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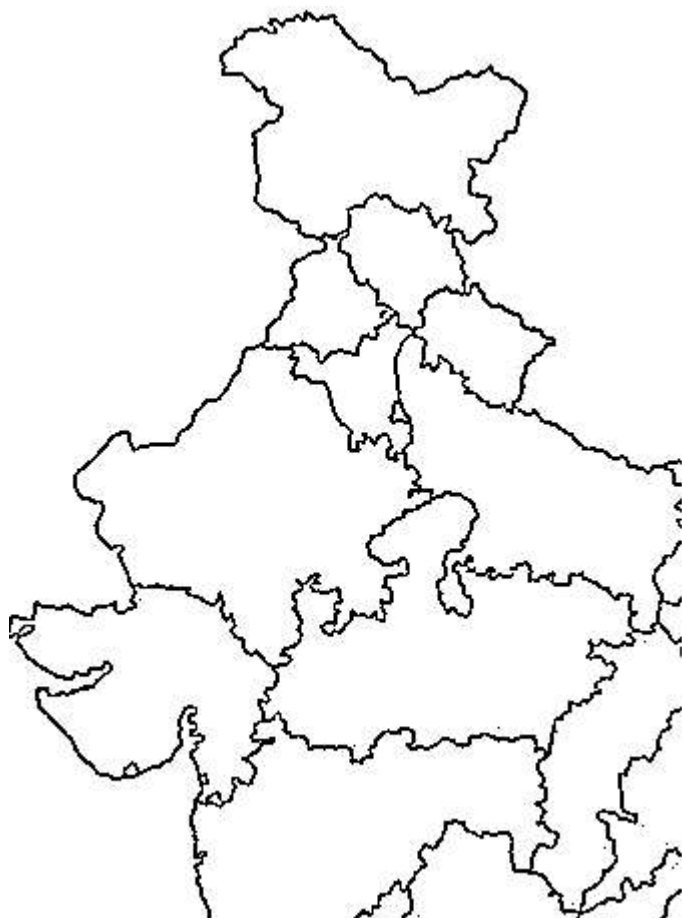
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India

Mark the below states on the map.

Kashmir, Punjab, Haryana, Himachal, Rajasthan, Uttar Pradesh, Uttarakhand, Gujarat, Madhya Pradesh, Chhattisgarh



Match states with their capitals.

Punjab	Dehradun
Himachal Pradesh	Chandigarh
Rajasthan	Shimla
Uttar Pradesh	Gandhinagar
Uttarakhand	Jaipur
Gujarat	Lucknow

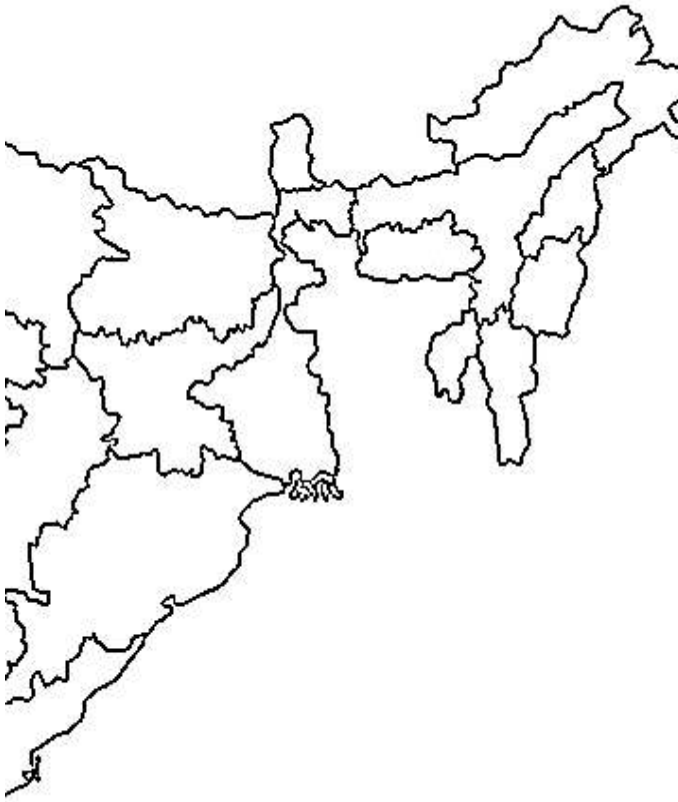
Madhya Pradesh	Patna
Chhattisgarh	Ranchi
Odisha	Raipur
Jharkhand	Kolkata
Bihar	Bhopal
West Bengal	Bhubaneswar

Sikkim	Hyderabad
Assam	Imphal
Arunachal Pradesh	Dispur
Manipur	Itanagar
Telangana	Gangtok

Karnataka	Mumbai
Kerala	Bengaluru
Tamil Nadu	Thiruvananthapuram
Goa	Chennai
Maharashtra	Panaji

Mark the below states on the map.

Odisha, Jharkhand, Bihar, West Bengal, Sikkim, Assam, Arunachal Pradesh, Manipur



Multiple Choice Questions

1. Which is the longest river in India?
 - a. The Brahmaputra
 - b. The Yamuna
 - c. The Ganges

2. Which is the widest river in India?
 - a. The Brahmaputra
 - b. The Godavari
 - c. The Ganges

3. The Thar desert is present in the state of _____.
 - a. Rajasthan
 - b. Gujarat
 - c. Chhattisgarh

4. Which is the largest fresh water lake in India?
 - a. Wular lake
 - b. Chilka lake
 - c. Sambhar lake

5. Which is the highest mountain peak in India?
 - a. K2
 - b. Kanchenjunga
 - c. Nanga Parbat

6. Which place receive heaviest rainfall in India?
 - a. Ooty (Tamil Nadu)
 - b. Cherrapunji (Meghalaya)
 - c. Cochin (Kerala)
 - d. Srinagar (Kashmir)

7. Which is the largest State in India in terms of Population?
 - a. Madhya Pradesh
 - b. Uttar Pradesh
 - c. Maharashtra

8. Which is the largest State in India in terms of Area?
 - a. Madhya Pradesh
 - b. Maharashtra
 - c. Uttar Pradesh

Group the below countries as neighboring or not.

Bangladesh, Iran, Indonesia, Australia, Nepal, Japan, France, Sri Lanka, China, Pakistan

Neighbor

not a Neighbor

Multiple Choice Questions

1. Whose image is present in the Indian Rupee?
 - a. Mahatma Gandhi
 - b. Jawaharlal Nehru
 - c. Vallabhbhai Patel

2. Who is known as the Iron Man of India?
 - a. Jawaharlal Nehru
 - b. Vallabhbhai Patel
 - c. Mahatma Gandhi

3. Who was the first Prime Minister of India?

- a. Jawaharlal Nehru
- b. Vallabhbhai Patel
- c. Subash Chandra Bose

4. Who was the first President of India?

- a. Radhakrishnan
- b. Abdul Kalam
- c. Rajendra Prasad

5. Whose birthday is celebrated as Children's day?

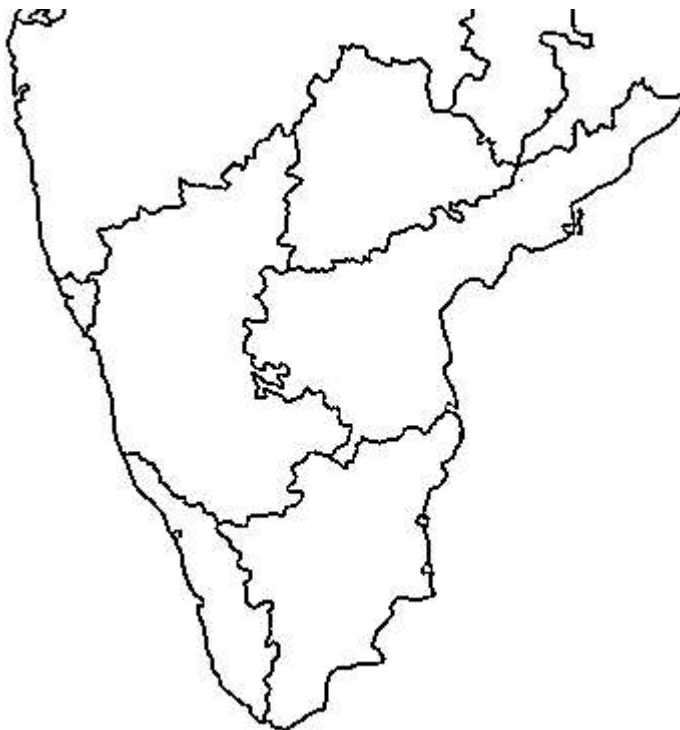
- a. Jawaharlal Nehru
- b. Vallabhbhai Patel
- c. Subash Chandra Bose

6. Whose birthday is celebrated as Teacher's day?

- a. Radhakrishnan
- b. Rajendra Prasad
- c. Abdul Kalam

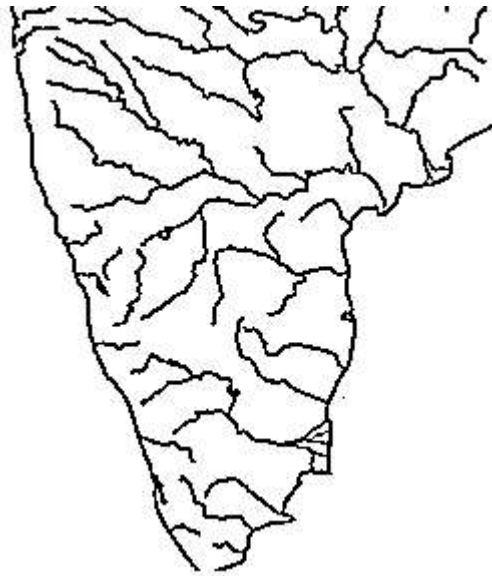
Mark the below states on the map.

Karnataka, Andhra Pradesh, Telangana, Tamil Nadu, Kerala, Goa, Maharashtra



Mark the below rivers on the map.

Cauvery, Krishna, Godavari, Vaigai, Tungabhadra, Periyar, Pennar



Match the states with the language spoken.

Andhra Pradesh	Konkani
Karnataka	Marathi
Kerala	Kannada
Tamil Nadu	Telugu
Goa	Tamil
Maharashtra	Malayalam

Gujarat	Hindi
Haryana	Odia
Odisha	Gujarati
West Bengal	Telugu
Assam	Bengali
Telangana	Assamese

Multiple Choice Question

1. Which is the recently formed state?

- a. Andhra Pradesh
- b. Goa
- c. Kerala
- d. Telangana

2. Which place is famous for Dasara?

- a. Madurai
- b. Bengaluru
- c. Mysore
- d. Kochi

3. Which city is the capital of more than one state?

- a. Chennai
- b. Bengaluru
- c. Thiruvananthapuram
- d. Hyderabad

4. Which state is called 'God's own country'?

- a. Goa
- b. Telangana
- c. Kerala
- d. Andhra Pradesh

5. Which town is present at the meeting point of Arabian Sea, Bay of Bengal and Indian Ocean?

- a. Kanyakumari
- b. Kochi
- c. Madurai
- d. Trichy

6. Which town is an Island?

- a. Kanyakumari
- b. Rameswaram
- c. Kochi
- d. Madurai

7. Which place is not a hill station?

- a. Coorg
- b. Kodaikanal
- c. Ooty
- d. Cochin

8. Which city has cool climate?

- a. Vishakapatnam
- b. Bangalore
- c. Chennai
- d. Hyderabad

Famous Personalities

Visvesvaraya was an Indian civil engineer. He was the chief engineer in building the Krishna Raja Sagara dam across the river Kaveri. His birthday, 15 September, is celebrated as Engineer's Day.

Bidhan Chandra Roy's birthday, 1 July, is celebrated as the National Doctor's Day in India. He was an eminent Indian physician, educationist and former Chief Minister

of West Bengal.

Rabindranath Tagore was a famous Bengali poet. He won the Nobel Prize for Literature in 1913, for his book Gitanjali. He is also the author of our National Anthem. Our National Anthem is in Bengali language.

Mother Teresa is the first Indian citizen to receive the Nobel Prize, though she was not born in India. She came to Kolkata at the age of 18 with the mission of giving care to the poorest of the poor. She was given the Nobel Prize for Peace.

Mark the below cities on the map.

Mumbai, Kolkata, Hyderabad, New Delhi, Bhopal, Srinagar, Itanagar, Chennai



Road Manners

Road Manners

Zebra Crossing is the black and white lines on the road. It is the safest place to cross the road. They are also known as pedestrian crossing. Pedestrians are people who walk on the road.

At zebra crossing, we have to wait for green signal to cross the road. At some places, traffic police will help you to cross the road.

Apart from zebra crossings, subways and footbridges

are provided on big roads, where there is heavy traffic. These are present only in big cities and towns. At small towns and villages, it is our responsibility to cross the road with care.

We should not rush to cross the road. We have to wait till the road is clear. We have to be patient for our own safety. Never cross the road at a corner or curve, because we cannot see the approaching vehicle.

We have to cross road by walking and should not run. If we run, we may fall.

We have to follow some good habits when travelling in bus. Always follow the queue while entering or leaving the bus. Don't rush or push other people while getting into the bus. While waiting for bus, stand on the pavement and don't block the road. Do not play at the bus stop. Never board or alight from the bus when it is moving. Shouting and making noise is definitely bad manners, and it will distract the driver. If you are sitting in window seat, do not put any part of your body outside. If you are travelling by standing always hold the handrail.

It is always cool to have good manners. We can feel proud about ourself, and others also will have high opinion on us.

Fill Up

1. Zebra Crossing is the black and _____ (white, yellow) lines on the road. It is the _____ (safest, hardest) place to cross the road. They are also known as pedestrian _____ (crossing, walking).
2. At zebra crossing, we have to wait for _____ (green, red, orange) signal to cross the road.
3. We should _____ (not, always) rush to cross the road.
4. Always _____ (follow, break) the queue while entering or leaving the bus.
5. It is always _____ (cool, boring) to have good manners.

Multiple Choice Questions

1. Who are pedestrians?
 - a. people riding bicycle
 - b. people who cross the road
 - c. people who walk on the road
 - d. people who are waiting for bus.
2. We can go forward when the signal turns _____.
 - a. green
 - b. orange
 - c. red
3. True or False: It is safe to run while crossing the road, because we can cross the road fast.
 - a. False
 - b. True
4. True or False: It is alright to cross the road at the curve
 - a. True
 - b. False
5. We should not make noise inside bus because _____.
 - a. it will disturb the driver
 - b. friends will not like it
 - c. we will get throat pain
6. True or False: It is alright to put our hand outside the window and experience the wind.
 - a. True
 - b. False

Choose the right sign for the below situation?

1. A narrow bridge is present ahead.
 - a. give-way
 - b. men-at-work
 - c. t-junction
 - d. narrow-bridge

2. Another road merges with the road we are travelling.
 - a. t-junction
 - b. zebra-crossing
 - c. max-speed
 - d. horn-prohibited

3. Road maintenance work is going on.
 - a. 2-way-traffic
 - b. no-u-turn
 - c. zebra-crossing
 - d. men-at-work

4. We are allowed to park our vehicles.
 - a. horn-prohibited
 - b. t-junction
 - c. no-parking
 - d. parking

5. Which of the following sign we can find near a hospital?
 - a. narrow-bridge
 - b. give-way
 - c. bicycle-crossing
 - d. horn-prohibited

6. Which of the following sign we can find in a hill station?
 - a. narrow-bridge
 - b. one-way
 - c. max-speed
 - d. give-way

Goods and Services

Goods and Services

Human beings cannot live alone, on our own. We interact with many people and do transactions and get our requirements done. For example, we cannot produce the food we eat on our own. We go to a store and buy different items, and come home and cook. Here the items what we bought from the store are known as 'goods'.

If we don't have time to cook on our own, then we go to a restaurant, where our ordered food will be delivered by a waiter. Here, what the restaurant provides is 'service'.

Why the food is not usually considered as 'goods' and rather considered as 'service'? Because, apart from the food, they also provide good atmosphere, tables and chairs for us to sit, waiter to take orders, and a chef to cook. If we buy service, we usually don't have to worry about internal workings and the service provider will take care of it.

Doctor, police, lawyer, Carpenter provides service to us. They don't sell anything to us. But their service is very important when we are in need. All kinds of stores, say super market, provision stores, medicals, stationery stores etc sells 'goods' to us.

With little bit of thinking, we can figure out whether something is 'goods' or 'service'.

Goods and services are part of what makes up a society's economy. People and companies make goods and provide services. Other people pay for those goods and services with money.

Goods are things that are produced. They are physical objects that can be touched. Goods are also called products or commodities. Goods include food, clothing, cars, houses, roads, electronics, and any other product that can be bought or sold.

Services are not physical objects that can be touched. Instead, services are things that people do for others in exchange for money. Services include medical care, banking, and entertainment, such as musical concerts or sporting events.

Rewrite the below words in the right boxes.

police officer, gardening, selling used items, cake, toys, teacher, ice cream, hair cut, airplane trip

Goods

Services

True or False

1. Buying a movie ticket is an example for goods.
2. As doctors give us medicines, they sell goods.
3. Carpenter and plumber provide us service.
4. Buying mobile phone online is a service.
5. Goods can be seen and touched.

Multiple Choice Questions

1. Anything that is produced is _____.
 - a. goods
 - b. either goods or service
 - c. service
2. Goods can be _____.
 - a. seen and touched
 - b. money
 - c. saves time
3. Who will offer the money?
 - a. Customer
 - b. Service provider
 - c. Goods seller
4. Everybody is a _____ in some way or other.
 - a. customer
 - b. goods seller
 - c. service provider

Rewrite the below words in the right boxes.

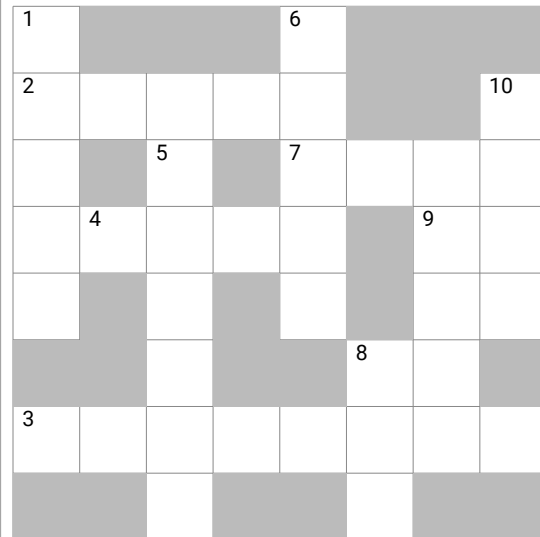
fixing roof, teaching, selling candy, buying shoes,
delivering pizza, ordering pizza, making dress, painting,
watching TV, going to movies

Producer

Consumer

Crossword

Animals



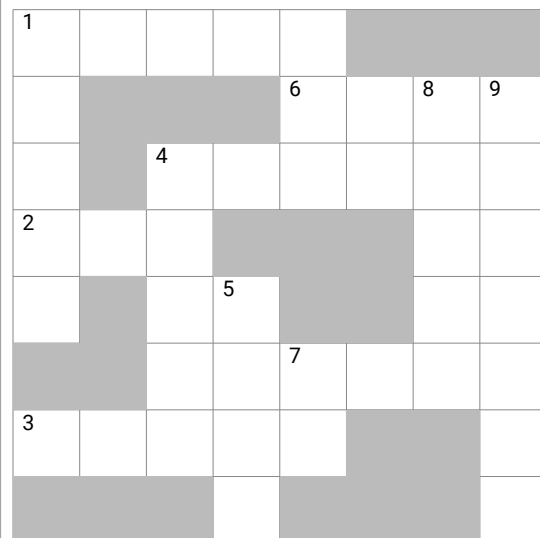
Across

- 2 : a pet animal that can give you a ride (5)
3 : the biggest animal on land (8)
4 : man's best friend (3)
7 : a fat animal that can stand on two feet (4)

Down

- 1 : the biggest animal (5)
5 : an animal that jumps from tree to tree (6)
6 : a black and white animal (5)
8 : a pet animal that likes milk (3)
9 : king of the jungle (4)
10 : a small hopping animal (4)

Vehicle



Across

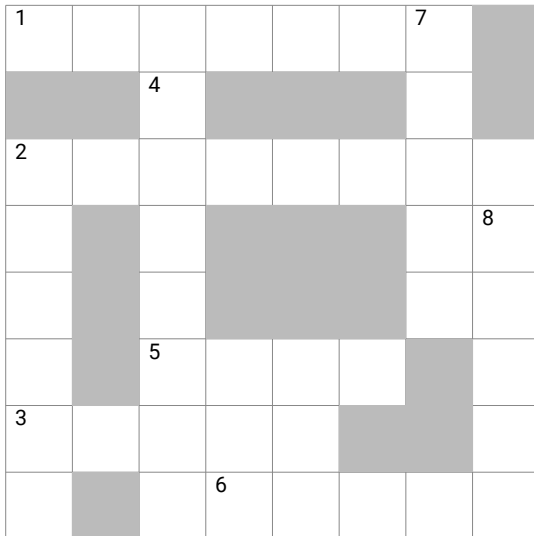
- 1 : a long vehicle (5)
2 : a small closed vehicle for a family (3)
3 : a circular part that helps vehicle move (5)

- 4 : a part of a train (5)
 6 : a public transport on road (3)
 7 : a common vehicle on a small lake (4)

Down

- 1 : a vehicle to carry load (5)
 4 : a vehicle with the name of a bird (5)
 5 : essential liquid that makes vehicle move (4)
 8 : the biggest vehicle in earth (4)
 9 : a vehicle used in farm (7)

Ocean



Across

- 1 : the biggest ocean (7)
 2 : the ocean between America and Africa (8)
 3 : the biggest water body on earth (5)
 5 : the taste of ocean water (4)
 6 : the place where the ocean meets the land (5)

Down

- 2 : used to keep a ship in one place (6)
 4 : the color of ocean (4)
 5 : A big water body but smaller than a ocean (3)
 7 : the biggest country by population (5)
 8 : the biggest animal in ocean (5)

