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UNIT
1

Our Delicious Food



Learning Objectives

The learners

- ⦿ Realise the importance of food
- ⦿ List various food items
- ⦿ Know the journey of rice

Importance of Food



Rhyme Time

Food food food!
It keeps me good
Grains and vegetables
Fruits and nuts
Fish and eggs
Milk and meat
I need them, I eat them
To grow and become strong
I need them, I eat them
To work and play
I need them, need them, need them all



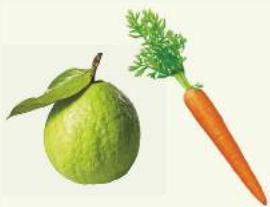
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Let Us Discuss
What food items do you eat daily?

All of us need food to live. Food gives us energy to work and play.



We eat a variety of food items every day. Some of them are shown below.



Guava Carrot



Groundnuts



Idly, Vada



Dosa



Full Meal



Some energy-giving foods are:



Ragi ball



Rice



Chappathi

Milk is a healthy drink. It keeps our teeth and bones strong.



Pulses, meat, fish and egg help us grow.



Pulses



Meat



Fish



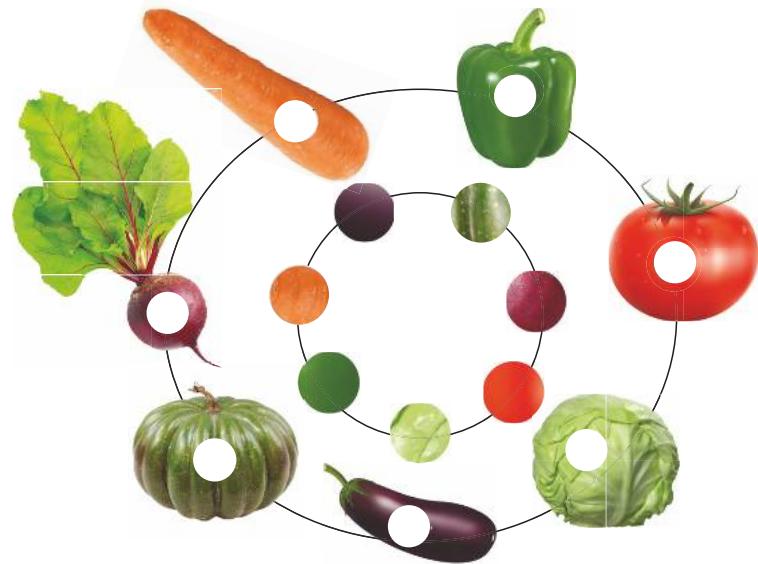
Egg

Nuts, fruits and vegetables keep us healthy and protect us from diseases.



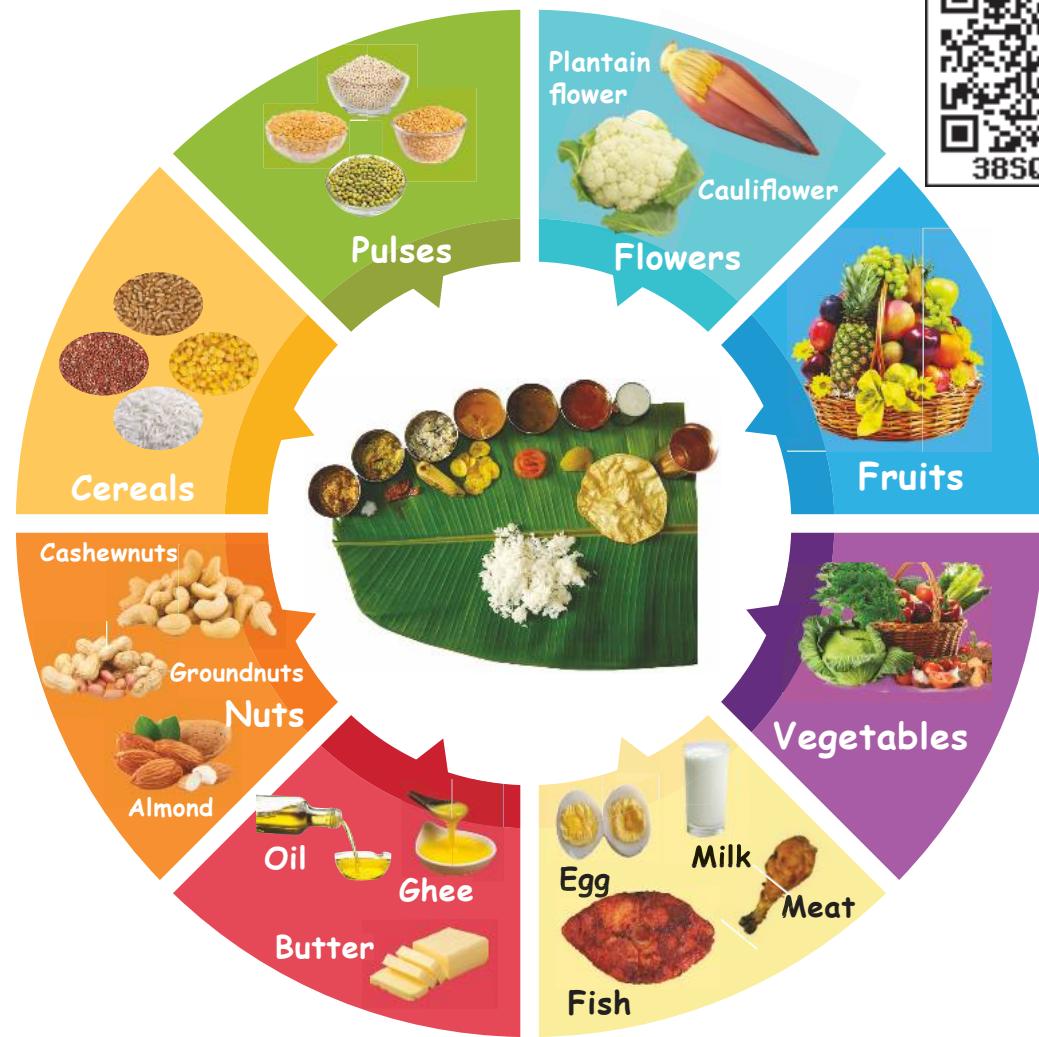


Match the given parts with the appropriate vegetables.



Our Food

Our food is a combination of milk, meat, fish, eggs, fruits, vegetables, flowers, grains, nuts, oils and ghee.





Grains: (Cereals and Pulses)

Cereals



Rice
(Arisi)



Wheat
(Gothumai)



Ragi
(Kezhvaragu)



Corn
(Makkacholam)

Pulses



Pigeon Pea
(Thuvrai)



Green Gram
(Pachai Payaru)



Black Gram
(Ulundhu)



Chick Pea
(Kondai Kadalai)

Whole and split grams

Water is essential for our body to be healthy. We must drink at least six to eight glasses of water a day.



