

# Environmental Studies

Book 1



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# Preface

*Environmental Studies* endeavours to create awareness about the environment in young minds. It is imperative to inculcate in the younger generation at an early stage, a scientific outlook and a holistic understanding of the relationship between self, society and the environment.

The series is a set of five books for classes I to 5. It is developed in strict conformity to the most recent NCERT syllabus. Simple language, lively illustrations and fun activities are the hallmark of the series.

There is a conscious attempt to use minimum text and teach concepts through illustrations, activities and flow charts. Concepts are introduced through an interactive approach and colourful illustrations accompany each concept for easy retention. Exercises and activities at the end of each chapter are largely objective type to facilitate classroom assessment of students by teachers.

We hope that the series will facilitate teachers to innovate and creatively present the content of the book. The series aims to make environmental science interesting for the teacher and the students.

We welcome suggestions for the improvement of the series.

# Look Inside

Let's take a look at all the resources provided with **Environment Studies** series.



## Environment Studies (Resources)

Textbooks

Interactive Learning

Assessment Tools

Online Support

### Inside Textbooks



#### Saina wants to know...

It provides questions based on thinking skills to enhance critical thinking.



#### Grandma asks...

It consists of discussions based on values and life skills to inculcate values and enhance interpersonal skills.



#### Grandma says...

It provides nuggets of wisdom to the children to make them socially and morally aware and responsible.



#### Fact Ant

It consists of interesting facts to enhance general knowledge.



#### Activity Time

It consists of plenty of knowledge - testing projects and activities.

#### Answer Orally

It consists of oral questions for quick recapitulation of concepts learnt.

#### Let's Revise

It consists of sample test papers after every unit for students to revise the concepts learnt.



#### Exercise Time

It consists of a wide variety of questions for students to practise.

#### Fun Time

It consists of fun activities included in between the chapters.

# For Teachers

## Assessment Tools

**Exercises:** There is a huge variety of exercises in the form of oral, descriptive and objective questions to assess the performance of the students.

**Sample Test Papers:** The sample test papers are given after every unit to assess the students continuously.

**Activities and Projects:** A variety of activities and projects are given to assess the thinking and creative skills of the students.

**Answer Key:** Answer key is provided for all the in-text questions, chapter-end exercises and for the questions given in the sample test papers.

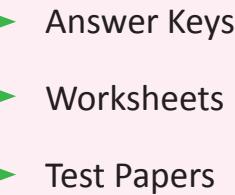
## Digital Tools

### Teacher's App

Teacher's App is provided with each book that consists of the following components.



### Online Support



## Detailed Contents

Chapters	Content	Special features
1. About Me	Knowing about self	<ul style="list-style-type: none"> <li>• Knowing about a friend</li> </ul>
2. My Body	<ul style="list-style-type: none"> <li>• Knowing about body parts</li> <li>• Functions of some body parts</li> </ul>	<ul style="list-style-type: none"> <li>• Discussion based on values and life skills</li> <li>• Drawing body parts of gingerbread man</li> </ul>
3. My Sense Organs	<ul style="list-style-type: none"> <li>• Functions of sense organs</li> </ul>	<ul style="list-style-type: none"> <li>• Activities on sense organs</li> </ul>
4. Looking after My Body	<ul style="list-style-type: none"> <li>• How to keep our body clean</li> </ul>	<ul style="list-style-type: none"> <li>• Individual activities on cleanliness</li> </ul>
5. The Clothes We Wear	<ul style="list-style-type: none"> <li>• Clothes of different seasons:             <ul style="list-style-type: none"> <li>– summer</li> <li>– winter</li> <li>– rainy</li> </ul> </li> <li>• Uniforms</li> <li>• Costumes</li> <li>• Materials of clothes</li> </ul>	<ul style="list-style-type: none"> <li>• Project on clothes we wear</li> </ul>
6. Food We Eat	<ul style="list-style-type: none"> <li>• Importance of food</li> <li>• Types of meals</li> <li>• Sources of food</li> <li>• Good food habits</li> </ul>	<ul style="list-style-type: none"> <li>• Discussion based on values and life skills</li> <li>• Project on cooked and raw food</li> <li>• Learning to make summer drinks</li> </ul>
7. Safety Rules	<p>Various safety rules:</p> <ul style="list-style-type: none"> <li>• on the road</li> <li>• at home</li> <li>• at school</li> <li>• in the bus or car</li> <li>• while swimming</li> </ul>	<ul style="list-style-type: none"> <li>• Discussion based on values and life skills</li> <li>• Project on things that are unsafe</li> </ul>
8. My Family	<ul style="list-style-type: none"> <li>• Meaning of family</li> <li>• Kinds of families:             <ul style="list-style-type: none"> <li>– small family</li> <li>– big family</li> <li>– joint family</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Making a family tree</li> </ul>
9. We Help One Another	<ul style="list-style-type: none"> <li>• Helping one another</li> <li>• Fun with family</li> </ul>	<ul style="list-style-type: none"> <li>• Discussion based on values and life skills</li> <li>• Activity on knowing family better</li> </ul>
10. We Need Shelter	<ul style="list-style-type: none"> <li>• Importance of shelter</li> <li>• Types of houses</li> <li>• Types of roofs</li> <li>• Qualities of a good house</li> </ul>	<ul style="list-style-type: none"> <li>• Discussion based on values and life skills</li> <li>• Activity on special houses</li> </ul>
11. Rooms in a House	<ul style="list-style-type: none"> <li>• Different kinds of room</li> <li>• Uses of each room</li> </ul>	<ul style="list-style-type: none"> <li>• Activity on clean room</li> </ul>
12. Our Neighbourhood	<ul style="list-style-type: none"> <li>• Importance of neighbourhood</li> <li>• Places in our neighbourhood</li> </ul>	<ul style="list-style-type: none"> <li>• Discussion based on values and life skills</li> <li>• Activity on places around us</li> </ul>