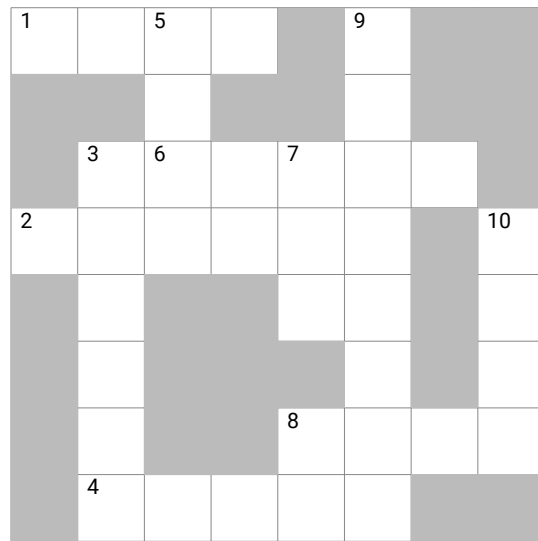
Opposites

Across

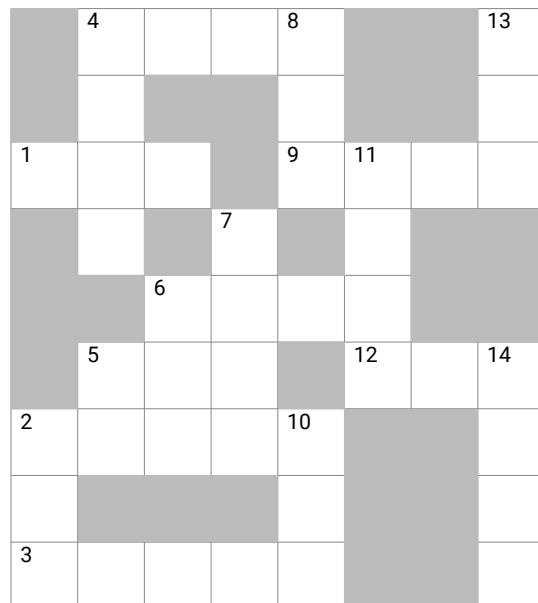
- 1 : opposite of buy (4)
 2 : Opposite of early (4)
 4 : opposite of black (5)
 6 : Opposite of last (5)
 8 : Opposite of soft (4)

Down

- 3 : Opposite of wide (6)
 5 : Opposite of right (4)
 7 : Opposite of cooked (3)
 9 : Opposite of cheap (6)
 10 : Opposite of hot (4)



A Farm



Across

- 1 : everything (3)
 2 : An animal to ride on (5)
 3 : A long necked bird which honks (5)
 4 : Yield of a planted field (4)
 5 : Opposite of stand (3)
 6 : A place where animals and crops are raised. (4)
 9 : This machine digs up fields (4)
 12 : sack to carry feed in (3)

Down

- 2 : Another word for pig (3)

4 : vegetables are stored in ____ place. (4)

5 : Word that rhyme with go (2)

6 : A kind of evergreen tree (3)

7 : Animals that chase mice. (4)

8 : A baby dog (3)

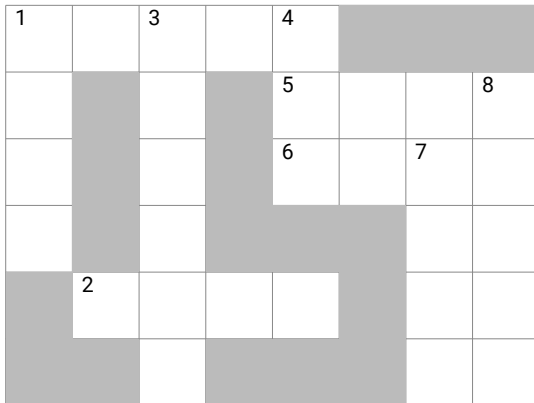
10 : What we see with (3)

11 : A baby sheep (4)

13 : An animal that gives milk (3)

14 : Animal with horns (4)

Simple Crosswords



Across

1 : The third month (5)

2 : Bigger Town (4)

5 : compel someone to do something (4)

6 : smallest 2 digit number (3)

Down

1 : A neighbouring planet (4)

3 : A hopping animal (6)

4 : Poor man's house (3)

7 : largest single digit number (4)

8 : A big bird that fly high (5)

Simple Crosswords

Across

1 : an important organ inside the head which you think with. (5)

2 : Saturday and Sunday (7)

3 : a huge boat (4)

5 : a body part - we have 20 in number (6)

6 : a musical instrument with many white and black keys (5)

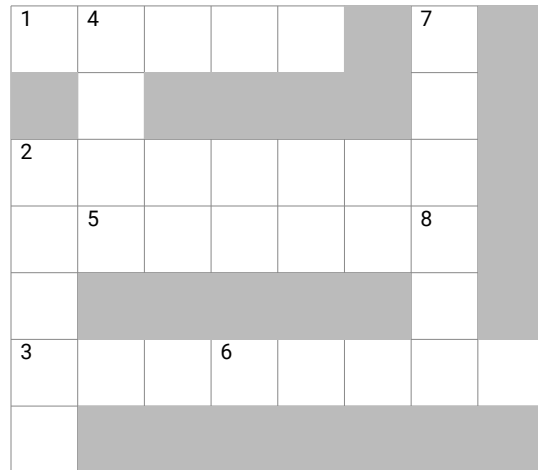
Down

2 : ancient vehicle - also an animal (5)

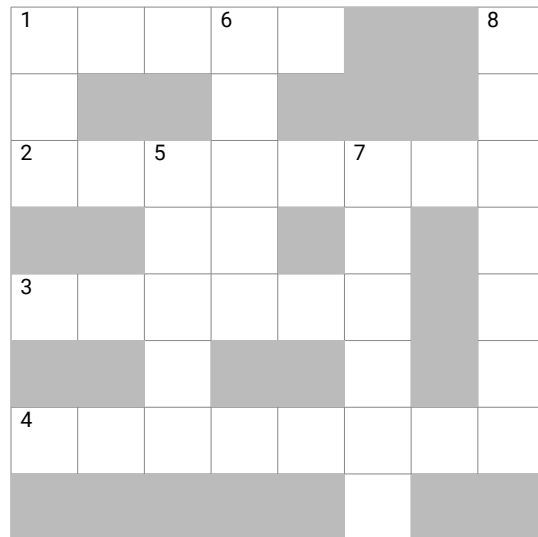
4 : the covering on top of our house (4)

7 : asking the reason (3)

8 : what we do when a dog is chasing? (3)



Simple Crosswords



Across

1 : a dangerous huge fish with sharp teeth (5)

2 : permitted to do (7)

3 : a balloon will ____ when it kiss a needle. (5)

4 : a large dark animal (8)

Down

1 : A large water body but smaller than an ocean (3)

5 : when it is not small (5)

6 : a house has many _____. (5)

7 : additional (in plural) (6)

8 : the place where aeroplanes meet (7)

People, Jobs, Tools



axe



balance



blackboard



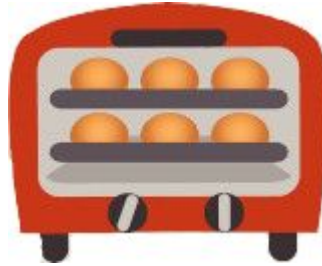
hose



microscope



needle



oven



plier



plough



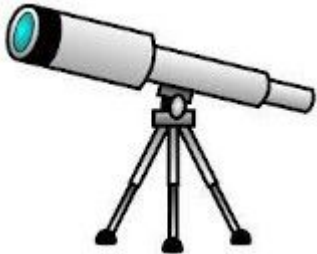
saw



spade



stethoscope



telescope



test-tube



thermometer



trowel



walkie talkie



awl



compass



easel



hacksaw



scalpel

Match Images

astronaut	stethoscope
teacher	scissors
chef	blackboard
doctor	knife
barber	rocket

sailor	thermometer
potter	saw
carpenter	wheel
police	compass
nurse	walkie-talkie

goldsmith	hose
shopkeeper	ring
cobbler	balance
weaver	awl
fire-engine	shirt

Fill in the blanks using the words given at the bottom.

1. I look after sick people in the hospital, I am a _____ .
 2. I take care of young children and babies, I am a _____ .
 3. I make furniture, I am a _____ .
 4. I sell fruit and vegetables, I am a _____ .
 5. I grow the food you eat, I am a _____ .
 6. I study about plants, I am a _____ .
- farmer nurse botanist greengrocer
babysitter carpenter

1. I take care of animals in a zoo, I am a _____ .
2. I study about birds, I am an _____ .
3. I paint and draw very well, I am an _____ .
4. I teach in a college, I am a _____ .

5. I perform operations to cure people, I am a _____ .

6. I stitch clothes, I am a _____ .

artist tailor lecturer zookeeper
surgeon ornithologist

1. I fly planes, I am a _____ .

2. I practice medicine, I am a _____ .

3. I drive other people's car for them, I am a _____ .

4. I look after a museum, I am a _____ .

5. I represent people in a court of law, I am a _____ .

6. I look after a library, I am a _____ .

pilot lawyer curator doctor
chauffeur librarian

Match the people with their tools of trade.

gardener	stethoscope
mason	thermometer
doctor	compass
nurse	trowel
sailor	spade

surgeon	easel
artist	pliers
chemist	scalpel
electrician	hacksaw
plumber	test tube

carpenter	awl
tailor	saw
baker	needle
fireman	oven
cobbler	hose

fishmonger staff barber net greengrocer comb shepherd weighing scale fisherman dry ice <u>Match the pairs</u> Doctor Vehicles Shopkeeper Sea Fisherman Hospital Driver School Teacher Shop	Weaver Lawns Gardner Field Potter Performance Farmer Weaving Dancer Clay <u>State whether these statements are true or false.</u> 1. Shopkeeper helps the patients. 2. An actor is an expert in dancing. 3. A cobbler is a person who repairs shoes. 4. Shepherd is one of the oldest occupations. 5. A singer has a melodious voice. 6. Dancers work in hospitals.
Blacksmith Books Salesman Scrap Writer Bakery Baker Wires Electrician Sells	1. A weaver sews our clothes as per our demands. 2. A farmer is the most important unit of agriculture. 3. We have no threat of robbery if we have a watchman. 4. A potter makes pottery on a spinning wheel. 5. Goldsmith makes things out of scrap. 6. Gardner takes care of the law.
Carpenter Safety Cobbler Wood Police Pipes Shepherd Shoes Plumber Flock	1. A writer is a person who helps us in completing our homework. 2. A salesman helps us in shops. 3. A driver is a person who drives cars. 4. Police protects the theives. 5. A nurse takes care of patients in the hospital. 6. An electrician is an expert of wires and electricity.
Nurse Melody Singer Clothes Goldsmith Haircut Barber Hospital Tailor Gold	1. A baker serves people at a restaurant. 2. A plumber helps to repair vehicles. 3. Blacksmith moulds the scrap into usable products. 4. A tailor sews our clothes as per our demands. 5. A carpenter works with shoes. 6. Barber styles our hair.
Engineer Sea shore Mechanic Sheep Photographer Software Shephard Machines Fisherman Camera	<u>Choose the correct answer.</u> 1. Who assists patients in the hospital? a. Teacher b. Nurse c. Watchman

2. Who is an expert in jewellery-making? a. Goldsmith b. Blacksmith c. Cobbler 3. Who is skilled with the wooden frameworks? a. Cobbler b. Blacksmith c. Carpenter 4. Who makes cakes and pastries? a. Teacher b. Nurse c. Baker 5. Who maintains law and order? a. Salesman b. Conductor c. Police	5. A _____ is an entertainer. electrician policeman dancer doctor nurse
<u>Identify these occupations.</u> 1. O C P E I L : 2. O R O C T D : 3. R I R E D V : 4. I T R A L O : 5. R E A R B B :	1. A _____ works with the metals. 2. A _____ works in agriculture. 3. An _____ works in Tv shows and movies. 4. A _____ repairs shoes. 5. A _____ makes cakes and pastries. blacksmith farmer actor baker cobbler
1. R W V E A E : 2. A B E R K : 3. S R E U N : 4. E T R I R W : 5. O A R C T :	1. A _____ works in clothing industries. 2. A _____ makes things of clay. 3. A _____ can work in many areas, including wildlife. 4. A _____ catches fish and collects shells. 5. A _____ sews clothes. photographer fisherman weaver tailor potter
<u>Fill in the blanks using the words given at the bottom.</u> 1. A _____ works in schools. 2. A _____ has a melodious voice. 3. A _____ is very creative. 4. A _____ styles our hair. 5. A _____ sells products and services. teacher barber salesman singer writer	1. A _____ has a lot of sheep. 2. A _____ can fix running and leaking taps. 3. A _____ drives vehicles. 4. A _____ makes furniture. 5. A _____ has a shop. shephard carpenter plumber shopkeeper driver
1. An _____ is an expert of electricity. 2. A _____ takes care of the patients. 3. A _____ takes care of our health. 4. A _____ punishes the culprit.	<u>Tap on each blank to view options.</u> 1. A _____ (blacksmith, goldsmith) works with scrap. 2. A _____ (doctor, nurse) prescribes medicines. 3. A _____ (teacher, dancer) teaches values. 4. A _____ (shopkeeper, salesman) sells products in a shop. 5. An _____ (electrician, plumber) deals with wires. <u>Identify the correct spelling.</u> 1. Poliece, Police 2. Danser, Dancer 3. Barbar, Barber 4. Writer, Riter 5. Cobblar, Cobbler

1. Electrician, Electrician
2. Salesman, Saleman
3. Blacksmith, Blacksmith
4. Singer, Singer
5. Dancer, Dancer

1. Doctor, Doctor
2. Shopkeeper, Shopkeeper
3. Fisherman, Fishman
4. Driver, Driver
5. Teacher, Teacher

1. Baker, Baker
2. Carpenter, Carpenter
3. Shepherd, Shepherd
4. Plumber, Plumber
5. Nurse, Nurse

1. Goldsmith, Goldsmith
2. Tailor, Tailor
3. Weaver, Weaver
4. Gardner, Gardner
5. Potter, Potter

Continents

Continents

Where do we all live? We all live on the Earth. Earth is our home. The total land on the earth is formed of seven continents of various sizes. Some are connected to each other while others are not. Each continent has a different number of countries. The seven continents of the world are: Asia, Africa, North America, South America, Antarctica, Europe and Australia.

Asia

Asia is the world's largest continent in size and population. The world's two most populous countries, China and India are in Asia. Asia has the highest point on earth, the peak of Mount Everest which is in the Himalayas. Asia is the birth of great ancient civilisations: Indus civilisation, Chinese civilisation and Mesopotamian civilisation. The Great Wall of China is the man made structure that can be seen from space.

Africa

Africa is the second largest continent of the seven continents of the world. The world's longest river, the Nile and the world's largest desert, the Sahara, both are home in Africa. More than 50% of the world's gold and diamonds come from the mineral rich continent of Africa. The continent remained unknown for thousands of years. So Africa is also known as 'Dark Continent'

North America

North America is the third largest continent by area. The United States of America (USA) is a part of North America. Christopher Columbus, a famous explorer and navigator discovered America. Canada and Mexico are other important countries in North America.

South America

South America is the fourth largest continent. The world's largest river, which is also the second longest, is the Amazon river in South America. Brazil, a country in South America, is one of the largest coffee producer in the world. Amazon rain forest is home to thousands of animals, insects and plant species. Other important countries are Argentina, Bolivia, Colombia, Ecuador, Peru, and Venezuela.

Antarctica

Antarctica is the coldest continent on Earth. It is also called the White Continent or the Frozen Continent. Antarctica experiences half a year of sun light and half a year of complete darkness. Penguins are found in Antarctica. There are only permanent research stations from different countries can be found there.

Europe

Europe and Asia are parts of the same major landmass. Europe is separated from Asia by the Ural mountains and the Caspian Sea. The world's smallest country, the Vatican City, is in Europe. Finland, in Europe, is called the 'Land of Lakes' because melting ice sheets have created a lot of lakes here. Some countries in European continent are: France, Spain, United Kingdom, Germany, Norway and Italy.

Australia

Australia is the smallest continent. It is also a country. Australia is an Island continent covered with unique landscapes and natural wonders. The Great Barrier Reef, the pride and joy of Australia is made up of nearly 2,500 individual reefs and visible from space. Australia is also called the land of Kangaroos.

Drag and drop the continents at appropriate places.

N America, S America, Europe, Africa, Asia, Australia



Multiple Choice Questions

- There are _____ continents in the world.
 - Nine
 - Five
 - Seven
- The largest continent is _____.
 - Asia
 - Africa
 - Europe
- _____ is the longest river in the world.
 - Ganga
 - Amazon
 - Nile
- Penguins are found in _____.
 - Africa
 - Australia
 - Antarctica

- _____ is known as the Dark Continent.
 - Europe
 - Asia
 - Africa

Classify the below sentences as True or False.

- Australia is the smallest continent.
- Antarctica has the coldest climate.
- The Great Wall of China is present in Africa.
- Mexico is a part of South America.
- Amazon is the longest river.
- Africa is the second largest continent.

Match the continents with its speciality.

Australia	Amazon Forest
South America	Biggest Continent
Asia	Sahara desert
Africa	Vatican city
Europe	Kangaroo

Match Countries with Continents

Asia	Egypt
Africa	Canada
North America	France
Europe	Brazil
South America	China

Rearrange the continents based on the size (Largest at the top)

- ☐ Europe
- ☐ Australia
- ☐ Antarctica
- ☐ North America
- ☐ South America
- ☐ Africa
- ☐ Asia

Fill in the blanks using the words given at the bottom.

- The top two highly populated countries are present in _____. It is very difficult to live in the continent _____. The Great Barrier Reef, is one of the pride of _____. The world's largest

desert, Sahara desert is present in _____ .

Amazon rain forest is present in _____ .

Countries like France and Spain are present in _____ .

2. Canada is part of _____ .

Asia North America South America
Europe Australia Africa Antarctica

Hydrosphere

Hydrosphere

Hydrosphere is the total amount of water present on a planet. The hydrosphere includes water that is present on the surface of the planet, underground, and in the air. Therefore, a planet's hydrosphere can be in the form of liquid, vapour, or solid in the form of ice.

Hydrosphere covers about 71% of the planet Earth. This includes water in liquid and frozen forms. 97% of our Earth's water is salt water and only 3% is fresh water. Water can be found in ground, lakes, rivers and also frozen as ice in the form of glaciers and icebergs.

Importance of Hydrosphere

We need water to carry out many activities in our daily life. We need water to drink, take bath, cook food etc. Animals and plants also need water for their survival. If there is no water, it cannot evaporate and form clouds. So there will not be any rain.

Oceans

Oceans are vast water bodies that usually separate continents from one another. The water is salty in nature. There are five oceans on earth. They are: Pacific Ocean, Atlantic Ocean, Indian Ocean, Southern Ocean, and Arctic Ocean.

Sea

Seas are also vast water bodies but smaller than oceans in size. They are partly closed by land and opens up to the ocean. Sea water is salty in nature.

Example: Arabian Sea, Bay of Bengal, Dead Sea. There is no aquatic life in Dead Sea because it is too salty.

Rivers

Rivers are large streams that flow over the land. Rivers

are fresh water bodies which generally begin at mountainous areas. They usually drain in oceans or seas.

Some of the longest flowing rivers in India are the Ganges, Yamuna, Godavari, Krishna, Kaveri.

Lakes

A lake is a water body surrounded by land on all sides. Lakes can have salt or fresh water.

Vembanad Lake is the largest lake in India which is present in Kerala, near the Arabian Sea. Wular Lake is the largest fresh water lake in India.

Gulf

A gulf is a large area of an ocean or a sea that is surrounded by land. Example: Gulf of kutch.

Bay

A bay is a body of water, which is partially enclosed by land. It has a wide mouthed opening of land, and is joined to the sea or other large water bodies. Example: Bay of Bengal.

Lagoon

A stretch of salt water separated from the sea by a low sand bank.

Example: Lake Chilika in Odisha.

Strait

A strait is a narrow stretch of water which joins two larger water bodies. Example: Palk Strait joining the Bay of Bengal and the Indian Ocean.

Waterfall:

Waterfall forms when a stream, or river flows from a great height.

Water Cycle

Rivers, lakes and ponds get water through rain. Different parts of the land get different amount of rain due to various geographical reasons. In India, Chirapunchi receives the maximum amount of rainfall.

Preserving Water

We should be very careful about how we use the water.

We have the choice to conserve water resources or pollute them further. Water pollution is a common phenomenon around us. We throw garbage, join sewage to rivers and so on, making river water contaminated and not fit for use. This increases the scarcity of water for household use.

It is incredible that a wide variety of earth's living organisms exist within the oceans. Earth is made up of land, water and air. Water is necessary for all life forms. Only 3% of the water is found in ground, lakes, ponds, streams and rivers .

Drag and drop the Oceans at appropriate places.

Indian, Pacific, Atlantic, Arctic, Southern



Multiple Choice Questions

1. What is the biggest water source?

- a. Ocean
- b. Lake
- c. Sea
- d. River

2. What is the biggest ocean?

- a. Atlantic
- b. Pacific
- c. Arctic
- d. Indian

3. What is the usual starting point of rivers?

- a. Sea
- b. Lake
- c. Waterfall
- d. Mountain

4. What is the usual end point for rivers?

- a. Dam
- b. Sea
- c. Lake
- d. Waterfall

5. Which of the following can be a man-made water body?

- a. River
- b. Ocean
- c. Pond
- d. Sea

6. Which source of water, human beings majorly depend upon?

- a. Ocean
- b. Sea
- c. River
- d. Lake

7. What is the major threat to water bodies?

- a. Evaporation
- b. Water pollution
- c. Fishes
- d. Animals that drinks water

8. Living things are not found in _____.

- a. Dead Sea
- b. Arabian Sea
- c. Indian Ocean

9. Hydrosphere is the total amount of _____ present on Earth.

- a. land
- b. air
- c. water
- d. plants

10. Water body that is surrounded by land on all sides is called _____

- a. Gulf
- b. River
- c. Lake
- d. Bay

11. Water body that is partially enclosed by land and has wide opening to the sea is called _____.

- a. Pond
- b. Bay
- c. Sea
- d. Strait

Classify the below sentences as True or False.

