

# Environmental Studies

Book 3



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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.

### Key Features



#### 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.

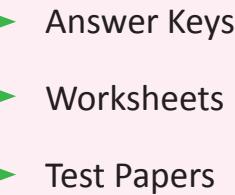
## Digital Tools

### 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. My Family and Me	<ul style="list-style-type: none"> <li>Types of family           <ul style="list-style-type: none"> <li>Nuclear family</li> <li>Joint family</li> <li>Single-parent family</li> </ul> </li> <li>People in a family</li> <li>Family tree</li> <li>Things that the family teaches us</li> <li>New relatives</li> <li>Meeting family members</li> <li>Whom do I look like?</li> </ul>	<ul style="list-style-type: none"> <li>Discussion based on values and life skills</li> <li>Making paternal family tree</li> <li>Collecting information</li> </ul>
2. Caring for Others	<ul style="list-style-type: none"> <li>Growing old</li> <li>Taking care of old people</li> <li>Physically challenged people</li> </ul>	<ul style="list-style-type: none"> <li>Discussion based on values and life skills</li> <li>Projects on physically challenged</li> </ul>
3. People around Us	<ul style="list-style-type: none"> <li>Meaning of occupation</li> <li>Community helpers</li> <li>Social workers</li> <li>Family at work</li> <li>Working children</li> <li>Ways to help working children</li> </ul>	<ul style="list-style-type: none"> <li>Discussion based on values and life skills</li> <li>Making Thank You cards</li> <li>Making posters</li> </ul>
4. Playing Is Fun	<ul style="list-style-type: none"> <li>Importance of playing</li> <li>Outdoor games</li> <li>Indoor games</li> <li>Team games</li> <li>Games in the past</li> <li>Game as occupation</li> </ul>	<ul style="list-style-type: none"> <li>Discussion based on values and life skills</li> <li>Collecting information</li> <li>Individual/Pair activity</li> </ul>
5. Plants	<ul style="list-style-type: none"> <li>Kinds of plants</li> <li>Plants and climate</li> <li>Plants are our friends</li> <li>New plants</li> </ul>	<ul style="list-style-type: none"> <li>Discussion based on values and life skills</li> <li>Group project</li> <li>Individual activity</li> </ul>
6. Leaves in Our Lives	<ul style="list-style-type: none"> <li>Leaf diversity</li> <li>Leaves are useful</li> <li>Shedding of leaves</li> </ul>	<ul style="list-style-type: none"> <li>Discussion based on values and life skills</li> <li>Individual activities</li> </ul>
7. The World of Animals	<ul style="list-style-type: none"> <li>Animals vary in size</li> <li>Movement in animals</li> <li>Uses of tail</li> <li>Food of animals           <ul style="list-style-type: none"> <li>herbivores</li> <li>carnivores</li> <li>omnivores</li> <li>scavengers</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Discussion based on values and life skills</li> <li>Individual activity</li> </ul>
8. Tiny Animals	<ul style="list-style-type: none"> <li>Features of insects</li> <li>Harmful insects</li> <li>Useful insects</li> <li>Spiders</li> <li>Worms</li> </ul>	<ul style="list-style-type: none"> <li>Discussion based on values and life skills</li> <li>Group project</li> </ul>
9. Birds	<ul style="list-style-type: none"> <li>Features of birds</li> <li>Feathers</li> <li>Neck movement</li> <li>Birds and their sounds</li> <li>Beaks</li> <li>Migratory birds</li> </ul>	<ul style="list-style-type: none"> <li>Discussion based on values and life skills</li> <li>Individual activity</li> </ul>

<b>Chapters</b>	<b>Content</b>	<b>Special features</b>
10. Sources of Food	<ul style="list-style-type: none"> <li>Importance of food</li> <li>Food from plants</li> <li>Food from animals</li> <li>Cultural diversity in food</li> </ul>	<ul style="list-style-type: none"> <li>Discussion based on values and life skills</li> <li>Individual project and activity</li> </ul>
11. Cooking and Eating	<ul style="list-style-type: none"> <li>Reasons for cooking food</li> <li>Methods of cooking</li> <li>Vessels used for cooking</li> <li>Type of stoves and fuels</li> <li>Eating in a family</li> </ul>	<ul style="list-style-type: none"> <li>Discussion based on values and life skills</li> <li>Individual/Pair activity</li> </ul>
12. Houses—Good and Clean	<ul style="list-style-type: none"> <li>Need of house</li> <li>Living together</li> <li>Types of houses</li> <li>Ways to keep a house clean</li> <li>Decorating a house</li> <li>Some unusual houses</li> </ul>	<ul style="list-style-type: none"> <li>Making models</li> </ul>
13. Animals in Our Homes	<ul style="list-style-type: none"> <li>Difference between pet and domestic animals</li> <li>Shelter for animals</li> <li>Food for animals</li> <li>Unwanted animals in our house</li> <li>Ways to keep our house free from unwanted animals</li> </ul>	<ul style="list-style-type: none"> <li>Discussion based on values and life skills</li> <li>Individual activity</li> </ul>
14. Maps and Directions	<ul style="list-style-type: none"> <li>Directions</li> <li>Sketch</li> <li>Plan</li> <li>Map</li> </ul>	<ul style="list-style-type: none"> <li>Individual/Pair activity</li> </ul>
15. Water—A Necessity	<ul style="list-style-type: none"> <li>Importance of water</li> <li>Ways to get water</li> <li>Ways to save water</li> <li>Water pollution</li> <li>Ways to reduce water pollution</li> </ul>	<ul style="list-style-type: none"> <li>Discussion based on values and life skills</li> <li>Conducting a survey</li> </ul>
16. Water in Our Lives	<ul style="list-style-type: none"> <li>Natural sources of water</li> <li>From water bodies to our taps</li> <li>Volume and shape of water</li> <li>Storage of water</li> <li>Safe handling of water</li> <li>The water cycle</li> <li>Rainwater harvesting</li> </ul>	<ul style="list-style-type: none"> <li>Discussion based on values and life skills</li> <li>Performing an experiment</li> </ul>
17. Travelling to Places	<ul style="list-style-type: none"> <li>History of transport</li> <li>Reasons for travelling</li> <li>Land transport</li> <li>Air transport</li> <li>Water transport</li> <li>Special means of transport</li> </ul>	<ul style="list-style-type: none"> <li>Discussion based on values and life skills</li> <li>Conducting a survey</li> <li>Gathering information</li> </ul>
18. Means of Communication	<ul style="list-style-type: none"> <li>Meaning of communication</li> <li>Telephones</li> <li>Postal communication</li> <li>Journey of a letter</li> <li>Mass communication</li> <li>Communicating without speaking</li> </ul>	<ul style="list-style-type: none"> <li>Discussion based on values and life skills</li> <li>Writing an email</li> <li>Making a stamp album</li> <li>Visiting a post office</li> <li>Project</li> </ul>
19. Clothes We Wear	<ul style="list-style-type: none"> <li>Importance of clothes</li> <li>Weaving</li> <li>Knitting</li> <li>Colouring the cloth</li> <li>Making patterns</li> <li>Wearing clothes</li> </ul>	<ul style="list-style-type: none"> <li>Discussion based on values and life skills</li> <li>Vegetable printing</li> <li>Collecting information</li> </ul>
20. The Potter's Wheel	<ul style="list-style-type: none"> <li>The potter's wheel</li> <li>Making a pot</li> <li>Pottery in our lives</li> </ul>	<ul style="list-style-type: none"> <li>Making a clay pot</li> </ul>