Identify the following and write F for fruit, V for vegetable, P for Pulse, C for Cereal and N for Nuts.



A Variety of Dishes

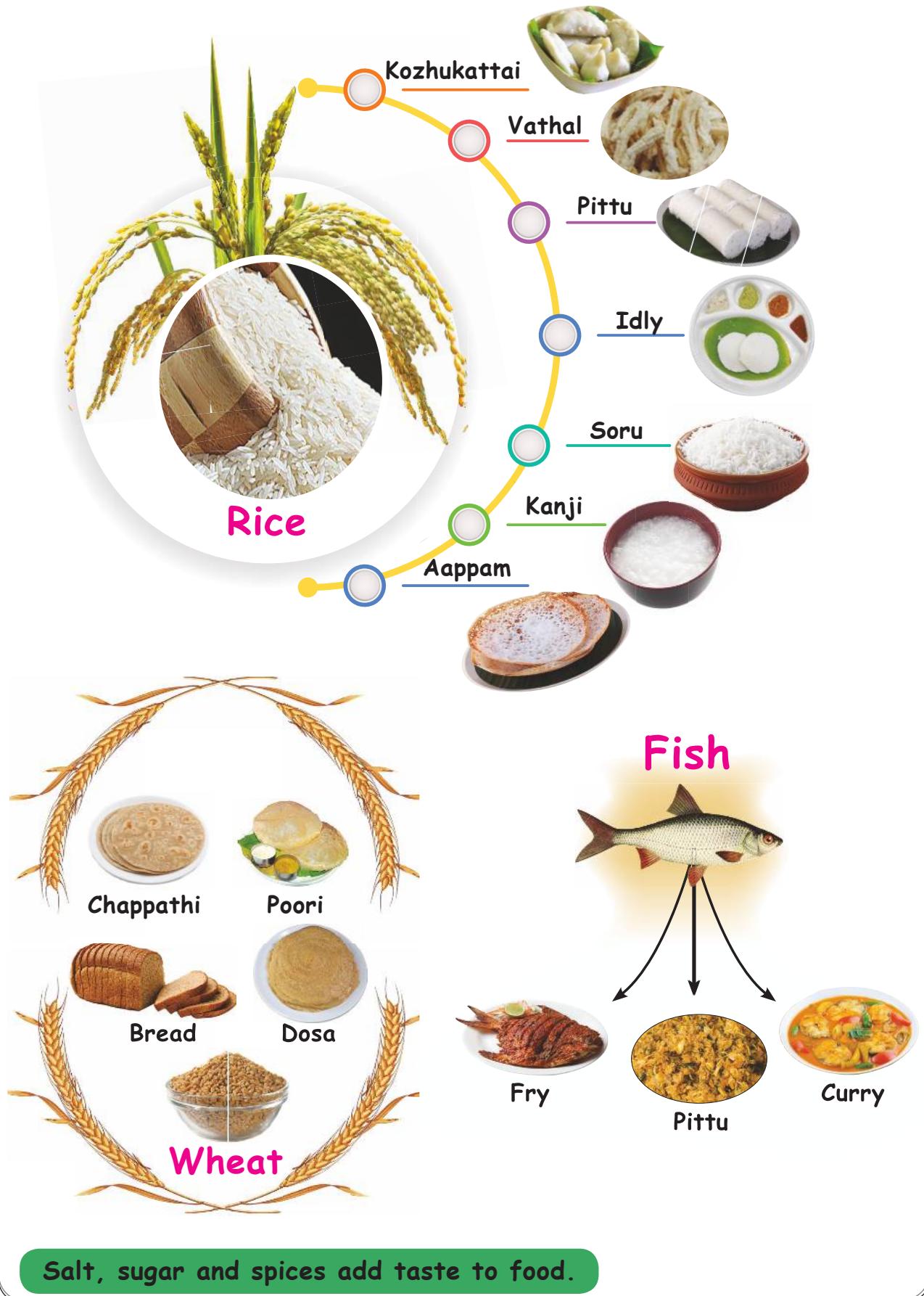
Each and every dish we eat is unique in taste. The dishes are made up of one or more ingredients.



Ragi Porridge (Koozh)

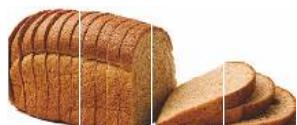


We can prepare many dishes using the same ingredients.





Tick (✓) the food items made with wheat.



Food for a Day

We have breakfast in the morning, lunch in the afternoon and dinner at night. We should not skip any meal. Some people prefer vegetarian food and some non-vegetarian food.



Pazhaya Soru



Ragi Adai



Chicken Biriyani



Full Meal



Lemon Rice

I have my
breakfast before
going to school.
Do you?



We have snacks in between.

We should choose healthy food items as snacks.



Chick Pea
Sundal



Bengal Gram
Sundal
(Kadalai Paruppu Sundal)



Puffed Rice Balls
(Pori Urundai)



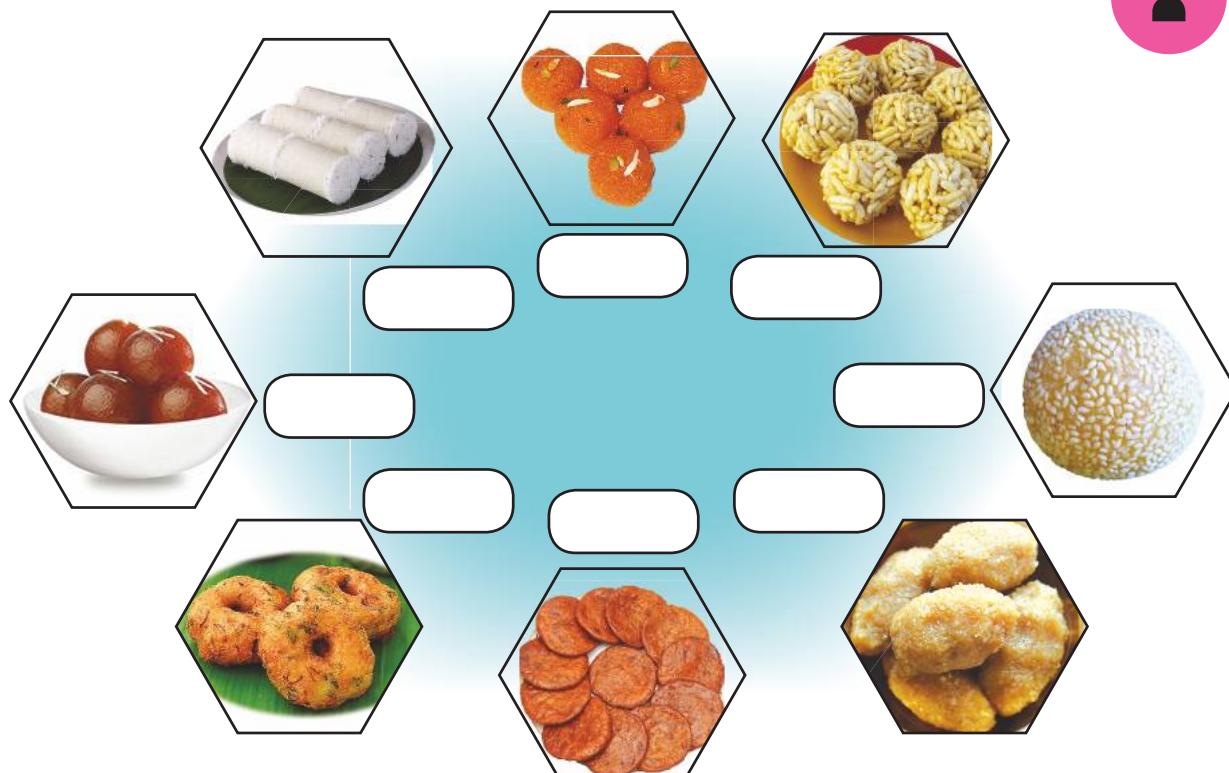
Sesame Balls
(Ellu Urundai)



