

# The UNIVERSE

Study the following facts about our universe.

1. According to the estimates of scientists, there are around 20 trillion galaxies in our universe.
2. The three most common elements in the universe are 1) hydrogen; 2) helium; 3) oxygen.
3. The sun loses around 4 million tons of energy every second.
4. The age of oldest known star red giant is 13.2 billion years.
5. Current interpretations of astronomical observations.
6. The moon is moving slowly from the Earth at the rate of 3cm per year.

A. Tick (✓) the statements which are right.

1. Pluto is planet.
2. The sun is a star.
3. There are 140 known natural satellites.
4. The universe began with the big bang theory.
5. The first spacecraft to visit Mars was Mariner 4 in 1965.
6. Our solar system's biggest mountain is on Mars.
7. Saturn's rings are extraordinarily thin.


B. Identify and name the following pictures.



# Eminent Scientists

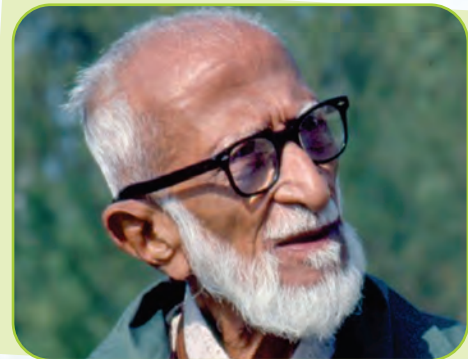
Read the following facts about some great scientists and write their names.

1. The great Indian mathematician and autodidact, who with almost no training made extraordinary contribution to mathematical analysis, number theory, infinite, series and continued fraction.

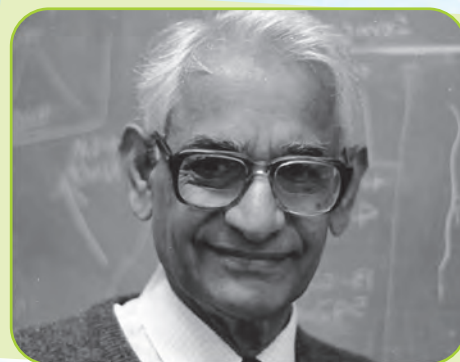
2. Without having formal education, with his hard work he went to become a great ornithologist of India. He has also written many books on birds and animals.

3. He is considered as the 'Father of India's Space programme'. He was instrumental in the sitting up of the Indian Space Research Organisation.

4. He started the green revolution in India. His techniques helped to raise agricultural production many times. He also developed better varieties of rice and wheat.



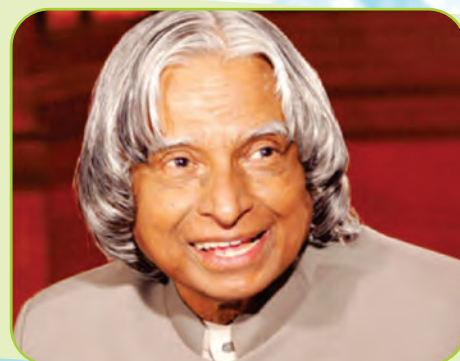
5. He was an Indian-American biochemist who became the first to synthesize an artificial gene in a living cell.



6. He was a great astrophysicist and founder of the magazine Science and Culture. His discovery on a relation helped astronomers to know pressure, temperature and many other facts about the interior of a star including the sun.



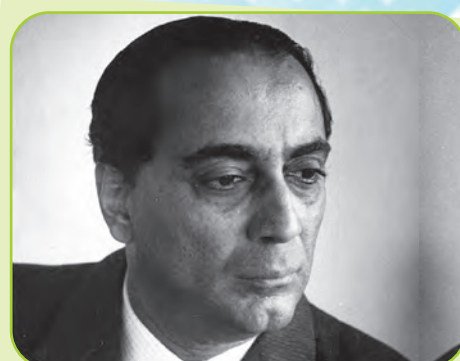
7. Known as the 'Missile Man of India' for his vital contribution to Indian satellite and launch vehicles of Indian Space Research Organisation (ISRO) and also to the missile programme of Defence Research and Development Organization (DRDO).



8. He won the Nobel Prize for Physics in 1930 for his pioneering work on scattering of light. He also worked on the acoustics of musical instruments.



9. He was a renowned nuclear scientist, found of Tata Institute of Fundamental Research was chairman of Atomic Energy Commission.