<b>Chapters</b>	<b>Content</b>	<b>Special features</b>
13. My School	<ul style="list-style-type: none"> <li>• Things we use in class</li> <li>• Rooms in a school</li> </ul>	<ul style="list-style-type: none"> <li>• Discussion based on values and life skills</li> <li>• Pair activity on understanding instructions</li> </ul>
14. People Who Help Us	<ul style="list-style-type: none"> <li>• People who help us and what they do</li> </ul>	<ul style="list-style-type: none"> <li>• Activity on helpers</li> </ul>
15. Festivals	<ul style="list-style-type: none"> <li>• Importance of festivals</li> <li>• Festivals we celebrate: <ul style="list-style-type: none"> <li>– Diwali</li> <li>– Christmas</li> <li>– Gurupurab</li> <li>– Eid</li> <li>– National festivals</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Discussion based on values and life skills</li> <li>• Activity on names of festivals</li> </ul>
16. Good Manners and Habits	<ul style="list-style-type: none"> <li>• Learning good manners and habits</li> </ul>	<ul style="list-style-type: none"> <li>• Discussion based on values and life skills</li> <li>• Activity on daily routine</li> </ul>
17. Travelling is Fun	<ul style="list-style-type: none"> <li>• Need of transport</li> <li>• Different kinds of transport: <ul style="list-style-type: none"> <li>– land transport</li> <li>– air transport</li> <li>– water transport</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Activity on how one would travel</li> </ul>
18. The World of Plants	<ul style="list-style-type: none"> <li>• Parts of a plant</li> <li>• Types of plants</li> <li>• Food for plants</li> <li>• Uses of plants</li> </ul>	<ul style="list-style-type: none"> <li>• Discussion based on values and life skills</li> <li>• Experiment on sowing a seed</li> <li>• Outdoor activity to observe and draw a plant</li> </ul>
19. The World of Animals	<ul style="list-style-type: none"> <li>• Big animals</li> <li>• Small animals</li> <li>• Animals found in different places</li> <li>• Domestic animals</li> <li>• Wild animals</li> <li>• Birds</li> <li>• Insects</li> </ul>	<ul style="list-style-type: none"> <li>• Discussion based on values and life skills</li> <li>• Activity on animal homes</li> </ul>
20. All about Water	<ul style="list-style-type: none"> <li>• Sources of water</li> <li>• Uses of water</li> <li>• Ways to save water</li> </ul>	<ul style="list-style-type: none"> <li>• Discussion based on values and life skills</li> <li>• Activity on storing water</li> </ul>
21. Up in the Sky	<p>Know about:</p> <ul style="list-style-type: none"> <li>• the sun</li> <li>• the clouds</li> <li>• the moon</li> <li>• the stars</li> </ul>	<ul style="list-style-type: none"> <li>• Activity on a rainbow</li> </ul>
22. Earth Activity	<p>Definition of:</p> <ul style="list-style-type: none"> <li>• mountains</li> <li>• hills</li> <li>• forest</li> <li>• desert</li> <li>• plains</li> </ul>	<ul style="list-style-type: none"> <li>• Activity on different landforms</li> </ul>
23. Weather Activity	<ul style="list-style-type: none"> <li>• Types of weather</li> </ul>	<ul style="list-style-type: none"> <li>• Activity on weather</li> </ul>



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# About Me



Hello friends!

I am Saina Kanwar.

I am a 6 year old girl.

My birthday is on 8th May.

I study in Viva Kids School in class 1B.

## My Family

My father's name is Mr Sahil Kanwar.

My mother's name is Ms Tanya Kanwar.

My address is 29, Gulab street, Raja Garden,  
Jaipur, Rajasthan.



## What I Like

- ◆ I like to eat mangoes.
- ◆ I like to play hopscotch with my friends.
- ◆ I enjoy dancing.
- ◆ My favourite colour is pink.

## What I Do Not Like

- ◆ I do not like to fight.
- ◆ I do not like to drink tea.
- ◆ I do not like to fall ill.



# Exercise Time

Saina told you about herself. She wants to be your friend and wants to know you. Tell her about yourself.

Hello Saina!

I am .....

I am a ..... year old ..... (girl/boy).

