of certain plants to make soaps, shampoos and toothpaste. Sweet smelling flowers of plants like rose and jasmine are used to make perfumes.

Plants Keep the Air Fresh

Plants take in carbon dioxide gas from the air and give out **oxygen**. Oxygen makes the air fresh and clean. Human beings and animals need oxygen to breathe and burning.

Other Uses of Plants

Plants are home of many animals. Insects, birds and small animals live on plants.



We use flower and leaves of some plants for bouquets. A bunch of flowers is called a **bouquet**. We also put flowers in flower-vase and decorate our homes. Garlands are made from flowers and are used to decorate hair, wrists or necks.



Flower-vase



Garland



Bouquet

POINTS OF VIEW

- Plants give us many things like food, medicines, spices, wood, paper, oil, clothes, etc.
- Nuts are dry-fruits which we get from plants.
- Spices make our food tasty and colourful.
- We get sugar from the juice of sugarcane.
- Fibre of cotton plant is used for making cotton clothes.
- Fibre from jute plant is used to make bags, ropes and mats.
- We get paper from the pulp of bamboo plant.
- Some plants like, tulsi, henna, neem, etc., are used to make medicines.





Exercise

A. Tick (✓) the correct option :

- We eat flower of this plant as food _____ .
(a) potato (b) tomato (c) cauliflower
- The strong and woody part of plant is called _____ .
(a) stem (b) leaf (c) branch
- Leaves, flowers and fruits grow on the _____ .
(a) trunk (b) branches (c) roots
- Plants which need a support to grow are called _____ .
(a) shrubs (b) climbers (c) herbs
- Walnut, cashew-nut, almond, groundnut etc., are _____ .
(a) vegetables (b) dry fruits (c) fruits
- From which plant we get cooking oil?
(a) cotton (b) rubber (c) mustard

B. Fill in the blanks with correct word :

seeds taste food many things flavour fresh

- Most of our _____ comes from plants.
- We get _____ from plant.
- Spices add special _____ and _____ to our food.
- We get oil from the _____ of certain plants.
- Trees keep the air _____ and clean.

C. Write True or False statements :

- Plants are home to many animals. _____
- We make tea from the seeds of tea plant. _____
- Seeds of some plants are crushed to get oil. _____
- Nuts give us a lot of energy. _____

D. Match the following :

- | | |
|-------------|-------------------------------|
| 1. Cereals | (a) tyres and pipes |
| 2. Perfumes | (b) doors and furniture |
| 3. Rubber | (c) black Pepper and cardamom |
| 4. Spices | (d) rose and jasmine |
| 5. Wood | (e) rice and wheat |

E. Give two examples of plants that give us :

- | | | |
|--------------|-------|-------|
| 1. Oil | _____ | _____ |
| 2. Spices | _____ | _____ |
| 3. Medicines | _____ | _____ |
| 4. Beverages | _____ | _____ |
| 5. Fibres | _____ | _____ |

F. Write the name of plants which is used for :

- | | | |
|--------------------|---|-------|
| 1. making sugar | : | _____ |
| 2. making cloth | : | _____ |
| 3. making paper | : | _____ |
| 4. making perfumes | : | _____ |

G. Answer the following questions :

1. Why do we call plants our green friends?
2. Name two plants that give us fibres.
3. Which part of plant do we eat as cereals and pulses?
4. What things can we make from the wood of plant?
5. Why do we need spices?



ACTIVITY BAG

- Some fruit like grapes are dried in the Sun and stored. These dried grapes are called raisins or kishmish.
Find out which other fruits and vegetable are dried and stored for use later on.



After completing this chapter we will be able to know about :

- ◆ The importance of animals.
- ◆ Food products which we get from domestic animals.
- ◆ Other products which we get from animals.
- ◆ The animals which we use as means of transport.
- ◆ The animal that help us to carry our load.

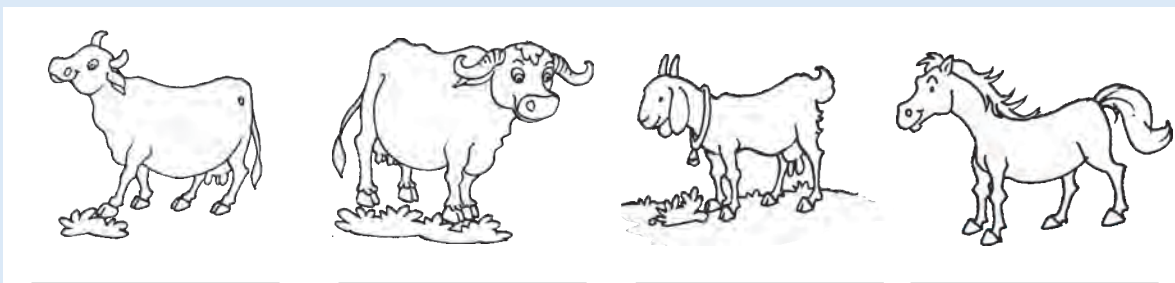
There are different kinds of animals in the world. Some animals live in the jungle. Some animals are kept at homes and farms.

Domestic Animals

Animals like cows, horses, goats, sheep, ducks and hens can be tamed and kept at farms or homes.

The animals that can be kept at farms or homes are called **domestic animals**.

Colour the domestic animals and write the name of thing which we get from these animals and name them.



Pet Animals : Animals that we kept our homes for entertainment are called **pet animals**. **Example** : dog, cat, fish and parrot etc. We should take good care of our pets. They give us pleasure. Dog guard our houses. Dog is very loyal and intelligent animal and cat keep mice away.



Dog



Cat
Pet Animals



Fish

Farm Animals : Animals that are kept outside of our house or in our farms. So, they are called **farm animals**. **Example** : cows, buffaloes, goats and sheep.



Cow



Buffalo



Goat



Sheep

Farm Animal

Cows, buffaloes and goats give us milk. We make butter, ghee, cheese, curd, sweets and ice-cream from milk.



Milk



Curd



Butter



Ice-cream

Milk Products

Some people keep turkey goat, sheep and hen for meat. Fish is also a very healthy source of food.

Meat : Some people eat flesh of animals like hen, goat and fish. They also eat animals like crab, prawn, etc., living in the sea food. These people are called **non-vegetarians**.



Hen



Chicken



Goat



Mutton

Honey : We get honey from honeybees. Honey is sweet in taste. Eating honey is good for health. Candle wax is also obtained from beehives.



Honey Bee



Honey



Candle Wax

Animals give us Clothing

Wool : We get wool from the hair grows on the body of sheep. Wool is used to make sweaters, muffler, etc.



Sheep



Wool



Silkworm



Silk Cloth

Silk : We get silk from silkworms. It is a fine soft fibre that is used to make silk cloth.

Leather :

The skin of dead animals like snakes, crocodiles,



Jacket



Purse/Bag



Belt



Shoes

buffaloes and camels is used as leather. Leather is used to make jackets, shoes, bags, belts and many more things.

Animals as Means of Transport

Animals like elephants, horses, oxen, camels and donkeys are used to carry loads for us. They are called **beasts of burden**. They make our work easier. They are also used for riding.



Horse-cart



Camel-cart

Knowledge Corner

- ◆ Horse is the animal who never sits in his whole life even it sleeps in standing position.

Animals Help us in Farming

Animals such as oxen help us to draw water from wells and work in the fields.



Other Things From Animals

Hooves, horns and feathers of some animals are used to make many things.



Feathers are used to fill pillows



Horns and hooves are used to make many things

POINTS OF VIEW

- There are different kinds of animals in the world.
- Domestic animals are kept outside our houses.
- We get milk and other things from domestic animals.
- Pet animals are kept in our houses.
- We get honey from honey bees and leather from the skin of dead animals.
- We get wool from the hair of sheep.
- Animals like horse, donkey, elephants, oxen etc., carry our loads. They are called beast of burden.



Exercise



A. Tick (✓) the correct option :

- We get honey from _____ .
(a) wasp (b) cow (c) honeybee
- Which of the following is known as beast of burden?
(a) Cow (b) Elephant (c) Fox
- We get silk from _____ .
(a) sheep (b) goat (c) silkworm

4. The bags are made of the skin of _____ .
(a) crocodile (b) snake (c) All of them

B. Fill in the blanks with correct word :

1. Milk is used to make _____ . (cheese/honey)
2. The skin of some dead animals is used as _____. (food/leather)
3. _____ animals live with us in our houses. (pet/wild)
4. Beehive is used to make _____. (candle/wax)
5. _____ never sits in his whole life. (horse/cow)

C. Write True or False statements :

1. We must be kind to the animals. _____
2. The buffaloes give us milk. _____
3. The camel is called beast of burden. _____
4. We get honey from sheep. _____
5. Leather is obtained from the skin of dead animals. _____

D. Match the following :

- | | |
|----------|--------------|
| 1. Hen | (a) sea food |
| 2. Goat | (b) milk |
| 3. Bee | (c) eggs |
| 4. Cow | (d) mutton |
| 5. Crab | (e) honey |
| 6. Sheep | (f) load |
| 7. Camel | (g) wool |

E. Write two name for each of the following :

1. Animals that give us eggs. _____
2. Animals that give us leather. _____
3. Animals that are kept as pets. _____

F. Answer the following questions :

1. Where do the domestic animals live ?
2. Which animals are called the beast of burden?
3. Name three pet animals.
4. How do animals help us in agriculture?

