

ENVIRONMENTAL STUDIES

Standard One

Term II

Dear Teacher,

We all know that children enjoy nature around them- the trees, the plants, the animals, the birds and the rain. This book starts with their life experiences i.e what they have seen and enjoyed. The activities are based on their own experiences, about the people and the world around them.

Children may know a few songs and stories when they come to school. Quite naturally they enjoy listening stories, singing songs and playing games. So we have included pleasant songs, enjoyable stories, thought provoking activities and games. Several opportunities have been provided to kindle the imagination of the children. They can make up stories, act them out, sing and dance joyfully.

Children love to draw. This natural ability to draw and be creative has scope in simple line drawing, imaginative drawing and colouring activities. Every chapter has "I can" activities that provide a scope for self-evaluation. Every child has different life experiences. We need to provide time for discussions so that children share their thoughts, ideas and observations. An atmosphere conducive to raise questions must be provided in the classroom.

Learning does not only take place in the classroom. Learning should be extended to the outdoors where children will learn happily. Many people help us in our daily life. If children can interact with them, it will widen their understanding and build respect for their work.

Science is part of everyday life and can be understood by observation. A love and caring for nature should be inculcated in children.

Authors



Come ! Let us eat !



Rice, fish curry

Chicken Biryani,
Onion raitha

Idly,
sambar

Dosa, chutney

Curd rice,
pickle

Idiyappam,
coconut milk

Rice,
sambar

Chappathi, Kurma

What do you like to eat ?



Let us talk together

The journey of milk



Murugan : Grandpa, where are you going ?

Grandpa : To the Aavin milk booth.

Murugan : Shall I come with you ?

Grandpa : Ok, let us go.

(Looking at the booth Murugan asks)

Murugan : How do we get milk grandpa ?

Grandpa : See there... This is how we get milk from cow.



Help the children to know how we get milk. Have a discussion with the children - where we get rice, vegetables, fruits, egg and meat.



Vegetable Market

Tomatoes are red
Beans are green
A brinjal has a crown
Just like a queen
Potatoes are brown
Onions are pink
Carrots have juice
Which I can drink
Vegetables make me healthy and wise
I'll eat some daily with curd and rice.





Let us colour

We shall colour



Health-related habits to be practised daily.

- » Wash hands before and after eating food.
- » Wash fruits and vegetables before eating them.
- » Cover the food items and drinking water .
- » Do not eat food that is kept uncovered as flies sit on them.
- » Drink plenty of water.
- » Eat lots of greens as they are good for health.
- » Do not eat fried food often.



Help the children with these health-related habits.

Project:

Help the children to make a garden of their own at school.

Shall we classify ?

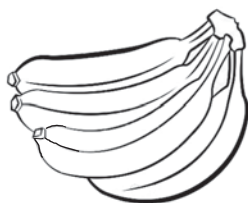
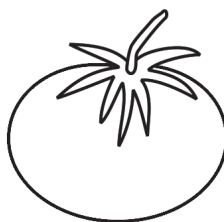


Classify the above items into vegetables, fruits, cereals/ grains and pulses.



Let us colour

Colour your favourite fruits and vegetables.

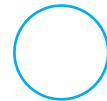
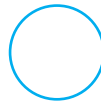
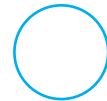
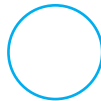
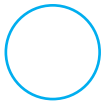
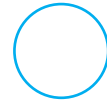
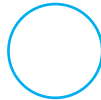
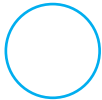




Let us classify

colour the circle  for the food we get from plants.

colour the circle  for the food we get from animals.





Let us print

Vegetable Printing



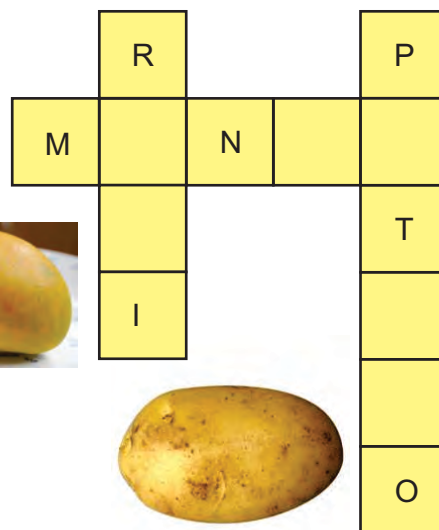


Let us make

Carving



Crossword puzzle



I can

- Match the product and its source.