Groundnut
Candy
(Kadalai Mittai)



Name the food items, count and write them.



Healthy Food Items



There are many kinds of food items. Some of them are healthy and can be eaten regularly.



Idly



Wheat Bread



Groundnut Candy



Sprouted Grains

Some snacks should be eaten once in a while in small quantities.



Gulab Jamun



Laddu



Murukku



Chips



Some of the snacks we like are not good for us. Say 'NO' to them.



Biscuits



White Bread



Ice Cream



Maida Noodles



Soft Drinks



Chocolates

Many of us like sweets. Sweets can be prepared with jaggery or sugar. Sweets made with jaggery are better for health.



Paruppu
Payasam



Sesame
Balls



Athirasam



Groundnut
Balls



Milk Payasam



Rasagulla



Rava Laddu



Steamed food items and sprouted grains are healthy.



Idly



Rice Salt Balls (Uppu Urundai)



Pittu



String Hoppers (Idiyappam)

Sprouted Grains

Shall we do it?

Soak green gram overnight in water. Drain the water and tie it in a cloth. Observe the changes in the grains on the next day.

1



3



2



4



Leaves of some plants are used as food. They are called greens. We should have greens at least twice a week.



Drumstick Leaves
(Murungai keerai)



Black Nightshade Leaves
(Manathakkali keerai)



Dwarf Copper Leaves
(Ponnankanni keerai)



Circle the items that we should avoid eating.



Healthy Eating Habits



Wash hands before
and after eating.

Sit together
to eat.

Do not talk
while eating.



Chew your food
well.



Do not spill food
while eating.



Avoid watching TV
and using mobile
phones while eating.



Do not overeat.
It can make you ill.



Rinse your mouth
after every meal.



Do not waste food.



Always wash fruits
and vegetables
before eating or
cooking.



Stale food makes you
sick; avoid it.



Avoid uncovered food
as it may contain dust
and germs.

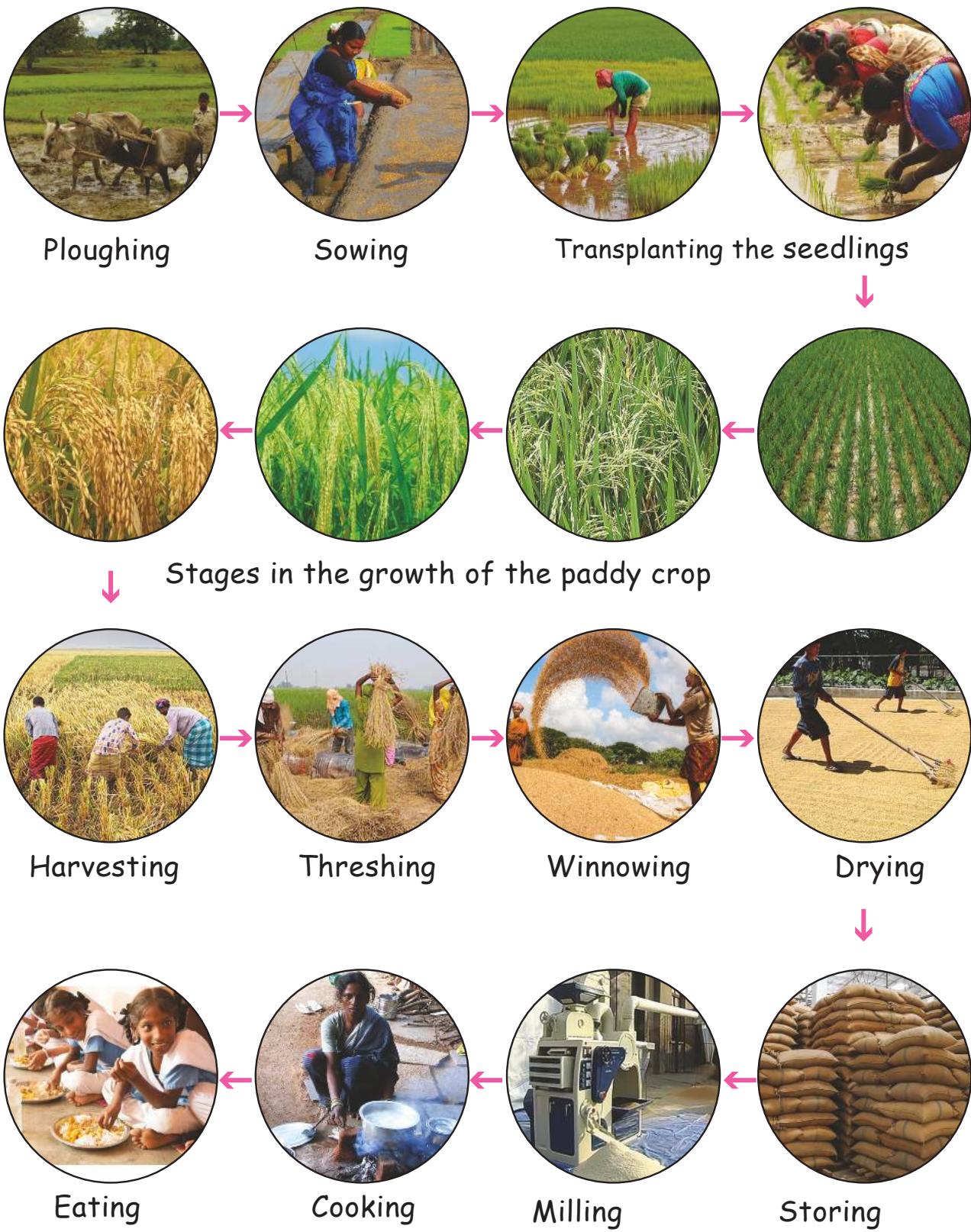
Colour the circles green for the Do's and red for the Don'ts.