 **ACTIVITY BAG**

► Find the name of animals that give the following things in given word search :



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



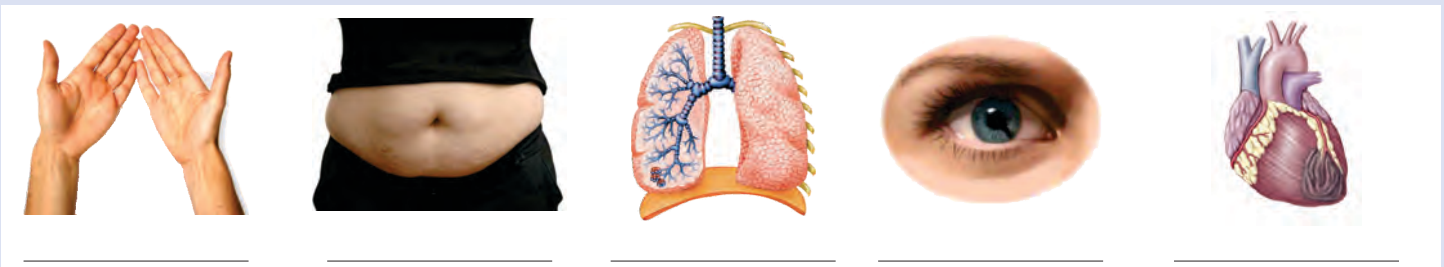


After completing this chapter we will be able to know about :

- ◆ The human body and their work
- ◆ Bones and muscles
- ◆ Internal parts of human body

Our body is made of bones, flesh and muscles. The soft parts of our body are the **muscles**. The hard parts are the **bones**. The bones and muscles give shape to our body. They also help our body to work.

Look at the pictures of the parts of body. Write whether they are Internal and External parts.



The Skeleton

The bones in our body form a framework. This framework of bones is called the **skeleton**. It gives shape and support to our body. Without the skeleton, we would not be able to stand straight.

Bones

There are 206 bones in our body. That form the skeleton. Bones are hard and stiff. Bones covered with skin.

The skeleton protects our delicate organs which are located inside our body. Such as lungs, brain, liver, heart, etc.



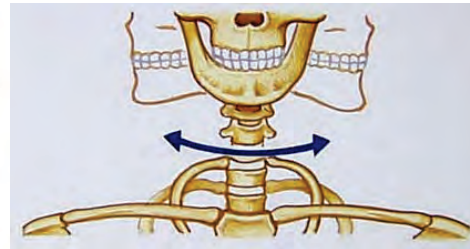
Skeleton

Joint

The place where two or more bones are joined together is called a **joint**. We can bend our body around the joints. Our elbow and knees are joints.



Elbow Joint



Neck Joint



Wrist Joint

Knowledge Corner

- ◆ The longest bone in our body is the thigh bone. The smallest bone of the body is in the ear.

Muscles

Muscles are the soft parts of our body. Muscles cover our bones and help them to move. There are more than 600 muscles in our body. Bones and muscles work together to make us walk, run, bend, etc. If we want to play and work well, we must have strong muscles.

Types of Muscles

- **Eye muscles** help us to see in all sides by moving the eyeball.
- **Heart muscles** help the heart to beat. They work continuously till we are alive.
- **Stomach muscles** help to push the food into stomach for digestion.

Exercise

Healthy food and regular exercise make our muscles strong. Food such as milk, eggs, sprouts, etc. helps in building healthy muscles. Running, skipping, walking, swimming, cycling and skating are some forms of exercise.



Cyclist use their muscles to pedal



Strong muscles help a weight lifter to lift weight



Tennis players need strong muscles to play

Strong muscles help us to do the following activities.



Gymnasts use muscles while performing



Swimmers use muscles while swimming



Footballers need strong muscles to play

We must eat healthy food and exercise everyday to make our bones and muscles strong. Strong bones and muscles allow us to work and play without feeling tired.

Knowledge Corner

◆ Digestion is a process of breaking down of food into smaller parts.



Healthy food

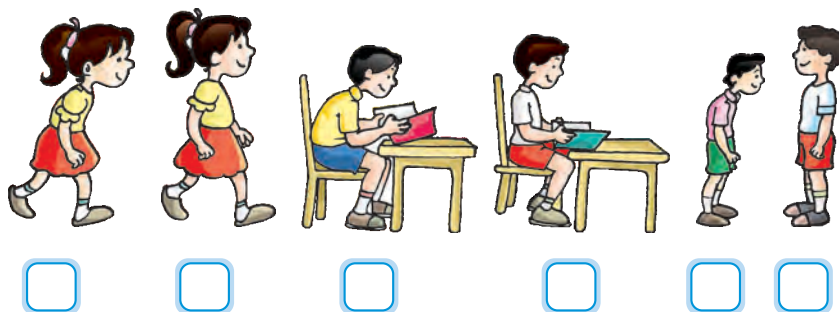


Exercise is good for health.

Posture

The position of our body when we stand, sit or walk is called **posture**. We should always keep a straight and upright posture. A good posture helps us to stay healthy. It keeps our body in proper shape. We must not drop our shoulders or bend our back while sitting, standing or walking.

Look at the pictures given below. Tick (✓) the correct and (X) the wrong positions.



Internal Organs

There are many parts inside our body. They are called **internal organs**. Each of these parts has a special function.

Brain helps us to think and remember. It controls the whole body. **Heart** pumps the blood to all parts of the body.

Lungs help us to breathe.

Stomach helps in digestion of food.



Brain



Heart



Lungs



Stomach

- Our body like a machine that is made up of bones, flesh and muscles.
- Bones and muscles give the shape to our body.
- Our skeleton give the shape and support to our body.
- There are 206 bone in our body.
- Joint is a place where two or more bones are meet.
- Muscles are soft part of our body.
- More them 600 muscles are in our body.
- To make our muscles strong we should do exercise. daily.
- Heart, lungs, brain and stomach are internal parts of our body. Which perform a special function.



Exercise



A. Tick (✓) the correct option :

1. How many bones are there in human body?
 (a) 800 (b) 600 (c) 206
2. After we swallow our food, it goes into our _____ .
 (a) brain (b) lungs (c) stomach
3. Which is not an internal organ ?
 (a) Kidney (b) Brain (c) Lips
4. It works continuously till we are alive _____ .
 (a) stomach (b) heart (c) eye
5. Which of the following help us to breadth ?
 (a) Lungs (b) Stomach (c) Brain

B. Fill in the blanks with correct word :

heart shape 206 food exercise walking swimming

1. The skeleton gives _____ to our body.
2. There are _____ bones in our body.
3. Healthy _____ and regular _____ make our muscles strong.
4. _____ and _____ are two good forms of exercise.
5. _____ muscles work continuously.

C. Write True or False statements :

1. Bones are hard parts of our body. _____
2. Skeleton give shape to our body. _____
3. There are 500 muscles in our body. _____
4. Lungs, heart, stomach are internal parts of our body. _____
5. Exercise and healthy food do not make our muscles strong. _____
6. Brain controls all activities of our body. _____

D. Match the following :

- | | |
|-------------|-------------------------|
| 1. Skeleton | (a) soft part |
| 2. Bones | (b) helps in digestion |
| 3. Muscles | (c) helps us to breathe |
| 4. Stomach | (d) hard and stiff |
| 5. Lungs | (e) framework of bones |

E. Write the function of :

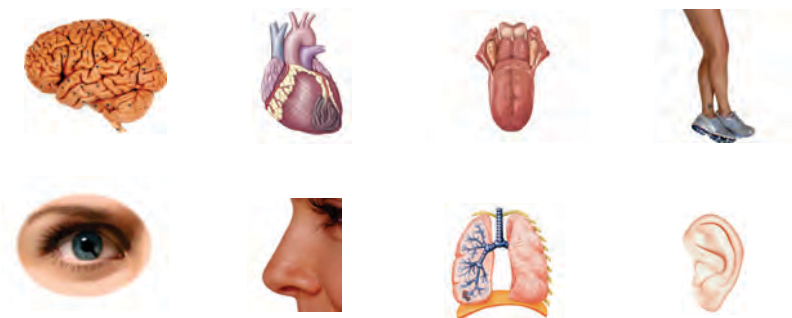
- | | |
|----------------|------------------|
| 1. Brain _____ | 2. Lungs _____ |
| 3. Heart _____ | 4. Stomach _____ |

F. Answer the following questions :

1. What is skeleton? How does it help us ?
2. How are bones useful to us?
3. Name three parts of the body that skeleton protects.
4. How are joints useful?
5. How can we make our muscles strong?
6. What is posture? How does a good posture help us?

 **ACTIVITY BAG**

► Understand the given pictures and search their name in given word grid.



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

Learning Points

After completing this chapter we will be able to know about :

- ◆ Why we should follow safety rules at various places
- ◆ Importance of safety rules

Accidents take place when we are careless. If we are not careful, we might hurt ourselves. If we follow safety rules carefully, we can protect ourselves from accidents and injury. Safety rules help to protect ourselves from injury and pain.

Observe the following pictures carefully. Cross (☒) the activities which we should not do :



Safety on the Road

Let us learn how we can keep ourselves safe at various places by following some simple safety rules.

- The path across the road that has dark and light stripes is called a **zebra crossing**. Use zebra crossing while crossing the road.
- Walk on the pavement holding an elder's hand.
- Look to the right, then to the left and then to the right again. Cross the road when there is no vehicle coming.
- Use the footpath to walk on a busy road.
- Always cross the road when the traffic light is red.



Safety on the Road

- Always ride your bicycle on the left side of the road. Never go alone. Take an elder with you.

Safety in Playground

- Do not play on the road.
- Do not play with sharp objects.
- Wait for your turn on the slides and swing.
- Do not stand in front of a moving swing.
- Do not push or pull each other off the swings.
- Do not play or hide in dark or lonely places.
- Fly kites in open fields and not on the roof top.
- Do not play near open mainholes.



Safety in Playground

Safety in Swimming Pool

- Never go alone for swimming.
- Use swimming tubes, floaters or armbands while swimming.
- Never go towards the deep end of the pool.
- Do not swim just after meals.



Safety in Swimming Pool

Safety at School

- Do not keep your bottle and bag on the floor. It blocks the way for others.
- Do not stand or jump on desks and chairs.
- Never fight with others.
- Do not run in corridors or on the stairs.
- Always listen to your teacher when she tells you not to do something.



Safety at School

- ❑ Never break a queue or push while waiting in a queue.
- ❑ Do not run or push others on the stairs.

