

GENERAL Knowledge 5



With the blessings of :
Our Parents

GENERAL Knowledge 5



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- National Education Policy 2020
- Activity Based
- Innovative Approach
- Learning with fun
- Used Eco Friendly Paper



Preface

'General Knowledge' is a comprehensive series of eight books designed specifically for the needs and requirements of students studying in classes 1-8. The content has been created keeping in mind the National Education Policy 2020. The purpose of this series is to enhance competence, experiential, comprehensive and critical learning. This book includes enough questions in accordance with the NEP criteria. The fundamental principles of NEP which is recognising, identifying and fostering the unique capabilities of each student, respect for diversity and respect for individual aspect in all topics. While framing the book our editorial team ensured that children enjoy classroom learning to the fullest.

Key Features of the Series:

With the motto of Educate, Encourage and Enlighten this book is based on NEP criterion which promotes learning and development, and tests higher-order skills, such as analysis, critical thinking, and conceptual clarity. The book has been segregated into sections emphasising upon the comprehension of information regarding various topics, such as:

- **The Living Planet** : The information related to the uniqueness and importance of our planets. It also discusses space travellers.
- **Sports Arena** : This portion discusses different aspects of sports such as origins, tournaments, trophies, etc. It talks about different types of sports and sportsmen.
- **Incredible India** : This portion discusses the glorious past of India along with its polity, geography and legacy.
- **Awareness Plus** : The book discusses the topics of general awareness about safety and responsibility here.
- **Life Skills** : This feature of the book inculcates life skills and values in students.
- **Personality Plus** : This book also strives to be a helpful associate in the proper development of the student's personality including good manners, etiquettes and proper conduct.
- **Brainstorming** : This section consists of activity given at the end of a section urges students to apply their learning skills and helps them to retain the knowledge gained in class.
- **Let me Answer** : Discussion-oriented questions are asked to promote the students to inspire to think critically and respond with well thought out answers.
- **Teacher's Note** : A "Teacher's Note" is a set of instructions laid out for the teachers to follow in the classroom based on the worksheet, activity/exercises. It specifies how the worksheet and activities/exercises should be carried out in class.
- **Info-Bits** : Interesting facts related to the topic of the chapter are incorporated in the form of Info-Bits so as to enhance the overall learning experience of the student.

The subject of general knowledge is too broad to be covered in an eight-book series.

—Publisher

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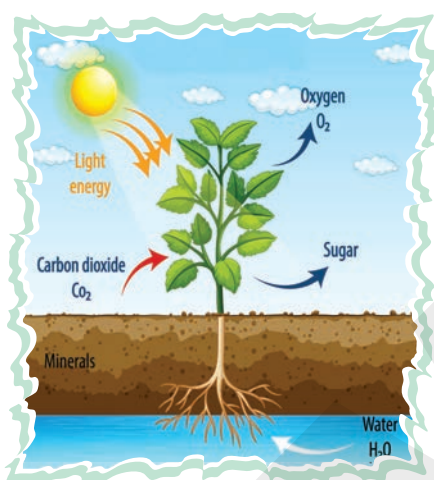
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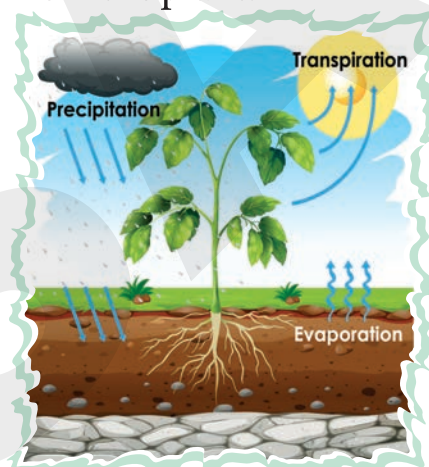
Our Plants

Read some interesting facts about plants:

1. Photosynthesis : As a process driven by light energy, photosynthesis is the process in which light energy is converted to chemical energy in the form of sugar.



3. Transpiration : The plant cools down when the weather is very hot, and water from the stem and roots moves upwards. It is the process of the loss of water vapour from the plant.



2. Cacti : Cactus has a Latin root that derives from the plural cacti and has more than one thousand known species. These plants are native to most of the length of North and South America. It is generally assumed that a cactus is a member of the plant family Cactaceae.



4. Dancing Plant : The dancing plant loves beautiful melodies and is known for the movement of its leaves. The dancing plant, *Codariocalyx motorius*, is unique because it can dance rapidly enough to see with our bare eyes.



TEACHER'S NOTE

Ask children questions about plants and describe the different plants that we see in our environment.



5. Venus Flytrap: Venus flytraps are notoriously difficult to care for. The Venus flytrap, also known as *Dionaea muscipula*, is a carnivorous plant native to subtropical regions. It is found on the East Coast of the United States in North Carolina.



Let Me Answer

- Have you ever noticed different types of plants available in our environment?

Recognise the following parts of the plants and tell their correct names by using help list.

1. Which part carries food to another part of the plant?
2. Which part helps plants to breathe?
3. Which part helps plants absorb water and nutrients?
4. Which part of the plant help plants to grow a new plant?
5. Which part of the plant contains seeds?

Help List

seed	stomata (leaves)	stem
fruit	roots	

Info-Bits

Do you know that the leaves of the Lucky Bamboo plant grow up to one inch per month?



Animals and their World

You will find animals in almost every place on the earth—from the hottest deserts to the coldest continents. Read about some animals living in different habitats and how they adapt themselves to their habitats.

1. African wild dogs : The largest population of African wild dogs remain in southern Africa and the southern part of East Africa. The African wild dog is known by many names, including Cape hunting dog or painted dog. Its scientific name is *Lycaon pictus*. These wild dogs are one of the world's most endangered mammals.



2. Cleaner wrasse : The Bluestreak Cleaner Wrasse, occurs singly, in pairs, and in groups. The five species of cleaner wrasses of the genus *Labroides* are known as carnivorous fishes. They are known cleaner wrasse.

3. Texas blind Salamanders : Texas blind salamanders are known for having a limited range of facing water pollution. Texas blind salamander is adapted for living in water underground. It has no eyes, only two small black dots under the skin. They are generally seen in deep waters.



4. Boa constrictors : One of the unique kinds of snake species. Boa constrictors are powerful snakes and stealthy hunters. They live in tropical climates throughout most of Central and South America.

TEACHER'S NOTE

Educate the learners about how hard it is to build houses.



4. Leather Turtles : Leather Turtles are found in deep water and are different in their appearance. Its carapace is covered by oily flesh and flexible, leather-like skin, for which it is named. It can easily be differentiated from other modern sea turtles by its lack of a bony shell.



5. Pangolins : Pangolins are the only mammals wholly-covered in scales and they use those scales to protect themselves from predators in the wild.



6. Eels : Eels undergo considerable development from the early larval stage. Eels are ray-finned fish belonging to the order Anguilliformes, which consists of eight suborders, 19 families, 111 genera, and about 800 species.

Quiz time

1. What do you know about Pangolins?
2. Name any one aquatic animal.
3. Name the semi-aquatic rodent known for building dams.
4. Which animal goes under development to the larval stage?

Let Me Answer

- * Have you ever wondered that tigers are excellent swimmers and capable of swimming up to six kilometres at a stretch?

Fill in the blanks.

1. The five species of cleaner wrasses of the genus.....are known as carnivorous fishes.
2.adapted for living in water underground, it has no eyes, only two small black dots under the skin.
3. Boa constrictors live in tropical climates throughout most of Central and.....
4.are modern sea turtles and are covered by oily flesh.

Info-Bits

Many subspecies of tigers have already become extinct or are endangered due to hunting and loss of forest cover due to civilisation.



Natural Resources and Plants

Find the names of medicinal plants in the given word grid and write their names in the boxes below:

N	E	E	M	A	C	O	C	O	A
C	D	C	I	N	C	H	O	N	A
N	I	G	H	T	S	H	A	D	E
G	I	N	S	E	N	G	P	T	U
X	F	O	X	G	L	O	V	E	Y
P	O	P	P	Y	T	U	L	S	I
E	U	C	A	L	Y	P	T	U	S
B	E	A	R	B	E	R	R	Y	N

Plants are extremely useful.
Some plants give us medicines.



- Used as germicide.
- Gives relief from cough in chronic bronchitis and asthma.
- Medicine for malaria.
- Used to restore strength and vitality.
- Gives drugs used to make heart strong.
- Gives pain killer called Morphine.
- Used as cold and cough medicine.
- Used to remove headache.

Let Me Answer

- * Which medicinal plants are beneficial for making medicines?