# Definitions

Choose the correct option from the box given below:

1. All of the living organisms on earth is called \_\_\_\_\_.
2. The treatment of diseases such as cancer, using strong chemical substances \_\_\_\_\_.
3. The study of characteristics, functions and phenomena observed in the living world, and the application of this knowledge to the world of machines: \_\_\_\_\_.
4. The science of plant life and nutrition: \_\_\_\_\_.
5. Rain with a PH less than 5: \_\_\_\_\_.
6. The science dealing with the forces acting on solid bodies, such as aircraft or bullets, moving through the air. \_\_\_\_\_.
7. The study of chemical process of living things \_\_\_\_\_.
8. The study of insects: \_\_\_\_\_.
9. The branch of biology concerned with the search for life forms native to world's other than earth \_\_\_\_\_.
10. The art, study or practice of growing flowers, fruits or vegetables: \_\_\_\_\_.
11. The branch of astronomy concerned with the physical nature of heavenly bodies: \_\_\_\_\_.
12. The science of organic functions in an organization \_\_\_\_\_.
13. A scientist whose focus is the management of soil and the production of crops \_\_\_\_\_.
14. The application of mathematics to the study of living things: \_\_\_\_\_.



Astrophysics	Biochemistry	Agrobiology	Physiology
Agronomist	Biosphere	biology	Entomology
Chemotherapy	Anthropology	Horticulture	Aerodynamics
Biometry	Acid Rain	Mathematical and theoretical	

## History Quiz



Try this quiz to brush up your knowledge of the world of computers.

- Who was the world renowned French mathematician who devised what is thought to be the first digital computer in 1642?
  - John Napier
  - Blaise Pascal
  - Renzie Descartes
- In which year was the first computer mouse invented?
  - 1958
  - 1980
  - 1964
- Which was the first electronics digital programmable computer device?
  - ENIAC
  - Analytical Engine
  - Difference Engine
- What was the memory storage capacity of the first hard drive?
  - 100 MB
  - 5 MB
  - 75 MB
- Which two numbers together from the 'binary language' used in computers?
  - 0 and 2
  - 2 and 3
  - 0 and 1
- Name the first successful computer with a graphical user interface (GUI) and a mouse. It cost \$10,000.
  - ENIAC
  - Xerox Alto
  - Apple Lisa
- The 1st generation of computer used ..... for circuitry and magnetic drums for memory.
  - Vacuum tubes
  - Transistors
  - Microprocessors
- Which of these puzzle games was specially released for Facebook in 2012?
  - Pokemon Go
  - Candy Crush Saga
  - Second Life
- Who invented the punch cards?
  - Charles Babbage
  - Hermal Holterith
  - Semen Karsaker
- Which of these terms describes someone who likes to show up and wreak havoc on Internet forums and newsgroups?
  - trolls
  - elves
  - gnomes

**A. Unscramble the letters to write these computer-related new age words.**

1. The process of putting social media content on a web page.

**BEDMDNIGE** \_\_\_\_\_

2. A symbol, usually found in email message, made up of punctuation marks, that resemble a human expression—

**TINMOOCE** \_\_\_\_\_

3. A person or computer programme that searches the web for new links and links them to search engines—

**RIPEDS** \_\_\_\_\_

4. Words or phrases commonly are used in search engine to look for online content.

**WKEOYDRS** \_\_\_\_\_

5. It is an attempt to trick a person into giving away important personal information (like a bank account or credit card number). This is usually done by sending an email that looks as if it is from a legitimate organization. If you suspect an attempt, you should report it.

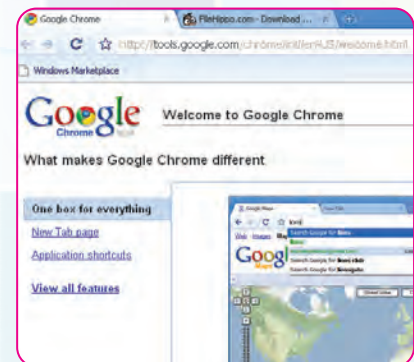
**ISHNGIPH** \_\_\_\_\_

6. Total amount of users who visit a website.

**FFCITAR** \_\_\_\_\_

**B. Match the columns.**

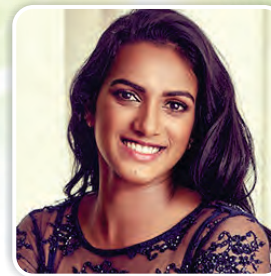
- |                     |                                    |
|---------------------|------------------------------------|
| 1. BSNL             | a. Antivirus                       |
| 2. Chrome           | b. Compression manager             |
| 3. Alta Vista       | c. A picture format                |
| 4. You Tube         | d. Video sharing website           |
| 5. Skype            | e. Search engine                   |
| 6. Quick Heal Total | f. Browser                         |
| 7. JPEG             | g. Chat and video                  |
| 8. Winzip           | h. Internet service provider (ISP) |