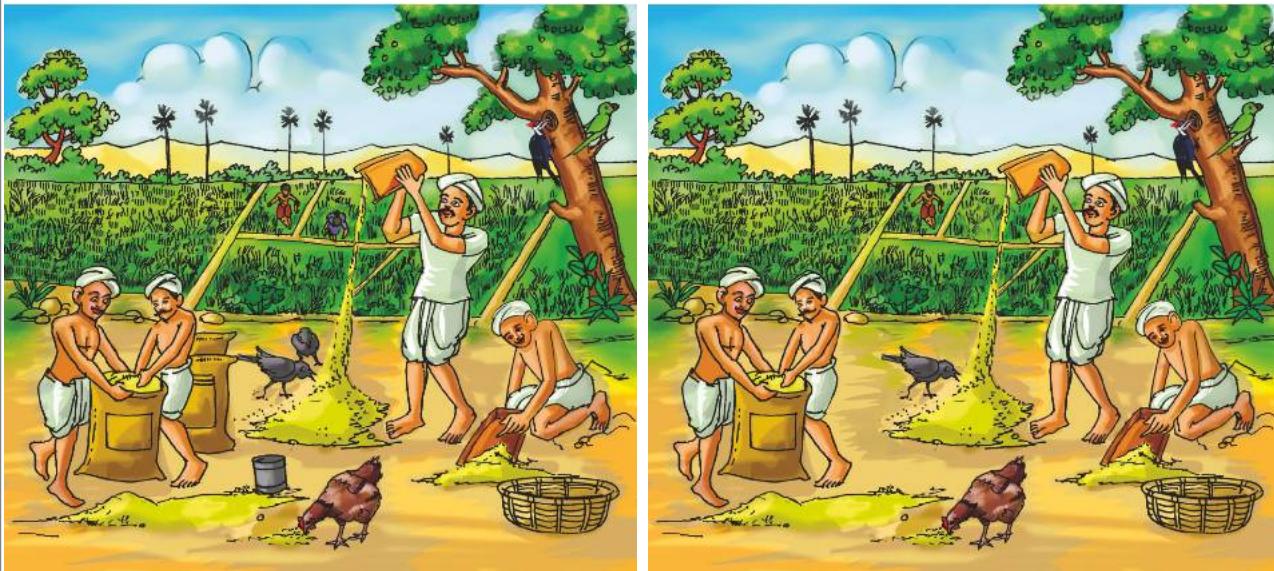
Journey of Rice

The story of rice begins with the farmer ploughing the field. Observe the pictures and see how the food comes to our plates. Always respect the food and its producer, the farmer. Offer prayers before eating your food.





Farming Scene - Spot five differences.



Evaluation

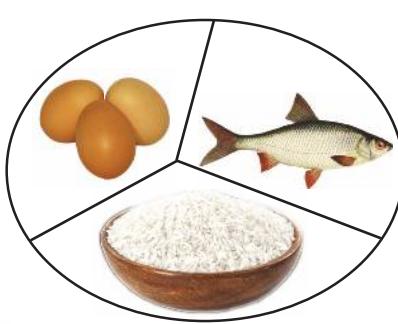


1. Circle the flowers that we can eat.



38WCZU

2. Connect the dishes with their main ingredient.





3. Find the odd one.



4. Reach out from the bad habit to the good habit by drawing lines.



Self Evaluation

- ✿ I know the importance of food.
- ✿ I can list various food items.
- ✿ I know the journey of rice.





UNIT

2

Water



Learning Objectives

The learners

- 💧 List out the various uses of water
- 💧 Conduct simple experiments with water
- 💧 Become aware of saving water

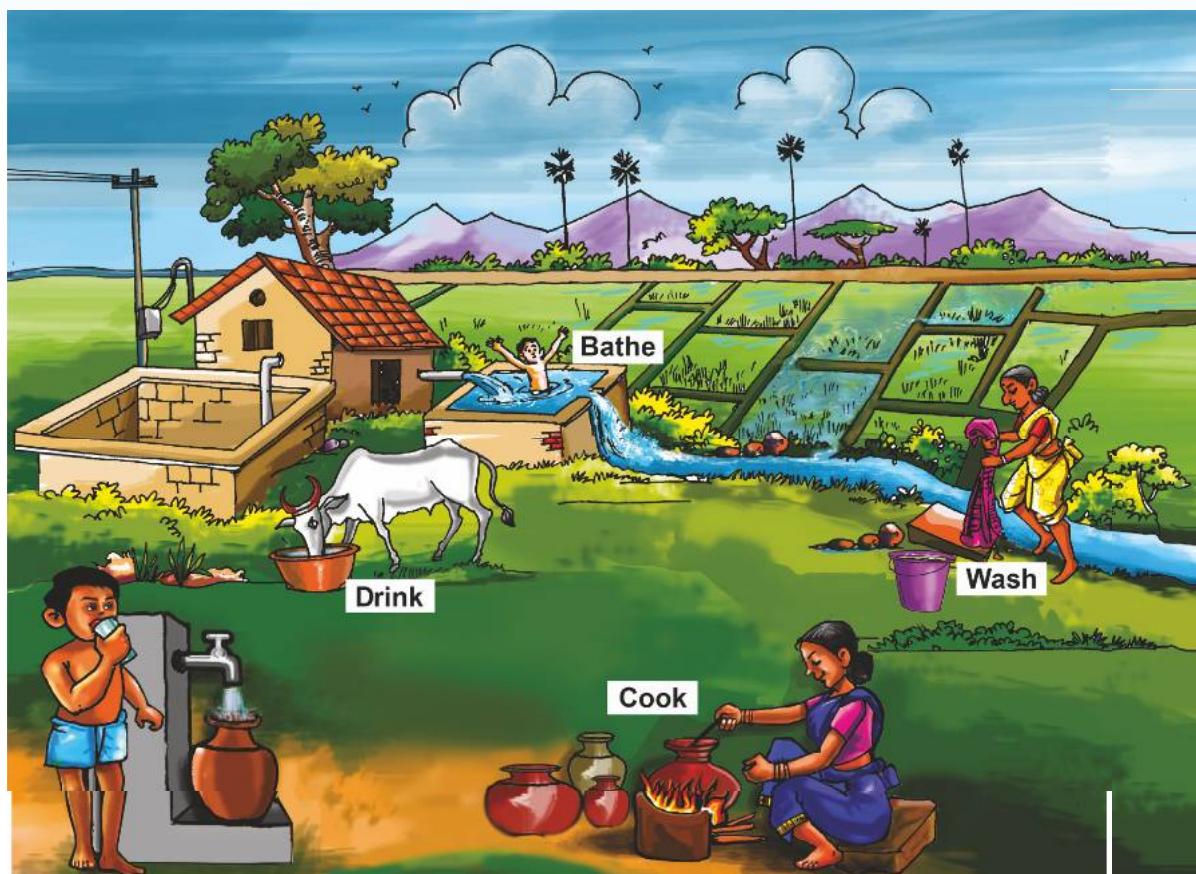


Water in Our Life

Let us Discuss

What are the different activities for which we use water?