- 1. Living things cannot be found in ocean.
- 2. Water is not necessary for our basic needs.
- 3. We should keep the tap open throughout while washing utensils.
- 4. We should save water.
- 5. About 97% of water on the earth is salt water.
- 6. Water in the sea is sweet.

Pick the odd one out.

- 1. Ganga, Arctic, Atlantic, Pacific
- 2. River, Waterfall, Pond, Stream
- 3. Desert, Plateau, Mountain, River
- 4. Ganga, Amazon, Yamuna, Kaveri
- 5. Precipitation, Condensation, Evaporation, Concentration

Match the name with the water body.

Arabian	River
Indian	Falls
Wular	Strait
Ganga	Lake
Jog	Ocean
Palk	Sea

Sort the water bodies based on the size (Largest at the top)

- ☐ Well
- ☐ Lake
- ☐ Sea

- ☐ Ocean
- ☐ Pond

Sort the water bodies based on the size (Largest at the top)

- ☐ Canal
- ☐ Pipeline
- ☐ Stream
- ☐ River

Fill in the blanks using the words given at the bottom.

- 1. 97% of the available water in our Earth is _____ water and only 3% is _____ water.
- 2. _____ Lake is the largest lake in India which is connected with Arabian Sea. It is partially salt water. _____ Lake is the largest fresh water lake in India.
- 3. _____ ocean is the largest ocean. _____ ocean is the smallest ocean.

salt Arctic fresh Pacific Vembanad
Wular

Pick the word with the right spelling

- 1. Pacific, Pasific
- 2. Arctic, Artic
- 3. Atlantic, Atlandic
- 4. Southern, Southen
- 5. Bengal, Bangal
- 6. Arabien, Arabian

Transportation

Transportation

Transportation is the action of moving people or things from one place to another.

Before the invention of wheels, humans used to walk everywhere. Ancient India, used bullock carts to cover distances. Even today, many use bicycles to travel to work and schools. Bicycles are a popular and environment friendly mode of transportation in India.

Modes of Transportation

There are different modes of transportation in India.

Roadways

India has been building roads since old times. India's road network is the second longest in the world. Bus forms the most important means of public road transport system in India. Buses are usually often managed by the respective state governments.

1. National Highways: These are the main roads connecting cities in the country. e.g. N.H. 44 runs from Srinagar to Kanyakumari.
2. State Highways: These are the road connecting important cities within the State.
3. District roads: These roads connect markets and offices in the district to people.
4. Village Roads: These roads connect villages or a group of villages with each other and also to other major roads near it.

Railways

In India, railway is the most important form of transport system connecting various states. The first railway line was laid between Mumbai and Thane in 1853. Steam engines were used at the time. From steam engines to high speed rail, the growth of Indian Railways over the past 150 years has been vast and it has contributed to development of India.

The fastest train in India is the Gatimaan Express that runs between Delhi and Agra.

There are also sub-urban rails that connects different places within a city.

Indian Railways is the largest railway network to be operated by a single government and it is the 4th largest network in the world. Darjeeling Himalayan Rail in West Bengal is a World Heritage Site and it is the only steam operated railway in India.

Water transport

India has a very long coastline and hence ports remain main centers for trade.

Shipping Corporation of India, a government owned company manages all offshore and other marine transport related infrastructure in the country.

Water transport happens through:

1. Boat
2. Speed Boat
3. Ship

The boats are widely used for fishing in coastal regions.

Air Transport

Air transport is the fastest way to travel to different parts of the world.

Air India, a government airlines plays a huge role in connecting India to other cities within the country and across the world.

Helicopters are used for hilly regions like Haridwar, Badrinath, Kedarnath and Darjeeling.

India has the world's highest helipad at the Siachen glacier which is 21,000 feet above sea level.

Advantages of transportation

1. Transport system plays a huge role in the growth of agricultural and industrial production by carrying raw materials to different parts of the country.
2. It helps in promoting foreign trade in a country. Transportation plays a key role in a country's export and import of goods.
3. It helps people from different countries visit other countries. Without a good transport system, promotion of tourism is not possible.

Multiple Choice Questions

1. Which of the following is an example of land transport?
 - a. Car
 - b. Ship
 - c. Helicopter
 - d. Aeroplane
2. The first railway line was laid in _____.
 - a. 1853
 - b. 1850
 - c. 1953
 - d. 1950
3. _____ is the oldest form of transportation.
 - a. Boat
 - b. Walking
 - c. Bus
 - d. Cycle

4. Land transport is divided into roadways and _____.

- a. oceanways
- b. waterways
- c. railways
- d. airways

5. India's fastest train Gatimaan Express connects Delhi and _____.

- a. Agra
- b. Mumbai
- c. Jaipur
- d. Chennai

True or False

1. India's road network is the second longest in the world.
2. Selling things to other countries is called import.
3. Transportation is not needed for people.
4. The only steam operated railway in India is present in Darjeeling.
5. Transportation doesn't help agriculture.
6. Walking is a type of transportation.
7. Shipping Corporation of India, a government owned company is responsible for fishing.

Match the related words.

Environment Friendly	Airways
Fastest Transport	Walking
Fastest Train	Cycle
First Transport	Wheel
First Invention	Gatimaan Express

Fill in the blanks using the words given at the bottom.

1. Buying and selling of goods and services is called _____. If we buy from a different country, it is called _____. If we sell to a different country, it is called _____. We have lot of _____ as we have a long _____ area.

trade import coastal export ports

Fill in the blanks using the words given at the bottom.

1. _____ connects the major cities in the country.
2. _____ connects the major cities within a state.
3. _____ connects the offices and markets
4. _____ connects the village to the nearby town.
5. _____ runs from Srinagar to Kanyakumari.

NH 44 Village Roads District Roads State Highway National Highway

Pick the word with the right spelling

1. coestal, costal, coastal
2. government, goverment, gowernment
3. environment, enviroment, environment
4. heritage, heretage, heritege
5. invention, invension, invention

Invention of Wheel

Thousands of years ago, man used to see logs of wood and round boulders rolling down mountain slopes. It is thought that these observations gave him the idea of the wheel. In olden days, planks of wood were used to transport objects. Later, by attaching wheels to these planks, the speed of transport increased. Time and effort were saved. The invention of the wheel is an important step in the progress of mankind

Advantages of Transport

Modern means of transport have many advantages.

1. Work gets done sooner.
2. Time and effort are saved.
3. Trade is facilitated.
4. Different parts of the world are now connected due to transport facilities.
5. The transport of goods even on a global level has become simple and easy.

As so many things are easily available, the lifestyle of people has improved. The facilities of tourism, health, education, etc. have become speedier.

Due to the various means of transport, the world has come closer.

Disadvantages of Transport

Vehicles that run on fuel, constantly emit smoke and some poisonous gases. These gases mainly include carbon monoxide, nitrogen dioxide and sulphur dioxide. Similarly, minute particles of carbon and lead are also released into the air. An excess of these substances lowers the quality of air in the environment. This is what we call air pollution.

Air pollution affects animals and plants in the following ways :

1. Trachea, lung and eye disorders, e.g. burning of the eyes.
2. The leaves of plants shrivel up and fall.
3. Sprouts get scorched. The growth and development of plants is affected adversely.
4. Constant traffic through forest areas can harm the habitat of plants and animals living there. The wild animals in these forests begin to migrate elsewhere.
5. The constant sounds of vehicles create noise on a large scale. It causes ill effects such as restlessness, irritability, headaches, lack of concentration, psychological disorders, etc.
6. If there are traffic jams, air and noise pollution in that area increases.
7. Traffic accidents cause injuries, deaths and damage to the vehicles.

We should cultivate habits such as walking short distances or riding a bicycle for slightly longer distances. In this way, we can avoid the use of fuel-burning vehicles and reduce pollution. At other times, using public or private transport can save time and effort.

In this way, we can reduce the severity of the harmful effects of transportation. The following are some more remedies for reducing pollution.

1. Using fuels that cause less pollution. Eg: LPG, CNG
2. Timely maintenance and repair of vehicles.
3. Using public transport as far as possible.
4. Using private vehicles only when necessary
5. Planting trees, especially indigenous or local varieties like banyan, peepul, neem, etc. and caring for them. These trees adapt easily to the local environment and help in enhancing biodiversity.

In these modern times, we use cars, ships and aeroplanes that run on fuel. In the olden days, ships did

not use such engines. They had sails which helped to use the force of the wind. They were called sailing ships. In those days, people travelled all over the world on these ships.

Match the distance with the best mode of transport.

100 m	Public Transport
2 km	By Walk
50 km	Metro Train
3000 km	Bicycle
10 km in city	Air plane

True or False

1. Building roads in the middle of forest, doesn't affect the wildlife.
2. Wheel is the most important invention in the history of transport.
3. Invention of different vehicles doesn't change our lifestyle.
4. Plants are not affected by the fuel used in vehicle.
5. Before inventing wheel, a plank of wood was used to carry load.

Multiple Choice Questions

1. Which of the follow gases, is not emitted by the fuel used in vehicles?
 - a. sulphur dioxide
 - b. nitrogen dioxide
 - c. carbon monoxide
 - d. carbon dioxide
2. Which of the following pollution is not created by vehicles?
 - a. Water Pollution
 - b. Noise Pollution
 - c. Light Pollution
 - d. Air Pollution
3. What is the best mode, if you have to travel 50 meters?
 - a. Car
 - b. Cycling
 - c. Walking

4. What is the best mode, if you have to travel 1 km?
- Train
 - Public transport
 - Bicycle
 - Walking
5. What is the best mode, if you have to travel 50 km?
- Motor Bike
 - Public transport
 - Bicycle
 - Car

Green Environment

Green Environment

Nature provides us a lot of useful things. But human beings exploit the natural resources and create more trash. These unwanted materials thrown away are called wastes. They can be solid, liquid and gas. They are produced from households, industries, hospitals etc., These unwanted materials pollute our environment.

There are four steps in waste management. They are

1. Separation of Waste
2. Waste collection and transportation
3. Waste recycling and composting
4. Waste disposal

Separation of Waste

It means to sort or divide the waste into different waste bins. Each bin should have different type of wastes. It is good to separate waste in three different bins. Green for biodegradable waste, blue for recyclable waste and red for non recyclable waste. Non-biodegradable waste can be classified as recyclable and non-recyclable.

Waste collection and transportation

Once we separate our waste in our homes and schools, it is important to keep it ready to be picked up by our municipality or corporation. Picking up the waste is called 'Waste Collection'. Moving the waste from one place to another is called Transportation.

Waste recycling and composting

Biodegradable waste is taken to a place where it can

be converted into compost. Compost makes the soil fertile. Non-biodegradable waste that can be turned into something new (recyclable waste) and valuable is taken to recycling factory.

Waste disposal

The waste that cannot be recycled (non-recyclable waste) needs to be sent for final disposal. This waste is sent to an open dump or landfill.

The 3 R's

The three R's stand for Reduce, Reuse, Recycle

Reduce

It means to make or use less materials. This is to make, buy and use things that create less waste. It is the best thing to do first and it is easy to ask yourself – How can I make less waste? Some examples are given below.

1. You can buy a refill pen and change the refill only when the ink is used up.
2. While shopping with your parents, you can carry a cloth bag. In this way you can avoid buying plastic carry bags.
3. Turn off lights and fans when you leave a room.
4. Close the tap while you are brushing your teeth.

Reuse

It means using a thing repeatedly for the same or for another purpose. By reusing, we throw away less waste and do not dispose it in a dump. Reuse saves money, energy and time. Here are some examples of how you can reuse materials at home.

1. You can reuse old clothes as a rag to clean your home or even wash your cycle.
2. You can reuse jam and pickle jars to store things.
3. You can donate old clothes that still look good to poor and needy children.
4. You can reuse waste and make something new. Eg: You can reuse a plastic bottle as a pen stand or a bird feeder.

Recycle is to take materials from things you throw away and make new products by using them. Recycling takes energy and time but saves the amount of 'new' resources we need to make things. Eg: water, minerals, wood.

Here are some examples of how certain materials are recycled.

1. Old newspapers, note books and magazines are separated and sold to a scrap dealer. They will be made into new papers.
2. PET bottles are recycled into plastic threads and then used to make sports T-shirts.
3. Old glass bottles and broken glass pieces are melted to make new glass.
4. Broken metal items like tiffin boxes and plates are melted and made into new metal products like toys.

Multiple Choice Questions

1. keeping our environment clean is _____ duty.
 - a. leader's
 - b. government's
 - c. our
 - d. everybody's
2. Which of the following is not represented in 3R's?
 - a. Reuse
 - b. Reduce
 - c. Recycle
 - d. Rebuild
3. What keeps the soil fertile?
 - a. Biodegradable waste
 - b. Recyclable waste
 - c. Non-recyclable waste
4. What kind of wastes we should put in the blue bin?
 - a. Recyclable
 - b. Non-recyclable
 - c. Biodegradable
5. PET bottles are recycled into plastic threads and then used to make _____.
 - a. Sports Shoes
 - b. Sports T-shirts
 - c. Plastic Shoes

Fill in the blanks using the words given at the bottom.

1. We can _____ stainless steel plates. Once it gets old, we can _____ it. _____ stands for biodegradable. _____ stands for recyclable. _____ stands for non-recyclable.

Red Blue Green recycle reuse

True or False

1. Waste materials are always in solid state.
2. Glass cannot be recycled.
3. Green bin stands for biodegradable waste.
4. Blue bins stands for recyclable waste.
5. Old glass bottles are broken to pieces and melted to make new glass.

Classify Biodegradable

blade, dry leaf, plastic bottle, banana leaf, silver plate, fish, pen, glass, smartphone, fruits, flowers, animal skin

Biodegradable

Non biodegradable

Waste Separation

Waste at home should be separated into biodegradable, recyclable and non-recyclable waste. Waste like left over food, vegetable waste which are broken down naturally should be collected in a separate litter box. Materials which cannot be decomposed should be placed in separate dustbin. Paper waste, glass waste and aluminium waste which can be recycled into new useful products should be kept in separate box.

Plastic itself is not bad but we are using too much of it. Over use of plastic causes pollution. Plastics that are used only one time causes pollution. It is good to avoid or reduce one-time usable plastics.

Animals eat plastic bags by accident and their food passage is choked. Plastic plates stay in the environment for over 1000 years. Chemicals from plastic sheets leak into food.

Environment friendly materials

Things that can be decomposed or broken down by micro organisms are biodegradable. They can return to the soil and enrich the soil. Materials which are

beneficial to the environment and do not cause harm are called eco-friendly materials.

For example, banana leaves are used as plates. They are fully biodegradable and do not contain chemicals like thermocol plastic or coated paper plates. Bamboo is used to make many things such as bags, dustbins and even toothbrushes.

Eco-friendly Activities:

1. Reduce your paper use by writing on both sides of every sheet.
2. Stop using plastic straws.
3. Use reusable bag.
4. Give up chewing gum.
5. Buy stainless steel bottles instead of plastic water bottles.
6. Reuse containers for storing left overs.

Stainless steel water bottle and snack box are some examples of eco-friendly materials. Stainless steel does not leak chemicals into your food or water. So it is safer than plastic. These can be reused for a longer period of time.

Litter Free Environment

Litter in our environment is unsightly and spoils our experience of nature. It is also dangerous to animals that ingest it. Cleaning up loose waste is one of the best ways to keep our community and the environment green. By removing litter from environment, we are ensuring that it does not end up in our oceans.

National Green Corps (NGC)

It is a national programme initiated by the Government of India. The motto of NGC is "Where there is Green, there is Prosperity".

It involves NGC school students in protecting and promoting the conservation of natural resources. They participate in activities like biodiversity conservation and waste management.

Make sure you put litter in a bag or in a dustbin. When others pass you as you pick up litter, smile and say hello. It shows pride in community and encourages others to do their part.

Match the eco-friendly materials

Bag	Wood
Plate	Bamboo
Dustbin	Refill
Chair	Cloth
Pen	Stainless Steel

Fill Up

1. There are ____ (four, two, three) steps in waste management. We should ____ (always, not) separate the waste. While going to a grocery shop, we should carry a ____ (cloth, plastic) bag.
2. Turn ____ (off, on) the light and fan when leaving a room.
3. Things that we can use multiple times are called ____ (reusable, recyclable).
4. Non recyclable wastes ____ (pollute, help) the environment.
5. The motto of ____ (NGC, NCC) is "Where there is Green, there is ____ (Prosperity, Purity)".

True or False

1. Plastics are not dangerous to animals.
2. Metals are biodegradable.
3. Picking up the waste is called 'Waste Collection'.
4. Food waste and plastic waste are collected together.
5. Red bin stands for non-recyclable waste.

Fill in the blanks using the words given at the bottom.

1. Materials which are beneficial to the environment and do not cause harm are called _____ materials.
2. Things that can be _____ or broken down by micro organisms are _____.
3. Banana leaves are used as _____. Bamboo is used to make _____.

eco-friendly decomposed bags
biodegradable plates

Multiple Choice Questions

1. Why should we avoid carrying food in plastic sheets?
 - a. Food will not be tasty.
 - b. Plastic sheets are not recyclable.
 - c. Chemicals from plastic sheets leak into food.
2. _____ is used to make bags, dustbins and tooth brushes.
 - a. Bamboo
 - b. Cotton
 - c. Jute
3. Plastic plates stay in the environment for over _____.
 - a. 10 years
 - b. 1000 years
 - c. 100 years
4. Moving the waste from one place to another is called _____.
 - a. land filling
 - b. waste collection
 - c. transportation
5. Which of the following issue is caused by littering the environment?
 - a. There is increase in pollution.
 - b. All of the above.
 - c. Our experience of nature is spoiled.
 - d. Animals and plants are affected by eating plastics.

Good vs Bad

1. Planting a tree in our neighbourhood.
2. Throwing out recyclables on the roads.
3. Buying single use items.
4. Use disposable plates and cups.
5. Replace plastic drinking bottles with glass or steel bottles.
6. Throwing out electronics in green dustbin.
7. Reuse non biodegradable materials.
8. Recycle old newspapers.
9. Not closing the tap after use.
10. Saving water by closing the tap, after use.

Health

Cleanliness

Maintaining cleanliness is a must have discipline for every human being. We should not forget brushing teeth, taking bath, wearing clean clothes etc.

Germ

Germ are micro-organisms that affect our body. They are found in all the places. If we do not maintain cleanliness, the germ will infect us and cause many diseases to us.

Hand Washing

It is important to wash our hands, before and after having the food.

Steps of hand washing

1. Wet your hands
2. Apply enough soap
3. Rub the palms
4. Rub the back of each hand together
5. Rub both hands holding all fingers
6. Rub the back of the fingers
7. Rub the tip of the fingers
8. Rub the thumbs and the ends of the wrists
9. Rinse both hands properly with enough water

Benefits of hand washing

1. Kills or removes germ
2. Lowers the risk of diseases like Diarrhoea
3. Prevents eye infections
4. Reduces the risk of respiratory infections

Classify the given materials based on, if they are used to clean your body

toothbrush, toothpaste, cotton buds, towel, kite, television, shampoo, nail cutter, pencil, soap, spoon

Used

Not Used

Classify the activities as good or bad habits.

1. Make sure to use soap while washing your hands.
2. Always maintain cleanliness.
3. Just wash your hands quickly in water before a meal.
4. Always wash your hands before and after eating food.
5. Do not wash hands for a quick snack.

Arrange the steps of handwashing in order.

- ☐ Rub palms and its backside.
- ☐ Rub the tip of fingers.
- ☐ Apply enough soap.
- ☐ Rinse both hands with enough water.
- ☐ Wet your hands.

Fill in the blanks using the words given at the bottom.

1. _____ are micro organisms that affect our bodies.
 2. It is important to wash our hands to keep ourselves _____.
 3. Washing hand, _____ or removes germs.
 4. Washing hands _____ eye infections.
 5. Apply enough _____ while washing hands.
- prevents kills Germs soap healthy

Multiple Choice Questions

1. World Health Day is observed on _____.
 - a. April 7
 - b. April 27
 - c. May 7
 - d. May 27
2. Before food, we need to wash our hands with _____.
 - a. hot water
 - b. shampoo
 - c. soap

3. Germs cause _____.

- a. sickness
- b. tiredness
- c. happiness

4. Which of the following is not a benefit of bathing?

- a. It removes odour
- b. It removes germs.
- c. It removes dirt
- d. It removes tiredness

5. We should take bath _____.

- a. three times a day
- b. daily
- c. once in three days

Personal HygieneUsing toilets

In the world, nearly one billion people have no access to a toilet at all and they are forced to do open defecation. Open defecation spreads diseases such as cholera and diarrhea. Groundwater is polluted by toilets and it also causes diseases. Children also get affected by intestinal worms which causes anemia. So, it is necessary to use toilets.

Benefits of using a toilet

1. It prevents diseases like cholera.
2. It offers privacy.
3. It is convenient.
4. It is safe.

Effects of open defecation.

1. It causes waterborne diseases.
2. Leads to spread of diseases caused by insect carrier.
3. Leads to pollution.

Importance of Bathing

1. Cleanses the body
2. Removes dirt and odor
3. Protects oneself from infection
4. Improves blood circulation

Safety measures in Bathroom

1. Do not play with water or run around in the bathroom. You may get hurt.
2. Do not touch sharp objects such as blades, razors and scissors kept in the bathroom.
3. Use hot water under the supervision of an adult only.
4. Do not leave a soap bar on the floor. Someone may slip on it.
5. Do not leave the bathroom floor wet. Dry the floor using a wiper before you leave.
6. Do not touch electric switches with wet hands. You may get hurt with an electric shock.

Classify the activities as right or wrong.

1. Running around in the bathroom.
2. Do not leave a soap bar on the floor.
3. Use hot water under the supervision of an adult only.
4. Do not touch electric switches with wet hands.
5. Touch electric switches with wet hands.

Classify the below sentences as true or false

1. Using toilet prevents spreading of diseases like cholera.
2. Bathing slows circulation.
3. Bathing cleanses the body.
4. Using toilets causes cholera.
5. Open defecation causes waterborne diseases.

Fill in the blanks using the words given at the bottom.

1. Do not play with water or _____ around in the bathroom.
2. Do not touch _____ objects such as blades, razors and scissors kept in the bathroom.
3. Do not leave the bathroom floor _____.
4. _____ the floor using a wiper before you leave.
5. Do not touch _____ switches with wet hands.