Safety at Home

- ❑ Put your toys back in their proper place after playing. Do not put them on the floor.
- ❑ Do not play with sharp objects or broken toys.
- ❑ Do not touch electric plugs and wires. Stay away from plug points and sockets.
- ❑ Do not touch electrical gadgets with wet hands.
- ❑ Never take medicines on your own.
- ❑ Never try to light or put off the fire yourself.
- ❑ Keep away from hot surfaces like the gas stove, oven, toaster and heater.



Safety at Home

Safety in Vehicles

- ❑ Stand in a queue while waiting for a bus.
- ❑ Always get in or out of a bus when it has stopped.
- ❑ Do not push others while getting on or off a bus.
- ❑ Never put your head or hand out of a moving bus.
- ❑ Never disturb the driver.
- ❑ Do not open the door of a moving bus.



Safety in Vehicle

Other Safety Rules

- ❑ Do not tease animals. They may bite you.
- ❑ Do not climb on a shelf or window.



Other Safety Rules

On Getting Injured

If you or your friend gets hurt, immediately call an adult for help. In the mean time, take the injured person to a comfortable place such as bench or chair. Do not allow people to crowd around him.



If he/she badly injured, take him to the nearest doctor or call a doctor immediately.

The immediate help we give to a person who get hurt before the doctor arrives is called the **first aid**.

POINTS OF VIEW

- Accidents take place when we are careless.
- Safety rules help us to protect from injury and pain.
- We should cross the road when there is no vehicle.
- We should not play with sharp objects at home.
- We should never go alone for swimming pool.
- Do not run or push others on the stairs.
- We should not play with electric objects.
- The immediate help to give an injured person before arriving a doctor is called first aid.



Exercise



A. Tick (✓) the correct option :

1. We should cross the road only when the traffic light is _____ .
(a) yellow (b) red (c) green
2. While travelling in a bus, we must keep _____ .
(a) quiet (b) moving (c) shouting
3. While walking on the road, we must walk on its _____ .
(a) left side (b) right side (c) middle
4. We should not play with _____ .
(a) carrom (b) ludo (c) knife
5. We should put our toys at their _____ .
(a) bags (b) table (c) proper place

B. Fill in the blanks with correct word :

talk, socket, sharp, medicine, zebra crossing

1. We should not _____ the driver while driving the bus.
2. We should not put our fingers in plug and _____ .
3. We should not play with _____ objects.
4. Never take _____ on your own.
5. Use a _____ to cross the road.

C. Write True or False statements :

1. Play with a knife. _____
2. Do not stand in front of a swing. _____
3. Do not stand in a queue while getting on or off the bus. _____
4. Follow the rules of the game. _____
5. Cross the road at zebra crossing. _____
6. Never walk on the pavements. _____

D. Match the following :

- | | |
|-------------------|----------------------------|
| 1. Zebra crossing | (a) proper place |
| 2. Fly kites | (b) never take on own |
| 3. Toys | (c) immediate help |
| 4. Medicines | (d) open field |
| 5. First aid | (e) dark and light stripes |

E. Answer the following questions :

1. Why we should follow the safety rules?
2. What are safety rules ?
3. What safety rules we should follow at home and in school?
4. Why should we not leave our toys on the floor ?
5. What is first aid ?



► Tick (✓) pictures where safety rules are being followed :





After completing this chapter we will be able to know about :

- ◆ To know about the importance of food
- ◆ To know about the various kinds of food
- ◆ To know about the balance diet
- ◆ To know about the good manners of eating



Dear children! Do you know that food is our basic need. All living things need food to stay alive. It gives us energy to work and play. Not only man but all animals and plants need food to grow and stay healthy. Plants make their own food.

Kinds of Food

We eat different kinds of food. It helps us in different ways.

Some food items help us to grow, they are rich in protein and they are called **body-building food**. For example : milk, eggs, fish, meat and pulses.



Body-buildings Food

Some food items give us energy to work and play, they are called **energy-giving food**. These are potatoes, rice, wheat, oil, ghee, maize, etc. Such food items are rich in **carbohydrate**.



Energy-giving Food

Some food items protect us from diseases. They are called **protective food**. These are green vegetables like cabbage, spinach, radish, tomato, carrot, and fruits like banana, grapes, pineapple, apple, etc. These food items are rich in **minerals**.



Protective Food

Balanced Diet

The amount and kind of food we eat is called our **diet**. We should take a balanced diet. A diet which contains all kinds of food in proper quantity is called the **balanced diet**.

Besides food, we need water to drink. Water helps in digestion of food. We must drink plenty of water. We should always drink clean water.

Some food like vegetables and fruits can be eaten raw. Some food like pulses, meat, fish, rice, grains, etc, are eaten after cooking. Cooked food becomes soft, tasty and easy to digest.

Meals in a Day

- We take **breakfast** in the morning before going to school. Milk, butter, bread, fruits, eggs, etc, are eaten at breakfast.
- We take **lunch** in the afternoon after coming from school. It is complete meal. It contains rice, chapatis, pulses, vegetables, curd, *salad*, fruits, etc. Some people also eat meat, fish, eggs, etc.
- We have **dinner** at night. We must take dinner early. It is also a complete meal like lunch.



Care of Food

- Always use fresh food.
- Wash pulses, fruits, vegetables well before cooking.
- Always use clean vessel for cooking.
- Always cook in proper quantity.
- Don't overcook the food.
- Always keep the food covered.

Knowledge Corner

- ◆ Milk is complete food.

Table Manners

- Brush your teeth twice a day in the morning and at night.
- Wash your hands before and after taking your meals.
- Sit up straight.
- Say 'thank you' when someone serves you.
- Don't start eating till everyone has been served.
- Have meals at fixed times.
- Chew food properly.
- Don't overeat.
- Don't talk when you are eating food.
- Say 'please' when you want something.

POINTS OF VIEW

- Food is the basic need of all living things.
- Food gives us energy to work and play.
- Protective food protects us from diseases.
- Milk is a complete food.



Exercise



A. Tick (✓) the correct option :

1. Which of these is a body-building food?
(a) Fish (b) Apple (c) Potato
2. We take breakfast in the _____.
(a) evening (b) morning (c) at night
3. We take dinner at _____.
(a) noon (b) afternoon (c) night
4. We take breakfast in the _____.
(a) morning (b) night (c) afternoon

B. Fill in the blanks :

1. Plants make their food with the light of the _____.
2. Human beings and animals depend on the _____ for their food.
3. Energy-giving food helps us give the _____ to our body.
4. Protective food protects us from _____.

C. Write two name for each of the following

1. Food items that give us energy. (i) _____ (ii) _____
2. Food items that protect us from diseases. (i) _____ (ii) _____
3. Food items that make our body strong. (i) _____ (ii) _____
4. Two vegetables that can be eaten raw. (i) _____ (ii) _____
5. Two food items that we take in lunch. (i) _____ (ii) _____

D. Answer the following questions :

1. Why do we need food?
2. What do you mean by balanced diet?
3. How much water should we drink a day?
4. Write two points of caring food.
(a) _____ (b) _____



ACTIVITY BAG

- Write 'B' for Body-building, 'E' for Energy-giving and 'P' for Protective food for the given pictures.



Clothes We Wear

Chap.

7



After completing this chapter we will be able :

- ♦ The importance of clothes
- ♦ Different kinds of clothes
- ♦ The people who do special jobs wear uniforms



Clothes are our another basic need. We wear clothes to protect our selves from heat, cold, rain, dust and insects. Clothes also make our look smart and handsome.

In ancient times, the early-man covered his body with leaves, barks of trees and skins of animals. Now we wear different kinds of clothes.

We wear different kinds of clothes according to the season.

We wear cotton clothes in summer season. Cotton clothes absorb our sweat easily and keep us cool. We get cotton from cotton plants.



Cotton Clothes

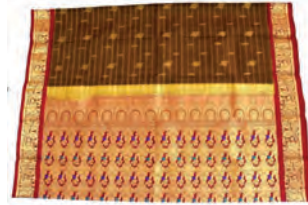
We wear woollen clothes in winter. Woollen clothes keep us warm. We get wool from sheep, goat, etc.



Woollen Clothes

We wear raincoat when it rains. We also wear gumboots. They keep our feet dry. We use umbrella when we go out. An umbrella also save us from extreme light of the Sun. Umbrellas and raincoats are made from [synthetic fibres](#).

We also wear silk clothes. We get silk from silkworms. Silkworms feed on the leaves of the mulberry trees.



Silk Clothes

Knowledge Corner

- ◆ Man-made fibres are also called synthetic fibres.

People who do special jobs wear special clothes. These clothes are called **uniforms**. Policemen, postmen, nurses, etc. wear uniform. Children in school also wear uniform.



Knowledge Corner

- ◆ Cotton, jute hair of sheep are the natural fibres.
- ◆ Nylon, polyester, etc., are the synthetic fibres.



Student



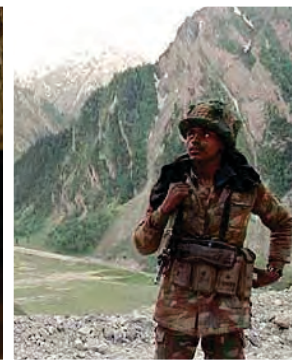
Nurse



Policeman



Postman



Soldier

People in our country wear different kinds of dresses.



Gujarati Man



Rajasthani Man



Punjabi Man



Haryanavi
Woman



Kashmiri
Woman

Knowledge Corner

◆ Jeans is the common dress. It is worn by both the boys and girls.

We wear colourful, fancy and decorative clothes on special occasions like birthday parties, festivals, wedding ceremonies, etc.

Caring of Clothes

We should care of our clothes on the following ways :

- Clothes should be washed well with a good soap or detergent powder.
- Woollen and silk clothes need a lot of care. They are easily attacked by small insects like moths, crickets, etc. So when you store woollen and silk clothes, keep dried neem leaves along with them. These leaves keep the insects away.



POINTS OF VIEW

- Clothes are our basic need.
- Clothes protect us from heat, cold, rain, insect bites, etc.
- Clothes are of many types.
- Clothes should be cleaned well and cared properly.