Observe the picture and talk about it.



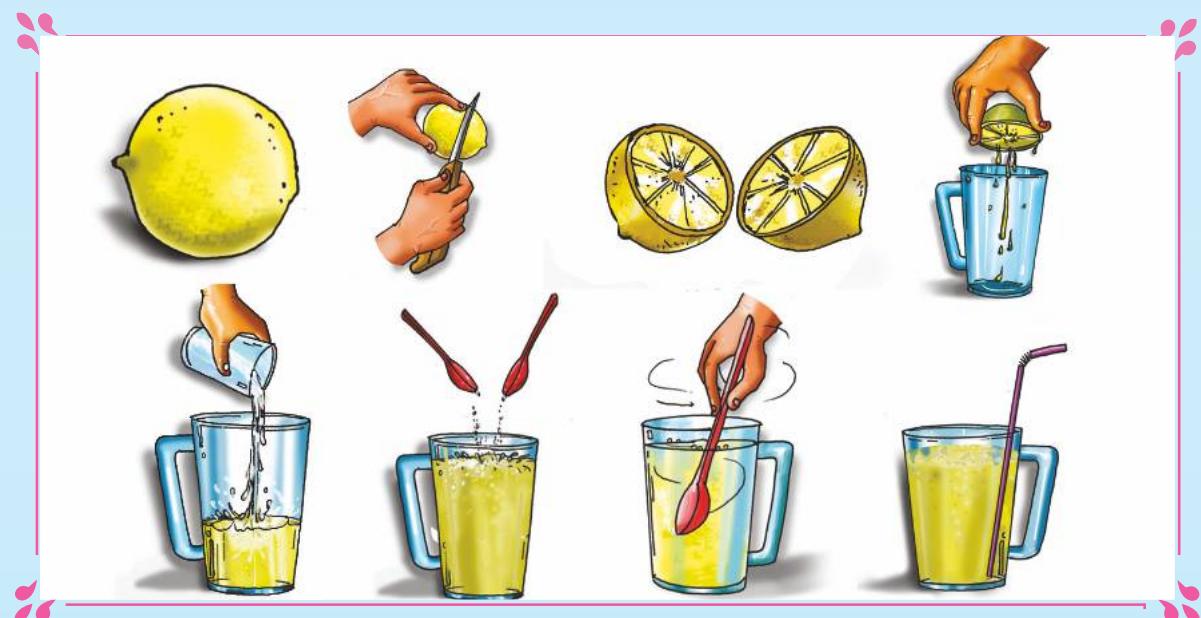
We use water for many of our daily activities. We drink water to keep ourselves healthy. We use water to bathe, cook, wash clothes and grow plants. We cannot live without water; so use it carefully.

Vocabulary: Bathe, Drink, Wash, Grow, Cook, Pour, Brush



Preparation of lemon juice

Cut the lemon into two pieces. Squeeze the juice into a glass.
Add sufficient sugar and a pinch of salt. Pour water and stir it well.



Match the activity with the object.

Activity

Object



Tub



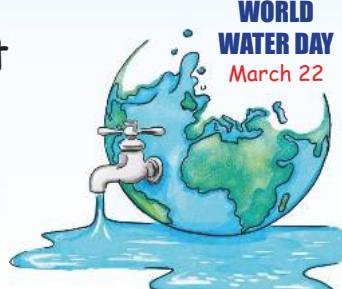
Mug



Tap



Pot



Note for the Teacher:

Prepare lemon juice in the classroom.



Water, Water Everywhere

Rhyme Time



Rain

It's raining and raining
Pouring everywhere
I am singing and dancing
Playing everywhere
The trees are swaying
The animals are enjoying
Without rain
There is no life anywhere

Rain is the main source of water for lakes, ponds, wells and rivers. All living beings need water to live. Fishes, frogs, ducks and many plants live in water.



Steps to prepare clean and safe drinking water



Collect water
in a vessel

Filter

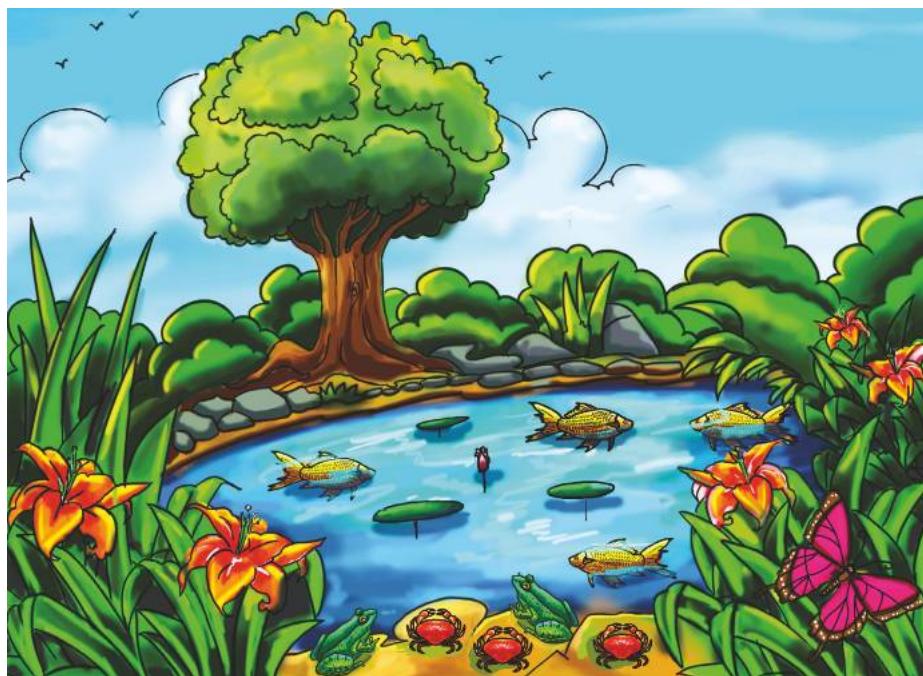
Boil

Cover it
with a lid

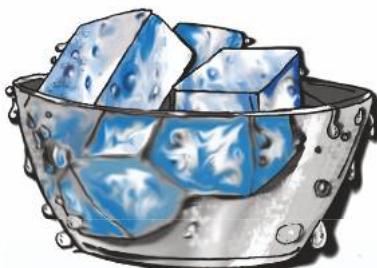
Cool



Count and write.