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# My Family and Me



I live with my mother, father and younger brother. My friend, Tania lives in her house with many people. I asked my mother who they are. My mother told me that they are Tania's family members.

A **family** is a group of people who live in the same house and are related to each other.

## Nuclear Family

Families in which only parents and children live together are called **nuclear families**. Some nuclear families are small. They have parents with one or two children. Nuclear families with more than two children are big families.



nuclear families



joint family

## Joint Family

Grandparents, parents, siblings (brother and sister), uncles, aunts and cousins live together in the same house in a **joint family**.



### Saina wants to know...

- ◆ Do you live in a joint or nuclear family? .....
- ◆ Name two of your classmates who live in a joint family.

## Single-parent Family

Some children live with only one parent. Such a family is called a **single-parent family**.



## People in a Family

Tania lives with her parents, sibling, paternal grandparents (*dada* and *dadi*), her uncle and aunt (*chacha* and *chachi*), their children who are her cousins and her father's sister (*bua*).

Her maternal grandparents (*nana* and *nani*) live in Nainital with her mother's brother and his wife (*mama* and *mami*) and her mother's sister (*maasi*). She doesn't meet them very often but speaks to them on the phone and sends them emails.



### Saina wants to know...

- ◆ Name two relatives who do not live with you.

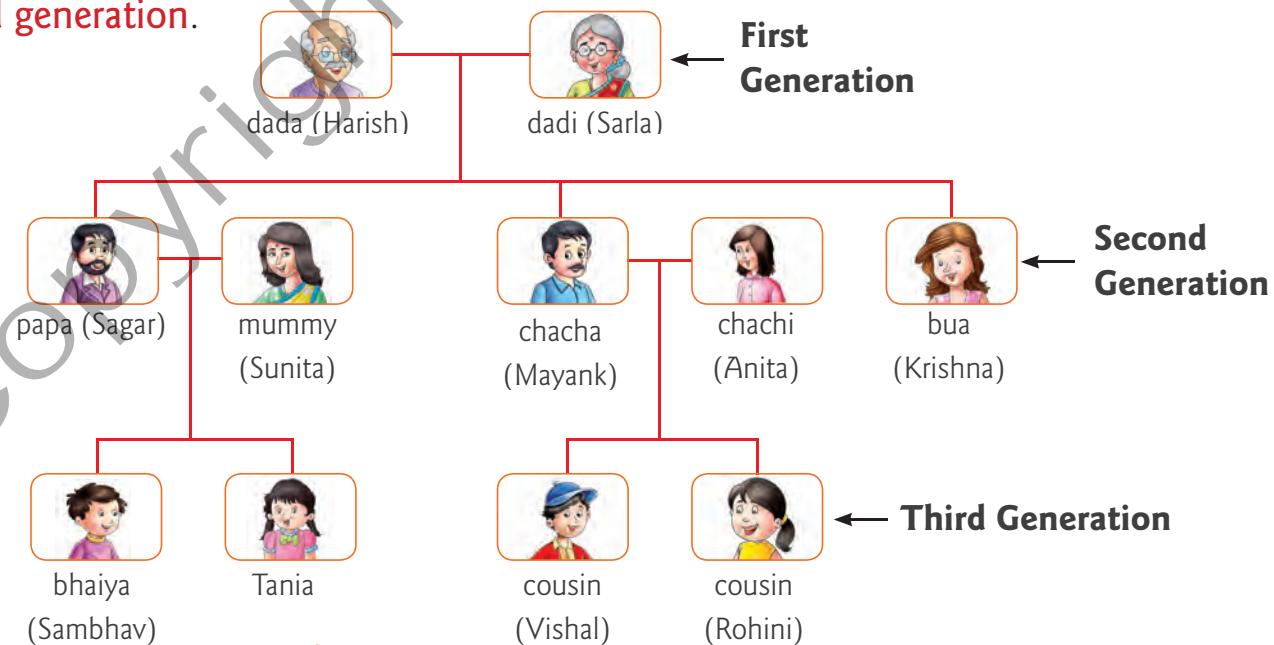
.....

- ◆ Write two ways in which you keep in touch with them.

.....