My birthday is on .....

I study in ..... school in class .....

Paste your  
photograph  
here.

## My Family

My father's name is .....

My mother's name is .....

My address is .....



This is my family photograph.

Paste your family photograph here.

## I Like (Paste picture or draw)

Food

Game

Animal

Dress

## I Do Not Like (Write what you do not like)

- .....
- .....
- .....



## Activity Time

In your scrapbook, paste a picture of your friend. Find out about her or him, her or his family and what she or he likes and dislikes and write near the pictures.

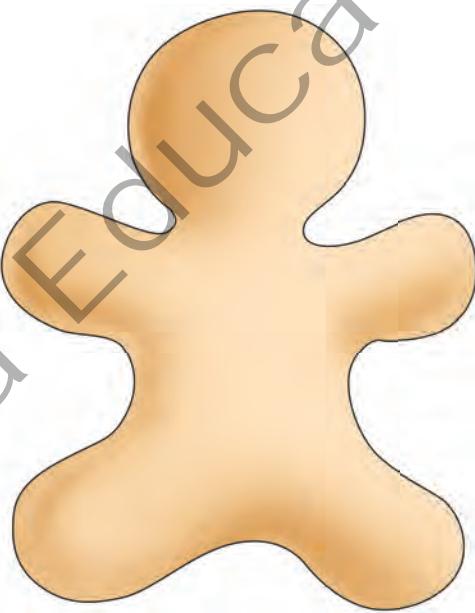
# My Body



I baked this gingerbread man with mummy. Help me complete its face by drawing the given parts.

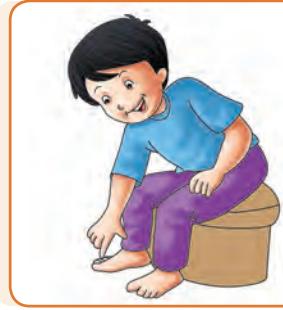


- eyes
- eyebrows
- ears
- nose
- hair
- mouth

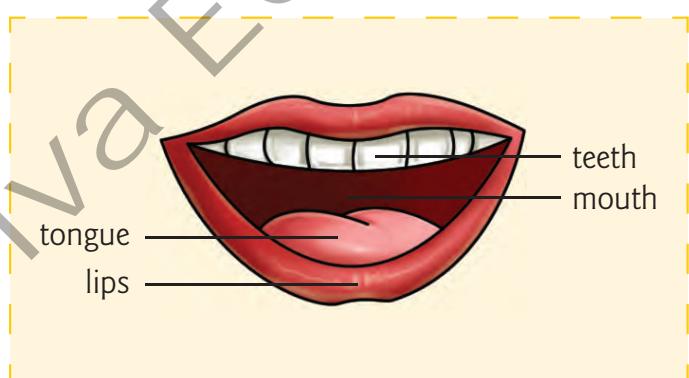
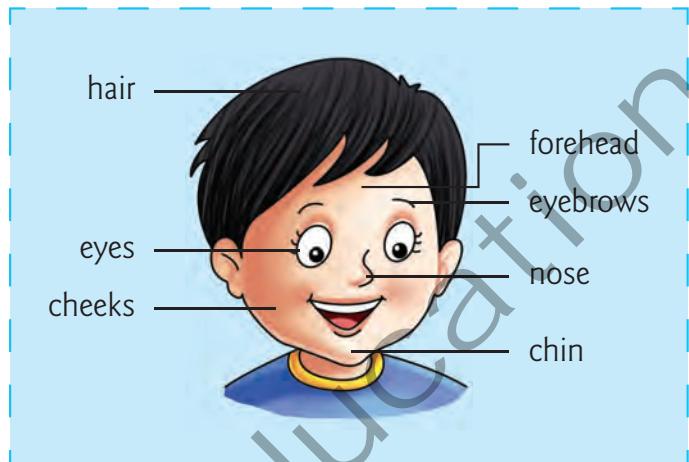
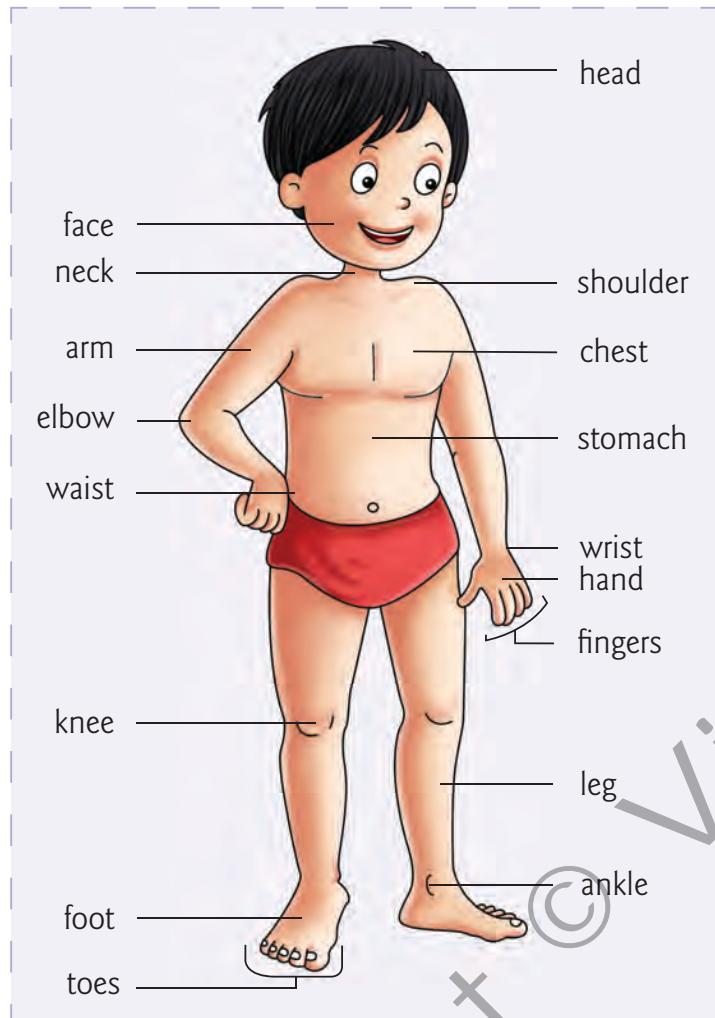