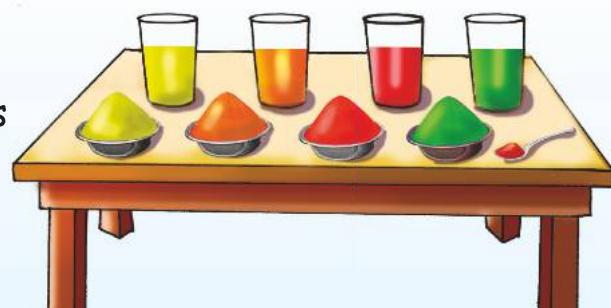


Fun with Water



Keep some pieces of ice in a bowl. Leave it for 10 minutes and observe what happens. Ice slowly melts into water. You can touch and feel it too.

Prepare water of different colours by using food colours.



Count the number of tumblers of water necessary to fill the given pot.



Note for the Teacher: Do all the "Fun with Water" activities in the classroom.



Conservation of Water



Close the tap (2)

When you brush, brush, brush

Use a bucket(2),

When you bathe, bathe, bathe

Repair the tap(2)

When it leaks, leaks, leaks

Save water save water

Save, save , save

Some Good Habits to Conserve Water

**Turn off taps
while washing
clothes.**



**Water the plants in
the morning.**





We need to use water sparingly. If we do not have enough water, our life becomes difficult.

Mark the places where water is wasted with a cross (X).





Evaluation

Cross (x) the pictures in which water is being wasted.



- I know the uses of water.
- I use water carefully in my daily life.
- I can do simple experiments with water.

Self Evaluation





UNIT
3

Our Society



Learning Objectives

The learners

- ❖ Identify and understand the importance of different festivals
- ❖ Appreciate the different roles of people in society

Festivals

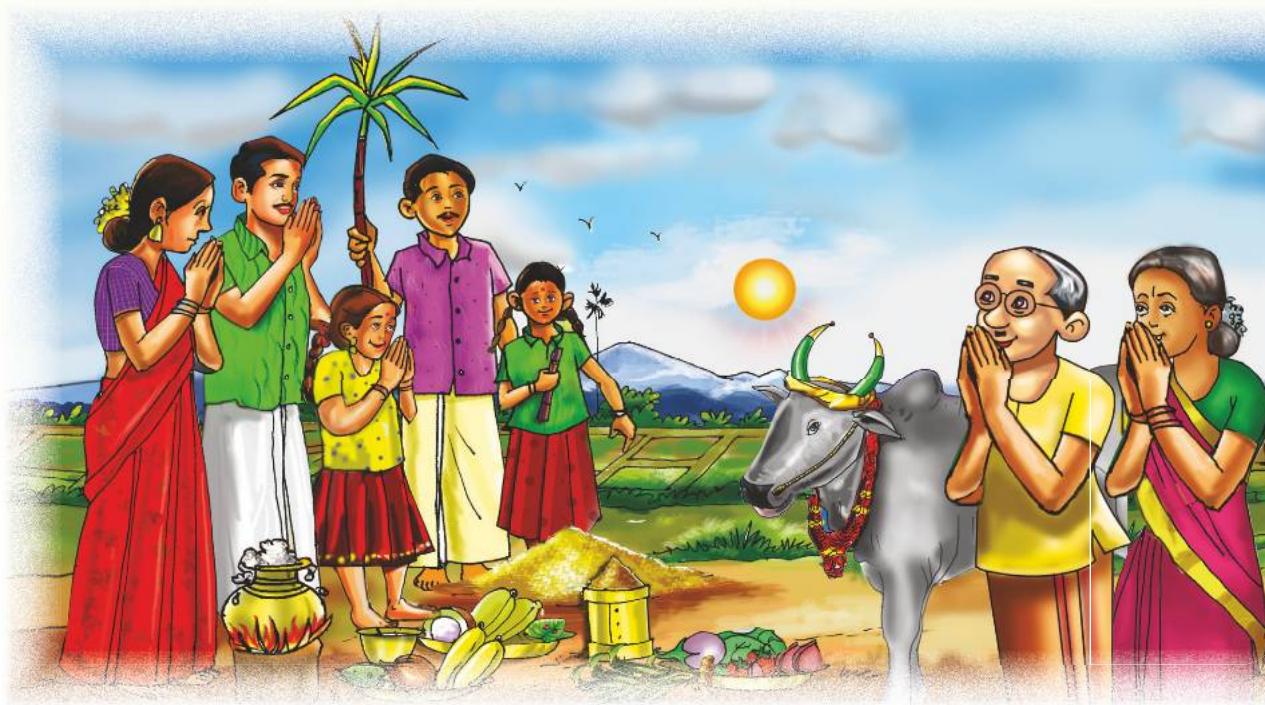
We celebrate many festivals. Some are celebrated to thank Nature and others are local celebrations. All festivals are occasions to express our unity.



Traditional Festivals

Pongal – Do you know why we celebrate Pongal?

Pongal is a harvest festival. A good harvest brings happiness to all. During Pongal we thank Nature for giving us the food we eat.

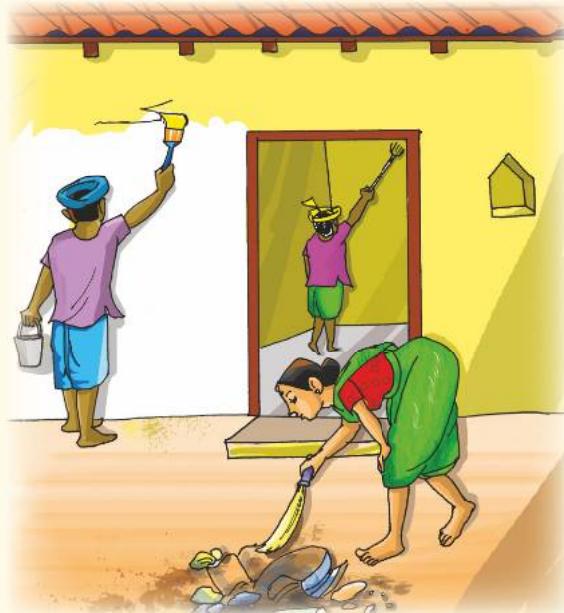




We celebrate Pongal for four days. Each day has a unique feature.

First Day - Bhogi

On this day people discard old things and clean their homes.



They also paint the walls with limestone (Sunnambu), making the houses bright and clean.

They draw beautiful kolams in front of the house.

They burn old and damaged items. Burning tyres and plastic items makes the air dirty. This should be avoided.

