

# Environmental Studies

Book 2



Zainab H. Razavi

Neha Sharma

VIVA EDUCATION

New Delhi • Mumbai • Chennai • Kolkata • Bengaluru • Hyderabad • Kochi • Guwahati

Information contained in this book has been obtained by its authors from sources believed to be reliable and is correct to the best of their knowledge. However, the publisher and its authors shall in no event be liable for any errors, omissions or damages arising out of use of this information and specifically disclaim any implied warranties or merchantability or fitness for any particular use.

Every attempt has been made to trace holders of copyright. Where the publishers have not heard from them at the time of going to press or where, in the absence of complete information, it has not been possible to identify the sources of materials used, the publishers would be grateful for any information that would enable them to make appropriate acknowledgements in future reprints/editions of this book.

The reproduction of registered trademarks and logos and references to proprietary software or any other commercial product in this publication are for educational purposes only. We gratefully acknowledge each individual intellectual property owner.

Copyright © Viva Education

All rights reserved. No part of this book may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recorded or otherwise, without the written permission of the publishers.



4737/23, Ansari Road, Daryaganj, New Delhi 110 002

Tel. 011-42242200, Email: [vivaeducation@vivagroupindia.net](mailto:vivaeducation@vivagroupindia.net)

New Delhi • Mumbai • Chennai • Kolkata • Bengaluru • Hyderabad • Kochi • Guwahati  
Ahmedabad • Indore • Jaipur • Jalandhar • Lucknow • Nagpur • Nashik • Patna • Pune • Ranchi

[www.vivadigital.in](http://www.vivadigital.in)

[www.vivagroupindia.com](http://www.vivagroupindia.com)

# 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.

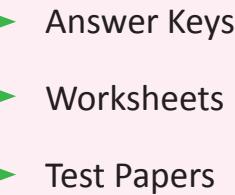
## Digital Tools

### 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. Myself	Knowing about self	<ul style="list-style-type: none"> <li>• Making a name tag</li> </ul>
2. Human Body	<ul style="list-style-type: none"> <li>• Functions of body parts</li> <li>• Functions of sense organs</li> <li>• Growing older</li> </ul>	<ul style="list-style-type: none"> <li>• A maze of sense organs</li> </ul>
3. My Family	<ul style="list-style-type: none"> <li>• Meaning of family</li> <li>• Nuclear family</li> <li>• Joint family</li> <li>• How we are related</li> <li>• Helping one another</li> </ul>	<ul style="list-style-type: none"> <li>• Discussion based on values and life skills</li> <li>• How you call your family members</li> </ul>
4. Food We Eat	<ul style="list-style-type: none"> <li>• Importance of food</li> <li>• Food groups</li> <li>• Vegetarian and non-vegetarian</li> <li>• Meals</li> <li>• Water</li> <li>• Golden food habits</li> </ul>	<ul style="list-style-type: none"> <li>• Discussion based on values and life skills</li> <li>• Your meal timings</li> </ul>
5. Clothes We Wear	<ul style="list-style-type: none"> <li>• Types of clothes</li> <li>• Types of fibres</li> <li>• Special clothes</li> <li>• More uses of cloth</li> </ul>	<ul style="list-style-type: none"> <li>• Discussion based on values and life skills</li> <li>• Finding information</li> </ul>
6. We Need Shelter	<ul style="list-style-type: none"> <li>• Importance of shelter</li> <li>• Kinds of houses</li> <li>• Parts of a house</li> <li>• People who make our house</li> <li>• A good home</li> </ul>	<ul style="list-style-type: none"> <li>• Discussion based on values and life skills</li> <li>• Naming different kinds of houses</li> </ul>
7. Keeping Healthy	<ul style="list-style-type: none"> <li>• Good food habits</li> <li>• Importance of rest</li> <li>• Ways to keep clean</li> <li>• Types of exercise</li> <li>• Correct posture</li> </ul>	<ul style="list-style-type: none"> <li>• Discussion based on values and life skills</li> <li>• Exercising in class</li> </ul>
8. Safety and First Aid	<ul style="list-style-type: none"> <li>• Importance of safety rules</li> <li>• Various safety rules: <ul style="list-style-type: none"> <li>– on the road</li> <li>– while playing</li> <li>– at school</li> <li>– at home</li> <li>– in a vehicle</li> </ul> </li> <li>• Some more safety rules</li> </ul>	<ul style="list-style-type: none"> <li>• Discussion based on values and life skills</li> <li>• Reading road signs</li> </ul>
9. My School	<ul style="list-style-type: none"> <li>• Meaning of school</li> <li>• Kinds of schools</li> <li>• Good manners in school</li> <li>• Celebrating important days</li> </ul>	<ul style="list-style-type: none"> <li>• Discussion based on values and life skills</li> <li>• Matching tools with helpers in school</li> </ul>
10. Neighbours and Neighbourhood	<ul style="list-style-type: none"> <li>• Qualities of a good neighbour</li> <li>• Services in neighbourhood</li> <li>• Places of recreation</li> <li>• Places of worship</li> </ul>	<ul style="list-style-type: none"> <li>• Discussion based on values and life skills</li> <li>• Finding places in a map</li> </ul>
11. We Need Them	<ul style="list-style-type: none"> <li>• People who help us</li> <li>• People who care for us</li> <li>• People who entertain us</li> </ul>	<ul style="list-style-type: none"> <li>• Discussion based on values and life skills</li> <li>• Identifying helpers</li> </ul>