## Sing with your teacher.

Put a finger on your cheek,  
Then put it on your nose;  
Turn your fingers round and round,  
And point them to your toes;  
Make them do a little dance,  
Make them climb a hill;  
Give them a clap for being good,  
And put them where they're still.



Our body has different parts. Each part of the body is important. Let's learn their names.



Each part of our body does some work. We can do many things with our legs.



We can do many things with our hands.



eat



hold



pick



write

I can point with my fingers.



We do some things using both our hands and legs.



crawl



march



exercise



skip



swim

We use our back and shoulders to push and carry things.



push



carry

I can also shrug my shoulders.



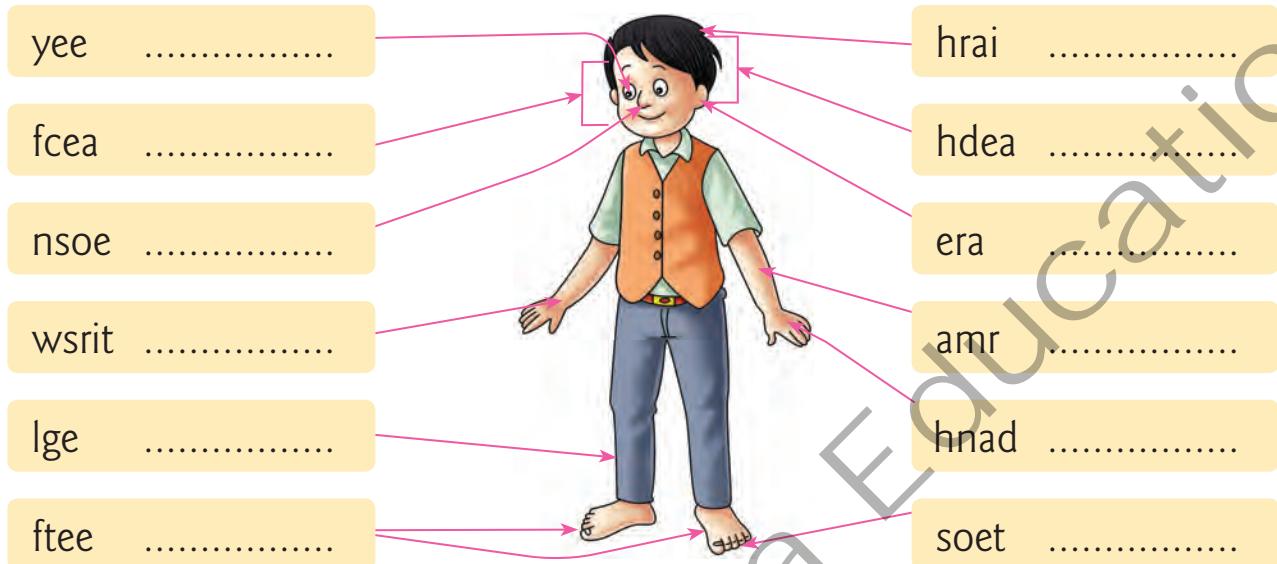
**Grandma asks...**

As you grow up, you become taller and heavier. What happens to the size of your clothes and shoes?

- Increases
- Decreases
- Remains same

# Exercise Time

## A. Name the body parts with the help of the clues.



## B. Circle the correct answer.

- I have black / brown hair.
- I have long / short hair.
- I have small / big feet.
- I have white / yellow teeth.
- I have curly / straight hair.

## C. Fill in the blanks. Use words from the box.

five two legs hand two

- My ..... help me to walk.
- I have ..... fingers in one hand.
- I have ..... hands and ..... feet.
- I use my ..... to write.

# My Sense Organs

3



Saina sees a bag full of pears.



Saina picks up a pear and feels it.