## Family Tree

This is Tania's family tree. It shows the relationship between different members of her paternal family. A family tree always starts with the grandparents. They form the **first generation**. Parents, uncles and aunts form the second generation. Children form the **third generation**.



## Fun Time

Look at Tania's family tree and tick (✓) the correct answer.

1. Krishna is Tania's **bua/maasi**.
2. Tania is Sambhav's **sister/cousin**.
3. Harish is Rohini's **chacha/dada**.
4. Anita is Tania's **dadi /chachi**.
5. Tania's father is **Sagar/Mayank**.
6. Sarla is Sagar's **mother/dadi**.
7. Mayank's sister is **Rohini/Krishna**.
8. Mayank is Sagar's **brother/chacha**.

## What Does the Family Teach Us?

When Saina goes to Tania's house, Tania asks Saina to leave her shoes on the shoe rack near the door. She explains that it is a custom in their family to remove the shoes and slippers that are worn outside and wear one of the slippers kept on the rack.



Most families follow a set of customs and traditions. These are passed on from one generation to another. Some common customs are:

- ◆ eating dinner together
- ◆ celebrating festivals and special days together



We learn many things when we live in a family. We learn to care, share, be kind to others, help each other and be truthful. Our family is our first school. Our family also teaches us good values like:

- ◆ being polite
- ◆ being respectful to elders
- ◆ helping family members
- ◆ taking care of the needs of other family members



## Grandma says...

It is good to follow family customs and traditions that help us to be good human beings.



## Saina wants to know...

- ◆ Do you share your things with your family? Yes/No
- ◆ Write three ways in which you help your family.

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

## New Relatives

Tania's *bua* is going to get married soon. Another member will be added to Tania's family. Her husband will be Tania's new relative.

New relatives are added to our families from time to time when:

- ◆ a baby is born.
- ◆ a relative gets married.
- ◆ a child is adopted.



## Meeting Family Members

People who live in a nuclear family, meet the other members of their family on special occasions and festivals. For example, on Diwali, Saina's uncles, aunts and cousins come to their house. They put up lights and decorate the house together. They enjoy eating the special dishes which Saina's grandmother prepares for all of them. Sometimes they also go on picnics together. Saina looks forward to occasions when she can meet all her family members.



## Grandma asks...

Is it good to keep in touch with your relatives? Discuss why.



## Saina wants to know...

- ◆ Write two festivals on which you meet the other members of your family.  
.....  
.....
- ◆ Name two special dishes you like your mother to prepare on these festivals.  
.....  
.....



## Whom Do I Look Like?

Members of the same family resemble or look like each other in many ways. Sometimes they may have the same habits too. Saina looks like her mother. Both of them have straight hair and black eyes. Most members of Saina's family are tall and have black eyes. One of her aunts even has identical twins.

Mummy, I look just like you, but you are much taller than I am.



### Fact Ant

- ◆ The features which are passed on from one generation to another are called 'hereditary features'.
- ◆ Twins are children born to the same mother at almost the same time. In many cases, they are identical (look the same).

### Fun Time

Whom do you look like? Tick (✓) below the person with whom your feature resembles.

Feature	Mother	Father	Grandfather		Grandmother	
			Maternal	Paternal	Maternal	Paternal
Eyes (colour)						
Nose						
Hair (colour)						
Hair (curly/straight)						

### Read and Reflect

- A family is a group of people who live in the same house and are related to each other.
- Families can be nuclear (big or small) or joint.
- A family tree shows the different generations of a family and how they are related to each other.
- New members are added to a family from time to time.

- We meet other members of our family on special occasions and festivals.
- Traditions and customs are passed on from one generation to another.
- Members of a family resemble each other and may have similar habits too.

## Exercise Time

### A. What do you call the following relatives?

1. father's mother .....
2. mother's brother .....
3. mother's sister .....
4. father's younger brother .....
5. father's sister .....
6. father's elder brother .....

### B. Tick (✓) the correct answer. There may be more than one correct answer.

1. The first generation of a family includes .....  
 children  
 parents and grandparents  
 grandparents only
2. Family teaches us to .....  
 fight with other family members  
 be polite  
 respect other family members
3. Festivals and special occasions give a chance to .....  
 meet relatives who don't live with us  
 decorate the house together and eat special dishes  
 study together for an exam

### C. Tick (✓) the correct answer.

1. A joint/nuclear family has only parents and one or two children.
2. Children/Grandparents form the third generation in a family tree.
3. A family tree shows us the relationship between family members/neighbours.
4. The family teaches us bad/good habits.
5. Identical twins resemble/do not resemble each other.

### D. Answer the following questions.

1. How does a joint family differ from a nuclear family?
2. What is a single-parent family?
3. List some of the things that you learn from your family.
4. Is there any similarity between you and any other member of your family in the way you talk, walk or smile? Write the name of the family member and the similarity.

### E. Write True or False.

1. Family in which only parents and children live together is called joint family.
2. Our family is our first school.
3. We should celebrate festivals and some important days together.
4. A family tree starts with the third generation.
5. We should take care of the needs of the other family members.

### Activity Time

- A. Cut out white strips of paper. Write the names of your family members in bright coloured ink. Include members of your paternal family only. Paste them on a dark sheet of thick paper and make your paternal family tree. You can use coloured tape, sequins and beads to decorate your presentation. Surprise your grandparents with this gift.
- B. Find out about any two customs or traditions that are being followed in your family for many years. Ask your grandparents for the reasons behind them.

# Caring for Others

2



My mother works in the 'Home for the Aged'. She often speaks about the old people living there. One day, I went to visit them. I saw that many of them are weak and unable to do their work themselves. I have decided to go there with my mother every Sunday and spend time with them.

## Growing Old

When people are young and healthy, they are full of energy and strength. As they grow older, they lose strength and become weak and slow. They cannot work for long periods of time. They need a lot of rest and a nutritious diet to stay healthy. Often old people are not able to eat the same food as us. We should give them food that is soft and easy to digest.