<b>Chapters</b>	<b>Content</b>	<b>Special features</b>
12. Our Festivals	<ul style="list-style-type: none"> <li>• Meaning of festivals</li> <li>• Types of festivals <ul style="list-style-type: none"> <li>– national festivals</li> <li>– religious festivals</li> <li>– harvest festivals</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Discussion based on values and life skills</li> <li>• Staging a play</li> </ul>
13. Travel and Communicate	<ul style="list-style-type: none"> <li>• Means of transport</li> <li>• Special vehicles</li> <li>• Means of communication</li> </ul>	<ul style="list-style-type: none"> <li>• Why some people travel</li> </ul>
14. Directions and Time	<ul style="list-style-type: none"> <li>• Directions</li> <li>• Maps</li> <li>• Time</li> <li>• Hours, minutes and seconds</li> <li>• Years, months and weeks</li> </ul>	<ul style="list-style-type: none"> <li>• Discussion based on values and life skills</li> <li>• Drawing according to directions</li> </ul>
15. Weather and Seasons	<ul style="list-style-type: none"> <li>• Difference between weather and season</li> <li>• Types of seasons</li> <li>• Cycle of seasons in India</li> </ul>	<ul style="list-style-type: none"> <li>• Discussion based on values and life skills</li> <li>• Season you like</li> </ul>
16. 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> </ul>	<ul style="list-style-type: none"> <li>• Nature walk and class project</li> </ul>
17. Plants Are Useful	<ul style="list-style-type: none"> <li>• Importance of plants</li> <li>• Plants give us food</li> <li>• Plants provide shelter</li> <li>• Plants keep the air fresh</li> <li>• Plants give food to animals</li> <li>• Other uses of plants</li> </ul>	<ul style="list-style-type: none"> <li>• Individual activity</li> </ul>
18. The World of Animals	<ul style="list-style-type: none"> <li>• Places where animals live</li> <li>• Food of animals</li> <li>• Animal movement</li> </ul>	<ul style="list-style-type: none"> <li>• Discussion based on values and life skills</li> <li>• Pair activity</li> </ul>
19. Animals Are Useful	<ul style="list-style-type: none"> <li>• Animals give us: <ul style="list-style-type: none"> <li>– food</li> <li>– clothes</li> <li>– manure and fuel</li> </ul> </li> <li>• Animals help us to grow crops</li> <li>• Animals as means of transport</li> <li>• Other uses of animals</li> <li>• Animals as pets</li> </ul>	<ul style="list-style-type: none"> <li>• Individual activity</li> </ul>
20. The World around Us	<ul style="list-style-type: none"> <li>• The earth</li> <li>• The sun</li> <li>• The moon</li> <li>• The stars</li> <li>• The planets</li> </ul>	<ul style="list-style-type: none"> <li>• Individual activity</li> </ul>
21. Air	<ul style="list-style-type: none"> <li>• Air has speed</li> <li>• Air has direction</li> <li>• Air has force</li> <li>• Uses of air</li> <li>• Clean air</li> </ul>	<ul style="list-style-type: none"> <li>• Discussion based on values and life skills</li> <li>• Making a collage</li> </ul>
22. Water	<ul style="list-style-type: none"> <li>• Uses of water</li> <li>• Sources of water</li> <li>• Storing water</li> <li>• Drinking water</li> <li>• Saving water</li> <li>• Ways to keep water clean</li> </ul>	<ul style="list-style-type: none"> <li>• Individual activity</li> </ul>



# CONTENTS

1. Myself	1
2. Human Body	3
3. My Family	11
<b>Let's Revise-1</b>	<b>17</b>
4. Food We Eat	18
5. Clothes We Wear	24
6. We Need Shelter	31
7. Keeping Healthy	38
8. Safety and First Aid	43
<b>Let's Revise-2</b>	<b>49</b>
9. My School	50
10. Neighbours and Neighbourhood	54
11. We Need Them	61
12. Our Festivals	67
13. Travel and Communicate	74
<b>Let's Revise-3</b>	<b>79</b>
14. Directions and Time	80
15. Weather and Seasons	86
16. The World of Plants	91
17. Plants Are Useful	96
18. The World of Animals	102
19. Animals Are Useful	107
20. The World around Us	112
21. Air	118
22. Water	122
<b>Let's Revise-4</b>	<b>128</b>

# Myself



Saina is in her classroom. It is the first day of the new school. Saina is introducing herself to her classmates.



Hello friends!  
I am Saina. I am a girl.  
I am six years old.  
My favourite fruit is mango.  
I love playing cricket.  
I enjoy reading books.



## Saina wants to know...

Your favourite...

food .....

fruit .....

vegetable .....

colour .....

subject .....

game .....

flower .....

animal .....

season .....

bird .....

As we grow older, we learn to do many things on our own like bathing, packing our bag and cleaning our room. It is good to do our own work.



### Sing with your teacher.

I can comb my hair and fasten my shoelaces  
All by myself.  
I can wash my hands and wash my face  
All by myself.  
I can put my toys and books back in place  
All by myself.  
I know I have grown up!



### Grandma says...

When two people meet for the first time, they tell each other their names.  
This is called introduction.

## All about Myself

1. My name is \_\_\_\_\_.
2. I am \_\_\_\_\_ years old.
3. My father's name is \_\_\_\_\_.
4. My mother's name is \_\_\_\_\_.
5. I study in class \_\_\_\_\_.
6. My class teacher's name is \_\_\_\_\_.
7. My school's name is \_\_\_\_\_.

### Activity Time

Make your own name tag. Take a used greeting card. Make a rectangle (3 inches long and 4 inches wide) on the blank area of the card. Paste your photograph on the top right corner of the rectangle. Write your name, address, class, section and the class teacher's name on the card. Cut the rectangle. Your name tag is ready.

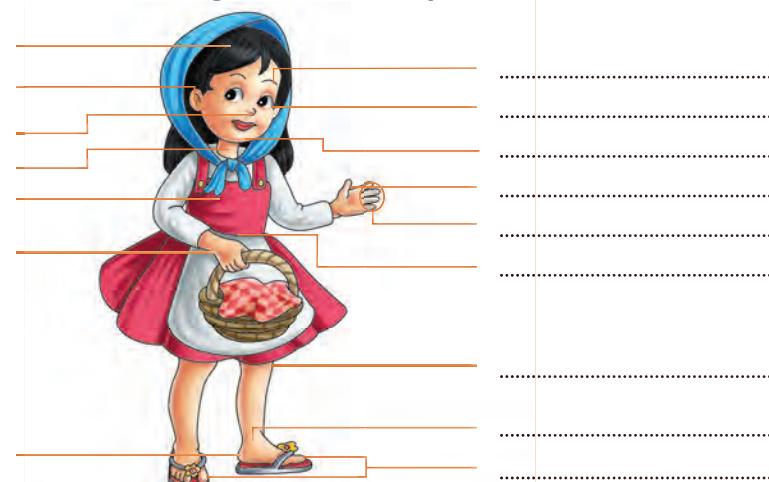
# Human Body



Our body is made of a number of parts. They work together to help us to do our daily chores.

## Fun Time

Label the different parts of Red Riding Hood's body.



# How Our Body Parts Help Us

Each part of our body helps us in different ways.