Saina smells the pear.



Saina hears her mother slicing the pear.



Saina tastes the pear.



## Fact Ant

We can taste sweet, sour, salty and bitter things.



sweet



sour



salty



bitter

# Sense Organs

Like Saina we can also see, touch, smell, hear and taste things. Our eyes, ears, nose, skin and tongue are our **sense organs**. They help us to know about the things around us.



We see with  
our eyes.



We smell with  
our nose.



We taste with  
our tongue.

We touch and feel  
things with our skin.



We hear with  
our ears.



**Saina wants to know...**

Write the names of the body parts that help Saina to do the following.

- ◆ see the pear
- ◆ feel the pear
- ◆ smell the pear
- ◆ hear her mother slicing the pear
- ◆ taste the pear


### Sing with your teacher.

Two little eyes to see the world  
One little nose to smell the curd  
Two little ears to hear mother call  
Ten pink fingers standing up tall  
Two strong legs that walk and race  
One pink tongue that helps me to taste.



### Grandma says...

A baby has very small body parts. As it grows, its body parts become bigger.

## Exercise Time

### A. Match the two columns.

#### Column A

1. eyes
2. nose
3. ears
4. skin
5. tongue

#### Column B

- (a) smell
- (b) feel
- (c) taste
- (d) hear
- (e) see

### B. Fill in the blanks with the names of sense organs.

1. I read a book with my ..... .
2. I use my ..... to taste an ice cream.
3. I can feel a soft toy with my ..... .
4. I hear the sound of drums with my ..... .
5. I smell a flower with my ..... .

**C. Look at the picture of the cat given below. Compare its body parts with yours and fill in the blanks.**

1. I have ..... eyes and so does the cat.
2. I have two legs but the cat has ..... legs.
3. I have no tail but the cat has ..... tail.
4. I have ..... tongue and so does the cat.
5. I eat with my ..... like the cat.



**D. Make (✓) for a correct statement and (✗) for an incorrect statement.**

1. Our hands are also sense organs.
2. We taste with our tongue.
3. Our eyes help us to smell.
4. Our skin helps us to feel things.

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>



## Activity Time

**A. Fruity Sense**

**Directions for the teacher:**

Ask each child to get any one fruit (orange, watermelon, mango, banana, apple, grapes, cherries, pineapple or guava). Cut the fruits in small pieces and put them in a bowl. Blindfold a child. Let him/her pick out a piece of fruit from the bowl, smell it and eat it. Ask the child to name the fruit and describe its taste. Repeat this activity with every child in the class.

**B. Sound Corner**

**Directions for the teacher:**

Ask the children to close their eyes. Make different sounds from various corners of the class room. You can clap, tap a foot or strike a pencil or a duster on the table. Let the children identify the direction from where the sound is coming.



# Looking after My Body

4

Saina's pet kitten is in her bathtub. Saina is singing a song for her.



I'll wipe you clean with this towel blue.  
Your milk and bread are waiting for you.

Our body is important to us. We must look after it in every way. A clean body is a healthy body. We must follow good habits to stay healthy.

Brush your teeth in the morning  
and at night before going to bed.



Bathe daily with clean water and soap.  
Wipe yourself dry with a clean towel.

Comb your hair everyday. Oil it once a week.



Wash your hands before and after eating your meals and after going to the toilet.

Eat your meals on time. Eat healthy food.



Wear clean and ironed clothes. Change your clothes before going to sleep at night.



## Fact Ant

Nails grow faster in summer than in winter. Finger nails grow faster than toe nails.

Trim your nails once a week. Keep them short and clean.



Sleep on time. Sleep for at least eight hours at night.



## Grandma says...

Playing indoor games increases our knowledge and makes us smarter.



Exercise everyday and play outdoor games. They will make you healthy and active.

## Answer Orally

- ◆ Name two indoor games you like to play.
- ◆ Name two outdoor games you like to play.

# Exercise Time

## A. Colour the circle green for a good habit and red for a bad habit.

1. We must sleep late at night.
2. We must comb our hair everyday.
3. We should brush our teeth in the morning and at night.
4. We should wear dirty clothes.
5. We must keep our nails short and clean.

## B. Make orange circles around the things you use daily and brown circles around the things you use once a week.



## C. Fill in the blanks.

1. Wash your hands with ..... and .....
2. Take a ..... everyday.
3. Change your ..... before going to sleep.
4. Wear ..... and ..... clothes.