- Classify the food items you have taken today into "food from plants" and " food from animals".
- Name any two fruits you eat with seeds.
- Name any two health-related habits to be practised daily.



We are healthy, what about you ?

My body is itching.
Can anybody
scratch it ?



You should have
a bath daily.



Oh ! I am dirty !
I should have a bath.



How is it that you
have beautiful
teeth ?



I don't eat too
many sweets.



Help the children to know about personal hygiene.



Let us talk

What do we do every day ?



★ Note the actions in the pictures.

Do you do these activities daily ?

1. Brush your teeth twice a day.
2. Have a bath daily.
3. Wear clean clothes.
4. Apply oil and comb your hair properly.
5. Cut your nails once a week and keep them clean.

★ What did you do today, to keep yourself clean ?

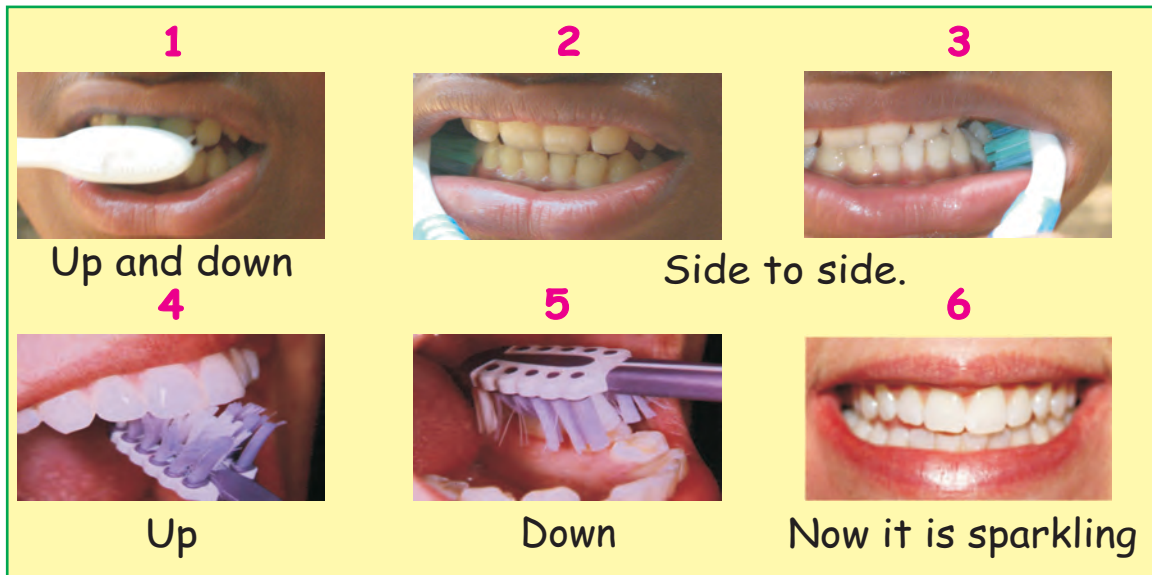
★ What else will you do to keep yourself clean ?

ACTIVITY : Discuss in class the importance of personal cleanliness



Let us do it

Ask the children to bring their own toothbrush and show them the correct way of cleaning the teeth.



Information

World hand wash day -
October 15



Demonstrate the correct method of washing hands. Help the children to follow it.

ENVIRONMENTAL STUDIES



Let us play



Ask the children to look at the objects in the picture for a few seconds. Then ask them to recall and list the things they have seen.

Let us join these

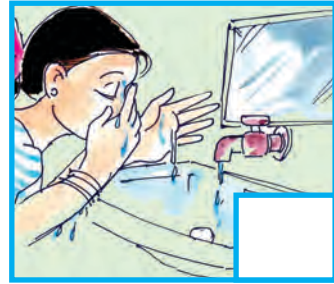


PROJECT

Children are asked to know about the names of their bathing soaps, Toothpaste and hair oil that they use with the help of their parents. Discuss in the classroom.,

To protect ourselves.

Tick ✓ the actions that you should do.
Cross ✗ the actions that you should not do.



Circle the words related to cleanliness.

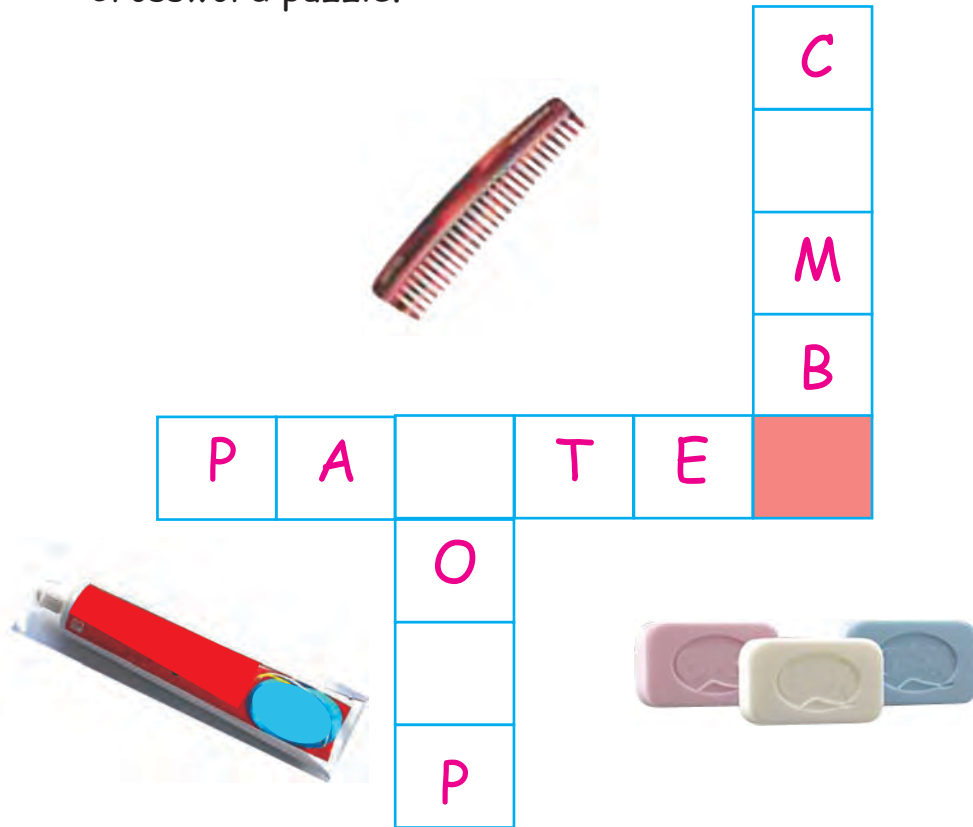
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R		E				T
O	I	L	S	H	O	E
R	P	O	W	D	E	R

How often do you do the following activities in a week? Tabulate them.

Days	Brushing the teeth	Using Toilet	Having a bath	Combing hair	Washing hands	Cutting nails
Sunday						
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						

I can

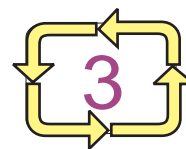
- Crossword puzzle.



- Look at the pictures and arrange the activities in order.



Kavitha's family



Kavitha has drawn her family members on her fingers.

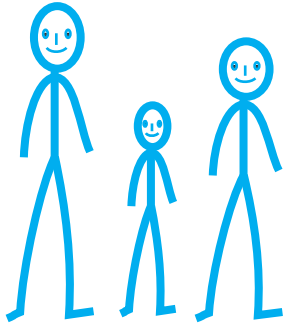
- * How many members are there in your home? Who are they?
- * Tell the names of your father and mother.
- * What is your pet name at home ?
- * How many brothers and sisters do you have ? Who are they?
- * Who tells you stories at home ?
- * How many brothers and sisters does your mother have ?
How do you call them ?
- * How many brothers and sisters does your father have?
How do you call them ?



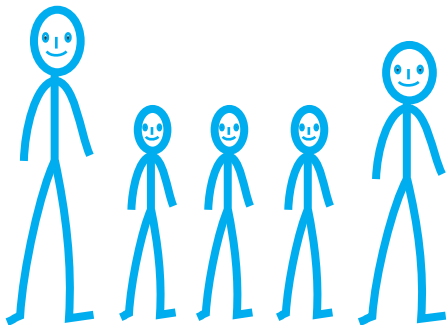
Help the children to know their relatives.



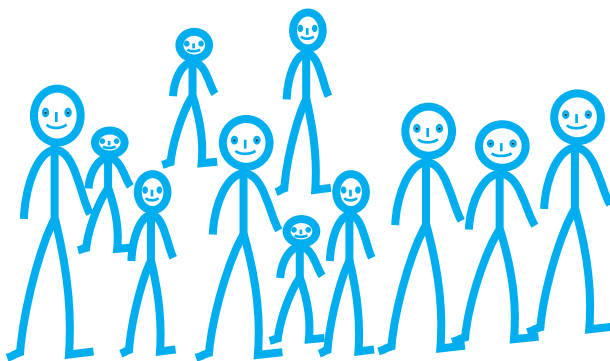
Let us know



A Small Family



A Large Family



A Joint Family

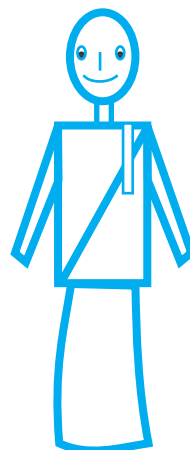
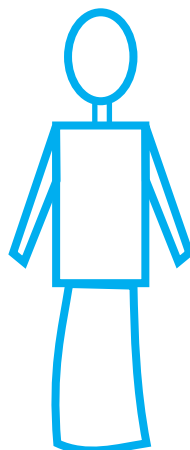


Help the children to know about the types of families by observing the above pictures.



Let us draw

Let us draw the pictures of our relations



Help the children to present their pictures to their parents as greeting cards.

How many members are there in your home?
Who are they?

There are _____ members in my family.



Mother, father, myself

3











Help the children to fill in the chart according to the number of their family members.



Let us discuss

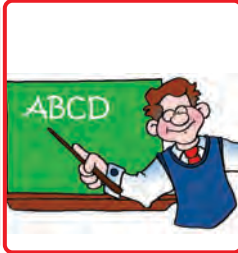


Find out and discuss in class the names of family members and their relationship.



Let us observe and
speak

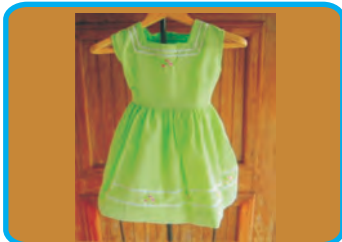
They are all our friends.





Let us find out

Who wears this ?



.....



.....



.....



.....



.....



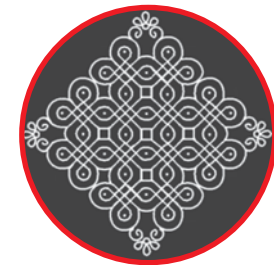
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- Father
- Mother
- Grandpa
- Grandma
- Elder brother
- Sister-in-law
- Elder sister
- Younger sister
- Younger brother
- Aunt
- Uncle



Let us connect

Who does the following work in your home ?
Let us connect them with lines.



Grandpa

Grandma

Mother

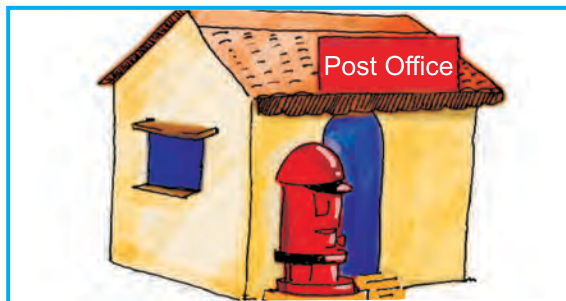
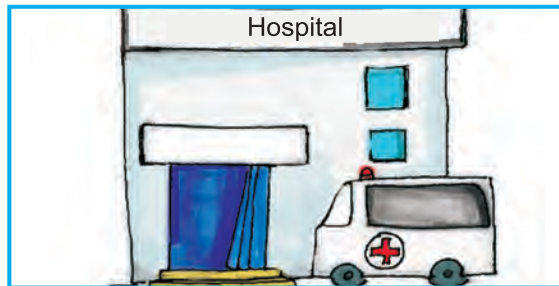
Father

Sister

Myself

Brother

Where do they work ?
Connect the people with their working places.

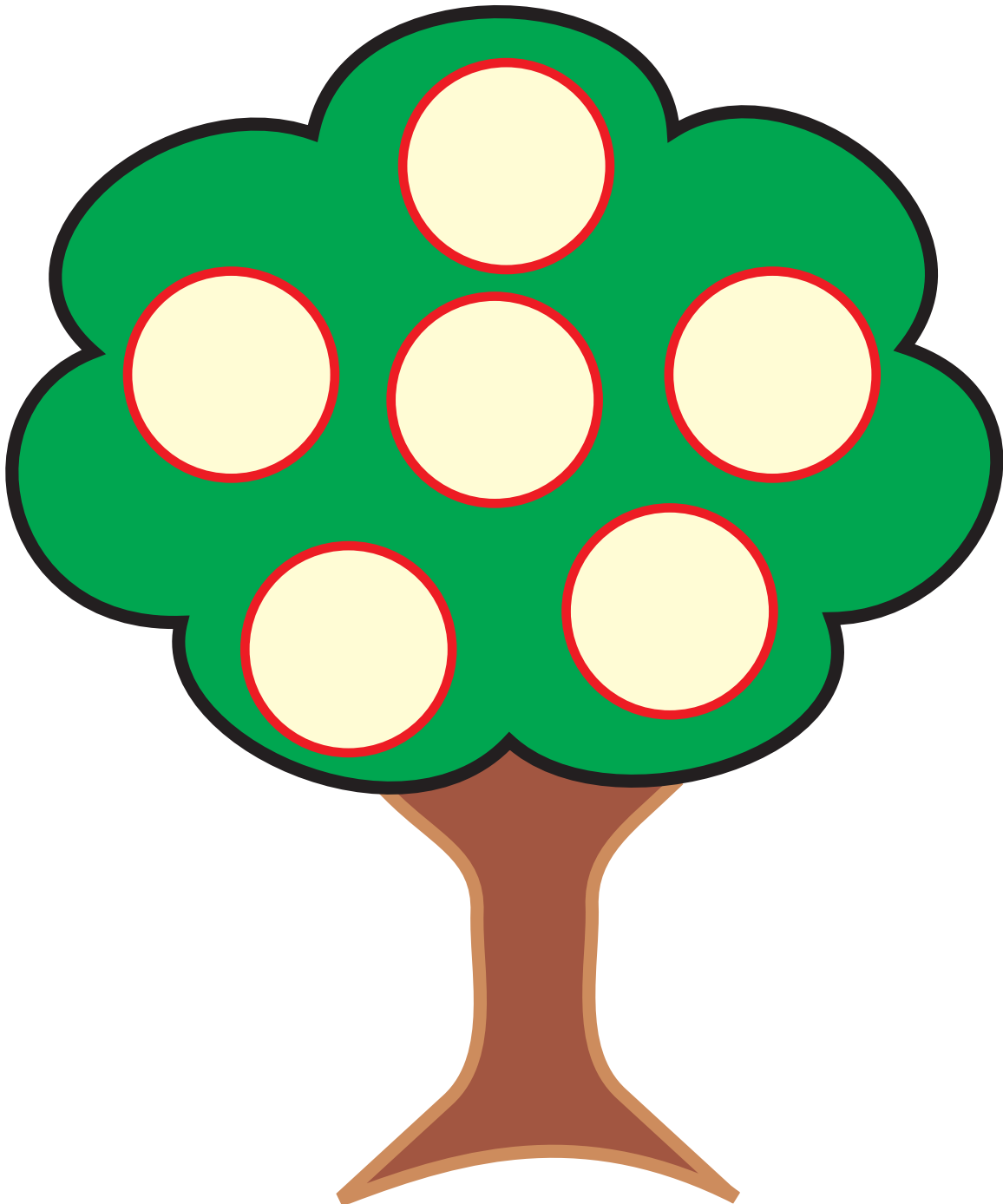




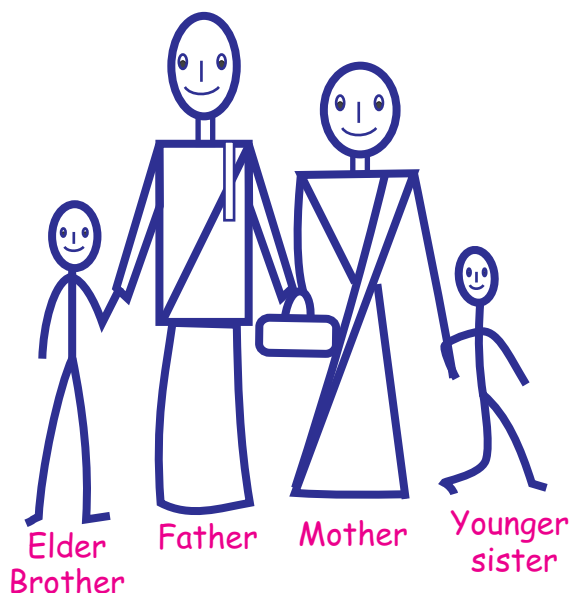
Let us affix



Help the children to affix the photos of their family members



I can



- Kala has drawn a picture of her family members as given above. Draw a picture of your family members and name them.

- Name the jobs of these persons.









Subject:

[illegible]