- ◆ Legs help us to walk, kick, climb, run, hop, jog, dance and skip.



walk



kick



jog



dance

- ◆ Hands help us to eat, hold, write and lift things. We use our arms, shoulders and hands together to push, pull and throw things.



lift



push



pull



throw



**Saina wants to know...**

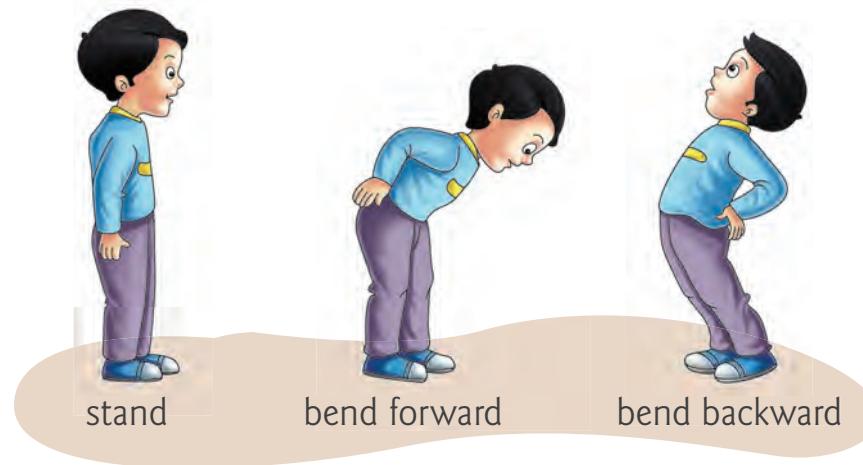
Write three things you do using your arms and legs both.

.....  
.....  
.....

- ◆ We use our shoulders and back to carry things.



- ◆ Our back helps us to stand straight and to bend forward and backward.



### Grandma asks...

What is the correct way to sit and stand?

- ◆ Our knees help us to bend down, squat and kneel.



### Grandma says...

Yoga helps to keep our body parts strong and flexible.

- ◆ Our neck helps us to turn our head from side to side.
- ◆ Eyes, nose, ears, skin and tongue are our **sense organs**.



### Saina wants to know...

What is an organ? Discuss in class.

### Learn Tense

Tongue  
Ears  
Nose  
Skin  
Eyes

# How Our Sense Organs Help Us

Our sense organs help us to know about the things around us.



nose

Nose helps us to smell. Smell can be good or bad.



eyes

Eyes help us to see. We can see the size, shape and colour of things around us.



ears

Ears help us to hear different sounds. Sounds can be loud or soft.



tongue

Tongue helps us to taste sweet, sour, bitter and salty things.



skin

Skin helps us to feel hard, soft, hot, cold, smooth and rough surfaces. We touch things to feel them.



## Fact Ant

Skin is the largest sense organ.

## Fun Time

Name the sense organ that helps you to do the following things.

1. see the beautiful flowers in the garden .....
2. taste an ice cream .....
3. listen to music .....
4. smell delicious food .....
5. know if a thing is hot or cold .....

## Growing Older

We are born as babies. From being a baby, we grow up to be a girl or a boy. We grow further to become a young woman or man. After many years, we start growing old. As we grow older, we become weak and our looks change.



### Sing with your teacher.

When I was one, I was so small,  
I could not say some words at all.  
When I was two, I learned to talk,  
I learned to sing, I learned to walk.  
When I was three, I grew and grew,  
When I was four, I grew more.



### Saina wants to know...

Match the description to the person.

I like to play  
with my  
grandchildren.

I cry when  
I am hungry.  
I cannot speak.

I like to do  
things myself.  
I go to school.

I am tall, young  
and strong. I go  
to office.



Like us, plants and animals also grow. They too change as they grow.

## Plants



seed



sapling  
(a baby plant)



plant



tree

## Animals



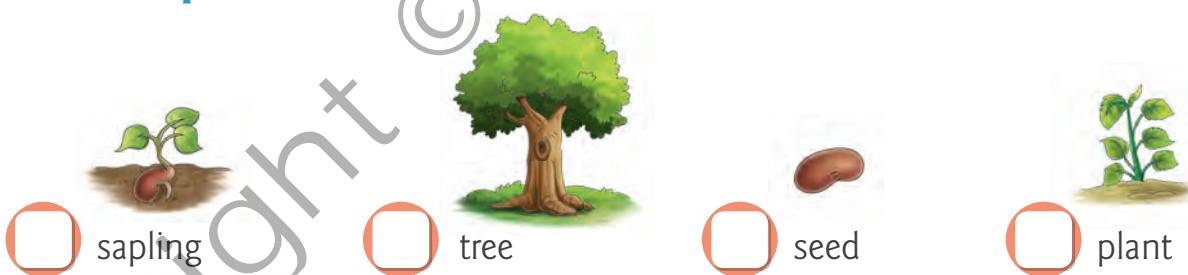
## Exercise Time

### A. Fill in the blanks.

1. Our ..... is made of a number of parts.
2. We use our ..... and ..... to carry things.
3. ...., ...., .... and ..... are our sense organs.
4. We are born as .....

### B. Number the pictures in the correct order.

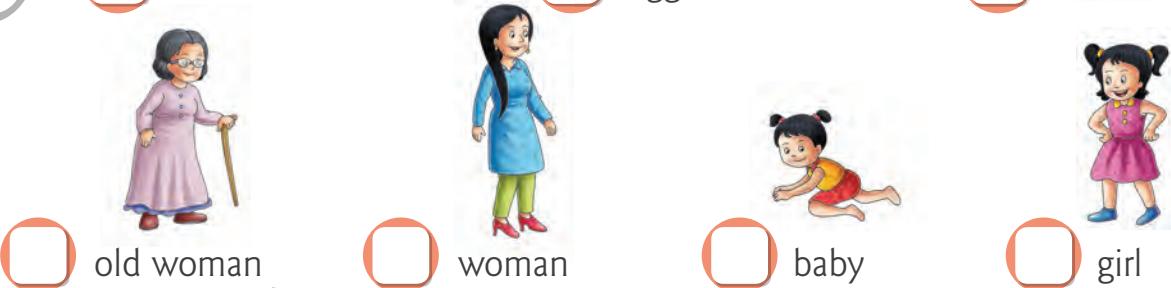
1.