5. Comb your ..... properly.

#### D. Tick (✓) the correct answer.

I. You should oil your hair once a .....

(a) week

(b) month

(c) year

2. You should sleep at least for ..... hours at night.

(a) five

(b) seven

(c) eight

3. You should keep your nails .....

(a) long and clean

(b) short and clean

(c) long and dirty



#### Activity Time

A. Use a red crayon to match the thing with the body part it is used for.



B. Put a tick (✓) for the children who are clean.



clean hands

dirty clothes

long nails

clean teeth

# Let's Revise - I

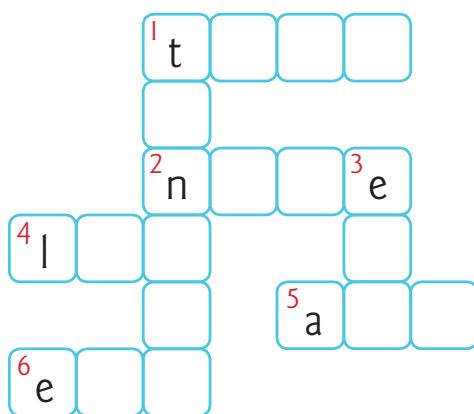
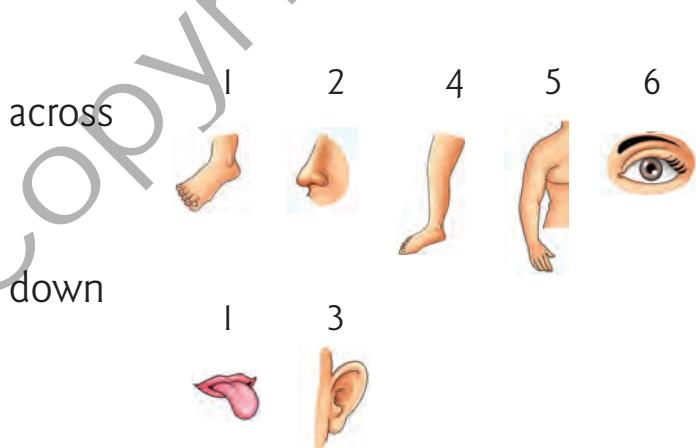
## A. Circle the correct answer.

1. We use our back and **shoulders / legs** to push and carry things.
2. We have **ten / five** fingers in one hand.
3. A **clean / dirty** body is a healthy body.
4. We taste with our **tongue / ears**.
5. We should trim our nails once in a **month / week**.
6. We should brush our teeth **twice / once** a day.
7. We must sleep for **four / eight** hours every night.
8. We use our **fingers / legs** for eating.

## B. Fill in the blanks.

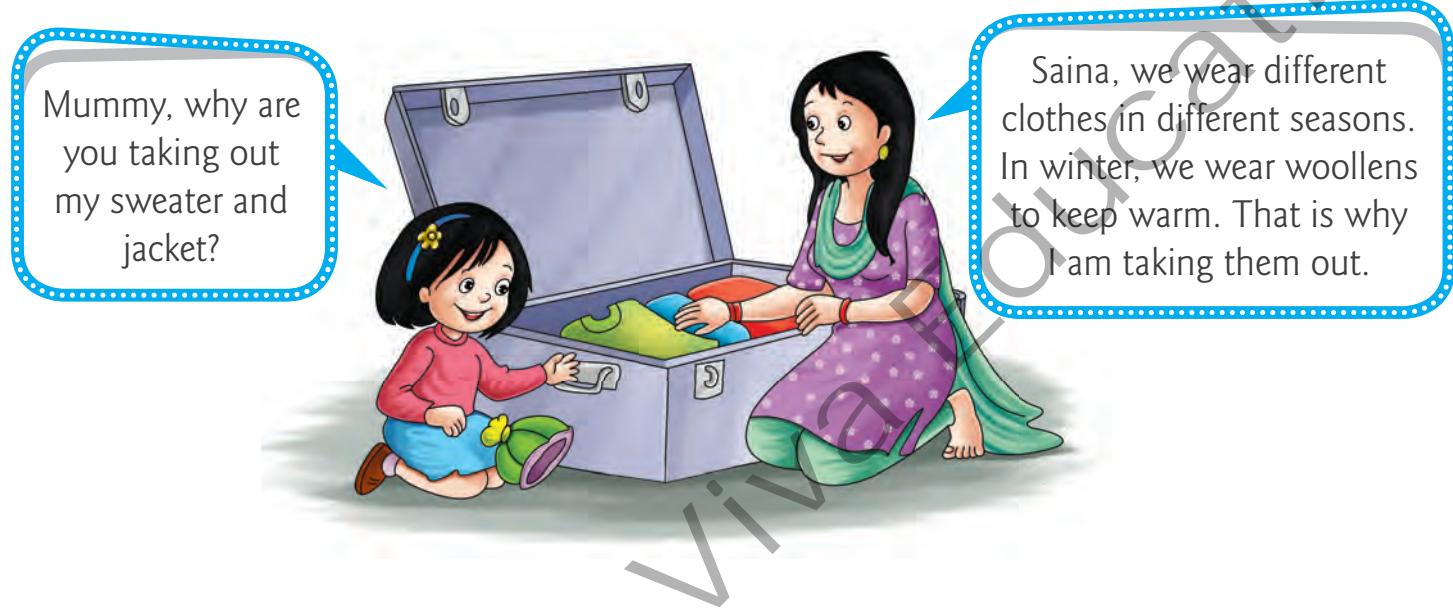
1. We walk with our .....
2. We use our ..... to write.
3. We have ..... sense organs.
4. Our skin helps us to .....
5. We should comb our hair .....
6. We have ..... hands and ..... feet.
7. Each part of the body is .....