Dry wet sharp electric run

Protecting Sense Organs

By nature, all the sense organs have some ways to protect themselves. For example, the eyelids and lashes protect the eyes from dust and other foreign particles.

Our finger tips are protected by nails.

Eyes

1. We should read under proper light. Reading in too dim or too bright light will make our eyes uncomfortable.
 2. We should watch TV from a minimum distance of 6 feet. We should not play video games or watch TV for long hours.
 3. If you feel your eyes are itchy, wash them with clean and cold water. Don't rub your eyes with your fist.
- If you find it difficult to read the classroom board from your place, tell your parents and see an eye doctor.

Ears

1. Avoid loud noise.
 2. Do not listen to music at higher volume when using earphones or headphones.
 3. Do not clean ears with ear buds.
 4. Dry your ears after taking bath.
 5. Cover your ears while swimming and bathing.
 6. Use earplugs or ear muffs (when you are exposed to loud sound).
- Consult a doctor if you have pain in ear.

Nose

1. Do not clean your nose by inserting any object into it.
2. If the nose is blocked due to cold, it is better to use steam to clear it.
3. Do not pick your nose.

Tongue

1. We should clean our tongue daily with the tongue cleaner while brushing our teeth.
2. A dirty tongue may cause disease and bad breath.

Skin

1. We should take bath daily.
2. Always use a mild soap.
3. Keep your skin dry and clean.
4. Dry your skin by rubbing gently with a clean cloth.

Fill in the blanks

1. If you get itchy eyes, wash your eyes with ____ (cold, hot) water.
2. If the nose is blocked due to cold it is better to use ____ (steam, ice) to clear it.
3. A dirty ____ (tongue, nose) may cause bad breath.
4. Watch television from a minimum distance of ____ (6, 2, 4) feet.
5. Do not listen to music at ____ (higher, lower) volume when using earphones or headphones.
6. Our finger tips are protected by ____ (nails, skin, nail polish).

Fill in the blanks using the words given at the bottom.

1. Do not clean your ____ by inserting any object into it.
 2. Do not rub your ____ with your fist.
 3. Dry your ____ after taking bath.
 4. Keep your ____ dry and clean.
 5. A dirty ____ may cause disease and bad breath.
- tongue nose eyes ears skin

Multiple Choice Questions

1. What should we do if we have difficulty in reading?
 - a. ignore it
 - b. consult a dentist
 - c. consult an ophthalmologist
2. How can we clear our nose if it is blocked due to cold?
 - a. using cold water
 - b. using hot water
 - c. using steam
3. Which of the following activities can harm our eyes?
 - a. playing video games for long hours
 - b. reading with proper light
 - c. washing with clean and cold water
4. What leads to bad breath?
 - a. dirty tongue
 - b. dirty nose
 - c. dirty clothes

5. Which of the following activities harm our ears?
 - a. using sharp objects to clean ears
 - b. listening to music at high volumes
 - c. avoiding loud noises

True or False

1. We should always study under very bright light.
2. We should dry our skin with wet clothes.
3. Loud noises do not cause hearing loss.
4. We can wash our eyes with cold water.
5. An eye doctor is known as ophthalmologist.
6. A dirty tongue may cause disease and bad breath.

Multiple Choice Questions

1. Our eyes are protected by _____.
 - a. eyebrows
 - b. glasses
 - c. eyelids
2. What is the minimum distance to keep while watching TV?
 - a. 6 feet
 - b. 60 inch
 - c. 6 inch
 - d. 60 feet
3. We should cover our ears while _____.
 - a. swimming
 - b. taking bath
 - c. watching TV
4. Noise levels are measured in _____.
 - a. decimeter
 - b. soundmeter
 - c. decibels
5. What are the problems digital eye strain can cause?
 - a. headache
 - b. blurred vision
 - c. eye strain
 - d. dry eyes

DisabilityGood touch, Bad Touch

There are body parts that you and others can see and touch like our arms and hands. But, there are also some body parts that no one should see or touch like our chest, between our legs and our bottom. These parts are called private parts.

It is never right for anyone to look at, touch or talk about your private parts and it is never right for someone older to you to ask you to look, touch or talk about their private parts.

When we are small our mom or dad might touch us to help us to be clean. It is never a secret and it is okay to tell someone about it.

Some touches are good or safe, like when we shake hands. But, some touches are bad or unsafe, like when we hit someone. Bad touches might make you feel sad, angry, scared, or confused. If you do not like any touch or if it makes you sad, angry or scared, tell them to STOP! Scream "STOP!" and run away.

Tell an adult you trust, about the bad touch. Keep telling until you get the help you need.

Differently-abled

Not everybody can use all five senses. Some cannot use any one or more of the five senses, such people are called Differently-abled.

Helping people is very honorable, and there are plenty of ways by which we can help differently-abled people.

1. Ask first if they need any help from you and follow their lead.
2. Speak clearly and listen to their words well.
3. Use direct words.
4. Never tease them by calling with specific names.
5. Be aware of their aids, do not cause any damage to the aids.
6. Open doors for the disabled.
7. Making way for them.
8. Help them to cross the road.
9. Treat them as normal people.

Braille is a reading and writing method for the visually challenged person. It has a raised pattern that can be read with the fingers.

We do not use the word handicapped or disabled. We

use differently-abled.

Classify the following as good or bad touches.

1. Someone touching your private parts.
2. Shaking hands.
3. Mother bathing you.
4. Stranger touching you without your permission.

Fill in the blanks using the words given at the bottom.

1. Some cannot use any one or more of the five senses, such people are called _____ .
 2. Some touches are _____ and safe, like when we shake hands.
 3. Some touches are _____ and unsafe, like when we hit someone.
 4. If you do not like any touch or if it makes you sad, angry or scared, tell them to _____ !
- differently-abled good bad STOP

Multiple Choice Questions

1. Which of the following is not the right way to treat a differently-abled person?
 - a. call them names
 - b. speak slowly and clearly to them
 - c. ask them if they need help
 - d. treat them as normal people
2. If you see a blind person trying to cross the road what can you do to help them?
 - a. help them cross the road
 - b. ignore and walk past them
 - c. tease them
3. You see a differently-abled person trying to get into the bus. What can you do?
 - a. ask them if they need help
 - b. walk past them
 - c. make way for them
 - d. help them get into the bus

Physical FitnessHow to stay fit

1. Avoid junk food.
2. Eat fresh and healthy food.

3. Exercise daily.
4. Play outdoor games.
5. Have a balanced diet.

Importance of Exercise

1. Protects us from diseases
2. Balances our body weight
3. Strengthens our muscles and bones
4. Improves digestion
5. Improves sleep quality
6. Increases our energy level
7. Improves skin health
8. Boosts brain functions and memory

Did you know?

Global Hand Washing Day is observed on October 15.

World Toilet Day is observed on November 19.

National Deworming Day is observed on February 10.

Sulabh International Museum of Toilets is in Delhi, India. It exhibits different toilet models from 50 countries across the world - spanning from 3000 BC till the 20th century.

World Health Day is observed on April 7.

The fruits of the Soapberry tree are Saponin-rich and used as a soap substitute.

A condition known as digital eye strain is common among people working at computers all day. This condition leads to dry eyes, eye strain, blurred vision and headache.

Noise levels are measured in decibels .

Any sound over 85 decibel can be harmful to us.

If someone abuses you or hurts you, you can call 1098 and get help.

Click the blanks and fill it with the right word.

1. A condition known as digital eye strain is common among people working at _____ (computers, books) all day.
2. Noise levels are measured in _____ (decibels, joules).
3. Any sound over ____ (85, 15) dB can be harmful to us.
4. If someone abuses you or hurts you, you can call ____ (1098, 1908) and get help.
5. Braille is a reading and writing method for the

_____ (visually, physically) challenged person.

True or False

1. Exercise improves digestion.
2. Exercise strengthens our muscles and bones.
3. Exercise deprives sleep quality.
4. Exercise reduces our energy level.
5. Exercise slows down brain functions and memory.
6. Exercise balances our body weight.
7. Exercise protects us from diseases.
8. Exercise declines skin health.

Fill in the blanks using the words given at the bottom.

1. Global Hand Washing Day is observed on _____ .

2. World Toilet Day is observed on _____ .

3. National Deworming Day is observed on _____ .

4. World Health Day is observed on _____ .

October 15 November 19 April 7 February 10

Health-2

Home Remedies

Illness

When we are well, we feel hungry at the right times. We sleep well at night. We have no complaints about digestion. And most importantly, we feel refreshed on getting up in the morning. We do not feel tired even if we have been at work. But sometimes, for some reason, we fall ill.

Seema had a slightly sore throat. Still, she had some ice cream. The next day, her throat hurt and she found it difficult to swallow. Mother made her gargle with warm salt water before and after school for two days. On the third day, Seema's throat had stopped hurting. This was a simple illness and she soon felt better again.

A fortnight later, Seema's aunt fell ill. She was running a temperature. Her eyes had become yellow. She did not feel like eating anything. Mother took her to the doctor. The doctor said that her aunt had jaundice. The doctor advised her to take complete rest for three weeks. She also told her to eat as little as possible of things that

contain oil, ghee or butter. This was not an illness that could be cured easily.

Home Remedies

Home remedies are good for minor illness, but we should visit a doctor for non-minor illness.

Elderly, experienced people in the family sometimes suggest such cures. If we have a cold we can inhale steam at bedtime or take hot fomentations on the chest.

If someone is vomiting as a result of fever or indigestion, it is better not to insist on having a meal. At most, they should be given a cool lemon juice or curd rice.

If someone has a cut, bruise or a small wound, it should be washed with clean water and dabbed dry. A tincture of iodine may be applied to it. Then it should be covered with clean cotton and bandaged.

Even if an illness appears to be minor, it should never be neglected. Remember, home remedies have limits. If a person does not recover in a day or two or if the illness worsens, one must go to a doctor.

Without a doctor's advice, one should never take any medicine that must be swallowed.

Society Health Service

A service that takes care of the health of the people and provides treatment for those who are ill is called a health service or medical service.

Big towns and cities have doctors' clinics and hospitals. But, in most cities and rural areas there are Government Hospitals and Primary Health Centres too. Patients can get treatment for free or at concessional rates.

Points to remember

1. Some illnesses are cured quickly. But, some do not get cured easily.
2. Minor illnesses can be cured with home remedies.
3. Experienced, elderly people in the family know of such home remedies.
4. For common cold, one can inhale steam or take hot fomentations.
5. Mantras, incantations, magic spells and charms do not cure any diseases or illnesses.

Home Remedy vs Doctor

sore throat, measles, headache, common cold, bruise, chickenpox, stomach upset, typhoid, malaria, snake bite

Home Remedy

Doctor

Click the blanks and fill it with the right word.

1. Without a _____ (doctor's, elders) advice, one should never take any medicine that must be swallowed.
2. A service that takes care of the health of the people and provides treatment for those who are ill is called a _____ (health, society) service.
3. Patients can get _____ (treatment, medicines) free or at concessional rate in Government Hospitals and Primary Health Centres.
4. The municipal corporations of big cities run _____ (hospitals, health services) that provide medical treatment.

Classify the below sentences as true or false

1. A service that takes care of the health of the people and provides treatment for those who are ill is called a health service or medical service.
2. Even if an illness appears to be minor, it should never be neglected.
3. We are allowed to take medication without consulting a doctor.
4. We should directly bandage an open wound without cleaning it.
5. If someone has a cut, bruise or a small wound, it should be washed with clean water and dabbed dry.

Fill in the blanks using the words given at the bottom.

1. Some illnesses are cured _____. But, some do not get _____ easily.
2. Minor illnesses can be cured with _____.
3. Experienced, _____ people in the family

know of such home remedies.

4. For a cold, one can _____ or take hot fomentations.

5. A lemon juice is good for someone who is _____.

6. Incantations, _____, magic spells and charms do not cure any diseases or illnesses.

elderly home remedies cured quickly
inhale steam vomiting mantras

Classify the activities as right or wrong.

1. Inhale steam to get relief from a cold.
2. Take one to a Tantrik in case of snakebite.
3. In case of a fracture, just rest at home. There is no need to visit a doctor.
4. Gargle with warm water to get rid of a sore throat.
5. Offer lemon juice to someone who is vomiting.

Multiple Choice Questions

1. What are the signs that tell you someone has a cold?
 - a. sore throat
 - b. cough
 - c. all
 - d. sneezing
 - e. runny nose
2. What is the home remedy for a cold?
 - a. using cold water
 - b. using hot water
 - c. inhale steam
3. What tells you that the temperature of someone who had a fever is coming down?
 - a. barometer
 - b. stethoscope
 - c. thermometer
4. What should one do if an illness persists?
 - a. consult doctor
 - b. continue home remedies
 - c. consult a Tantrik

Arrange in order the steps in treating a wound.

- ☐ apply tincture of iodine
- ☐ cover with clean cotton
- ☐ dab it dry
- ☐ bandage the wound
- ☐ wash with clean water

Health-3

Infectious Diseases and Prevention

One has to take care to stay away from people who are ill with the flu (influenza), cold, ringworm, scabies, chickenpox. These diseases spread from one person to the other. Such diseases are called infectious diseases.

They are caused by micro-organisms. Every infectious disease is caused by a specific micro-organism or germ. When the germs of a particular disease enter the body and begin to grow, the person gets the disease.

Spread of infectious diseases

When a person has a cold, the germs from his body spread in the air when he coughs or sneezes. When these germs enter other people's bodies, they can also get the disease. That is, the disease spreads. Typhoid spreads when its germs are passed on by a person ill with typhoid to another person.

Infections can be spread through air, water, food or insects.

Spread of disease through air

The germs of a disease like influenza are present in the spit or saliva of the person who has the disease. When the person coughs or spits they enter the air with tiny droplets of saliva or spit. When other people breathe in that same air, the germs enter their bodies. Diseases of the throat and the chest spread through the air, for example, a cold and cough, tuberculosis, swine flu, etc. That is why we are told to cover our nose and mouth when we cough or sneeze.

Spread of disease through water

Some diseases spread through water. If another person drinks water that has been contaminated by these germs, they enter his intestines too, and that

person can get the disease. To prevent the spread of disease in this manner, it is best to avoid washing clothes and bathing in the water sources or defecating on the banks of the water.

Spread of disease through food

Several people get diarrhea after consuming contaminated food. Diseases spread through food also. This is also called food poisoning. Flies and other small insects transport the disease causing germs. That is why it is important to always keep our food covered. Food is handled while preparing or serving it.

The spread of disease by insects

Malaria is spread by the bite of a certain kind of mosquito. Insects like mosquitoes, lice and fleas spread disease.

Spread of disease by direct contact

Ringworm, scabies are diseases that affect the skin. Their germs are found on the skin. If someone else comes in contact with the skin of a person having this disease or wears his clothes then that person can get that skin disease too. That is why it is better to avoid sharing clothes.

An epidemic of a disease

If the water of a common source is contaminated by germs of a disease like cholera, then there is the danger of all those who drink that water getting the disease. If at someplace, mosquitoes breed in large numbers then many people there can get malaria. When many people in one area get the same infectious disease all at the same time, we say that there is an epidemic of the disease.

Prevention of infectious diseases

1. To prevent diseases from spreading through water, we can use purified water.
2. In smaller towns and villages, bleaching powder is added to community sources of water to kill the germs and make the water safe for drinking.
3. When there is an epidemic of gastro or jaundice, people are advised to boil water before drinking it.
4. To prevent mosquitoes from breeding, we must

ensure there is no stagnant water in the surroundings. But, if that is not possible, insecticides have to be used. Thus diseases like malaria can be prevented.

5. People who have a serious infectious disease like tuberculosis or swine flu are quarantined. There are separate wards in hospitals for people with infectious diseases. Clothes and utensils used by the patients are washed with germicides. The spittle of a person who has tuberculosis is collected in a vessel and covered with a germicide-like phenyl. Such precautions help to prevent the disease from spreading to others.

6. To prevent the spread of diseases through the air, people should cover the mouth when sneezing or coughing and avoid spitting in the open. If it is necessary to be with such a patient, a mask should be worn to cover the nose and mouth.

7. If someone in the family gets an infectious disease, the government health department should be informed so that necessary steps for preventing the spread of the disease can be taken.

Vaccination

When disease causing micro-organisms enter our body, the body resists the disease or fights the germs. That is why many times we do not get a disease even if germs enter our body.

Another way to prevent disease is vaccination. Our body develops resistance to a particular disease due to vaccination. Soon after a baby is born, she is given the tuberculosis vaccine.

The vaccines for diphtheria, whooping cough and tetanus are combined into a triple vaccine and given as an injection. The polio vaccine is given orally.

Public health service facilities

Primary Health Centres have been established at the village level. There are also facilities like mobile dispensaries, ambulances and a Welfare Fund for the disabled. Services like the examination of urine and blood, X-ray, ultra-sound and other scans are also available through the health programs. Thus, patients can get the service they need without delay.

People are also educated about the right methods of handling drinking water and food. They are urged to maintain cleanliness in their surroundings. It is now

forbidden by law to spit in a public place. The purpose of this ban is to prevent the spread of diseases. Mass media are also used for raising public awareness about health and hygiene issues.

Classify the illness based on the medium of spread.

whooping cough, typhoid, diphtheria, cholera, diarrhea, common cold, influenza, jaundice

Food

Air

Classify the illness based on the medium of spread.

cholera, typhoid, dengue, yellow fever, jaundice, diarrhea, malaria, plague

Water

Insect

Click the blanks and fill it with the right word.

1. In smaller towns and villages, _____ (bleaching powder, salt) is added to water sources to kill the germs.
2. To prevent mosquitoes from breeding, we must ensure there is no _____ (stagnant, contaminated) water in the surroundings.
3. People who have a serious infectious disease are _____ (quarantined, ignored). The spittle of a person who has tuberculosis is collected in a vessel and covered with _____ (phenyl, amyl).
4. It is now forbidden by law to _____ (spit, gather) in a public place.

Classify the below sentences as true or false

1. Several people get diarrhea after consuming contaminated food.
2. We cannot prevent the spread of diseases.
3. Our body develops resistance to a particular disease due to vaccination.
4. To prevent diseases from spreading through water, water is purified.
5. Intestinal diseases spread through the air.

Fill in the blanks using the words given at the bottom.

1. Diseases caused by micro-organisms are called _____ diseases.
2. Every infectious disease is caused by a specific _____.
3. Infectious diseases spread through water, food or air, by _____ or through insect bites.
4. If many people in a place get a disease at the same time, it is called an _____.
5. _____ is an excellent method of preventing disease.

infectious micro-organism Vaccination
epidemic direct contact

Multiple Choice Questions

1. What is an infectious disease?
 - a. a common disease
 - b. a disease caused by bacteria
 - c. a disease caused by micro-organisms
2. By which means disease spread?
 - a. all
 - b. food
 - c. water
 - d. air
3. What happens when there is an epidemic of a disease?
 - a. spread of disease is reduced
 - b. a large population gets infected
 - c. only a few people are infected

4. What is the role of vaccination?

- a. prevent spread of diseases
- b. boost immunity
- c. protect from infectious diseases
- d. all

Match the following.

polio	air
vaccine	oral
malaria	water
cholera	prevention
flu	mosquito

Community Health and Hygiene

Nutritious food, personal hygiene, exercise and pursuit of hobbies lead to excellent health and good personal development. Just as we take care of our health, we must make efforts to ensure good health for all.

Everyone in our society should be able to live a happy life that we wish for ourselves.

Good community health and hygiene can be achieved through habits of cleanliness and good health on the part of all individuals in a community.

Pollution, squalor, epidemics of infectious diseases, addiction, insect-borne diseases are all threats to community health. To nurture community health is to protect the general public from such diseases and to make a happy and healthy life possible for all.

Importance of Community Health

The people of a country are the most important factor in a country's progress and development. Their health can be protected if they have a clean environment, nutritious food, safe drinking water and good medical facilities.

Mass media are used under community welfare programs to educate people about issues such as taking care of drinking water and food. People are urged in every possible way to keep their surroundings clean. It is a legal offense to spit in public places. This ban aims to prevent the spread of diseases.

Threats to Community Health

There are several threats to community health. An important threat is carelessness regarding hygiene. Some activities that may harm community health are: burning plastic, spitting in public, open defecation, improper disposal of garbage, contamination of water bodies, etc.

Wholesome living

If we take care of our health, we can lead a wholesome life. Keeping ourselves happy and taking an interest in things, avoiding feelings of hatred and envy and doing what is necessary to maintain physical health helps us to achieve this end. If people of society live a healthy and wholesome life, social tensions also decrease and feelings of friendship can be nurtured.

Tobacco Consumption

Names of tobacco products such as gutka, cigarettes, bidis, pan masala, etc. are often heard. We also see many people consuming tobacco in different ways. All these are harmful to our health.

At first, a person may chew tobacco casually at someone's urging. But this may lead to addiction. The person becomes dependent on tobacco and cannot give up the habit. When people develop this habit, they become restless if they do not get tobacco. They are not able to pay attention to anything else. They have to have tobacco in the mouth all the time. When the habit reaches this stage, it is called an addiction.

People addicted to tobacco spit here and there all the time and make their surroundings dirty.

III effects of Tobacco

1. Ulcers in the mouth.
2. The ulcers develop into bigger wounds. The person may develop tumors.
3. A lot of time and money has to be spent on treatment. If the wounds do not heal, the person has serious problems. This can eventually lead to cancer.
4. Tobacco entering the digestive organs leads to complaints related to them.
5. The constant presence of tobacco in the digestive organs can cause cancer in any of those organs.

6. A person who develops cancer in this way has to take very painful treatment. Even after that, one cannot be sure that cancer will be cured.

Alcoholism

Drinking alcohol also has adverse effects on the body. Alcohol addiction is called alcoholism.

1. Alcohol makes a person drowsy and confused. One loses control over one's actions.
2. Alcoholism causes diseases in the liver, kidney, intestines and urinary bladder.
3. The condition of the addict becomes pathetic, and the addict's family has to suffer with them.
4. The family gets deprived of health and happiness and is ruined.
5. We must be aware that an addict destroys the entire family.

An Invitation to Death

Tobacco, drugs and alcohol produce a state of intoxication. Addiction to any of them eventually kills the person.