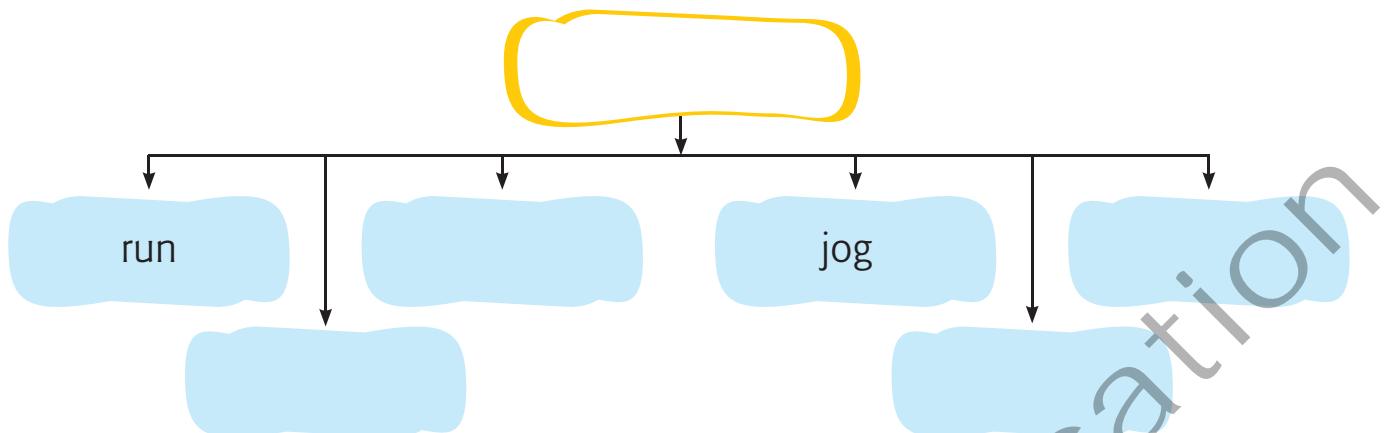
2.



3.



### C. Complete the flow chart.



### D. Cross (✗) the odd one out.



### E. Answer the following questions.

1. Write three things we do with our hands.

.....

2. Write three things we do with the help of our knees.

.....

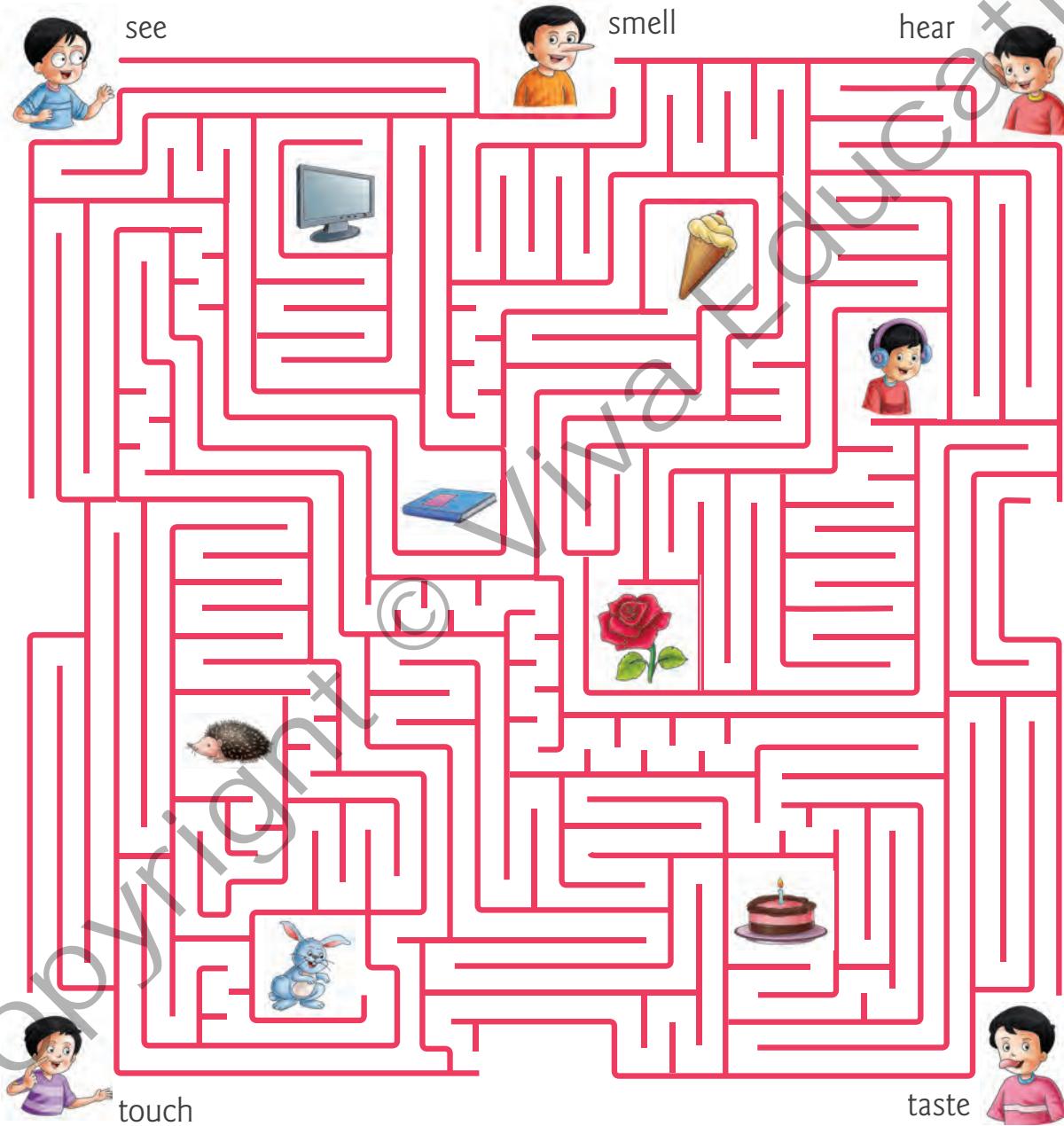
3. How does our neck help us?

.....



## Activity Time

Draw a path from the sense organ to the thing it will help you to sense.  
Each organ will match with only one thing. Use different colours.



# My Family



Saina draws a picture of her family in a drawing competition in school. She tells her teacher about her family.

I live with my father, mother and younger brother. I live in a nuclear family.



A **family** is a group of people related to each other. Grandparents, parents, uncles, aunts and children together make a family. All members of a family may or may not live in the same house.

## Nuclear Family

A **nuclear family** has only parents and children. It may be big or small.



small family



big family

nuclear families



## Saina wants to know...

- ◆ Do you know what a surname is? Discuss in class.
- ◆ What is your surname?

# Joint Family

A **joint family** has grandparents, parents, uncles, aunts and cousins living together in the same house.



joint family

## How We Are Related

Let's meet Saina's family.