Second Day - Thai Pongal

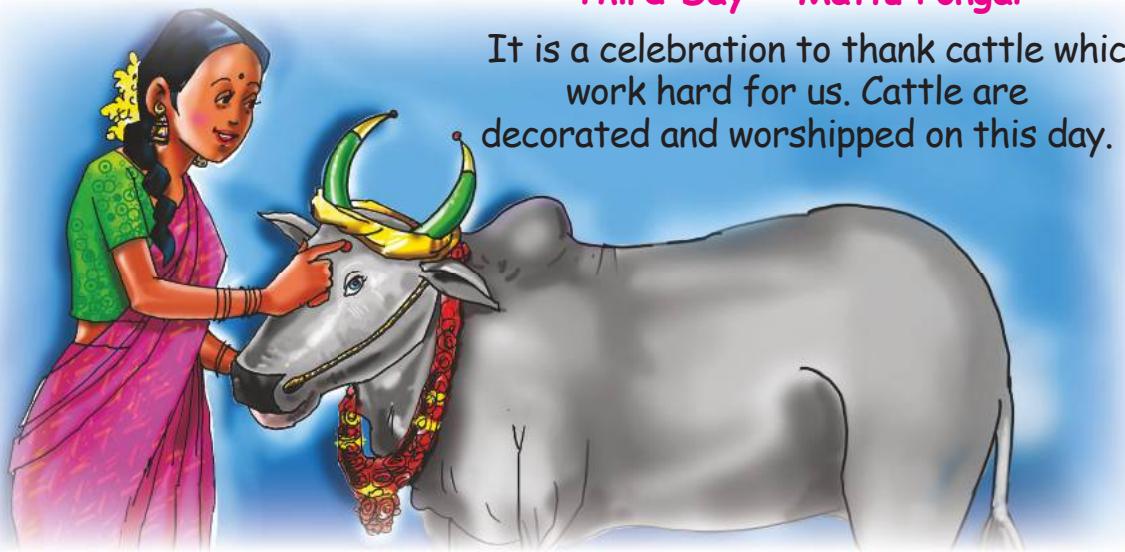
On this day, people prepare pongal in a new pot with newly harvested rice. They worship and thank the Sun.





Third Day - Mattu Pongal

It is a celebration to thank cattle which work hard for us. Cattle are decorated and worshipped on this day.

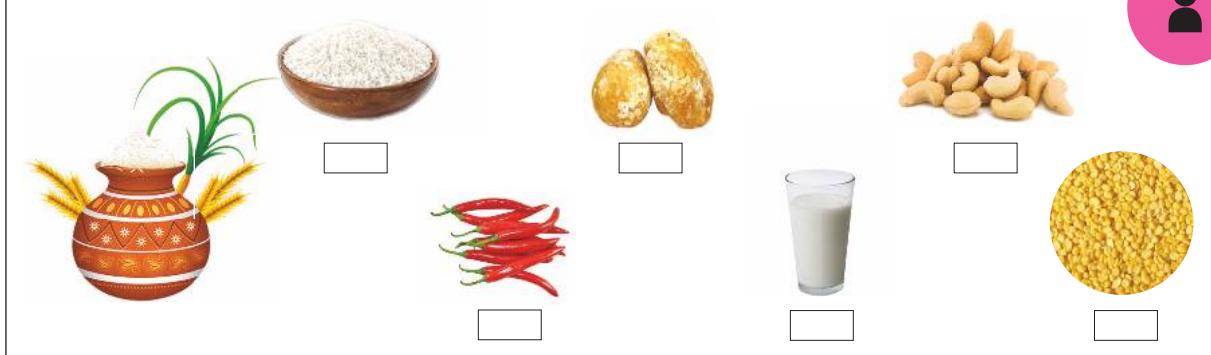


Fourth Day-Kanum Pongal (Uzhavar Thirunal)

It is a day for thanking the farmers. People also visit relatives, friends, temples and scenic spots and have fun together.



Tick (✓) the ingredients used to make sweet pongal.





Local Festivals



Vanmathi went to see the local village festival with her grandfather. Observe the pictures and see what happened there.



Vanmathi rode on the Merry-go-round (Rattinam).

She watched the Karagattam and Puliyattam dances.

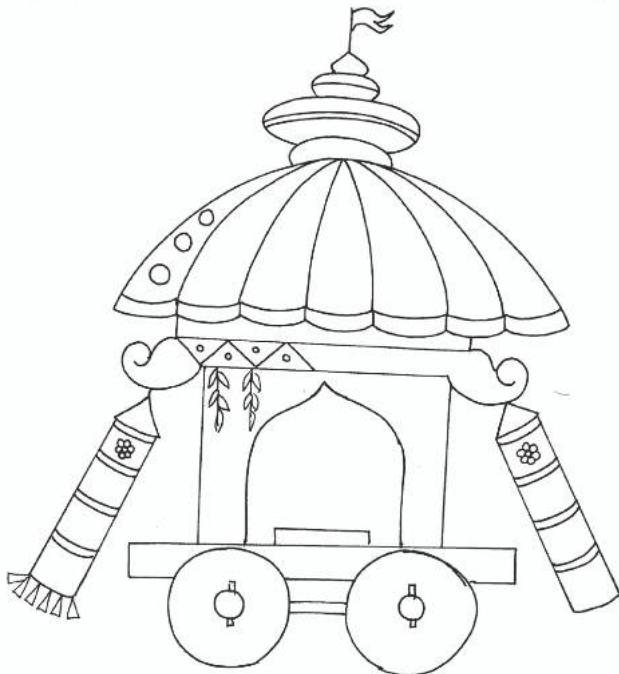


She bought colourful bangles, balloons and some toys.





Complete the patterns, decorate and colour the temple car.

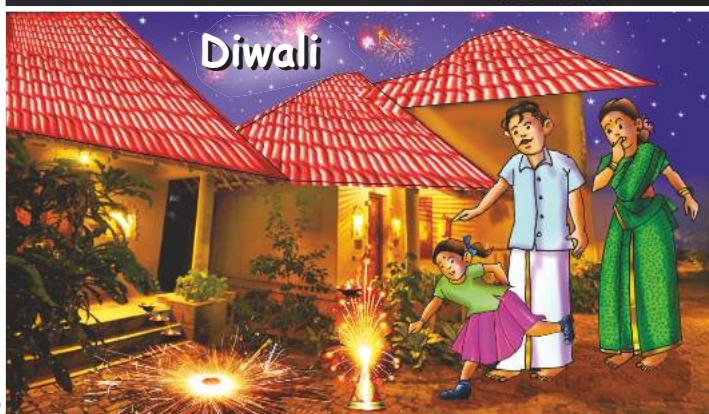
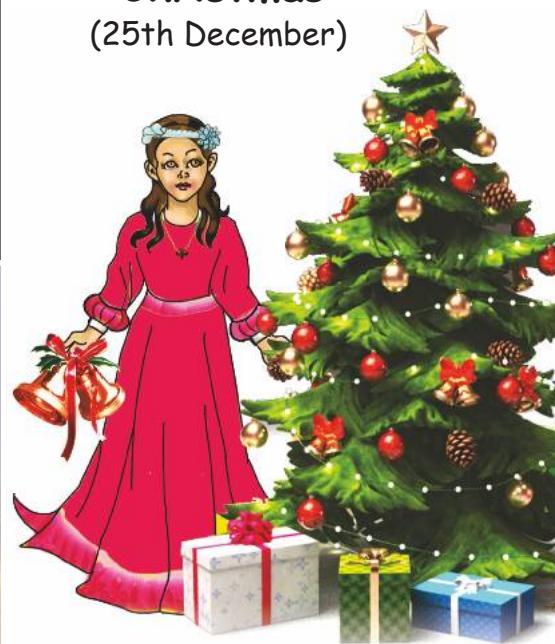


Festivals of Joy

Festivals like **Ramzan**, **Diwali** and **Christmas** are days of prayer, joy and sharing. On these days people wear new dresses and decorate their homes. They prepare special food items which they distribute to everyone.