Exercise



A. Tick (✓) the correct option :

- We wear cotton clothes in _____ season.
(a) winter (b) rainy (c) summer
- We wear raincoat in _____ season.
(a) rainy (b) winter (c) summer
- Silkworms feed on _____ leaves.
(a) mango (b) mulberry (c) neem
- Raincoats are made from _____.
(a) cotton (b) wool (c) synthetic fibre
- Jute, cotton and wool are _____ fibres.
(a) natural (b) man-made (c) synthetic

B. Fill in the blanks :

- We get cotton from _____ plants.
- We get wool from _____ .
- Man-made clothes are called _____ fibres.
- Jute, wool, cotton are _____ fibres.

C. Write True or False statements :

- Earlyman covered his body with leaves. _____
- Modern man wear barks of trees. _____
- We wear simple clothes in parties. _____
- We get silk from silkworms. _____

D. Match the following :

- | 'A' | 'B' |
|--------------------|-----------------------|
| 1. Cotton | (a) synthetic clothes |
| 2. Silk | (b) woollen clothes |
| 3. Wool | (c) cotton plant |
| 4. Nylon | (d) silkworm |
| 5. Moths, crickets | (e) sheep |

E. Answer the following questions :

1. Why do we wear clothes?
2. What are synthetic fibres?
3. Write down two ways of caring clothes.
4. How will you feel if you wear woollen clothes in summer season?

 **ACTIVITY BAG**

► Following clothes do we wear in which season. Write below each picture :





Our House

Chap.

8



After completing this chapter we will be able to know about :

- ◆ The need of house
- ◆ Various types of houses
- ◆ The people who help us in building of a house
- ◆ The materials which is used in making a house



Dear children! Such food and clothes are our basic needs, as the house is another important basic need of people. We live in our house with our family. Our house protects us from heat, cold, rain, strong winds, wild animals, thieves and cheaters.

Knowledge Corner

- ◆ The shape of a house depends upon the weather conditions also.

Types of House

There are different types of houses :

1. **Kuchcha House** : These houses are made of mud, straw, bamboo sticks, etc. These are not stable. They are destroyed by the heavy rains and strong winds. Kuchcha houses are found mostly in the villages.



Kuchcha House

2. **Pucca House** : These houses are made from bricks, cement, iron and steel. These are stable. They cannot be broken down easily. Such types of houses are found in cities and towns.



Pucca House

Now-a-day pucca houses can be seen in the villages.

There are different rooms in a pucca house. These are drawing room, kitchen, bedroom, bathroom, garage, store room, study-room, toilet, etc.

Flats : Some buildings have many storeys in the cities. Many families live in them together. Such houses are called flats.



Flats



Bungalow

Bungalow : Some houses are very big. They have big lawns, swimming pool, garden around them. Such house is called bungalow.

Tent : Some houses are made temporary by the soldiers, N.C.C. cadets. These houses are made of canvas clothes. They are of different shapes and sizes.



Tent



Houseboat

Houseboat : These houses are also called **floating houses**. These are found in Srinagar, Kashmir. These houses are full of modern commodities. Many tourists hire them and enjoy in Dal lake.



Igloo

Igloo : These houses are made up of ice and snow. These are found in the polar regions where there is snow throughout the year. They are built by eskimos.



Carvan

Caravan : It is a **moving house**. They are the houses on wheels. They can be parked anywhere. They can be moved from one place to another easily. They are pulled by the pet animals.

People Who Help in Making a House

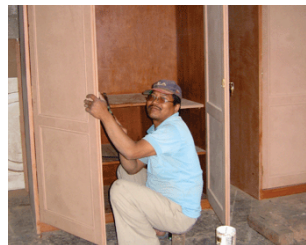
Many people help to build a house. These are architect, mason, labourers, blacksmith, carpenter, plumber, electrician, painter, etc.



Architect



Mason



Carpenter



Painter

Materials used in Making a House

People live at different places. They use different kind of materials to build their houses.

These materials are usually available in the places wherever they live. People use cement, bricks, stones, mud, straw, ice, snow, cloth, etc, to make houses.

POINTS OF VIEW

- We all need a house to live in.
- Kuchcha houses are not very strong.
- House-boat is a floating house.
- A house protects us from heat, cold, rain, strong winds, etc.
- Many people help to make a house like architect, mason, etc.



Exercise

A. Tick (✓) the correct option :

1. Kachcha houses are found in the _____.
 (a) villages (b) cities (c) metro cities
2. Houseboats are found in _____.
 (a) Punjab (b) Kashmir (c) Uttrakhand
3. Tents are made of _____.
 (a) bricks (b) mud (c) cloth
4. Igloos are made by _____.
 (a) eskimos (b) nomads (c) urban people

B. Fill in the blanks :

1. Kachcha houses are found in the _____.
2. Pucca houses are found in the _____.
3. Caravans are also called _____ houses.
4. Igloos are made of _____ and _____.

C. Match the following :

- | | |
|--|--|
| <p>'A'</p> <ol style="list-style-type: none"> 1. Tent 2. Igloo 3. Caravan 4. Cement | <p>'B'</p> <ol style="list-style-type: none"> (a) material (b) moving house (c) cloth (d) ice |
|--|--|

D. Write True or False against each statement :

1. House protects us from heat, cold, rain, etc. _____
2. Kachcha houses are made from bricks, cement, etc. _____
3. Pucca houses contains many rooms. _____
4. Bungalows are found in the villages. _____

E. Answer the following questions :

1. Why do we need house?
2. What is difference between pucca house and Kuchcha house?
3. Where are houseboats found?
4. Name three people who help in making a house.
(a) _____ (b) _____ (c) _____



ACTIVITY BAG

► Where these houses are found ? Write the place where they are found :













Test Paper-1

(based on Chapetrs 1 to 8)

Note : All questions are compulsory :

A. Tick (✓) correct option :

- The beautiful part of the plant that produces seed is called _____ .
(a) leaf (b) root (c) flower
- Plants that need a support to grow are called _____ .
(a) shrubs (b) climbers (c) herbs
- Which of these is known as beast of burden ?
(a) Cow (b) Elephants (c) camle
- Which is not an internal organ ?
(a) Kidney (b) Brain (c) Lips
- We should not play with _____ .
(a) knife (b) carrom (c) Lips
- We take dinner at _____ .
(a) noon (b) night (c) morning
- Raincoats are made from _____ .
(a) synthetic fibre (b) wool (c) cotton
- Houseboats are found in _____ .
(a) Kashmir (b) Uttarakhand (c) Punjab

B. Fill in the blanks :

- The _____ make food for the plant.
- _____ animals live with us in our houses.
- The skeleton gives _____ to our body.
- Man-made clothes are called _____ fibres.
- Carabians are also called _____ .

C. Write True or False against each statement :

1. Food cannot give us energy. _____
2. Modern was wear barks of trees. _____
3. Roots are grow under the ground. _____
4. We get honey from sheep. _____
5. Bones are hard parts of body. _____

D. Match the following :

'A'

'B'

- | | |
|-------------------|------------------------|
| 1. Carbohydrate | (a) eskimo |
| 2. Cotton clothes | (b) soft parts |
| 3. Igloo | (c) proper place |
| 4. Muscles | (d) energy giving food |
| 5. Toys | (e) summer season |

E. Write about it :

1. Body-building food : _____
2. Woollen Clothes : _____
3. Domestic Animals : _____
4. Bones : _____
5. Uniforms : _____

F. Write the answer :

1. Why do we need food ?
2. What are synthetic fibres ?
3. Write the materials which are used to build a house ?
4. From which part of a plant branches attached ?
5. Why do we call plants our green plants ?
6. How do animals help us in agriculture ?



After completing this chapter we will be able to know about :

- ◆ The importance of neighbourhood
- ◆ The neighbour
- ◆ The qualities of good neighbor

We live with our parent in our house. A family lives in a home. Similarly many families live near our house and make a locality and make our



neighbourhood. So, a neighbourhood is like a big family, people who live in our neighbourhood are called neighbours and they help each other.

All the houses and families make a **neighbourhood**. It is like a big family. All the members of a family help each other. Similarly, neighbours help each other.



A Family



Our Neighbours

We should also help our neighbours. Meet Chirag, Ankur, Neha. They are telling us how they help their neighbours.

Hi friends! I am Ankur.
Sometime I buy milk
for Anand uncle.



Hi friends! I am Neha.
Yesterday I brought
medicines from the chemist
for Atif uncle.



Hi friends! I am Ritik.
I take Chirag's uncle's
dog for a walk in
the morning.



We love our neighbours. We make friends with our neighbours' children and play with them.

Sometimes, our parents visit our neighbours to ask about their well-beings. We should respect all the elderly people living in our neighbourhood.

We celebrate all the festivals and ceremonies together like birthday of a baby, wedding, etc. We invite our neighbours on birthday parties.



Wedding Party

Birthday Party

Children! We must always keep our neighbourhood clean. We should never spoil the plants or cut down trees around our neighbourhood.



Qualities of a Good Neighbour

- ❑ Neighbours help one another.
- ❑ Neighbours participate in functions like weddings, festivals, etc.
- ❑ Our neighbours help us when we are in need.
- ❑ Neighbours share their joys and sorrows with each other.

POINTS OF VIEW

- Families that live near our house are our neighbours.
- All the families who live in our colony are called a neighbourhood.
- We should help each other in needs.



Exercise



A. Tick (✓) the correct option :

- We live with our parents in our _____ .
(a) house (b) school (c) hospital
- We should also help our _____ .
(a) neighbours (b) school (c) animals
- We must always keep our neighbourhood _____ .
(a) dirty (b) clean (c) both of them
- People who live in our neighbourhood are called _____ .
(a) house (b) school (c) neighbour

B. Fill in the blanks :

- A family does not live _____ .
- The families which live nearby in a _____ make _____ .
- When we are _____ our neighbours _____ us.
- We _____ all the _____ people living in our neighbourhood.