## Taking Care of Old People

Saina enjoys talking to the old people and listening to their stories. She notes down a few things that she learns after visiting the 'Home for the Aged' in her diary.

Old people need our support and understanding. They are not able to do a lot of things themselves. We should help them. The most important way to show our love and care for them is to spend time with them.



### Fact Ant

1 October is celebrated as the 'Old Age Day' all over the world.



### Saina wants to know...

Why do some old people live in old age homes and not with their families?  
Discuss in class.

### Always Remember!

1. Respect old people and show your love and affection.
2. Take care of their needs.
3. Make them feel wanted by talking to them and spending time with them.

- Take them for walks and outings like picnics, movies and plays.
- Take them to the doctor as and when required and give them their medicines on time.
- Read a book or a newspaper to them if they are not able to do so.



## Fun Time

Here are some more ways of taking care of old people. Match them with their pictures.



1. Help them to climb steps.
2. Offer them your seat in a bus or train.
3. Serve them food and drinks.
4. Open the door for them.
5. Help them to get into a vehicle.
6. Carry their bags.



## Physically Challenged People

Most of us are lucky to have good health. We can speak, hear, see and do things on our own. But there are many people who cannot see (blind), hear (deaf) or speak (dumb). Such people are called **physically challenged** people. They go to special schools. They

are taught the same things as in other schools but in a different way. For example, blind people read from a script called **Braille**.

The Braille was invented by Louis Braille in 1824. It is a series of raised dots on which a blind person moves his hands and reads. Braille writing is done on a machine called **Braille writer**.

Physically challenged people also include those who have one or more body parts missing.

We can help physically challenged people by spending time with them and making them feel loved and wanted. Here are some things we can do to show our love for them.

- ◆ Do not laugh at them or tease them.
- ◆ Help them in their daily chores.
- ◆ Play with them and make them a part of your day-to-day activities.
- ◆ Encourage them to go to school, study and have a hobby.
- ◆ Invite them to birthday parties, picnics and other celebrations and outings.



### Grandma asks...

The physically handicapped need your love not pity. How can you show your love for them?



### Fact Ant

15 October is celebrated as the 'World Care Day' for blind people.



### Fact Ant

Some children do not have parents. They are called orphans. They live in special homes called orphanages. They also need our love and support.

## Exercise Time

### A. Tick (✓) the correct answer. There may be more than one correct answer.

- I. How can you help your grandmother at a party?

Put food for her in a plate and serve her.

Play with your friends all the time.

Find a chair and make her sit.



2. How can we show our love and support for physically challenged people?  
 by teasing them  
 by making them a part of our day-to-day activities  
 by laughing at them
3. Why do people need our help, care and support as they grow old?  
 They become lazy.  
 They become weak and lose strength.  
 They are unable to do their work on their own.


### B. Fill in the blanks.

1. Old people should be given food that is ..... and easy to .....
2. Blind people need books written in the ..... script.
3. We should show our ..... and take ..... of old people.
4. People who have one or more body parts missing are called .....  
.....
5. We should not ..... at or ..... the physically challenged people.

### C. Write True or False.

1. A person who is deaf cannot see.
2. As people grow old, they often become weak.
3. Physically challenged people live in an old age home.
4. We must spend time with old people.
5. We must help physically challenged people in their chores.


### D. Look at the table below and then answer the questions that follow.

Child	How the Child Helps	How the Child Spends Time
Sanya	<ol style="list-style-type: none"> <li>1. Gives medicines to her grandparents on time.</li> <li>2. Helps her grandparents get into or out of the car.</li> </ol>	<ol style="list-style-type: none"> <li>1. Reads the newspaper to her grandparents daily.</li> <li>2. Goes for a walk daily with her grandparents.</li> </ol>

Tarun	<ol style="list-style-type: none"> <li>I. Does not like to bring water for his grandparents.</li> <li>2. Never helps his grandmother find her spectacles.</li> </ol>	<ol style="list-style-type: none"> <li>I. Does not like to take his grandmother to the temple in the evening.</li> <li>2. Does not listen to the stories his grandmother wants to tell him.</li> </ol>
Surekha	<ol style="list-style-type: none"> <li>I. Helps grandfather to water the plants everyday.</li> <li>2. Carries bags while shopping with her grandparents.</li> </ol>	<ol style="list-style-type: none"> <li>I. Goes with grandparents to meet other relatives.</li> <li>2. Sings songs for her grandparents and tells them jokes.</li> </ol>

- I. Which children are sensitive to the needs of their grandparents? How do they help them?
2. Which child does not give love and support to the grandparents? Suggest two ways by which the child can improve.
3. Which child goes to visit relatives with the grandparents? How else does the child spend time with them?



## Activity Time

- A. Helen Keller, Ravindra Jain, Beethoven, Milton, Satish Gujral and Sudha Chandran are some examples of physically challenged people who are famous in their fields. In groups, choose any one of the mentioned people. Stick his/her picture on a drawing sheet. Write about his/her disabilities as well as achievements. Find details about his/her life and how he/she achieved success. Was his/her life easy or difficult? Did he/she receive love and support from his/her family and friends?
- B. Find out the names of institutions or special schools for the physically handicapped. Find out how they help people with handicaps to settle down in life. Do these people get jobs easily? Put all this information in your project file.

# People around Us

3



When Saina wakes up in the morning to get ready for school, she sees her mother working in the kitchen, a lady cleaning the house and the milkman delivering milk. Her mother tells her that many people are involved in making their lives comfortable.