## C. Complete the crossword.





# The Clothes We Wear



Let's read about the different kinds of clothes we wear in each season.

## Summer Season

It is hot during summer. So, we wear cotton clothes in it. They keep us cool.



T-shirt



tunic



frock



shorts



top



skirt



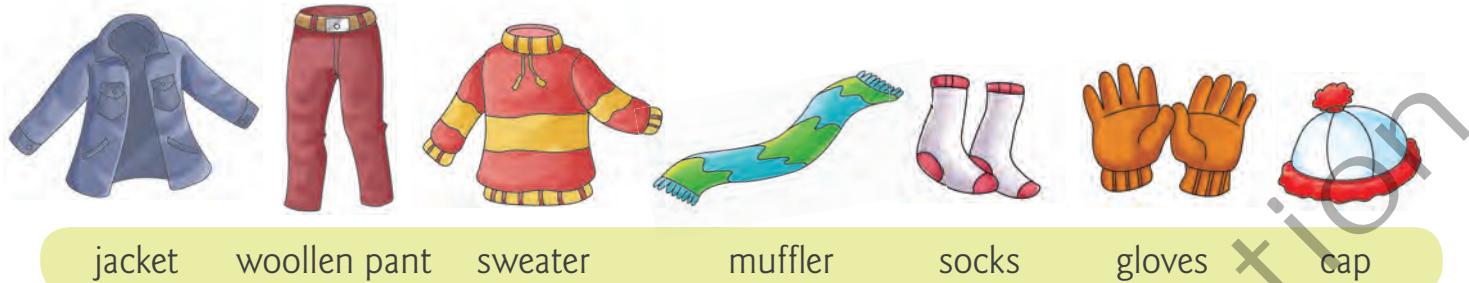
### Saina wants to know...

Why do we wear cotton clothes in summer?

- ◆ Cotton clothes are light and absorb sweat.
- ◆ Cotton clothes are waterproof.

## Winter Season

It is cold during winter. So, we wear woollen clothes to stay warm.



jacket

woollen pant

sweater

muffler

socks

gloves

cap

## Rainy Season

When it rains, we wear a raincoat or hold an umbrella so that we do not get wet. Sometimes we also wear gumboots to keep our feet dry.



### Fact Ant

Children wear uniforms to school.  
The uniform for each school is different.



## Uniforms

People who do the same kind of work wear special clothes called **uniforms**.



firefighter

pilot

nurse

policeman

soldier

sailor

## Costumes

People living in different places wear different types of clothes. They are called **costumes**.



### Fact Ant

Kimono is a beautiful robe worn by Japanese women.



Punjab



Kashmir



Gujarat



West Bengal

The clothes dancers and actors wear are also called costumes.



Kathak



Manipuri



Bharatanatyam



Kathakali



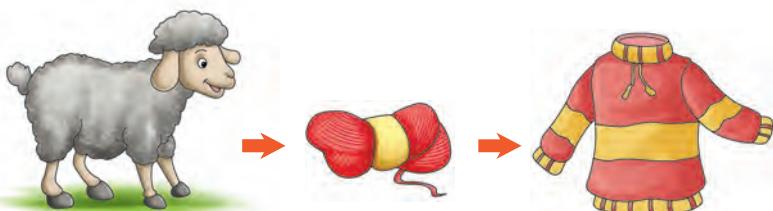
### Grandma says...

The costumes of different regions vary according to the climate there.

## Materials of Clothes

We get wool from the fur on the body of animals like sheep, rabbit and yak.

We use wool to make sweaters, jackets, mufflers, shawls and other things.



sheep

wool

sweater



jacket



belt



shoes



cotton plant



thread



shirt

We get leather from the skin of dead animals. Leather is used to make things like jackets, belts and shoes.

We get cotton from the cotton plant. We use cotton to make clothes like frocks, pants and shirts.

## Exercise Time

### A. Fill in the blanks. Use words given in the box.

1. Clothes ..... our body.
2. We use ..... to make sweaters.
3. Cotton clothes keep us .....
4. During ..... we wear woollen clothes.
5. We wear ..... to keep our feet dry.

winter
cover
gumboots
wool
cool

### B. Complete the flow chart about the clothes we wear in different seasons.

#### Seasons

summer

rainy

winter

frock

rainy

winter



### C. Mark (✓) for a correct statement and (✗) for an incorrect statement.

1. Cotton clothes keep us warm.
2. We wear a sweater when it rains so that we do not get wet.
3. People who do the same kind of work wear uniforms.
4. We get wool from the wool plant.
5. Leather is used to make jackets, belts and shoes.

### D. Match the clothes with the correct box.



costume

uniform



### Activity Time

Paste pictures of clothes you like to wear in your scrapbook or on a chart paper. Use old magazines, books or newspapers to get the pictures.

# Food We Eat



Look at how Saina has grown from a baby to a big, strong and beautiful girl.

Baby



Saina loves drinking milk.

2 years old



Saina loves porridge.

