



LIVING With NATURE

(A MAIN COURSE BOOK OF ENVIRONMENTAL STUDIES)

Teacher's Help Book (1-5)

Teacher's Manual

Living With Nature- (Class-1)

CHAPTER 1 : INTRODUCING MYSELF

EXERCISE FUN

A. Tick (✓) the correct option:

1. (c) 2. (c) 3. (a)

FUN ACTIVITY

- Do it yourself.

CHAPTER 2 : ORGANS OF OUR BODY

EXERCISE FUN

A. Tick (✓) the correct option:

1. (c) 2. (c) 3. (c) 4. (b)

B. Do it yourself.

C. Write 'T' for true and 'F' false statement :

1. F 2. T 3. F 4. F

D. Do it yourself.

FUN ACTIVITY

- Do it yourself.

CHAPTER 3 : FUNCTIONS OF SENSE ORGANS

EXERCISE FUN

A. Tick (✓) the correct option:

1. (b) 2. (a) 3. (c) 4. (b)

B. Fill in the blanks:

1. body 2. five 3. silly 4. taste

C. Write 'T' for true and 'F' false statement:

1. F 2. T 3. F 4. T

D. Match the following:

1. (b) 2. (d) 3. (a) 4. (c)

FUN ACTIVITY

- Do it yourself.

CHAPTER 4 : HABITS OF CLEANLINESS

EXERCISE FUN

A. Tick (✓) the correct option:

1. (a) 2. (a) 3. (b) 4. (a)

B. Fill in the blanks:

1. teeth 2. slowly and chew 3. rest 4. body

C. Match the following:

1. (c) 2. (d) 3. (a) 4. (b)

D. Write 'T' for true and 'F' false statement:

1. F 2. T 3. F 4. T

E. Tick (✓) the correct word:

1. a, l 2. o, h 3. a, n 4. r, h 5. o, o 6. a, i
7. n, e 8. i, l 9. e, e

F. Answer the following Questions:

1. Good habits lead to good manners.
2. Brushing twice daily.
3. Exercise makes us healthy and strong.
4. We must take rest when we get tired.

FUN ACTIVITY

- Do it yourself.

CHAPTER 5 : CLOTHES WE WEAR

EXERCISE FUN

A. Tick (✓) the correct option:

1. (a) 2. (b) 3. (a) 4. (a) 5. (a)

B. Fill in the blanks:

1. cover 2. three 3. cotton 4. umbrellas

C. Tick (✓) the correct answer:

1. smart 2. different 3. woolen 4. raincoat 5. cool

D. Write 'T' for true and 'F' false statement:

1. T 2. F 3. T 4. T

E. Answer the following Questions:

1. Clothes protect us from heat, cold, wind, and rain, in different seasons.
2. In summer it is very hot. So, we wear light cotton clothes. They keep us cool.

3. In winter it is cold. So, we wear woolen clothes. They keep us warm.
4. For school, we have our uniform.
5. We should wear cotton clothes and light coloured clothes in summers.

F. Do it yourself.

FUN ACTIVITY

- Do it yourself.

CHAPTER 6 : OUR FOOD

EXERCISE FUN

A. Tick (✓) the correct option:

1. (c)
2. (a)
3. (c)
4. (c)
5. (a)

B. Fill in the blanks:

1. energy
2. grow and get energy.
3. milk
4. bread
5. wash

C. Write 'T' for true and 'F' false statement:

1. F
2. T
3. F
4. F
5. T

D. Match the following:

1. (e)
2. (d)
3. (b)
4. (c)
5. (a)

E. Cross (X) out the wrong words from the brackets:

1. fresh
2. slowly
3. uncovered
4. clean

F. Answer the following Questions:

1. We need food to grow. Food gives us strength and energy.
2. We take our lunch in the afternoon.
3. We take our dinner at night.
4. Yes; milk is a complete food.
5. (i) We should eat in a clean plate. (ii) We should eat our food slowly.
(ii) We should chew our food properly.

FUN ACTIVITY

- Do it yourself.

CHAPTER 7 : WATER

EXERCISE FUN

A. Tick (✓) the correct option:

1. (c)
2. (a)
3. (c)
4. (c)
5. (d)

B. Fill in the blanks:

1. use a clean scoop to take
2. water-pot
3. bathing
4. pond
5. farming

C. Match the following:

1. (c) 2. (a) 3. (d) 4. (b) 5. (e)

D. Answer the following Questions:

1. We use water for drinking, cooking, cleaning, washing.
2. Water is the most important thing on earth. We cannot live without water.
3. Drinking cooking and cleaning.
4. Drinking and bathing.
5. We get water from ponds and lakes.

FUN ACTIVITY

- Do it yourself.

CHAPTER 8 : THE HOME WE NEED

EXERCISE FUN

A. Tick (✓) the correct option:

1. (c) 2. (b) 3. (a)

B. Fill in the blanks:

1. house 2. shelter 3. well-ventilated

C. Do it yourself.

D. Do it yourself.

FUN ACTIVITY

- Do it yourself.

CHAPTER 9 : THE FAMILY WE LIVE IN

EXERCISE FUN

A. Tick (✓) the correct option:

1. (b) 2. (c) 3. (b) 4. (a) 5. (a)

B. Fill in the blanks:

1. home 2. home 3. small 4. provide 5. good

C. Do it yourself.

D. Write (T) for true and (F) for false statements:

1. T 2. T 3. T 4. F

E. Answer the following questions:

1. do it yourself.
2. Grandparents
3. Every member of the family.

4. They give us all the things that we need. They give us good food and clothes. They look after our health. Our parents send us to school. They help us in our school homework. The father goes out to work. He earns money for the family. He also helps at home.
5. Please, thank you and sorry.

FUN ACTIVITY

- Do it yourself.

CHAPTER 10 : OUR SCHOOL

EXERCISE FUN

A. Tick (✓) the correct option:

1. (a)
2. (c)

B. Answer the following questions:

1. Do it yourself.
2. My teacher helps me to learn many things at school.
3. Do it yourself.
4. Do it yourself.

C. Do it yourself.

FUN ACTIVITY

- Do it yourself.

CHAPTER 11 : SERVICES IN OUR NEIGHBOURHOOD

EXERCISE FUN

A. Tick (✓) the correct option:

1. (b)
2. (c)
3. (b)
4. (a)

B. Fill in the blanks:

1. neighbours
2. services
3. friendly
4. clean, safe

C. Write (T) for true and (F) for false statements:

1. T
2. T
3. F
4. F

E. Answer the following questions:

1. Many houses and important places like school, market, post office, police station, hospital, etc.
2. Make our neighbourhood. They provide useful services to us.
3. We go to a market to buy things of our daily needs.
4. We go to a bank to keep or take our money.

FUN ACTIVITY

- Do it yourself.

CHAPTER 12 : WHERE WE PRAY

EXERCISE FUN

A. Tick (✓) the correct option:

1. (c) 2. (b) 3. (a) 4. (a)

B. Do it yourself.

C. Match the places of worship to the people:

1. (b) 2. (a) 3. (d) 4. (c)

FUN ACTIVITY

- Do it yourself.

CHAPTER 13 : OUR FESTIVALS

EXERCISE FUN

A. Tick (✓) the correct option:

1. (c) 2. (b) 3. (a) 4. (b)

B. Fill in the blanks:

1. friends, family members 2. Onam 3. Ganesh 4. Durga

C. Write (T) for true and (F) for false statements:

1. T 2. T 3. F 4. T

D. Match the following:

1. (b) 2. (c) 3. (a) 4. (d)

E. Give the right word:

1. Christmas 2. Id

F. Answer the following questions:

1. do it yourself.
2. Diwali is the festival of lights. At night, people decorate their houses with candles and diyas.
3. It is celebrated on 25 December every year.
4. We celebrate them with our family members and friends.

FUN ACTIVITY

- Do it yourself.

CHAPTER 14 : FROLIC AND FUN

EXERCISE FUN

A. Tick (✓) the correct option:

1. (a) 2. (b) 3. (c)

B. Fill in the blanks:

1. zoo 2. fed 3. fair 4. picnic

C. Answer in one word:

1. picnic spot 2. circus 3. zoo 4. fair

D. Match the following:

1. (d) 2. (b) 3. (a) 4. (c)

E. Answer the following questions:

1. Sometimes we go for a picnic. We go to a hill side or lake side.
2. Sometimes we go to a circus. We enjoy the tricks of clowns.
3. Sometimes we go to a fair. We enjoy swings and rides.

FUN ACTIVITY

- Do it yourself.

CHAPTER 15 : TRANSPORT

EXERCISE FUN

A. Tick (✓) the correct option:

1. (a)
- B. Do it yourself.
- C. Fill in the blanks:**
1. road 2. water 3. air

FUN ACTIVITY

- Do it yourself.

CHAPTER 16 : FAR AND NEAR

EXERCISE FUN

A. Tick (✓) the correct option:

1. (b)
2. (b)
3. (a)
4. (b)

B. Tick (✓) the correct word:

1. telephone
2. post
3. newspaper
4. radio

C. Name two newspapers:

1. Amar Ujala
2. Dainik Jagran

D. Do it yourself.

FUN ACTIVITY

- Do it yourself.

CHAPTER 17 : ANIMALS AROUND US

EXERCISE FUN

A. Tick (✓) the correct option:

1. (b)
2. (a)
3. (a)
4. (a)

B. Fill in the blanks:

1. small animal
2. water
3. sky
4. big

C. Write (T) for true and (F) for false statements:

1. T 2. F 3. T 4. T

D. Answer the following question:

1. Dog and cat.
2. Six
3. Rabbit and frog.
4. Lion and Elephant.

FUN ACTIVITY

- Do it yourself.

CHAPTER 18 : THE SKY

EXERCISE FUN

A. Tick (✓) the correct option:

1. (a) 2. (a) 3. (a)

B. Fill in the blanks:

1. bright 2. stars 3. clouds

C. Write (T) for true and (F) for false statements:

1. T 2. F 3. T

D. Answer the following question:

1. We can see sun during the day. At night, we can see shining moon and twinkling stars.
2. It gives us heat, light and energy.
3. Rainbow is a band of seven colours in the sky.
4. Lightning is a flash of very bright light during a storm or rain.

FUN ACTIVITY

- Do it yourself.

Teacher's Manual

Living With Nature- (Class-2)

CHAPTER 1 : MYSELF

EXERCISE FUN

A. Tick (✓) the correct option:

- 1. (b) 2. (c)
- B.** Do it yourself.
- C.** Do it yourself.

FUN ACTIVITY

- Do it yourself.

CHAPTER 2 : PARTS OF THE BODY

EXERCISE FUN

A. Tick (✓) the correct option:

- 1. (c) 2. (a) 3. (b) 4. (a)

B. Fill in the blanks:

- 1. Brain 2. skin 3. mouth 4. trunk

C. Tick (✓) the correct word:

- 1. head 2. trunk 3. stomach 4. hips

D. Write 'T' for true and 'F' false statement:

- 1. F 2. T 3. F 4. T

E. Answer the following questions:

- 1. Brain is present inside the head. We use it for thinking.
- 2. Our body is made up of a number of bones and muscles.
- 3. The major parts of the body are the head, the trunk and the limbs.
- 4. Eyes, ears, nose, tongue and skin are our five sense organs. They help us to see, hear, smell, taste and feel different things.

FUN ACTIVITY

- Do it yourself.

CHAPTER 3 : HEALTHY HABITS

EXERCISE FUN

A. Tick (✓) the correct option:

- 1. (b) 2. (a) 3. (a) 4. (b)

B. Fill in the blanks:

1. wonderful 2. germs 3. healthy 4. stand and walk

C. Write 'T' for true and 'F' false statement :

1. T 2. T 3. T

D. Match the following:

1. (b) 2. (d) 3. (a) 4. (c)

E. Answer the following questions:

1. some pests live in dirty houses.
2. Clean habits keep us healthy.
3. Boom, dust-pam, mop vacuum cleaner and feather duster.
4. Not throwing garbage in the surroundings. Not allowing water to stand.

FUN ACTIVITY

- Do it yourself.