Saina is amazed at the number of people who are involved in her life to make it comfortable. She decides to walk down a busy street near her house and note down some more services that people perform for us. There she sees people doing various kinds of jobs.



tailor—stitches clothes



carpenter—makes things with wood



cobbler—repairs shoes



plumber—fixes and repairs taps and pipes



electrician—fits and repairs lights, fans, and other electrical things



baker—bakes cakes, biscuits, breads and other bakery items



greengrocer—sells vegetables

People around us do different kinds of work to earn money. Each kind of work is called an **occupation**.

## Community Helpers

People who provide services to us are called **community helpers**. They are paid for their services. Tailor, carpenter, cobbler, plumber, electrician, baker and greengrocer are all community helpers. Some other community helpers are given below.



postman—delivers letters and parcels



doctor and nurse—treat people who are ill or injured



policeman—maintains law and order



firefighters—put out fire



teacher—gives knowledge and good values to children



**Saina wants to know...**

Name two other community helpers.

.....  
.....

## Social Workers

There are some people who serve the community for free. They work selflessly for the good of the society. They are called **social workers**. Mother Teresa, Medha Patkar, Annie Besant and Baba Amte are some well-known Indian social workers.



### Fact Ant

Mother Teresa won a Nobel Peace Prize in 1979 for her selfless service towards orphans (children without parents).

Some social workers form organizations called **non-governmental organizations** or **NGOs**. These work to make the lives of the poor and needy better.

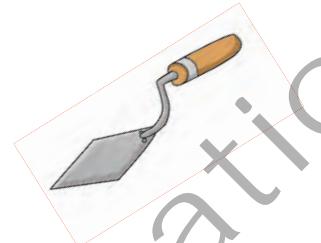


**Saina wants to know...**

Find out and write the names of any two NGOs.

## Fun Time

Unjumble and write the name of each worker. Then match the workers to the tools they use.



haecert

afrerm



cmhaniec

tencrpera

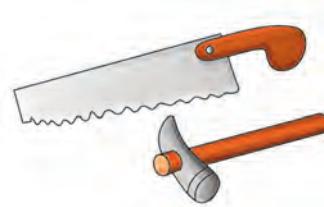
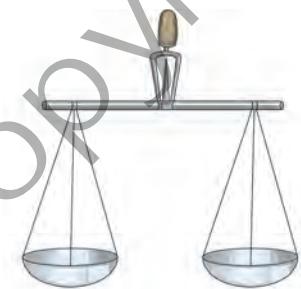


cegregroren

mbluerp

erbabr

msona



ctdoro

afictrf licpeo



## Family at Work

Family is the smallest unit of the society. All members of a family contribute in different ways to make their home a happy place.

Each family member has a role to play. Mother takes care of household activities like cooking and looking after the needs of the family. Father helps mother in these activities. In some families, both mother and father go out to work. While the mother is busy cooking or washing, the father helps the children to complete their school work. Children help their parents by laying the table, keeping their room clean and packing their school bag.



Most elderly people of the house stay at home. They too used to go to work when they were young. In old age, they spend their time reading the newspaper, watching television and praying. Some elderly people help at home by doing light household chores and by teaching their grandchildren, playing with them and reading stories to them. Children learn good values from the elders of the family. It is nice to have elderly people at home.

## Working Children

There are some children who work as well as go to school to study. For example, many young boys often clean cars in the morning and then go to school. Some children are not able to go to school at all. They want to study but are forced to work because their family is poor and cannot send them to school. Moreover, they bring extra money for the family. But it is not fair to the children and it must be discouraged.



### Saina wants to know...

Circle the places where you have seen children working.

- |               |                   |             |            |
|---------------|-------------------|-------------|------------|
| shops         | factories         | restaurants | houses     |
| car workshops | construction site | movie halls | tea stalls |

## Ways to Help Working Children

- ◆ Encourage working children to go to school.
- ◆ Explain the importance of education to their families.
- ◆ Give them your old books, pencils, erasers, sharpeners and crayons.
- ◆ Teach them in your spare time.



**Grandma asks...**

How should we encourage working children to go to school?



**Grandma says...**

Every child has the right to study. It is illegal (against the law) to make children below the age of 14 work in factories, houses, shops and other places.

## Read and Reflect

- The different kinds of work people do to earn money is called occupation.
- People have different occupations like tailor, cobbler, carpenter, electrician, etc.
- Milkman, maid and sweeper are some people who help us with our daily chores.
- The services of community helpers like doctors and teachers are useful to us.
- In a family, all members contribute in different ways to make their home a happy place.
- Some children who belong to very poor families are forced to work to fulfill the family needs.

## Exercise Time

### A. Write the name of the person who helps you in the following ways.

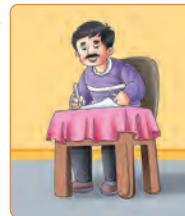
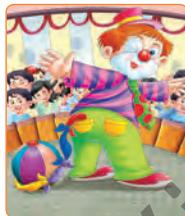
1. delivers letters to your house .....  
.....
2. repairs a leaking tap .....  
.....
3. repairs electrical things .....  
.....
4. maintains law and order .....  
.....
5. mends your shoes .....  
.....

## B. Write True or False.

1. Mother looks after the needs of the family.
2. Children cannot help in household chores.
3. Some working children work as well as study in schools.
4. Social workers and community helpers are the same.
5. Social workers work selflessly.

## C. Look at the pictures carefully. Choose the correct occupation from the box and write it below the picture.

actor      clown      singer      artist      dancer      author



## D. Answer the following questions.

1. What is an occupation?
2. Who are social workers? Name any three.
3. Why is it nice to have elderly people at home?
4. Who are community helpers? Name at least four with their work.

## Activity Time

- A. Make a list of the people who help in the smooth functioning of your school. Write what kind of work they do. Go and thank them for their services. You can also take or make 'Thank You' cards for them.
- B. Divide yourselves into groups of four. Make posters on (a) street children, (b) people who provide services in the neighbourhood. Say a few lines about your poster in class.

# Playing Is Fun



Every evening, I go to a park near my house to play with my friends. We play kho-kho, football, cricket and many other group games. This keeps me healthy and happy. At home, I play games with my parents when they are not working.

Playing games is important. It is a good exercise for the body and mind. It keeps us fresh and active. It gives us energy to complete our work.

Like Saina, most children look forward to go out to play in the evening. It is important to play in open places like parks or playgrounds.

Playing games is the best form of entertainment and recreation. **Recreational activities** are the things that we do when we are not working. They help us to relax. Time spent on recreational activities is called **leisure time**.



## Saina wants to know...

Circle the things your parents like to do in their leisure time.

read    chat    do gardening    embroider    stitch    watch television

## Outdoor Games

Games like cricket, badminton, hockey, basketball, football and cycling are played on a ground or a court outside the house. Such games are called **outdoor games**. Some other outdoor games are kho-kho,



## Grandma says...

Many children spend their leisure time watching television or playing games on the computer. This is not healthy. We must do physical exercise to stay healthy.



hide and seek (*aankh-micholi*), kabaddi, seven tiles (*pithoo*) and hopscotch (*stapoo*). Children also like cycling, skating and skipping. These are also a good form of exercise and relaxation.

## Indoor Games

Some games like chess, ludo and carrom are played inside. Such games are called **indoor games**. Nowadays, video games, electronic cars and play-stations are also popular indoor games among children. In many houses, parents, grandparents and children play indoor games together. This brings them closer to each other.



### Saina wants to know...

- Which outdoor game do you enjoy playing the most?  
.....
- Name two indoor games you like to play with your family.  
.....

## Team Games

Hockey, football, cricket, basketball and volleyball are some popular team games. Playing team games teaches us the values of teamwork and cooperation. Most schools appoint a special sports coach to train children in team games.



### Saina wants to know...

- Name any two team games you like to play. ....

## Games in the Past

In the past, when there were no televisions or video games, children were healthier. They ran in the open fields. They played outdoor games like skipping, kabaddi, seven tiles (*pithoo*), hide and seek (*aankh-micholi*), hopscotch (*stapoo*) and *langrhi-taang*. These required a lot of energy. Some indoor games they played were *ghar-ghar* with dolls and *gitte*. The older children enjoyed wrestling while the younger ones played games like *gilli-danda*, marbles (*kanche*) and *keekli*.





## Saina wants to know...

- Ask your grandparents about the games of the past which you are not familiar with. Also ask them the names of three games they played when they were young and write here.
- .....
- Did your grandmother and grandfather play the same games? Yes/No
  - Do you play any of these games? Yes/No



## Grandma says...

A healthy mind resides in a healthy body. Nutritious food, plenty of exercise and rest are the key to good health.

## Game is Work for Some

A game played for fun or to earn money or for competition is called **sport**. A person who plays a sport is called a **sportsperson**.

Some people earn money by playing a sport. It is their occupation. Some sports that people play professionally are:

- ◆ cricket, football, hockey, badminton
- ◆ baseball, boxing, athletics, wrestling
- ◆ polo, billiards, snooker, archery, weightlifting, table tennis



## Fact Ant

There is a Dolls Museum in Delhi where dolls from all over India and the world are displayed.



## Grandma asks...

Is it important to play a fair game? Discuss.



## Saina wants to know...

- Name your favourite sportsperson. .....
- Why do you like him/her? .....



## Adventure Sports

Some sports like yachting, river rafting, surfing, gliding and scuba diving are risky but exciting. These are called adventure sports. They are becoming very popular nowadays.

### Fun Time

Match the sport to the sportsperson who plays it.

#### Column A

1. billiards
2. tennis
3. badminton
4. chess
5. hockey
6. athletics
7. boxing
8. shooting

#### Column B

- (a) Leander Paes, Sania Mirza
- (b) P.T. Usha
- (c) Dhanraj Pillay
- (d) R.S. Rathore, Abhinav Bindra
- (e) Vijender Singh
- (f) Pankaj Advani
- (g) Viswanathan Anand
- (h) Saina Nehwal

### Read and Reflect

- Playing games keeps us healthy and active.
- Games can be played outside the house (outdoor games) or inside the house (indoor games).
- Our grandparents played games which were different from the ones we play. They played games like *gilli-danda*, *langrhi-taang* and seven tiles.
- Some people earn money by playing a sport.

### Exercise Time

#### A. Think of some games that you can make and play using these things.

1. scale and eraser .....
2. paper and pencil .....
3. play dough .....

## B. Solve the following riddles. They are all names of games.

1. The first part of its name is a body part ..... .... ..

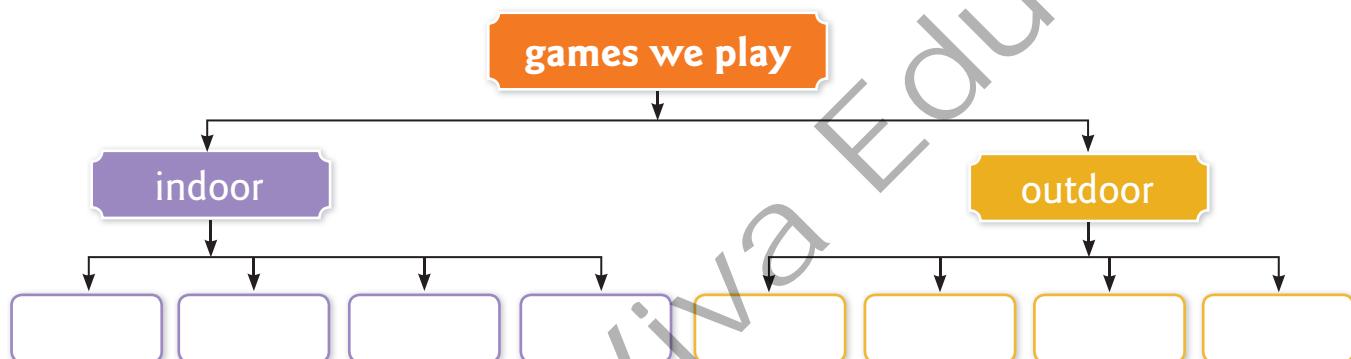
2. The first part of its name is a piece of furniture .....

3. The first part of its name is what you carry vegetables and fruits in .....

4. You need gloves for this .....

5. You give a 'test' in this game .....

## C. Complete the flow chart.



## D. Answer the following questions.

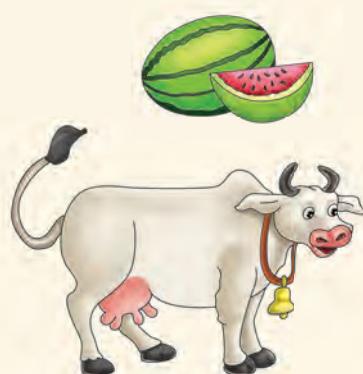
1. Why is it important to play games?
2. How are games work for some people?
3. Should you spend your leisure time watching television and playing computer games inside the house? Why or why not?
4. How were the games that your grandparents played different from the ones you play today?



- A. Folk toys are the traditional toys made all over India. Folk toys from Gujarat include toys made of lac and colourful puppets. Punjab is famous for handmade toys made of cloth stuffed with cotton and toys made of clay. They are decorated with brightly coloured beads, tassels and designs. Find out about the special folk toys of the region that you belong to and share the information with the class.

**B. Solving puzzles and crosswords is also a way to spend leisure time.  
Enjoy solving the puzzle given below.**

1. teacher/lesson/board ..... s . . c . h . o . o . l .
2. sport/play/kick .....
3. read/books/silence .....
4. watch/popcorn/cold drink .....
5. banana/animal/love .....
6. wear/trousers/blue .....
7. favourite day/How old are you today? .....
8. fruit/green/very big .....
9. room/sleep .....
10. Santa Claus/cake/gifts .....
11. long/no legs/hiss .....
12. play/game/bounce .....
13. room/eat/table .....
14. animal/green/water/teeth .....
15. garden/beautiful/colours .....
16. wear/feet/cloth .....
17. animal/white or brown/milk .....
18. room/have a bath .....



# Plants



I went to a park with my mother for a walk. There I saw a small boy plucking leaves from every plant he passed. I told him not to pluck leaves because like us plants are also living things.

Plants are fixed in one place. They make their own food and are useful to us. They give us many things like food and clothing. They make our environment beautiful and help us to breathe.



Saina wants to know...  
What do plants use to make their own food?



## Fact Ant

At night, plants breathe like us. They take in oxygen and give out carbon dioxide. Whereas during the day, they take in carbon dioxide and give out oxygen.



banyan



hibiscus

Small bushy plants like bougainvillea and hibiscus have a thin woody stem with many branches growing from the base. They are called **shrubs**. They live for a few years.

Some plants like mint (*pudina*) have a thin, weak stem and live only for one season. They are called **herbs**.



mint



Californian Redwood are the world's tallest trees.

Some plants like pea, grapevine and money plant have a weak stem. They need the support of other things to climb. They are called **climbers**.



### Grandma asks...

Is it correct to pluck flowers?



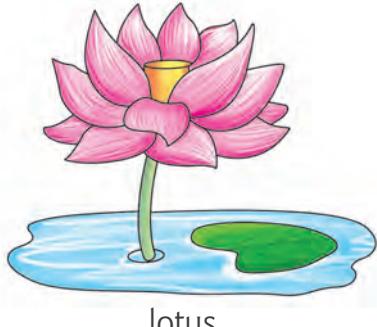
grapevine



money plant



pumpkin



lotus

### Plants and Climate

Plants need sunlight, air, water and soil to grow. They are found everywhere. They grow on the mountains, in the sea bed, in deserts, and many other places. All plants cannot grow in all places. They need the right kind of soil and climate (weather conditions) to grow.

- ◆ Some plants like water hyacinth, lotus and duckweed can survive only in water. Such plants are called **aquatic plants**.
- ◆ Plants like cactus and date palm can live in very hot and dry climates with very little rainfall. They are **desert plant**.
- ◆ Fir, willow and spruce grow on the mountains and in very cold conditions.
- ◆ Plants like teak and mahogany grow well in places which remain hot and wet throughout the year.



### Fact Ant

Banana plant is the largest herb on earth.



cactus



### Saina wants to know...

Name four plants that you have heard of but never seen.



## Fact Ant

The world's softest and lightest wood is balsa. It is used for building rafts and aircraft models.



## Saina wants to know...

- What is the climate of the area where you live? .....
- Name three plants that grow there.  
.....
- Why should we not sleep under trees at night? Discuss in class.

## Plants Are Our Friends

Plants are our green friends. They are useful to us in several ways.

- Plants keep the air fresh. They take in carbon dioxide and give out oxygen which is necessary for both humans and animals to survive.
- We get food from plants in the form of vegetables, fruit, pulses, cereals, spices, coffee, sugar and oil.
- Plants like cotton, jute and coconut are a source of fibre. We make cloth from fibre.



## Saina wants to know...

Do plants also depend on animals? Discuss in class.



- Wood from trees like teak, sheesham and oak is used to make things like furniture, doors, windows and carts.
- Bamboo and many grasses are used to make paper.
- We make dyes using parts of plants like beetroot, henna (*mehendi*) and indigo.



tulsi



ginger



## Grandma asks...

Why should we not tear paper to make paper planes, paper balls, etc.?





## Fact Ant

Quinine is made from the Cinchona tree. We use it to treat malaria.

## Answer Orally

- Discuss in class which paper you should use to do paper craft or paper folding activities.
  - ◆ old newspaper
  - ◆ magazine pages
  - ◆ old used notebooks
  - ◆ unused sheets of paper
  - ◆ paper from notebooks

- ◆ Rubber is obtained from the bark of a rubber tree.
- ◆ Flowers of plants like rose and jasmine are used to make perfumes.
- ◆ Plants are a home to several animals like monkeys, squirrels and birds.



## New Plants

Many plants were not grown in India earlier. They have been brought from other countries. Now they are grown in different parts of our country.



Litchi has come from China.



Kinnow has come from California.



### Saina wants to know...

Ask your grandparents to name two plants that they see now which were not present when they were young.

## Read and Reflect

- Different kinds of plants are found all over the earth depending on the climate of the place.
- Plants can be herbs, shrubs or trees, depending on their size, type of stem and the number of years they live.



- Depending on the climate, plants can be grouped as aquatic plants, desert plants, plants that grow on mountains, or in hot and wet conditions.
- Plants are our friends because they provide us with several things like wood, food, fibre, medicines, oxygen and rubber.
- Many new plants like tulip and *kinnar* are found nowadays.

## Exercise Time

### A. Fill in the blanks.

1. The wood of trees like ..... and ..... is used to make furniture.
2. ..... and ..... plants have medicinal value.
3. ..... and ..... are a source of paper.
4. Plants like ..... and ..... are a source of fibre.
5. ..... and ..... are examples of new plants.
6. Rubber is obtained from the ..... of a rubber tree.
7. Plants give out ..... that is required by both animals and humans to stay alive.

### B. Complete the table.

Plant	Uses
1. oak	(a) furniture
2. tulsi	(b) .....
3. .....	(c) paper
4. jute	(d) .....
5. .....	(e) perfume
6. rubber tree	(f) .....
7. indigo	(g) .....

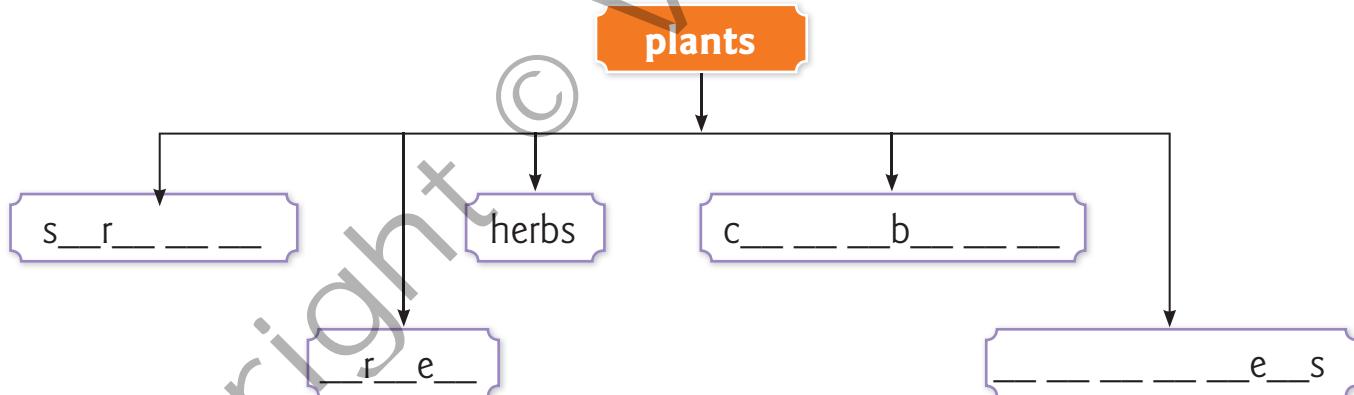
### C. Write True or False.

1. Shrubs live for a few years.
2. Herbs have a thick, brown, woody stem.
3. Cactus is a desert plant.
4. Rose and lily are examples of new plants.
5. Plants need the right kind of soil to grow.


### D. Answer the following questions.

1. What is a trunk?
2. How do plants keep the air fresh and clean?
3. How do trees differ from shrubs?
4. What are herbs?
5. How do creepers differ from climbers?
6. What are aquatic plants?

### E. Complete the flow chart.



### F. Give one word for the following.

1. plants that need support to climb
2. very big, tall and strong plants
3. plants that grow along the ground
4. plants that grow in water
5. made with beetroot, henna and indigo

.....

.....

.....

.....

.....



## G. Match the columns.

### Column A

1. climber
2. creepers
3. duckweed
4. hibiscus
5. jasmine

### Column B

- (a) shrub
- (b) aquatic plant
- (c) perfume
- (d) pea
- (e) pumpkin



### Activity Time

- A. Divide your class into groups of five. Collect various plant products that are used by us (e.g. wood, spices, oil, sugar, paper and cotton). Put them in small plastic packets. Staple them on a chart paper and label them. Display the chart on the class bulletin board.
- B. Draw or paste pictures of six things we get from plants around the tree. Use old newspapers and magazines to find the pictures.



# Let's Revise - I



## A. Complete the following sentences.

1. Our family teaches us good values like .....  
and .....
2. Traditions and customs are .....
3. Old people and physically challenged people need our ..... and  
.....
4. Recreational activities are .....  
.....
5. It is important to play in open spaces like ..... or  
.....
6. ..... make our environment beautiful and help us to breathe.

## B. Tick (✓) the correct answer.

1. Time spent on recreational activities is called ..... time.  
 leisure       sleeping       working
2. Mint is a .....  
 root       shrub       herb
3. Blind people read from a script called .....  
 Louis       William       Braille
4. Pea and grapevine are .....  
 climbers       creepers       herbs
5. Father's sister is called .....  
 aunt       uncle       sister

**C. Write the occupation below the picture. Then find the words in the wordsearch given below.**



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

**D. Give two examples of each of the following.**

1. community helpers

.....

2. team games

.....

3. games played in the past

.....

4. creepers

.....