Help List

Cocoa	Cinchona	Ginseng	Foxglove
Poppy	Tulsi	Eucalyptus	Neem

Info-Bits

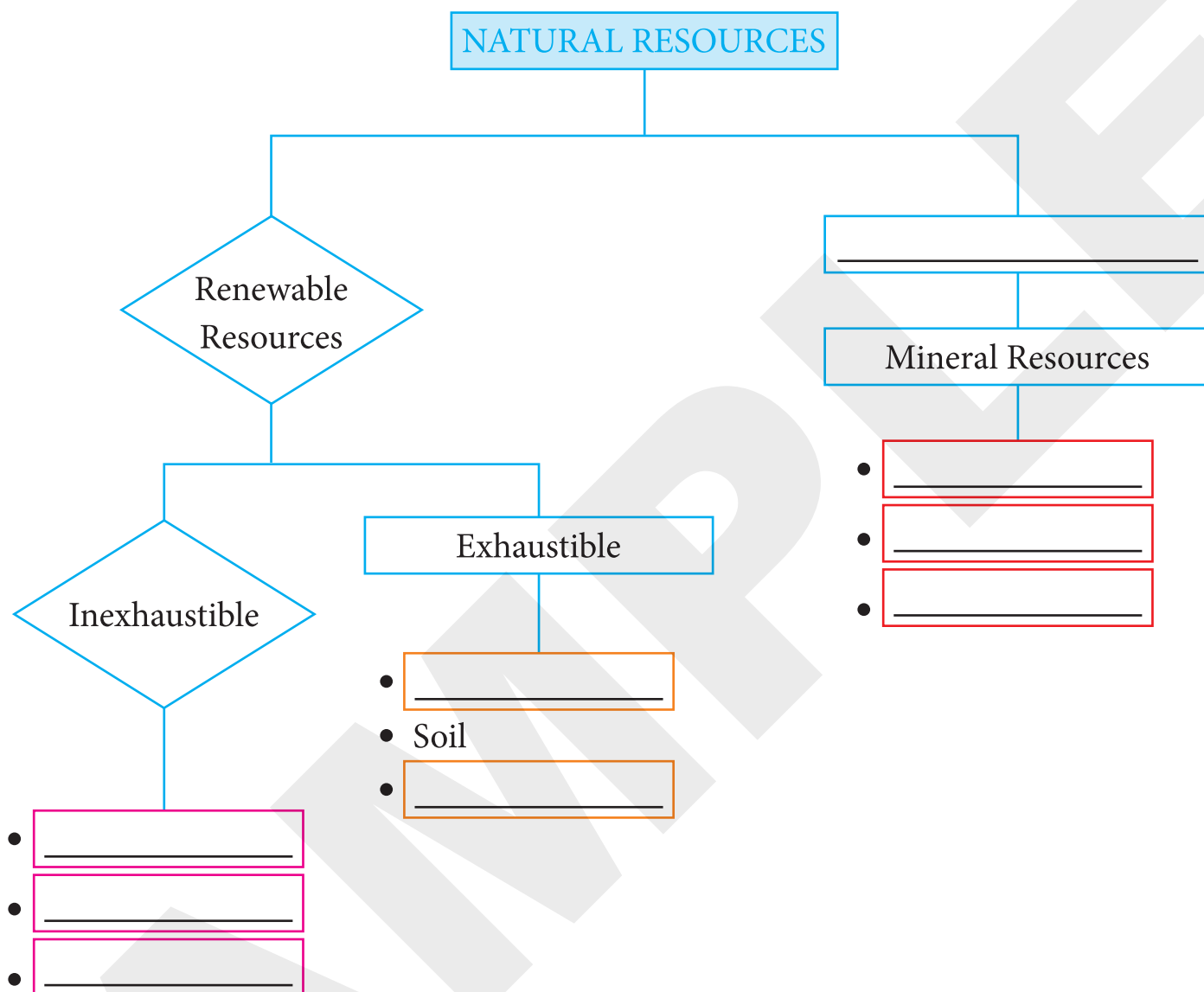
Digitalis a medication used to treat heart condition, is derived from the foxglove plant.

TEACHER'S NOTE

Explain to the children the benefits of medicinal plants. Ask them questions about how they can grow medicinal plants.



Complete the flow chart with the help of the Help List :



Help List

Non-renewable resources
Wind
Gas

Water
Oil

Sunlight
Coal

Animal products
Geothermal

Info-Bits

A gas takes 1300 times more space than a liquid.



Landforms on Earth

Mountains, hills, plateaus and plains are the four major landforms. Minor landforms include buttes, canyons, valleys and basins. Tectonic plate movement under the Earth can create landforms by pushing up mountains and hills. Read the descriptions of some of the landforms:

Glacier : A glacier is a large, perennial accumulation of crystalline ice, snow, rock, sediment and often liquid water that originates on land and moves downslope under the influence of its own weight and gravity.



Rapids : Rapids are characterised by the river becoming shallower. Rapids are hydrological features between a run (a smoothly flowing part of a stream) and a cascade.

Geyser : Geysers are made from a tube-like hole in the Earth's surface that runs deep into the crust. A geyser is an opening in the ground that occasionally or regularly discharges water and steam.



Canyon : Greenland's Grand Canyon was discovered in 2013 and is 466 miles (750 km) long. A canyon is a deep, narrow valley with steep sides. "Canyon" comes from the Spanish word cañon, which means "tube" or "pipe."

TEACHER'S NOTE

Organise a discussion in the classroom about different landforms.



Valley: Valleys are areas of land—scoured and washed out by the conspiring forces of gravity, water, and ice.

Let Me Answer

- * Have you ever noticed different landforms on earth?
- * Which is your favourite landform?

Match the following :

1. A hot spring from which a jet of boiling water and steam is sent into the air.
2. A deep, narrow valley with steep rocky walls and a river flowing through it.
3. A part of a river which flows very fast.
4. A mass of ice formed by snow in the mountains.
5. A low-lying area found between two mountains or hills, with a river flowing through it.



Help List

Geyser

Canyon

Valley

Glacier

Rapids

Info-Bits

A canyon is a narrow valley with steep sides. Rivers and glaciers cut through these elevated areas.

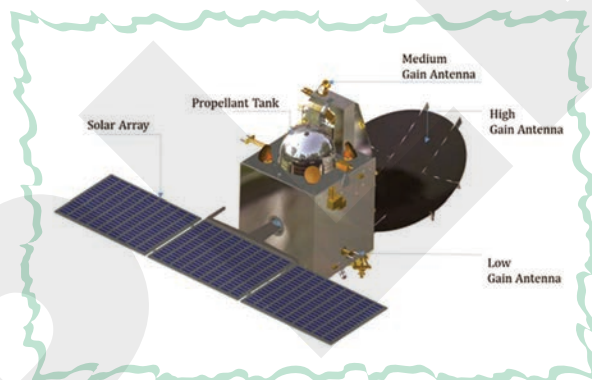


Space Mission and Scientists

Artificial satellites are man-made objects that are sent into space. Scientists use them to study the universe, forecast weather, and so on.

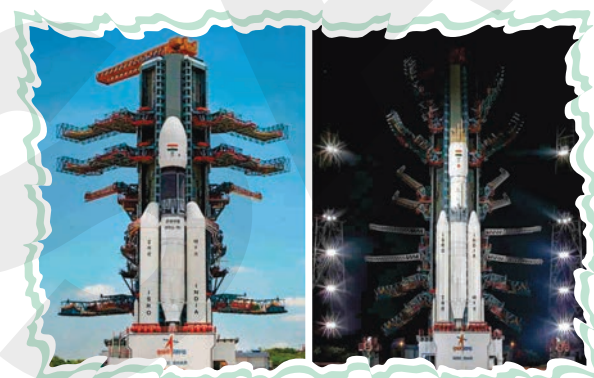
Let's read about them

Mars Orbiter Mission : India's first ever interplanetary mission was launched on 5 November 2013 and by 24 September 2019, completed 5 years in orbit around Mars, sent 2 terabytes of imaging data, and had enough fuel to complete another year in orbit.



Eugene Cernan : Eugene Andrew Cernan was an American astronaut, naval aviator, electrical engineer, aeronautical engineer, and fighter pilot. During the Apollo 17 mission, Cernan became the eleventh human being to walk on the Moon.

Neil Armstrong : Neil Alden Armstrong was an American astronaut, aeronautical engineer, and the first person to walk on the Moon. He described the first step on the moon as one giant leap of mankind.



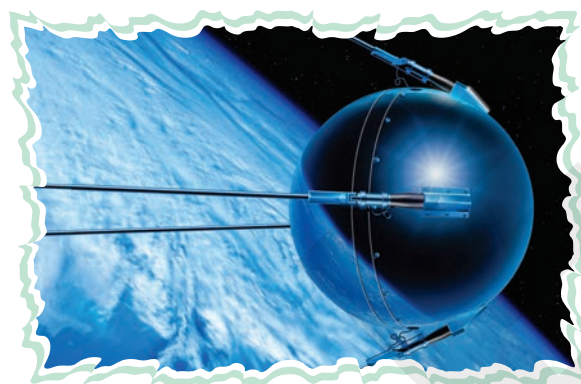
Chandrayaan and Gaganyaan : Chandrayaan-3 is India's next moon mission, following Chandrayaan-2, while Gaganyaan is India's plan to send astronauts into space. These projects demonstrate India's pursuit of space exploration, studying the moon and preparing for crewed space missions.

TEACHER'S NOTE

Encourage children's curiosity and ask them questions about space. Tell facts and share knowledge about space missions.



Sputnik : Soviet Union successfully launched Sputnik I and changed the history of space missions on October 4, 1957. The first artificial satellite to go around the earth was Sputnik 1.



Yuri Gagarin : Yuri Alekseyevich Gagarin was a Soviet pilot and cosmonaut who became the first human to journey into outer space.

Let Me Answer

* What do you like the most about space scientists?

Rakesh Sharma : Wing Commander Rakesh Sharma is the only Indian citizen to travel in space, although there have been other astronauts with some Indian background they were not Indian citizens.



Quiz Time

1. Name the first man to travel to the moon.
2. Which mission made India the first country to land on the South Pole of the Moon.
3. Which astronaut died in her shuttle Columbia?
4. Name the second woman to venture into space who was born in India.

Fill in the blanks.

1. Neil Armstrong was an American.....and.....engineer.
2. Cernan became the human being to walk on the Moon.
3. The Soviet Union successfully launched
4. India's first ever interplanetary mission was launched on.....

Help List

5th Nov. 2013
Chandrayaan

Eleventh
Neil Armstrong

Aeronautical
Astronaut

Kalpana Chawla
Sirisha Bandla

Sputnik I

Info-Bits

A scientist is a person who conducts scientific research to advance knowledge in an area of interest.



Metals and their Properties

Read about some metals and their properties

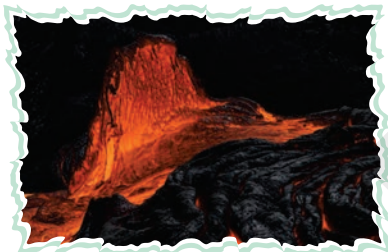
Marble : Marble is a metamorphic rock composed of recrystallised carbonate minerals, most commonly calcite or dolomite.



Diamond : Diamond is a solid form of the element carbon with its atoms arranged in a crystal structure called diamond cubic.



Limestone : Limestone is a common type of carbonate sedimentary rock which is the main source of the material lime.



Lava : Magma is an extremely hot liquid and semi-liquid rock located under Earth's surface. When magma flows onto Earth's surface, it is called lava.



Coal : Coal is mostly carbon with variable amounts of other elements, chiefly hydrogen, sulphur, oxygen, and nitrogen.



Granite : Granite is a coarse-grained intrusive igneous rock composed mostly of quartz, alkali feldspar, and plagioclase.



Choose the correct answer using the help list.

1. Igneous rock used to make buildings is called
2. Chalk is made up ofand is a type of
3. Lava is called a molten rock that comes out of
4.is used to make pencil leads.

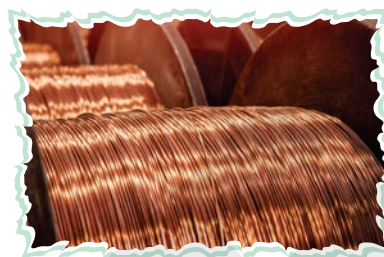
Help List

Limestone
Granite
Sedimentary rock
Graphite
Volcano



Identify the metals and write correct answers.

1. is used to make electrical wires.



2. Steel is made up of the most commonly found metal which is.....



3.is used to make cans to contain drinks and food.



4.used to make jewellery. It is also known as a bright yellow precious metal.



5.is used to make coins and ornaments.

Help List

Iron

Gold

Tin

Silver

Copper

Let Me Answer

- * Which metal, according to you, is the most precious?

Info-Bits

A miner is a person who extracts ore, coal, chalk, clay, or other minerals from the earth through mining.

TEACHER'S NOTE

Help the students understand different types of metals and rocks available in our environment.



Gadgets

The inventions of new technologies and gadgets have changed our lives. Read about some smart inventions here.



Photographic Film : Photographic film is a strip or sheet of transparent film base coated on one side with a gelatin emulsion containing microscopically small light-sensitive silver halide crystals.

E-Book : Consisting of text and images, an ebook is a kind of electronic book. It is also known as an e-book. It is generally a book published in digital format which is available for online users.



Global Positioning System : The Global Positioning System, originally Navstar GPS, is a satellite-based radio navigation system owned by the United States government and operated by the United States Space Force.

Automated Teller Machine : An ATM, which stands for automatic teller machine, allows a person to check account balances. It is a specialized computer that makes managing a bank account holder's funds convenient. Transferring funds becomes easy through ATMs.



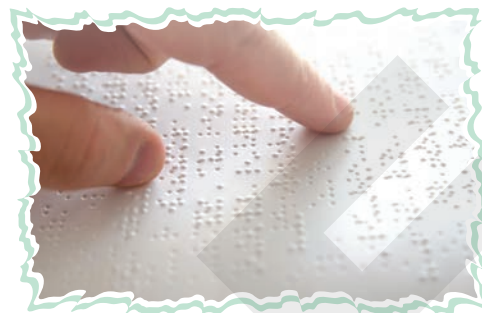
Smart Phone : Features of a smartphone are not originally associated with telephones. It is an operating system that allows users to access web browsing and run software applications freely. The smartphone is a cellular telephone with an integrated computer and unique operating device.

TEACHER'S NOTE

Encourage children's curiosity to learn the software. Make them familiar with recent technology and software used in the school premises.



Braille : Braille is a tactile writing system used by visually impaired people, including people who are blind or who have low vision.



Quiz Time

1. The first telescopes were created in the in 1608.
2. Spectacle makers Hans Lippershey & Zacharias Janssen and independently developed telescopes.
3. The first computer was invented by..... .
4. developed computer science.
5. The was the first electronic general-purpose digital computer.
6. The was the world's first “personal computer.”

Help List

Gottfried Wilhelm Leibniz
Kenbak-I

Netherlands
Jacob Metius

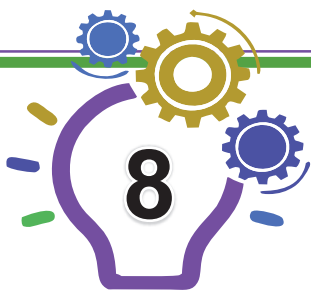
Charles Babbage
ENIAC (1945)

Let Me Answer

- * Which is your favourite gadget?
- * Which software do you use?

Info-Bits

The first computer weighed more than 27 tons. About 90% of the world's currency only exists on computers.



Cinematography

Many people work hard to make a film. Look at the pictures given below and learn about their work.

Costume Designer : A costume designer is a person who designs costumes for a film, stage production or television shows. They take charge of how actors will look in their films.



Producer : A film producer is a person who oversees film production. A producer also arranges the shows in the theatre. A producer's work is to plan and coordinate the entire film setup. Producers generally work in production companies independently or in collaboration.

Artist Leader : The style of a leader is very important. An artist leader is someone who uses creativity, bravery, insight, and boldness to transform the status quo. Artist leadership is about innovation, using creativity to bring about change through communication and the application of knowledge.



Screenwriter : A screenwriter writes for drama, film and T.V. shows. Screen writing or script writing is the art and craft of writing scripts for mass media such as feature films, television productions or video games. A screenplay writer who is also known as a scriptwriter is a writer who practices the craft of screenwriting on themes, especially for films.

TEACHER'S NOTE

Ask children to name one film that inspires them the most. Also tell them to elaborate on their answer and tell why that film inspired them.



Stunt People : Also known as stunt performers or stunt artists, a stunt man is a person who performs dangerous acts, usually within the television or movie production industry.

Film Editor : A film editor is someone who creatively works with the layers of images, story, dialogue, music, pacing as well as the actors' performances to effectively "re-imagine" the scene and film plot. Film editors assemble footage of feature films, television shows, documentaries, and industrials into a seamless end product.



Cinematographer : A cinematographer, also known as a Director of Photography, is a person who takes charge of the entire crew. From camera and the lighting crew to creating the look, a film setup and framing of every single shot in a film. Cinematographers are responsible for the entire film production.

Quiz Time

1. When did National Film Awards start?
2. Which actor did a voice-over in the film Soul?
3. Which Indian song won an Oscar for Best Original Song in 2023?
4. Name a film inspired by the name of Captain Vikram Batra.

Let Me Answer

- * Have you ever thought of creating an inspiring film?
- * If you get a chance to make an inspiring film, what will you create and why?

Fill in the blanks.

1. A..... also known as a Director of Photography is a person who takes charge of the entire crew.
2. A stunt man is a person who performs acts in
3. Artist leadership is to bring change through
4. take charge of how actors will look in their films.

Info-Bits

The key ingredients that make a movie "good" are acting, directing, writing, cinematography, and overall production.

Help List

Cinematographer
Production industry
Creativity
Custom designers



Food in Our Life

The act of making food or drink impure by adding another substance to it is called adulteration. Adulterated food is harmful for us.

Tick (✓) the common adulterant to the food material:

Food Material	Common Adulterant
1. Cereals	☐ Stone pieces
	☐ Sugar
2. Pulses	☐ Starch
	☐ Metanil yellow
3. Turmeric	☐ Metanil yellow
	☐ Lead chromate powder
4. Coriander	☐ Cow dung
	☐ Brick powder
5. Black pepper	☐ Argemone seeds
	☐ Papaya seeds
6. Chilli powder	☐ Brick powder
	☐ Urea
7. Mustard seeds (oil)	☐ Argemone oil
	☐ Sand
8. Milk	☐ Urea
	☐ Water
9. Asafoetida (Heeng)	☐ Colours
	☐ Sand
10. Ghee	☐ Jaggery
	☐ Vanaspati



Let Me Answer

- Which is your favourite food?
- What do you like to eat daily?

Info-Bits

PFA standards have been developed to minimise adulteration.

TEACHER'S NOTE

Explain to the children the basic nutrients we get from healthy food. Ask them how they include a healthy diet in their daily routine.



Scientists and Biochemicals

Write the name of the scientist with the help of the help list:

1. is the English mathematician, who gave the Law of Gravity.
2. is the Indian physicist, who discovered the Raman Effect.
3. is the Swedish chemist, who invented dynamite.
4. gave the structure of insulin molecule.
5. is the British physicist, who gave the internal structure of an atom.
6. isolated elemental gases from the atmosphere.
7. is the British engineer, who invented the steam engine.
8. brothers built and flew the first successful aeroplane.
9. discovered X-rays.
10. discovered the Polio vaccine.



Help List

Thomas Newcomen
Roentgen
W. Ramsay
C.V. Raman
A. Nobel
F. Sanger
Jonas Salk
Wright
Isaac Newton
John Dalton

Let Me Answer

- * Who is your favourite scientist and why do you like them?

Info-Bits

A scientist is a person who conducts scientific research to advance knowledge in an area of interest.

TEACHER'S NOTE

Ask children some questions related to science facts.

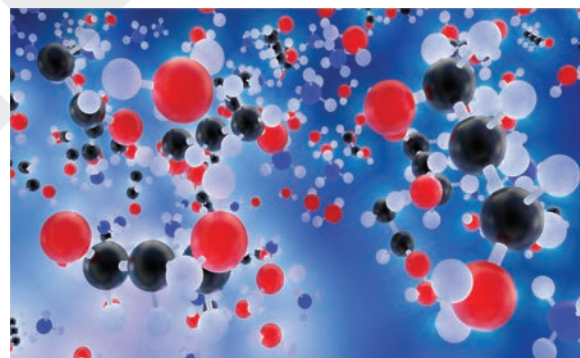
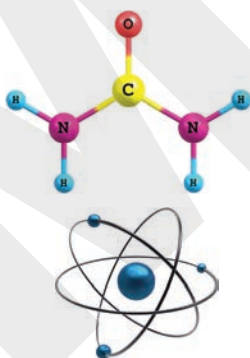


Fill in the blanks with the help of the help list :

1. A living cell consists of chromosomes, the molecules of which carry
2. Genes are the elements which determine
3. The laws of heredity were formulated by
4. Atoms join together to form
5. An element contains kind of atoms.
6. The living liquid in the cell is called
7. Living things are made up of
8. A thing which occupies space and perceive by our senses is called
9. Matter is made up of small
10. The pure forms of matter are and

Let Me Answer

* Have you ever wondered why atoms are important to us?



Help List

Genes
Protoplasm

Atoms
Elements

Molecules
Heredity

Same
Compounds

Cells Matter
G. J. Mendel

Info-Bits

Nikola Tesla (1856-1943 AD), Albert Einstein (1879-1955 AD), and Sir Isaac Newton (1643-1727 AD) are a few legendary scientists.

TEACHER'S NOTE

Motivate children to talk about science and biochemistry with their classmates.



Scientific Instruments and Terms

Instruments used by scientists for different purposes are called scientific instruments. They help us in our day-to-day life.

Write the names of scientific instruments with the help of the help list:

Instruments

Uses

1. examines internal parts of the body.
2. records electric waves of the brain.
3. compares intensity of colours.
4. traces movements of the heart.
5. analyses the sounds of heart and lungs.
6. records changes in physiological processes, used as lie detector.
7. uses ultrasound to make ecograms.
8. measures relative density of milk.
9. measures the blood pressure.
10. measures the height of an object above a fixed level.

Let Me Answer

- * Have you ever used any scientific instrument?



Help List

Ultrasonoscope, Lactometer, Endoscope, EEG
Altimeter, Colorimeter, Cardiogram
Stethoscope, Sphygmomanometer, Polygraph

Info-Bits

J. Fergason invented the first improved liquid crystal display (LCD).

TEACHER'S NOTE

Engage the students on a discussion about scientific terms.



Fill in the blanks with the help of the help list :

1. The study of fossils is called
2. The study of fruits is called
3. The study of teeth and gums is called
4. The study of human beauty is called
5. The study of environment is called
6. The study of heredity is called
7. The science taking care of health is called
8. Science of health care and treatment of animals is called
9. The science dealing with the effect of radiation on living beings is called
10. The science or study of classification and nomenclature is called

Let Me Answer

* Which scientific term do you use commonly?



Help List

Kalology

Veterinary science

Taxonomy

Ecology

Paleontology

Odontology

Genetics

Pomology

Radiology

Medicine

Info-Bits

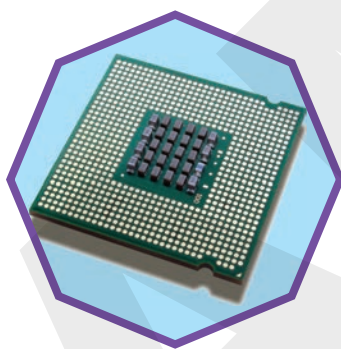
Scientific terminology is the part of the language that is used by scientists in the context of their professional activities.



A.I. (Artificial Intelligence)

Give the full form of the following abbreviations with the help of the help list :

1. CDMA → _____
2. DOS → _____
3. MPU → _____
4. VDU → _____
5. WWW → _____
6. HTTP → _____
7. BIOS → _____
8. CAD → _____
9. FLOPS → _____
10. UPS → _____



Help List

Hyper Text Transfer Protocol, Computer Aided Design, World Wide Web, Uninterruptible Power Supply, Code Division Multiple Access, Micro Processor Unit, Visual Display Unit, Floating-Point Operations Per Second, Disk Operating System, Basic Input Output System

Let Me Answer

- * What do you understand by Artificial Intelligence?
- * Which is your favourite A.I. robot?

Info-Bits

LLL stands for Low Level Language.

TEACHER'S NOTE

Make children familiar with artificial intelligence and its usage.



Different Faces

Look at the pictures below and identify the different faces and expressions :



An angry face

You can create an angry face by uplifted V-shaped eyebrows.



Calm Expression

straight eyebrows for calm expression.



Sad face

To draw a sad face, draw an A-shaped eyebrow.



Suspicious

To express suspicion, draw A raised eyebrow and a crooked mouth.



Surprise Sad face

Draw O- shaped mouth and eye eyebrows for a surprised face.



Scared face

For a scared expression, draw A-shaped eyebrows.



Happy Face

For a happy face, draw a mouth curved and a simple face.

Now try your own combination of different positions of the eyebrows and the mouth on a smiley, to create many different expressions.

Here are some other tricks you can try to get the right expressions :

1. Parts of the face drawn at the bottom of the face make a clever face.
2. A pear-shaped face looks sad.
3. Eyes set far apart express confidence.
4. Eyes set close together express shyness.
5. A star-shaped face can express excessive energy.

Let Me Answer

- * Have you ever wondered why a human face expresses uniquely?
- * Which human expression do you like the most?

Info-Bits

Our face can make more than 10,000 expressions, many of which trace back to our primitive roots.

TEACHER'S NOTE

Assist students to understand and recognise different human emotions.



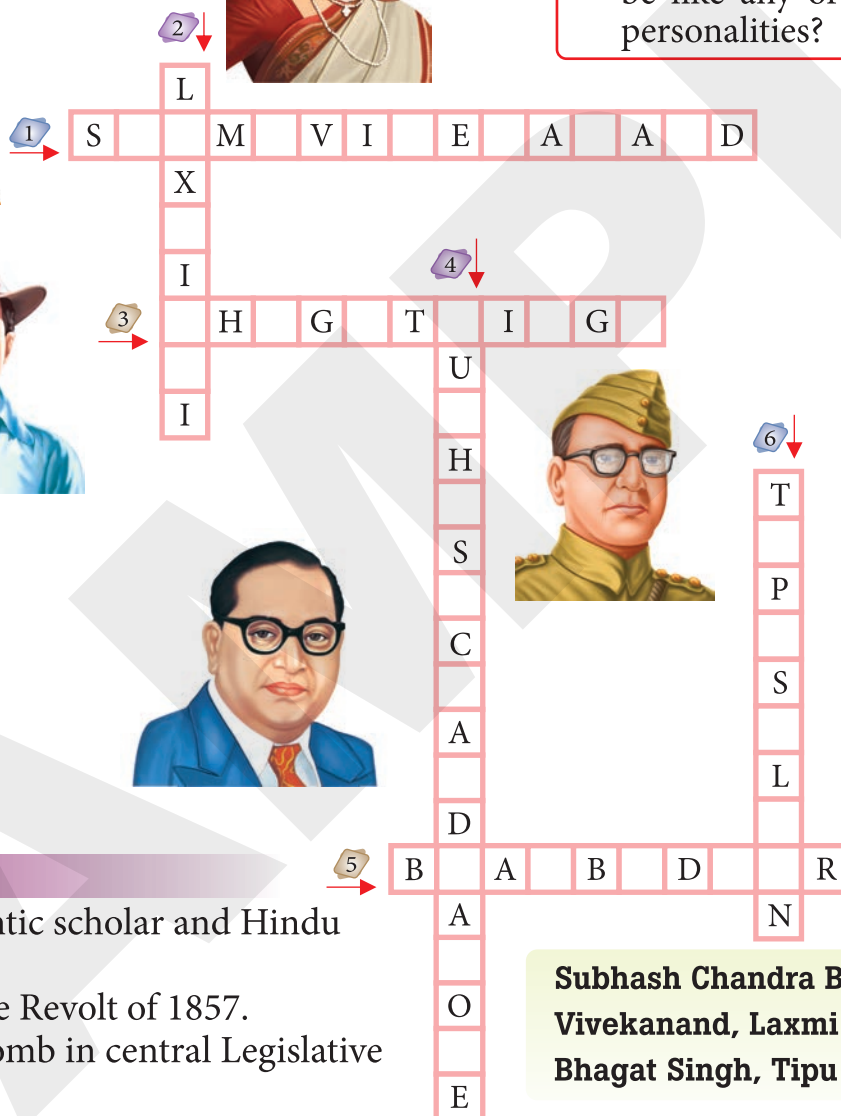
Indian Personalities

Read the clues and complete the crossword with the help of the help list :



Let Me Answer

* Have you ever imagined yourself to be like any of the famous Indian personalities?



CLUES

1. He was Vedantic scholar and Hindu Missionary.
2. She fought the Revolt of 1857.
3. He threw a bomb in central Legislative Assembly.
4. He organised Azad Hind Fauj.
5. He was the chairman of Drafting Committee of Indian Constitution.
6. He is nicknamed as 'Tiger of Mysore'.

Help List

Subhash Chandra Bose, Swami Vivekanand, Laxmi Bai, B.R. Ambedkar, Bhagat Singh, Tipu Sultan

Info-Bits

Ganesh Shankar Vidyarthi was the freedom-fighter who sacrificed his life to prevent communal violence in Kanpur in 1931.

TEACHER'S NOTE

Engage children in a classroom discussion where they imagine one Indian personality they like the most and explain five qualities that inspired them.



Indian Constitution

Complete the Preamble to the constitution of India with the help of help list:

WE, _____, having solemnly resolved to constitute India into a _____ and to secure to all its citizens: _____, social, economic and political: _____ of thought, expression, belief, faith and worship; _____ of status and of opportunity; and to promote among them all _____ assuring the dignity of the individual and the unity and integrity of the Nation;
IN OUR CONSTITUENT ASSEMBLY this twenty-sixth day of November, 1949, do
HEREBY _____, _____ AND GIVE TO OURSELVES THIS CONSTITUTION.

Help List

ADOPT, FRATERNITY, ENACT, EQUALITY, LIBERTY, SOVEREIGN, SOCIALIST
SECULAR, DEMOCRATIC, REPUBLIC, JUSTICE, THE PEOPLE OF INDIA

Let Me Answer

- * Have you ever wondered why Indian Constitution was formed?

Info-Bits

Indian constitution was handwritten and calligraphed in both English and Hindi.

TEACHER'S NOTE

Ask children questions about Indian Constitution formation and teach them why a constitution is important for any country.



Complete the following table with the help of the Help List:

PARTY	FOUNDER	SYMBOL
1 BJP	_____	
2 BSP	_____	
3 Congress	_____	
4 Aam Aadmi Party	_____	
5 CPI (M)	_____	
6 Nationalist Congress	_____	
7 RJD	_____	

Help List

A.O. Hume, S.P. Mukherjee, M.N. Roy, Arvind Kejriwal,
Kanshi Ram, Sharad Pawar, Lalu Prasad

Let Me Answer

- * Why is it important to vote for a party during elections?

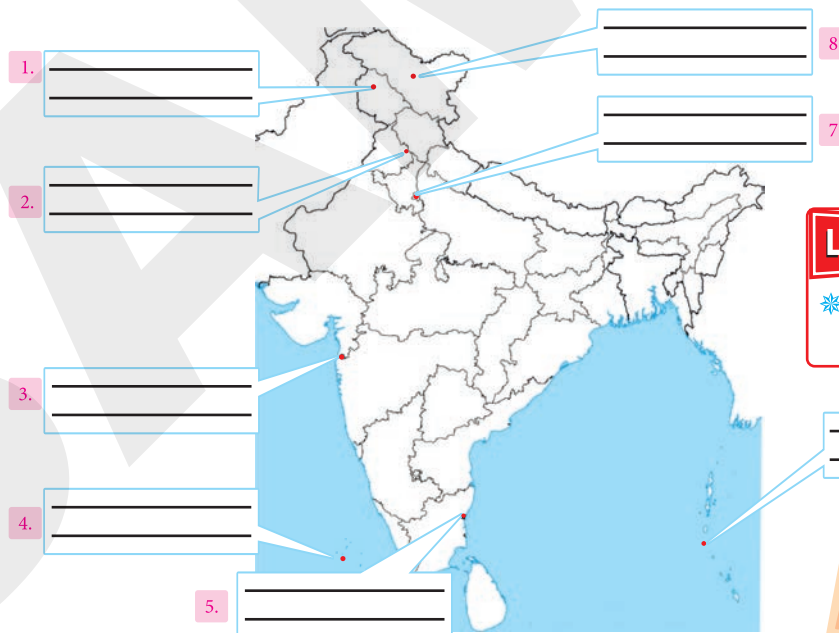
Info-Bits

It was raining cats and dogs outside the Parliament on the day constitution was signed, and this was considered to be a good sign by the assembly members.

Union Territories of India

Using the table fill in the boxes with the union territories and capitals :

Union territory	Capital	Area	Date of formation	Principal language
Andman and Nicobar Islands	Port Blair	8,250 sq km.	1 Nov. 1956	Bengali, Hindi, Nicobarese, Tamil, Telugu & Malayalam
Chandigarh	Chandigarh	114 sq km.	1 Nov. 1966	Hindi, Punjabi & English
Dadra and Nagar Haveli and Daman & Diu	Daman	603 sq km.	26 Jan. 2020	Gujarati & Hindi
Jammu & Kashmir	Srinagar, Jammu	42,241 sq km.	31 Oct. 2019	Kashmiri, Urdu
Lakshadweep	Kavaratti	32.62 sq km.	1 Nov. 1956	Malayalam
Puducherry	Puducherry	483 sq km.	1 Nov. 1954	Tamil, Telugu, Malayalam
National Capital	New Delhi	1,484 sq km.	1956	Hindi, English
Ladakh	Leh	59,146 sq km.	31 Oct.2019	Ladakhi, Tibetan, Urdu



Let Me Answer

Which is the largest union territory of India?

Info-Bits

Lakshadweep is the smallest union territory.

TEACHER'S NOTE

Discuss different territories and their regions in India. Explain Lakshadweep and Puducherry territory using Indian Map.



Social Work In India

Read the clues below, and name the organisations, projects, or people associate with them. Pick the answers from the help list given on the next page.



1. _____ was a social movement started in 1973 by an NGO led by Kerala Sasthra Sahithya Parishad (KSSP) to save the Silent Valley. The movement was against a hydroelectric project. It is located in the sub-tropical forest in the Palakkad district of Kerala, India.
2. Greta Tintin Eleonora Ernman Thunberg is a Swedish environmental activist and was born on January 2003. She is known for challenging world leaders to take immediate action for climate change mitigation. Thunberg's activism began when she persuaded her parents to adopt lifestyle choices that reduced their carbon footprint. Her emission was known as _____
3. The _____ for Nature Inc. is an international non-governmental organization founded in 1961 that works in wilderness preservation and reducing human impact on the environment.

Info-Bits

Amrita Devi of the Bishnoi community, and her daughters sacrificed their lives to protest against the felling of trees in 1730. Their sacrifice inspired the Chipko movement in 1973.

TEACHER'S NOTE

Introduce the chapter with an example of social workers who contributed their life to social improvement.



4. _____ also known as Saint Teresa of Calcutta, was an Albanian-Indian Roman Catholic nun who in 1950 founded and was an active member of the Missionaries of Charity.
5. _____ is an Indian social activist and former Politician. She had worked on various crucial political and economic issues raised by tribals, dalits, farmers, labourers and women facing injustice in India.
6. _____ was a Kenyan social, environmental and political activist and the first African woman to win the Nobel Peace Prize. She went on to become the first woman in East and Central Africa to become a Doctor of Philosophy, receiving her PhD from the University of Nairobi in Kenya.

Help List

Save Silent Valley
Medha Patkar
Friday for Future

World Wildlife Fund
Wangari Maathai
Mother Teresa

Let Me Answer

- * Which social cause would you like to support and why?

Choose the right option and fill in the Blanks.

Sardar Sarovar Dam, Greta Thunberg, Jane Godall, Ecosystem

1. The international organisation works towards protecting theand habitats on earth.
2.is located on the Narmada River in Gujarat.
3.dedicated her life on researching chimpanzees.
4. is one of the famous Swedish environmental activists.



Important Personalities

Write the names of the eminent persons with the help of the help list:

FATHER OF
THE NATION

1



IRON MAN
OF INDIA

2



MAN OF PEACE

3



BANGABANDHU

4



LOK NAYAK

5



RAJARSHI

6



AJATSHATRU

7



MISSILE MAN
OF INDIA

8



Let Me Answer

- * Have you ever wondered why some personalities of India fought for India?
- * Do you also feel inspired to do something for India?

Help List

Dr. Rajendra Prasad, P.D. Tandon, Dr. A.P.J. Abdul Kalam, Jayaprakash Narayan, Mahatma Gandhi, Sheikh Mujibur Rahman, Lal Bahadur Shastri, Vallabhbhai Patel

Info-Bits

Lal Bahadur Shastri was the first person honoured with Bharat Ratna posthumously.

TEACHER'S NOTE

Encourage children to talk about any three famous personalities and tell about their contributions.



Union of India and National Days

Fill in the blanks with the help of the help list :

1. is the highest law-making body in India.
2. is the highest law-making body in state.
3. The local body of the village is called
4. The executive powers of the union vest in
5. The executive powers of a state are vested in
6. The head of the Union Cabinet is
7. The head of the State Cabinet is
8. The highest court in India is
9. The highest court in a State is
10. The head of the Supreme Court is



Help List

Chief justice of India, Supreme court,
High court, Chief Minister
Prime Minister, President, Governor,
Parliament, State Legislature, Panchayat

Let Me Answer

- * What would you do to improve India's administration?

Info-Bits

Election Commission is a legal body responsible for the General Elections.

TEACHER'S NOTE

Discuss the functioning of the Union of India and different flag symbols.



Here are some national days of the countries.

15 August	–	Independence Day	(India)
4 February	–	Independence Day	(Sri Lanka)
14 July	–	National Day	(France)
1 July	–	Canada Day	(Canada)
26 January	–	Australia Day	(Australia)
1 January	–	Liberation Day	(Cuba)
25 March	–	Independence Day	(Greece)
17 May	–	Constitution Day	(Norway)
27 April	–	Freedom Day	(South Africa)
25 May	–	Revolution Day	(Argentina)
28 May	–	Derg Downfall Day	(Ethiopia)
2 June	–	Republic Day	(Italy)
6 June	–	Flag Day	(Sweden)
10 June	–	Portugal Day	(Portugal)
12 June	–	Russia Day	(Russia)
4 July	–	Independence Day	(USA)
18 December	–	National Day	(Qatar)
2 December	–	National Day	(UA Emirates)
1 December	–	Great Union Day	(Romania)
11 November	–	National Day	(Poland)
19 September	–	Constitution Day	(Nepal)
26 October	–	National Day	(Austria)
26 January	–	Republic Day	(India)
31 August	–	Independence Day	(Malaysia)
27 April	–	King's Day	(Netherlands)

Info-Bits

22nd April is called the Earth Day.



Land and River Valley



Write the name and the locations of the following with the help of the help list :

	NAME	LOCATION	
1.	_____	_____	The legendary valley of milk and honey. Dalhousie just 5 km away.
2.	_____	_____	India's premier skiing centre, 56 km from Srinagar.
3.	_____	_____	Hindu pilgrimage centre, 11 km from Ajmer.
4.	_____	_____	Named after the famous hunter India's first wildlife park.
5.	_____	_____	City of palaces and gardens, famous for its silk and sandalwood.

Help List

Gulmarg, Jammu and Kashmir, Pushkar, Rajasthan, Chamba, Himachal Pradesh, Jim Corbett, Uttarakhand, Mysore, Karnataka

Let Me Answer

- * Have you ever been to a National Park?
- * How was your experience?

Info-Bits

Dalhousie town is founded by Lord Dalhousie.

TEACHER'S NOTE

Talk about different land and valleys and their respective wild inhabitants with the help of the given exercise.



Name the rivers related to the given projects with the help of the help list:

1



Nagarjuna Sagar Project
(Andhra Pradesh and Telangana)

2



Kakrapar Project
(Gujarat)

3



Tawa Project
(Madhya Pradesh)

4



Sardar Sarovar Dam
(Gujarat)

Help List

Narmada

Tawa

Tapi

Krishna

Let Me Answer

- * Have you ever visited any river valley?
- * How can we keep our rivers clean?

Info-Bits

India is trying to join all its rivers for irrigation and power projects.

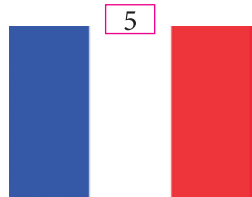
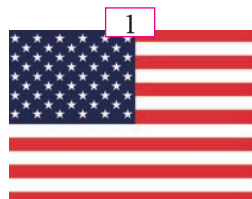
TEACHER'S NOTE

Ask children questions related to eco-friendly ways to clean our rivers and encourage their independent thinking to solve such issues.



Different Flags of Different Countries

Name the countries to which the following flags belong with the help of the help list :



Let Me Answer

- * What is the colour of your country's flag?
- * What is the significance of those colours?

Help List

Pakistan, Canada, Soviet Union, India, France, Turkey, Germany, Sri Lanka, South Africa, USA, Nepal, Saudi Arabia

Info-Bits

North America is the third largest continent.

TEACHER'S NOTE

Ask the children relatable questions in a classroom discussion that helps them to learn flag names and improve their memory.



Music Instruments

Name the musical instruments played by the famous personalities with the help of the help list:

1. _____ Pt. Ravi Shankar
2. _____ Zakir Hussain
3. _____ Hari Prasad Chaurasia
4. _____ Ustad Amjad Ali Khan
5. _____ Daya Shankar
6. _____ Vishnu Gobind Jog
7. _____ S. Balachander
8. _____ Pt. Shiv Kumar Sharma
9. _____ Zubin Mehta
10. _____ Anayampatti S. Ganesan
11. _____ Gopal Das
12. _____ Pandit Randhir Roy



Help List

Pakhawaj, Esraj, Sitar, Tabla, Flute, Sarod, Shehnai, Violin, Veena, Santoor, Symphony, Jal Tarang

Info-Bits

Ektara is a single stringed musical instrument used in kirtans and by sadhus.

Let Me Answer

- * What is your favourite musical instrument?

TEACHER'S NOTE

Engage children in a classroom discussion where they imagine about their favourite musical instrument and the instrumentalist.

All About India

The President of India is the Head of the State. He is the first citizen of India and the Supreme Commander of the Indian Armed Forces.

Identify them and write their names with the help of the help list.



(1950-1962)



(1962-1967)



(1967-1969)



(1969-1974)



(1974-1977)



(1977-1982)



(1982-1987)



(1987-1992)



(1992-1997)



(1997-2002)



(2002-2007)



(2007-2012)



(2012-2017)



(2017-2022)



(2022-till date)

Help List

R. Venkataraman, Pratibha Patil, Dr. A.P.J. Abdul Kalam, K.R. Narayanan, Giani Zail Singh, Dr. Zakir Hussain, V.V. Giri, Dr. Rajendra Prasad, Ram Nath Kovind, Dr. Shankar Dayal Sharma, Fakhruddin Ali Ahmed, Neelam Sanjeeva Reddy, Dr. Sarvepalli Radhakrishnan, Pranab Mukherjee, Droupadi Murmu

Info-Bits

Rajendra Prasad was an Indian politician, lawyer, and journalist and was the first president of the Republic of India.

TEACHER'S NOTE

Tell students identify the various roles played by the President in the Indian political system and discuss the ceremonial duties and executive powers vested in the President.

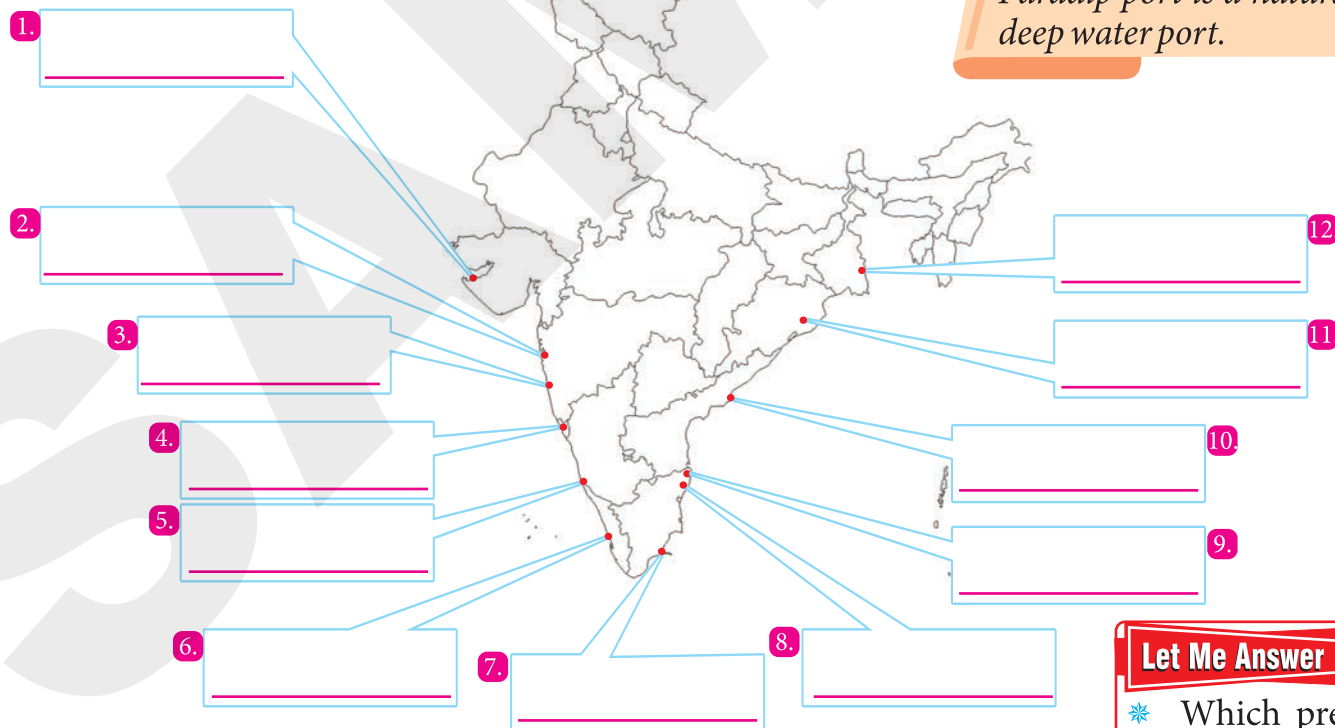


Using the table fill in the boxes with the name of Ports of India.

	Name	State	Cargo Handled		Container Traffic	
			million tonnes	% increase	000 TEUs	% increase
1.	Deendayal Port Trust	Gujarat	110.10	4.42%	117	95.73%
2.	Paradip Port Trust	Odisha	102.01	14.68%	7	71.43%
3.	Jawaharlal Nehru Port Trust	Maharashtra	66.00	6.20%	4,833	6.89%
4.	Visakhapatnam Port Trust	Andhra Pradesh	63.54	4.12%	389	5.66%
5.	Mumbai Port Trust	Maharashtra	62.83	-0.35%	42	-2.38%
6.	Syama Prasad Mukherjee Port Trust	West Bengal	57.89	13.61%	796	3.02%
7.	Chennai Port Trust	Tamil Nadu	51.88	3.32%	1,549	3.49%
8.	New Mangaluru Port Trust	Karnataka	42.06	5.28%	115	17.39%
9.	V. O. Chidambaranar Port Trust	Tamil Nadu	36.58	-4.91%	698	8.02%
10.	Kamarajar Port Limited	Tamil Nadu	30.45	1.42%	3	100.00%
11.	Kochi Port Trust	Kerala	32.02	16.52%	620	11.69%
12.	Mormugao Port Trust	Goa	26.90	-18.94%	32	6.25%

Info-Bits

Paradip port is a natural and deep water port.



Let Me Answer

Which president had the longest term in office?

Yoga and Good Health

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus. To prevent infection and to slow transmission of COVID-19, do the following:

Coronavirus Prevention



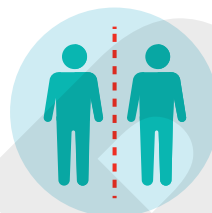
Wash hands
with soap/
sanitizer



Cover your nose
and mouth
when sneezing



Put tissues
in the
trash bin



Keep
social
distance



Wear
Mask



Don't
Touch
your Face

Symptoms



Fever



Shortness of Breath



Cough



Info-Bits

The virus that causes COVID-19 is in a family of viruses called Coronaviridae. Antibiotics do not work against viruses.

Avoid



Avoid contact with
anyone displaying
symptoms or
those in quarantine.



Avoid crowded
places and keep
standard 6 feet
of social distance.



Yoga deals with physical, mental and spiritual well-being of human beings. It is the best way to maintain health.

Look at the following **asanas** and write their names:

1



This asana keeps the brain, glands of the brain and glands of the head strong. It brings smoothness to the face.

2



This asana cures digestive disorders. It also makes the abdominal muscles strong.

3



This asana improves the spinal cord. It also improves digestion and arm muscles.

4



This asana destroys poisons in the body. It also keeps the body fit and makes you slim.

5



This asana helps in building the muscles of abdomen and thighs strong.

6



This asana cures the respiratory diseases such as pneumonia and asthma.

Help List

Salabhasana

Matsyasana

Dhanurasana

Trikonasana

Mayurasana

Shirshasana

Info-Bits

Asana should not be practised in strong winds. Asana should be done with empty stomach.

TEACHER'S NOTE

Tell children about measures that we should take to prevent airborne diseases.

Let Me Answer

- * What do you do for good health?
- * How can we fight against diseases?



The World Of Dance

A. There are many kinds of dances around the world.

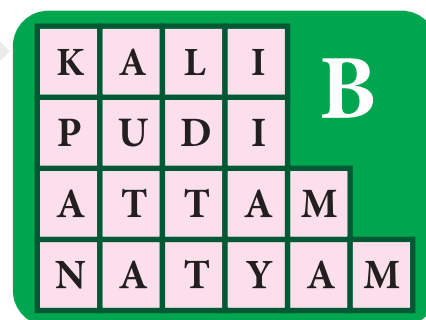
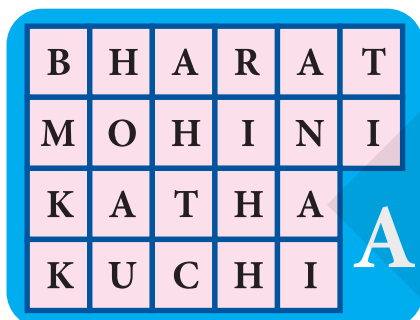
Name the following dances with the help of the help list:

1. A ballroom dance which developed in 18th century.
2. A popular dance of China at new year celebrations.
3. A classical dance of Japan created by Okuni.
4. The traditional mask dance of Thailand.

Let Me Answer

Which is your favourite form of dance?

B. The names of some Indian classical dances are given in two mazes. The first maze contains the first half and second maze contains the rest. Join the two and write them with the help of the help List:



1. _____ + _____ = _____
2. _____ + _____ = _____
3. _____ + _____ = _____
4. _____ + _____ = _____

Help List

- A. Khon, Kabuki, Waltz, Lion Dance
B. Kuchipudi, Bharatnatyam, Kathakali
Mohiniattam

Info-Bits

Lion dance is not the traditional dance of China, but a new year evening dance.

TEACHER'S NOTE

Introduce the chapter by asking questions related to popular dancers and share different styles of dance forms.



India has a number of classical and semi-classical dancers. Dance is an art-form. Some people perform this form of art and become noted artists.

Unscramble the words to get names of art-forms to which these artists belong :

	DANCE	ARTIST	STATE
1.	MANATYTARABH _____	a. Rukmini Devi b. Balasaraswati	Tamil Nadu
2.	ILAKAHTKA _____	a. Ragini Devi b. Shanta Rao	Kerala
3.	KTHAKA _____	a. Birju Maharaj b. Gopi Krishna	Uttar Pradesh
4.	IRUPIMAN _____	a. Charu Mathur b. Singhajit Singh	Manipur
5.	ATTAMMHOINI _____	a. Bharati Shivaji b. Kanak Rele	Kerala
6.	ISISDO _____	a. Sonal Mansingh b. Sanjukta Panigrahi	Odisha
7.	KPUDICHIU _____	a. Yamini krishnamurthi b. Raja and Radha Reddy	Andhra Pradesh

Info-Bits

Khullam is a group dance performed in colourful dresses to the tune of gongs and drums in Mizoram state.

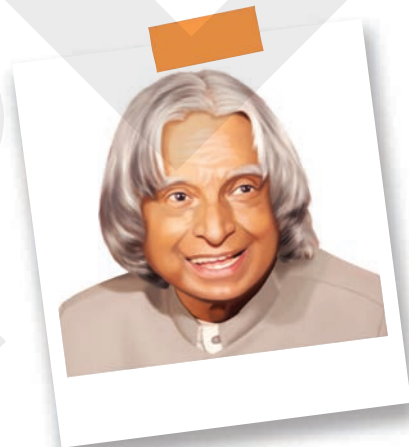




Modern Author and Books

Name the authors with the help of the help list :

1. Romancing with Life _____
2. Saurabh Ganguli : The Maharaja of Cricket _____
3. Mohan Das : A True Story of A Man _____
4. Let's Kill Gandhi _____
5. A Call to Honour _____
6. Guiding Souls _____
7. The Longest Race _____
8. God of Small Things _____



Help List

Dev Anand, Arundhati Roy, Tom Alter,
Dr. Abdul Kalam, Jaswant Singh, Tushar
Gandhi, Raj Mohan Gandhi, Debasish Dutta

Let Me Answer

- * Who is your favourite author?
- * What kind of writing do you like most?

Info-Bits

J.K. Rowling wrote the bestseller Harry Potter.

TEACHER'S NOTE

Ask children questions related to books and authors and what inspires them the most through their writing.



Name the authors of the following books with the help of the Help List :

1. Mahabharata _____
2. Buddha Charitam _____
3. Kadambari _____
4. Sur Sagar _____
5. Bijak _____
6. Kitab-ul-Hind _____
7. Panchatantra _____
8. Arthashastra _____
9. Geet Govind _____
10. Gora _____
11. Politics _____
12. Republic _____



Help List

Surdas, Kabirdas, Al-Beruni, Ved Vyas, Ashwaghosh,
Banabhatta Pt. Vishnu Sharma, Chanakya, Jayadev, Aristotle,
Plato, Rabindranath Tagore



Indian Women

Complete the statements with the help of the Help List :

1. was the first woman President of Indian National Congress.
2. was the first woman Ambassador of India in another country.
3. is the first woman President of National Stock Exchange.
4. is the first Indian woman to climb Mount Everest.
5. is the first Indian woman to scale Everest twice.
6. is the first Indian woman to be appointed as Civillian Police Advisor at UN.
7. is the first woman who became Three-star General Officer of Indian Armed Forces.
8. is the first woman to swim across seven important seas.
9. is the first woman judge of the Supreme Court of India.



Help List

Bula Chowdhury, Santosh Yadav, M. Fathima Beevi, Sarojini Naidu, Chitra Ramkrishna, Kiran Bedi, Bachendri Pal, C.B. Muthamma, Punita Arora

Info-Bits

International Inspirational Women Awards 2023 is an initiative by GISR Foundation that recognizes the potential of women change makers.

Let Me Answer

- * Who is the most inspiring woman in your life?
- * Why do you admire her?

TEACHER'S NOTE

Ask children about national activists who were women and fought cultural and religious obligations.



Popular International Women

Name the following personalities with the help of the Help List :

1. The first woman space tourist. _____
2. The first woman President of a country. _____
3. The first woman to reach Antarctica. _____
4. The first woman to reach North Pole. _____
5. The first woman to climb Mount Everest. _____
6. The first woman cosmonaut in space. _____
7. The first woman Prime Minister of a country. _____
8. The first woman Prime Minister of a Muslim country. _____



Help List

Sirimavo Bandaranaike, Valentina Tereshkova, Junko Tabei, Ann Bancroft, C. Mikkelsen, Anousheh Ansari, Marma Estela 'Isabel', Benazir Bhutto

Let Me Answer

- * Have you ever heard about Benazir Bhutto?
- * Who was she? Explain in your words.

Info-Bits

8th March is called the International Women day.

TEACHER'S NOTE

Discuss with the children about heads of democratic governments in different countries.



All About Sports

Name the sports for which the given terms are associated with the help of the Help List



Let Me Answer

What, according to you is necessary to keep you mentally and physically healthy?



1. Net fault and volley pass.
2. Loop and flick.
3. Top spin and drop shot.
4. Fast break and dribbling.
5. Headlock and belly down.
6. Knock-in and mallet.
7. Offside and penalty.
8. Bishop and checkmate.
9. Target and bulls eye.

Help List

Volleyball, Basketball, Football, Lawn Tennis, Polo, Hockey, Wrestling, Shooting, Chess

Info-Bits

The United States is the Country with the most Olympic medals in the history of the Olympic Games.

TEACHER'S NOTE

Discuss in the classroom various sports, such as Cricket World Cup on multiple occasions.



Name the sport to which these persons belong with the help of the Help List :

1. Ravindra Jadeja

2. Abhinav Bindra

3. Sushil Kumar

4. Vijender Singh

5. K. Malleswari

6. Andre Russel

7. M.S. Dhoni

8. Venus Williams

9. Leander Peas

10. Syed Modi

11. Messi

12. Dhyanchand

13. Ronaldo

14. K.D. Singh Babu

15. Maria Sharapova



Help List

Shooting, Cricket, Hockey, Boxing, Wrestling, Lawn Tennis, Football, Badminton, Weightlifting, Wrestling



Game: Football

A. Complete the following related to football with the help of the Help List :

It is believed that _____ is a British Origin game. The first Football club of the world _____ was founded in the year _____. The apex institution of football is _____. The FIFA headquarters is in _____. It is also called _____. FIFA World Cup is played after every four years. 2022 FIFA World Cup was won by _____.

B. Test your knowledge about FIFA World Cup 2022 by completing the following statements with the help of the help box:

1. The 2022 FIFA World Cup took place in _____.
2. It was the _____ edition of the World Cup.
3. The French player _____ earned the Golden Boot.
4. _____ was awarded the Golden Ball.
5. The Golden Glove was given to _____.



Let Me Answer

- * Who is the famous football player that has more than 5 million fans?



Help List

- A. Argentina, 1857, Football, Sheffield, FIFA, Soccer, Zurich (Switzerland)
B. Qatar, Emiliano Martinez, Lionel Messi, 22nd, Kylian Mbappe.

Info-Bits

Football is a family of team sports that involve, to varying degrees, kicking a ball to score a goal.

TEACHER'S NOTE

Ask children questions related to the chapter.



Game: Cricket

Complete the following table related to World Cup Cricket with the help of the Help List:

	YEAR	VENUE	WINNER
1.	1975	England	_____
2.	1979	England	_____
3.	1983	England	_____
4.	1987	India/Pakistan	_____
5.	1992	Australia/New Zealand	_____
6.	1996	India/Pakistan/Sri Lanka	_____
7.	1999	England	_____
8.	2003	South Africa	_____
9.	2007	West Indies	_____
10.	2011	India/Sri Lanka/Bangladesh	_____
11.	2015	Australia/New Zealand	_____
12.	2019	England	_____
13.	2023	India	_____

Help List

India, England, India, Australia, Australia, Australia, Australia, West Indies, West Indies, Pakistan, Sri Lanka, Australia, Australia

Let Me Answer

- * Have you ever wished to become a cricketer?
- * Who is your favourite cricket player and why?

Info-Bits

Cricket is a sport which is played between two teams of eleven players each. One team, which is batting, tries to score runs, while the other team is fielding and tries to prevent this.

TEACHER'S NOTE

Make two groups in the classroom. One will talk about batting, and the other team will talk about bowling. Let children discuss cricket and how to play it.



Sports World



Name the sports to which the stadium and trophy belong with the help of the help list:

1. Shivaji Stadium and Begum Rasul Trophy.
2. Eden Gardens and Gavaskar-Border Trophy.
3. Ambedkar Stadium and DCM Trophy.
4. Oval Stadium and World Cup.
5. Wimbledon and Wimbledon Cup.
6. Hurlington and International Polo Cup.
7. Lumpinee and Val Barker, Trophy.
8. Flemington racecourse and Grand National Cup.

Help List

Hockey, Cricket, Boxing, Cricket, Polo,
Lawn Tennis, Horse-racing, Football

Let Me Answer

- * How do you like to play?
with a team or individual games?

Info-Bits

There are so many sports available in the world nowadays. We can categorize three main types of team sports: individual, dual, and team sports.

TEACHER'S NOTE

Encourage children to be more active in sports games. Ask them which sports activity they wish to organise and be a part of.



Top Sports Games

Complete the following with the help of the help list :

HOCKEY

1. Length x Width of the field - _____
2. Weight of the ball - _____



Let Me Answer

What are the most common sports you like to play?



CRICKET

1. Length of the pitch - _____
2. Weight of the ball - _____

FOOTBALL

1. Length x Width - _____
2. Weight of the ball - _____



VOLLEYBALL

1. Length of the court - _____
2. Weight of the ball - _____

Info-Bits

Athletics refers to sports events that test the athlete's endurance, strength, and speed.

Help List

22 yards, 90 m x 45m, 91.4 m x 55 m, 18 m,
156 g to 163 g, 156 g to 163 g, 260 g to 280 g, 410 g
to 450 g

TEACHER'S NOTE

Check out this comprehensive guide about the many different types of sports, including individual and team sports played worldwide, and explain it to children.



Game Facts

Read and learn these game facts :

Table tennis was originally known as Ping-pong. Its ball weighs less than 14 gm.



The grand slam consists of four tournaments in the tennis world. These are : Australian Open, US Open, French Open and Wimbledon.



The Olympic motto is Cltius, Altius, Fortius which means Faster, Higher, Stronger.



Pachisi is an ancient game still played in India. The boards are usually made of embroidered cloth. There are 4 counters for each player. Cowrie shells are used as dice. Ludo is quite like Pachisi.



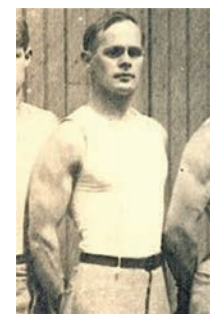
Lance Armstrong is the only cyclist to have won 7 Tour de France titles from 1999 to 2005. After the

first two wins, he was diagnosed with cancer, for which he had to go through surgery and had a less than 50% chance of survival. However, he did overcome cancer and went on to win 5 more titles.



In the game of snooker, there are 22 cue balls – 15 of those are red, 6 are of the other colours and 1 is white.

American gymnast George Eyser won the rope climbing, parallel bar, and long horse gymnastic events at the 1904 Olympics, despite having a wooden leg.



Info-Bits

Electronic game involves interaction with a user interface or input devices – such as a joystick, controller, keyboard, or motion sensing device – to generate visual feedback.

Let Me Answer

- * Do you play outdoor games or indoor games?
- * Which is your favourite electronic game?

TEACHER'S NOTE

Help students to talk about different sports fact.



Popular International Games

Read and learn about these popular International games :

Kho-kho : Kho kho is a traditional Indian sport that dates back to ancient India. It is the second-most popular traditional tag game in the Indian subcontinent after kabaddi. Kho kho is played on a rectangular court with a central lane connecting two poles which are at either end of the court.



Polo : Polo is a horseback ball game, a traditional field sport and one of the world's oldest known team sports. The objective of scoring is using a long-handled wooden mallet to hit a small hard ball through the opposing team's goal.

Muay Thai : Muay Thai boxing is a combat sport that uses stand-up striking and various clinching techniques.



Sumo : Sumo is a form of competitive full-contact wrestling where a rikishi attempts to force his opponent out of a circular ring or into touching the ground with any body part other than the soles of his feet.

Taekwondo : Taekwondo, Tae Kwon Do or Taekwon-Do, is a Korean form of martial arts characterized by punching and kicking techniques, with emphasis on head-height kicks, spinning jump kicks, and fast kicking techniques.



TEACHER'S NOTE

Engage children in general activity and ask them questions about how to be healthy and physically fit through activities and games.