Saina



Brother

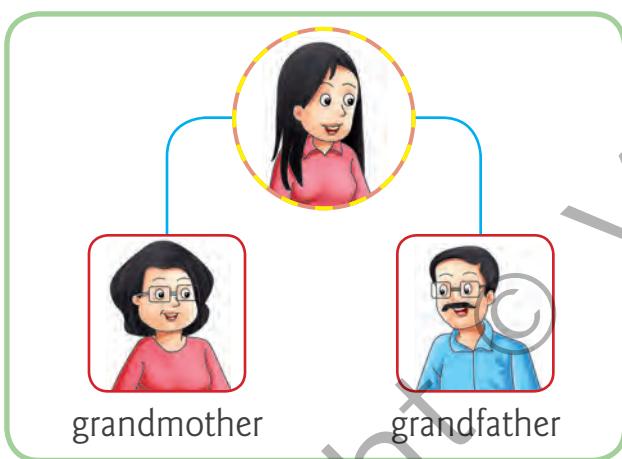


Mother

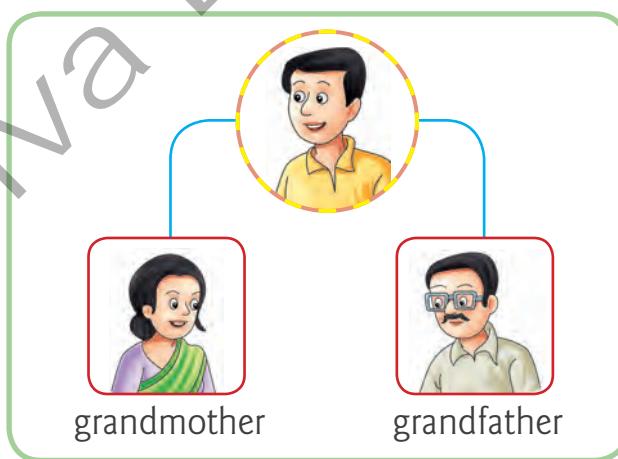


Father

Saina's parents' parents are her **grandparents**.



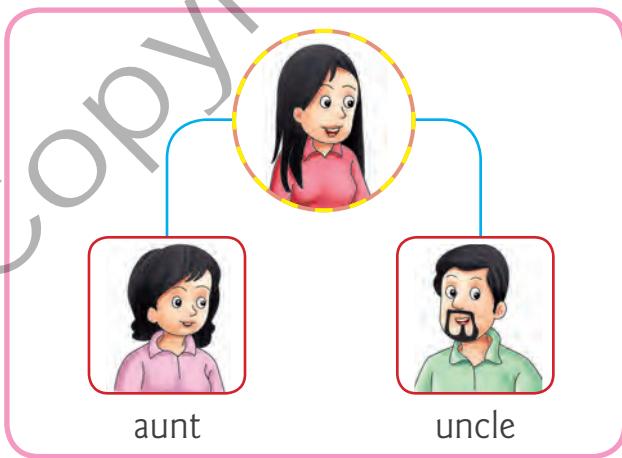
grandmother



grandmother

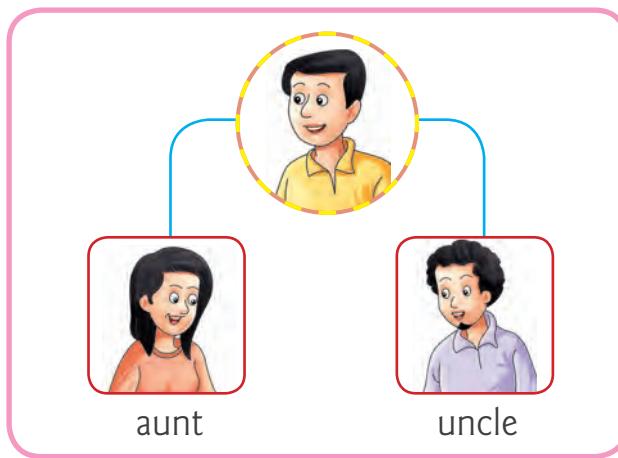
grandfather

Saina's father's or mother's sister is her **aunt**.  
Her father's or mother's brother is her **uncle**.



aunt

uncle



aunt

uncle

- Saina's uncles' or aunts' children are her **cousins**.
- Saina is her grandparent's **granddaughter** and her brother is their **grandson**.



## Fact Ant

Father's relatives are paternal relatives and mother's relatives are maternal relatives.



## Saina wants to know...

Circle the correct answer.

1. Aunt's husband is **uncle / cousin**.
2. Uncle's wife is **grandmother / aunt**.

## Helping One Another

Our grandparents play with us, tell us stories and take us to the park. They do many other things to show their love for us. Our parents look after all our needs. They work hard to make us comfortable.

We can also show our love for our family in many ways.

- ◆ Wish everyone 'Good Morning' and 'Good Night'.
- ◆ Do not disobey your elders or be rude to them.
- ◆ Take care of a family member who is unwell.
- ◆ Do not be rude to your brother or sister.
- ◆ Help everyone at home.



## Grandma asks...

What brings happiness to the family? Mark a tick (✓).

- ◆ Sharing and caring
- ◆ Meeting relatives
- ◆ Keeping a distance from family members



## Fun Time

Write how these children are helping at home.



dusting

arranging books

watering the plants

polishing shoes



## Exercise Time

### A. Answer the following questions.

1. What is a family?

.....  
.....

2. What is a nuclear family?

.....  
.....

3. What is a joint family?

.....  
.....

4. Write two ways in which you help your family.

.....  
.....

**B. Write Yes or No. Then, write the correct answer wherever needed.**

**One example is done for you.**

1. Mother's brother is grandfather.

No

uncle .....

2. Parents' parents are cousins.

.....

3. Father's brother is uncle.

.....

4. Mother's sister is grandmother.

.....

5. Uncle's children are parents.

.....

6. Uncle's wife is aunt.

.....

**C. Who did the right thing? Put a tick (✓) or a cross (✗).**

1. Did you wish your family 'Good Morning' today?

**Zoha** : Yes, I did.

**Ali** : No, I forgot.

**Sona** : I never wish them.

2. How did you help your grandmother who is ill?

**Paul** : I read the newspaper to her.

**Tanya** : I spent the day playing.

**Kapil** : I gave her medicine and spent time with her.

3. How did you help your mother today?

**Sandeep** : I helped her in cooking and watered the plants.

**Vivek** : I watched cartoons on TV.

**Shweta** : I helped her clean the fridge.

**D. Paste or draw pictures of your family members in the photo frame.**



**Activity Time**

**Write what you call the following people in your family.**

grandmother .....

grandfather .....

mother .....

father .....

mother's brother .....

father's brother .....

mother's sister .....

father's sister .....



## Let's Revise - I

### A. Write Yes or No.

1. Sia can play football with her ears.
2. I can lick and taste honey with my tongue.
3. Ronaldo can kick a ball with his foot.
4. Uncle's children are your siblings.
5. A nuclear family has only parents and children.