# INDIAN OLYMPIC *Champions*

A. Some of India's individual Olympic champions. Complete the table.

Name	Year	Venue	Sport	Medal
1. Norman Pritchard	1900	_____	Athletics (200 m)	Silver
2. K.D. Jadhav	1952	Helsinki	_____	_____
3. _____	1996	_____	Tennis	Bronze
4. Karnam Malleswari	_____	Sydney	Weightlifting	_____
5. R.S. Rathore	_____	_____	Shooting (Double Trap)	_____
6. Abhinav Bindra	_____	_____	_____	_____
7. Vijender Singh	_____	Beijing	_____	_____
8. _____	2008	_____	Wrestling	Bronze
9. _____	2012	_____	_____	Sliver
10. _____	_____	London	Wrestling	Bronze
11. Sushil Kumar	2012	_____	Wrestling	_____
12. Saina Nehwal	2012	_____	_____	_____
13. _____	_____	London	Shooting (25 m Rapid pistol)	_____
14. PV Sindhu	2016	_____	Badminton	_____



B. Fill in the blanks:

- India has won \_\_\_\_\_ gold, silver and \_\_\_\_\_ bronze medals in badminton.
- Till now, \_\_\_\_\_ is only Indian to have won two individual Olympics medals for India, after Norman Pritchard.
- In \_\_\_\_\_ Abhinav Bindra became the first Indian to win an individual \_\_\_\_\_ medal \_\_\_\_\_ (boxing) and Sushil Kumar won a \_\_\_\_\_ Each at the Beijing Olympics.



# SPORTS STARS



Sports and games are source of entertainment. Some sports are widely known all over the world. Look at these pictures and identify these famous sportspersons.



1. \_\_\_\_\_



2. \_\_\_\_\_



3. \_\_\_\_\_



4. \_\_\_\_\_



5. \_\_\_\_\_



6. \_\_\_\_\_



7. \_\_\_\_\_



8. \_\_\_\_\_





# Sports Festival

Write the name of place in which these sport festivals are celebrated.

1. The snake boat race, also known as Vallamkali. It is an interesting traditional sport held on the occasion of Onam. It is a famous water sport. Boat race is truly a feast to the eyes of the visitors, who come from far off places to see it.

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2. It is similar to the Spanish running of the bulls but a traditional part of Pongal celebrations. Jallikattu is one of the oldest living ancient sports seen in the modern era. The ancient sport of Jallikattu pits crowds of brave young men against angry bulls.

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3. It is a Chinese boat festival (in which boats are shaped like dragons) that began as an occasion for driving off evil spirits, ghosts, and finding peace, solace and comfort in one's life.

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4. Martial art is a part of India's ancient culture. Kalarippayattu is the one of the oldest form of Indian martial art. Indian martial art is a gift to the modern world and mother of all other Asian martial arts.

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5. It is a folk festival celebrated in Siena, Italy. In this festival, unique horse race is organized where jockeys run around a track at breakneck speed.

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6. Yubi Lakpi is a traditional game of football, but instead of a football it uses coconut as the ball. The sport is played like rugby with coconut in the players hands. The two teams battle for an oil-soaked coconut that they have to carry through the goal line to a box placed at one end of the field. It literally means 'coconut snatching'.

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Let us discuss about legendary sportspeople whose performance have thrilled us and inspired millions of others to strive hard and excel.

1. Pele is from Brazil. He is also known as Black Pearl. He led the Brazilian national football team to three World Cup victories, in 1958, 1962 and 1970. He had a great balance, speed and vision. He controlled the ball well and could shoot powerfully and accurately with either foot. He could score often with his head too. He played in 1,363 matches and scored 1,281 goals in his career.
2. Also known as 'Lightning Bolt', Jamaican sprinter Usain Bolt won three gold medals (in the 100 m race, the 200 m race, and the 4 × 100 m relay) in an unprecedented three straight Olympic Games (2008, 2012 and 2016) and is widely considered the greatest sprinter of all time.
3. Roger Federer the Swiss tennis player, has set a record of winning 15 grand slam in just six years. Almost as staggering winning 15 majors he has reached at least the semifinals of the last 21 consecutive grand slam tournaments.
4. The American basketball player Michael Jordan also known as Air Jordan was one of the greatest all-around players in the history of the game. Jordan was the top scorer of the National Basketball Association (NBA) for a record-breaking 10 seasons. He was named the NBA's most valuable player (MVP) in 1988, 1991, 1992, 1996 and 1998.
5. Michael Schumacher is a German race-car driver. He made a record of winning the most Formula 1 (F1) Grand Prix ace victories (91) and F1 series championships. He won five consecutive F1 world championships (2000-04) and seven in total.



Identify the sportspersons who have been exceptional in the:

1. Football : (a) Cristiano Ronaldo (b) Tiger Woods (c) Hank Aaron
2. Basketball : (a) Joe Frazier (b) Magic Johnson (c) Bobby Fischer
3. Track and Field : (a) Jesse Owens (b) Tiger Woods (c) Lance Armstrong
4. Boxing : (a) Jim Thorpe (b) Carl Lewis (c) Sugar Ray Robinson
5. Swimming : (a) Mark Spitz (b) Maurice Greene (c) Michael Phelps

# Interesting Cricket Quiz



Read the question and find out the answers. The clues will help you.

1. In the 137 years of Test Cricket, no cricketer has ever hit a six off the first ball of a Test match. Name the cricketer who achieved this feat against Bangladesh in 2012.
2. Who is the only player to play 153 consecutive test matches.
3. Who is the only cricketer to win four Man of the Match awards in a row?
4. Which is the only country to win the 60-over, 50-over and 20-over World Cups?
5. ML Jaisimha and ..... are the only Indians to bat on all five days of a test match.
6. Name the cricketer who scored highest individual runs.
7. Who is the only cricketer to have played for both India and England?
8. Who is the only player to have played more than 100 test matches and not a single world cup match?
9. Who is the only bowler to dismiss Donald Bradman hit wicket in Test Cricket?



Rohit Sharma, Iftikhar Ali Khan, Chris Gayle, Lala Amarnath,  
Sachin Tendulkar, AR Border, Alastair Cook, Cheteshwar Pujara, India

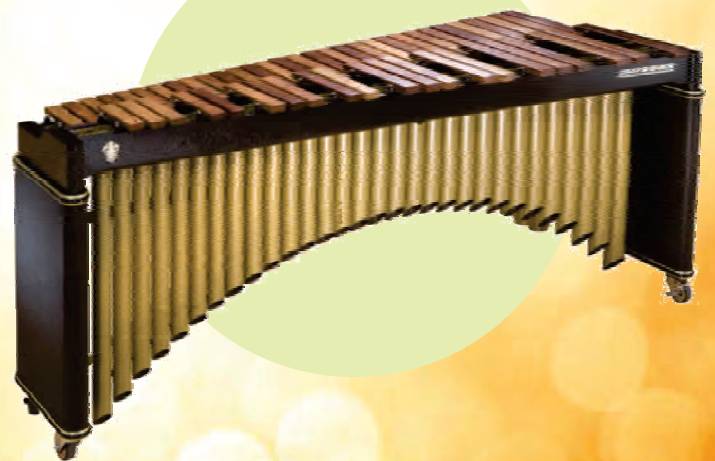
# Traditional Music Instruments

**Sarangi** is one of the most popular and oldest instruments in India. The body of sarangi is hollow and made of teak wood adorned with ivory inlays. Sarangi has forty strings of which thirty seven are sympathetic. The sarangi is held in a vertical position and played with a bow. To play the sarangi one has to press the fingernails of the left hand against the strings. Famous sarangi maestros are Rehman Bakhs, Ghulam Sabir, Pt Ram Narayan, and Ustad Sultan Khan.



The **Valiha** is a tube from Madagascar made from a species of local bamboo; it is regarded the "National Instrument" of Madagascar. The term is also used to describe a number of related zithers of differing shapes and materials. Aside from recreational music, the valiha is also used for ritual music to summon spirits

The **Marimba** is a percussion instrument consisting of a set of wooden bars struck with mallets to produce musical tones. Resonators suspended under the bars amplify their sound. The bars of a chromatic marimba are arranged like the keys of a piano, with the groups of 2 and 3 accidentals raised vertically, overlapping the natural bars to aid the performer both visually and physically. This instrument is a type of idiophone, but with a more resonant and lower-pitched tessitura than the xylophone.



**Tabla** is the most popular musical instrument is used in North India. It contains of a pair of drums- the Tabla and the Bayan. The tabla is made of wood whereas its head is made of stretched animal skin. Finer tuning of Tabla is done by striking the rim of the Tabla with a small hammer. The Bayan is the bass drum and is usually made of metal with a stretched skin head. Both drums have a black spot in the center made of manganese or iron dust.



The **Dramyin** or **Dranyen** is a traditional Himalayan folk music lute with six strings, used primarily as an accompaniment to singing in the Drukpa Buddhist culture and society in Bhutan, as well as in Tibet, Sikkim and Himalayan West Bengal. It is often used in religious festivals of Tibetan Buddhism (cf. tshechu). The instrument is played by strumming, fingerpicking or (most commonly) plucking.



The **Balalaika** is a Russian stringed musical instrument with a characteristic triangular wooden, hollow body and three strings. Two strings are usually tuned to the same note and the third string is a perfect fourth higher. The higher-pitched balalaikas are used to play melodies and chords. The instrument generally has a short sustain, necessitating rapid strumming or plucking when it is used to play melodies. Balalaikas are often used for Russian folk music and dancing.



**Name the musical instruments played by these Indian musicians.**

1. Pt Ram Narayan \_\_\_\_\_
2. Ustad Zakir Hussain \_\_\_\_\_
3. Pandit Shivkumar Sharma \_\_\_\_\_
4. Pandit Ravi Shankar \_\_\_\_\_

# DANCING AROUND THE WORLD



Unscramble the letters to get the names of these dances.

1. This Indonesian dance was originally performed in order to communicate with ancestral spirits, but has since then been interwoven with the Indian epic known as Ramayana.

KAKEK R A T C N E \_\_\_\_\_



2. A cultural movement, it first emerged in the Bronx and developed in New York City in the 1970s. Its four main elements are rapping, Djing, graffit and b-boying.

PIH-OHP \_\_\_\_\_



3. The basic movement of this dance is slow-slow-quick-quick. It is a beautiful romantic dance form but its name sounds like that of a sly animal.

O X F O R T T \_\_\_\_\_



4. This is a western coined name for a traditional west Asian dance especially Ravsharqi. In this dance every part of body is involved.

B Y E L L C E D A N \_\_\_\_\_

5. It is a dance form that has been influenced by classical ballet as well as modern dance.

Z Z A J E B A L L T \_\_\_\_\_



6. This is a form of street dancing style popularized by Michael Jackson. This style of dance is very aerobic and has elements of gymnastics in it.

K A E B R D E N C A \_\_\_\_\_

7. A Colombian dance fitness programme, its routine incorporate various dance forms like salsa, hip-hop, samba and martial arts. Founded in 2001 by Alberts Perez, it has become the current rage around the world.

M Z B U A \_\_\_\_\_



53

# New Bollywood

Identify the following from the world of entertainment



1. ....



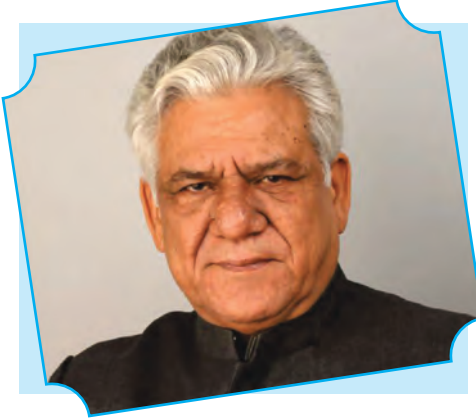
2. ....



3. ....



4. ....



5. ....



6. ....



7. ....



- Karan Johar
- Imran Khan
- A R Rahman
- Om Puri
- Prakash Jha
- Vidhya Balan
- Amir Khan
- Remo D Souza



8. ....

In our daily life, we are surrounded by different people in discrete space. Encounters with people in the social space can be decent, but also inappropriate or unwanted. By the time, now we reach adolescence, we are able to recognize the gender, male-female and their interrelation. Some situation can occur when certain gestures and verbal remarks from a person or a group of people make us feel uncomfortable and even harassed. Such harassment might also be arised in the company of someone we have known the harassment that essentially arises from the notions of gender and entails undesired attention of a sexual nature is known as sexual harassment. Sexual harassment can occur irrespective of age, sex, race and social class of the victim and the perpetrator. Such situations mostly make us unnerved. Nevertheless, we shouldn't let the fear overwhelm our senses. Instead, we should develop the maturity and muster enough courage to handle such incidents and make sure that the perpetrator is duly punished.

**Read the following situations and tick the appropriate responses.**

1. After getting down from the school bus in the afternoon, you are walking your way to home. A person has been following you from the bus stop for the past few days. What will you do?

- a. You will be scared and not talk to anybody about it.
- b. Directly ask the person for the reason of such behavior. If it continues even after that, you will report to police.
- c. Turn around and throw a stone at the stalker to injure him/her.



2. You are waiting for your friend in a garden. A person sitting at another table constantly stares you in a lecherous manner. You will

- a. Wait for your friend to come and then decide of that to do.
- b. Directly go to the person and ask that person to stop staring blatantly at you.
- c. Shout at the person and ask the nearby people to drive him/her out of the garden.





3. You are going for morning walk along the road when a passer-by throws a comment at you. You will.

- a. be extremely worried and feel insulted by the comment. You will feel so distraught so as to lose the ability to retort back.
- b. be shy away from confronting that person.
- c. get out of that situation immediately and report the incident to your parents or any trusted adult.



4. You are residing in a ground-floor apartment. You have frequently seen a person trying to peep through your bedroom window. You will.

- a. Be scared and thus shut your window all the time even when you suffocate in the room.
- b. Feel very unsafe in that room and start using another room in the apartment as your bedroom.
- c. Decide to report the issue to the security personnel of your building complex or locality. Hence, you will keep a close watch on the person so that you can give a description of his/her physical appearance.



5. You go to your friend's birthday party. From the crowd, a person whispers indecent words about you. You will.

- a. Feel insulted and leave the party immediately.
- b. Be scared and sit quietly at one place.
- c. Tell everyone at the party about what had happened, and make that person apologize for such indecency.



# ART of Studying

Given below are some points to make your study affective. Collect your books, stationery and study material. Read them carefully.

1. Before sitting down to start your study.
2. Always study in a peaceful.
3. Study each subject as per a set timetable.
4. Always study routinely.
5. Never miss school. Listen attentively in the class and make short notes.
6. Take regular small breaks between studies. This shall keep your brain tuned.
7. Do not try to learn everything at one time. Break the study material in small parts and be thorough before taking on to the next part.
8. Take complete sleep, recreation and exercise during studies. This is essential for your body.



## TIPS FOR TAKING NOTES

### Before Class

- ◆ Read your notes of the previous class before coming to the school.
- ◆ Complete all assignments before coming to school. This will make you understand the next chapter better.

### Notes During Class

- ◆ Sit attentively in the class and make sure that your notes include everything that your teacher has told.
- ◆ Use abbreviations, symbols and short forms to save time in order to complete notes.

### Notes After Class

Rewrite the notes of the class completely at home so that nothing may be left out.

### Preparing For Exams

- ◆ Read your syllabus carefully and completely and devote equal time to all subjects. Take care of tough subjects.
- ◆ Never hesitate to clear your doubts with your teachers and friends.

### Day Before Exam

- ◆ Re-confirm the date, time and place of your examination.
- ◆ Collect all the things like stationery, Roll no., I-card well in time used in exam.
- ◆ Sleep earlier so that your mind and body may be fresh.

### The Examination Day

- ◆ Get up early in the morning and check all materials you need for your exam.
- ◆ Forget about what you have not read.
- ◆ Reach your examination hall well in time and remain calm.
- ◆ Read the question paper carefully before starting to write. Go through the instructions carefully.
- ◆ Always select the questions which you know and attempt them first and number them correctly. Do not waste your time on the questions which answers you are not sure. Before submitting your answer paper, go through the question paper and revise your answers to make sure you have not left out anything.



Before class



Notes during class



Preparing for exams



Day before exam



The examination

# First Aid CPR

Cardiopulmonary Resuscitation (CPR) is a life-saving technique to resuscitate someone suffering from cardiac arrest to near drowning. It is performed in times of emergency when a person becomes unresponsive and stop breathing. CPR consists of the use of chest compressions at least five centimeters deep to initiate circulation by manually pumping blood through the heart and hence, the whole body. Breathing can also be resumed by mouth-to-mouth respiration, that is, by exhaling breath into the mouth of the victim. CPR might not always restart the heart but it helps in restoring partial flow of oxygenated blood to the brain and heart. The objective of this technique is to arrest permanent brain damage and take some time for successful resuscitation.

1. Make the victim lies flat otherwise there might be injury while performing chest compressions. By using your palm against the forehead tilt the head back.



2. Put the heel of both hands over one another. Interlock the fingers of your second hand between the fingers of your first hand.



3. Position your body directly on your hands so that your posture becomes straight and rigid. The depth of compression should be one third of the chest depth of the person.



4. Give 30 chest compression by using the strength of upper part of your body. Press down with both hands over the chest. This helps to resume the heartbeat. Administer the compressions in a relatively fast rhythm.



5. Give rescue breaths after 30 chest compressions. Close the victim's nostrils with your fingers. Open the airway by hitting the heady back and lifting their chin. Put your mouth over the victims mouth and blow into his mouth. Make sure you breathe slowly so that the air goes into the lungs. Repeat the cycle of 30 compressions and 2 rescue breaths.



6. Continue CPR (5 cycles of compressions and breaths) until the emergency personnel arrive and shift the victim to a hospital.





**Solve the following problems.**

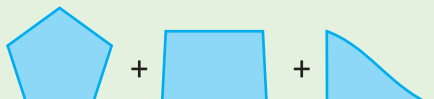
- A book is to pages as a hospital is to
  - Doctor
  - Patient
  - Medicine
  - Treatment
- A hockey league consists of six teams, with a total of 102 players. Each team must have at least 15 players, but no team can have 20 or more players. What is the largest possible number of players in a team?
- If you multiply the largest two-digit number by the smallest two-digit number and add 200, what would be the resulting number?
- How many sets of antonyms are there in the proverb 'United we stand, divided we fall'?
- There are three mothers and three daughters in a group of people. Each mother has a daughter in the group. What would be the smallest possible number of people in the group?
- There are 20 students in a class out of which 12 are girls. What percentage of the students are boys?
- How many leap years were there between 1901 and 2000?
- Which is the smallest integer that is four times the sum of its digits?
- In a class of 30 students, the number of girls exceeds the number of boys by 2. How many boys are there in the class?
- How many months in a year have 31 days?

11. Solve the mathematical equation.

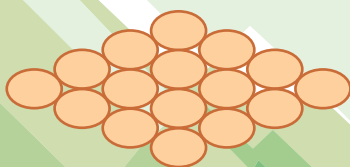
a.  = 24

b.  = 25

c.  = 8

d.  = ?

12. Count the number of balls in the figure given below.





**A. Solve the following:**

1. Is 6 a factor of 108?
2. What is the cost of 8 books at 90 p each?
3. Take 15 from 30,000. What is remain?
4. If a packet of 15 envelopes costs 70p. How many envelopes could I buy for ₹. 5.00 and how much change would I have?
5. What is 12 times 60?

**B. What is the next number in the series:**

- |    |    |    |    |  |
|----|----|----|----|--|
| a. | 6  | 10 | 14 |  |
| b. | 8  | 16 | 24 |  |
| c. | 7  | 21 | 35 |  |
| d. | 51 | 34 | 17 |  |

**C. Find out next number in the series:**

- |    |     |     |     |  |
|----|-----|-----|-----|--|
| a. | 100 | 200 | 300 |  |
| b. | 45  | 65  | 85  |  |
| c. | 9   | 99  | 999 |  |
| d. | 109 | 209 | 309 |  |





**A. Complete the following series:**

- $1\frac{1}{4}, 3\frac{3}{4}, 6\frac{1}{4}$  \_\_\_\_\_
- ABZ, CDY, EFX, \_\_\_\_\_
- ABF, GHK, LMP \_\_\_\_\_
- CS, EQ, GO, \_\_\_\_\_

**B. Complete the analogies.**

- Apiculture: \_\_\_\_\_ :: sericulture : silk
- Silkworm : silk :: \_\_\_\_\_ honey
- New Zealand : Kiwi :: Germany : \_\_\_\_\_
- Coin : numismatist :: stamps : \_\_\_\_\_
- Priest : \_\_\_\_\_ Father : Church
- Little Master : Sunil Gavaskar :: Bangalore Torpedo : \_\_\_\_\_
- Jaipur : \_\_\_\_\_ : Nagpur : Orange city
- Kolkata : Rosogulla :: Uttar Pradesh : \_\_\_\_\_

**C. Circle the odd one out.**

- Igneous, metamorphic, lime sedimentary
- Exosphere, Mesosphere, Milky way, Troposphere
- Bhangra, Kathak, Ghazal, Gadba
- Ballet, Salsa, tango, dance
- Tabla, sitar, guitar, orange.
- Holi, Diwali, Christmas, Dollar.





# The Dog and The Wolf

Read this popular tale from Aesop's Fables. Discuss the story in class.

One day while walking in a jungle, a hungry wolf met a dog. The dog was fat and looked happy. The wolf made friends with the dog.



You are looking very healthy and clean you must be well fed.



Why don't you come with me to my master's house. They will give you good food to eat.

You are lucky; you don't have to hunt for food like me. I wish I could lead your life.



While walking on the way, the wolf noticed that dog has no hair around his neck.



That is due to master ties a belt around my neck and many times he pulls it and pushes me into the kennel.

Chain! I will remain hungry but not in chain.



Why do you think the wolf ran away?



# Occupations



Write the name of person according to their occupation. You can take clue from the box below:

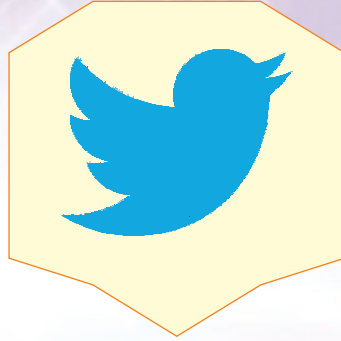
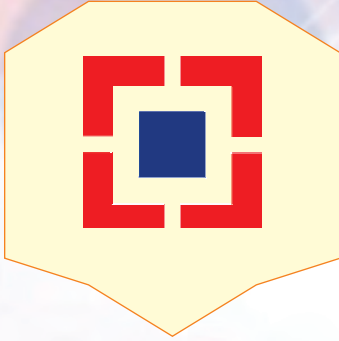
1. A person who sings songs
2. A person who manage a bank, store, office etc.
3. A person who makes statues
4. A person who teach students
5. A person who mends our shoes
6. A person who fixes glass into window-frames
7. A person who draws cartoons
8. A person who draws maps
9. A person who treat teeth diseases
10. One who sells writing paper, pens and ink
11. A person who issues tickets on a bus or tram
12. A person who makes furnitures
13. A person who goes from door to door selling small articles



**Help Box** Teacher, Sculpture, Cobbler, Cartoonist, Stationer, Dentist, Glazier, Singer, Pedlar, Manager, Carpenter, Conductor, Cartographer.

# Logos

A. Given below are logos of different agencies, companies and banks. Write their names.



1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_



5. \_\_\_\_\_ 6. \_\_\_\_\_ 7. \_\_\_\_\_ 8. \_\_\_\_\_

B. Here are some flower emblems of some countries. Name these countries.

1. Golden wattle is the flower emblem of \_\_\_\_\_
2. Rose is the flower emblem of \_\_\_\_\_
3. Red poppy is the flower emblem of \_\_\_\_\_
4. Maple Leaf is the flower emblem of \_\_\_\_\_
5. Lotus is the flower emblem of \_\_\_\_\_
6. Plum Blossom is the flower emblem of \_\_\_\_\_
7. Poppy is the flower emblem of \_\_\_\_\_
8. Kantuta is the flower emblem of \_\_\_\_\_
9. Tulip is the flower emblem of \_\_\_\_\_



# HYDRATION HELP *for* Kids

**Water** is the most essential nutrient for life, but sodas, sports drinks and other sugary beverages are crowding calorie-free water out of kids' diets.



Today, children and teens should be reaching for the calorie-free sip of **water**.

Consider this : Only 15 per cent of middle school students are drinking enough H<sub>2</sub>O, according to a 2012 study. A study with more than 4,500 children aged 4 to 13 found that one-quarter reported not drinking any water on two consecutive day and water accounted for less than 30 percent of their total beverage intake. Another study found that among school aged children from Los Angeles and New York City, 75 per cent did not drink water before school.

While consumption of sugar-sweetened beverages has been declining, intakes are still high among some populations. The issue to consider is what are children drinking. Kids who reach for sugar-sweetened drinks instead of water to satisfy their thirsts are introducing added sugars and calories from beverages into their diets.

In the past 30 years, childhood obesity has more than doubled in children and quadrupled in adolescents. Nearly one-third of children and teens are currently obese or overweight, and childhood obesity is a major predictor of obesity and other chronic conditions in adulthood. Among 16-and 17 year olds, approximately 80 per cent of obese boys and 92 per cent of obese girls will become obese adults. The health consequences of obesity, if left unchecked, will be devastating.

Replacing a single 140-calorie sugar-sweetened beverage with water each day for a year can cut more than 50,000 calories per year from one's diet. And it's a simple swap to make, thanks to convenient and portable sources of water, like bottled water. Ever day, Americans purchase about one billion beverage servings in a can, bottle or cup; and studies show that if bottled water isn't available, 63 percent will choose soda or another sweetened beverage. As a calorie-free beverage, water is an integral part of a healthy diet and may be a step toward helping to curb free obesity epidemic.



**Make it easier for kids to reach for **water** by making **sure water** is always available.**