Some people lure others into smoking, drinking, or trying out drugs. On no account should we give in to their pressure.

If a person starts getting addicted to smoking or drinking or taking drugs, the help of counselors or doctors should be sought immediately to get rid of the habit.

One should eat regularly and take up sports and other hobbies. One should be firm in avoiding any addiction.

Click the blanks and fill it with the right word.

1. A healthy and wholesome life leads to _____ (friendship, hatred).
2. The constant presence of tobacco in the digestive organs can lead to _____ (cancer, ulcer) .
3. _____ (Alcoholism, Tobacco consumption) leads to diseases of the liver, intestines and urinary bladder.
4. The most important factor in the country's progress and development is its _____ (people, wealth).
5. Good community _____ (health, wealth) can be achieved through habits of hygiene.

Classify the below sentences as true or false

1. Alcohol makes a person intelligent and energetic.
2. If we take care of our health, we can lead a wholesome life.
3. An addict destroys the entire family.
4. We should give in to the pressure of smoking and drinking.
5. Pollution, squalor, epidemics, addictions and insect-borne diseases are all beneficial for community health.
6. Alcoholism causes diseases in the liver, intestines and urinary bladder.

Fill in the blanks using the words given at the bottom.

1. Each person should put efforts to maintain the community's _____ .
 2. We must be _____ concerning matters of public health.
 3. Wholesome living leads to good personal and _____ health.
 4. One needs to be firm with oneself to _____ bad habits.
 5. Alcohol is _____ to health.
- injurious avoid alert health social

Classify the activities as good or bad habits.

1. Spitting in public.
2. Use public toilets.
3. Trying smoking and drinking.
4. Improper disposal of waste.
5. Do not give in to the pressure of smoking, drinking or trying drugs.
6. Wash your hands before a meal.
7. Avoid alcohol and tobacco.

Match the threats to community health with the possible solutions.

Cholera	deaddiction center
Addiction	protect the environment
Malnutrition	safe drinking water
Pollution	nutritious diet

Multiple Choice Questions

1. How can you achieve excellent health?
 - a. tobacco consumption
 - b. alcoholism
 - c. cleanliness and good health habits
2. What factors are a threat to community health?
 - a. malnutrition
 - b. all
 - c. alcoholism
 - d. drugs
3. What are the ill effects of chewing tobacco?
 - a. tumor
 - b. happiness
 - c. cancer
 - d. ulcer
4. What are the ill effects of alcoholism?
 - a. diseases of the liver
 - b. loss of control over actions
 - c. ulcer

Match the following.

alcohol	ulcer
tobacco	liver disease
sports and hobbies	public awareness
Mass media	healthy

Child Rights

Rights and Duties of Children

Citizen

A citizen is a person who is a member of a country. A citizen enjoys the rights given to him/her by the country.

Constitution

There are rules that all citizens of the country have to follow. The constitution of India sets these rules. The set of rules of a country is known as the constitution. The constitution lays down certain rules to help the country work together smoothly. The Indian constitution is the longest in the world. The original document was

handwritten. If a foreigner stays in India for 12 years, they can get Indian citizenship.

Child Rights

All over the world, there are different policies and rights. Children have certain rights to ensure that every child is treated the same. These are practiced to create a healthy environment for the children to live in. All over the world, there are many countries which have agreed to make some basic rights for children. India is one of them.

The four major child rights are:

1. Right to survival
2. Right to development
3. Right to protection
4. Right to participation

Right to Survival

It is to ensure every child has access to minimum standards of food. This helps in healthy growth in all children. There are different rights for children below the age of 6 and between the age of 6-14 years. This is because both age groups have different needs for their growth and development.

WASH program

It is a part of the right to survival act. WASH stands for Water, Sanitation and Hygiene. It means there should be access to clean water for drinking and other needs. Many diseases spread through water. To avoid these, having access to safe water is very important. Spreading awareness to washing hands with soap is also a part of the WASH program.

Right to Development

Every child has the right to go to school and develop life skills. All children below 14 years have the right to go to school. The government is responsible for providing free education to all.

Child Labour

Children are sometimes involved in different works at different places. This is called Child Labour. It is illegal to force children below the age of 14 to work. If we see any children forced to work around us then we should

call the Childline number 1098 [Ten Nine Eight] and inform. You can call at any time and it is free of cost. If you see child labor, talk to him/ her first. If they are forced to do the job, you can call the number and inform them. They will come and help the child.

Right to Protection

Children have the right to be protected in all circumstances. The Indian government has set laws for the same. There are laws to punish people who touch children inappropriately. All you need to do is, keep an eye out for danger and be confident. There is another rule, no person should hit or harm children. It is wrong to hit children, as it affects their well-being. Elders should help to create a safe environment for children to live in.

Right to Participate

Children have the right to participate in matters related to them. This includes asking questions, giving suggestions and making decisions in things that affect them. Children have the right to participate in discussions and implementation of all things related to them.

Fill in the blanks

1. WASH stands for Water, Sanitation and _____ (Hygiene, Health).
2. There are _____ (different, same) rights for children of all age groups.
3. Children have certain rights to ensure that every child is treated the _____ (same, different).
4. The Indian constitution is the _____ (longest, shortest) in the world.
5. If a foreigner stays in India for ____ (12, 5) years, they can get Indian citizenship.

Classify the below sentences as true or false

1. Beating children is wrong.
2. All children of age 6- 14 years should be employed.
3. There are the same rights for all age groups of children.
4. The child has the basic right to get polio drops.
5. Children should be aware of bad touch.

Fill in the blanks using the words given at the bottom.

1. Every _____ of the country can enjoy the rights and do duties.
2. _____ also have special rights.
3. Children have the right to have _____ for growth and development.
4. Children have the right to go to school and have a good _____ .
5. Children have the right to be _____ against danger.
6. Children have the right to _____ in the matters related to them.

healthy food Children education
participate citizen protected

Choose the correct Answer

1. Which of the following is against Indian law?
 - a. Children below 14 years working in industries
 - b. Children participating in school activities
 - c. Children getting nutritious food
 - d. Children studying in school
2. Who is given polio drops?
 - a. women
 - b. men
 - c. senior citizens
 - d. children
3. What is the set of rules set by a country called?
 - a. rule book
 - b. storybook
 - c. textbook
 - d. constitution
4. Which of the following is not a right of children?
 - a. Living in a healthy manner
 - b. Getting adequate food
 - c. Getting a driving license
 - d. Getting an education

5. What are the parts of your body where no one should touch?

- hands
- lips
- chest
- between legs

6. What are the different rights you have as a child?

- Right to protection
- Right to development
- Right to survival
- Right to participate

Match the following.

Childline number	illegal
Vaccines	sanitation
WASH	1098
Citizen	protect from diseases
Child labour	member of a country

Classify the below actions as right or wrong.

- Child labour.
- Not allowing children to go to school.
- Starving children.
- Allowing children to go to school.
- Allowing children to participate in matters related to them.
- Beating children.
- Do not allow anyone to touch the children inappropriately.

Fill in the blanks using the words given at the bottom.

- _____ - the state or fact of continuing to live.
- _____ - the process in which someone or something grows and becomes more advanced.
- _____ - keep safe from harm or injury.
- _____ - not correct.

Protect Development Survival
Inappropriately

Pick the word with the right spelling

- vaccine, vacine, vaccene
- adiquate, adequate, adequete
- survival, sarvival, sarvivel
- protection, protaction, protecson
- constitution, canstitution, constitusion
- partisipation, participation, participetion
- sanitation, sanetation, sanitasion

Child Rights-2

Educational Rights

Education is important for people as well as for the nation. Education is the first step for a child's development. Education improves knowledge, skills, values and the quality of one's life. It also helps in the overall development of a country.

Education doesn't mean that one should be literate. It is more than literacy. Education helps to analyze the reason, build skills to live, know what is right and wrong, lead a moral life.

Education helps in broadening one's mind. It removes superstitious beliefs. Education helps in increasing awareness of surroundings, social and political issues. It develops wisdom.

Educational Rights

The Right to Education Act (RTE) specifies different responsibilities to the local authorities and government to ensure free and compulsory education. Right to Education Act (2009) describes the importance of free and compulsory education for children between 6 to 14 years of age. The child should be at the center of the education system.

Features of RTE

- Until the completion of elementary education, no student is stopped from school.
- Twenty-five percent reservation is given to the economically underprivileged people in all private schools.
- Improvement in the quality of education.
- School infrastructure should be improved every three years.
- Finances will be shared between the state and the

central government.

National Education Policy (NEP)

In 2019, the Government of India has framed the National Education Policy (NEP) to promote education among the people of India. The NPE covers all educational systems from primary to college levels.

Educational Schemes

The most important milestone in education is the free mid-day meal program which was implemented by the former Chief Minister of Tamil Nadu, K.Kamaraj.

Indian educational system is mainly divided into four stages. They are:

1. Lower primary
2. Upper primary
3. Secondary
4. Higher secondary

True or False

1. Education helps in increasing awareness of surroundings, social and political issues.
2. Every child has the right to have free and compulsory education.
3. Free food is not provided in any of the schools.
4. Education is only about learning to read and write.
5. The quality of education should be improved.

Fill in the blanks using the words given at the bottom.

1. _____ is very important for every individual.
2. Every child has the _____ to have free and compulsory education.
3. Education should be _____ to common people.
4. _____ describes the importance of free and compulsory education for children between 6 to 14 years of age.
5. _____ is framed to improve the quality of education.
6. Education is provided in schools through _____.

NEP RTE affordable Education right teachers

Multiple Choice Questions

1. What is the first step for a child's development?
 - a. Excavation
 - b. Exploration
 - c. Education
2. What is the purpose of education?
 - a. learning to read and write
 - b. understanding science and maths
 - c. Overall development
3. Which Act describes the importance of free and compulsory education for children?
 - a. The Right to Education Act
 - b. The Right to School Act
 - c. The Right to Literacy Act
4. Which policy was formed to promote education?
 - a. National Policy on Literacy
 - b. National Policy on Elementary Education
 - c. National Education Policy

Match the following.

Gurukulam	wisdom
K. Kamaraj	2019
RTE	Free mid-day meal
Education	Ancient
NEP	2009

Fill in the blanks using the words given at the bottom.

1. I am white when I am dirty and black when I am clean. Who am I? - _____
 2. I am tall when I am young and I am short when I am old. Who am I? - _____
 3. I am wet when I am drying. Who am I? - _____
 4. I have a neck but no head. Who am I? - _____
- bottle towel pencil blackboard

Early Humans

Stone Age

In the beginning, humans were not aware of metals. They took several years to discover metals. Our lives today are their gifts. The Stone Age is the period in

which Stones were used as weapons.

Nature of Human Evolution

Early humans lived in jungles along with animals. They used stone tools to protect themselves, drive away animals, dig out roots, shoots etc. The most important thing is that they ate everything raw including flesh. They did not know the use of fire in the beginning. At first, dog was their good companion. Wild animals ran away when dogs barked. Dog was the first pet animal. They took it wherever they went.

Later they started rearing cattle and were very useful to them. They observed some grains growing along the river side. They ate and found them very tasty. They observed that the scattered grains were eaten up by birds. They were keen observers. They found that the grains grow with the help of sunshine and rainfall. Thus, they learnt the art of cultivation.

Humans noticed forest fire. At first they were afraid of fire. They found some animals died due to fire. They ate the flesh of the burnt animals. It tasted good. They also observed that the spark came out by scratching two stones together. Since then, they ate cooked food. A type of stone called Flint stone was used to produce fire.

Early man used Quartzite, a type of stone for making tools and weapons.

Nomadic Life

Early humans did not know to grow crops. They wandered in all the landscapes in search of food. They ate whatever they got and drank water from natural sources. This kind of life was called nomadic life. They wore skins of animals, leaves and barks of trees to cover their body. They lived in caves and holes of big trees.

Stones were sharpened as tools by them. They made it with the help of other stones too. These sharp tools were used to hunt animals and tear their flesh.

They used bones, horns, stones, skin, branches of trees and sticks as their tools and weapons. This stage of development in history was called New Stone Age or Neolithic Age.

Stone wheels

When the stones rolled from the mountains they acquired a round shape. Humans observed them and thus wheel was invented. In the beginning it was made of stone and later by wood. Wheel is the first scientific invention of man.

Pottery

Pottery was also one of the greatest inventions by humans. The baked pot was strong and looked beautiful. Stone Age people made all the household artefacts by themselves. Stone houses were built. The roofs of these houses were thatched with sticks and husks. After several inventions, humans started to live in a settled life.

Agriculture

Agriculture was an important activity in the history of humans. They started cultivating crops. They sowed seeds and harvested crops. They found it convenient to live along the river as the crops grew well.

Early humans used weapons to protect themselves from animals. They used torches to find the path at night. They drew paintings of what they saw around them on the walls of the caves where they lived. During this period humans were not aware of scripts.

Multiple Choice Questions

- _____ are the first pet animals.
 - Horses
 - Dogs
 - Cows
- In Old Stone Age period, humans lived in _____.
 - tents
 - caves
 - huts
- _____ is considered as the first scientific invention.
 - metal
 - stone
 - fire
 - wheel

4. Early humans wandered from one place to another. It is called _____ life.

- a. nomadic
- b. stone age
- c. pre historic

5. The first wheel was made up of _____.

- a. stone
- b. clay
- c. metal
- d. wood

6. After learning agriculture, humans settled near the _____.

- a. rivers
- b. mountains
- c. forests
- d. lakes

7. The baked ____ was strong and looked beautiful.

- a. meat
- b. pot
- c. stone
- d. wheel

Classify the below sentences as True or False.

1. Wheel is the first scientific invention of man.
2. Quartzite was used to produce fire.
3. Flint stone was used to produce fire.
4. Early humans accidentally discovered fire.
5. Old Stone Age people continuously moved from one place to another.
6. Early humans were not afraid of fire.

Fill in the blanks using the words given at the bottom.

1. The time before metals were discovered is known as _____ age.
2. New stone age was also known as _____ age.
3. _____ was also one of the greatest inventions by Stone Age people.
4. In Old Stone Age time, humans wandered in all the landscapes in search of food and led a _____ life.
5. But after learning _____ they settled near the rivers.

Nomadic Stone Neolithic Pottery
Agriculture

Iron Age

At the end of New Stone Age, copper was invented. In this age both stone and copper were used. This period was called Chalcolithic Age. Bronze was produced when copper, zinc and tin were mixed together. The period when people made tools from bronze was called Bronze Age.

After this, humans discovered iron and started using iron tools and weapons. This age was called Iron Age. In this age household articles and agricultural tools were made up of iron.

Pre-historic period is the time before the recorded history. Though humans lived for many thousands of years, we have the recorded history of only two or three thousand years.

Pre-historic period is usually divided into Stone Age, Bronze Age and Iron Age. Archaeology is the study of humans lived many years ago, by collecting material evidences.

Archaeological excavations

We get to know about our past by learning through the old objects we get through archaeological excavations. Excavation is the process of digging ground and discovering the things used by our ancestors. And the things made and used by ancestors are called Artefacts. Coins, potsherds, metal objects and so on are dug out which told lot of things about people lived thousands of years ago. There were burial pots called urns in which the dead bodies were placed and buried under the ground.

Museum is a place where archaeological objects are preserved, which were used by our ancestors. These give information about the lives of ancient people. Therefore it is important to preserve the remains of the past.

Numismatics is the study and collecting of coins and the history behind the coins.

Multiple Choice Questions

1. The first metal discovered was _____.
a. Copper
b. Iron
c. Bronze
2. Which metal is not used in making Bronze?
a. Copper
b. Iron
c. Zinc
d. Tin
3. Which of the following is not considered as an artefact?
a. old trees
b. metal objects
c. coins
d. potsherds
4. _____ is the process of digging ground and discovering artefacts.
a. Excavation
b. Numismatics
c. Archaeology
d. Pottery
5. Where should we go to see the artefacts?
a. Archaeological Sites
b. Museum
c. Zoo
d. Theme Park

Classify the below sentences as True or False.

1. Iron was discovered before Copper.
2. Iron age belongs to Pre-Historic age.
3. Learning about early humans is not important.
4. Stone Age people can read and write.
5. Numismatics is the study and collecting of coins.

Fill in the blanks using the words given at the bottom.

1. _____ is the study and collecting of coins.
2. _____ is a place where archaeological objects are preserved.
3. _____ is the process of digging ground and discovering the things used by our ancestors.
4. _____ is the study of humans lived many

years ago, by collecting material evidences.

5. _____ was followed by _____ .

Numismatics	Museum	Bronze Age
Excavation	Archaeology	Iron Age

Order the things used by Humans from old to new.

- ☐ Bronze
- ☐ Copper
- ☐ Computer
- ☐ Iron
- ☐ Fire
- ☐ Pot
- ☐ Stone
- ☐ Electricity

Good Citizen

Good Citizen

Man is a social animal. Human beings are bestowed with senses. Human beings think and act using their senses. They are born free but bound in the social web. They cannot live alone. They need social and emotional support. To live in the society they need to develop some good values.

We are born with few values and rights. These values are further polished in educational institutions. The aim of education is to change a person into a valuable person.

Good values are the qualities of a person that keep society running. These qualities can be developed by all. The term 'civic' relates to people or civilian or citizen of a country. People should live together in unity.

Living together in harmony despite all the disparities is a significant value. Helping others is also an important value. There should be no disparity among people and all are one. Today's children are tomorrow's citizens of the nation. Moral and good values have to be grown among children so that they may become valuable citizens.

Personal values

Personal value is the basic value for every individual. We must bring out the hidden values of a person that they acquire from their experiences. This leads to their

overall development.

Cultural values

To become well mannered or cultured is an essence of the society. Irrespective of language and religion people live together in harmony. This help to maintain cultural values.

Social values

We can maintain good values in public places by following the points given below.

1. Maintain good relations with people
2. Respect elders
3. Respect nature
4. Be tolerant
5. Maintain friendship

Disciplinary values

Punctuality, involvement, treating everyone as equal, doing work on time, holding your morals, doing duties without fail, etc. are disciplinary values.

Constitutional values:

1. Safeguard the public properties
2. Maintain the unity and integrity of the nation
3. Develop scientific attitude
4. Protect the natural resources
5. Care for the environment
6. Honour the national symbols
7. Respect martyrs and their sacrifices
8. Preserve our culture and heritage
9. Develop patriotism

A citizen is a person who is a member of a particular country and enjoys various rights and executes his duties. A sovereign state provides Citizenship to its people. Right to live, right to vote, right to work and reside anywhere in the country are the other rights enjoyed by the citizens.

There are some negative factors that affect our values:

1. Extreme faith in religion leads to communalism.
2. Don't break the queue / rules.
3. Spitting and dumping garbage anywhere.
4. Polluting land and water.

Factors that enriches good values are:

1. Literacy

2. Creating awareness and interests
3. Trying hard till success
4. One's own evaluation
5. Acceptance
6. Self confidence

One main feature of good value is to preserve hygiene. Each person should be taught to be hygienic and follow the routine below.

1. Wakeup early
2. Brush your teeth
3. Have a bath
4. Wear clean clothes
5. Wear slippers / shoes
6. Trim hair and cut the nails
7. Wash hands before and after meals.

Multiple Choice Questions

1. Man is a _____ animal.
 - a. scientific
 - b. mathematical
 - c. social
2. The love for one's country is known as _____.
 - a. patriotism
 - b. communism
 - c. criticism
3. Which of the following are considered as bad values?
 - a. Polluting land and water
 - b. Self Confidence
 - c. Breaking the queue
 - d. Trying hard till success
4. Which of the following helps in protecting nature?
 - a. Reducing the use of plastic paper
 - b. Treating everyone as equal
 - c. Respecting elders
5. What should we do while living with people from different cultural background?
 - a. Learn atleast four different languages.
 - b. Have different types of foods from various cultural background.

c. Showing respect to different religions and languages.

6. Which of the following is disciplinary value?

- a. peace
- b. mercy
- c. love
- d. punctuality

Classify the below sentences as True or False.

- 1. Being punctual is a social value.
- 2. Human beings can live alone in this world.
- 3. Honouring national symbol is a constitutional value.
- 4. We are born with values, and it cannot be modified.
- 5. We are born with values and rights.

Classify the below as Personal or Social Values.

tolerance, hygiene, punctuality, hardwork, respect nature, respect elders

Social Value

Personal Value

Match the related words.

Literacy	Citizen
Punctuality	Pollution
Plastic	Respect
Country	Tolerance
Elders	Time
Cultural	Education

Fill in the blanks using the words given at the bottom.

- 1. We show _____ to all living beings. Help the poor with _____. _____ is the best policy. The best relationship is _____.
 - 2. We show _____ to our guests. We show _____ to those who suffer. Always speak the _____. We must maintain _____ in public.
- love generosity peace mercy

friendship truth hospitality honesty

Pick the word with the right spelling

- 1. pollucion, pollusion, pollution
- 2. education, etucation, edukation
- 3. socaity, society, sosaity
- 4. cultural, culturel, cultural
- 5. tolarance, toleranse, tolerance
- 6. hygine, hygene, hygiene
- 7. haspitality, hospitality, haspitality
- 8. generosity, generocity, ganerosity
- 9. signeficant, significant, significant

Match the related words.

Public Property	Tricolor Flag
National Symbol	Empowerment
Environment	Harmony
Different Languages	Bus
Education	Tree

State whether these actions affect or enrich our good values.

- 1. Spitting and dumping garbage anywhere.
- 2. Polluting land and water.
- 3. Accepting people of other language and religion
- 4. Developing self-confidence
- 5. Trying our best in our goal
- 6. Breaking the queue.

Match the related words.

Personal character	Tolerance
Culture	Affecting factor
Society	Good value
Duty	Language
Unemployment	Punctuality

Universe

Universe

The Universe is a vast expansion of space. The Universe consists of billions of galaxies, stars, planets, dwarf planets, comets, asteroids, meteoroids and natural satellites. The exact size of the universe is still

unknown. Scientists believe that the universe is still expanding outward.

A Galaxy is a huge cluster of stars. Our galaxy Milky way is one among the countless of galaxies in the Universe.

Approximately 4.54 billion years ago, Solar System was a cloud of dust and gas known as Solar Nebula. Due to an explosion, these particles collapsed and began to spin having the sun at centre. The bigger particles which revolve around the sun are called planets. Thus the planet Earth formed.

The Rocky-inner planets are Mercury, Venus, Earth and Mars. They are called Terrestrial planets. The outer planets are Gaseous planets. They are Jupiter, Saturn, Uranus and Neptune. The frozen planets are Uranus and Neptune.

Rotation

The movement of the earth on its axis is called rotation of the earth. Day and night are caused due to the earth's rotation.

Revolution

The movement of the Earth around the Sun on its axis which is tilted about $23\frac{1}{2}^\circ$ is called revolution of the earth. Seasons are caused by Earth's revolution.

Life is possible only on the Earth because of the presence of land, air and water.

Venus is called Earth's twin. Mars is described as the Red planet. Earth is called the Blue planet. Saturn is the Ringed planet.

Multiple Choice Questions

- The shape of the Earth is _____.
 - cube
 - circle
 - sphere
 - oval
- We get day and night due to the _____ of Earth.
 - rotation
 - shape
 - revolution

- We get different seasons due to the _____ of Earth.
 - shape
 - rotation
 - revolution
- Which of the following is not a rocky planet?
 - Saturn
 - Earth
 - Venus
 - Mars
- Which of the following is not a gaseous planet?
 - Saturn
 - Jupiter
 - Mars
- Which of the following are frozen planets?
 - Saturn
 - Neptune
 - Uranus
 - Jupiter

True or False

- Uranus and Neptune are frozen planets because they are far away from the sun.
- Scientists believe that the universe is expanding.
- We get day and night, due to the movement of the Earth around the Sun.
- Jupiter is the biggest planet in the whole universe.
- The size of the universe can be measured.

Match the Planets with its description

Earth's twin	Saturn
Red Planet	Jupiter
Blue Planet	Neptune
Ringed Planet	Earth
Farthest Planet	Mars
Biggest Planet	Venus

Rearrange based on the size (Largest at the top)

- ☐ Satellite
- ☐ Universe
- ☐ Galaxy
- ☐ Solar System



Sun

Planet

Fill in the blanks using the words given at the bottom.

1. Life is possible only on the _____ because of the presence of land, air and _____ .
2. Solar System was a cloud of dust and gas known as Solar _____ .
3. A _____ is a huge cluster of stars.
4. Our galaxy _____ way is one among the countless of galaxies in the Universe.
5. The outer planets are _____ planets.

Nebula galaxy water Milky Earth
gaseous

Our Government

Our Government

We need different facilities like roads, water, electricity, transport, schools and hospitals. A lot of people have to work together to provide these facilities. And we have lot of rules to follow for the facilities to work properly. Government makes common rules into laws. It is the responsibility of the government to make laws and ensure the laws are followed by people. The service what the government provides is known as governance.

India follows a democratic form of governance. It means, the people of the country cast their vote and select their representatives. There are different levels of governance. India is the largest democratic country in the world.

At country level, we select our Member of Parliament (MP), who goes to the Parliament present in New Delhi to represent us. The selected MPs again vote among themselves and elect the Prime Minister. And the elected Prime Minister will pick other ministers.

Though the President is considered as the head of the government, Prime Minister is the most important person in running the government.

At state level, the people vote for their Member of Legislative Assembly (MLA), who goes to the Assembly present in their state capital to represent them. Just like how MPs select the Prime Minister of the country, MLAs select the Chief Minister of the state.

We also have Local Body election to select our representative at locality level. Children are not allowed to vote. Only people who are above 18 years are allowed to vote.

What is the government?

The government is a group of people who control and make decisions for a country. The government makes laws or rules according to which the country is run. It also ensures that everyone follows these rules. A government must function based on a set of rules and guidelines that are laid down in the constitution.

Branches of the government.

The government has three branches the legislature, the executive and the judiciary. The legislature makes the laws, the executives carries out and enforces the laws, and the judiciary evaluates the laws. The judiciary also punishes those who break the law.

Levels of government

It is not possible for a single government to look after the entire country. Therefore, there are three levels of government in India, local government, state government and the central government.

Types of government

Democracy: It is the people who give the government the power to take decisions and enforce laws. They do this through elections.

Monarchy: It is the rule of kings and queens. A ruler's position in a monarchy is hereditary, that is after the parent, the child becomes the ruler. All the power is in the hands of the ruler.

Dictatorship: A dictatorship is a government where one person makes all the rules and takes the decisions without consulting anyone. This one person has total control over the administration of the country.

Multiple Choice Question

1. Which is the largest democracy in the world?

- a. Russia
- b. USA
- c. China
- d. India

2. Who is the head of the government?

- a. Governor
- b. President
- c. Prime Minister
- d. Chief Minister

3. The Prime Minister is elected by _____.

- a. People of the country
- b. President
- c. Members of Parliament

4. We are a democratic country because _____.

- a. we select our President
- b. we select our Governor
- c. we select our representative

5. Who can vote in election?

- a. above 18 years old
- b. everyone
- c. who have passport

True or False

1. Legislature enforces the laws.
2. Roads, water and electricity are the responsibility of the government.
3. India is a democratic country.
4. Judiciary punishes those who break the law.
5. Only adults above 21 years are allowed to vote.

Classify whether the government is responsible or not responsible for the below.

homework, electricity, roads, garden, picnic, school, breakfast, hospital

Responsible

Not responsible

Fill in the blanks

1. The _____ (Supreme, High) court is the highest court in India.
2. To cast our vote in election, we must be atleast _____ (18, 16, 19, 21) years old.
3. In India, there are _____ (three, two, five) levels of governments.
4. The _____ (President, PM, CM) is called the first citizen.
5. _____ (MPs, MLAs) go to the parliament.
6. India follows _____ (Democracy, Monarchy) government.

Fill in the blanks using the words given at the bottom.

1. _____ Minister runs a state and the _____ minister runs the country.
2. _____ is the rule of kings and queens.
3. _____ is for the people, by the people and of the people.
4. The _____ makes the laws, the _____ carries out and enforces the laws, and the _____ evaluates the laws.

Prime executive legislature Chief
Monarchy Democracy judiciary

Complete the Word

1. We need this to provide facilities.
G _ _ _ _ M _ _ T
2. In MLA, 'A' stands for _____.
A _ _ _ _ Y
3. In MP, 'M' stands for _____.
M _ _ _ _
4. In democracy, the rulers are elected through _____.
E _ _ _ _ N
5. Members of the same family rule the country without any election.
M _ _ _ _ Y

Forests in India

Types of Forests in India

Plants and trees that grows naturally in a region of land is known as vegetation. Forests are large area of land, covered by naturally grown plants and trees.

Vegetation in India is not uniform. Climate, soil and rainfall influence the growth of plants.

Indian forests are broadly classified into five types.

They are

1. Evergreen Forests
2. Monsoon Forests
3. Mangrove Forests
4. Thorn Forests
5. Himalayan Forests

Evergreen Forests

These forests are found in the areas of the Western Ghats, the eastern parts of Himalayas and the Andaman and Nicobar Islands. These forests get lots of rain. Bamboo, Rosewood and Sandalwood are common trees here.

Monsoon Forests

Peninsular India and the northern parts of India are covered by monsoon forests. These forests get moderate rains. The trees shed their leaves during summer because of less rainfall.

Mangrove Forests

These are seen in the Indian coastal line, in the Ganga delta and Brahmaputra region, in some backwater areas and salt marshes. The roots of the trees of most forests are found usually under the ground. But salt water trees like Avicennia, have aerial roots which are above the water in order to survive in the salt water. These prevent soil erosion and prevent fertile soil from being washed away into the ocean.

Thorn Forests

They are found in the areas which receive less than 50 cm rainfall. Parts of the Deccan Plateau and Rajasthan have thorny trees like Acacia, Babul and Palmyra.

Himalayan Forests

You can find trees like Pine, Cedar, Oak, Walnut and Apple. We can also see some of these trees in Nilgiris

and Kodli Hills.

Match forests with their common tree.

Mangrove	Bamboo
Monsoon	Acacia
Himalayan	Teak
Thorn	Avicennia
Evergreen	Pine

Multiple Choice Question

1. Which forest shed leaves during summer?
 - a. Monsoon
 - b. Mangrove
 - c. Himalayan
 - d. Thorn
2. Which forest gets maximum rain?
 - a. Mangrove
 - b. Monsoon
 - c. Evergreen
 - d. Himalayan
3. Which forest gets minimum rain?
 - a. Thorn
 - b. Monsoon
 - c. Mangrove
 - d. Himalayan
4. Andaman and Nicobar Islands is mainly made up of _____.
 - a. Monsoon
 - b. Evergreen
 - c. Mangrove
 - d. Himalayan
5. Which forest is present in coastal regions (near sea)?
 - a. Himalayan
 - b. Thorn
 - c. Mangrove
 - d. Monsoon

6. Trees of which forest have aerial roots?

- a. Himalayan
- b. Mangrove
- c. Monsoon
- d. Thorn

Minerals - under our feet

Wealth under the Ground

Lot of things we use are extracted from ground and they are generally known as minerals. The activity of extracting minerals from earth is known as mining.

Minerals are of two kinds, namely metallic and non-metallic. Iron, copper and gold are the important metallic minerals. Petroleum and coal are the important non-metallic minerals.

India is rich in mineral wealth. Iron ore are present in large quantity and India is a major exporter of Iron. It is used in industries, and making machine parts.

Aluminium is light-weight in nature, and it is extracted from Bauxite ore. Aluminium is used in making aircraft, vessels, etc.

Copper was the first metal used by human beings. It is widely used in electrical equipments.

Coal is primarily used as fuel and also used in generating electricity.

Petroleum is a natural resource. The by-products of petroleum are petrol, diesel and kerosene. They are mainly used as fuel and generating energy. In India petroleum is found under sea near Mumbai. But we majorly import petroleum from other countries.

Indians love gold ornaments and objects made of gold. India majorly imports gold.

Conserving our minerals

Our minerals are being consumed so rapidly that there is a danger of their running out. We must save them and use them wisely.

Alternate sources of energy and fuel are being considered. Chief among them are solar and wind energy. This aims at conserving the available mineral resources from being rapidly depleted.

Multiple Choice Question

1. Which metal is used in constructing bridges?

- a. Iron
- b. Aluminium
- c. Copper
- d. Gold

2. Which mineral is found under sea, near Mumbai?

- a. Iron
- b. Coal
- c. Goal
- d. Petroleum

3. Which of the following is a natural resource?

- a. Kerosene
- b. Petrol
- c. Diesel
- d. Petroleum

4. Which metal was first discovered by human beings?

- a. Copper
- b. Stone
- c. Aluminium
- d. Iron

5. Aircrafts are made using _____.

- a. Plastic
- b. Iron
- c. Steel
- d. Aluminium

6. Which mineral is used in generating electricity?

- a. Coal
- b. Petroleum
- c. Wood
- d. Iron

Minerals vs Non-minerals

coal, copper, wool, gold, leather, cotton, carrot, petroleum

Minerals

Non-minerals

The story of a seed

The Story of a Seed

I am a small bajra seed. I want to tell you my story. It is not my story alone, it is also the story of my farmer and his family. I refer my farmer as my master.

I was born in a small village in Gujarat. Each year, my master kept aside some seeds from a good crop. That way our bajra family went on from one generation to another. Good seeds were stored in dried gourd coated with mud. Later, my master made a strong wooden box to store us. He put in neem leaves to protect us from insects. This was how I ended up in this wooden box.

Over the years, many changes took place in the village. Some places could get water from the canal. They said the canal brought water from far away – where a dam had been built on a big river. Then electricity came. Switch on the button and there was light! People found that only one or two crops, like wheat and cotton, got better prices in the market. So most farmers began to grow only these. So my master never used me on field.

My master got old and his son took over the farming activity. He used an electric motor to pump water from ground. He also bought a tractor to plough the field. The tractor could do in a day, what the bullocks would take many days to do. Master's son made good money.

After twenty years, again there were many changes. Without cows and buffaloes, there was no cow dung, to be used in the fields as fertilizer. So the son bought expensive fertilizer. The new seeds were easily affected by harmful insects. Pesticides had to be sprayed on the crops to keep away the insects. To meet all these expenses, loans had to be taken from the bank.

Due to pumping, the ground water also depleted. Whatever little profit was made, was used to repay the loan.

And today is my last day. My master's family is selling the old things which they consider as useless. They are going to dispose me of my home. The seed box is going to be used as a toolbox for keeping mechanical tools, screws, nuts and bolts.

Multiple Choice Question

- The seed was not planted because _____.
 - farmer didn't has time
 - the seed was bad
 - farmer preferred other crops like wheat and cotton
- Dam is build across _____.
 - lake
 - river
 - canel
 - sea
- The seed was protected from insects by _____.
 - neem leaves
 - wooden box
 - dried gourd
 - mud
- The ground water was depleted due to _____.
 - pumping of water
 - crops that needed lot of water
 - lack of rain
- The story of the seed is a _____.
 - happy story
 - sad story
 - adventurous story

Food Facts

Food and its Life-time

My mother asked me to buy a pack of bread from nearby store. I went to the store, bought the bread and gave the money. Before leaving the store I got alert and thought that, I need to check something. I checked the expiry date printed on the packet. And the date was two days before today. I informed the store owner and he asked sorry, and gave me a new packet of bread.

I know that all packed food items come printed with

manufactured and expiry date. Food items will get spoiled after some time. Even the food prepared by mother also get spoiled after some time.

If any bad smell come from food items, then we should not eat it. If the color of food item changes or any fungal growth, then we should not eat it.

We follow different methods to keep food items safe for some time. Mother keeps all green vegetables and tomato in fridge, so that they are good for some time. But she keeps onion and potato in open space as open air helps them to be good for some time.

Mother makes pickle from mango and lemon which we can have with food for a couple of months. She adds lot of salt and oil which prevents spoiling. If I put my hands into it, or if I add some water to it, then it will spoil fast.

Industries uses preservatives to keep food items edible for a long time. Mango is a seasonal fruit. But we can get bottled mango juice around the year. Eating preserved food is generally not considered healthy.

Multiple Choice Question

- Food prepared in industries does not get spoiled because of _____.
a. preservatives
b. fridge
c. clean environment
- True or False: Usually mother keeps onion and potato in fridge.
a. True
b. False
- True or False: Adding salt keeps food item safe for long time.
a. True
b. False
- True or False: Manufactured date always come after expiry date.
a. False
b. True

5. True or False: Industry made foods are always healthy.

- False
- True

Fill in the blanks using the words given at the bottom.

- We have to check the _____ date while buying things.
- Every prepared food get _____ after some time.
- To increase the life of fruits and vegetables, we keep them in a _____.
- Mango is a _____ fruit.
- Eating _____ food is generally not considered _____.

expiry spoiled fridge seasonal
preserved healthy

Classify statements as true or false

- Manufactured date is usually not printed in food materials.
- Preserved foods are always very healthy.
- Onion and potato are usually not kept in fridge.
- Home made food usually don't get spoiled.
- Salt is a natural preservative.

Complete the Word

- A spicy food item that lasts for a few months.
P _ _ _ _ E
- Colour of spoiled food changes due to _____ growth.
F _ _ _ _ _
- Industries use this to prevent food from spoiling.
P _ _ _ _ _ V _ _ _ _ _
- We can detect spoiled food through its _____.
S _ _ _ _ _
- Mango is a _____ fruit.
S _ _ S _ _ _ _

Types of Jobs

Different Types of Jobs

Different people work to fulfil our various needs. We need

- teachers to guide us
- a doctor if we fall ill

3. a driver to take us to school
 4. a shopkeeper to sell goods
- And we have many more requirements. We need
1. clothes to wear
 2. furniture to sit
 3. vessels to cook

Different people has different jobs. Jobs are also known as occupations.

Types of occupations

There are various types of occupations and can be divided into four main groups

1. Nature based occupations. Eg: agriculture, fishing
2. Manufacture. Eg: making automobiles, pots, cloth
3. Trade. Eg: selling farm produce, shopkeeping
4. Providing Service. Eg: teacher, doctor, bank staff

Match - Job Type

Nature	Super Market
Manufacture	Service
Trade	Cooking Vessels
Doctor	Fishing

Service	Car
Nature	Police
Trade	Agriculture
Manufacture	Grocery Store

Agriculture

Agriculture is the most important occupation in our country. Everyone in the country gets food because farmers work in the fields.

Apart from the grains, vegetables and fruits, we also get other products from farming. For example, we get sugar from sugarcane. Textiles made from cotton are used to make garments.

Farming of fruits, flowers and medicinal plants is also carried out on a large scale.

Agro-based occupations

Agricultural products can be used to undertake many other occupations. Fodder is created in fields. It is used to feed cows, buffaloes and sheep. Thus, as we

cultivate the land, we can raise these animals also. We obtain milk, meat and leather from animals. Grain is grown in fields. It can be used to feed chickens.

Do you know ?

In ancient times, man did not know about farming. He would wander around in search of food. He used to hunt. He ate fruits and tubers. When man learnt how to grow crops, he could get food in one place. There was no need to wander about for food any more. He began to have free time. In that free time, many discoveries were made and many industries were developed.

True or False

1. Human beings were farming from the beginning.
2. In ancient times, human beings wandered from place to place in search of food.
3. Farmers produce only grains, vegetables and fruits.
4. Agriculture is a natural occupation.
5. Agriculture is the major occupation in India.

Industry

In industries, raw materials are obtained and then they are processed to make new finished products. A potter making pots is a type of industry.

In the pottery industry, clay is the raw material, pots are the finished product. The process includes whatever is done to make the finished product (pots) from the raw material (clay). Such a process is called 'industry'.

Some factories are big. Many people work there with the help of machines. Your school bus, bicycle and paper for your textbooks and notebooks are all products made in factories.

Man has developed many occupations. However, the materials he needs for these occupations are obtained from Nature. Nature takes care of the needs of all living beings. We must respect Nature.

Raw Material and Finished Product

clay	sugar
sugarcane	table
cotton	bike
wood	pot
metal	dress

Raw materials Vs Finished products

Dress, Table, Cotton, Motor Bike, Wood, Clay, Sugarcane, Sugar, Pot, Metal

Raw materials	Finished products

Multiple Choice Questions

- Occupations are primarily divided into _____ types.
 - four
 - three
 - two
 - five
- Who among the following is a service provider?
 - Driver
 - Potter
 - Fisherman
 - Carpenter
- Who among the following is not a service provider?
 - Nurse
 - Teacher
 - Doctor
 - Farmer
- Which of the following is not true?
 - Industry gives us a product using the raw materials.
 - An industry is always a huge place with hundreds of people working.
 - We get all raw materials from the nature.
 - Bicycle, car, bus are all produced from industry.

5. We get the products we need from a _____.

- trader
- service provider
- manufacturer

Agriculture

Agriculture

Agriculture is our necessity and includes the preparation of soil for cultivation, growing crops, and raising livestock. Since our country is an agricultural country, agricultural development is important for the country's economic growth.

Farmers

They cultivate crops and rear animals. Our country is a land of farmers and they're the backbone of our economy.

Subsistence farming

In this, crops are cultivated and they are only used by the farmer's family. Small and marginal farmers practice this on small pieces of land they own. The method of farming is generally archaic.

Commercial farming

In this type of farming, crops are cultivated and are used for commercial purposes. This is done using modern techniques, tools, and machines.

Plantation farming

It is practiced on lands where single cash crops are cultivated on a large scale. For example, tea, coffee, rubber, etc.

Mixed farming

It means, rearing of animals along with cultivation. It is very economical.

Do you know?

- Farmers who cultivate in areas less than 1 hectare are called micro farmers.
- The government has established the Food Corporation of India (FCI) for purchasing farm products

directly from the farmers, at reasonable rates.

Irrigation

In agriculture, sufficient water is supplied to the crops in the fields through irrigation.

Well irrigation

This is a less expensive method in which water is drawn out from nearby wells for irrigation.

Canal irrigation

It is the most important type and in this, canals of water are dug as stripes between the crops. These canals carry water from a nearby river or a reservoir to the field of crops.

Sprinkler irrigation

This is similar to a waterfall. In this, water is sprayed over the crops through sprinklers.

Drip irrigation

This method conserves both water and soil nutrients. In this, water drips slowly into the roots of plants through pipes.

Do you know?

1. Central Ground Water Board (CGWB) monitors the level and nature of groundwater.
2. Green Revolution increased crop production as a result of a variety of seeds, pesticides, and new agricultural techniques.
3. Horticulture is the science of cultivating fruits, vegetables, flowers, or ornamental plants.

Fill in the blanks using the words given at the bottom.

1. _____ monitors the level and nature of groundwater.
2. _____ is the science of cultivating fruits, vegetables, flowers, or ornamental plants.
3. _____ increased crop production.
4. Farmers who cultivate in areas less than 1 hectare are called _____.
5. The government has established _____ for purchasing farm products.

Green Revolution CGWB FCI

Horticulture micro farmers

Which industry do these raw materials belong to?

1. _____ is the cultivation of crops.
 - a. Excavation
 - b. Irrigation
 - c. Agriculture
2. A _____ is a person who is engaged in agriculture.
 - a. doctor
 - b. farmer
 - c. teacher
3. _____ farming refers to the raising of animals along with the crops.
 - a. Subsistence
 - b. Commercial
 - c. Mixed
4. _____ monitors the level and nature of groundwater.
 - a. Sewage Water Board
 - b. Metro Water Board
 - c. Central Ground Water Board
5. _____ saves water and soil nutrients.
 - a. Sprinkler system
 - b. Drip irrigation
 - c. Well irrigation

Classify the below sentences as true and false

1. Drip irrigation is a type of micro-irrigation system.
2. CGWB monitors the level and nature of groundwater.
3. Rice is the leading food crop in Tamil Nadu.
4. Drip irrigation is similar to a waterfall.
5. Subsistence farming means the rearing of animals along with cultivation.
6. Plantation farming is very economical.

Festivals

Festivals

We celebrate many festivals in the family. In the same way, different kinds of festivals are celebrated in different regions of the country.

1. Holi is the festival that marks the end of winter.
2. In Punjab, Baisakhi is celebrated at harvest time.
4. In Tamil Nadu, Pongal is celebrated during the harvest season.
5. In Kerala, Onam is celebrated during the harvest season.
6. Dasara, Diwali are celebrated when the farm produce is ready.
7. Makar Sankranti is a festival celebrated in winter.
8. Buddha Purnima, Ramzan, Eid, Christmas, Easter are important religious festivals.

National Festivals

Independence Day and Republic Day are our national festivals. All citizens celebrate them. India gained independence from the British on 15th August, 1947. Hence that day is celebrated as Independence Day. The Indian Constitution came into effect from the 26th of January, 1950. So, this day is known as Republic Day.

Fill in the blanks

1. Independence day is celebrated on ____ (15th, 26th, 2nd), ____ (August, October).
2. Republic day is celebrated on ____ (26th, 2nd, 15th), ____ (January, May, August).
3. ____ (Pongal, Dasara) is a regional festival.
4. ____ (Diwali, Ugadi, Onam) is a religious festival.
5. ____ (Independence, Women's) day is a national festival.

What festival brings?

greetings, happiness, worry, blessings, celebrations, hatred, joy, jealousy

Brings

Doesn't Bring

National vs Religious Festivals

Children's Day, Christmas, Holi, Independence Day, Diwali, Shivratri, Ramzan, Republic Day, Easter, Teacher's Day, Gandhi Jayanthi, Bakrid

National

Religious

Fill in the blanks using the words given at the bottom.

1. Many of our _____ are linked with agriculture and environment.
2. Independence Day and Republic Day are our _____ festivals.
3. Festivals increase the feeling of _____ among people.
4. During festivals, we meet each other, talk to each other and feel _____ .

connected togetherness national festivals

Match Festivals and Places

Durga Puja	Andra Pradesh
Dasara	Tamil Nadu
Pongal	Mysore
Baisakhi	West Bengal
Ugadi	Onam
Kerala	Punjab

Fill in the blanks using the words given at the bottom.

1. Independence Day ☐ _____
2. Republic Day ☐ _____
3. Gandhi Jayanthi ☐ _____
4. Children's Day ☐ _____
5. Teacher's Day ☐ _____

August January October September
November

Houses

House

A house is the dwelling place for human beings. Ancient men lived in caves. The caves protected them from wild animals, air, sun, rain and cold weather. As we got developed, we built our own houses. While travelling, we had seen different types of houses. Some houses are big and some are small. Some houses are old and some are new.

Food, water, clothing, and shelter are more important basic things for human beings. The shelter is needed for every living thing.

Normally houses are build using bricks, cement, sand, iron, wood, water, glass, tiles etc.

Fill in the blanks using the words given at the bottom.

1. A house is the _____ place for us. There are _____ types of houses. Ancient men lived in _____ .

2. Houses protect us from the _____ during monsoon, and from the _____ during summer.

dwelling rain different sun caves

1. Houses are build using _____. Strong pillars are made using _____. Bricks are kept together by _____. Flooring is done with _____. Cement is usually mixed with water and _____. Windows are usually made of _____ .

wood iron bricks sand cement tiles

Types of Houses

People build houses to suit the climate of their region, using the natural resources that are available. Differences in the construction and building materials give rise to the different types of houses.

House structure varies in plains, marshy areas, heavy rainfall regions, mountains, deserts, cold region, earthquake prone area etc.

Igloo

Igloos are snow houses that can be found in Arctic parts. Here the temperate remains below -40 deg C throughout the year. Igloos look like a shell of tortoise.



Bamboo houses

This type of houses are mainly found in earthquake prone places. They are mainly found in Indonesia, Japan and Andaman Islands. People will not get injured during earthquake due to the light weight of these houses.



Tents

They are temporary houses. They are built using cloth, ropes and nylon. The soldiers, scouts, NCC students make these type of houses for their stay during camps. They are also called mobile houses.



Tree house

These houses are built by the people in jungles to protect them from wild animals. They are built on trees. A platform is first constructed on the tree at the required height. The trunk of the tree itself becomes the pillar for the platform. The light-weight wood is used for building the rest of the house. A ladder is used to enter the

house. During the night, the ladder is removed to protect from animals.



Apartment

Many families can reside together in this type of houses. These are concrete houses with many floors. They are built on strong foundation. Pillars are raised from the foundation and the building will stand on the strength of pillars. This type of houses are usually found in cities where there is large population and less space. Some buildings have too many floors and they are called skyscrapers.



Do you know?

The tallest building in the world is in Dubai and it is known as Burj khalifa. The height of this building is 828 meters. It has got 160 floors.

Multiple Choice Question

1. Which is not a factor while building a house?
 - a. Type of government
 - b. Climate
 - c. Money required
 - d. Raw materials available

2. The world's tallest building is present in _____.
 - a. London
 - b. New York
 - c. Dubai
3. Which of the following is a temporary house?
 - a. hut
 - b. bamboo house
 - c. tent
4. Which type of house is usually build in jungle?
 - a. tree house
 - b. tent
 - c. bamboo house
5. Which type of house is usually build in earth-quake prone regions?
 - a. apartment
 - b. tent
 - c. hut
 - d. bamboo house
6. Which type of house is build in regions where there is high population?
 - a. tent
 - b. apartment
 - c. tree house
7. _____ is made from silica sand.
 - a. Glass
 - b. Cement
 - c. Brick
 - d. Tile

Fill in the blanks using the words given at the bottom.

1. In forests, we can find a _____ .
2. Eskimo lives in _____ .
3. While camping, we build a _____ .
4. Poor people live in a _____ .
5. In highly populated cities, people live in _____ .
6. In earthquake prone regions people build houses using _____ .

igloo hut bamboo apartment tree
house tent house

Classify the below sentences as true and false

1. Cement is mixed with clay and water.
2. Ventilation is more important in a house.
3. People living in villages build apartment.
4. House helps us to protect from the anti-social elements.
5. Tents are made up of nylon or canvas.

Clothes

Our Clothes

We wear clothes

1. To cover our body.
2. To protect ourselves from dust and dirt.
3. To feel warm during winters.
4. To avoid tanning from the sun.
5. To look presentable.

How do we know what to wear?

We usually have three main seasons: summer, winter and the rainy season. These seasons last for almost 4 months and after the completion of one cycle, they continue to follow each other. That's why it's called 'cycle of seasons'. So, we can say that what we wear depends on the cycle of seasons.

In addition to this, we wear clothes of different designs, colors and tradition. So we can say that clothing style also depends on occupation, taste and occasion.

Do you know?

Uniforms of soldiers are called 'camouflage' because it matches with their environment so that the enemies could not spot them easily.

Classify the below clothings.

Gloves, Cotton clothes, Sweaters, Socks, Shorts, Mufflers, Skirts, Kurtas, Coats

Summer

Winter

Fill in the blanks using the words given at the bottom.

1. Doctors wear a _____ coat and examine patients.
2. Police wear a _____ uniform when doing their duty.
3. Lawyers wear a _____ coat while arguing in the court.
4. Students go to school in _____.
5. Usually _____ don't have uniform, but they have _____.

teachers black uniform kaaki white
dress code

1. _____ protect our feet.
2. _____ keep us dry in rain.
3. _____ are weared at night.
4. _____ helps us to protect ourselves from cold.
5. _____ provides shade from sunlight.
6. _____ protect our hand from cold.

Shoes Raincoat Pyjamas Gloves
Sweater Hat

1. Clothes _____ us from heat, cold and rain.
2. We wear _____ clothes in summer.
3. Woolen clothes keep us _____.
4. We use _____ or umbrella when it rains.
5. We use different types of clothes during different _____.

protect cotton occasion raincoat warm

Match the following

Summer	Woolen clothes
Winter	Raincoat
Rain	Silkworm
Polyester	Cotton clothes
Silk	Artificial fiber

Classify the below sentences as true and false

1. Usually teachers don't have uniform.
2. We wear our favorite dress to school.
3. We wear woolen clothes in summer.
4. Lawyer wears black coat.

5. We get silk from silkworm.
6. Usually nurses don't have uniform.
7. We get wool from sheep.

How clothes are made?

In the past, a spinning wheel was used to make yarn from cotton; and then, these yarns were used to make fabrics and clothes. In the modern times, yarn is made through machinery; although the procedure is same.

What to do with old clothes?

1. If they're in a good condition, donate them to needy people.
2. They can be reused for making new clothes.
3. Torn clothes can be used in dusting, moping, doormats etc.
4. Some clothes are reused in making other products.

Fun fact!

Mahatma Gandhi, during the struggle for independence, promoted the use of Swadeshi goods by making khadi yarn on his charakha. This led to formation of Charakha Mandals throughout the nation. In case of unavailability of detergent, one can also use soap nuts, washing soda, ritha, hinganbet and limestone. All these are natural substances.

Fill in the blanks using the words given at the bottom.

1. Gandhiji asked people to wear _____ clothes.
2. It is unsafe to wear _____ clothes while cooking or burning crackers.
3. People prefer wearing _____ clothes in summer.
4. _____ protect our skin from the sun.
5. _____ protect our ears and neck from cold.

Scarfs Mufflers cotton swadeshi
nylon

Classify the below sentences as true and false

1. Clothing styles vary according to gender, occasion, season and ethnicity.
2. Detergent is used to wash clothes.
3. Liquid handwashes are used to clean clothes.
4. Bamboo yarn is also used for making clothes.
5. A person can wear same clothes forever.

Arrange the materials based on their source of origin

Silk, Wool, Nylon, Jute, Rayon, Cotton

Natural

Artificial

Directions and Maps

Directions and maps

How to find the directions?

There are four main directions: East, West, North and South.

The direction in which sun rises is east.

The direction in which sun sets is west.

East and west are opposite to each other.

When we face east, the north is to our left and the south is to our right.

Do you know, because the sun rises and sets every day, it is used to determine directions.

Apart for the four main direction, there are another four directions which lie between. They are north-east, north-west, south-east, south-west.

Use of directions in maps

Directions are mostly shown in a map. They are indicated with an arrow pointing north. Before reading the map, make sure the directions on the map match the directions on the ground. This method will help you to read the maps.

Different types of Maps

1. World Map
2. Country Map
3. State Map
4. City Map
5. Street Map

If you look at the India map, we can see

1. Jammu and Kashmir is present in the north
2. Tamil Nadu is present in the south

3. Gujarat is present in the west
 4. Assam is present in the east.
- Do you know?
The model of our Earth is called Globe.



Colors

We use different colors in map.

Water bodies like ocean, sea, lakes, rivers are represented in green.

Mountains are represented in brown.

Fill in the blanks using the words given at the bottom.

1. _____ direction is opposite to north direction.
2. The land on the earth is divided into seven _____ .
3. Sun rises in the _____ and sets in the _____ .
4. _____ is the part of earth's surface occupied by salt water.
5. _____ helps us to understand map through symbols and signs.

Index Ocean West East Continent
South

1. In maps, forests are represented in _____ , oceans in _____ , and mountains in _____ .
2. If you look at India map, we can see Punjab is present in the _____ , Assam is present in the _____ , Gujarat is present in the _____ and Tamil Nadu is present in the _____ .

green west blue north east
brown south

Four Directions

East, West, North, South

Eight Directions

East, West, North, South, North-East, North-West, South-East, South-West

Multiple Choice Questions

1. What is the name of the country we live in?
 - a. India
 - b. Earth
 - c. United States
 - d. Spain

2. Earth is also known as _____.
 - a. Continent
 - b. Ocean
 - c. State
 - d. World

3. Which direction is to our left when we face east?
 - a. West
 - b. East
 - c. South
 - d. North

4. How many basic directions are there?
 - a. four
 - b. six
 - c. eight
 - d. two

5. Which direction does the magnetic needle points?
 - a. South
 - b. East
 - c. West
 - d. North

Classify whether the below directions are shown in

map.

Down, West, Right, East, South, Left, Up, North

Shown

Doesn't Shown

Classify the below sentences as true and false

1. Maps are drawn in real size.
2. In maps, directions are not mentioned.
3. There are three main directions east, west and south.

4. Plains and mountains are shown in different colour.
5. Globe is the model of our world.

Maps

Signs and Symbols

Most of the maps have direction, scale and index



Direction

Usually north comes at the top in a map.

Scale

Maps are miniatures of real places. The scale shows, how much real ground is covered in 1 cm on paper.

Index

It lists the different symbols used in the map and their labels.



To make the map easy to read, standard signs and symbols are utilised. The Signs which are used to depict various objects on a map as per convention are called conventional signs. These can be letters or mathematical shapes such as lines, circles, triangles, dots, and so on.

The symbols which are used to depict various objects

as per convention are called conventional symbols. These symbols can be miniature signs of temples, mosques, forts, etc.

Match Maps & Uses.

Road Map	Governance
Mountain Map	Student
World Map	Trekking
Political Map	Study of Nature
Geographical Map	Travelling

Multiple Choice Questions

- Digital elevation in map is possible because of _____.
a. signs and symbols
b. computers
c. contour line map
- The real distance between places on map is given in _____.
a. direction
b. index
c. scale
d. symbols
- The signs are usually represented by _____.
a. mathematical shapes
b. miniature drawing
c. varying colors
- Which of the following is not true?
a. Maps don't show moving objects.
b. Maps don't show distance between places.
c. Maps don't show direction.
d. Maps don't show religious places.

Classify the following on basis of conventional signs and conventional symbols

Church, Library, Fort, School, Hospital, Factory, Post office, Taxi, Police

Sign

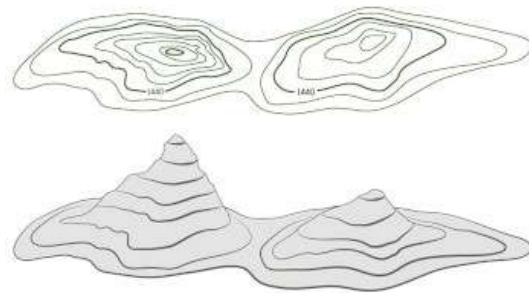
Symbol

Representing heights

Maps usually don't show heights. But there are certain methods to represent height in a map.

Contour Line

On a map, this method shows the unevenness of landforms. Land height is measured from sea level. Then we find spots of the same height. Their location is pinpointed on the map. A line connects these points. Such lines are called contour lines. It helps us to understand the land's slope and height.



Layer Tinting

The spaces between contour lines are coloured in this method. Each colour represents a height.

Digital Elevation

In this way, we use computers to convey data from man-made satellites to show on a map.

Physical maps can be utilised in military operations, tourism, mountaineering route planning, and regional development.

Fill in the blanks using the words given at the bottom.

- _____ method shows the unevenness of landforms.
- Conventional _____ are miniature signs of temples, mosques etc.
- In modern method, _____ are used to convey

data from man-made satellites.

4. Conventional _____ can be letters or

geometrical shapes such as lines, circle, etc.

signs computers symbols Contour line

Himsagar Express

India is a big country. Indian Railways helps us to travel between different places. There are many long distance trains.

Himsagar Express runs between Kanyakumari, present at the Southern end of India and Jammu Tawi, present at the north of India.

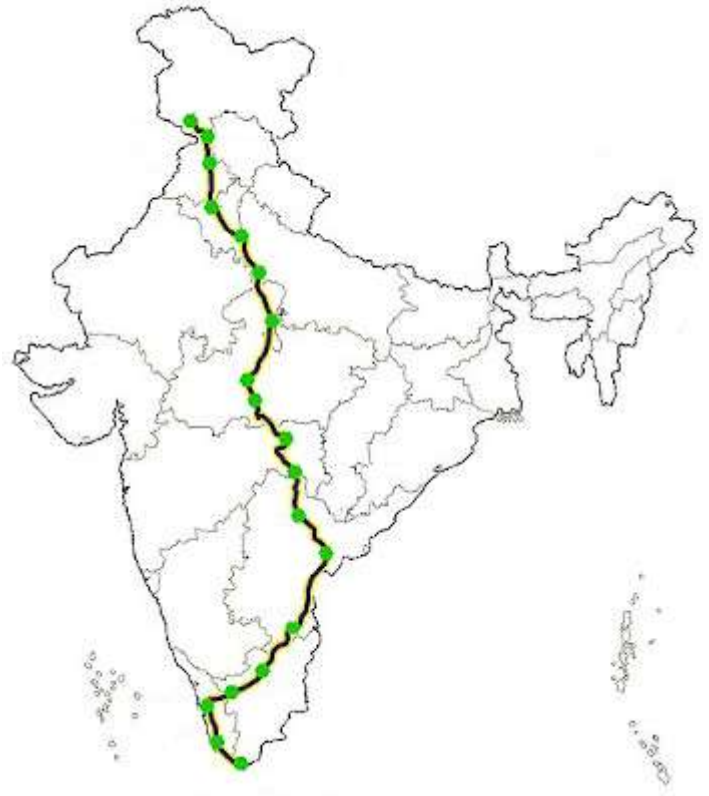
The train travels 3789 km covering 12 states and 65 stations. It takes 68 hours and travels at an average speed of 56 km/hr. The train travels through the following stations: Kanyakumari, Thrissur, Coimbatore, Tirupathi, Vijayawada, Nagpur, Bhopal, Jhansi, Agra, New Delhi, Jalandhar, Jammu Tawi.

Match the Numbers - Himsagar Express

3789 km	States
52 km per hr	Total Hours
12	No of Stations
68	Average Speed
65	Total Distance

Himsagar Express - Route Map

Kanyakumari, Thrissur, Coimbatore, Tirupathi, Vijayawada, Nagpur, Bhopal, Jhansi, Agra, New Delhi, Jalandhar, Jammu Tawi



Earth

Earth

Millions of years ago an explosion called 'The Big Bang' occurred. Numerous stars and celestial bodies came into existence by that massive explosion. These celestial bodies together called the Universe or Cosmos.

1. Universe: The Universe is a vast expanse of space. The Universe consists of billions of galaxies, stars, planets, comets, asteroids, meteoroids and natural satellites.

2. Galaxy: Galaxy has a huge cluster of stars. Our galaxy is called 'Milky way'. There are billions of galaxies in the Universe.

3. Solar System : It consists of the sun, the planets, their moons, dwarf planets, asteroids and comets. These objects are bound by Earth's gravitational force.

Movement of Earth

The Earth rotates on its axis and also revolves around the Sun. Day and night are caused due to the Earth's rotation whereas the Earth's revolution is responsible for seasons. Life is possible on Earth because of the presence of land, air and water.

Planets

There are 8 planets in our solar system.

1. Gaseous planets: They are Jupiter, Saturn, Uranus and Neptune.
2. Terrestrial planets: They are Mercury, Venus, Earth, and Mars.
3. Frozen planets: They are Uranus and Neptune.

Earth

We live on the surface of the Earth. It is called the Blue Planet. It is made up of 7 continents and 5 oceans.

1. Continents: The 7 continents are Asia, Africa, North America, South America, Antarctica, Europe, and Australia. The Asian continent where we live is the biggest of all. And Australia is the smallest one. The Antarctica is the continent full of snow.
2. Oceans: The 5 oceans are Pacific Ocean, Atlantic Ocean, Indian Ocean, Arctic Ocean and Southern Ocean. Around 97 percent of the planet's water is in the Ocean. Around 71 percent of our Earth is covered by salt water and that is called as Ocean. Only 2.5 percent of water is fresh and 1 percent of it is easily accessible.

Fill in the blanks using the words given at the bottom.

1. The planets nearer to the sun are very ____ .
2. The planets away from the sun are very ____ .
3. Venus is called Earth's ____ .
4. Mars is described as the ____ planet.
5. Earth is called the ____ planet.

hot cold Red twin Blue

Classify the below sentences as true and false

1. There are 5 continents and 7 oceans.
2. The Universe is a vast expanse of space.
3. Day and night are due to Earth's revolution.
4. Milky way is our Universe.
5. There are billions of galaxies in the Universe.
6. The earth rotates on its axis.

Fill in the blanks using the words given at the bottom.

1. Red planet - _____
2. Blue planet - _____
3. Ringed planet - _____
4. Smallest planet - _____
5. Hottest planet - _____

6. Largest planet - _____

Jupiter Saturn Earth Mercury Venus
Mars

Fill in the blanks using the words given at the bottom.

1. Smallest continent - _____
2. Largest continent - _____
3. Snow covered continent - _____
4. Second largest continent - _____

Antarctica Asia Australia Africa

Multiple Choice Questions

1. The distance between the earth and the sun is _____.
 - a. 50 km
 - b. 150 million kilometre
 - c. 1500 km
2. _____ is caused due to revolution of the Earth.
 - a. Night
 - b. Season
 - c. Day
3. The continent which is covered by ice is _____.
 - a. Antarctica
 - b. Australia
 - c. Asia
4. The biggest continent is _____.
 - a. Asia
 - b. Africa
 - c. Australia
5. _____ is described as Red Planet.
 - a. Mercury
 - b. Venus
 - c. Mars
6. _____ Percentage of our earth is covered by salt water
 - a. 81 %
 - b. 97 %
 - c. 71 %

Sort the planets based on its distance from sun.

(Nearest planet at top)

- ☐ Earth
- ☐ Uranus
- ☐ Venus
- ☐ Mercury
- ☐ Mars
- ☐ Neptune
- ☐ Jupiter
- ☐ Saturn

Arrange the continents based on their size. (Start from largest continent)

- ☐ Australia
- ☐ N.America
- ☐ Africa
- ☐ Europe
- ☐ S.America
- ☐ Antarctica
- ☐ Asia

More about our World

Asia

1. It is the largest continent.
2. China and India has the highest population both in Asia and the World.
3. Highest point on earth is in Asia
4. Asia is the birth place of many great ancient civilization.
5. Major countries in Asia: India, Japan, Singapore, Malaysia, Saudi Arabia, Sri Lanka, Nepal, Pakistan, Maldives, Philippines, Afghanistan, Thailand and Indonesia.

India

1. Land of unity in diversity.
2. India has several historical monuments.
3. It has 29 states and 7 union territories.
4. Monuments in India: India Gate in Delhi, Sanchi Stupa near Bhopal, Gateway of India in Mumbai, St George Fort and Taj Mahal in Agra.

Africa

1. Africa is the second largest continent.
2. The world's longest river, the Nile and the world's largest desert, the Sahara, are in Africa.
3. More than 50% of the world's gold and diamond come from this mineral rich continent.
4. Also called the Dark Continent.

North America

1. North America is the third largest continent by area.
2. The largest fresh water lake, Lake Superior is located in this continent.
3. The Mississippi - Missouri, is one of the longest river located in North America.
4. The United States of America (USA) is a part of North America.
5. Major countries in North America: Canada, Mexico, Nicaragua, Honduras, Cuba, Guatemala, Panama and Costa Rica.

South America

1. The world's largest river is in South America.
2. Brazil, a country in South America is one of the largest coffee producers in the world.
3. The Andes is one of the longest mountain range in South America.
4. One of the highest volcanoes of the world, Mt. Cotopaxi is found in this continent.
5. Major countries in South America: Argentina, Bolivia, Brazil, Colombia, Ecuador, Paraguay, Peru, Uruguay and Venezuela.

Antarctica

1. Antarctica is the coldest continent on Earth.
2. It is also called the White Continent or the Frozen Continent.
3. Penguins are found in Antarctica.

Europe

1. Europe is separated from Asia by the Ural mountains and the Caspian Sea.
2. The world's smallest country, the Vatican City, is in Europe.
3. The Volga is one of the longest rivers in Europe.
4. Finland, in Europe, is called the 'Land of Lakes'.

5. Major countries in Europe: France, United Kingdom, Germany, Norway, Austria, Greece, Spain, Portugal and Italy.

Australia

1. Australia is an Island continent covered with unique landscapes and natural wonders.
2. The Great Barrier Reef, the pride and joy of Australia is made up of nearly 2,500 individual reefs and visible from space.
3. Australia includes the islands of Tasmania and numerous small islands.

Important terms

1. Civilization : A society in an advanced state of social development.
2. Island : A piece of land surrounded by water.
3. Monument : A building that is of historical importance and preserved as public property.

Match the following

Asia	Tasmania
Africa	Brazil
N.America	India
S.America	Vatican City
Europe	Cape Town
Australia	Mexico

Match the following

Taj Mahal	Peru
The Great Wall	Jordan
Petra	China
Machu Picchu	Rome
Colosseum	India

Classify the below sentences as true and false

1. India is the world largest coffee producer.
2. Caspian sea is the largest sea.
3. Lake Superior is in Africa.
4. Europe and Asia are parts of the same major landmass.
5. The Amazon rainforest covers most of the South America.

6. There are only permanent research stations from different countries in Antarctica.

Fill in the blanks using the words given at the bottom.

1. The Great Wall of _____ is the man made structure that can be seen from space.
2. Seven continents of the world were joined together as a single huge landmass called _____ .
3. Taj Mahal is situated in Agra on the banks of river _____ .
4. More than _____ of the world's gold and _____ come from the mineral rich continent of Africa.
5. The world's smallest country, the _____ , is in Europe.

diamonds 50% Yamuna Pangaea
Vatican City China

Fill in the blanks using the words given at the bottom.

1. Highest volcano - _____
2. Smallest country - _____
3. White continent - _____
4. World's largest coffee producer - _____
5. Only continent to have all climatic types - _____

6. World's longest river - _____
7. World's largest desert - _____
Sahara Mt. Cotopaxi Vatican City Nile
N.America Antarctica Brazil

Multiple Choice Questions

1. The continent which is covered by ice is _____.
a. Australia
b. Antarctica
c. Asia
2. The biggest continent is _____.
a. Australia
b. Africa
c. Asia

3. There are _____ continents in the world.

- a. 9
- b. 5
- c. 7

4. _____ is the longest river in the world.

- a. Kaveri
- b. Ganga
- c. Nile
- d. Amazon

5. Penguins are found in _____

- a. Asia
- b. Africa
- c. Antarctica

My Family My Home

My Family

We are born in our family and are brought up by our parents. They take care of us.

In a family, we are secure in every way. Our family provides us food, clothing and shelter. There is affection among family members.

Joint Family

It is a big family. Grandparents, aunts, uncles, parents, siblings and cousins all live together in one house.

Nuclear Family

It is a small family and it consists of only parents and children.

Extended Family

Families are linked with many other relatives. Aunts and uncles from the mother's and father's side, their children are all related to our family. People who are related through our mother are called maternal relations. People who are related through our father are called paternal relations. Family tree diagram shows how different people are related to us and also captures different generations.

Neighbours and society

Many families live near our home. We call them

neighbours. All the families together form the society.

Money and Budget

The earnings vary from family to family. Some live in own house and some live in rented house. Some families have car some don't. We should not complain about things we don't have and we should not compare with others. Education can improve the financial situation of a family. Planning and budget can help the family from running out of money. We should not spend more than what we earn. We have to keep a part of our income as savings.

Why we need Family

Family gives us the values of discipline, morals and the habit of sharing. Inter dependence of family members help in becoming good citizens and develop harmony. Family helps us to feel safe and secure.

Not just human beings, even animals have family. Animals like lion and elephant live together as one big joint family. Animals and birds take care of the young ones and teach them how to live in this world.

Fill in the blanks using the words given at the bottom.

1. Education can improve the _____ situation of a family. Planning and _____ can help the family from running out of _____. We should not spend more than what we _____. We have to keep a part of our income as _____.

budget financial savings money earn

1. In a family, we are _____ in every way.

2. Nuclear families are _____ and joint families are _____.

3. A family _____ shows several generations of people.

4. Every household chore is _____. We should share the work.

5. We must keep our house and surroundings _____.

secure tree small big important
clean

Classify the below sentences as right or wrong

1. Only human beings have family.
2. We must help each other in times of difficulty.
3. All family members should share the household chores.
4. Music should not be played so loud as to cause noise pollution.
5. Garbage should not be thrown in a garbage bin.
6. Keeping the house clean and tidy is the responsibility of one person in the family.
7. Joint family has upto 4 members.

Match the following

Character	Next House
Sharing work	Vendors
Maternal relation	Unity
Outsiders	improve relation
Neighbours	Uncle

Fill in the blanks

1. All the families together form the _____ (society, neighbours).
2. My mom's sister is my _____ (maternal, paternal) relation.
3. My dad's brother-in-law is my _____ (maternal, paternal) relation.
4. My dad's uncle is my _____ (paternal, maternal) relation.
5. The person living in our opposite house is our _____ (neighbour, uncle).

Classify the below sentences as true and false

1. We have to support each other in a family.
2. We have to spend more than our income.
3. A family fulfills all our basic needs.
4. We must keep our things in their respective places.
5. Our neighbours are our relatives.

Fill in the blanks using the words given at the bottom.

1. Basic unit of the society is _____ .
2. Basic needs like food, dress and _____ are fulfilled by the family.
3. Inter dependence of family members help in becoming good citizens and develop _____ .

4. Family gives us the values of _____ , morals and the habit of _____ .

family shelter discipline sharing
harmony

Multiple Choice Questions

1. The basic unit of the society is _____
a. family
b. village
c. town
2. _____ is one of our basic needs.
a. car
b. shelter
c. sofa
3. If only father mother and children live together is called _____.
a. joint family
b. big family
c. nuclear family
4. Planning how we spend our money is called _____.
a. wealth
b. budget
c. earnings

Family Values

Family Values

Decision making

We live together in a family. Every person has their own likes and dislikes. Thoughts and opinions can also differ. So, when everyone has a role in decision making, each person gets the opportunity to say what they think. We feel like a more important part of the family when we see that our opinion is valued.

Honesty

Everyone makes mistakes. When we realize that we have made a mistake, we should talk about it openly with our friends and family. It will help us correct our mistake. It will also teach us to be honest. It is necessary to be honest and sincere in our work.

Because, if we are dishonest, we lose our self-confidence.

Co-operation

Co-operation and teamwork help us communicate with more people, learn together and get work done easily and efficiently. For example, we co-operate in family, team sports, rallies and other gatherings.

Tolerance

Tolerance is when you try to understand another person's point of view even if their opinion doesn't match with yours. It means you respect their ideas and thoughts.

Gender Equality

Gender equality means considering boys and girls as equally capable in all aspects, like sports, education, jobs, opportunities, responsibilities, etc. Both genders must respect one another.

Points to remember

1. Everyone in the family must have a say in decision-making.
2. We must be honest in our private and public life.
3. Tolerance and co-operation make our life peaceful.
4. A tolerant attitude makes it easy to preserve diversity.
5. Men and women are equal. It is not right to discriminate between them.

Rules

Our society works according to certain rules. We make the rules ourselves. We follow these rules because they are meant for the common good. Sometimes laws have to be made to abolish unjust customs. In our country, customs such as child labour and child marriage were abolished by making laws that banned them.

Points to remember

1. Everyone has a responsibility to solve problems in civic life.
2. Problems can be solved if everyone co-operates.
3. Dialogue and discussion can help solve disputes.
4. Disputes can be solved peacefully.

5. If there is peace in the family, school and society, everyone benefits.

6. Peace is a social value.

Fill in the blanks using the words given at the bottom.

1. Boys and girls should have equal rights. It is called _____ .
2. If we are _____ , people will trust us.
3. Everyone should be given an opportunity to share their _____ .
4. Doing a work together is _____ .
5. Children are protected from child labour though _____ , and whoever employs children at work will be _____ .

team work opinion punished honest
equality laws

Classify the below activities as good or bad

1. Following rules while walking on the road.
2. Kids avoiding work given by the parents.
3. Not including your friend in your football team as she is a girl.
4. Treating girls and boys equally.
5. Sharing work with others in the family.

Classify the actions based on whether they are honest or dishonest.

1. Jerry found a purse in the park, and hand it over to the police station.
2. Anjana found a toy in the garden and kept it for herself.
3. Arya borrowed a pencil from Mina. After she finished using it, she returned it.
4. Renu accepted that she had broken the flower vase.
5. Selvi fell from her bicycle. However, she told her mother, 'Ravi pushed me off the bicycle'.

Multiple Choice Questions

1. You meet a boy who has lost his way. What will you do?
 - a. Take him to the nearby police station.
 - b. Leave him with a stranger.
 - c. Do not pay attention to the crying boy.

2. While on a trip, you realize that our friend has forgotten her tiffin at home. What will you do?

- Let her starve.
- Ask her to go back by herself.
- Share your tiffin with her.

3. Your teacher is punishing your friend for a mistake that you committed. What will you do?

- Accept your mistake.
- Let your friend get punished.
- Blame it on someone you don't like.

4. Your friend tripped and fell while you were playing. What will you do?

- Keep playing and don't pay attention to her.
- Laugh at her.
- Help her get up.

Understanding Time

What is Time?

Time is an infinite continuous progress of events from the past, through the present, to the future. It is majorly divided into three parts.

- Past - event that has happened
- Present - event that is happening
- Future- event that is going to happen

To calculate and understand time, we use certain units like clocks, calendars, etc. A clock contains seconds, minutes, and hours. Calendars are there to make a log of time. The calendar contains days, months, and years. These are all units of time, that help us to measure and calculate the time. In ancient days, some people used a water clock or an hourglass to measure time.

Sometimes, old statues, coins, shards of pottery, old objects, etc. are found while digging the ground. They are things used by the people who lived many years ago. They help us to understand the life style of people who lived during such times.

Classify the below as past or future tense.

Came late, yet to come, Later, Reached, Gone, Going to reach

Past tense

Future tense

Match the equal time.

9.00 A.M	6:00 hours
3.00 P.M	20:00 hours
8.00 P.M	23:00 hours
6.00 A.M	15:00 hours
11.00 P.M	9:00 hours

Multiple Choice Questions

1. Choose the right sequence in ascending order

- Minutes; Hours; Seconds
- Hours; Seconds; Minutes
- Minutes; Seconds; Hours
- Seconds; Minutes; Hours

2. _____ is used to measure time.

- All of the above
- A calendar
- Water clock
- An hourglass

3. Statues and coins help us to know about the _____.

- past
- present
- future

4. How many days are there in a leap year?

- 367
- 368
- 365
- 366

5. How many months do we have in a year?

- 15
- 14
- 13
- 12

Fill in the blanks using the words given at the bottom.

1. Old newspapers help us to know about the _____.

2. 1 hour is _____.

3. 1 minute is _____.

4. A.M stands for _____.

5. P.M stands for _____.

6. _____ month has 30 days.

7. _____ month has 31 days.

ante meridiem 60 seconds June 60
minutes past post meridiem December

Classify the below sentences as true and false

- Time is not measured by any instruments.
- "The train may come late" is future tense.
- Historical buildings help us to understand the history.
- "Right now" is past tense.
- Time is majorly divided into past, present and future.

Find the given words from the table.

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

CALENDERS, HOURGLASS, CLOCK, COINS, POTTERY,
STATUES

My Upbringing

My Upbringing

We learn many different things while we are growing up. They lead to the development of certain habits, likes and dislikes. They shape our views and thoughts. This is what is known as our upbringing.

You must have seen photographs of your childhood. You began to crawl. You learnt how to walk and how to talk. And apart from this, you learnt many more things - how to brush your teeth, how to bathe, how to eat without spilling, how to behave with people older than you.

You also learned, how to fill your schoolbag, how to ride a bicycle, how to play a cell phone game, when to feed the cattle, how to buy groceries, how to behave with strangers.

Relatives

Our close relatives like our grandparents, uncles and aunts also have great affection for us. We learn many things from them, too. People who are close to us, teach us how to carry out our own tasks ourselves. They appreciate it when we can do all these things properly. They commend us saying that we have grown up.

Neighbours

Our neighbours too can influence our upbringing. If people from another place happen to be our neighbours, we naturally get to know about their food and festivals which may be different from ours. This is how we become familiar with diversity.

Many of our neighbours know us from our childhood. They too feel affectionate towards us. We learn some good habits from our neighbours too. Our neighbours also influence our upbringing.

Self Learning

Everything that we learn is not 'taught' to us by somebody. We pick up many things through observation and through exposure. How do our friends speak? What clothes do they wear? What games do they play? How do they study? We pick up many of these things

unconsciously. Many times, we also behave like our friends.

Recap

1. The many things we learn as we grow up, together make our upbringing.
2. Our parents and close relatives play an important part in our upbringing.
3. We also learn many things from our friends and neighbours.
4. We learn from the conscious efforts taken to make us good people.
5. We also learn through observation and exposure.

A Lion Cub's Upbringing

A lion cub is not able to hunt as soon as it is born. It is taught how to hunt by its mother and other lionesses in the pride. These cubs are quite helpless for about the first two weeks. They do not even open their eyes. Therefore, their mother keeps them hidden. When the cubs are about eight weeks of age, they are introduced to the other members of the pride. All the lionesses take care of the cubs. A cub is pampered by all of them until it is three months old. Then, it begins to learn how to hunt. It takes two to three years for a cub to become adept at hunting.

Multiple Choice Questions

1. From whom do we learn about diversity?
 - a. Grand Parents
 - b. Parents
 - c. Neighbours
2. Who plays an important role in our upbringing?
 - a. Relatives
 - b. Parents
 - c. All of the above
 - d. Teachers
3. What do our relatives tell us on visiting us, after a long time?
 - a. You dress is looking great.
 - b. You are smart.
 - c. You are very beautiful.
 - d. You have grown up.

4. As a child, I learn how to _____.

- a. ride a bicycle
- b. ride a motorbike
- c. drive a car

5. Lion cubs start to learn hunting after _____.

- a. 3 months
- b. 2 weeks
- c. 3 years

Classify the below as good and bad habits.

Early sleep, Biting nails, Eating healthy, Body shaming, Regular exercise, Book reading, Telling lies, Talking bad words

Good habits

Bad habits

Fill in the blanks using the words given at the bottom.

1. Every _____ has value.
2. _____ is the best policy.
3. _____ is next to godliness.
4. Reuse, reduce, _____ .
5. _____ those in need.

life Cleanliness Honesty Help recycle

Click the blanks and fill it with the right word.

1. Do not ____ (harm, help) others.
2. Be ____ (kind, unkind) to animals.
3. We learn to walk after ____ (one, two) years.
4. A ____ (friend, enemy) in need is a friend indeed.
5. Making others ____ (smile, cry) is a good conduct.

Classify the below sentences as true and false

1. We are not learning good habits from neighbours.
2. We are not influenced by others.
3. Learning 'how not to be', is as important as learning 'how to be'.
4. We learn everything from others. We cannot learn

anything on our own.

5. Using a mobile phone for a long time is a bad habit.
6. We learn more things through exposure.

Find the given words from the table.

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

EXERCISE, BOOKS, HONESTY, RECYCLE, KIND, LIES

Our Emotional World

Our Emotional World

Human nature has many different aspects. At times, he is jealous; at times he is loving. Sometimes, he acts selfishly, but sometimes he is willing to make a sacrifice for others and comes forward to help. Anger, joy, sorrow, jealousy, disappointment, fear, etc. are all emotions.

Coping with our Emotions

If someone does something wrong, we get angry; however, we must not lose our temper. It is natural to desire something but we must not be greedy for it. If we think properly, we can control our emotions. Emotional adjustment involves coping with your emotions, being able to control them and expressing them in a reasonable manner.

When we learn to cope with our emotions, our personality becomes balanced, our ability to understand others increases and we can overcome adverse conditions. Then we become free from faults such as blaming others unnecessarily, calling them names and not being able to tolerate their success. We become happy and our ability to relate to others improves. We

learn not to be stubborn.

Anger

Anger is an emotion just like happiness or sadness. All of us get angry about something at some point of time. We get angry if something does not happen according to our wishes, or if we are insulted. Similarly, we also get angry if we see someone being ill-treated. If we get angry very often, or if we cannot control our anger, it can have adverse effects on our body and mind. We become short-tempered and stubborn. Our attitude of co-operation and understanding decreases and we hurt others. We face consequences such as headache, loss of sleep and dullness.

Flaws

People's likes and dislikes and capabilities can be different. We may be good at some subject, art or sport and bad at another. We must know our flaws as well as our talents, so that we can improve upon them. Just because we are unable to do something, it does not mean that we stop trying to excel at what we can do.

We can change

No person is entirely good or entirely bad. We must always think about the good qualities or virtues in our friends first. We must help each other to get rid of our flaws. If we speak about our flaws as openly as we speak about our talents, it will be to our advantage.

Neha talks the most in her group. Her friends began to avoid her since they never got a chance to speak. Neha realized this. Then, she began to watch out how much she spoke. She told her friends herself, 'Stop me if I talk too much'. Gradually, Neha began to listen to others and brought about a change in her own behaviour.

Recap

1. Emotions must be expressed. There must be a balance between our thoughts and emotions.
2. Anger must be controlled, otherwise it can have adverse effects on our mind and body.
3. We must be aware of our flaws as well as our talents.
4. We can try to correct the flaws in our nature.

Classify the below as positive and negative emotions.

Jealousy, Interest, Fear, Amusement, Happiness,
Sorrow, Joy, Anger, Disappointment, Love, Satisfaction

Positive

Negative

Match the following.

Happy

Angry

Sad

Jumbled

Excited

Confused

Crying

Irritated

Enthusiastic

Glad

Multiple Choice Questions

1. We should know how to _____ our emotions.
 - a. control
 - b. manage
 - c. stop
2. We should know our own _____.
 - a. greedy
 - b. flaws
 - c. anger
3. Too much of _____ will have adverse effects on mental health.
 - a. joy
 - b. selfishness
 - c. anger
4. We can have desires, but we should not be _____.
 - a. unsatisfied
 - b. greedy
 - c. discontent
 - d. ascetic

5. We should understand our friend's _____ and act accordingly.
 - a. emotions
 - b. hunger
 - c. tiredness
 - d. money

Fill in the blanks using the words given at the bottom.

1. We must know our talents and also our _____ .
 2. Handling _____ in the right way will help us lead a happy life.
 3. We should try to _____ our flaws.
 4. If we are _____ always, our friends will avoid us.
 5. If we don't control our anger, it may lead to _____ .
- headache stubborn correct emotions
flaws

Growth and Development

All living things have the ability to grow. Humans have slow growth and development from birth to adulthood. Infants cannot do any activity by themselves. Slowly they get the co-ordination and control of the movements. They grow in weight and height slowly till adulthood. A balanced diet and regular exercise are the major factors that support growth and development for humans.

Skills development

When we grow, our physical strength increases. At the same time, learning and practicing new skills rapidly leads to personality development. Animals learn from their mother how to protect themselves from their enemies, weather, etc. They learn and begin to live independently. Animals learn only a limited number of skills in their life, however, humans learn more things throughout their life. Developing skills helps one to live independently and enrich life.

Heredity

The characteristics and features of parents or ancestors that are being passed to their children is called heredity. This is the reason, where many family members look similar to each other, but even then every person is unique. Everyone has their unique character traits and personality. Talents and inherent qualities

differ from person to person.

Match the following

Heredity	Good character
Physical growth	Malnutrition
Imbalanced diet	Slow co-ordination
Good Values	Development
Infants	Family

Multiple Choice Questions

- _____ learn only a limited number of skills in their life.
 - Alien
 - Animals
 - Trees
 - Human
- _____ learns lot of things throughout their life.
 - Animals
 - Human
 - Alien
 - Trees
- We grow in height usually till _____.
 - 12 years
 - 25 years
 - 18 years
- Due to heredity, _____ looks more similar to each other.
 - teachers
 - students
 - friends
 - family members
- _____ have slow development in having co-ordination movement.
 - None of the above
 - Adults
 - Infants
 - Plants

Fill in the blanks using the words given at the bottom.

- Learning new _____ make us better.
 - _____ learn the various skills slowly.
 - We learn many skills from our parents and _____ .
 - Our _____ develops through our efforts and interests.
 - Passing on features from _____ is called heredity.
- ancestors Infants skills teachers
personality

Fill in the blanks

- We have physical body growth until we reach ____ (18, 25) years.
- Learning many skills will help one to be less _____ (dependent, independent) on others.
- Doing _____ (regular, irregular) exercises helps to keep the body fit.
- Every one of us has a _____ (unique, similar) personality.
- It is more important to reflect the ____ (good, bad) values in our behavior.

Classify the below sentences as true and false

- Food is not required for physical and mental growth.
- Infants don't need the help of their parents.
- Intake of proper nutritious food is necessary for growth and development.
- Lack of physical activity and exercise affect the overall growth adversely.
- Animals learn from their mother how to protect themselves from their enemies.

Find the given words from the table.

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

HAPPY, TEARS, BLUE, WONDER, PUZZLED, ANGRY