### B. Fill in the blanks.

1. We write with our .....
2. A ..... grows up to be a sapling.
3. ..... helps us to turn our head from side to side.
4. Our parents look after all our .....
5. We should not be ..... to our brothers and sisters.

### C. Circle the odd one out.

1.



2.



3.

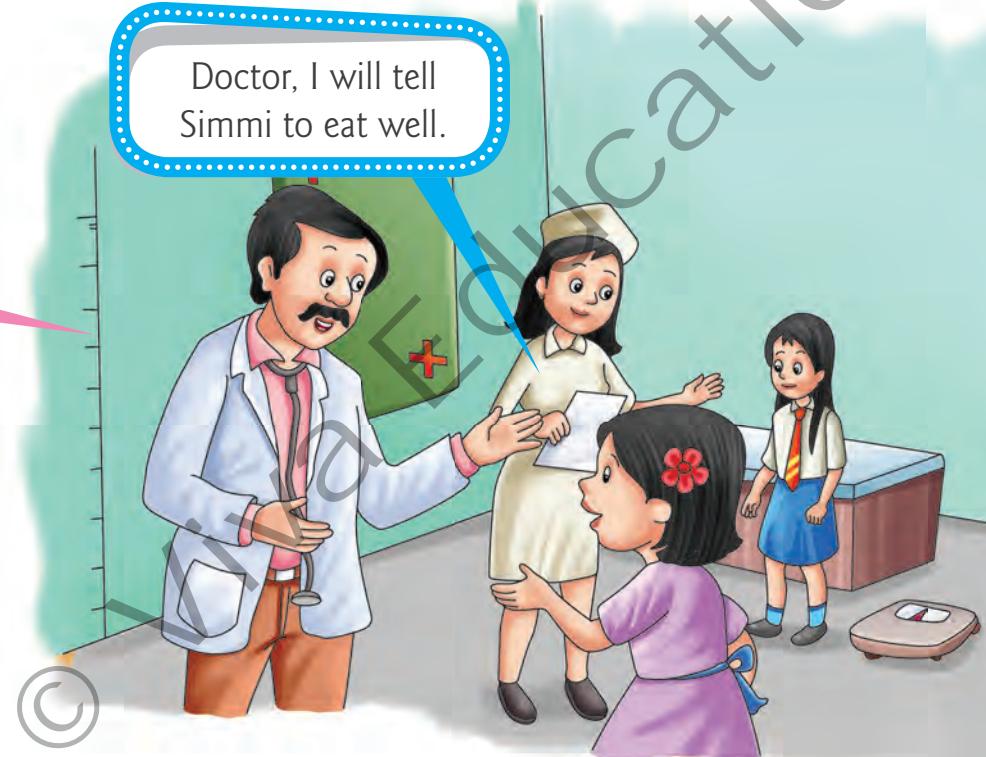


# Food We Eat



Saina, I know Simmi is your friend. She is too thin. Does she not eat well? She must have a balanced diet to be healthy.

Doctor, I will tell Simmi to eat well.



We need food to live and grow. It makes us healthy and strong. Food gives us energy to work and play. We get all our food from plants and animals.

## Fun Time

Complete the flow charts showing the food we get from plants and animals.

food from plants

grains

nuts

spices and herbs

## food from animals

seafood

honey

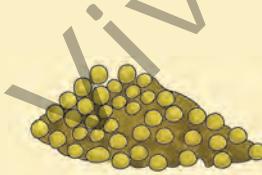


### Fact Ant

- ◆ Barley, maize, oats, rice and wheat are grains.



- ◆ Cardamom, cumin, coriander, pepper and turmeric are some spices. They add flavour and colour to our food.



## Food Groups

Our **diet** is the food that we eat and drink regularly. A **balanced diet** includes the right amount of food from each food group. It helps us to remain healthy.

### Energy-Giving Food

We need energy for everything we do. Food that gives us energy is called **energy-giving** food. Rice, potato, sugar and butter give us lots of energy to work and play.



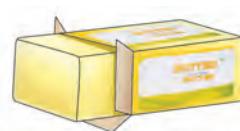
rice



potato



sugar



butter

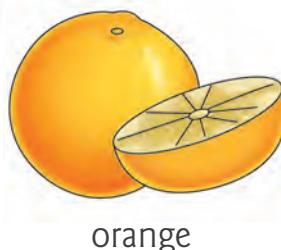
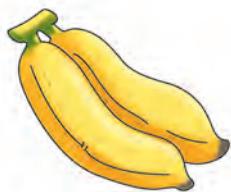
## Bodybuilding Food

Food that helps our bones and muscles to grow strong is called **body-building food**. Grains, peas, pulses, milk, eggs and meat are bodybuilding food.



## Protective Food

Food that protects us from diseases and helps us to remain healthy is known as **protective food**. Fruits, vegetables and milk are protective food. All fruits and some vegetables are eaten raw. We cook some vegetables to make them soft and tasty.



### Grandma asks...

For a few days, make a list of things you eat each day. Are you eating a balanced diet?

Ask an elder to help you to answer the question.

## Answer Orally

What is fast food? Discuss in class.

## Vegetarian and Non-Vegetarian

A **vegetarian** eats food only from plants and also has milk and milk products. A person who eats egg, seafood and meat is a **non-vegetarian**.

## Meals

A **meal** is the food we eat. We usually eat meals with family or friends. Breakfast, lunch and dinner are the three main meals.

We have breakfast in the morning, lunch in the afternoon and dinner at night.



### Fact Ant

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

## Water

Our body needs a lot of water. Water helps us to digest food. It flushes wastes out of our body. Therefore, we should drink at least 6–8 glasses of water everyday.



### Grandma says...

We should always drink boiled or filtered water. We can fall sick if we drink dirty water. Jaundice and typhoid are two common diseases caused by dirty water.

### Fact Ant

Drink two glasses of milk everyday. Milk makes our bones and teeth strong.

## Golden Food Habits

- ◆ Do not eat stale or uncovered food.
- ◆ Do not eat from roadside shops.
- ◆ Do not waste food and water.
- ◆ Eat meals at regular intervals.
- ◆ Do not overeat.
- ◆ Wash hands before and after meals.
- ◆ Do not eat in a hurry. Chew your food properly.
- ◆ Rinse your mouth after eating.
- ◆ Do not eat too much of fats and sweets.



## Exercise Time

### A. Answer the following questions.

1. What is a balanced diet?

.....

2. What do we call the food that gives us energy?

.....

3. Who is a non-vegetarian?

.....

4. What is a meal? Name the three main meals.

.....

5. Why do we need water?

.....

.....

## B. Write True or False.

1. It is healthy to eat food from roadside shops. ....
2. We eat some vegetables raw. ....
3. We must chew our food properly. ....
4. It is not important to rinse our mouth after meals. ....
5. We should not overeat. It can make us unwell. ....

## C. Circle the odd one out.

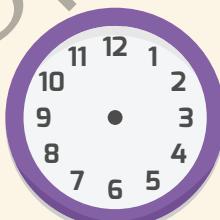
- |           |         |            |            |
|-----------|---------|------------|------------|
| 1. rice   | potato  | vegetables | sugar      |
| 2. fruits | pulses  | eggs       | meat       |
| 3. milk   | seafood | fruits     | vegetables |

## D. Some food items are given below. Write E for energy-giving food, B for bodybuilding food and P for protective food.

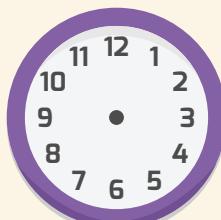


## Activity Time

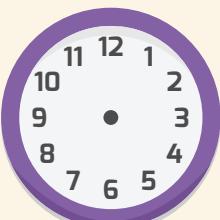
Draw the hands of the clocks to show the time when you eat these meals.



breakfast



lunch



dinner

# Clothes We Wear



Mummy,  
please stitch  
a cotton frock  
for my doll.



Sure Saina!  
She must be  
feeling hot  
wearing woollens  
in summer.

We wear different clothes in different seasons.

Like food and water, clothes are also one of our basic needs. We wear clothes to protect ourselves from heat, cold, rain and insects.

## Types of Clothes

We wear cotton clothes in summer. They keep our body cool. They allow air to pass through. They absorb sweat easily.



shirt



frock



skirt



pant

We get jute from the jute plant. We can make many things from jute.



rope



shoulder bag



gunny bag



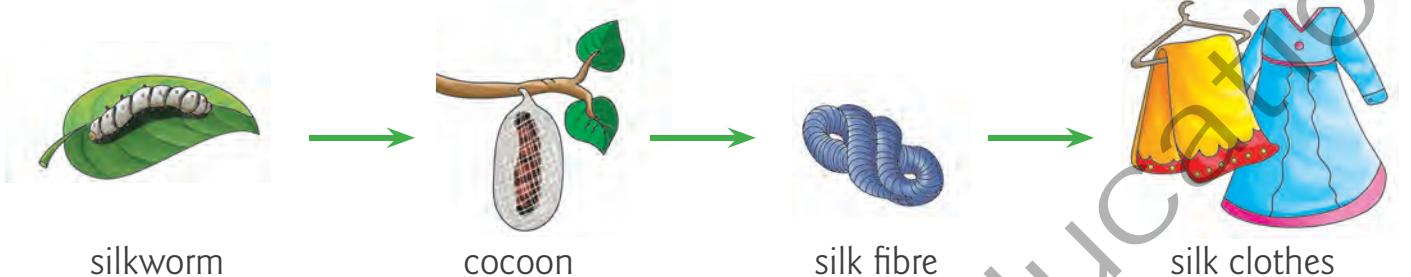
handbag



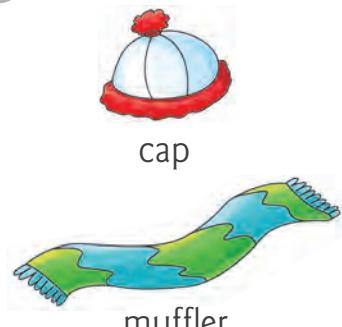
## Fact Ant

Indian jute is famous all over the world.

We also wear clothes made of silk. We get silk from the silkworm. It lives in a cocoon made of long sticky threads. This thread is used to make silk clothes.



It is cold in winter. We wear woollen clothes to keep ourselves warm. Wool comes from the hair on the body of sheep.



We also wear leather clothes in winter. They keep us warm. We get leather from the skin of dead animals. Leather is used to make belts, jackets and shoes.

## Fact Ant

Shoes can be made of rubber, leather or canvas.

We wear waterproof clothes when it rains. They prevent us from getting wet.



Saina wants to know...

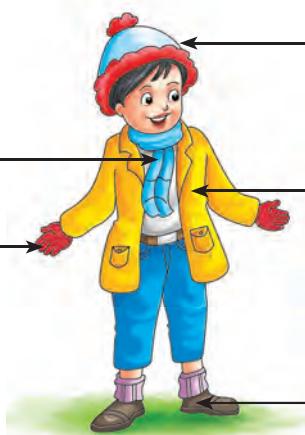
Can we make raincoats with cotton or wool?



## Fun Time

We wear a m..... or a scarf around our neck for warmth.

We wear g..... or mittens on our hands.



We wear a c..... or a hat on our head.

We wear a j..... or a coat over other clothes.

We wear s..... and s..... to cover our feet.

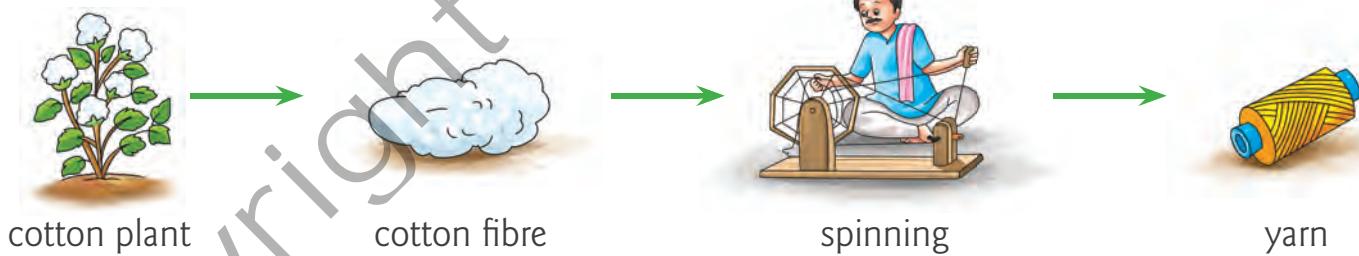
## Types of Fibres

Fibre can be natural or synthetic (artificial).

**Synthetic fibres** are man-made. Nylon, rayon and polyester are some synthetic fibres. We get **natural fibres** from plants and animals. Cotton, jute, silk and wool are natural fibres.

## From Cotton Fibre to Clothes

We get cotton fibre from the cotton plant. We make thread from it by spinning. This thread is called **yarn**.



A weaver weaves yarn on a loom to make cloth.