C. Write True or False statement :

- The families that live near our house are called neighbours. _____
- We should keep our neighbourhood clean. _____
- A neighbourhood is like a small family. _____
- We should be friendly with our neighbours. _____

D. Match the following :

- We love our _____ (a) big family
- We celebrate _____ (b) each other
- Neighbourhood is like a _____ (c) festivals
- Neighbours helps _____ (d) joys and sorrows
- Neighbours share their _____ (e) neighbours



Places in Our Neighbourhood

Chap. **10**



After completing this chapter we will be able to know about :

- ◆ to know about the places our neighbourhood and their services.



There should be some useful places in every neighbourhood. Such as school, post office, police station, market, bank, clinic, hospital and fire station, etc. They play an important role in our everyday life.

Post Office : We send our messages to our relatives and friends and receive their messages through the post office. We purchase postcards, envelops, stamps, etc, from the post office. We drop our postcards into a letter box. The postman takes out all the letters from the letter box and



Post Office

applies a postal stamp on them. Then he delivers them in their certain addresses. We should write our receivers, address clearly with PIN-code.

Police Station : It is a most important place in our neighbourhood. Every neighbourhood has a police station nearby. Constables, inspectors and police station incharge live there. They protect us and our property from the robbers and thieves. They arrest the anti-social elements and made punishment by the court. Thus the police station is very necessary to a good neighbourhood. We should cooperate the police and respect the policemen.



Police Station

Market : We need many things daily for our use. These things are clothes, flour, pulses, spices, soaps, and many others. We buy these things from our nearby market. A market has all types of shops.



Market

To buy these things from the market, we need money. Always remember to count the money you pay and the balance you receive.

Hospitals and Dispensaries : When we fall sick or get injured, we go to a doctor's clinic, a dispensary or a hospital. In a clinic, the doctor examines a patient and prescribes some medicines.



Hospital

Some clinics have dispensaries. From a dispensary we can get the medicines prescribed by the doctor.

Fire Station : There is a fire station in some neighbourhoods. Some firemen are present there whole day and night. They are called the **fire brigade**. They are trained in extinguishing a big fire. As soon as the fire breaks out in any locality, the **fire brigade** rushes to the spot.



Fire Station

They come in a red vehicle that has a big water tank. Big hosepipes are attached to this tank. From these pipes, water flows with great pressure which extinguishes the fire.



Bank

Bank : It provides us many useful services. We can keep money and jewellery safe in the bank. We take them out when we need them.



Greengrocer's Shop

Greengrocer's Shop : We buy fresh green vegetables and fruits from the greengrocer's shop.

POINTS OF VIEW

- We buy things of need from the market.
- At post office, we buy envelopes, postcards, stamps, etc.
- A bank provides very useful service in the neighbourhood.
- A doctor treats the sick people.
- Policemen guard us. They catch thieves and robbers.



Exercise



A. Tick (✓) the correct option :

1. We buy postcards from _____.
 (a) police station (b) post office (c) bank
2. We buy medicines from _____ shop.
 (a) police station (b) greengrocer (c) chemist
3. We buy green vegetables from _____ shop.
 (a) post office (b) greengrocer (c) chemist
4. The police catches _____.
 (a) thieves (b) robbers (c) Both

B. Fill in the blanks :

1. We send our messages through _____.
2. We keep our money and jewellery safe in _____.

3. We purchase pulses, grains, etc., from the _____ .
4. Police protects us from _____ and _____ .
5. We should dial _____ to call the police.

C. Match the following :

‘A’

‘B’

- | | |
|----------------------------------|----------------------------|
| 1. We send our messages through | (a) in extinguishing fire. |
| 2. The police | (b) we need money. |
| 3. Many doctors and nurses | (c) post office. |
| 4. The fire brigade is trained | (d) work in a hospital. |
| 5. To buy things from the market | (e) arrest the thieves. |

D. Answer the following questions :

1. What are the services in your neighbourhood?
2. Where do you buy green vegetables and fruits from?
3. Whom you call when fire broke out?



► Why do we go into these places? Write below each pictures.



Religious Festivals

Chap. 11



After completing this chapter we will be able to know about :

- ◆ To know about the importance of religious festivals
- ◆ To know about the different kinds of religious festivals



Dear children! India is a large country. It has several religions. The followers of all religions celebrate different festivals with great pomp and show.

India is also called the country of the festivals. Almost everyday we have a festival. Festivals bring close the people one another. They spread the brotherhood among them.

Knowledge Corner

- ◆ One should not burn fire-crackers. They cause a lot of noise and make the air dirty.

We celebrate the following religious festivals:

Diwali : It is most important festival of the Hindus. It is celebrated on *Amavasya* of *Kartika* month every year. It is also called the **festival of lights**.



Diwali

Diwali is celebrated to mark the return of Lord Rama to his kingdom after spending 14 years of exile. People clean and decorate their houses. On this festival people decorate their houses, offices and shops with *diyas* and candles at night. They worship Ganesha and Goddess Lakshmi at night. They exchange sweets and gifts on this day. The children burst crackers.

Christmas Day : It is a festival of the Christians. It is celebrated on 25th December every year. It is the birthday of Jesus Christ. People decorate the **Christmas Tree** and churches. **Santa Claus** brings gifts for children. The people sing carols. They exchange gifts.



Christmas

Dussehra : It is the festival of the Hindus. It is also called **Vijayadashmi**. On this day, Lord Rama killed demon-king Ravana. It is celebrated for ten days. The effigies of Ravana, Kumbhakarna, and Meghnada are burnt.



Dussehra

Eid : It is the main festival of the Muslims. It is celebrated after the month of *Ramzan*. People wear new clothes and offer *namaz*. They embrace each



Eid



Gurupurva

other and say '**Id Mubarak**.' Food and clothes are given to the poor. They prepared a special dish called **Sewain**.

Gurupurva : It is the most important festival of the Sikhs. They celebrate the birthday of Guru Nanak Dev on this day every year.

People decorate gurudwaras and read the holy book **Guru Granth Sahib**. They take out processions. They organise a common Litchen called *langar* where all the poor and rich eat food together.

Holi : It is the harvest festival of Hindus. It is celebrated on the *Purnima* of *Falgun* month. Holi is called the **festival of colours**. On the night before Holi, *Holika* is burnt. People throw coloured water and apply *gulal* on each other. People eat *Gujiya*.



Holi

Durga Puja : It is the important festival of West Bengal. Goddess Durga is worshipped for eight days. On the last day, idols of Goddess Durga are immersed in the river or sea.



Durga Puja



Ganesh Chaturthi

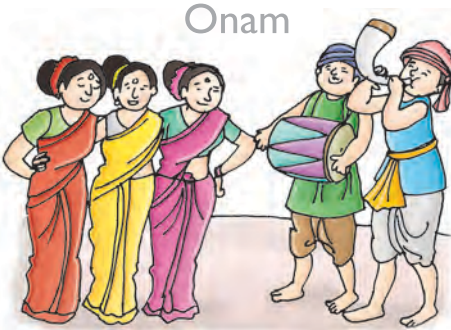
Ganesh Chaturthi : It is the main festival of Maharashtra. On this day people worship **Lord Ganesha**. They believe that Lord Ganesha removes all evils and difficulties of their life.

Onam : It is the harvest festival of Kerala. It is celebrated for ten days. People sing and dance and take part in boat races.



Onam

Ugadi : It is the festival of Andhra Pradesh, Karnataka and Maharashtra. Ugadi is known as *Gudi Padva* in Maharashtra. On this festival, people buy new clothes. Houses are white washed and decorated. People pray to God for health, wealth and prosperity.



Ugadi

Pongal : It is a famous festival of South India. It is mainly celebrated in Tamil Nadu. It is celebrated for three days in January. Pongal is a way of thanking God for good harvest.

On the last day, people worship Lord Indra, the Rain God. This is called **Bhogi Pongal**. On the second day, people worship of the Sun God. This is called **Surya Pongal**. The third day is called **Mattu Pongal**, when a cow is worshipped. A special dish made of rice and jaggery is prepared.



Pongal

POINTS OF VIEW

- Diwali is the festival of lights.
- Christmas is the birthday of Jesus Christ.
- Gurupurva is the birthday of Guru Nanak Dev.
- Durga Puja is celebrated in West Bengal.
- Onam is celebrated in Kerala.
- Pongal is celebrated in Tamil Nadu.



Exercise



A. Tick (✓) the correct option :

1. Diwali is called the festival of _____.
 (a) colours (b) lights (c) darks
2. Holi is called the festival of _____.
 (a) colours (b) lights (c) darks
3. Christmas is celebrated on _____.
 (a) 25th November (b) 25th December (c) 26 January

B. Fill in the blanks :

1. Holi is celebrated on the _____ .
2. Onam is celebrated in _____ .
3. Durga Puja is celebrated in _____ .
4. Ugadi is the festival of _____ .

C. Write True or False against each statement :

1. The festivals bring enmity among the people. _____
2. Gurupurva is the festival of the Sikhs. _____
3. Santa Claus brings gifts for children. _____
4. Holi is the birthday of Jesus Christ. _____

D. Match the columns :

‘A’

1. Sewain
2. Gujiya
3. Diyas
4. Santa Claus

‘B’

- (a) Christmas Day
- (b) Diwali
- (c) Eid
- (d) Holi

E. Answer the following questions :

1. Why do we celebrate festivals?
2. How is Diwali celebrated?
3. How is Eid celebrated?
4. Write the festivals celebrated in your state.



ACTIVITY BAG

- Find out the 8 name of religious festivals from the given word grid and write in the given space:

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

_____	_____
_____	_____
_____	_____
_____	_____

- Colour the given picture neatly.





Means of Transport

Chap. **12**



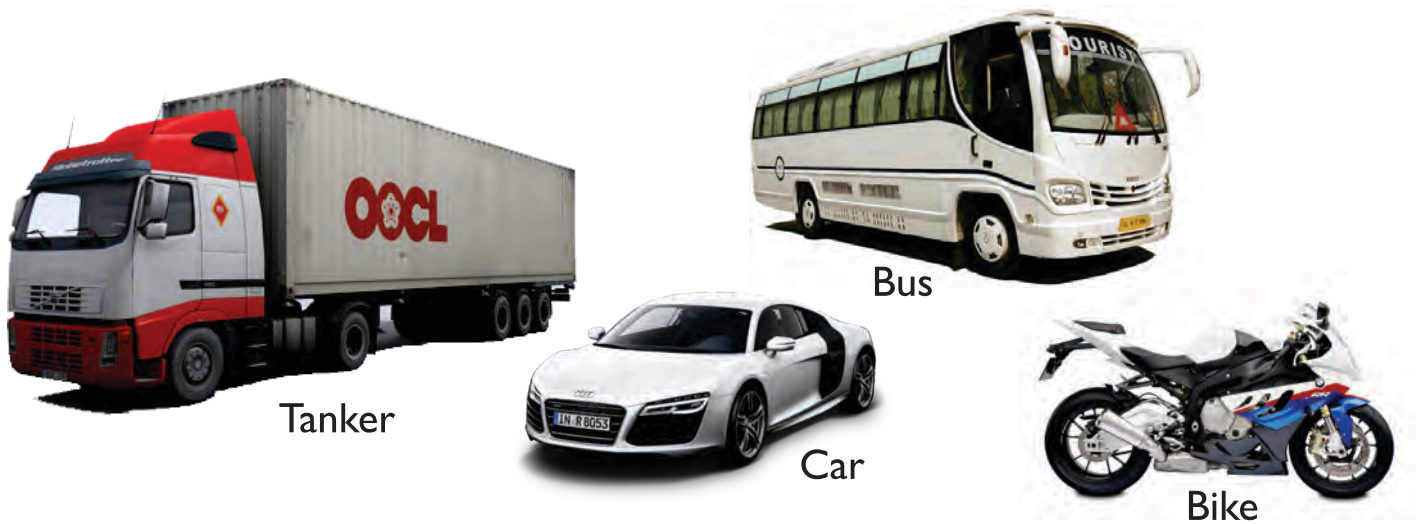
After completing this chapter we will be able to know about :

- ◆ To know about the importance of transport
- ◆ To know about the means of land, water and air transport



Dear children! Do you know that in early days people used to walk from one place to another, because there was no any means of transport; so they did not go to very a far off places. But after the invention of wheel man developed various means of transport and solved this problem. Now-a-days we use various means of transport with latest technology.

The means of transport are also used for sending and carrying goods from one place to another.



Tanker

Bus

Car

Bike

These vehicles run on land, water and in air.

Land Transport

Bullock-carts, tongas, camel-carts, etc, are used in villages. These vehicles are pulled by the animals.



Bullock-cart



Tonga



Camel-cart

The vehicles like auto-rickshaw, bike, scooter, etc, are driven by the engines. These vehicles are generally used within a city for short distances.



Bike



Auto rickshaw



Scooty

A bus can carry several passengers to distant places. The trucks and tankers are used for carrying of goods from one place to another.



Bus



Truck



Tanker

Besides these the train is the vehicle of land transport because it runs on tracks. A train has numerous carriages. It can carry many people at a time. We can travel long distances by it. Goods can be transported to far away places by a goods train.



Train

Some trains run underground. They are called **Metro** trains. Metro trains run in Delhi and Kolkata. Trains also run on road in Kolkata. These trains are called **trams**.

Knowledge Corner

Kolkata is the first city where trams run on road. Tram is a single carriage train.



Metro Train

In some places, animals are used to travel and carry goods. **Camels** are used in desert areas. Camel is called the **ship of desert**.

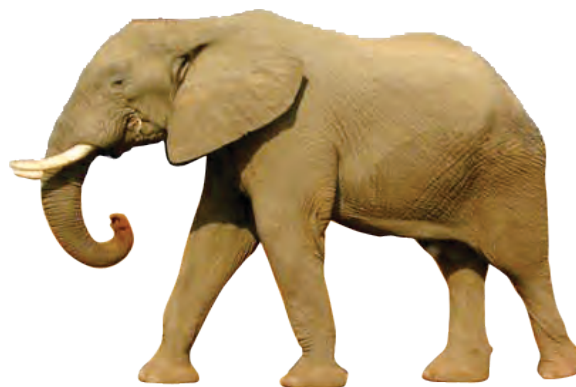
Mules and ponies are used in hilly areas.



Camel



Donkey



Elephant

Elephants are used in dense forest areas for transportation.

Railway is the fastest and cheapest means of land transport.

Water Transport

India has about 6,000 km long coastal areas. The people who live along the coastal areas, lakes, rivers, etc. use various kinds of boats to cross the river, lakes, etc. The fishermen use boats to catch fish from the sea. Steamers are used to carry passengers and goods for long distances through water.

Huge ships carry passengers and goods from one country to another.



Water Transport

Air Transport

Air transport is the fastest and costliest means of transport. An ordinary person cannot travel by the air transport.

Aeroplanes are used for travelling long distances quickly. You must have seen aeroplanes flying in the air like birds.

A big aeroplane can carry hundreds of people at a time. Some aeroplanes are used to carry goods. They are called **cargo** planes. Helicopters are smaller in size. They are used to reach the places where other means of air transport cannot land such as hills, deserts, snow-covered areas, islands, etc.

Rockets are other means of air transport. They can take men and machinery into space very fast. Rockets are used to send men into space, to the moon and to study the other planets like mars, etc.



Rocket



Aeroplane



Helicopter

Air Transport

- We use different means of transport to travel from one place to another.
- There are three main types of transport :land, water and air.
- Train is the fastest and cheapest means of land transport.
- Air transport is the fastest means of transport.



Exercise



A. Tick (✓) the correct option :

1. Which of these is the means of land transport?
 (a) Boat (b) Bus (c) Rocket
2. The cheapest and fastest means of land transport is _____.
 (a) railway (b) bus (c) steamers
3. The fastest means of transport is _____.
 (a) railway (b) ship (c) aeroplane

B. Fill in the blanks :

1. The bicycle, rickshaw, trolley are pulled by the _____.
2. In deserts, the _____ are used to travel.
3. In hill areas, the _____ and _____ are used to travel.
4. In dense forests, the _____ are used to travel.
5. _____ are used to send men into space.

C. Write True or False statement :

1. Rickshaw is pulled by animals. _____
2. We use boats to travel on rivers. _____
3. A ship is means of land transport. _____
4. Camel is called the ship of desert. _____
5. Air transport is the cheapest means of transport. _____

D. Match the picture with their correct name?



Camel



Bike



Car



Rickshaw



Scooter



Train

E. Answer the following questions :

1. Why do we need a transport?
2. What are the uses of rockets?
3. What is water transport?

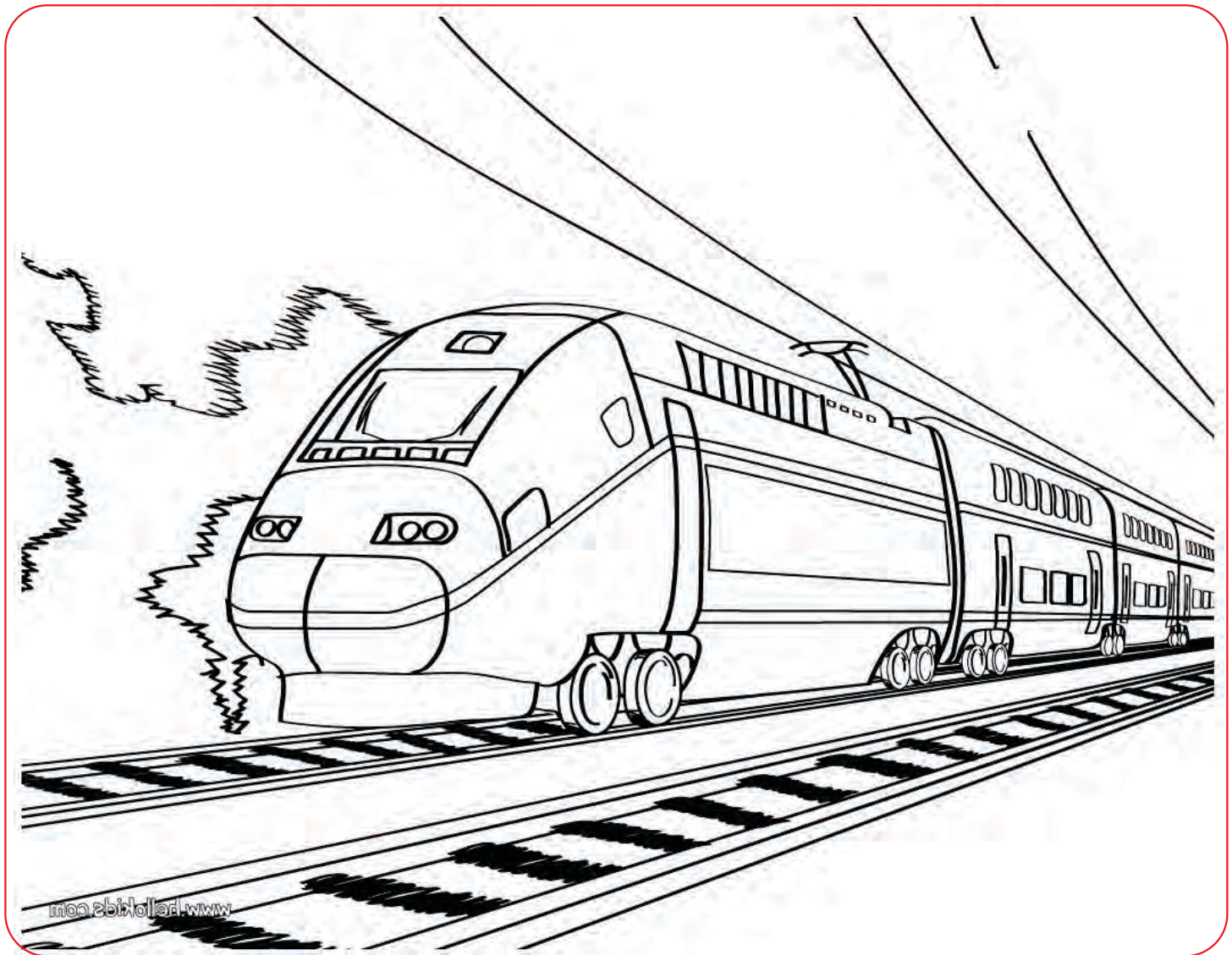


ACTIVITY BAG

- ▶ The pictures of some means of transport are given below. Write land, water or Air below each picture.



► Colour our give train carefully



Means of Communication

Chap. **13**



After completing this chapter we will be able to know about :

- ♦ The importance of communication
- ♦ The various means of communication
- ♦ The means of mass media communication



Communication means to sending or receiving the messages or information. Means of communication has made our life easier and faster. We have many ways to send these messages. These are called means of communication.

Personal Communication

Letters, telephone, mobile, etc, are the personal means of communication.

Letter : It is the oldest means of communication. In ancient times people used the pigeons or horse-riders to send their messages.



But now-days we have post office which helps us to send or receive messages. We buy postcards, envelopes, inlands, stamps from the post office. We write our message and address on the backside, then we put it into letter-box. The postman collects the letters and takes them to the nearby post office. He sorts out the letters and then these letters are sent to different cities. Letters are again sorted out according to the areas and then a postman delivers the letters to their receivers. We can send the money order and parcels through the post office.



Post Office

Telephone : It is the most common and the fastest means of communication. Through telephone we can talk to a person who is at far off places. In modern era mobile phones are very popular. We can carry them wherever we go.



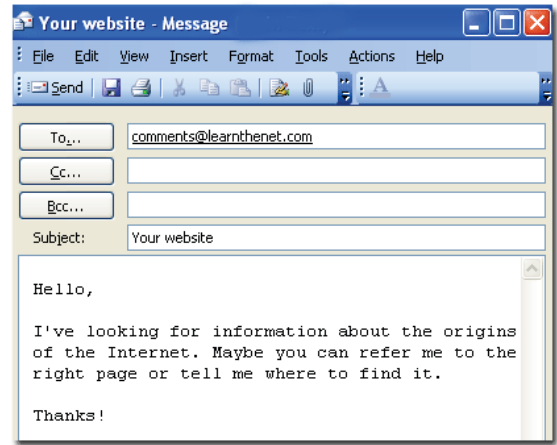
Telephone



Fax Machine

Fax : Through this machine we can send our written matter in a short time. This fax machine is attached to the telephone lines.

E-mail : Electronic mail or e-mail is the latest and quickest development in the field of communication. In this system a person can type the message and send it to the e-mail address of his/her friend with the help of computer. To send a message through e-mail both sender and receiver must have a computer and internet connection.



E-mail

Mass Media Communication

Newspaper, magazines, radio, television, etc are the examples of mass media communication.

Newspaper : It is an important means of mass communication for the people who can read. It contains current news and other useful messages published in newspapers. Newspaper reading is a good habit. A newspaper contains the news of all parts of the world.



Newspaper

Radio : It is older than the television. We can hear every type of news and programmes on radio. But now-a-days the uses of radio is very less.



Radio



Television

Television : It is another means of communication. It is used for conveying public, politics, notices, number of advertisements and news. We watch films on TV. We can watch the live telecast. Nowadays, television is the most popular means of communication.

Knowledge Corner

- ◆ We should not watch television for a long time.

Besides these means of communication, there are other means of communication like telegram, speed post, courier, etc.

POINTS OF VIEW

- Sending or receiving is called the communication.
- Now-a-days various means of communication are used.
- Letters, e-mail, fax, etc., are the examples of personal communication.
- Radio, television, etc., are the examples of mass media communication.
- Computer is the fastest and latest means of communication.



Exercise



A. Tick (✓) the correct option :

1. We send letters through _____.
(a) bank (b) fax machine (c) post-office
2. A telegram is used to send _____ messages.
(a) short (b) urgent (c) Both of them
3. Mobile phone is the _____ means of communication.
(a) latest (b) oldest (c) None of them
4. Newspapers are printed in _____ languages.
(a) two (b) four (c) many
5. _____ is a means of mass media communication.
(a) mobile (b) cinema (c) letter

B. Fill in the blanks :

1. In the post office, postman _____ out the letters.
2. We buy inlands from the _____ .
3. Radio is older than _____ .
4. We can carry _____ phones wherever we go.

C. Write True or False statement :

1. We can talk to our relatives through radio. _____
2. We can carry mobile phone wherever we go. _____
3. We can send our messages through e-mail. _____
4. We can watch latest news on television. _____

E. Look at the following pictures and write their name :













E. Answer the following questions :

1. What is communication?
2. What are the uses of letters?
3. Write two means of personal communication.
(a) _____ (b) _____
4. What do you mean by mass media communication?



ACTIVITY BAG

- ▶ Look at the given pictures. Write their name in correct column.



Personal means of communication : _____, _____, _____,

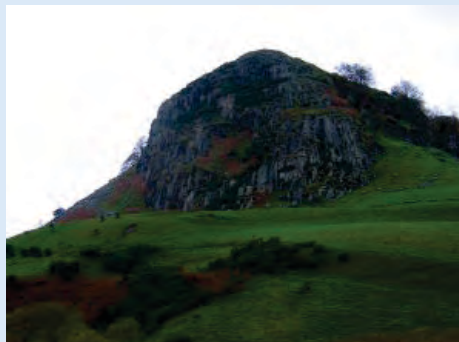
Mass Media communication : _____, _____, _____,

- ▶ Draw a picture of your television and colour it neatly?



After completing this chapter we will be able to know about :

- ♦ The Earth
- ♦ The features of the Earth



We live on the planet, the Earth. The shape of the Earth is like an orange. It is flat at the ends. The Earth is made up of the land and water. Its three-fourth part is covered with water and rest is land. Study of the Earth is called **Geography**. Our Earth is known as the **Blue planet**.



The Earth

Features of the Earth

There are many features of the Earth.

Land : We live on land. All the villages, cities are situated on the land surface of the Earth. The land surface is not the same everywhere. It differs according to its level, slope and shape. A plain is a flat, low level land of a very large area. Plains are very fertile. So a large number of people live in plains. Most of the villages and cities are located in the plains.



Plain

Hills : High areas of land are called hills. When a hill rises very high, it is called mountain.

Very few people live on the hills and mountains. Farming is difficult on the hills. Climate is very cool in the hills and mountains. Many people go to hill stations during summer. Mountains are covered with snow. When snow melts into water, the water runs down to form rivers.



Hills

Forests : On the earth, there are some parts full of the trees. They are called the forests. There are many wild animals and birds in these forests.



Forest

Plateau : An area of flat land higher than the land around it is called the **plateau**. A plateau is also called the table-land. Some plateaus are often ringed by mountains. These plateaus are rich in minerals while farming is difficult.



Plateau



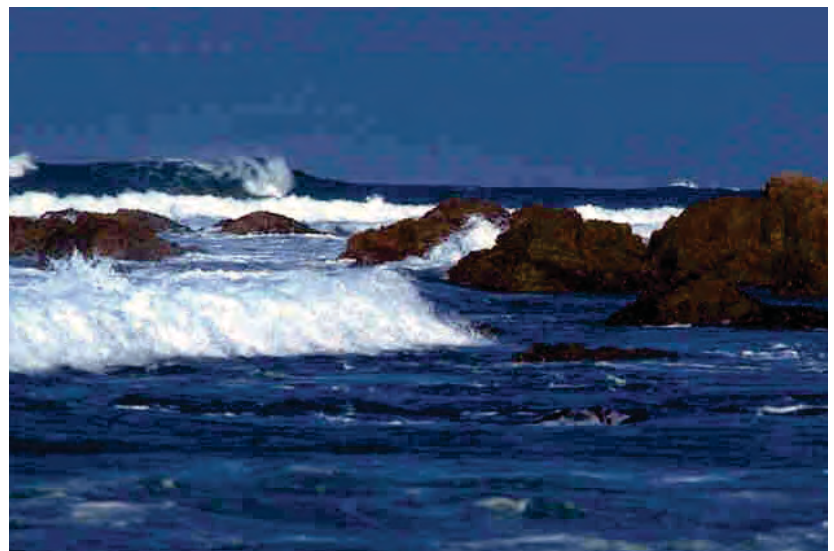
Desert

Deserts : It is the area of land that is covered with sand. There are few plants and animals in deserts.

Water

The three-fourth part of the Earth is covered with water. The water is found in the form of waterbodies on the Earth.

Ocean : It is the largest water body. There are four oceans in the world : Atlantic, Pacific, Indian and Arctic ocean.

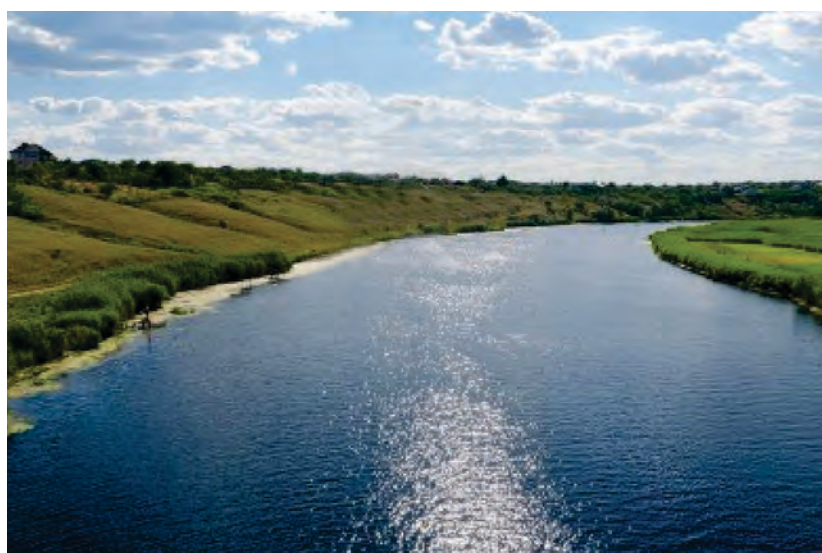


Ocean

Sea : It is smaller waterbody than the ocean. There are many seas on the Earth like, Red sea, Black sea, etc. Sea water is salty. It cannot be drunk by us.