CHAPTER 4 : FOOD

EXERCISE FUN

A. Tick (✓) the correct option:

1. (c) 2. (a) 3. (b) 4. (a)

B. Fill in the blanks:

1. animals 2. hen 3. food 4. disease

C. Write 'T' for true and 'F' false statement :

1. T 2. T 3. F 4. F

D. Match the following:

1. (d) 2. (c) 3. (b) 4. (a)

E. Answer the following questions:

1. Some people eat eggs, meat and fish are called non-vegetarians.
2. People who eat vegetables, fruits, cereals and pulses are called vegetarians.
3. Grain, pulses, peas, milk, eggs, etc., are body building foods.
4. Vegetables and fruits give us good health. These are called protective food.

F. Do it yourself.

G. Write down six food items that can be made from milk:

1. Butter 2. Chees 3. Cream 4. Ghee 5. Ice-Cream 6. Dried milk

FUN ACTIVITY

- Do it yourself.

CHAPTER 5 : CLOTHES

EXERCISE FUN

A. Tick (✓) the correct option:

1. (c) 2. (a) 3. (b) 4. (a)

B. Fill in the blanks:

1. cotton 2. woollen 3. rain coat 4. sheep

C. Write 'T' for true and 'F' false statement :

1. T 2. T 3. T 4. F

D. Underline the correct word:

1. Cotton 2. sheep 3. loom 4. tailor

E. Answer the following questions:

1. Some people wear a special dress. It suits the work they do. This dress is called their uniform.
2. We wear clothes according to the season, occasion and work.
3. The clothes we wear protect us from heat, cold, rain and wind.
4. In summer, we wear cotton clothes. They absorb sweat and keep us cool.

FUN ACTIVITY

- Do it yourself.

CHAPTER 6 : MY LOVELY HOUSE

EXERCISE FUN

A. Tick (✓) the correct option:

1. (a) 2. (b) 3. (a) 4. (c)

B. Fill in the blanks:

1. Igloos 2. houseboat 3. pucca house 4. a tent

C. Write 'T' for true and 'F' false statement :

1. T 2. F 3. T 4. T

D. Answer the following questions:

1. We need a house to live in. Houses protect us from sun, wind, rain and cold.
2. Kuchcha house is built from mud and straw. Such houses are found in villages. These houses are not strong.

3. Pucca house is built from bricks, cement and iron. Such houses are found in towns and cities. These houses are strong.
4. A tent is made from thick cloth called canvas. Tents are used by people living in deserts and camps as they can easily be put or packed away.

FUN ACTIVITY

- Do it yourself.

CHAPTER 7 : OUR SCHOOL

EXERCISE FUN

A. Tick (✓) the correct option:

1. (c)
2. (c)
3. (a)
4. (c)

B. Do it yourself.

C. Write 'T' for true and 'F' false statement :

1. F
2. T
3. T
4. T

D. Match the following:

1. (d)
2. (c)
3. (a)
4. (b)

D. Answer the following questions:

1. Gardener maintains beauty of the school.
2. Music teacher teaches the student music like Tabla, Harmonium, etc. Music teacher also teaches dance.
3. We go to school to study and learn new things. We also have a lot of fun there. We play, enjoy and share many things.
4. Principal comes around and checks everybody. He gives speech in the special assemblies and sits in his office.

FUN ACTIVITY

- Do it yourself.

CHAPTER 8 : RECREATION

EXERCISE FUN

A. Fill in the blanks:

1. joy, fun
2. family
3. beach
4. wading in
5. enjoy

B. Do it yourself.

C. Match the following:

1. (c)
2. (a)
3. (d)
4. (b)

FUN ACTIVITY

- Do it yourself.

CHAPTER 9 : SAFETY AND FIRST AID

EXERCISE TO DO

A. Look at the pictures and then fill in the blanks:

1. electric plugs 2. blades 3. fire 4. stairs

B. Circle the correct words:

1. safety 2. fire 3. on the stairs 4. roof

B. Write 'T' for true and 'F' false statement :

1. F 2. T 3. T 4. F

FUN ACTIVITY

- Do it yourself.

CHAPTER 10 : OUR NEIGHBOURHOOD

EXERCISE FUN

A. Tick (✓) the correct option:

1. (c) 2. (b) 3. (c) 4. (a) 5. (a)

B. Fill in the blanks:

1. police 2. sick 3. post office 4. fire brigade 5. letters

C. Write 'T' for true and 'F' false statement :

1. T 2. T 3. F 4. F 5. T

D. Match the following:

1. (e) 2. (d) 3. (a) 4. (b) 5. (c)

E. Answer the following questions:

1. The area around our house is known as our neighbourhood.
2. A good neighbourhood had many places such as market, hospital, bank, post office.
3. People deposit their money in a bank. They can also borrow money from the bank. This is called a loan.
4. Policemen take care of our neighbourhood. They catch thieves and robbers and put them in jail. They maintain law and order. They also search for lost people or things.
5. A fire station has a fire brigade. We call up the fire station when there is a fire. Fire fighters travel in red fire-engines to put out a fire.

F. Do it yourself.

FUN ACTIVITY

- Do it yourself.

CHAPTER 11 : PEOPLE WHO HELP US

EXERCISE FUN

A. Tick (✓) the correct option:

1. (b) 2. (a) 3. (a) 4. (a)

B. Fill in the blanks:

1. fruits and vegetables 2. the fire 3. the patients 4. plain

C. Name the following:

1. a potter 2. milkman 3. pharmacist 4. postman

D. Answer the following questions:

1. A doctor cares the people who are ill. There are doctors for specific diseases and ill persons also.
2. Do it yourself.
3. Do it yourself.
4. A policeman maintains law and order in the neighbourhood.

FUN ACTIVITY

- Do it yourself.

CHAPTER 12 : FAMILIES

EXERCISE FUN

A. Tick (✓) the correct option:

1. (a) 2. (a) 3. (b) 4. (b)

B. Fill in the blanks:

1. happy 2. happy and peacefully 3. security 4. alone

C. Answer the following questions:

1. We live in a family. Our family may be small, big or joint.
2. Our family does not live alone. There are many families around us. These families make our neighbourhood.
3. The people living in our neighbourhood are called our neighbours.
4. A joint family consists of mother, father, their children, grandparents, uncle, aunt and their children.

FUN ACTIVITY

- Do it yourself.

CHAPTER 13 : FAMILIES

EXERCISE FUN

A. Tick (✓) the correct option:

1. (a) 2. (b) 3. (a) 4. (a)

B. Fill in the blanks:

1. mules 2. land transport 3. land 4. air

C. Name three vehicles of each of the following type:

1. (a) Aeroplanes (b) Helicopters (c) Rockets
2. (a) Car (b) Bus (c) Truck

C. Answer the following questions:

1. It includes vehicles which move on land. Car, bus, truck, scooter, auto rickshaw are some of these vehicles.
2. It is one of the oldest means of transport. We travel on ship, steamer, motorboat, etc. which travel fast. Some slow moving water transport are boats, yacht, etc.
3. We can cover very long distance in short time by travelling through air.
4. There are three means of transport- land, air and water.

FUN ACTIVITY

- Do it yourself.

CHAPTER 14 : LET'S COMMUNICATE

EXERCISE FUN

A. Tick (✓) the correct option:

1. (a) 2. (b) 3. (b) 4. (b)

B. Fill in the blanks:

1. ideas 2. the newspapers 3. the telephone 4. the mobile phone

C. Read the clue and write the means of communication:

1. cell-phone or mobile phone 2. newspapers 3. computer

FUN ACTIVITY

- Do it yourself.

CHAPTER 15 : PLANTS AND THEIR USES

EXERCISE FUN

A. Tick (✓) the correct option:

1. (a) 2. (c) 3. (b) 4. (c)

B. Fill in the blanks:

1. wood 2. flowers 3. fodder 4. shade, shelter

C. Write 'T' for true and 'F' false statement :

1. F 2. T 3. F 4. F

D. Match the following:

1. (e) 2. (d) 3. (a) 4. (b) 5. (c)

E. Answer the following questions:

1. Plants provide us cereals, pulses, fruits, vegetables, cooking oil, beverages and spices.
2. Trees give us wood. We make windows, doors, tables and other furniture from wood.
3. Plants provide us cotton and jute fibres. Cotton fibres are spun into yarn. The cloth is made out of yarn. Jute fibres are used to make mats, bags and ropes.
4. Plants give us wood. It is used as a fuel (for burning). Charcoal is made from wood. It is also used as a fuel.

FUN ACTIVITY

- Do it yourself.

CHAPTER 16 : ANIMALS AROUND US

EXERCISE FUN

A. Tick (✓) the correct option:

1. (c) 2. (c) 3. (c) 4. (a)

B. Fill in the blanks:

1. forests 2. food 3. loads 4. leather

C. Name two animals for each of the following:

1. Donkeys, Mules 2. Hens, Ducks 3. Horse, Camel 4. Buffalo, Camel

FUN ACTIVITY

- Do It yourself.

CHAPTER 17 : OUR EARTH

EXERCISE FUN

A. Tick (✓) the correct option:

1. (b) 2. (a) 3. (b) 4. (b)

B. Fill in the blanks:

1. Land, water 2. Streams and river 3. Deserts 4. Forest

C. Write 'T' for true and 'F' for false statement:

1. T 2. T 3. T 4. F

D. Under line the correct word:

1. Round **2.** Both land and water **3.** Three-fourths **4.** Forests

E. Answer the following questions:

1. There are various landforms on the earth like plain, hills, mountain, etc.
2. some hills are very high. They are called mountians.
3. A plain situated at a height is called plateau.
4. A small river is called a stream.

FUN ACTIVITY

- Do It yourself.

Teacher's Manual

Living With Nature- (Class-3)

CHAPTER 1 : OUR BODY

EXERCISE FUN

A. Tick (✓) the correct option:

1. (a) 2. (b) 3. (a) 4. (a)

B. Fill in the blanks:

1. organs 2. listen sound 3. breathing 4. speak

C. Write 'T' for true and 'F' false statement:

1. T 2. T 3. T 4. F

D. Do it yourself.

E. Answer the following questions:

1. We do a lot of work with the help of our hands. We eat, drink, write, hold and climb with the help of hands.
2. Head, eyes, ears, nose, mouth. They are called external parts of the body.
3. Heart, brain, lungs, lever and stomas internal part of body.
4. Do it yourself.

FUN ACTIVITY

- Do it yourself.

CHAPTER 2 : HABITS OF CLEANING

EXERCISE FUN

A. Tick (✓) the correct option:

1. (b) 2. (b) 3. (b) 4. (a)

B. Fill in the blanks:

1. yoga 2. properly rub 3. oil 4. rest

C. Write 'T' for true and 'F' false statement:

1. T 2. F 3. T 4. F

E. Answer the following questions:

1. Do it yourself.
2. People go for morning and evening walk to keep themselves fit. Exercise and yoga help to improve themselves fit. It improves blood circulation in our body and makes us strong.
3. Drink at least six glasses of water everyday.
4. It helps us to refresh the mind.

FUN ACTIVITY

- Do it yourself.

CHAPTER 3 : HUMAN BEINGS AND OTHER LIVING THINGS

EXERCISE FUN

A. Tick (✓) the correct option:

1. (b) 2. (b) 3. (a) 4. (a)

B. Fill in the blanks:

1. cots 2. human 3. none 4. tree

C. Write 'T' for true and 'F' false statement:

1. F 2. T 3. F 4. T

D. Match the following:

1. (e) 2. (d) 3. (a) 4. (b) 5. (c)

E. Do it yourself.

F. Answer the following questions:

- Books, television and sofa non-living things.
- Sunlight, proper temperature, moisture, air and nutrients.
- Metall living organisms reproduce sexually.
- Do it yourself.

G. Define:

- Locomotion is directional movement that enables someone or something to move from one location to another.
- The biochemical process in living organisms involving the production of energy.
- Both plants and animals are living things because they grow, breathe, eat, feel, reproduce and die.
- Non-living things are those lacking the characteristics of life. Based on that definition, non-living things include rock, water, sand, glass and sun.
- Reproduction is the process by which a living being gives rise to young ones.

H. Write five similarities between a cat, a plant and a boy.

- They are living things.
- They can breathe oxygen.
- They can also grow.
- They can not fly.