A dyer dyes the cloth in different colours.

A tailor stitches the clothes to make garments like shirts, blouses, skirts, trousers and jackets.

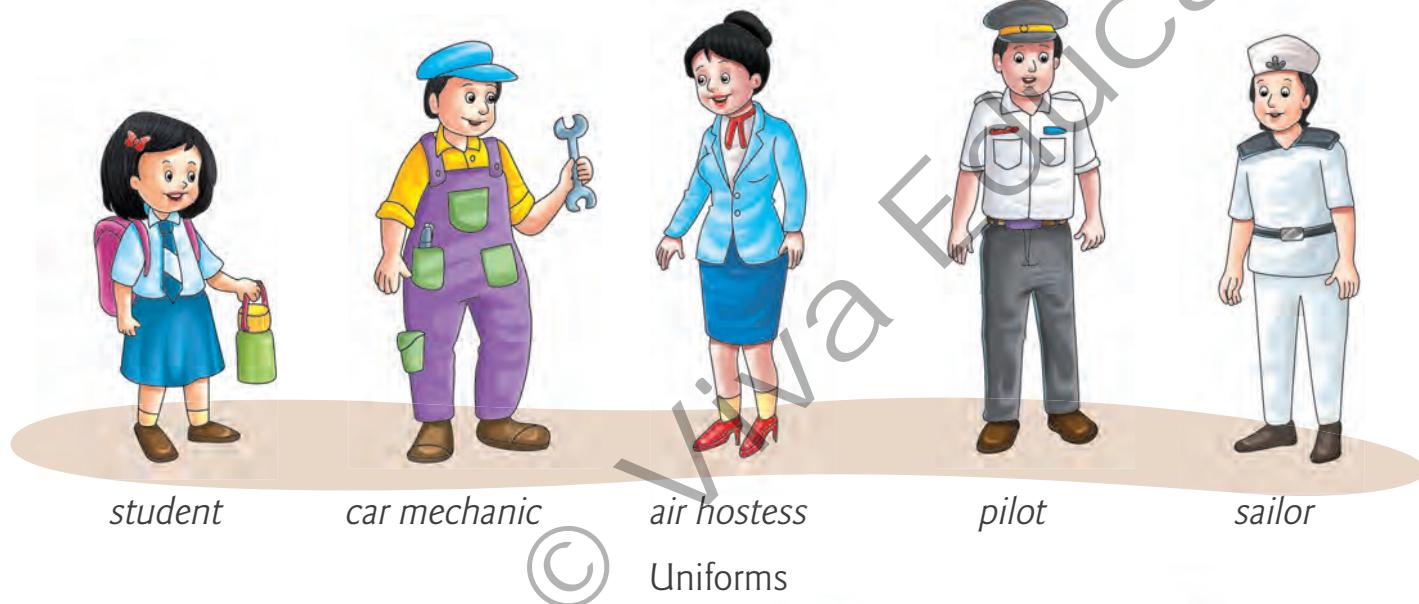


### Grandma says...

It is important to wear clean clothes. Clothes should be properly washed and ironed.



## Special Clothes



Wedding Costumes



Bharatnatyam

Odissi

Kathakali

Manipuri

Kathak

Costumes of Dancers

## More Uses of Cloth

Besides clothes, we make many other things with cloth.



**Grandma asks...**

What do you do with the clothes that do not fit you?



carpet



curtains



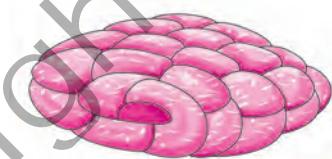
sofa covers



bed spread



blanket



quilt

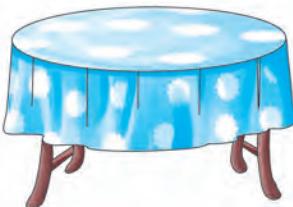
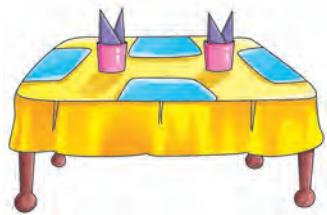


table cover



napkins



**Saina wants to know...**

Name any six things used at home that is made of cloth.

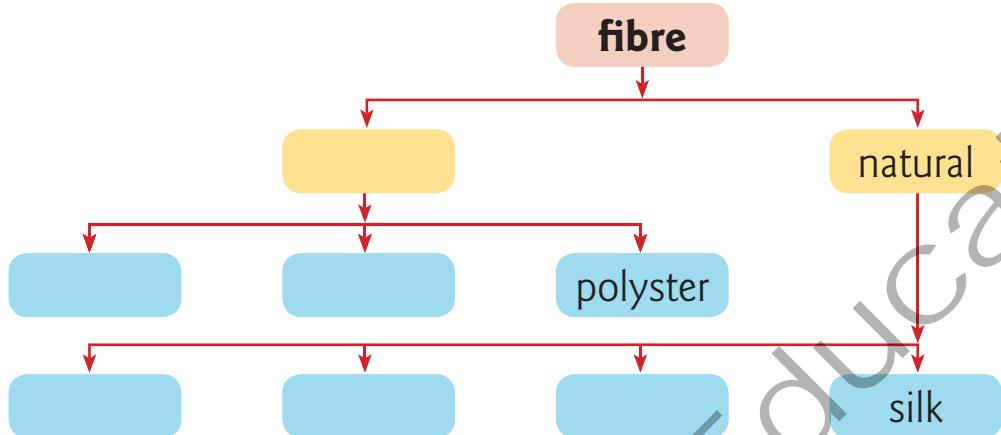
.....  
.....

.....  
.....

.....  
.....

# Exercise Time

A. Complete the flow chart.



B. Number the pictures in the correct order.

1.



2.



3.



### C. Write three things we make from these fibres.

1. cotton .....
2. wool .....
3. silk .....
4. jute .....

### D. Look at their uniforms and write their profession.



### E. Answer the following questions.

1. Why do we wear clothes?

.....

2. Why do we wear cotton clothes in summer?

.....

3. From where do we get wool?

.....

4. Name the two types of fibres.

.....

5. From where do we get natural fibres?

.....



### Activity Time

#### Find out and write the size of your:

- |                   |                      |                   |                      |                   |                      |
|-------------------|----------------------|-------------------|----------------------|-------------------|----------------------|
| 1. shoes          | <input type="text"/> | 2. shirt/T-shirt  | <input type="text"/> | 3. jeans          | <input type="text"/> |
| 4. mother's shoes | <input type="text"/> | 5. father's shoes | <input type="text"/> | 6. father's shirt | <input type="text"/> |