3 years old



Saina enjoys eating fruits and eggs.

4 years old



Saina eats a healthy meal.

Food is one of our basic needs. We eat food when we are hungry. We need food to:

- ◆ grow.
- ◆ be healthy.
- ◆ get energy to work and play.

We have three main meals in a day.  
We eat breakfast in the morning.





## Saina wants to know...

Name two things you eat for breakfast.

.....



We have lunch in the afternoon.



## Saina wants to know...

Name two things you eat for lunch.

.....



## Fact Ant

Brunch is a meal we eat late in the morning in place of breakfast and lunch.

We have lunch in the afternoon.



## Saina wants to know...

Name two things you eat for lunch.

.....



We eat and drink many things like vegetables, fruit, dal, rice, chapattis, eggs, fish, meat, milk, curd, tea, coffee and juice. A meal with all kinds of food in the right amount is a **healthy meal**.

## Answer Orally

What are the people who eat eggs, fish and meat called?



Water is important for our body. It helps us to digest<sup>1</sup> food. We must drink at least 6–8 glasses of water everyday.



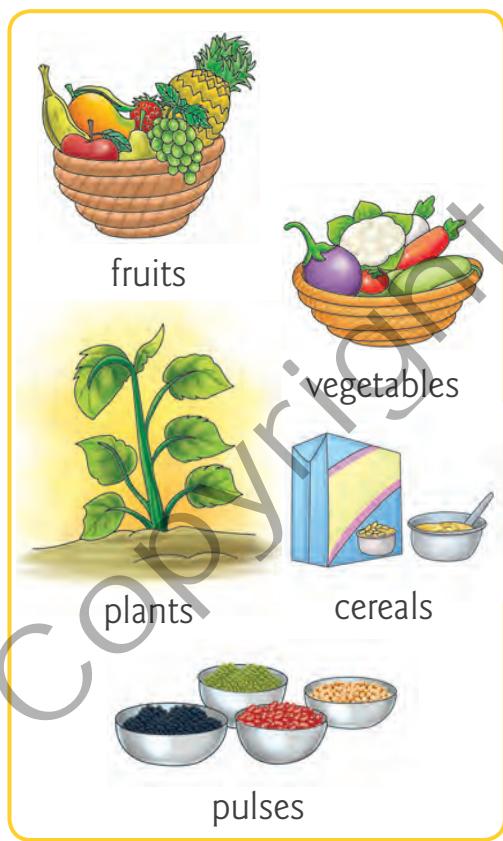
Milk is good for health. It makes our teeth and bones strong. We must drink 2–3 glasses of milk daily.



### Grandma asks...

We like to have hot things like soup and paranthas in winter. What do we like to have in summer?

We get food from plants and animals.



Digest<sup>1</sup>: to change food into a simple form so that your body can use it.

## Good food habits help us to become healthy.

- ◆ Eat meals at the right time. Do not waste food.
- ◆ Chew your food well. Do not overeat.
- ◆ Do not eat uncovered food.
- ◆ Wash your hands before and after eating.
- ◆ Sit at the dining table and eat meals with your family.
- ◆ Eat healthy food.
- ◆ Do not eat from roadside shops.
- ◆ Drink clean water so that you do not fall sick.



## Exercise Time

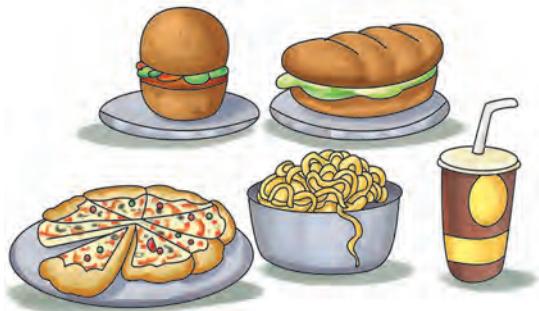
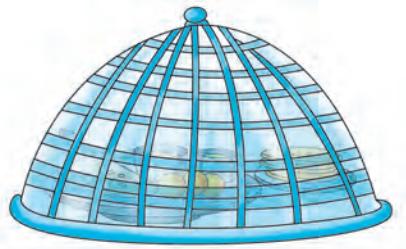
### A. Fill in the blanks.

1. We have ..... in the morning.
2. ..... helps us to digest our food.
3. We get fruit from .....
4. We get milk from ..... and .....
5. A meal with all kinds of food in the right amount is a ..... meal.

### B. Make (😊) for a correct statement and (😢) for an incorrect statement.

1. We need food to grow and be healthy.
2. We must drink 6–8 glasses of milk everyday.
3. We get food from plants and animals.
4. We have dinner in the morning.
5. We eat three main meals in a day.

C. Put a cross (✗) on the food we should not eat.



## Activity Time

- A. Ask your mother about the food items we cook before eating and the food items we eat raw (without cooking). Paste pictures of two food items of each kind in your scrapbook.
- B. With the help of your parents, learn to make 'Nimbu pani' (lemonade) and 'squash/fruit juice'. Enjoy the cold drinks during summer.