FUN ACTIVITY

- Do it yourself.

CHAPTER 4 : NEED FOOD

EXERCISE FUN

A. Tick (✓) the correct option:

1. (b) 2. (c) 3. (c) 4. (a)

B. Fill in the blanks:

1. called protective food. 2. milk 3. proteinous 4. cereals

C. Write 'T' for true and 'F' false statement:

1. F 2. T 3. T 4. F

D. Match the following:

1. (b) 2. (c) 3. (d) 4. (e) 5. (a)

E. Do it yourself.

F. Answer the following questions:

1. We need food to grow and to stay healthy to get energy to work.
2. Milk is a complete food because it contains vitamins, proteins and minerals.
3. Do it yourself.
4. Cereals like wheat, bajra, rice, jawar and paddy provide us energy.
5. All food items should be covered properly. Harmful organism and chemicals damage the food and cover after eating. Wash all fruits and vegetables properly before using them.

FUN ACTIVITY

- Do it yourself.

CHAPTER 5 : WATER

EXERCISE FUN

A. Tick (✓) the correct option:

1. (b) 2. (b) 3. (b) 4. (a)

B. Fill in the blanks:

1. clean 2. cover 3. safe 4. unclean

C. Write 'T' for true and 'F' false statement:

1. T 2. F 3. T 4. T

D. Answer the following questions:

1. In animals, water helps in respiration and other basic cell actives.
2. We all need clean and pure water to drink.
3. Water is very precious. Do not waste it.

4. The water in ponds and rivers is full of germs.

E. Give five uses of water:

- Drinking • bathing • cooking • washing clothes • cleaning floors

FUN ACTIVITY

- Do it yourself.

CHAPTER 6 : AIR

EXERCISE FUN

A. Tick (✓) the correct option:

1. (a) 2. (a) 3. (c) 4. (a)

B. Fill in the blanks:

1. water 2. oxygen 3. covered 4. trees 5. dust in

C. Write 'T' for true and 'F' false statement:

1. F 2. T 3. T 4. F 5. T

D. Answer the following questions:

1. Air is everywhere. It is present all around us.

2. a. Air occupies space b. Air has weight

3. Take a piece of cardboard. Wave it near your face. You feel something moving. It is moving air.

4. We need fresh air for breathing. Air rich in oxygen is called fresh air. Not all air is fresh. It is full of dust, germs, smoke etc. Such an air is called polluted air.

5. Polluted air is very harmful. Human beings get many diseases like asthma, bronchitis, lung cancer due to polluted air. Plants die because dust gets collected on their leaves. This closes the stomata, the holes through which they breathe, leading to their death.

E. Prove the following statements with an example:

1. Air occupies space : Take a flat balloon. Blow air into it. It gets larger. Air from the mouth occupies the space in the balloon. So it grows bigger in size. Now loosen the mouth of the balloon and hold your palm near it. You feel air coming out.

2. Air has weight : Weigh a football with no air in it. Fill air into it and weigh it again. You will find that football with air in it is heavier. This shows that air has weight.

3. Air is Needed for Burning : Take two lighted candles. Cover one with an inverted glass jar. The candle covered with the jar stops burning because air supply is stopped.

F. Do it yourself.

G. List five causes of air pollution and five ways to control it.

- Get vehicles checked for pollution.
- Factories should have filters in their chimneys.
- Plant more trees. They purify air.
- Factories should be built away from cities.
- Garbage should be dumped properly.

FUN ACTIVITY

- Do it yourself.

CHAPTER 7 : SHELTER

EXERCISE FUN

A. Tick (✓) the correct option:

1. (a) 2. (b) 3. (c) 4. (a)

B. Fill in the blanks:

1. sanitation 2. clean 3. lids 4. cross ventilation

C. Write 'T' for true and 'F' false statement:

1. T 2. F 3. F 4. T

D. Answer the following questions:

1. We need a house to live. It protects us from rainfall, sunlight, cold and storms. We feel safe in our house.
2. We must make our house comfortable. It should have three basic things—proper ventilation, enough sunlight and good sanitation.
3. Ventilation is a process which provides fresh air inside the house. Fresh air is important for us. A house should have many doors and windows to let in fresh air. They also provide us a safe outlet of dirty air. The windows should be placed opposite the doors for cross ventilation.
4. Do it yourself.

FUN ACTIVITY

- Do it yourself.

CHAPTER 8 : CLOTHES WE WEAR

EXERCISE FUN

A. Tick (✓) the correct option:

1. (b) 2. (b) 3. (a) 4. (a)

B. Fill in the blanks:

1. women 2. Sarees 3. turban, cap 4. winter, summer, rainy season

C. Match the columns:

1. (b) 2. (e) 3. (d) 4. (c) 5. (a)

D. Write 'T' for true and 'F' false statement:

1. F 2. F 3. T 4. T

D. Answer the following questions:

1. Clothes cover our body. We look decent and smart in clothes. They protect us from heat, cold, rain, direct sunrays, dust and insect bites.
2. In winter, it is cold. So, we wear woollen clothes. They keep us warm. In summer, it is very hot. So, we wear light cotton clothes. They are soft and absorb the sweat of our body. Thus they keep us cool.
3. The most common dress of women is a saree and blouse. Sarees are worn in different styles in different parts of our country.
4. The most common dress worn by men in cities is trousers and shirt.
5. We wear special clothes on special functions such as birthdays, weddings, festivals etc.
6. In the rainy season, we use raincoats over summer or winter clothes. Raincoats are made of plastic or rubber.
7. We usually wear woolen clothes in winter. Almost all our winter clothes are made up of woolen fabric.

FUN ACTIVITY

- Do it yourself.

CHAPTER 9 : LIVING TOGETHER

EXERCISE FUN

A. Tick (✓) the correct option:

1. (a) 2. (a) 3. (c) 4. (a)

B. Fill in the blanks:

1. fun 2. happy 3. parents 4. if children

- C. Do it yourself.

D. Write 'T' for true and 'F' false statement:

1. T 2. T 3. T 4. F

E. Match the columns:

1. (e) 2. (d) 3. (c) 4. (b) 5. (a)

F. Answer the following questions:

1. A family is a group of people who are related to each other. A family generally contains father, mother and children. A family lives in a house. Depending upon the number of members, families can be of different types.

- 2.** Small Family : A small family consists of father, mother and their one or two children. A small family is generally a happy family.
 - 3.** Large Family : A large family consists of father, mother and their more than two children.
 - 4.** Joint Family : It consists of father, mother and their children, grandparents, uncles, aunts and cousins. It is also a large family.
 - 5.** Do it yourself.
 - 6.** Do it yourself.
- G.** Do it yourself.
- H.** Do it yourself.
- I.** Do it yourself.

FUN ACTIVITY

- Do it yourself.

CHAPTER 10 : MEANS OF RECREATION

EXERCISE FUN

A. Tick (✓) the correct option:

1. (b) 2. (b) 3. (c) 4. (b)

B. Fill in the blanks:

1. rest 2. sport 3. comics 4. chess, ludo

C. Write 'T' for true and 'F' false statement:

1. T 2. T 3. F 4. T

D. Write names of:

- | | | |
|---------------------|------------------|--------------|
| 1. chess, | ludo, | carrom |
| 2. football | cricket | hockey |
| 3. chacha choudhary | amarchitra katha | vikram betal |
| 4. cartoon | starplus | sony |
| 5. dainik jagran | amar ujala | hindustan |
| 6. micky mouse | donald duck | bugs bunny |

F. Answer the following questions:

1. When we walk or study hard, we need rest. We cannot work all the time. We take rest or do something which we enjoy doing. It is called recreation.
2. Some people like to relax by watching television or going to cinema. Television is a popular means of entertainment.
3. Games and sports are the most popular form of recreation. Some games are played in our homes. They are called indoor games. Chess,

Ludo, carrom are indoor games. Some games are only played in the ground. Cricket, badminton, football are outdoor games.

4. We go to zoo to watch the wild life. We should watch them from a distance.

- G. Do it yourself.

FUN ACTIVITY

- Do it yourself.

CHAPTER 11 : COMMUNITY SERVICES

EXERCISE FUN

- A. Tick (✓) the correct option:

1. (a) 2. (a) 3. (c)

- B. Fill in the blanks:

1. panchayats 2. excercise 3. emergency 4. police-station

- C. Write 'T' for true and 'F' false statement:

1. F 2. T 3. F 4. F

- D. Answer the following questions:

1. We also learn the values of sharing, kindness and affection of each-other.
2. We live in a family. Like our family, there are many families living close to eachother in a neighbourhood. They form a community.
3. Some neighbourhoods have a police-station. The police guard the neighbourhood. They help the people to find their lost things. We must help the police whenever we can.
4. When a fire breaks out, we make an emergency call at the fire-station. The fire fighters at the fire-station reach immediately the place and put off fire and save the lives of the people.

FUN ACTIVITY

- Do it yourself.

CHAPTER 12 : THE HEAVENLY BODIES

EXERCISE FUN

- A. Tick (✓) the correct option:

1. (b) 2. (c) 3. (a) 4. (a)

- B. Fill in the blanks:

1. do it yourself 2. $365 \frac{1}{4}$ 3. moon 4. smaller

- C. Tick (✓) the correct option:

1. blue 2. rotation 3. have 4. natural 5. spherical

C. Write 'T' for true and 'F' false statement:

1. F 2. T 3. F 4. F 5. T

D. Answer the following questions:

1. The earth, the sun, the moon, the stars and other planets exist in the space. These are called heavenly bodies.
2. The earth rotates on its axis like a top. It takes 24 hours to complete one round. The spinning of the earth on its axis is called rotation.
3. The earth revolves round the sun. The movement of the earth round the sun is called revolution. The earth takes $365\frac{1}{4}$ days to complete one revolution.
4. More than two third's of the earth is water and rest is land. It looks like a blue surface from the space. It is sometimes called a 'blue planet'. It is the fifth largest planet in the solar system.

FUN ACTIVITY

- Do it yourself.

CHAPTER 13 : NATURAL RESOURCES

EXERCISE FUN

A. Tick (✓) the correct option:

1. (c) 2. (b) 3. (b) 4. (a)

B. Fill in the blanks:

1. humus 2. white prevalution 3. Iron, steel 4. chattisgarh, kerala

C. Do it yourself.

D. Answer the following questions:

1. Humus is the dead material which makes the soil fertile.
2. Alluvial soil is the most fertile soil. It is suitable for growing almost all types of crops like jute, wheat, vegetables, cereals, etc.
3. We have machines to produce many products. Our main industries are iron and steel, cotton textile, petroleum, sugar, paper and railway, etc.
4. Forest provide us with oxygen, shelter, water and fuel.

FUN ACTIVITY

- Do it yourself.

CHAPTER 14 : DISCOVERY

EXERCISE FUN

A. Tick (✓) the correct option:

1. (c) 2. (b) 3. (a) 4. (a)

B. Fill in the blanks:

1. fire 2. fire 3. coal 4. hunting

C. Write 'T' for true and 'F' false statement:

1. T 2. F 3. F 4. F

D. Match the following:

1. (d) 2. (c) 3. (e) 4. (a) 5. (b)

E. Answer the following questions:

1. Including large quantities of fruit, leaves, flowers, bark insects and meat.
2. Following points should always be remembered :
 - While lighting the matchstick one should always keep it at a distance from the body.
 - Fire should not be used as fun making means.
 - One should not light fire near the objects which catch fire easily.
 - The regulator of the gas cylinder must always be turned off after use.
3. When due to strong winds, the trees in the forests rubbed against each-other, they caught fire and birds and animals also got roasted. When man ate these birds or animals, they liked them. Thus need for fire became very important.
4. Fire is one of the earliest discoveries of man. It was discovered in stone age. Stone age is the period when people lived in jungles.

F. Do it yourself.

FUN ACTIVITY

- Do it yourself.

CHAPTER 15 : INVENTION OF WHEEL

EXERCISE FUN

A. Tick (✓) the correct option:

1. (b) 2. (c) 3. (c) 4. (a)

B. Fill in the blanks:

1. curve 2. wood 3. wood 4. 300BC

C. Write 'T' for true and 'F' false statement:

1. T 2. T 3. T 4. F

D. Answer the following questions:

1. He began travelling long distances on foot and carried load either on himself or on animals. To carry heavy loads further, he used a sledge, which was a wooden plank with no wheels.

2. These were carts pulled by people. A sledge became the first means of land transport.
3. He realised that by placing logs under sledges, it would move more easily. These logs became the first wheel.
4. Slowly, man started making better wheels. He made wheels with spokes which was lighter but stronger. Also, he started using these wheels with carts and animals to travel long distances.

F. Do it yourself.

FUN ACTIVITY

- Do it yourself.

CHAPTER 16 : CARE FOR NEEDY PEOPLE

EXERCISE FUN

A. Tick (✓) the correct option:

1. (b) 2. (c) 3. (a) 4. (b)

B. Fill in the blanks:

1. grandma 2. perform 3. sign 4. helping hand

C. Write 'T' for true and 'F' false statement:

1. F 2. T 3. F 4. T

D. Match the following:

1. (a) 2. (c) 3. (b) 4. (d)

E. Answer the following questions:

1. The old, the sick and the differently challenged people need our help. We should be kind and helpful to them.
2. Everyone grows old. Old people are those who are unable to do their work properly due to their age. They might not be able to see, hear or work properly. There might be old people in your neighbourhood or in your family. Your grandparents are old.
3. Sickness means a condition in which body is unable to perform its functions normally. Sickness may be for sometimes or it may be life long. There might be sick people in your family or neighbourhood. They are not able to work properly due to sickness and need help.
4. You must have seen people who are unable to see, walk, hear or speak. They are called differently challenged people. They also live and do the things we do, but differently. For example, we can speak but those who cannot speak, use sign language.

F. Do it yourself. G. Do it yourself.

FUN ACTIVITY

- Do it yourself.

CHAPTER 17 : MODES OF TRANSPORTS

EXERCISE FUN

A. Tick (✓) the correct option:

1. (a) 2. (c) 3. (b)

B. Fill in the blanks:

1. water 2. cheaper, comfortable 3. development 4. air

C. Do it yourself.

D. Give three examples of each of the following:

1. car Bur cycles
2. ship boat steamer
3. aroplane helicopter rocket

E. Answer the following questions:

1. The three main modes of transportation are :
 - Land Transport • Water Transport • Air Transport
2. Water transport is the slowest of transportation.
3. Air transport is becoming popular as it is fast and saves time.
4. such as scooter, car, bus, truck, auto-rickshaw etc.

FUN ACTIVITY

- Do it yourself.

CHAPTER 18 : SEASONS AND CLIMATE

EXERCISE FUN

A. Tick (✓) the correct option:

1. (c) 2. (a) 3. (a) 4. (a)

B. Fill in the blanks:

1. season 2. woolen 3. do it yourself 4. cotton

C. Answer the following questions:

1. Weather changes from time to time. It may change during the day or night. Before Sunrise it is cool. At noon it is hot. Again, it cools down in the evening.
2. When a particular type of weather remains nearly constant for a few months, it is called a season.
3. There are three main seasons in India. These are : summer, winter and the rainy season. The weather and seasons affect us in many ways :
4. • summer season • rainy season • winter season

D. Do it yourself.

FUN ACTIVITY

- Do it yourself.

Teacher's Manual

Living With Nature- (Class-4)

CHAPTER 1 : LIVING AND NON-LIVING THINGS

EXERCISE FUN

A. Tick (✓) the correct option:

1. (c) 2. (a) 3. (c) 4. (c) 5. (a)

B. Fill in the blanks:

1. a living thing 2. living things 3. water 4. decaying 5. react

C. Write 'T' for true and 'F' false statement:

1. T 2. T 3. T 4. F 5. T

D. Do it yourself.

E. Match the following:

1. (c) 2. (d) 3. (b) 4. (e) 5. (a)

F. Give one word each for the following:

1. weedy ephemerals 2. parijaat tree 3. mayfly
4. tortaises 5. mimosa pudica

G. Write the differences between:

1. The dog comes to us because it is a living thing. The toy does not come towards us because it is a non-living thing.
2. The common characteristics of all living things—plants, animals and human beings are to take food and water, grow, breathe, move on their own, feel and react, reproduce and die. These characteristics or functions taken together are called life. Non-living things do not perform these functions.
3. Do it yourself.

H. Answer the following questions:

1. All living things breathe, eat, grow, move, reproduce and have senses.
2. Anything that has life is considered a living being. For example- humans, dogs etc. Things which have no life in them are considered-non living For example- stone, mountain, watch etc.
3. **Living Things Breathe :** All living things breathe. Plants have holes in their leaves for breathing, called stomata. Fishes have gills. Insects like housefly, cockroach have air holes. Frogs can breathe through their moist skin as well as lungs. Many animals like cat, dog, housefly, monkey, birds and human beings have lungs for breathing. All living things take in oxygen and give out carbon dioxide.

4. Animals move for food and shelter and to escape from their enemies. This movement from one place to another is called locomotion, e.g. a frog hops, a snake crawls, birds fly, a fish swims and a man walks.
5. Do it yourself.

FUN ACTIVITY

- Do yourself.

CHAPTER 2 : NEED HEALTHY FOOD

EXERCISE FUN

A. Tick (✓) the correct option:

1. (a) 2. (c) 3. (c) 4. (b) 5. (b)

B. Fill in the blanks:

1. fresh 2. nutrients 3. do it yourself 4. lumps 5. fridge

C. Do it yourself.

D. Give the functions and two sources of each of the following nutrients:

- 1. Carbohydrates :** These provide us heat and energy.
- 2. Proteins :** These help in body building (growth) and repair.
- 3. Fats :** These also provide us heat and energy.
- 4. Minerals and Vitamins :** These help the body to fight against diseases.

E. How would you store the following food stuffs:

1. Cereals and pulses :

- Cereals and pulses should be properly dried.
- The containers for storing them should be properly washed and dried.
- The containers for storing them should be airtight to check the entry of germs.
- Put lumps of salt or dry neem leaves so that insects do not attack them.

2. Potatoes and onions, ginger and garlic should be stored in wire baskets. The place should be open, dry and airy to prevent their spoilage.

3. Fibre is not digested in human body. But we need it to throw the waste material out of our intestines. Fibres are part of all plants food especially stems and leaves of plants.

4. 4. Cheese (Paneer) :

- Wash the paneer and keep it in cold water.
- It should be kept in the fridge.
- If paneer is cut into pieces and lightly fried and then kept in the fridge, it lasts much longer.

5. • Boil milk and cool it to kill germs if any in it. Then keep it in the fridge. If there is no fridge, then boil the milk after every 5-6 hours to keep it free of germs.
 - Never mix old and fresh milk.
 - Store curd and cream in the fridge. These should be kept covered.

F. Answer the following questions:

1. **Sources of Food :** There are two main sources of all foods. They are plants and animals. Plants provide us food grains, pulses, vegetables, fruits, spices and beverages. Animals provide us milk, eggs, fish, meat, and chicken.
2. We eat different kinds of food. Whatever may be the kind of food we eat, it should contain some things useful for our body called the nutrients. Our body needs the nutrients to gain energy, to grow and to fight diseases. These are carbohydrates, fats, proteins, vitamins and minerals.
3. **Water :** Water does not contain any nutrient. Still it is very important for our body. It is because water helps :
 - in the digestion of food.
 - in throwing out wastes from our body.
 - to maintain proper body temperature.
 - the body cells to function properly.
4. **Balanced Diet :** So, we have seen that all the nutrients have special functions to perform in the body. Therefore, it is very important that our food should contain all these nutrients in the right amount. The total food we eat daily (in 24 hours) is called our diet. A diet containing all the nutrients in the right amount with enough fibre and water is called a balanced diet. A balanced diet is necessary for over-all growth and proper functioning of the body.

5. Avoiding Wastage of Food :

- Take as much food as you need.
- Do not leave food in the plate.
- Do not overeat.
- Never leave the food uncovered. Insects and rats will eat it up.
- Store the food stuffs properly.

FUN ACTIVITY

- Do it yourself.

CHAPTER 3 : SOURCES OF FOOD AND WATER

EXERCISE FUN

A. Tick (✓) the correct option:

1. (c) 2. (a) 3. (c) 4. (a) 5. (b)

B. Fill in the blanks:

1. energetic, diseases 2. fruits 3. seeds 4. mutton 5. building

C. Write 'T' for true and 'F' false statement:

1. F 2. F 3. T 4. F 5. T

D. Match the following:

1. (b) 2. (a) 3. (e) 4. (c) 5. (d)

E. Give two examples of each of the following:

- | | |
|------------|---------|
| 1. peas | carrot |
| 2. apples | grapes |
| 3. spinach | cabbage |
| 4. wheat | rice |

F. Answer the following questions:

1. Different food items are needed to keep us strong and healthy. Food items have special substances called nutrients.
2. Early man had to wander from place to place in search of food. He ate whatever he found such as : fruits, roots, berries and honey. He also hunted animals for their meat.
3. The vegetables we eat are actually different parts of plants. Some of the common vegetables we eat are potatoes, peas, carrots, cabbage.
4. **Water :** Water is also an essential part of our diet. We eat most or all of the food items mentioned above. Nutritious or healthy food is called nutritious food, because it contains the important nutrients to keep us healthy. It is a balanced diet when a meal includes sufficient nutrients. Our diet depends on our age and occupation. Young children need extra proteins to grow well. People who do hard physical labour need more carbohydrates. It is important to have a balanced diet.
5. **Fibre :** Fibre is another necessary item that we get from food. Fibre gives us something called roughage. We get fibre from fresh fruits and vegetables. We do not digest fibre. But it is needed, because it helps us to get rid of waste matter from the body.

G. Give the categories of the following:

1. proteins 2. fats 3. proteins 4. carbohydrates 5. carbohydrates

FUN ACTIVITY

- Do it yourself.

CHAPTER 4 : ESSENTIAL WATER

EXERCISE FUN

A. Tick (✓) the correct option:

1. (b) 2. (b) 3. (c) 4. (a) 5. (a)

B. Fill in the blanks:

1. taps 2. tanks 3. diarrhoea 4. ground 5. clean

C. Write 'T' for true and 'F' false statement:

1. T 2. F 3. T 4. F 5. T

D. Match the following:

1. (e) 2. (d) 3. (a) 4. (b) 5. (c)

E. Answer the following questions:

1. Do it yourself.
2. Rainwater is the purest form of water.
3. Do it yourself.
4. Do it yourself.

5. Avoiding Wastage of Water : Water is very precious. It should not be wasted at all. In order to avoid its wastage, some points should be remembered.

- Take as much water as needed.
- Close the taps when not in use.
- Do not fill buckets or tumbler to such an extent that they overflow.
- Use water economically in household and other works.

FUN ACTIVITY

- Do it yourself.

CHAPTER 5 : FIBRE AND CLOTH

EXERCISE FUN

A. Tick (✓) the correct option:

1. (b) 2. (b) 3. (a) 4. (b) 5. (a)

B. Fill in the blanks:

1. cotton 2. shearing 3. 600, 900 4. artificial 5. machines

C. Write 'T' for true and 'F' false statement:

1. F 2. F 3. T 4. T 5. F

D. Do it yourself.

E. Match the following.

1. (e) 2. (c) 3. (a) 4. (b) 5. (d)

F. Answer the following questions:

1. As the clothes are both costly and important, their proper care is always required. By taking proper care, we can use them for a long time.
 - Clothes should not be kept dirty for a long time. This shortens their life by weakening the fibres.
 - Dirty clothes must be washed properly.
 - A good quality soap or detergent should be used for washing clothes.
 - Woollen and silk clothes should be dry-cleaned.
 - Stains should be removed when fresh.
 - Torn clothes should be mended in time.
2. Farmers grow cotton. Cotton plants have fruits or bolls which burst open. Fluffy cotton is found inside these bolls. Cotton is separated from seeds. This is called raw cotton. Cotton is spun into yarn. Cotton yarn is woven into cotton cloth. Cotton clothes (garments) are made from cloth. Cotton clothes are light. They keep our body cool. They protect us from heat. So, we generally wear cotton clothes in summer.
3. These are man-made fibres that are made from chemicals. These are also called synthetic fibres, e.g. nylon, terene, etc. All these fibres are woven into yarn and then into cloth. Artificial fibres have great demand in industries. Cloth made from artificial fibres is fine, durable and more attractive. Synthetic fibre rayon is made from wood pulp or cotton with the help of chemicals. It has some properties similar to cotton but it has a silky lustre.
4. Fibres are obtained from different sources. These fibres are spun into threads with takli (hand spindles) or charkha (spinning wheel). In textile mills big machines are used to spin threads on a large scale. We get cloth or fabrics by weaving threads. Weaving is done by handlooms and powerlooms. Handlooms are used by weavers to weave cloth in their own sheds or cottages. Powerlooms are also set up in certain centres for the production of cloth. Now-a-days huge machines are used to manufacture cloth in cotton cloth mills, silk cloth mills and woollen cloth mills. Thousands of workers work in these mills.
5. Do It yourself.

FUN ACTIVITY

- Do it yourself.

CHAPTER 6 : SWEET HOUSE

EXERCISE FUN

A. Tick (✓) the correct option:

1. (a) 2. (c) 3. (b) 4. (b) 5. (a)

B. Fill in the blanks:

1. disinfectant
2. healthy living
3. removing dirty water
4. climate
5. easily

C. Write 'T' for true and 'F' false statement:

1. F
2. T
3. T
4. T
5. T

D. Match the following.

1. (e)
2. (d)
3. (a)
4. (b)
5. (c)

E. Do it yourself.

F. Do it yourself.

G. Answer the following questions:

1. We all need a house to live.
2. Our house is our shelter. Our house protects us from heat, cold, rain, storm, thieves, wild animals. Our house gives us rest, comfort, peace, happiness, etc.
3. Lighting can be of two types : Natural and artificial.
4. **Ventilation :** Fresh air is very important for healthy living. Thus, fresh air must enter our house. Fresh air also removes stuffiness from the house. Growing green plants gives fresh air. Ventilation means making arrangements for fresh air to circulate. For this, windows should be kept open. Even in winters, at least one window must be kept open so that fresh air can circulate freely.
5. Climate plays an important role in determining our way of life. Our eating, dressing, drinking and living habits depend upon the climate.

FUN ACTIVITY

- Do it yourself.

CHAPTER 7 : OUR INTERNAL ORGANS

EXERCISE FUN

A. Tick (✓) the correct option:

1. (a)
2. (a)
3. (c)
4. (a)
5. (a)

B. Fill in the blanks:

1. brain
2. oxygen
3. digestive juices
4. carbon dioxide
5. organs

C. Write 'T' for true and 'F' false statement:

1. T
2. T
3. T
4. F
5. F

D. Do it yourself.

E. Do it yourself.

F. Answer the following questions:

1. The skull protects the brain. The brain is the 'control centre' of the body, because it controls the work of all the other parts.
2. The head consists of the skull. The skull is actually a group of bones. It is very important because it has the brain inside it. The skull protects the brain. The brain is the 'control centre' of the body, because it controls the work of all the other parts. We are able to think, speak, see, work and so on, because of the brain.
3. There are two lungs in the chest. They help us to breathe. Air fills the lungs, when we breathe in. This air has oxygen, which is necessary for life. The lungs contract when we breathe out. This air contains carbon-dioxide.
4. The heart pumps blood to all parts of the body. It beats day and night. This is called the heart beat. The stomach, liver, kidneys and intestines are the important organs in the abdomen.
5. **Human Skull** : The neck connects the head to the trunk. The trunk is the part of the body below the head. It has two parts the chest above and the abdomen below. Two of our most important organs lie in the chest.

FUN ACTIVITY

- Do it yourself.

CHAPTER 8 : KEEP OUR NEIGHBOURHOOD

EXERCISE FUN

A. Tick (✓) the correct option:

1. (a) 2. (b) 3. (a) 4. (b) 5. (a)

B. Fill in the blanks:

1. degradable 2. cycling 3. is 100% 4. solid, liquid 5. wastes

C. Write 'T' for true and 'F' false statement:

1. F 2. T 3. T 4. F 5. T

D. Answer the following questions:

1. **Degradable Waste** : It includes materials like peels, leaves and paper. They rot easily and mix with the soil. Materials like plastic and aluminium things are non-degradable. They do not decay, but remain in the environment and cause pollution.
2. Dirty surroundings, specially stagnant water, breed mosquitoes. These bites people, and suck the blood. Germs present in the persons blood is also sucked up. When the mosquito bites a healthy person, the germs are passed on causing illness.
3. **Disposing of Solid Wastes** : The garbage is thrown in some open

places which far away from cities and no people will get affected by it but it is not safe way for dumping the garbage because it pollutes the air by foul smell and breeding germs.

4. **Recycling of Water** : In cities through drains, water is collected from households and is taken to large water recycling plants through sewer systems. Here the water is separated from solid wastes. Then, this water is filtered to remove dust, soil, etc.
5. It is important to keep the surroundings clean and dispose of garbage correctly. Garbage should be collected in garbage bags, and thrown in dustbins. There are local agencies like the Municipal corporation which are responsible for disposing of the garbage in ways that do not harm the environment.

E. Tick (✓) the correct word:

1. Plague
2. clean
3. healthy
4. illness
5. dustbin

F. Do it yourself.

FUN ACTIVITY

- Do it yourself.

CHAPTER 9 : DISCOVERY OF FIRE

EXERCISE FUN

A. Tick (✓) the correct option:

1. (a)
2. (b)
3. (c)
4. (a)

B. Fill in the blanks:

1. fire
2. caves
3. the egyptians
4. early man

C. Write 'T' for true and 'F' false statement:

1. F
2. T
3. F
4. T

D. Answer the following questions:

1. Early man found that fruits, bulbs, roots and flesh of animals roasted in the fire becomes soft and tasty.
2. • **Fire Provides Light** : Fire provides men with light.
 - **Animals were Afraid** : Human used fire to afraid the animals.
 - **Cooking Food** : Men also began cooking food for themselves.
3. He started living in caves to protect himself from heat, cold, rain and wild animals. He learnt to make fire by rubbing two stones or by rubbing dry sticks of wood against each-other.
4. Wood, Kerosene, L.P.G., Petroleum products etc. are the source of fire.

FUN ACTIVITY

- Do it yourself.

CHAPTER 10 : CLEBRATIONS IN SCHOOLS

EXERCISE FUN

A. Tick (✓) the correct option:

1. (a) 2. (c) 3. (a) 4. (a) 5. (a)

B. Fill in the blanks:

1. school 2. gandhi jayanti 3. children's day 4. teacher's day
5. sport day

C. Match the following:

1. (c) 2. (e) 3. (d) 4. (b) 5. (a)

D. Complete the following pairs:

1. 15th august 2. nehruji 3. 2nd october 4. children function

F. Answer the following questions:

- Gandhi Jayanti :** The 2nd of October is the Gandhi Jayanti. On this day, the portrait of Gandhiji is garlanded. A special assembly is held. Children sing bhajans. A pageant is organised that throws light on his life. Gandhiji is also called the 'Father of the Nation'.
- National festival are celebrated in the school such as indepence day, Republic day and. Gandhi jayanti.
- Independence Day :** The 15th of August is our Independence Day. This day is celebrated with great joy and happiness. A special assembly is organised. Children sing patriotic songs and recite self composed poems. The chief guest is invited. He hoists the flag. In the end, the National Anthem. Jana gana mana, is sung. After the function, all the children say 'Jai Hind' loudly.
- Gandhiji is also called the 'Father of the Nation'.
- On this day the children organise a cultural programme for their teachers followed by lunch. No studies take place. Some of the schools, honour their hard working teachers on this day.

FUN ACTIVITY

- Do it yourself.

CHAPTER 11 : THE VILLAGE PANCHAYAT AND MUNICIPAL CORPORATION

EXERCISE FUN

A. Tick (✓) the correct option:

1. (b) 2. (a) 3. (a) 4. (b) 5. (b)

B. Fill in the blanks:

1. gram sewika 2. lady 3. sarpanch 4. mayor 5. betlerment

C. Write 'T' for true and 'F' false statement:

1. F 2. T 3. T 4. T 5. F

D. Do it yourself.

E. Match the following:

1. (e) 2. (d) 3. (c) 4. (b) 5. (a)

F. Answer the following questions:

1. The head of the Municipal Corporation is a Mayor.
2. The city is divided into various sections called the wards. Each ward has an elected member, who is elected by the people of the ward.
3. The members of the Village Panchayats are called the Panches. Their minimum member is 7 and maximum 15.
4. The state government sends Gram Sewaks and Gram Sewikas who educate the villagers regarding better crops and new ways of farming. They also educate them on how to improve their living conditions.
5. The Municipal Corporation gets the money for running these facilities from people itself by means of house tax, road tax, water tax etc. It also gets the financial assistance from the state government. Municipal Committees work in small cities and big towns. Nagar Panchayats work in small towns. Their head is called Chairman.

G. Do it yourself.

FUN ACTIVITY

- Do it yourself.

CHAPTER 12 : NATURAL RESOURCES

EXERCISE FUN

A. Tick (✓) the correct option:

1. (a) 2. (c) 3. (b) 4. (c) 5. (b)

B. Fill in the blanks:

1. rocks 2. sand stone 3. many things 4. water 5. mats, bags

C. Write 'T' for true and 'F' false statement:

1. T 2. T 3. T 4. T 5. F

D. Do it yourself.

E. Match the following:

1. (c) 2. (e) 3. (d) 4. (f) 5. (a) 6. (b)

F. Do it yourself.

G. Answer the following questions:

1. Rock is the hard matter of the Earth. Rocks differ in shape, colour and hardness. Rocks like granite and marble are hard. Rocks like chalk are soft.

- 2.** All these useful materials which occur in nature are called natural resources. These resources sustain life on the Earth. The natural resources are used to make food, fuel and as raw materials for the production of finished goods for us. The Sun, air, water, plants, animals, forests, rock and soil all are our natural resources.
- 3.**
- sail is our support system
 - ceramic articles are made by using of clay soil.
 - some beauty products like foundation are made with soil.
- 4.** Man needs many things to live such as sunshine, air, water, soil, plants, animals and minerals. All these things are there in nature. Man uses all these in different ways. All these useful materials which occur in nature are called natural resources. These resources sustain life on the Earth. The natural resources are used to make food, fuel and as raw materials for the production of finished goods for us.
- 5.**
- The Sun is a big ball of hot glowing gases. It is the ultimate source of energy on the Earth.
 - Air is used for breathing. Plants, animals and human beings all need air for breathing. None of these can live without air.
 - Just like air, all living things need water to live. No life would be possible without water. Man always chose to live in places that were near water sources.

FUN ACTIVITY

- Do it yourself.

CHAPTER 13 : TYPES OF POLLUTION

EXERCISE FUN

A. Tick (✓) the correct option:

1. (b) 2. (c) 3. (a) 4. (c) 5. (a)

B. Fill in the blanks:

1. plants 2. water 3. do it yourself 4. need 5. polution

C. Write 'T' for true and 'F' false statement:

1. T 2. T 3. T 4. F 5. F

D. List five ways to control the following:

1. Measures to Control Air Pollution :

- Use a smokeless chullah at home.
- Use biogas in villages.
- Use solar cooker which is non-polluting.
- Factories should have filters in their chimneys.

- Factories should be constructed away from residential areas.
- 2. Measures to Control Water Pollution :** • Garbage from the houses should not be thrown into the water.
- Industrial waste contains many harmful chemicals. It should not be thrown into the sources of water.
 - Avoid activities such as bathing animals, cleaning utensils and washing clothes into the sources of water.
 - Never throw dead bodies direct into the sources of water, e.g., river.
- E. Do it yourself.**
- F. Answer the following questions:**
1. Pollution is the addition of any substance in excess to that normally present in the environment. This makes the environment impure.
 2. Pollutants are the substances that cause pollution, e.g., dirt, garbage, chemicals, etc.
 3. Plants are also affected by pollution. The pollutants get deposited on their leaves. This causes blocking of stomata (the pores on leaves through which they breathe). This causes them to wilt and die.
 4. Thus, every type of pollution has many harmful effects. The control of this pollution lies in our hands. Our world is beautiful. We must enjoy living here. We must not spoil the natural beauty of our environment by our foolish acts.
 5. Noise is an unpleasant sound. It causes disturbance and lowers down the efficiency of working. The various sources of noise pollution are :

FUN ACTIVITY

- Do it yourself.

CHAPTER 14 : TYPES OF FESTIVALS

EXERCISE FUN

A. Tick (✓) the correct option:

1. (a) 2. (a) 3. (c) 4. (a) 5. (b)

B. Do it yourself.

C. Fill in the blanks:

1. deepawali 2. holi 3. raksha bandhan 4. eid 5. ganesh chaturthi

D. Name the states where the following are most popular:

1. assam 2. bengal 3. tamil nadu 4. kerala 5. maharashtra

C. Write 'T' for true and 'F' false statement:

1. T 2. T 3. T 4. F 5. T

F. Answer the following questions:

1. **Eid** : Muslims fast for a month, which is called Ramzan. Ramzan month is sacred for them. On this day, people pray in the mosque and then wish each-other 'Eid Mubarak'. Sewaiyan is one of the special dishes which are prepared. The birth and death anniversaries of the prophet Muhammad are celebrated as Eid Milan.
2. **Holi** : This is the festival of colours. It is celebrated in the month of March or last day of the month of Falgun. On this day at night, people light bonfires and burn effigies of 'Holika' on this day. They throw coloured water and gulal on one another and shout Holi! Hai! in joyful manner. Sweets and Namkeens are offered to the guests.
3. **Deepawali** : This festival comes after Dussehra, to celebrate the return of Rama to Ayodhya after exile of fourteen years. People clean and decorate their houses and oil lamps and lights are lit everywhere. That is why Deepawali is also called the festival of lights.
4. **Teacher's Day** : Teacher's Day is celebrated on 5th September every year. Teacher's Day is celebrated in honour of Dr. Radha Krishnan, who was born this day. He was a very respected teacher. Radha Krishnan became the second President of India. So his birthday is celebrated as 'Teacher's Day'.
5. **Basant Panchami** : This festival comes at the beginning of spring. People wear yellow coloured clothes. Saraswati, the Goddess of learning is worshipped in many places.

FUN ACTIVITY

- Do it yourself.

CHAPTER 15 : MEANS OF TRANSPORT AND COMMUNICATION

EXERCISE FUN

A. Tick (✓) the correct option:

1. (a) 2. (c) 3. (c) 4. (c) 5. (a)

B. Do it yourself.

C. Do it yourself.

D. Fill in the blanks:

1. wheel 2. carrying 3. goods 4. oil tanker 5. planu, helicopter
6. do it yourself

E. Write 'T' for true and 'F' false statement:

1. F 2. F 3. F 4. T 5. T 6. T

F. Tick (✓) the correct word:

1. thoughts 2. land 3. unpopular 4. different 5. goods

G. Answer the following questions:

- 1. Metro trains :** Kolkata and Delhi have the 'Metro' or underground railway within the city. Kolkata was the first city to have it. The aim of the metro railway is to reduce congestion of road traffic.
- 2.** A major landmark was the invention of the wheel. Since then, there have been many developments. As a result, there are now many forms of transport which have made travelling fast and made the world a smaller place. The three forms of transport are : 1. Land Transport 2. Water Transport 3. Air Transport
- 3. Land Transport :** As the term tells you, this means the kinds of the transport that move on land for very short distance we use bicycle or take a cycle-rickshaw. For longer distances people prefer a scooter, a car or a bus. In Mumbai and Chennai People travel by trains. So there are two kinds of land transport.
- 4. Local trains :** Local trains connect the surrounding areas of a city to the main city. Thousands of passengers travel to Mumbai every day on local trains.
- 5.**
 - They can land and take off from small pieces of land.
 - They can turn around quickly.
 - They can be used to reach remote places.

That is why they are used mainly by the army, and to drop relief items during natural disasters like flood.
- 6. Road Safety Rules :** Many lives are lost due to road accidents. They occur when : • People are careless. • They do not know or follow the rules often, driver and pedestrians do not follow safety rules. Here are some rules to remember.
 - Children should not run or play on the road.
 - Walk only on the pavement or to the left of the road. Never walk in the middle of the road.
 - Never walk in a group, taking up most of the road.

FUN ACTIVITY

- Do it yourself.

Teacher's Manual

Living With Nature- (Class-5)

CHAPTER 1 : LIVING AND NON-LIVING THINGS

EXERCISE FUN

A. Tick (✓) the correct option:

1. (c) 2. (c) 3. (c) 4. (b) 5. (b)

B. Fill in the blanks:

1. food 2. environment 3. chlorophyll 4. breaths 5. sun

C. Write 'T' for true and 'F' false statement:

1. F 2. F 3. T 4. F 5. T

D. Tick (✓) the correct word:

1. move 2. depend 3. breathe 4. herbivores 5. fruits

E. Answer the following questions:

1. The ecosystem of a place is all the animals and plants of a particular area, and the way in which they are related to each-other and to their environment.

2. Non-vegetarians : Non-vegetarians eat vegetarian food, as well as the meat of animals. Since animals feed on plants, even non-vegetarians depend indirectly on plants.

3. Vegetarians : Vegetarians are those who eat fruits and vegetables which come directly from plants.

4. Plants and animals have many similarities :

- Both are living things that are born, grow and die.
- Plants and animals need food and water to live.
- Plants and animals breathe.
- Both are sensitive to stimuli like heat and light.
- Plants and animals reproduce and increase their numbers.
- Plants make their own food, but animals depend on plants for their food.
- Plants breathe through tiny pores on their leaves, which also give out excess water. Animals have different ways of breathing. Fish breathe through their gills.
- Plants grow, but they do not move as animals do.
- Plants grow from seeds, while animals lay eggs or give birth to their young.

- 5.** All the plants and animals in a particular area considered together with their surrounding.

FUN ACTIVITY

- Do it yourself.

CHAPTER 2 : THE ORGAN SYSTEM OF OUR BODY

EXERCISE FUN

A. Tick (✓) the correct option:

1. (a) 2. (c) 3. (b) 4. (b) 5. (b)

B. Fill in the blanks:

1. mouth 2. solid waste 3. cells 4. the chest 5. two

C. Match the following:

1. (b) 2. (c) 3. (d) 4. (e) 5. (a)

D. Write 'T' for true and 'F' false statement:

1. F 2. F 3. F 4. T 5. T

E. Answer the following questions:

1. Human has four types of teeth. The teeth in the front are called incisors. These are eight in number. These help in cutting and biting the food.

2. You also know the function of some of them like Stomach, Kidneys, Heart, Lungs, etc.

3. Do it yourself.

4. Our body has two kinds of blood vessels—arteries and veins. The blood vessels which carry blood from the heart to different parts of the body are called arteries. The vessels which collect blood from different parts of the body and carry it to the heart are called veins. Let us understand, step by step, how the blood circulates in body :

- The heart is located in the chest. It is a pumping organ and keeps the blood circulating in a uniform direction. Heart is connected with arteries and veins.

- Veins are blood vessels that carry deoxygenated blood from different parts of body to the heart.

- Deoxygenated blood reaches the lungs by pumping of the heart. Here oxygen mixes with the blood and this blood goes back to the heart. Arteries carry blood away from heart to different parts of the body.

5. Tongue : The tongue mixes saliva with food particles and helps in swallowing the food. Different parts of the tongue also help in identifying different tastes, such as sweet, salty, sour and bitter. All parts of digestive organs are linked to each-other. Let us understand, step by

step, how the food passes through different organs in the process of digestion.

- The digestion begins in part of mouth by chewing and action of saliva from salivary gland.
- From the mouth it enters into stomach. Stomach is main digestive organ. Here gastric juices secreted from the walls of the stomach get mixed with food. Digestive juices help in digesting the food partially.

FUN ACTIVITY

- Do it yourself.

CHAPTER 3 : PHYSICAL FEATURE AND LIFE IN DIFFERENT REGIONS

EXERCISE FUN

A. Tick (✓) the correct option:

1. (b) 2. (a) 3. (a) 4. (a) 5. (b)

B. Fill in the blanks:

1. velly 2. desert 3. camel 4. few people 5. mountains

C. Write 'T' for true and 'F' false statement:

1. F 2. F 3. F 4. F 5. T

E. Answer the following questions:

1. The land area is made up of continents, or large masses of land. These have high mountains, low hills, plateaus, valleys, plains and deserts. You have studied about these land forms in class IV. Each of these regions has a different kinds of soil and climate, which influence the ways of living, and the plants and animals. Therefore, those differ from place to place.
2. **The Desert :** A desert is a hot, dusty, place with hardly any rainfall. Therefore, there is little vegetation, mainly date palm and cactus, and it is difficult to grow any crops.
3. **The Plain :** A plain is a flat land watered by rivers, and is therefore fertile. Since the land is level and there is sufficient water, people can grow crops easily. It is also easy to build roads and railways and travel on the rivers. Therefore, many people live in the plains and towns, cities grow up. The life of the people is easier than who lives in desert.
4. **Importance of Plants, Animals, Land and Water :** We need to look after our environment, as we are dependent on them for all our needs. The land provides us with • Soil to grow crops, and raise animals. • Space to build shelters, houses and buildings. We need water to live and use in our daily activities like washing, cooking and bathing. Plants provide us with food, medicines, timber and a number of other products

we cannot do without. You will read about this elsewhere in the book. Animals provide milk, meat and other products. Domestic animals help man in doing tasks and guarding him and help in agriculture.

5. Therefore few people live in deserts. The most important animal is the camel because camel has padded legs and walk easily on the sand, and a hump in his stomach through which he stores food and water for many days. Thorny bushes are found in the desert. The camel has thick tongue. So, he eats thorny bushes in the desert. It is called the ship of the desert.

FUN ACTIVITY

- Do it yourself.

CHAPTER 4 : EFFECT OF WEATHER AND CLIMATE IN DAILY LIFE

EXERCISE FUN

A. Tick (✓) the correct option:

1. (b) 2. (b) 3. (a) 4. (c)

B. Fill in the blanks:

1. punjab 2. spring 3. punjab 4. lohri 5. seasons

C. Write 'T' for true and 'F' false statement:

1. F 2. T 3. T 4. F 5. T

E. Answer the following questions:

1. Climate : The average weather conditions over a large area, and longer period of time, is known as climate. That is why we refer to the climate of a country or state. The climate includes the temperature, direction of the winds, amount of rainfall, seasonal changes, etc.
2. Severe cold in winter can lead to cold wave conditions, which cause medical problems and even lead to death.
3. The harvesting of the crops is very important in our country. There are festivals to mark this. The examples of harvest festivals are Baishakhi in Punjab and Pongal in South India, Assam's festival is Bihu during these festivals, there are singing and dancing (Bhangada) and special dish items and sweets.
4. Do it yourself.
5. • Heavy rain during the monsoon can cause flood. Violent storms can cause damage to lives and property. Insects like flies and mosquitoes are more common at this time, so there are more water borne diseases.
• So we see that the seasons have a great influence on our lives.

FUN ACTIVITY

- Do it yourself.

CHAPTER 5 : WE EAT THE FOOD

EXERCISE FUN

A. Tick (✓) the correct option:

1. (a) 2. (a) 3. (b) 4. (a) 5. (a)

B. Fill in the blanks:

1. healthy 2. body building 3. energy foods 4. wheat 5. protective foods

C. Write 'T' for true and 'F' false statement:

1. T 2. F 3. T 4. T 5. T

D. Give two examples of each of the following:

- | | |
|-------------|------------|
| 1. Broccoli | Leaf Green |
| 2. Almond | Bananas |
| 3. Chesse | Yogurt |
| 4. Mango | Papaya |

E. Do it yourself.

F. Answer the following questions:

1. • The food provides us energy. • The food keeps us healthy. • The food helps in body building. • The food helps in the growth. • The food regulates body activities. • The food helps us to fight against diseases. • The food gives us satisfaction.
2. These substances present in food are called nutrients. Nutrients needed by our body are carbohydrates, fats, proteins, vitamins and minerals.
3. Do it yourself.
4. Do it yourself.
5. **Balanced Diet :** Each one of us needs different nutrients in different quantities. To remain fit and healthy we must eat food rich in all nutrients. The amount of food we eat daily is called our diet. A diet that contains all nutrients in the right amount we need for the proper function of the body is called balanced diet.

FUN ACTIVITY

- Do it yourself.

CHAPTER 6 : DEFICIENCY DISEASES

EXERCISE FUN

A. Tick (✓) the correct option:

1. (a) 2. (a) 3. (c) 4. (c)

B. Fill in the blanks:

1. preschooler 2. C 3. sunlight 4. balance diet

C. Do it yourself.

D. Answer the following questions:

1. Nutritious food is the need of all human beings. We need to eat a balanced diet for our proper growth and to keep healthy. Our daily food must contain the various nutrients like carbohydrates, fats, proteins, vitamins, minerals, and water in proper proportions.
2. Vitamins, minerals, water, roughage is most concentrated source of energy.
3. Other Causes of Deficiency : Besides lack of nutrients in the diet, wrong ways of cooking food can also make our food deficient in nutrients. Vegetables are washed after peeling and cutting. It washes away lots of vitamins and minerals. A lot of carbohydrates (starch) is thrown away with the water in which rice is cooked. Overcooking destroys the vitamins and other nutrients.
4. Deviation from the normal form or functions of our body or its parts is called a disease. If any of the nutrients is lacking in our diet or is present in inappropriate amount, we suffer from a disease. Such a disease that is caused due to the deficiency of a nutrient is called a deficiency disease.

FUN ACTIVITY

- Do it yourself.

CHAPTER 7 : COMMUNICABLE DISEASES

EXERCISE FUN

A. Tick (✓) the correct option:

1. (a) 2. (b) 3. (c) 4. (b)

B. Fill in the blanks:

1. deductive reasoning 2. small pox by mass vaccinations 3. vaccination
4. do it yourself 5. do it yourself

C. Write 'T' for true and 'F' false statement:

1. T 2. T 3. T 4. F 5. F

D. Match the columns:

1. (c) 2. (a) 3. (d) 4. (b)

E. Do it yourself.

F. Answer the following questions:

1. Very tiny living organisms are called micro-organisms or microbes.
2. Do it yourself.
3. Disease germs are mostly spread from one person to another through

contaminated food, water, air and by contact. Diseases may also be spread by the bite of certain insects.

4. Through Water: Stomach upsets are also caused due to drinking dirty water. Water gets polluted due to many reasons such as :

- Washing clothes and utensils.
- Bathing animals.
- Throwing industrial wastes in water.
- Defective drainage.
- Improper disposal of sewage.

Diseases like typhoid, paratyphoid, cholera, jaundice, bacillary dysentery, diarrhoea, polio, worm infections are caused by drinking polluted water.

5. Do it yourself.

FUN ACTIVITY

- Do it yourself.

CHAPTER 8 : SAFETY

EXERCISE FUN

A. Tick (✓) the correct option:

1. (a) 2. (b) 3. (a) 4. (a) 5. (a)

B. Fill in the blanks:

1. accidents 2. the first aid 3. splint 4. ligment 5. first aid

C. Do it yourself.

D. Write 'T' for true and 'F' false statement:

1. T 2. T 3. F 4. T 5. T

E. Do it yourself.

F. Answer the following questions:

1. Accidents can occur any time and at any place. Sometimes they occur due to carelessness or hurry and sometimes by chance. But whenever an accident occurs, the life of the person is in danger and immediate help is needed.

2. The outside help takes some time to arrive. If the patient is not helped immediately, he may die. This situation is called an emergency situation.

3. The immediate treatment that needs to be given to the victim is called the First-aid.

Advantages of First-aid :

- Saves life.

- Prevents the condition from becoming worse.
 - Reduces pain.
 - Helps in early recovery.
4. There are some rules that must be followed while giving First-aid. These are :
- Be calm while giving First-aid.
 - Do not let the crowd stand around the patient. Disperse the crowd.
 - Move the victim if possible, to a safe place before giving First-aid.
5. • Fracture • sprain • electric shock • drowning • poisoning

FUN ACTIVITY

- Do it yourself.

CHAPTER 9 : INTERDEPENDENCE IN ENVIRONMENT

EXERCISE FUN

A. Tick (✓) the correct option:

1. (a) 2. (b) 3. (b) 4. (c) 5. (c)

B. Fill in the blanks:

1. food chain 2. food 3. plants 4. dependant plant 5. into four

C. Write 'T' for true and 'F' false statement:

1. T 2. T 3. F 4. T 5. T

D. Answer the following questions:

1. An atmosphere is a blanket of gases that surrounds earth.
2. All kinds of living beings on earth like human, animal and plants are called biotic components of environment.
3. Do it yourself.
4. • **Producers** : Plant's leaves make their own food in the process known as Photosynthesis. Animals and human beings do not have this capacity of making food, for this they depend on plants. So, plants are known as the producers of food.
• **Consumers** : Animals cannot produce food, they depend on others. Man also consumes food. For food, animals and human beings depend on plants. Plants depend on their environment for survival like plants, other living beings also need food, water and air to survive. For these, they also depend on their environment for various types of food we get from the plants.
5. Do it yourself.

FUN ACTIVITY

- Do it yourself.

CHAPTER 10 : BUILDINGS IN THE LOCALITY AND THEIR MAINTENANCE

EXERCISE FUN

A. Tick (✓) the correct option:

1. (c) 2. (a) 3. (a) 4. (b)

B. Fill in the blanks:

1. community 2. savings bank 3. SHO 4. communication 5. parcels

C. Write 'T' for true and 'F' false statement:

1. T 2. F 3. T

D. Do it yourself.

E. Choose the correct word:

1. village 2. village 3. police 4. SHO

F. Answer the following questions:

1. The functions of the panchayat are :

- Setting up primary health centres where the villagers are educated about basic health issues.
- Providing for sanitation.
- Running clinics and dispensaries, where people are given free medicines and treated for minor ailments.
- Building roads
- Supplying clean drinking water
- Maintaining ponds
- Organising village sports
- Establishing libraries
- Setting disputes among the villagers.

2. Vaccinations are also given at the centre into carries out some functions.

- It organises health camps which spread awareness about health sanitation.
- It maintains hygienic conditions in the community.
- Some centres have Mahila Mandals which educate woman on child care and health issues.

3. An essential aspect of life is communication. We keep in touch with relatives and friends in other places through cards and letters. We can send gifts by sending parcels. When urgent messages have to be sent, we write telegrams. All this is possible from a post-office we can buy stamps or inland letters or airmails at the post-office and post our letters in the letter-box. We can deposit our money in savings bank of

the post-office. Letters from other places are brought and sorted out at the post-office. After that it is delivered to us by the post-man.

4. Do it yourself.
5. The law and order in a city is the duty of the police department. It helps to protect citizens and their property. There is a police station in every area and colony. It is under a SHO i.e., Station House Officer, with officers and policemen under him. The police safeguard the locality. People can report problems or loss of property, and the police will take some action.

FUN ACTIVITY

- Do it yourself.

CHAPTER 11 : COMMUNITY HEALTH AND HYGIENE

EXERCISE FUN

A. Tick (✓) the correct option:

1. (a) 2. (c) 3. (c) 4. (a) 5. (b)

B. Fill in the blanks:

1. public health 2. health workers 3. health program 4. seek medical care
5. develops

C. Write 'T' for true and 'F' false statement:

1. T 2. T 3. T 4. F 5. T

D. Match the following:

1. (b) 2. (a) 3. (e) 4. (d) 5. (c)

E. Answer the following questions:

1. The aims of these health programmes are :
 - Controlling disease like T.B., Leprosy, Malaria and Blindness.
 - Helping AIDS and cancer patients.
 - Checking adulteration of food.
 - Controlling the population.
 - Immunizing children against diseases like polio.
 - Organizing family health, specially mental health programmes.
 - Providing medical services through different agencies and mobile dispensaries.
2. Educating the masses and raising awareness of health issues, such as :
 - Need for immunization.
 - Importance of a balanced diet.
 - Correct methods of cooking.
 - Importance of clean drinking water and safe handling of food.

3. Environmental sanitation by measures like spraying insecticides and proper disposal of garbage.
Health care is looked after by the government, as well as by many voluntary, nongovernmental and charitable organisations.
4. There are many health and family welfare schemes to look after health care in rural areas. These include health centres and primary centres in every district, many centres now have qualified doctors who can treat serious diseases.
5. • Visiting sick child and elderly patients at home.
• Advising people on the importance of special diets for your mothers, children and old people.
• Stressing the need for a clean environment and personal hygiene.
• Organising vaccination camps.
• Educating people about diseases that they are not influenced by myths and superstitions.

FUN ACTIVITY

- Do it yourself.

CHAPTER 12 : IMPORTANT DAYS

EXERCISE FUN

A. Tick (✓) the correct option:

1. (b) 2. (b) 3. (a) 4. (c) 5. (b)

B. Fill in the blanks:

1. children 2. Dr. Radhakrishnan 3. organization 4. educated 5. 5th june

C. Write 'T' for true and 'F' false statement:

1. F 2. F 3. T 4. T 5. T

D. Match the following:

1. (c) 2. (e) 3. (d) 4. (b) 5. (a)

E. Answer the following questions:

1. It is celebrated on the 5th of each September. It happens to be the birthday of Dr. Radhakrishnan, the second President of India. He was a simple man but a great teacher. The schools have different ways of celebrating this day. Some schools honour their hard working teachers. In some schools children prepare a cultural programme for teachers followed by lunch. No studies take place on this day.
2. It is celebrated on the 14th November. It happens to be the birthday of Pandit Jawaharlal Nehru. Pandit Nehru was the first Prime Minister of India. He was very fond of children. He was lovingly called Chacha

Nehru by children. On this day, in many schools children go out for picnic. Some schools distribute sweets. Some others give a day off. In schools, teachers present entertainment programme for children.

3. It is celebrated on the 7th of April. This day happens to be the day when World Health Organization (WHO) was founded. This organization is mainly concerned about the health of the people all over the world. It aims to help the people in such a way that all the people acquire the highest possible level of health. This day is marked by many important activities such as blood donation camps, immunization programmes, cleanliness drive, etc. This day is also marked by launching of awareness campaign, e.g., health hazards of pollution, importance of environmental sanitation and personal cleanliness, etc. Health care is looked after by the government, as well as by many voluntary, nongovernmental and charitable organisations.
4. It is only the educated people who can help in the progress of the country. There are many children and adults having poor family background. They are thus, unable to attend the school. But those who undertake literacy mission move out of their schools and colleges into the community and teach the people.
5. It is celebrated on the 8th of September. This day is celebrated to convey the importance of education.

F. Do it yourself.

FUN ACTIVITY

- Do it yourself.

CHAPTER 13 : NATURAL DISASTERS

EXERCISE FUN

A. Tick (✓) the correct option:

1. (a) 2. (b) 3. (a) 4. (b) 5. (b)

B. Fill in the blanks:

1. fire 2. earthquake 3. flood 4. help, co-operation 5. epidemic of

C. Write 'T' for true and 'F' false statement:

1. F 2. T 3. T 4. F 5. T

D. Match the following:

1. (e) 2. (d) 3. (a) 4. (b) 5. (c)

E. Answer the following questions:

1. The sudden shaking or movement of the Earth causes an Earthquake. The damage caused due to an Earthquake depends on its intensity. Mild earthquake does not cause much harm but a severe one does cause big harm.

2. An accident is a sudden event causing hurt. Natural calamities refer to very big mishappenings or chance incidents caused by various natural phenomena. These include earthquakes, floods, droughts, epidemics of diseases, forest fire, etc. Human beings cannot control natural calamities. These calamities cause a loss or damage of life and property.
3. A flood occurs due to overflowing of a lake or river water during or after a heavy rain fall. Flood causes heavy damage both to life and property. In case of flood :
 - Do not panic.
 - Vacate the place if possible, and move to a higher place.
4. If such an incident occurs, what should be the role of community members? The community members should behave like responsible citizens and must take up the duty to help those who are affected. Although, immediate relief is sent, but it takes some time to reach the area.
5. The role which the community members can play cannot be compared to any other people who can provide help. They not only take care of physical injuries but also act as strong emotional support. Let us read in this chapter how the community members can play a vital role in helping the members of their community.

FUN ACTIVITY

- Do it yourself.

CHAPTER 14 : OUR HEALTH SERVICE

EXERCISE FUN

A. Tick (✓) the correct option:

1. (a) 2. (a) 3. (b) 4. (b) 5. (a)

B. Fill in the blanks:

1. world health day 2. cause hospital 3. operation theatre
4. loses a lot of blood 5. treatment

C. Write 'T' for true and 'F' false statement:

1. F 2. T 3. T 4. F 5. F

D. Do it yourself.

E. Answer the following questions:

1. A clinic is run by a doctor or group of doctors. There are many clinics in the neighbourhood of a locality.
2. Clinics treat people for common ailments and like dispensaries, refer complicated causes to the hospitals. Since, dispensaries provide free of cost treatment, they are used by people who are poor and needy.

3. Do it yourself.
4. For some serious and specific diseases like Asthma, Tuberculosis, Cancer, etc., are some specialised treatment centres which concentrate on cure of a single disease. They provide all kinds of services and treatment under one roof to patients of that particular disease.
5. It is also the means of providing health services. Medical equipment and medicines for the treatment of patients are also available in mobile-vans. A doctor also accompanies the van. Health facilities through mobile-vans are provided at places where there is no health centre. These provide health services in far flung areas where the population is very small.

FUN ACTIVITY

- Do it yourself.

CHAPTER 15 : PHYSIOGRAPHY OF INDIA

EXERCISE FUN

A. Tick (✓) the correct option:

1. (a) 2. (c) 3. (a) 4. (c) 5. (a)

B. Fill in the blanks:

1. north and northeast 2. grow here 3. Himachal 4. Delhi, Agra
5. inverted triangle

C. Write 'T' for true and 'F' false statement:

1. T 2. T 3. F 4. T 5. T

D. Do it yourself.

E. Tick (✓) the correct word:

1. western 2. long 3. all 4. shivaliks 5. plain

F. Do it yourself.

G. Answer the following questions:

1. India does not have the same physiography (landforms) everywhere. Landforms refer to the different physical features present on the surface of earth such as mountains, plains, plateaus, hills etc.
2. Physiographically, India can be divided into six regions :
 - The Northern Mountaineous region
 - The Alluvial River Plains
 - The Western Desert
 - The Peninsular (South Indian) Plateau
 - The Coastal Plains
 - The Islands

- 3.** These are :
- The Himadri or the Great Himalayas.
 - The Himachal or the Lesser Himalayas.
 - The Shivalik or the Lower Himalayas.
- 4.** The Satluj Basin does not have much rainfall. Thus, canals, tubewells and wells are used for irrigation. The Ganga basin lies to the east of the Satluj Basin. It extends from Delhi and Uttar Pradesh to Bihar and West Bengal. The river Ganga and Yamuna flow through this basin. Both these are called sacred rivers. The Brahmaputra Basin is surrounded by hills and mountains on three sides. The Brahmaputra is a very wide river. As it flows into the sea, many streams also join it from all sides.
- 5.** The deserts are dry places on land with very little or no vegetation at all. In India, there is a desert called the Great Indian desert or the Thar desert. It lies to the west of India, in the state of Rajasthan. The Thar desert is sandy. There is scarcity of water.

FUN ACTIVITY

- Do it yourself.

CHAPTER 16 : OUR HISTORICAL MONUMENTS

EXERCISE FUN

A. Tick (✓) the correct option:

1. (a) 2. (a) 3. (a) 4. (b) 5. (b)

B. Fill in the blanks:

1. Delhi 2. Agra 3. Mehrauli in Delhi 4. Puri 5. Madhya Pradesh

C. Write 'T' for true and 'F' false statement:

1. T 2. F 3. F 4. T 5. T

D. Match the columns:

1. (e) 2. (c) 3. (d) 4. (b) 5. (a)

E. Answer the following questions:

1. The Red Fort was built in Delhi by the Mughal Emperor Shahjahan, The red lime-stone fort proudly stand amidst Delhi and is a symbol of great architecture and vast genius of its architects. The Red Fort has seen many generations of Mughal Sultanate and its Emperors, the last being Bahadur Shah Zafar.
2. The Taj Mahal is located in Agra. It is one of the most beautiful buildings of the world. It is symbol of eternal love of the Mughal Emperor Shahjahan for his queen Mumtaz, that made Taj Mahal a place and symbol of all the people worldwide who know what love is. Built on the banks of the river Yamuna, the Taj Mahal took the efforts of some

20,000 workers and craftsmen as far as from Persia and Middle East. It took 20 years for them to make such a grand building that made the Taj Mahal as one of the seven wonders of the world. The Taj Mahal is a marble monument, a square tomb on a raised terrace with carvings and inlay coloured work. The structure is designed in such a way that it looks all the same even being looked from any side. Thus, depicting the highly developed architecture of India dating back to 500 years. The Taj Mahal is a real tribute to love and perfection.

3. **The Jagannath Temple :** This world famous 205 feet high temple is located in the holy city of Puri (Odisha) and is dedicated to the three deities: Lord Jagannath, Balbhadra and Subhadra. These temples are built in Kalinga style of architecture. India is full of monuments, temples and shrines. Truly that is why India is called the land of Gods and the Place of monuments.
4. **The Sanchi Stupa :** The Sanchi Stupa is in Madhya Pradesh believed to have some reliquaries of Gautam Buddha lying buried in its circular mound. The sculptures of the gateways and railings of the stupa depicted are taken from the Jataka Stories.
5. This five storey building is 72.5 metres high with 399 steps. It boasts of the world's tallest free standing stone tower. Its first storey is around 32 metres high. The minaret is made of red-stone and white marble. Each of its five storeys has different designs. Each floor is divided by a projecting balcony and below the balcony are caved stone panels with beautiful writings of the Quran.

FUN ACTIVITY

- Do it yourself.

CHAPTER 17 : STORIES OF FREEDOM FIGHTERS

EXERCISE FUN

A. Tick (✓) the correct option:

1. (a) 2. (a) 3. (b) 4. (a) 5. (b)

B. Fill in the blanks:

1. Bhagat Singh 2. Bahadur Shah 3. organisation 4. 18th August 1945
5. the British Raj

C. Write 'T' for true and 'F' for false statement:

1. F 2. F 3. T 4. T 5. T

D. Match the columns:

1. (c) 2. (e) 3. (d) 4. (b) 5. (a)

E. Do it yourself.

E. Answer the following questions:

1. Subhash Chandra Bose died in 1945 in mysterious circumstances.
2. Do it yourself.
3. Nothing like the revolt of 1857 had happened earlier during the British rule. It was an important landmark in the history of the Indian struggle of freedom. It started in Meerut but in no time spread to other parts of India. There were many leaders who took active part in the revolt. Bahadurshah Jafar, the aged last Mughal Emperor, was the leader of the revolt only in name. The real leaders of the revolt were Peshwa Nana Saheb, Tatya Tope, Rani Laxmibai, Begum Hazrat Mahal, Maulvi Ahmedullah, Kunwar Singh and the Mughal general Bakht Khan. In the region around Kanpur, Nana Saheb Peshwa and Tatya Tope led the revolt. Rani Jhansi led the revolt in Jhansi. In Bihar, Kunwar Singh along with his son led the revolt. Maulvi Ahmedullah led the revolt in Rohilkhand and Faridabad. Begum Hazrat Mahal led the revolt in Awadh.
4. The trio Lala Lajpat Rai, Bal Gangadhar Tilak and Bipin Chandra Pal were together known as Lal-Bal-Pal. They wanted immediate revolution.
5. The Quit India movement was launched in 1942. The slogan in this movement was 'Do or Die'. The movement was launched to demand 'Poorna Swaraj'. Many leaders were arrested and sent to jails. Finally, the Britishers decided to free India. On the 15th of August, 1947 the British Raj in India came to an end. India was at last free. The sacrifices of Indians had borne fruit. But Indians had to pay a heavy cost as Britishers divided the country into India and Pakistan. But, even after the independence, India gained a secular outlook where people of all religions are given due respect. No discrimination is made on the basis of religion.

FUN ACTIVITY

- Do it yourself.

CHAPTER 18 : THE GLOBE AND THE MAP

EXERCISE FUN

A. Tick (✓) the correct option:

1. (a) 2. (c) 3. (a) 4. (c) 5. (a)

B. Fill in the blanks:

1. directions 2. North 3. planet 4. Longitude 5. colours

C. Tick (✓) the correct word:

1. atlas 2. oceans 3. sub-direction 4. left 5. latitudes

D. Differentiate between:

1. **Directions** : There are four major directions—East, West, North and South. All maps strictly follow a pattern of directions. See the map of India given on the right side.

Scale : Every map is drawn to a scale. A map without a scale to measure is useless. The scale indicates how would the distance between two places be measured. The scale is always provided at the corner of a map, e.g., 1 cm = 100 km. It is shown in the diagram on right hand side. Another way is to draw a line and divide it into equal parts.

2. The Earth is divided into two halves called the hemispheres. The Northern half is called the Northern hemisphere and the Southern half is called the Southern hemisphere. Most of the land is in the Northern hemisphere. So, the Northern hemisphere is also called the Land hemisphere and Southern hemisphere is called the Water hemisphere.

3. Do it yourself.

4. **Colours** : Colours play a very important role in a map. The colours provide information far more quickly than the words. Oceans are shown by blue colour and the land by brown colour. In a coloured map, a key is provided. It mentions the height and depth denoted by each colour.

Signs and Symbols : A symbol is a sign that is drawn to represent some features. We find many signs and symbols on the map, e.g. a city is marked by a circle. If a city is a capital, it is either shown by a coloured circle or a dot with a circle around it.

5. Do it yourself.

E. Do it yourself.

F. Answer the following questions:

1. The smaller parts of the oceans, near islands or between pieces of land are sometimes called the seas.

2. While trying to spot places on the globe, the globe has to be rotated again and again. This is because only one part can be seen at one time while the other part is on the other side. Hence, we say that only one hemisphere, that is, half the sphere is seen.

3. Do it yourself.

4. A globe is a small spherical model of the Earth. It is marked with continents, oceans, seas, countries, bays, gulfs etc. The bigger the globe the more detailed it would be. The globe represents many features. Each of these features provide us a lot of information about the Earth.

5. Do it yourself.

FUN ACTIVITY

- Do it yourself.

CHAPTER 19 : OUR TRANSPORTATION AND COMMUNICATION

EXERCISE FUN

A. Tick (✓) the correct option:

1. (b) 2. (c) 3. (b) 4. (a)

B. Fill in the blanks:

1. mobile 2. energy source 3. consumption 4. cellular phone 5. do it yourself

C. Write 'T' for true and 'F' false statement:

1. T 2. T 3. F 4. F 5. T

D. Do it yourself.

E. Answer the following questions:

1. Do it yourself.

2. Do it yourself.

3. • promotion of business • mobility of labours • socialization • organisation and management • helpful to professionals

4. Loss of Secrecy : Communication by telephone, teleprinter or fax cannot maintain secrecy. It is because other people who are not concerned also come to know what has been communicated.

• Loss of Privacy : Names and addresses are printed in telephone directories. So privacy cannot be maintained. Some people might telephone or write letters to harass others.

• Health Problems caused by these Instruments : If we use cellular phone for a long time, it can lead to heart problem and deafness. Watching television or sitting before computer screen for a long time can cause harm to eyes. The eyes become red and there might be watering of eyes. In the long run, these may cause brain damage.

• Too Much Dependence : We have become too much dependent on modern means of communication. If any of the means stop working we have tension. The tension continues till the equipment is repaired.

• Abuses of Communication : Modern means of communication are also used to commit organised crimes and spread terrorism. The members of gang coordinate the attack and also come to know activities of police.

5. Do it yourself.

FUN ACTIVITY

- Do it yourself.