Sea



River

Streams and Rivers : Rainwater flows down the mountains. It forms streams, rivers, ponds and lakes.

Air

Our Earth is surrounded by the layer of air. Only Earth is the planet which contains air and water. We cannot live without air. We get fresh air from trees and plants. Fresh air is good for health. We should grow more plants. Nowadays in big cities, the air is getting polluted. It is difficult to breathe in polluted air.

POINTS OF VIEW

- We live on the planet, the Earth.
- The area which has sand is called the desert.
- Air is necessary for our life.
- Three-fourth part of the Earth is covered with water.



Exercise



A. Tick (✓) the correct option :

- We live on the _____.
(a) Earth (b) Water (c) Air
- Which is essential for life ?
(a) Water (b) Air (c) Both of them
- How many oceans are there on the land?
(a) 1 (b) 3 (c) 4

B. Fill in the blanks :

- High areas of land are called _____ .
- Large part of the Earth is covered with _____ .
- A low flat land between two hills is called the _____ .
- The largest waterbody is called the _____ .
- We should grow more _____ .

C. Answer the following questions :

- What are plain and ocean?
- What is the desert?
- What do you feel if you live in desert?
- Why does air is polluted?



ACTIVITY BAG

► Look at the pictures and write their name :





After completing this chapter we will be able to know about :

- ◆ The seasons
- ◆ The different kinds of seasons



Seasons bring change in our life. We feel different colours of life. The weather changes day-to-day and time-to-time. Sometimes it is cold, sometimes it rains. Seasons are of different periods of the years when weather condition is same.

There are three main seasons in India :

1. Summer Season
2. Winter Season
3. Rainy Season

1. **Summer Season** : April, May and June are the summer months. It is very hot during these months. The days are long. We like to stay indoors. We like to wear light cotton clothes. We like cold drinks. Some people go to the hill stations. Ponds and wells dry up.



Summer Season

As we sweat more, we drink water. The days are long and the nights are short. Hot wind blows throughout the day. It is called the loo.



2. **Rainy Season** : After the hot summers, the rainy season comes. The rainy season lasts from July to September. We wear raincoats, gumboots when it rains. Children have fun when they float paperboats in rainwater.



Rainy Season

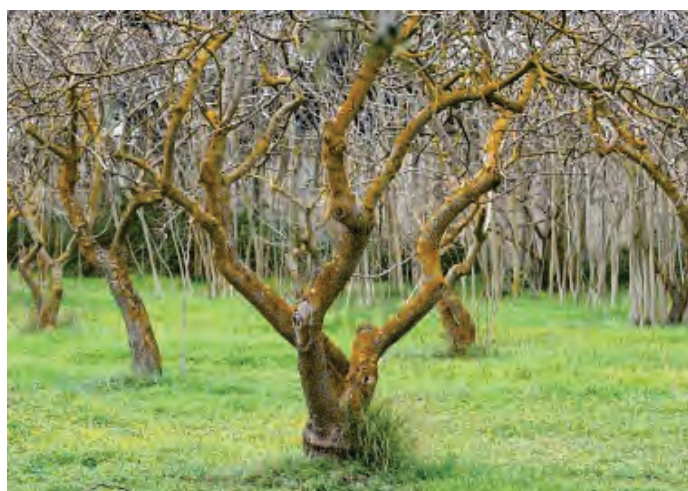
3. **Winter Season** : It lasts from December to February. During this season, it is cold. The days are short and the nights are long. We wear woollen clothes. We like to have hot foods and drinks. Some people sit around bonfires to keep themselves warm. The days are short and the nights are long. Snow falls on the high hills during winter.



Winter Season

Besides these three main seasons, there are two more seasons- Spring and Autumn.

4. **Spring Season** : February and March are the months of spring. During this period, it is neither too hot nor too cold. Flowers are in full bloom.



Autumn Season

Spring Season
5. **Autumn Season** : This season comes before the winter season. September and October are the months of autumn season. In this season, trees shed their leaves. Slowly the trees have bare branches.

POINTS OF VIEW

- The summer, the winter and the rainy are the main seasons of India.
- The spring season begins with many flowers.
- Trees shed their leaves in the autumn season.



Exercise



A. Tick (✓) the correct option :

1. We drink coffee, tea, etc, in _____ season.

(a) summer

(b) winter

(c) rainy

2. Trees shade their leaves in _____ season.
 (a) autumn (b) winter (c) spring
3. We sit around the bonfires in _____ season.
 (a) summer (b) spring (c) winter

B. Fill in the blanks :

- Hot winds blow in _____ season.
- We take cold drinks in _____ season.
- The plants are full of flowers in _____ season.
- The days are short and nights are long in _____ season.
- We float paper-boat in _____ season.

C. Write True or False statement :

- There are three main seasons. _____
- The days are long and nights are short in summer season _____
- We go to hill stations in the winter season. _____
- Spring season is very pleasant. _____
- We drink tea and coffee in summer season. _____

D. Match the columns :

'A'

'B'

- | | |
|-------------------------------|------------|
| 1. Days long and nights short | (a) Spring |
| 2. Days short and nights long | (b) Rainy |
| 3. Bare branches | (c) Summer |
| 4. Flowers | (d) Winter |
| 5. Gumboots | (e) Autumn |

E. Answer the following questions :

- What do you mean by season?

- How do the days and nights differ in summer and winter?
 In summer : _____
 In winter : _____

3. What is an autumn season?

4. What do you mean by loo?



ACTIVITY BAG

► Following things we eat in which season? Write below the picture.

















The Story of the Wheel

Chap. 16



After completing this chapter we will be able to know about :

- ◆ How did the early-man travel
- ◆ How the early-man made the first wheel
- ◆ The uses of wheel

Dear children! As you know that the early-man lived in jungles just like an animal. He always faced danger from wild animals. Life of early-man was very difficult and different from today's life. He had no means of transport. He carried his loads on their back. But as time passed he used different things to carry their load. He made a raft to tie the logs of wood.



Later on, they made a sledge. It is pulled by themselves or by the animals. He loaded his articles on the back of the animals. But it was not possible to carry a



heavy load even on the back of an animal.

Soon the early-man noticed that round objects can easily roll on the surface. They attached small round logs of wood under the sledge. Now they noticed that the sledge was moving easily. This was the first wheel invented by earlyman.

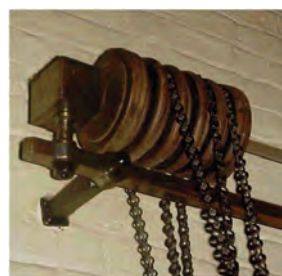
Thus, the early-man made a wheel. The discovery of wheel has completely changed his life. He began to make earthen pots with the help of the wheel.

After a long time, the early-man discovered many metals and he began to make many tools of metals. Man went on giving new shapes to the wheel. He learnt to use wheels in different types of vehicles.

Now the vehicles can be fitted with a variety of wheels made of wood, steel, rubber, etc.

Today the wheel is not only used in vehicles but also in many other purposes. It is being used in the form of a pulley to draw water from wells.

The wheel is also used in a windmill or to generate electricity from water. Today we cannot imagine world without wheel.



POINTS OF VIEW

- Early-man used to travel on foot and carry loads on his back or shoulders.
- The first wheel was invented by early-man.
- The wheel changed the life of the early-man.



Exercise



A. Tick (✓) the correct option :

1. The early-man lived in the _____ .
(a) flats (b) roads (c) jungles
2. The life of early-man was very _____ .
(a) easy (b) difficult (c) None of them
3. Early man made a _____ to tie the logs of wood.
(a) boat (b) van (c) raft
4. Early-man began to make _____ with the help of wheel.
(a) earthen pots (b) cars (c) vans

B. Fill in the blanks :

1. The early-man has no means of _____ .
2. The early-man invented _____ .
3. The _____ changed the life of early-man.
4. The early-man began to make _____ with the help of wheel.

C. Write True or False statement :

1. Early-man travelled by the car. _____
2. Sledge worked only on the smooth surface. _____
3. Wheel was invented by the Turkeys. _____
4. Wheel changed the life of early-man. _____

C. Answer the following questions :

1. How was the life of early-man?
2. How did early-man invented the wheel?
3. Write five uses of wheel in your daily life.



ACTIVITY BAG

► Paste the pictures of some things in which we used of the wheel.

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Test Paper-2

(based on Chapetrs 9 to 16)

Note : All questions are compulsory.

A. Tick (✓) the correct option :

- All the houses and family make a _____
(a) city (b) comunity (c) neighbourhood
- The police catches _____.
(a) thieves (b) robbers (c) Both
- Holi is called the festival of _____.
(a) colours (b) lights (c) darks
- Which of these is the name of land transport?
(a) Bus (b) Rocket (c) Both of them
- We live on the _____.
(a) Earth (b) Water (c) Air
- How many oceans are there on the land?
(a) 2 (b) 3 (c) 4
- We sit around the bonfires in _____ season.
(a) summer (b) spring (c) winter
- Trees shade their leaves in _____ season.
(a) autumn (b) spring (c) winter

B. Fill in the blanks :

- Winners are given _____.
- In desert the _____ are used to travel.
- We must walk on the _____.
- High areas of land are called _____.
- We float paper-boat in _____.

C. Write True or False against each statement :

- Jawaharlal Nehru was the first president of India. _____

2. Camel is called the ship of the desert. _____
3. We can watch the latest news on television. _____
4. Spring season is very pleasant. _____
5. Early-man travelled by the car. _____

D. Match the following :

- | | |
|----------------|---------------|
| 1. Sewain | (a) Kerala |
| 2. Gunjiya | (b) christmas |
| 3. Diyas | (c) Id |
| 4. Santa claus | (d) Holi |
| 5. Onam | (e) Diwali |

E. Answer the following questions :

1. Why do we celebrate Diwali?

2. What is water transport?

3. What do you mean by communication?

4. What is autumn season?

5. How did early-man discovered the wheel?

6. How did early-man discovered the wheel?