Christmas
(25th December)





Special Food Items of Festivals

Diwali

Murukku



Ramzan

Biryani



Christmas

Cake



Athirasam



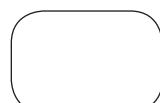
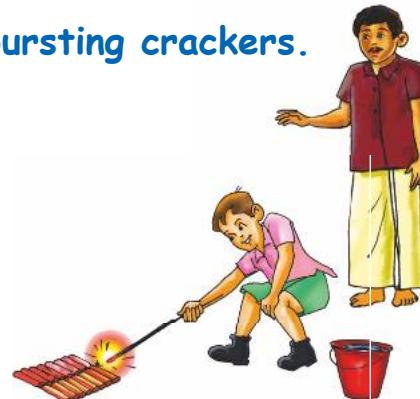
Sheer Khurma



Rose Cookies (Achu Murukku)

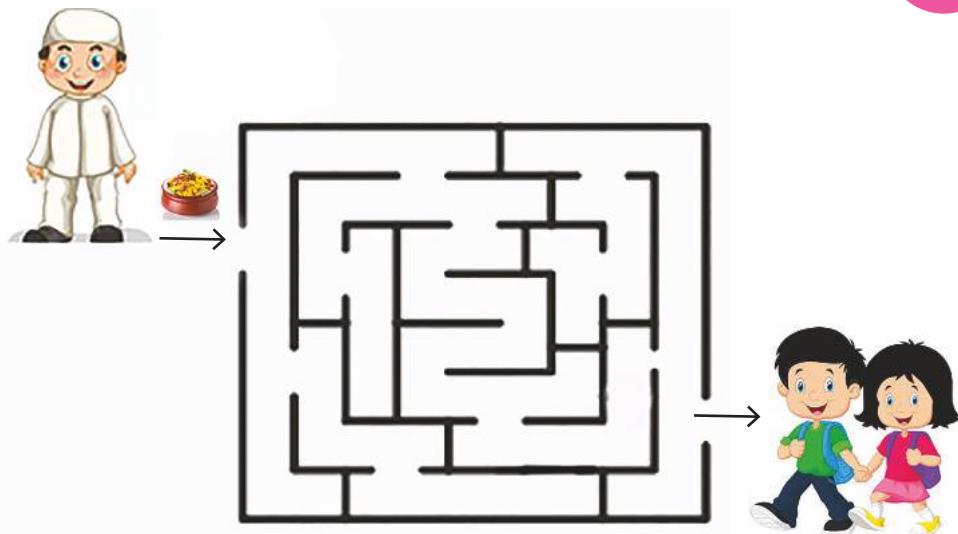


Tick (✓) the correct way of bursting crackers.





Abdul wants to give biriyani to Vanmathi and David.
Guide Abdul to reach his friends.

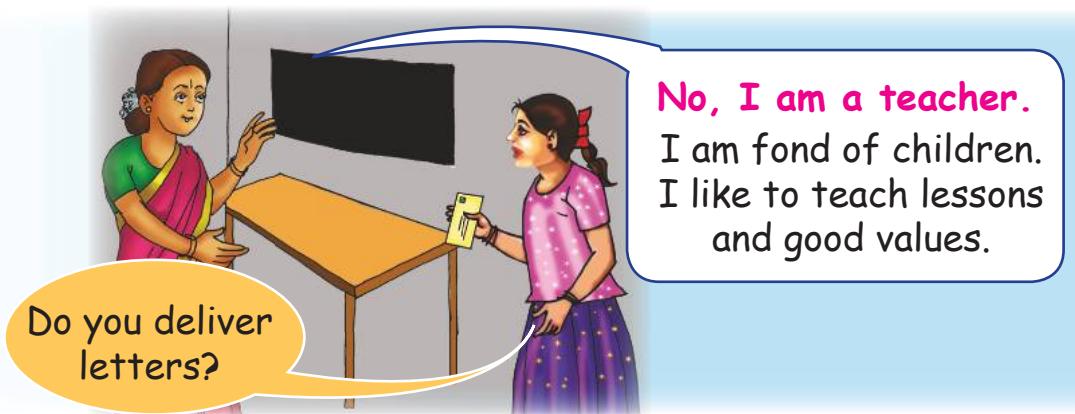


Our Friends

Vanmathi wanted to send a letter to her friend.
Let us see whom she met on the way.



39KDGV





Do you deliver letters?

No, I am a doctor.

I help sick people get well.

Do you deliver letters?

No, I am a nurse.

I am kind and care for the needs of sick people. I tie bandages and give injections.

Do you deliver letters?

No, I am a shopkeeper.

I measure and count goods and sell them in my shop.

Do you deliver letters?

No, I am a vegetable vendor.

I get fresh vegetables and sell them in the streets using my cart.



Do you deliver letters?



No, I am a milkman.

I care for cows and buffaloes. I supply milk to people.

Do you deliver letters?



Yes, I do. I am a postman.

I collect letters from the postbox. I sort letters according to the address. I deliver the letters to the correct address.

Connect our friends to their work place.



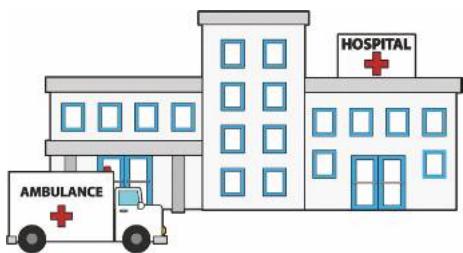
Doctor



Policeman



Teacher





Sequence the pictures by writing numbers from 1- 5.



Evaluation

1. Tick (✓) the objects that Vanmathi sees at the village festival.



2. Circle the things used to decorate your home on Pongal.





3. Circle the things related to Ramzan.



4. Circle the things related to Christmas.



5. Sequence the days of the Pongal festival from 1 to 4.



6. Who treats patients? Put a tick (✓) mark.



7. If you want to buy a pencil, where should you go? Put a tick (✓) mark.





8. Match the pictures.



9. Connect the suitable helpers to the picture in the centre of each row.

a.



b.



c.



Self Evaluation

❖ I understand the importance of different festivals.



❖ I value the different roles of people in society.





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This book has been printed on 80 G.S.M.
Elegant Maplitho paper.

Printed by offset at: