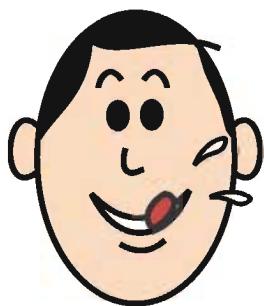




7. Story of Food



Food is one the basic needs of all living beings.

Human beings cultivate the earth and make a variety of interesting and tasty foods. Look at this picture.

Can you link the expression on the man's face to what he has tasted?



hot



sweet



sour



bitter



Show the changes in your face if you were to taste the things shown above!

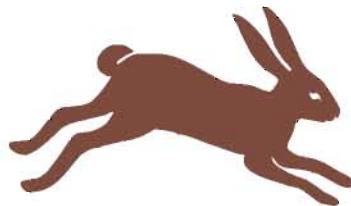
The story of cultivation



Early human beings were first hunters and food gatherers. Later they closely observed nature and understood that plants grow out of seeds. Then they

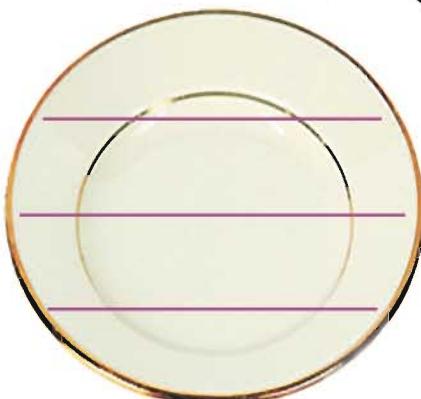
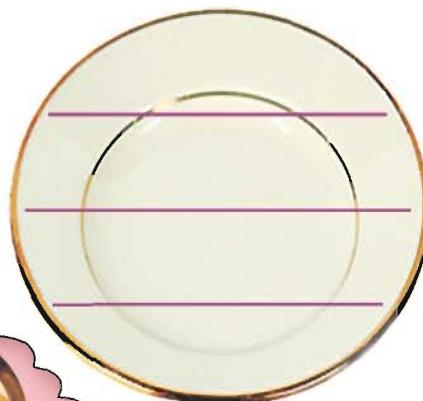


collected seeds and sowed them. To water them regularly they started to live on the banks of rivers and raised crops. Thus started the art of cultivation.

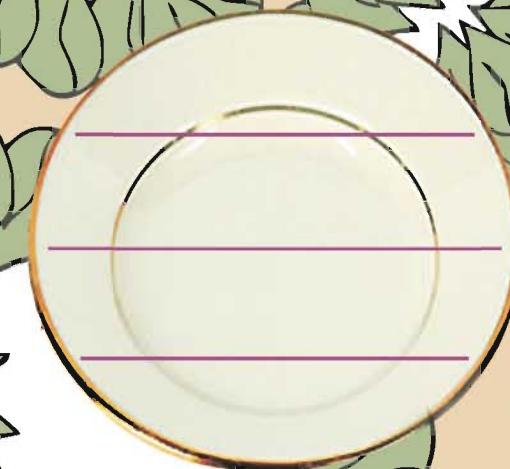




Name the food you like.



Name the food your friend likes.



Name one food item that is

hot: _____

salty: _____

bitter: _____

sweet: _____

Name one food item that is

soft: _____

crisp: _____

hard: _____

oily: _____

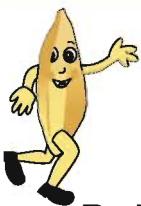
What kinds of food do you have when you are ill?

Discuss with your friend and write how one food item at home.

Much of the food we eat in Tamil Nadu is prepared out of rice.

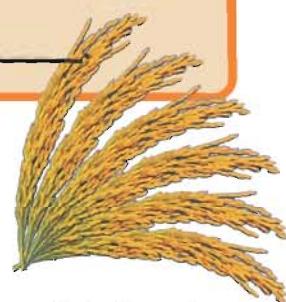
There are many traditional varieties of rice in India.

Can you name a few? _____



Do you Know Who I am?

I am the paddy seed.



I give you the rice that you eat every day. I flourish in a hot and humid climate. I grow in places which have high rainfall or where my field may be flooded with water from a near by well or river. In Tamil Nadu I grow in coastal wetlands and in the fertile clayey soil along the river banks. Do you know, there are some kinds of paddy that can grow with very little water or even in salt water?

Let us see the different stages of the cultivation of rice.

1.



1. The fields are prepared by ploughing.

2.



3.



3. After some days they are transplanted by hand in the fields, and flooded by rain or river water.

4.



5.



4. Weeds are removed.
5. The crops are irrigated till they grow.
6. Grains are fully covered with brown husk.

6.



7.



7. The paddy is ready for harvest.
8. The paddy is threshed to loosen the husk.

8.



9.



9. It is taken to the mill and the husk is removed.
10. Finally it is taken to the market for sale.

10.



HOW DO WE GET SUGAR?

Look at this picture. With the help of your teacher discuss how we get sugar from the farm.





Ragi



Millet



Kambu



Maize

Ragi has calcium that helps in the formation of bones and teeth. It is called 'finger millet' because of the finger like branches on the plant.

Kambu is called pearl millet because the grains look like pearls.

Our country is a big producer of kambu. Foxtail millet or thinai is another ancient grain of India. It is extremely good for health.

Name the varieties of healthy food cooked from rice, wheat and millets.



Whole grain gruel

It is very important to have nutritious food everyday.

The most nutritious breakfast is whole grain gruel.

It is a mixture of many grains and cereals in semi-liquid form. It tastes good when jaggery is added to it.



What are the ingredients used in whole grain gruel (sathu maavu)?



Pulses

What can you prepare from these pulses?

Get help from your parents or grandparents to fill in the table.

Black gram



Here are some common pulses rich in protein. We include pulses in our daily food.

Moong dal



Green gram



Bengal gram



Tuvar dal



Greens

Include greens in your food!

You might notice that all these greens have Tamil names. They are being used from ancient times. Minerals and vitamins are present in greens. They give strength and energy to our body.

Murungai	Thuthuvalai	Sirukeerai	Manathakkali	Vallarai
				
Agathi keerai	Vendaya keerai	Pasalai keerai	Mola keerai	Ponnankanni
				

Spices

We use them everyday in our cooking!

Now let us look at the **medicinal value** of common spices.

Perungayam (asafoetida), Milagu (Pepper), Jeerakam (Cumin seeds),

Kadugu (Mustard), and Dhania (Coriander seeds) aid digestion.

Poondu (Garlic) is good for respiratory problems. It kills intestinal worms.

Karuveppilai (Curry leaves) are good for the hair and the eyes.

Manjal (Turmeric) is a powerful antiseptic. It kills intestinal worms.

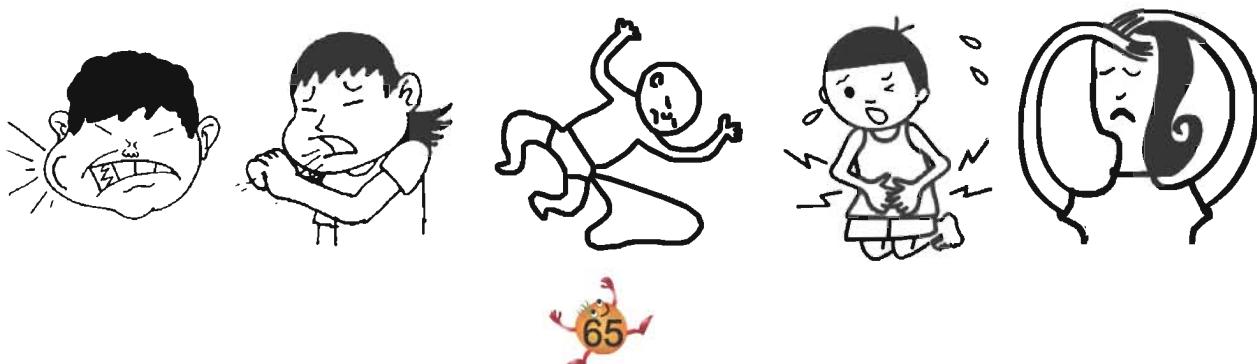
Inji (Fresh ginger) is good for treating nausea.

Chillies are of various kinds, high in Vitamin C and minerals.

mustard	cumin seeds	curry and coriander leaves	garlic	chillies
				
turmeric	asafoetida	pepper	coriander seeds	ginger
				

FIND OUT

Ask your grand mother to tell you all the medicinal uses of spices
that she knows make a little book let of her remedies.



Eat Healthy Food

We work, we play, we think and we write. The internal organs of our body are continuously working. We need energy. We get energy from food. It also helps us to grow. It is very important to have nutritious food every day.



It would be good for you to have at least one glass of milk every day. **Cereals**, like rice and wheat, **millets** like ragi and cholam, **pulses** like thuvvarai (Red gram dhal) and pachai payaru (Green gram dhal) and **oilseeds** like Ellu (sesame) and Nilakadalai (groundnut) are used daily in our kitchen to make healthy food.



How do we get our food?

The food that people ate traditionally depended on the crops that were cultivated in the place where they lived. The crops depended on the climate and soil. Today, with the growth of towns and cities many people don't grow their own crops. The flow chart given below shows how we get our food in towns and cities.



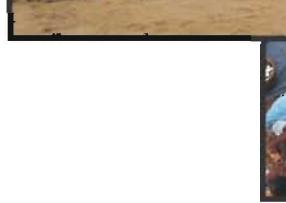
Cattle
farming or rearing



Fishing



Farming



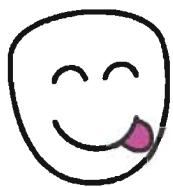
Poultry





Apart from farming, people have also reared cows, goats and sheep, poultry, and caught fish. Along with rice, pulses, vegetables and fruits, milk, meat, fish, eggs and farm produce are carried by trucks and lorries to the common market. From the bazaar it is taken to small shops for sale. We buy them from the common market and also from small traders. Using these products of the farm, different varieties of food are prepared and served.

Find the religious festivals.



On this day, sweet pongal is prepared with rice, jaggery, ghee and cashew nut. _____

For nine days varieties of grams or dal are soaked in water and cooked. _____

Cakes and pastries are made from wheat and milk products.



Biriyani is prepared with meat and eggs. _____.

Name 3 kinds of foods that you can identify from the smell that comes from the kitchen when they are cooked. _____
_____, _____

Name 3 healthy food items that you love to eat. _____
_____, _____



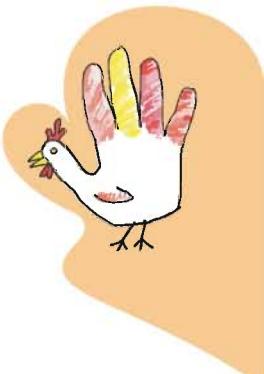
Collect information from your elders.

What kinds of food did your grandparents enjoy in their childhood?



What kinds of vattals, vadams, pickles and podis were / are made at home? _____

Name the food that can be eaten raw.



Name some food items which are steamed.

Name some food items which are deep fried.



Name your favourite food.

Match the food and the religious festival in which it is made.



Name any other festivals celebrated in your area and the foods prepared during these festivals.

[Three empty orange-colored input fields for writing responses.]

Shall we drink fruit juice?



Take a lemon. Cut it into two pieces.
Squeeze out the juice. Add 2-3 cups
of water. Mix well with 3-4 spoons of
sugar. Add a pinch of salt. Lemon
juice is ready. A healthy drink
on a hot day!



You can also prepare orange juice
by the same method.



Prepare a recipe for a vegetable and fruit salad with your friends and teacher. Write down your method of preparation.



Vegetable Salad

List of vegetables	Method of preparation



Fruit Salad

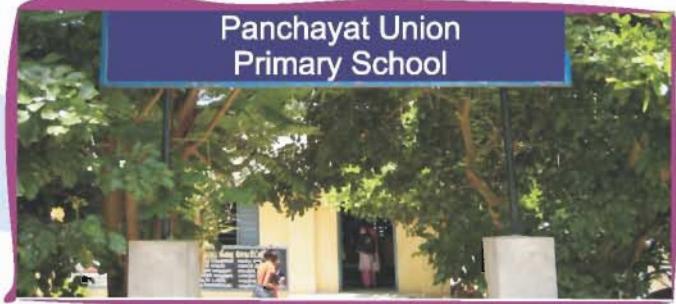
List of fruits	Method of preparation



8. People who help us



Panchayat Union
Primary School



Ration Shop



Post office



District Central Co-Operative Bank LTD
Head office



Do you know the places given in the picture?

Panchayat Union Office



Government general Hospital



My Home



அனந்த மகளிர் காவல் நிலையம்
ALL WOMEN POLICE STATION



Write the names of the places in the given space.

Look at the previous page. Now, link the places by drawing lines from your home to the place you will go to

- ✓ when you are sick.
- ✓ to learn.
- ✓ to buy sugar and rice at a fair price.
- ✓ when your valuables are stolen.
- ✓ to send letters to your friends.
- ✓ to save your money.
- ✓ to get water supply for your house.
- ✓ to get power supply for your house.

All the places given in the picture are very helpful for our daily lives.

Have you gone to these places? Why?

Tick (✓) the places which are near your house, (walkable distance) or far from your house (Need to use a vehicle).

Place	Near your house	Far from your house	Service provided
School			
Bank			
Hospital			
Police station			
Post office			
Bus stand			

We need the services and co operation of all people in society, to live in peace and happiness.

In your neighbourhood,

what services do the people who wear khaki uniforms, provide?

what services do the people who wear white uniforms, provide ?

What work does your father do? Where does he work?

What work does your mother do? Where does she work?

Who keeps the neighbourhood neat and clean?

What do you want to become when you grow up? Why?

Here are some services we are going to learn about.

Post office



This is a reply from him to a Class 3 student K. Janani of Anichampalayam Panchayat Union Middle School.

Indian scientist and former President of India, Dr. A.P.J. Abdul Kalam replies to letters or greetings sent to him by school children.



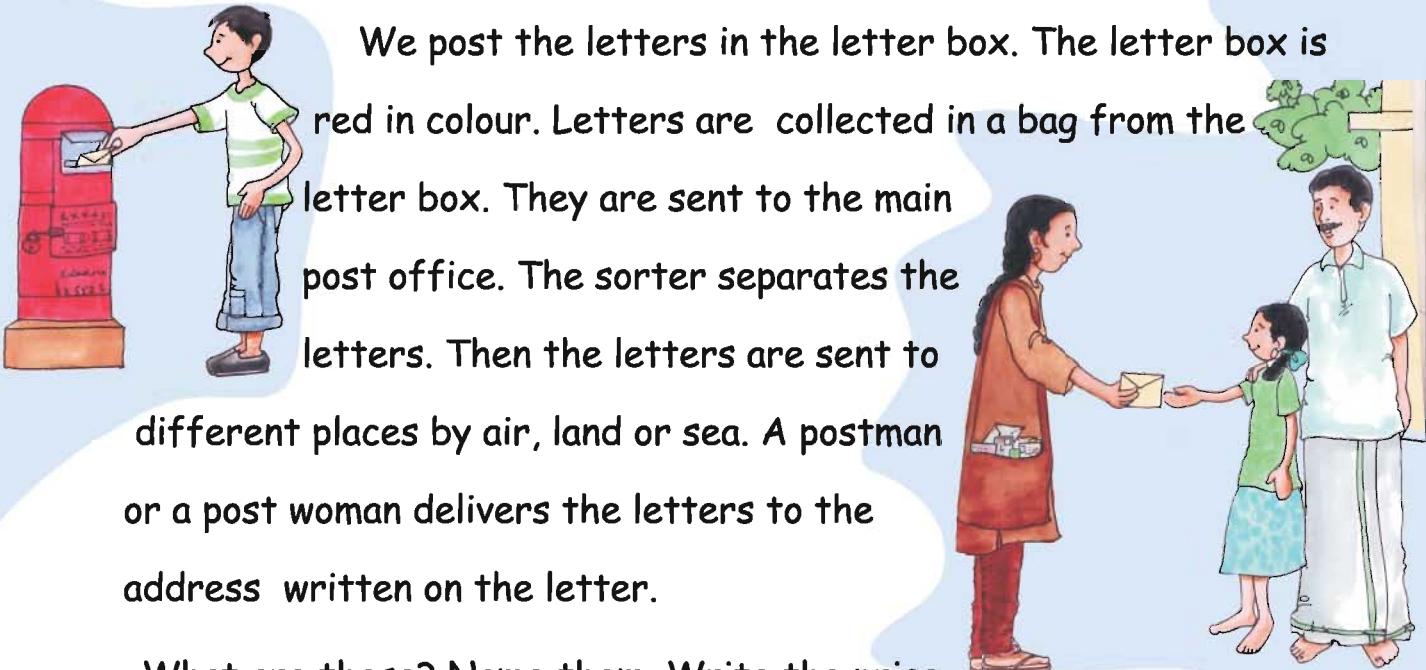
கடத்தின் நகல்

Have you received a letter?
From where did you get it?
From whom did you get it?
How do we get letters from distant places?

You will wonder how a letter reaches our friends and relatives. Now, let us observe the services of the postman. The post office is an important place in our neighbourhood. We buy stamps, envelope, post cards and Money Order forms from the post office. We send and receive letters and parcels through the post office. We can also send urgent messages through telegrams and parcels through Speed Post.

The journey of a letter

We post the letters in the letter box. The letter box is red in colour. Letters are collected in a bag from the letter box. They are sent to the main post office. The sorter separates the letters. Then the letters are sent to different places by air, land or sea. A postman or a post woman delivers the letters to the address written on the letter.



What are these? Name them. Write the price.



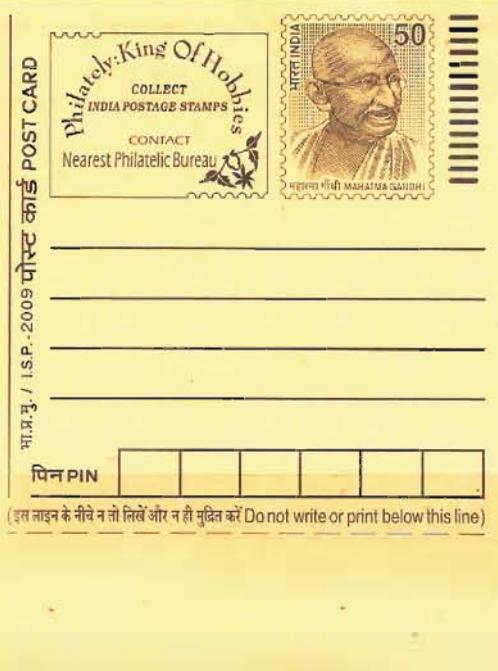
TRY THIS....

Collect different types of stamps and arrange them.

Write a letter to your friend and ask him or her to reply.

Discuss how the letters will reach you and your friend.

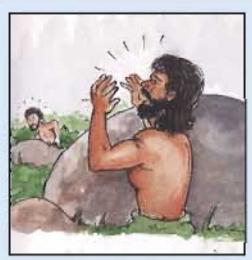
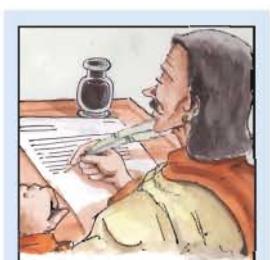
Write your friend's address on this postcard



Watch the post box near your house and note the timings of clearance.

Name of the post man who brings letters to your house.

Development of Information Technology has reduced the usage of letters and telegrams. Exchange of information and messages takes place mostly through E-mail using computers and cell phones.



Bank

Learn to save money.

Banks help us to save money and also get back money whenever we need it. It is safe to keep money in the bank. Banks also provide us with safety lockers to keep our valuable things. National banks and co-operative banks help us to save, borrow and repay the money.

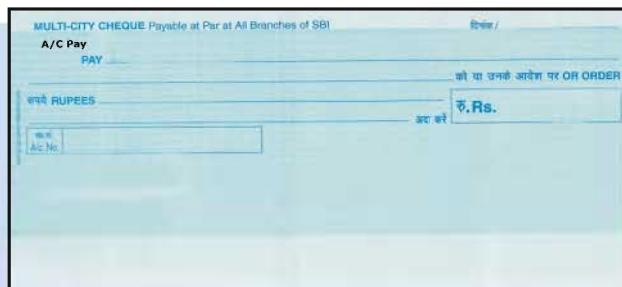
Name some of the banks that you know. _____

Automatic Teller Machine

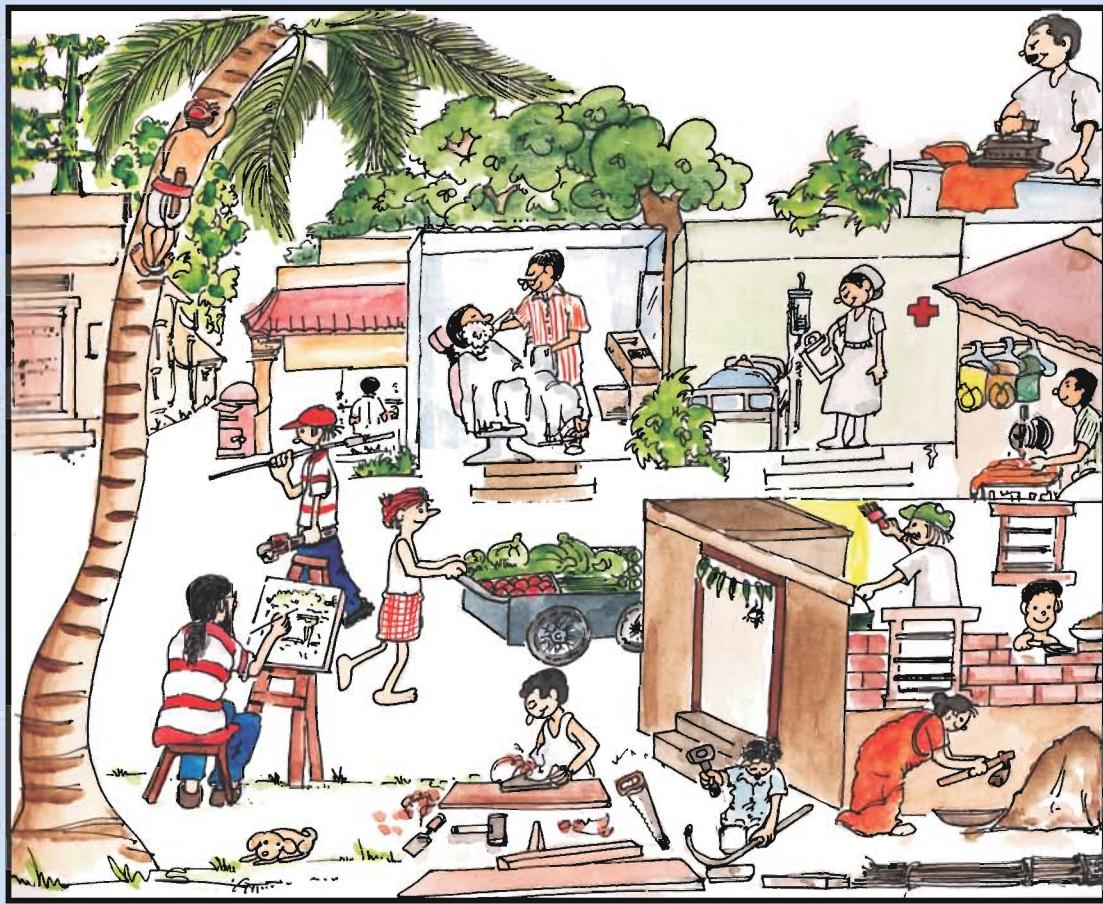


This is the Automatic Teller Machine (ATM). We can use an ATM card to withdraw money from our bank account at any time! It functions 24/7 ! Women in Self Help Groups [SHGs] get loans from the bank for many of their activities. Are there SHGs in your area? Find out how they function, and what they do.

Find out how to use pay in slip, cheque and demand drafts.



Our Friends



Look at this picture. What kind of work is being done by different people here? Fill in.

People work to earn money for their needs and to contribute to their society. This we call as their profession or job. The people of the society in which we live are doing different types of work. But we live together in a society. All professions are inter-related and inter-dependant.

Tailors stitch clothes. Masons construct houses and other buildings. A carpenter makes doors, windows and other fittings. A plumber fits and repairs the pipes for water supply and sanitation. A welder welds metal to make grills for windows and doors.



Fill in:

Who

Constructs houses and buildings? _____



Makes doors and windows? _____

Fits pipes for water supply? _____

Stitches school uniforms? _____

Teaches you to read and write? _____

Washes and iron your clothes? _____

Cleans your surroundings? _____



Mention the names of some other essential workers,

who help you.



'Can you think of any other public services?'

'We need someone to give us medicine when we are sick!'
said the teacher.

'My mother is an Assistant Nursing Midwife [ANM]. She visits many villages once a week to give medicines to the sick people',
said Arul.



'Can nurses give medicines?' asked Meena.

'Well, they are trained to do so,' said the teacher.

We find Government Hospitals in towns and cities. A small neighbourhood has a Primary Health Centre [PHC] which benefits the people of the village. Mobile dispensaries help the people who do not have hospitals or Primary Health Centres in their villages. Nurses are also trained to visit villages.

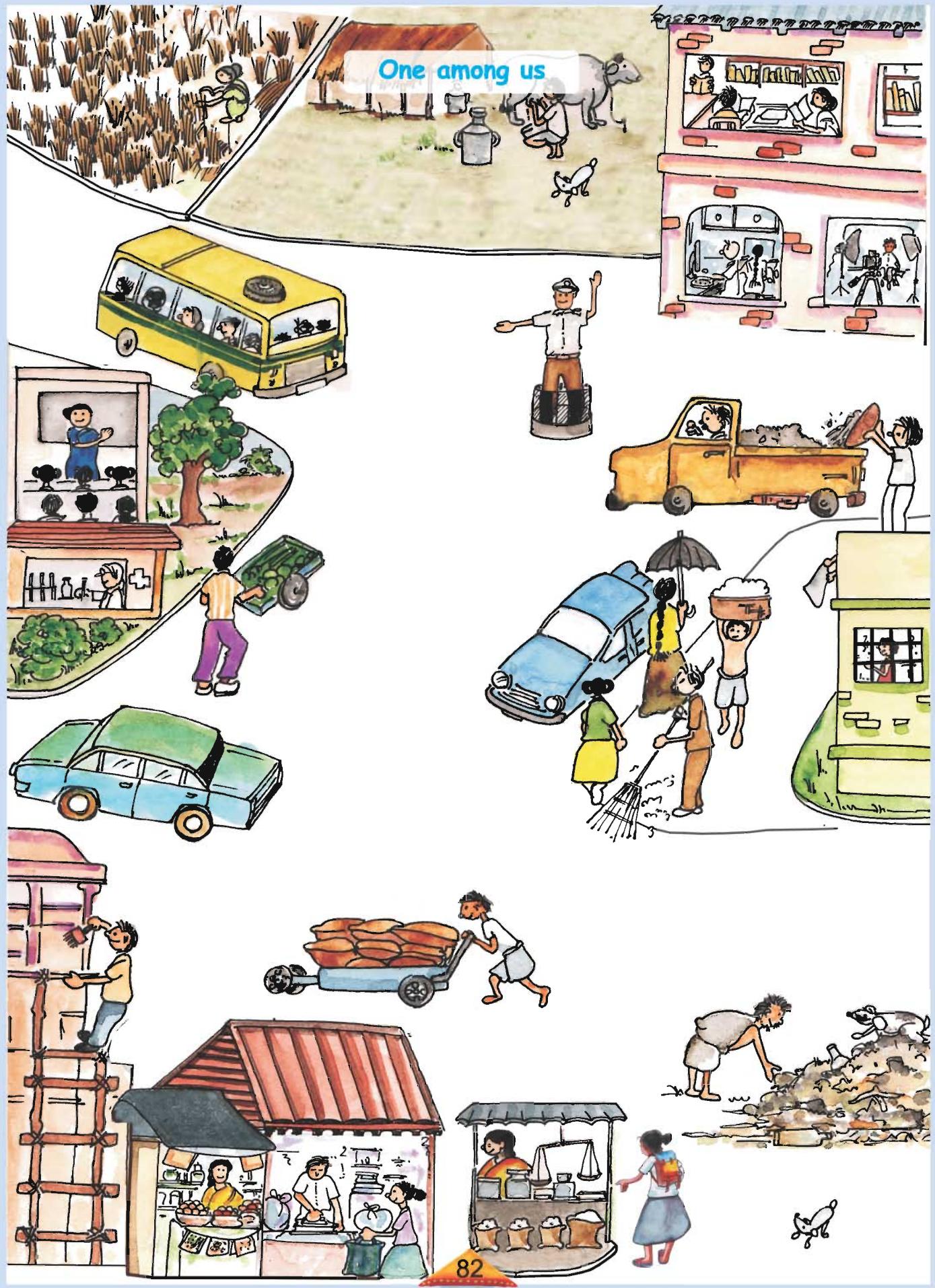


'Is the treatment free?' asked Raju.

'Yes all Government Hospitals and Primary Health Centres give free treatment. Doctors and nurses take care of patients in Government Hospitals and Primary Health Centres,' said the teacher. There are doctors to treat sick birds and animals, to they are called veterinarians

Write down any five persons who are doing different jobs in your neighbourhood.

Jobs they do	Name of the Job



Identify and fill in what these people do in the picture given.



Who cleans your house every day? _____

Have you seen people doing jobs that serve others in your area?

Yes / No

Who cleans your area? _____

'How can we help them to help us better?'

'We can separate the waste materials into biodegradable and non-degradable,' said Natasha.

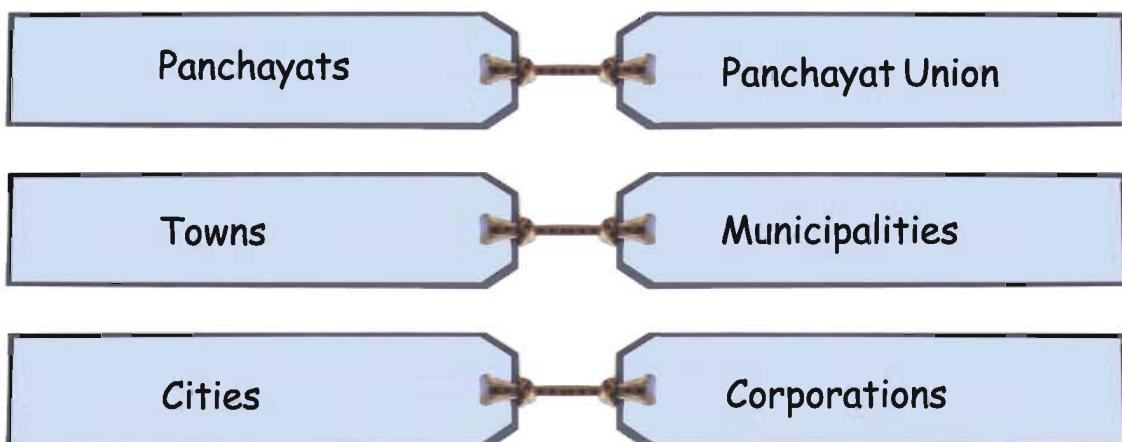
'We must not throw the waste into gutters,' said Rani.

'We must not spit or throw rubbish on the road', said Balu.

'You are good citizens!' said the teacher with a smile. 'You help us all to think,' said Natasha with a smile.

How will you keep your surroundings neat and clean? _____

Public sector undertakings belong to the government.
Their functions and proceedings are common to all the people.
Who maintains your surroundings and takes care of the street lights?
Who gives connections for drinking water and sewage to your house?
Water is supplied to houses in cities, towns and villages from different sources. Panchayats, Municipalities and Corporations take care of supplying good drinking water to our houses.
Power supply is provided by the Tamil Nadu Electricity Board [TNEB].
Cities, towns and villages are provided with electricity.
It is also supplied to industries and factories.

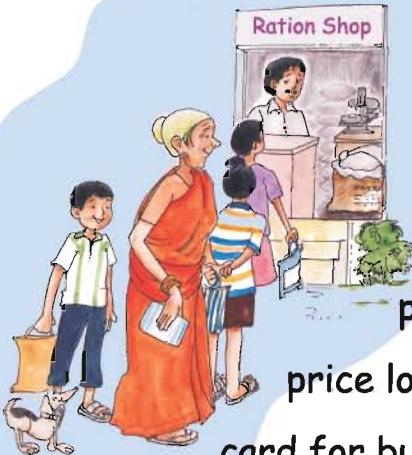


All these facilities which are common to the public are made available to you.

To which category does your place belong?

Panchayat Union Municipalities Corporations

One of the basic needs of man is water. The Executive Officer of the Panchayats or Municipalities takes the responsibility of providing water in common tanks wherever there is water shortage.



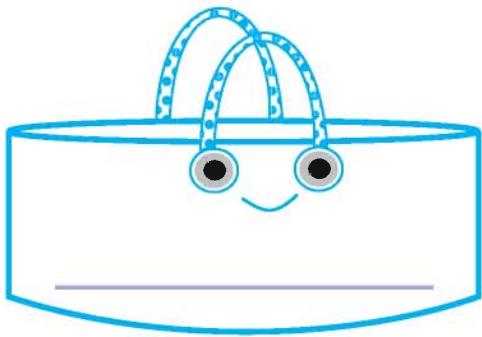
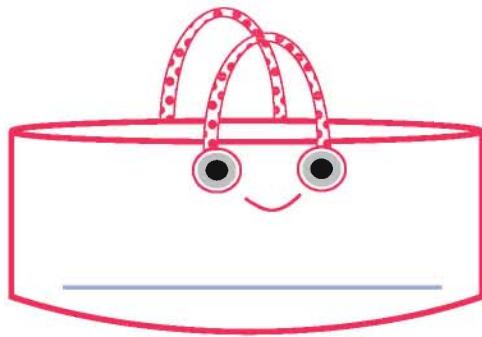
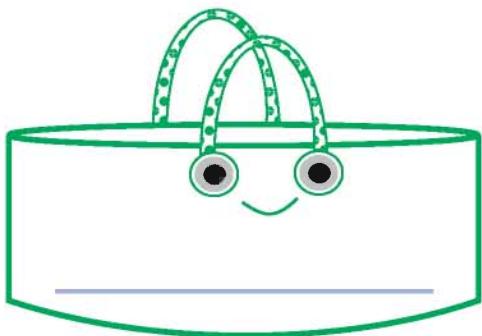
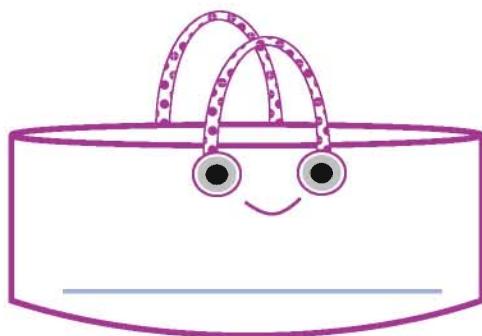
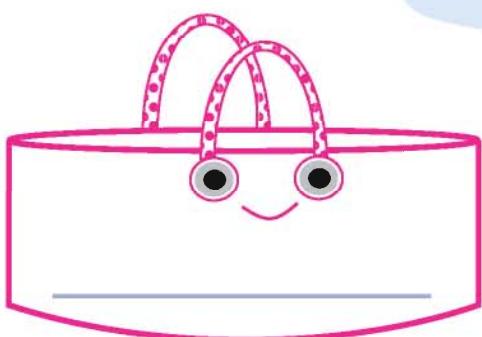
Ration Shop (PDS)

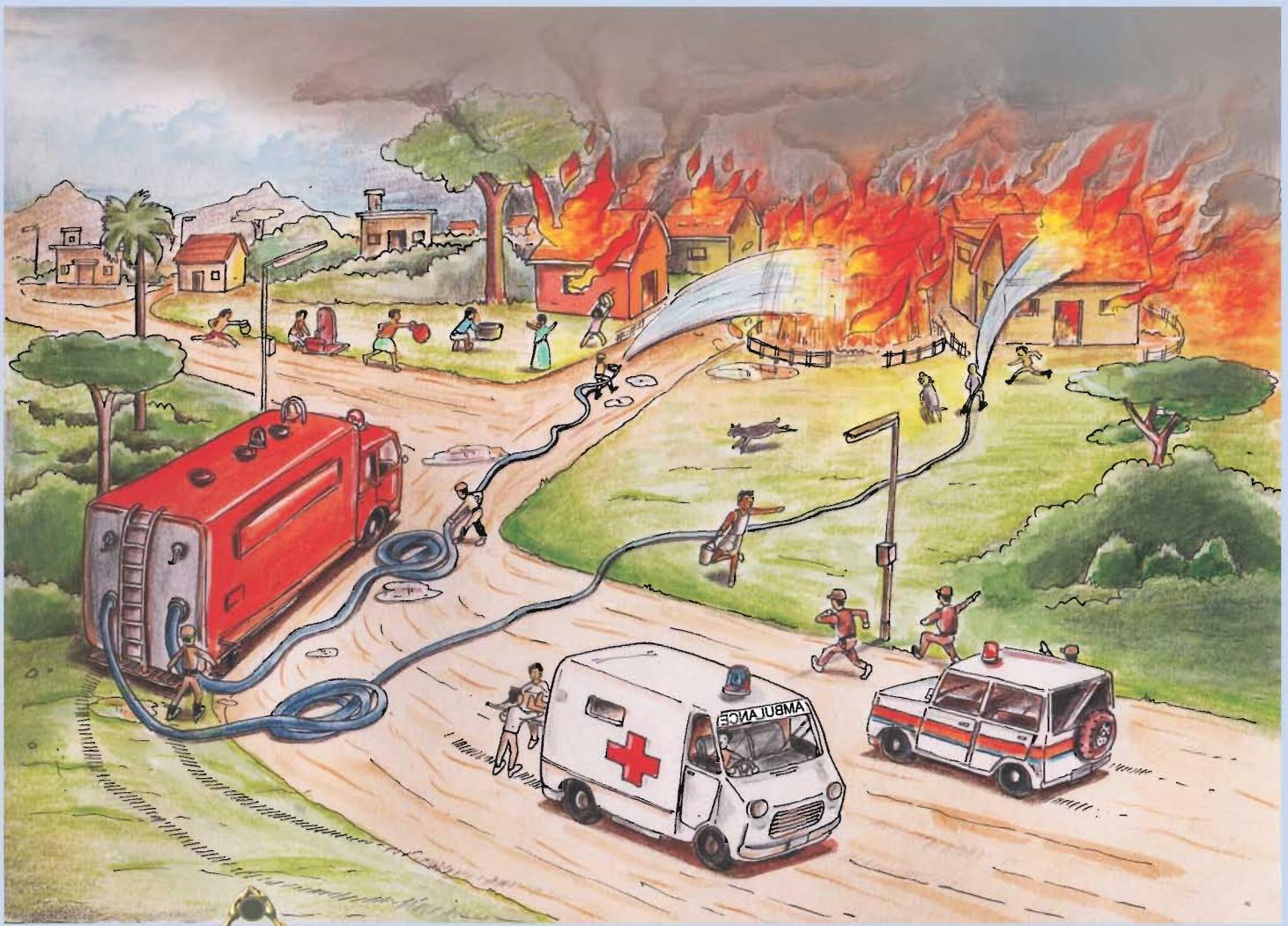
A Fair Price Shop is a Public Distribution System. It is also called a Ration shop. We can get food grain, pulses, oil and kerosene from the ration shop at a price lower than the market price. One must have a ration card for buying these things from this shop.

We go every month to the ration shop and buy our provisions.

They are called fair price shops because they do not sell to make profit.

Can you name some of the food items that you get from the ration shop?





Police	100
Fire Service	101
Ambulance	102 108

What do you see in this Picture?

If you are in this place what will you do?

Which number will you call first?

The trained people of fire service will put out the fire and save people and property when there is a fire.

When there are natural disasters like cyclones, floods and earth quakes we get the help from the fire service.



'Do you know who maintains law and order?'

It is the _____.

Where will you find him? _____.

What is his work? _____.



The policemen maintain law and order. They look after our property.

When we have lost any valuables we make a complaint
at the police station.



We feel safe because the policemen
are on duty round the clock.

There are "All Women",
police stations too.



Is there a police station in your place?

People who protect our country.

Do you know any person who is in the Armed forces?



Army



Navy



Airforce

9. Our District

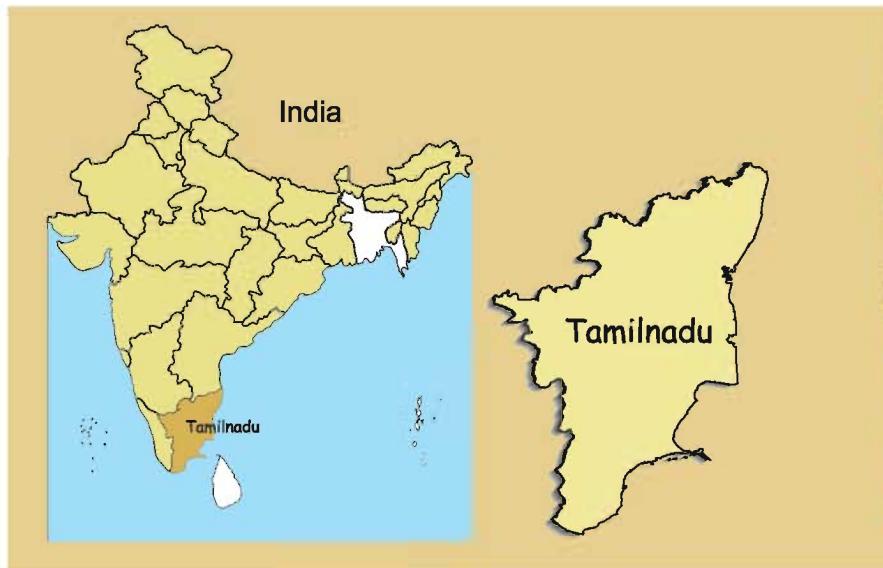


Mala was excited and busy in helping her parents at home and re-arranging her room when she came to know that her uncle and aunt were coming to her house for the first time from abroad.

To find Mala's house they should know



Mala's Country,
State,
District,
City,
Place,
Street and
House number.



Now let us know about our district.

Put a tick (✓) on your district in the district map of Tamilnadu.

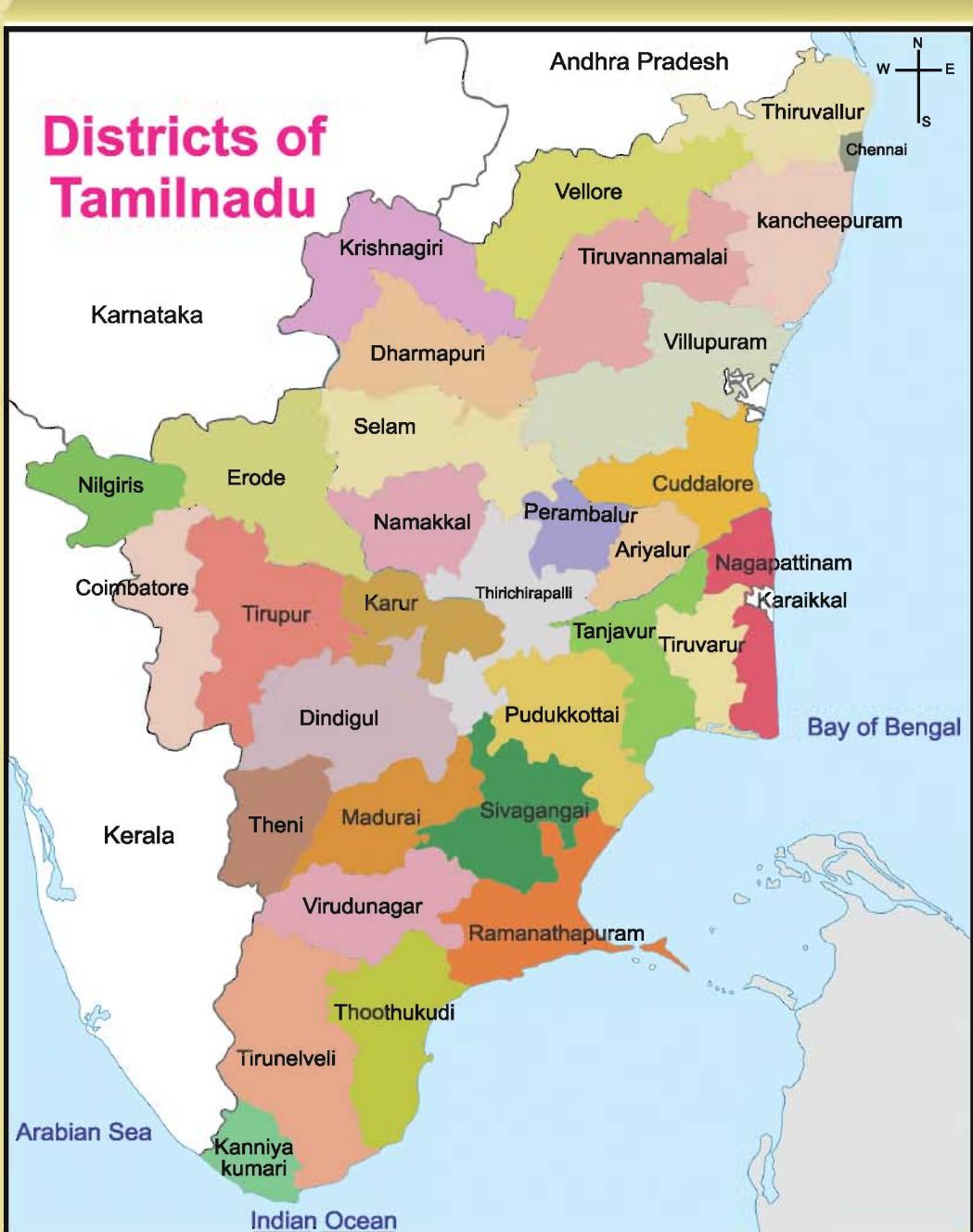
Find out how many districts are there.

Number the district on the map.

Name your district._____

Is there any reason to call your district by this name?

District map of Tamilnadu



How many districts are there in Tamilnadu? _____

Write the names of the seas to the East and the South of your state. _____

My district is _____

Name your neighbouring districts _____

Is your district near the coastal region _____

If yes, write the name of the sea _____

My district has hills mountains



plateau plains coastal regions

My district gets water supply from lakes rivers tanks

Climate in my district is warm cool and dry wet

Team work

Take a calendar of the year . Record the weather everyday.

Here are symbols to record the weather hot



windy



and cloudy



At the end

of the year find the months which have

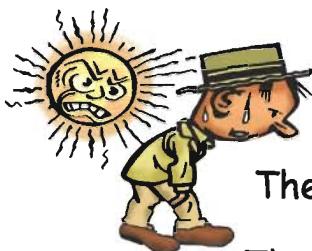
hot, windy and cloudy. With

the help of this weather record,

we can learn about the seasonal

changes.

September 2011							
August 2011							
July 2011							
June 2011							
S	M	T	W	T	F	S	S
5	6	7	8	9	10	11	
12	13	14	15	16	17	18	
19	20	21	22	23	24	25	
26	27	28	29	30			



Climate and season in your district.

The hottest month is _____.



The coldest month is _____.



Name the hills or mountain in your district _____.

Name the rivers that flow in your district _____

Does your district have forests? Yes/No

List the grains, vegetables and fruits grown in your district. _____

Industries in your district:

Name of the Industry	Products	Place

Collect pictures of factories and industries in your district and paste them in the scrap book.

Transport facilities in your district:

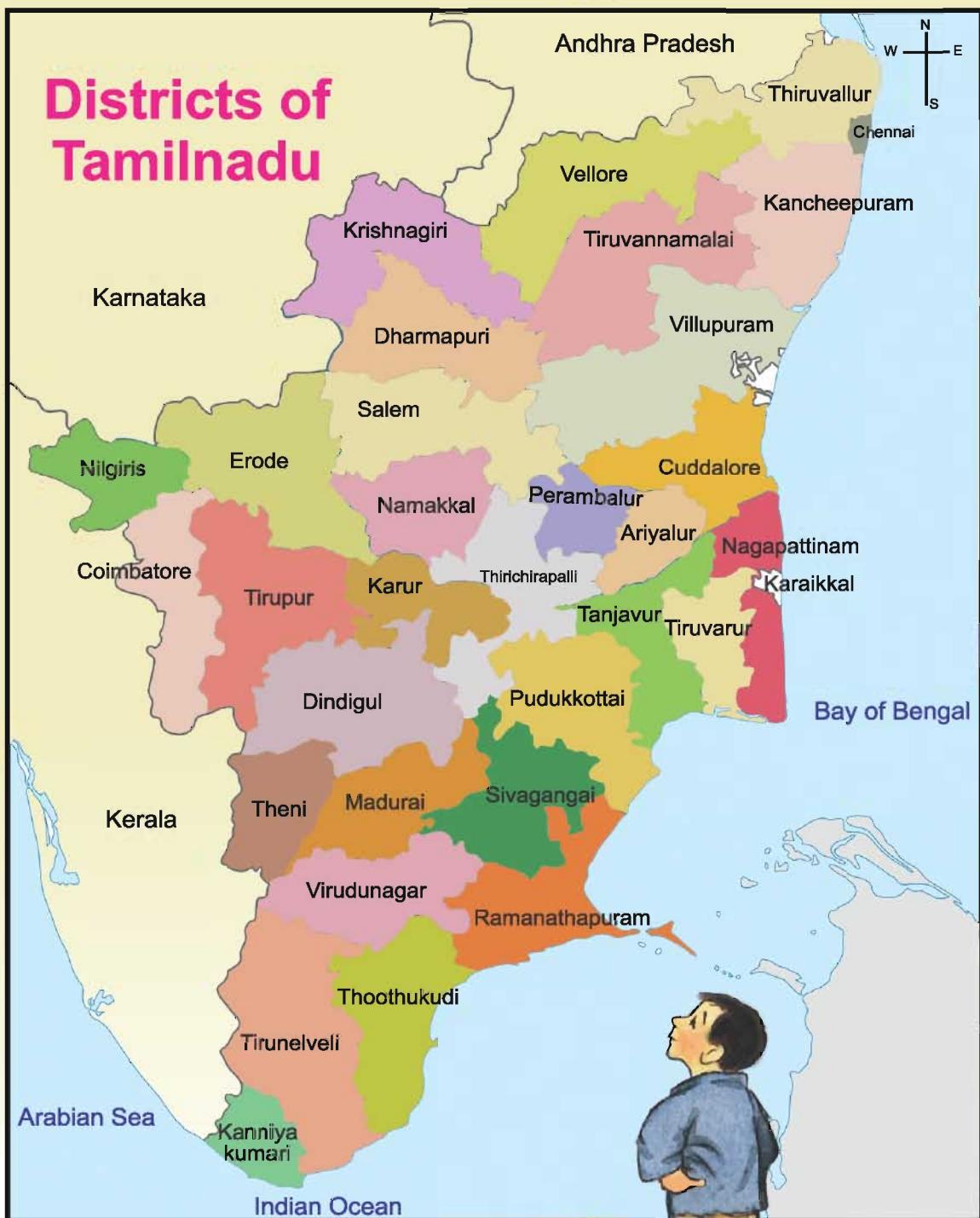
Bus stop

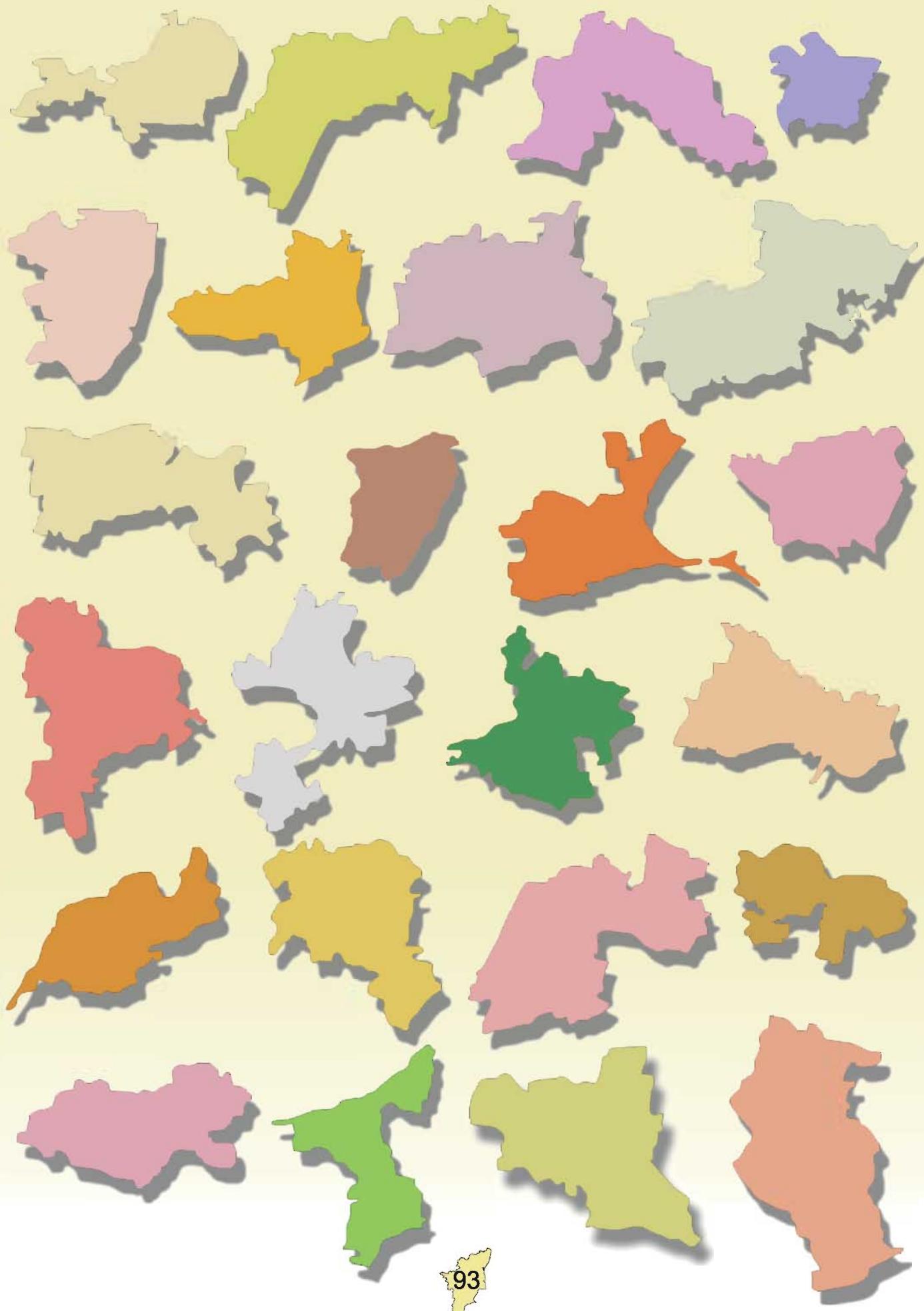
Harbour

Railway station

Airport

Identify the districts with the help of the shape and colour.
Write the names of all the districts.







Name the places of importance in your district.

Historical places	Hill resorts	Pilgrim centres	Sanctuaries

In your District

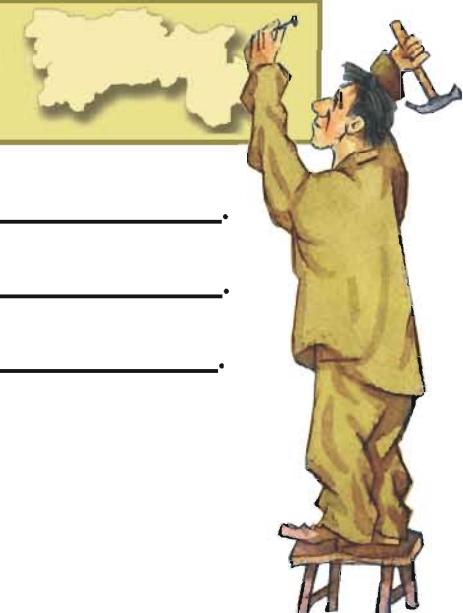
Languages spoken _____.

Festivals celebrated _____.

Local Festivals _____.

Cultural Activities _____.

With the help of your teacher collect information
about the Taluks in your district.



Number of Taluks in your district _____.

Name of the place in which you live _____.

Name of the Taluk where you live _____.

Each district is famous for what it produces
for eg:

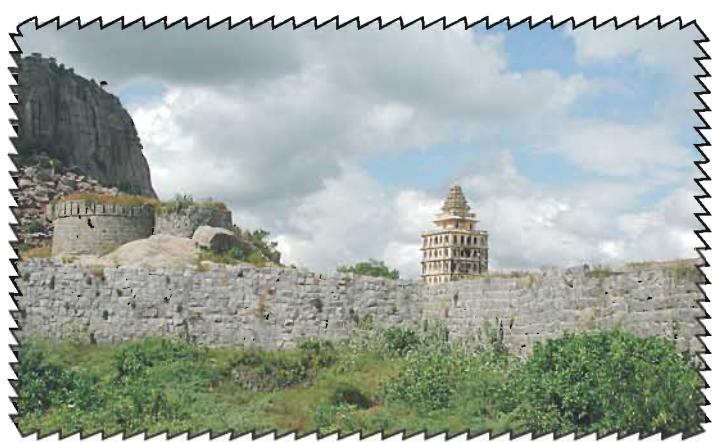
Salem - Mangoes

Dindigul - Lock

Tanjore - Paddy

What is your district famous for? _____.

Photo Album.....



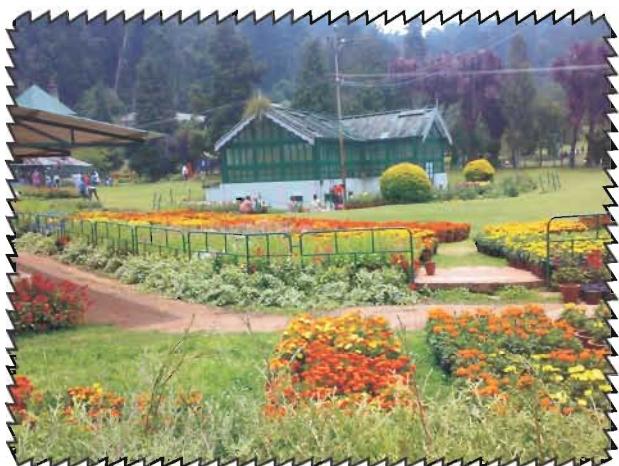
Gingee Fort



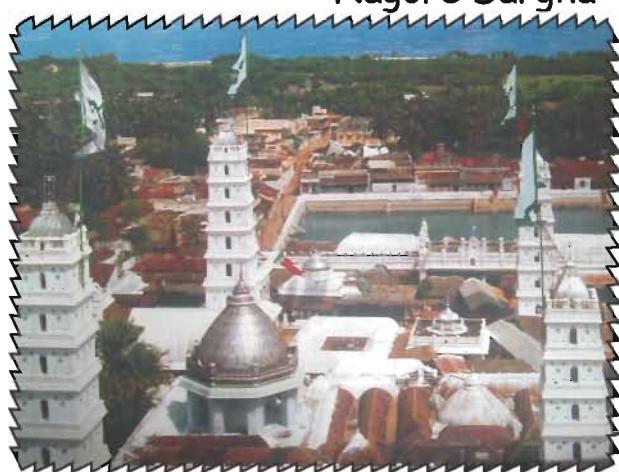
Marina Beach



Courtallam water falls



Nilgiri Botanical Garden



Nagore Dargha



Velankanni Church



Pamban Bridge



Thoothukudi Harbour



Kanyakumari -Thiruvalluvar
statue



Kallanai Dam



Thanjavur Periya Kovil
(Brahadeeshwara Temple)

Here are some pictures of places of importance to visit in our state. Put a tick (✓) on the places that you recognise. With the help of your teacher get to know more about these places.



Read and enjoy

A visit to Mahabalipuram



Kannagi and her classmates were excited

when their teacher announced a visit to Mahabalipuram. She is studying in Class III in a school in North Chennai. Her mother packed chapattis and variety rice for her to eat at Mahabalipuram. It was a cloudy day and a pleasant breeze was blowing.

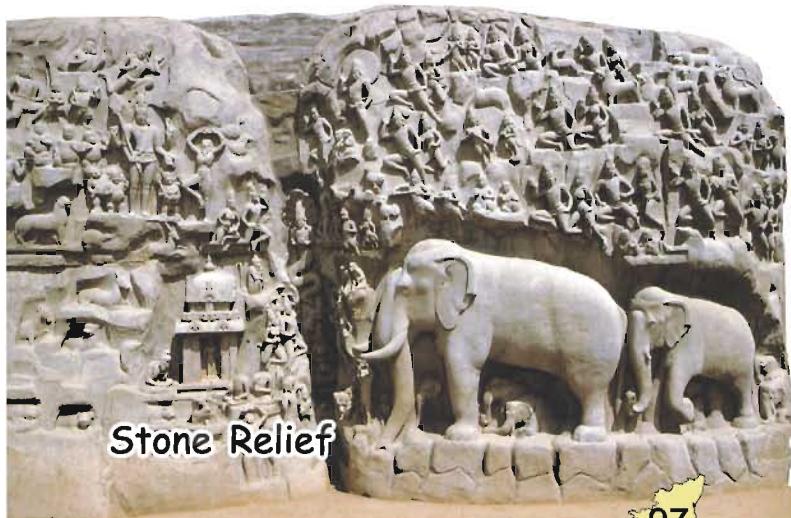
A Tamil Nadu Tourism and Development Corporation bus was arranged for the trip. A guide was also there in the bus. The bus started at 8 a.m. Children were very happy to occupy their seats in the bus. The guide introduced himself as Mr. Vasantha and welcomed the children. He wished them a pleasant journey.

The bus went along the East Coast Road from Chennai. The guide told them that they were travelling along the Coast of the Bay of Bengal. Kannagi looked at the sea on her left. It was beautiful on that cloudy day. The guide showed them the picturesque backwaters

of Muttukadu when they were crossing the bridge. Children

were singing all the way and enjoying the journey.

They reached
Mahabalipuram at 9.30 am.



Stone Relief





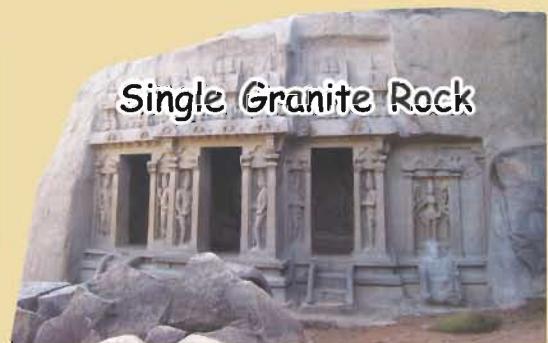
Now the guide started describing the historical place. 'Mamallapuram, was once a port city of the Pallavas. The rockcut temples were built by Mahendravarman I. His son Mamallan or Narasimha Varman continued to build more rock cut temples and structured shrines at Mahabalipuram. The shore temples and rock carvings were built during the reign of Narasimha Varman.

Mahabalipuram was once a flourishing port town of the Pallava rulers. Now it is a famous tourist spot. It is around 57kms South of Chennai.

The guide took them to see the Shore Temple, the Five Rathas, the Old and New Light Houses, Trimurthi Caves, Varaha and Tiger Caves, Beach and the Sculpture Training Centre. 'The temple carved out of a single large rock makes Mahabalipuram special. There are also beautiful hill-side stone reliefs,' said the guide. 'They found some letters on the rock. 'What are these scripts?' asked Kannagi. 'They are some of the oldest known Devnagari and Tamil Grantham scripts,' said the guide.



அ	ா	இ	ஈ	உ	ஊ
Grantham script					



Praying Cat

'Does it mean that there were people here before the Pallavas?' asked Tanu. 'Of course,' said the guide.

Every part of our land has an ancient history.

'Look at this panel, you can find a pious cat praying to fool the mice to come closer,' said the guide. People in those days had a sense of humour too. 'Another relief inside a hall with pillars - all carved out of a rock - showed Krishna holding up a hillock to protect his fellow villagers from heavy thunderstorms,' said the guide.

Krishna Holding a Hillock

The children saw a giant natural rock balanced on the slope of a hillside! 'It is quite amazing!' said kannagi's classmate Vetrivel, in excitement.

Then, they went to see the Pancha Rathas i.e., the Five Chariots. 'These are five monolithic temples in the shape of chariots each made in a different style and named after a character from the Mahabharata', said the guide.

Butter Ball

Pancharathas

'I have read the story of the Mahabharata in comics'.

'How creative ancient people were!' said Kannagi.

'Now it is time for lunch. Let us have lunch,' said the teacher.

The children sat down forming a circle. They exchanged their food and had their lunch happily.



The guide then took the children to the Lighthouse and the Sculpture Museum.

The children climbed the old light house.

'It is breath-taking,' Kannagi said, as they had a view from the light house.

'I do not mind being caretaker of a lighthouse,' said her friend Alisha, echoing her own feelings. The museum has many sculptures.

Finally, they visited the Shore Temple. Many people had come to see this beautiful place - foreigners, students, parents and children.

The teacher and the children spent sometime on the silvery sandy beaches. There were also shops selling beautiful conches and shells. Kannagi and her friends bought one each for their mothers. The teacher and the children thanked the guide, Mr.Vasanth.

They all returned home in the evening.

Is there any tourist spot in your district arrange the trip visit and enjoy.





10. The Five Physiographical Divisions of Ancient Tamil Nadu

Animals, plants, birds and insects are co-travellers with us on this beautiful earth. Some animals live in water. Some animals live both on land and in water and some live only on land. There are both terrestrial and water plants.

A landscape is an area of land which is unique because of its weather, nature of the land and soil, plants, trees and creepers that grow in that particular habitat. Animals and birds live and adapt themselves to the environment.

Tamil Literature has classified our land into five 'landscapes'. Each of these was named after a flower.

The five landscapes are described as

Kurinji or the landscape of mountains

Mullai or the landscape of forests

Marudham or the landscape of the agricultural fields

Neidhal or the landscape of coastal regions and

Palai or the landscape of dry lands.



Kurinji - Mountainous Region



I am Solaiamma from the Kolli hills. Ours is a hilly area, so mornings and evenings here are cool and misty. I would love to tell you about the animals, birds, trees, fruits, and flowers in our landscape.

In our hills we have lakes waterfalls and streams. There are many old trees like Red Sanders (vengai), Flame of the Forest (purasai), Teak, Bamboo, Sandalwood, and Indian Rosewood (sissoo). Hill bananas, which taste good are still grown in the Sirumalai Hills in Dindigul.

The name of the region Kurinji, is also the name of the famous Kurinji flower which blooms in the Nilagiri Hills of Tamil Nadu. These hills are also famous for the nimble Nilagiri Tahr (mountain goat).

The shrub whose brilliant blue and white flowers blossom for only a few days once every twelve years, blankets the slopes in radiant colour. We tribals are ancient inhabitants of this land and have gathered leaves, roots, fruits and honey in the forests.

Flowers like Kandhal (glory lily) the rose and the lotus thrive in the cool air, that is fragrant with many rare medicinal herbs.

The great Hornbill calls from the thick forest and the peacock dances with the first rains. Hunting wild animals is prohibited in our forests. Many elephants roam there. One of them has come to talk to you. "I am the largest land mammal in our country. I travel long distances to find water and food. Now a days people have started farming and building houses across my path, and I have lost my habitat. I am also poached for my tusks."

Your teacher has marked the hilly areas in Tamil Nadu on a map.

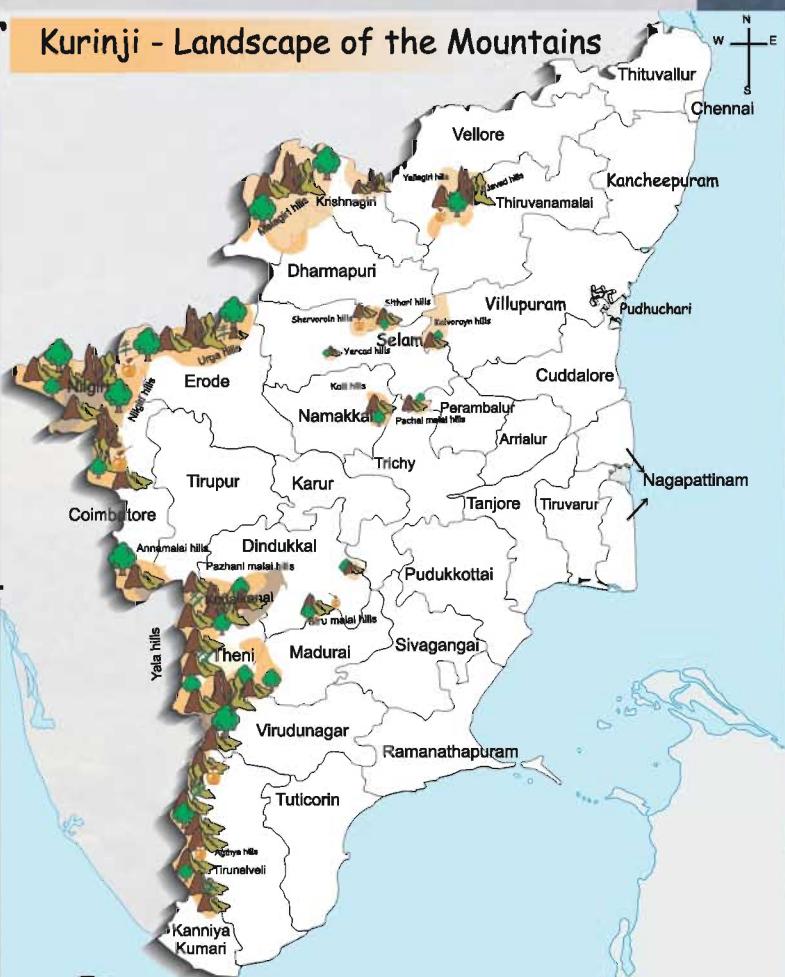
What words come into your mind when you think of the hills?

Write the names of the Districts which have hilly areas.

The elephant is sad because _____

Symbols

-  Hills
-  Forest
-  Honey
-  Herbs





Mullai - Forest region

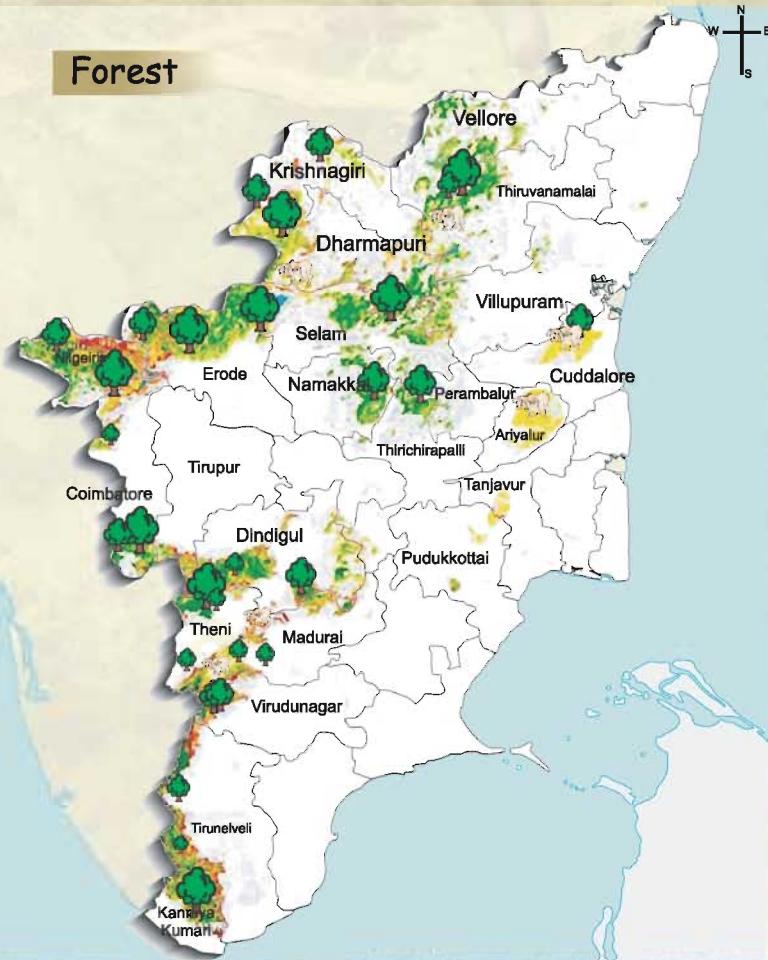


Hi! I'm Nandini and I live in Sathya Mangalam. We are shepherds and cowherds, and our wealth is our cattle. My father takes the cattle to graze early in the morning, and returns at noon. My mother sells curd and buttermilk. The climate is mild and rainy, and there are many rivers and streams in our landscape. There are thick, old forest trees here, and also trees and plants that people have planted for their animals. The palmyra, the coconut, the areca and the banana share space with the jackfruit, jamun, mango, neem and tamarind trees. Pearl millet (kambu), finger millet (ragi), and sorghum (cholam) are also cultivated here. There are many animals and birds like the barbet, jungle fowl, flying squirrel, fox, wolf, cheetah and wild bees. But with the shrinking forests, most of the deer have gone. The spotted deer has come to talk to you.

" As my name suggests, I have white spots on a fawn-red coloured coat. Only the males have antlers. Most of my grazing areas have gone. I have been killed for my antlers and eaten for my meat. Only a few of us survive today, at the forest's edge". Your teacher has marked the forested areas in Tamil Nadu on a map.



Look at the Mullai areas on the map of Tamil Nadu . Locate the districts where forests are found.







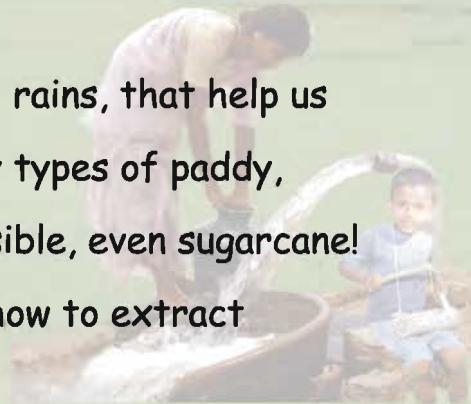
Marudham - Cropland [plains and river basins]

My name is Devan.



The Marudham landscape gets its name from the flower of the myrtle or Arjuna (Marudham) tree. I am from Pathamadai. This is a beautiful place, with the river Tamiravaruni flowing through our fertile lands, and irrigating our fields. Our landscape is flat, and rivers flow slowly, depositing rich soil for our farms. A kind of grass called korai grass grows along the river banks, and when it is dry, people make mats out of it.

Most of us are farmers. We have warm seasonal rains, that help us to cultivate almost any crop on our fields - many types of paddy, pulses, oil seeds, millets , cotton and where possible, even sugarcane! Do you know people in the Sangam period knew how to extract sugarcane juice?



In our landscape people have found many ways of storing water and Marudham land is dotted with eris, ooranis and tanks people have used bulls to plough the land and also caught and eaten many kinds of fish from the rivers and ponds . Snakes like the cobra are found in this region - they control rats which are a pest in our fields .

Here is one to talk to you.

I am always alert in thick jungles and in the farms. I catch rats and save the crops. You rarely see me because I sense the vibrations of your steps through my body. I live in holes and termite mounds.

It is in your hands to plant trees and make the crop lands more fertile!

Your teacher has marked the fertile areas in Tamil Nadu on a map.
What words come to your mind when you think of the farmer?

Rivers flowing in this landscape bring _____.

Look at the Marudham areas on the map of Tamil Nadu .

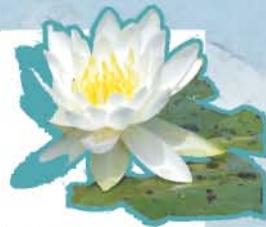
Locate the districts and the rivers where fertile land is found.

Marudham areas in the map of Tamil Nadu



Symbols

	Crop
	Mat making
	Silks
	Weaving



Neidhal - Seashore [Coastal Regions]

My name is Antony. I come from Nagapattinam. Tamil Nadu has a very large coastal area. The people who lived, and continue to live here are the fisher folk. This 'thinai' or landscape gets its name from the water lily that used to grow in the back waters of rivers as they met the sea. Thazhampoo and Magizhampoo were also found in this region. The next and boats drawn up on the beach and the odour of drying fish attract many sea birds like the gull, tern and heron. Many different varieties of fish are caught and sold. Sharks, whales, kavalai and sea horses are some of the fish I know. There were many busy harbours in the ancient days where Indian pepper and cardamon were sent in ships across the sea, to be sold in foreign lands. Even today this area has many important ports. There are many marshes are wetlands along the coast where the great Indian Marsh Crocodile used to live. As you know, it is wetlands that provide us with fresh sweet water by recharging the ground water. Sea turtles, to this day, lay their eggs on the beaches, along the Tamil Nadu coastline.

Here is a turtle that has come to talk to you

I am an Olive Ridley turtle. I am also called 'Panguni Aamai' because I nest along the coast of Tamil Nadu during January February and March. I reptile and I live in the sea. Do keep the beaches safe for me.



Your teacher has marked the coastal areas in Tamil Nadu on a map.

What words come to your mind when you think of the fisherman?

Neidhal - areas in Tamil Nadu

The sea coast



What does the sea turtle want us to do?

Locate the districts where coastal land is found.

Symbols

- Huts
- Coconut Trees
- Catamaran
- Trawler
- Fishes

The marshes or wetlands provide the coastal areas with

Marshland:

A low lying wetland with grassy vegetation: usually a transition zone between land and water.

Backwaters:

Areas of stagnant water formed by backflow from a body of water.

Paalai - Dry lands, Wastelands



In Tamilnadu, there are no deserts. But there are dry lands.

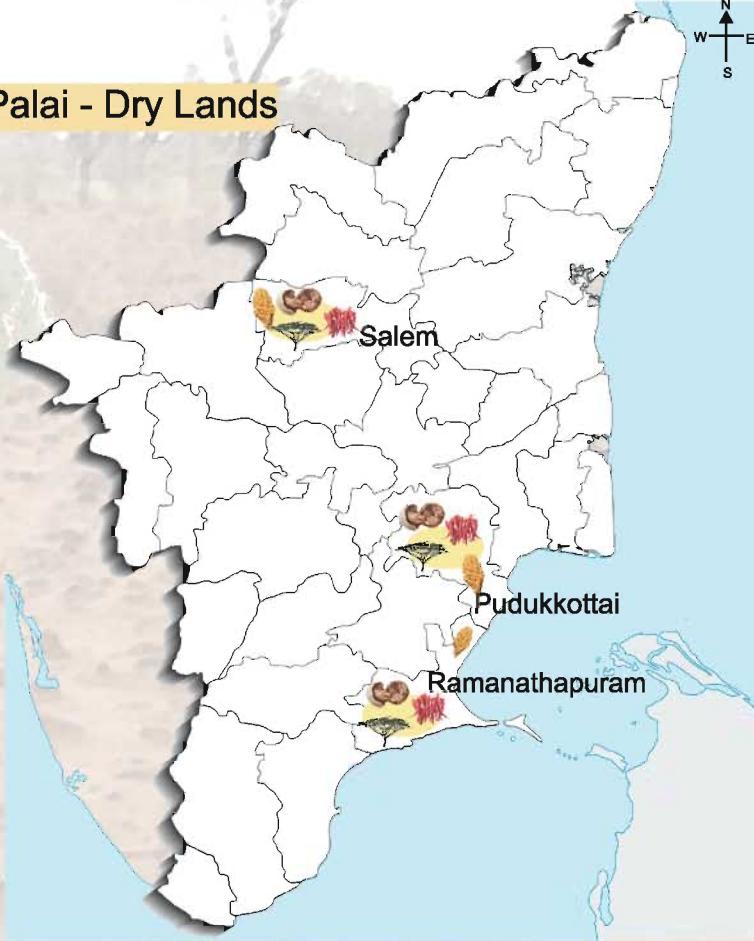
Dry land farming has been done in Tamil Nadu for a long time. People have learnt to live in hot and dry conditions and save every drop of water. Horses, some cattle, wolves, tigers and many kinds of lizards are some animals to be found in this landscape. Plants like the cactus, thorny bushes and palm trees and dry land crops like millets, (cholam and kambu) oilseeds like the sun flower, groundnut, sesame and pulses like green gram and black gram grew here.

Fruits like dates, figs, guavas and pomegranates are available here. There are also dry land herbs like aloe vera. and hardy trees like Drumstick (Murungai) and the Karuvelam which grow well here. Birds of prey like vultures, hawks and kites are the natural birds of this landscape.

Palai is a landscape where the wells have gone dry, the ground water has become salty, the ponds have become dirty and unusable, the soil is unfit for plants, and human beings find it very hard to live. Today, we need to be careful and protect our environment. Let us take care of our soil and water and keep the air clean! Let us not fill our earth with waste! Let us take care of the other creatures that share this beautiful world with us. Let us plant trees and take care of our forests!

Your teacher has marked the coastal areas in Tamil Nadu on a map.

Palai - Dry Lands



In what kind of land form do you live in?

Look at these foot steps and name the animals that have come here.



How can we protect our environment?

Locate the districts where dry lands are found.

symbols

-  Millets
-  Red Chillies
-  WoodApple
-  Karuvelam



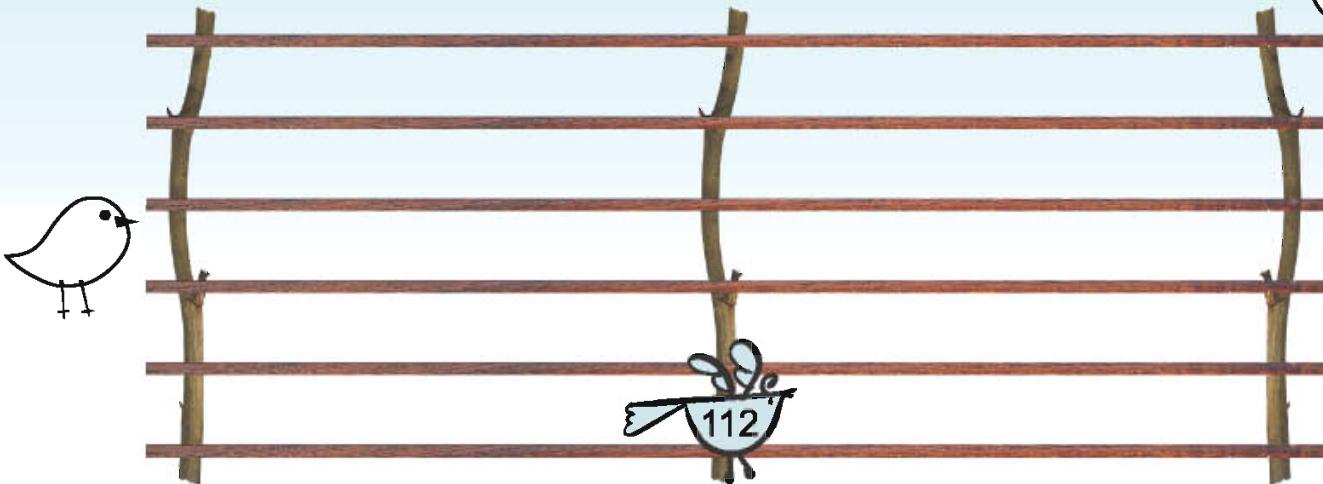


11. Our Feathered Friends

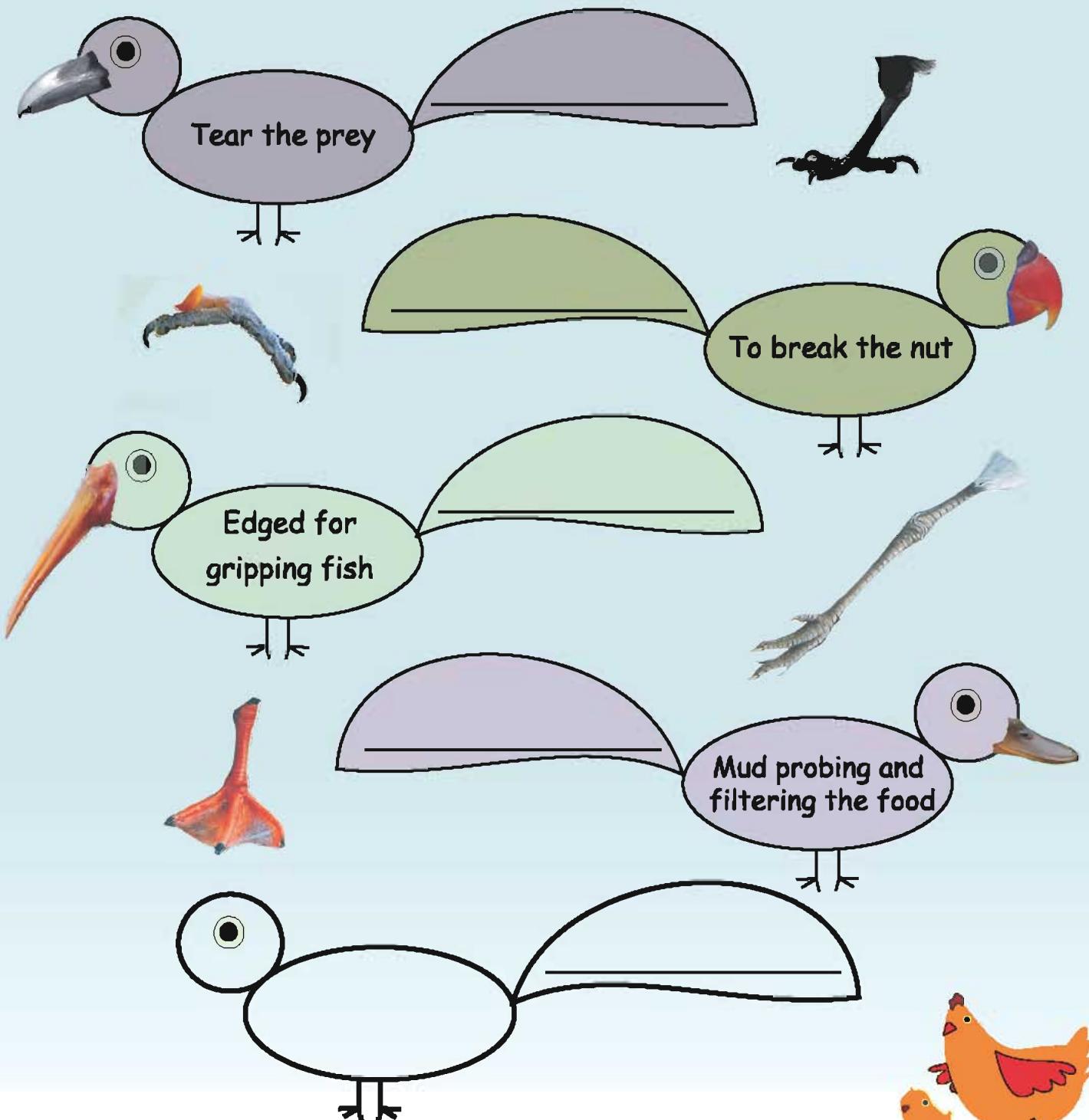


Dharani has spotted ten birds in the picture. How many can you find?

Colour and write their names in the branch box given below.



Name some domesticated birds. Have you noticed them? Their beaks are all different. Looking at the beaks and legs, find out the name of the bird and write.



Draw a beak of the bird you know and name it.

Who are they? Name them.

I use my beak to make holes
for nesting and locate
insect larvae under the bark.
Who am I? _____.

I feed mostly on seeds and grains.
I carried messages safely for Kings.
Who am I? _____.

My call is koohu-koohu.
Everybody likes my sweet
voice which gives me fame.
Who am I? _____

"Chur-chur-r-r-it-it-it-it"
People love my call. You can
see me in your backyard.
Now our number is reduced.
Who am I? _____.

I am a night bird having powerful eyesight.
I can look around me by turning my head. You
may have heard my hooting sound at night.
Who am I? _____.

I fly very high and have
good eye sight. I swoop down
upon the prey in water or
on the ground from a great
height. Who am I? _____.

I have colourful feathers.
I am admired by all and I cry aloud
before the rain.
Who am I? _____.

I am bright coloured and
attractive. I live in tree holes
and in nests, dug in banks
of water bodies. I like to eat
fish and that is what gives me
my name.
Who am I? _____.

Let us study some of our feathered friends



The Common Babbler

The Common Babblers are ancient inhabitants of Tamil Nadu. They are called seven sisters or seven brothers because they are usually seen in groups of 6 - 10. They chatter and chirp. They live on insects, grain, nectar and berries.



They are social birds and take care of each other.



The Mynah

The Mynah belongs to the starling family of birds. It is dark brown with yellow markings on its head. Its beak is famous for its bright yellow colour.



This bird too is a native of this landscape and is found everywhere in Tamilnadu.

It is also a good imitator of sounds and calls!.

Indian Magpie Robin



The Indian Magpie Robin is a cheerful and friendly bird. It is a native of this landscape and lives in dry scrub jungles, perching on the village roofs and entering verandahs and picking up insects. It nests in a tree trunk or hole or pad of grass and drinks the nectar of dry land flowers. When it sings, its tail bobs up and down!



Let us make friends with birds. Keep water and food for the birds in your garden and observe the birds that come to drink water and feed themselves.





The Crow Pheasant



The Crow Pheasants Who...wooo....you would have heard their call! They are brown birds with long tails and red eyes. They are weak flyers. They eat insects and live in woodlands.



The Weaver Bird

The Weaver Bird is a master builder. The nest faces downwards. It feeds on seeds and lives in colonies on trees.



The Hornbill



Perhaps no story of birds in our landscape is complete without the mention of the Hornbill. It lives mainly in the dense forests and is an ancient inhabitant of our land.



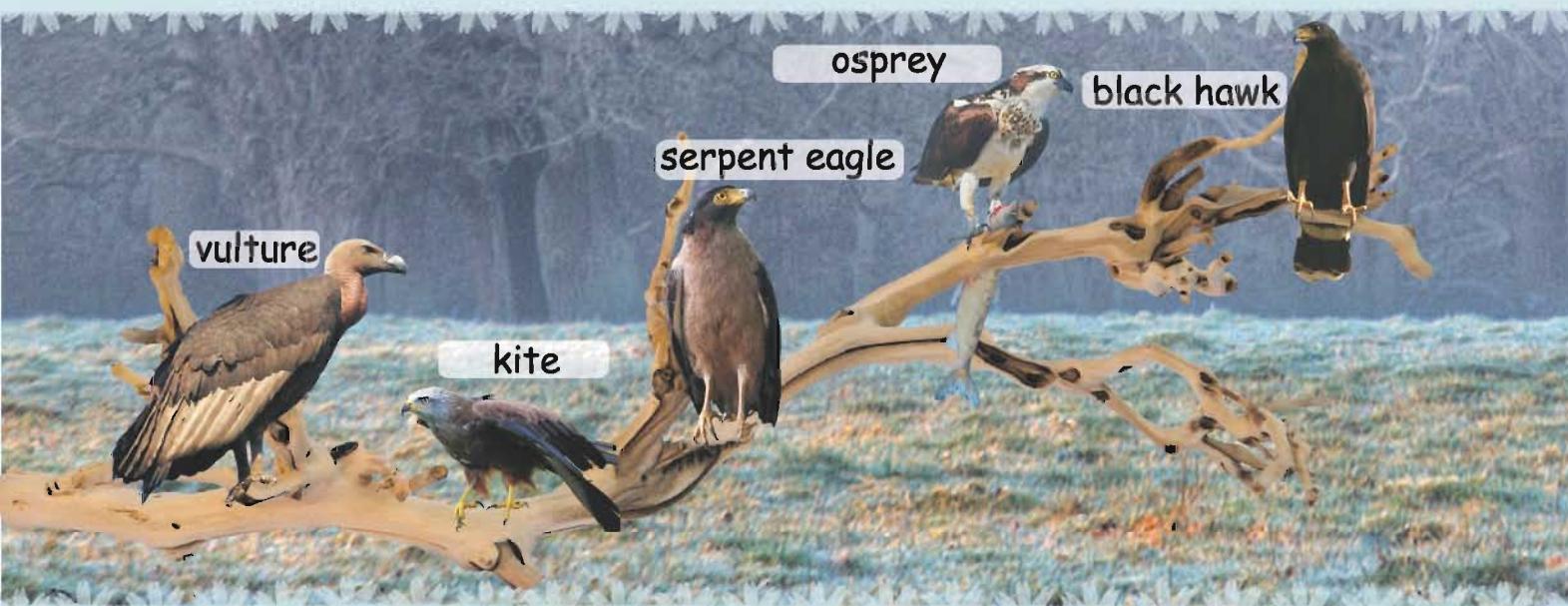
Find out the different types of nests the different birds build. Where do they build them? Collect the empty nests and find out what materials they have used to build the nests. Take a walk in the morning with your note book and draw the birds you see around you





Birds of prey are called 'raptors'. These birds are good hunters and they fly very high. They also have very good eyesight and they dive from a great height to catch their prey. They have very large and powerful wings, as well!

Here are a few.



Need for Birds



Birds protect trees by reducing the number of leaf-eating insects and protect the forests too. Many birds are friends of mankind. Their droppings help in improving the fertility of the soil. The food and life of birds depend on the quality of natural environment.

Think

Can all birds fly? Name two birds that cannot fly.





Collect the feathers which you find lying around.

In your scrap book draw a bird that you like and paste the right feather on it.

Write the name of the bird.



Have you ever observed the birds while flying and walking in different ways?

When you see birds, watch how they walk and move their neck and listen to the sounds made by them.

Enact and ask your friend to guess the bird you have enacted.

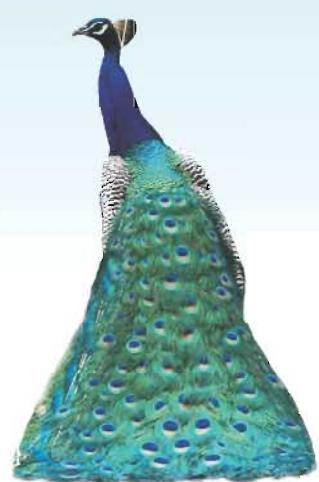
Discuss

What will you do if you happen to get wings?

Where will you go? Which bird do you like to be? Why?

Which is your favourite bird. Why?

Circle the birds that cannot fly very high.



Vedanthangal Bird Sanctuary

We will now learn about one of the oldest bird sanctuaries in India - the Vedanthangal Bird Sanctuary, a home for migratory birds. It is located in the Kancheepuram District of Tamil Nadu.

It attracts a variety of birds because it has many small lakes and a number of trees. It acts as a feeding ground for the birds.

The sanctuary was started in 1798 by the villagers who realized the importance of the birds that migrate and breed here. Their knowledge of the use of bird's droppings, helped them to increase their crop yield and motivated them to start the sanctuary.

A sanctuary is a safe place for birds and animals.



Migratory birds

Migratory birds travel thousands of miles from different parts of the world to avoid the biting cold. The birds nest here mainly from the month of November to March.

During this time birds are mostly building and

maintaining their nests. The number of birds arriving during the season is estimated to be around 50,000



As summer sets in, the water in the tanks starts receding. By this time, the chicks become old and are strong enough to fly. The migratory birds start returning in batches to their native places.



Heron

In which region is Vedanthangal Bird Sanctuary located?

_____.

When was the sanctuary started? _____.

Name some of the birds that come there.

_____.



Crane



Crane



Painted stork

Bar headed geese



Heron

Grey Pelican



Bharata

Bharata was a brave boy. He was the son of the ancient King Dushyanta. Bharata's mother was Shakuntala. Bharata lived with his mother in the forest during his childhood. He grew up in the midst of wild animals. Bharata grew to be strong and fearless - for instance, he made a sport of opening the mouths of tigers and lions and counting their teeth!



Bharata became a king at a very young age. Young Bharata conquered and ruled the entire subcontinent of India. His empire was named Bharatavarsha, the land of Bharata. He ruled virtuously and earned great fame.



Bharatavarsha refers to the whole of modern India and many other countries of today which did not exist then. Our country is known as Bharat in memory of the great King Bharata .



Rani of Jhansi

Manikarnika was born on 19th November 1828 in Kashi (Varanasi). Her nick name was Manu. She was educated at home. She studied self defence, horsemanship, and archery. She formed her own army with her female friends.

She was married to Gangadhar Rao, the Raja of Jhansi, at the age of 14. After her marriage, she was given the name Lakshmi Bai.

When her husband died, she became the ruler of Jhansi.

Lakshmi Bai took part in the revolt of 1857. She went to the battlefield riding a horse and fought against the British bravely.



She died in the battlefield in 1858.

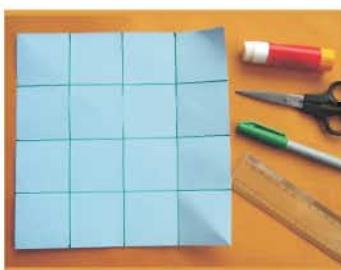
Rani Lakshmi Bai became a national hero and is remembered even today as a brave woman.

The first Women's Unit of the Indian National Army was named after Rani Lakshmi Bai.

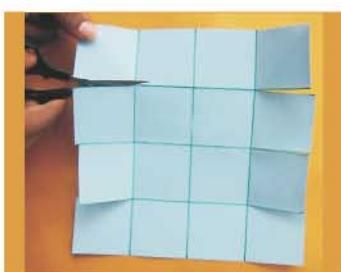
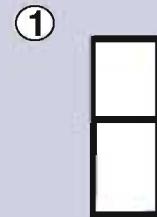
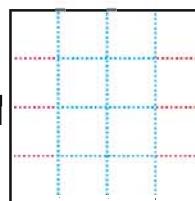


Paper house

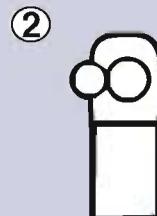
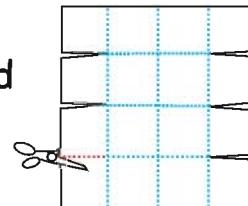
Shall we draw a Kingfisher?



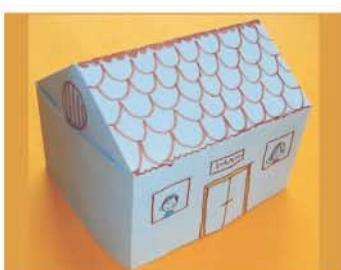
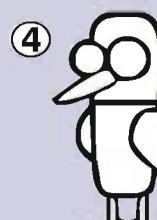
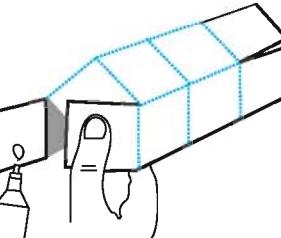
Take a square paper and fold it into 16 parts.



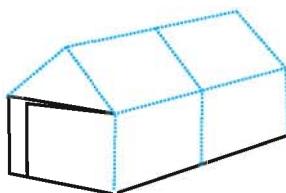
Paste the centre leaves of the cut portion as shown in the picture.



Then paste the corner edges as shown in the picture.



Now the house is ready.



Draw the doors, windows and colour them.

You can make different types of houses using different kinds of colourful oil paper (Marble) with the help of your teacher.