Croquet : Croquet is a sport that involves hitting wooden or plastic balls with a mallet through hoops embedded in a grass playing court. Two, four or six players can play croquet. The object of the game is to hit your ball(s).

Chaturanga : Chaturanga is an ancient Indian strategy game. While there is some uncertainty, the prevailing view among chess historians is that it is the common ancestor of the board games chess, xiangqi, janggi, shogi, sittuyin, makruk, and modern Indian chess.



Info-Bits

2013 research shows that games can increase learning outcomes by two grade levels. A study on motivation shows that outcomes are improved by two standard deviations when kids play together.

Let Me Answer

- * Have you ever tried learning Taekwondo?
- * Which is your favourite sport?

Quiz Time

1. Which game focuses on head-height kicks?
2. Sumo is a form of what kind of competitive wrestling?
3. Which is a horseback ball game?
4. Which is the second most popular tag game in India?

Fill in the blanks.

1. Fighting sport in which fighters use their fists, elbows, feet and knees to strike each other is called.....
2.is a game where you hit wooden or plastic balls with a wooden hammer through a set of rings that are fixed to the ground.
3. A board game that was played in ancient India is known as.....
4. A Sumo wrestler is called

Help List

Muay Thai
Chaturanga

Croquet
Rikishi



Food Pyramid Activity

In the boxes provided, write down the names of the nutrients each food group provides.

Let Me Answer

* What kind of food would you like to eat more?

1.



2.



3.



4.



Help List

proteins

carbohydrates

fats

vitamins

TEACHER'S NOTE

Inform students about the importance of different nutrients that are found in food. Ask students about the different nutritious values of food.



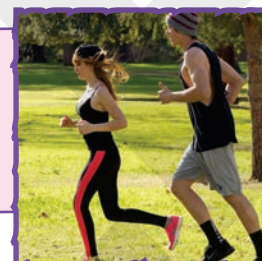
Health Facts

Read and follow these health facts:

1



Jogging/running is the best exercise; this helps you to grow well and stay healthy.



2



Green vegetables are good for health; they provide vitamins needed to stay healthy.



3



Protein-rich foods such as egg, meat, fish, soyabean are important; these help in building a healthy body.



4



Drink plenty of clean water everyday. Water helps in digestion and is good for the skin.



5



Apply petroleum jelly or cream during winter; this prevents chaffing of the skin.



6



Use talcum powder during summer; this prevents itching caused due to sweat.



Info-Bits

There are five main aspects of personal health: physical, emotional, social, spiritual, and intellectual.

Let Me Answer

* What are the best ways to keep your mind and emotions balanced?

TEACHER'S NOTE

Tell children more about physical and emotional good health and also teach them a few ways to make changes in their daily routine.



Matching Pairs

Objective

A good way to figure out the relationship in a given question is to make up a sentence to find out which of the answer choices completes the same relationship with the third word.

Example 1

Odometer is to mileage as compass is to

- A. speed B. hiking C. needle D. direction

Answer: (D)

Explanation:

An odometer is an instrument used to measure mileage. A compass is an instrument used to determine direction. Choices a, b and c are incorrect because none is an instrument.

Example 2

Marathon is to race as hibernation is to

- A. winter B. bear C. dream D. sleep

Answer: (D)

Explanation:

A marathon is a long race and hibernation is a lengthy period of sleep. The answer is not choice a or b because even though a bear and winter are related to hibernation, neither completes the analogy. (Choice c) is incorrect because sleep and dream are not synonymous.

Let Me Answer

- * Where does the bear live?
- * What is your biggest dream?

TEACHER'S NOTE

Assist students to complete the given exercise. Also, motivate them to understand the relation between different objects.



Time To Do

1. Window is to pane as book is to
A. novel B. glass C. cover D. page
2. Cup is to coffee as bowl is to
A. dish B. soup C. spoon D. food
3. Yard is to inch as quart is to
A. gallon B. ounce C. milk D. liquid
4. Elated is to despondent as enlightened is to
A. aware B. ignorant C. miserable D. tolerant
5. Optimist is to cheerful as pessimist is to
A. gloomy B. mean C. petty D. helpful
6. Reptile is to lizard as flower is to
A. petal B. stem C. daisy D. alligator
7. Play is to actor as concert is to
A. symphony B. musician C. piano D. percussion
8. Sponge is to porous as rubber is to
A. massive B. solid C. elastic D. inflexible
9. Pride is to lion as shoal is to
A. teacher B. student C. self-respect D. fish
10. Artist is to painting as senator is to
A. attorney B. law C. politician D. constituents



Series

Objective

In each series, look for the degree and direction of change between the numbers.
In other words, check if the numbers increase or decrease, and by how much.

Example 1

Look at this series: 2, 1, $\frac{1}{2}$, $\frac{1}{4}$, ... What number should come next?

- A. $\frac{1}{3}$ B. $\frac{1}{8}$ C. $\frac{2}{8}$ D. $\frac{1}{16}$

Answer: (B)

Explanation:

This is a simple division series; each number is one-half of the previous number.

In other words, the number is divided by 2 successively to get the next result.

Example 2

Look at this series: 7, 10, 8, 11, 9, 12, ... What number should come next?

- A. 7 B. 10 C. 12 D. 13

Answer: (B)

Explanation:

This is a simple alternating addition and subtraction series.

In the first pattern, 3 is added in the second, 2 is subtracted.

Let Me Answer

* What would come at the end of 2, 4, 8, 16, __, __?

TEACHER'S NOTE

Series is a pattern used in alphabet and any figure. Guide learners to complete the given exercises.



Time To Do

1. Look at this series: 36, 34, 30, 28, 24, ... What number should come next?
A. 20 B. 22 C. 23 D. 26
2. Look at this series: 22, 21, 23, 22, 24, 23, ... What number should come next?
A. 22 B. 24 C. 25 D. 26
3. Look at this series: 53, 53, 40, 40, 27, 27, ... What number should come next?
A. 12 B. 14 C. 27 D. 53
4. Look at this series: 21, 9, 21, 11, 21, 13, 21, ... What number should come next?
A. 14 B. 15 C. 21 D. 23
5. Look at this series: 58, 52, 46, 40, 34, ... What number should come next?
A. 26 B. 28 C. 30 D. 32
6. Look at this series: 3, 4, 7, 8, 11, 12, ... What number should come next?
A. 7 B. 10 C. 14 D. 15
7. Look at this series: 8, 22, 8, 28, 8, ... What number should come next?
A. 9 B. 29 C. 32 D. 34
8. Look at this series: 31, 29, 24, 22, 17, ... What number should come next?
A. 15 B. 14 C. 13 D. 12
9. Look at this series: 80, 10, 70, 20, 60, ... What number should come next?
A. 20 B. 25 C. 30 D. 50
10. Look at this series: 2, 6, 18, 54, ... What number should come next?
A. 109 B. 121 C. 162 D. 216
11. Look at this series: 5, 6, 9, 23, 87, ... What number should come next?
A. 429 B. 324 C. 226 D. 128
12. Look at this series: 201, 202, 204, 207, ... What number should come next?
A. 205 B. 211 C. 208 D. 101



13. Which alphabet should come next?

X W U T R Q ?

A. L B. P C. O D. M

14. Which alphabet should come next?

S E U H W K ?

A. N B. Z C. Y D. O

15. Find the missing pair of letters in the series.

EN FN GM HM ?

A. LI B. IL C. LJ D. KM

16. What alphabet should come next?

N O K L H ?

A. E B. F C. D D. I

17. Find the missing pair of letters in the series.

FC HG JK LO NS ?

A. PW B. WP C. QX D. XQ

18. Find the missing pair of letters in the series.

CF IL OR ?

A. US B. UX C. ST D. SU

19. Find the missing pair of letters in the series.

AZ DX GV JT MR ?

A. OR B. OO C. PP D. RR

Let Me Answer

* What would come at the end of AZ, BY, CX, DW, __?



Ranking Test

Objective

This chapter deals with finding position. The questions generally contain total number or persons and rank of a person from his left or right is given. A student is required to find out the rank of person from the other direction.

Example 1

In a row of boy, if A who is 10th from the left and B who is 9th from the right interchange their positions, A becomes 15 from the left. How many boys are there in the row?

A. 23

B. 31

C. 27

D. 28

Answer: (A)

Explanation:

Clearly, A's new position is 15th from the left. But this is the same as B's earlier position which is 9th from the right. So, the total number will be addition of B's position from both side - 1.

Let Me Answer

What is your rank in the row in which you are sitting?

Example 2

How many 4's are there preceded by 7 but not followed by 3?

5	9	3	2	1	7	4	2	6	9	7	6	1	3	2	8
7	4	1	3	8	3	2	5	6	7	4	3	9	5	8	2
0	1	8	7	4	6	3									

A. Four

B. Three

C. Six

D. Five

Answer: (B)

Explanation:

7	4	2	7	4	1
7	4	1	7	4	6

Only at these places 4 is preceded by 7 but not followed by 3.

TEACHER'S NOTE

With the aid of the examples help the students in finding out the rank of person in a row. Clear their concepts by giving them examples in the clear.



Time To Do

1. Nitin ranks 18th in a class of 49 students. What is rank from the last?
A. 31 B. 18 C. 32 D. 19
2. A class of boys stands in a single line. One boy is 19th in order from both the ends. How many boys are there in the class?
A. 37 B. 39 C. 27 D. 38
3. Three persons A, B and C are standing in a queue. There are five persons between A and B and eight persons between B and C. If there be three persons ahead of C and 21 persons behind A, what could be the minimum number of persons in the queue?
A. 41 B. 40 C. 28 D. 27
4. Sam ranked 9th from the top and 38th from the bottom in a class. How many students are there in the class?
A. 45 B. 47 C. 46 D. 48
5. In a class of 180, where girls are twice the number of boys, Rupesh ranked 34th from the top. If there are 18 girls ahead of Rupesh, how many boys are after him in rank?
A. 45 B. 44 C. 60 D. can't be determined
6. Rajan is sixth from the left end and Vinay is tenth from the right end in a row of boys. If there are eight boys between Rajan and Vinay, how many boys are there in the row?
A. 24 B. 26 C. 23 D. 25
7. In a class of 50 students, M is eighth from top. H is 20th from bottom. How many students are there between M and H?
A. 22 B. 23 C. 24 D. can't be determined
8. How many such digits are there in the number 7346285 which are as far away from the beginning of the number, as they will be when arranged in ascending order within the number?
A. None B. One C. Two D. Three



9. In a row of thirty boys, R is fourth from the right end and W is tenth from the left end. How many boys are there between R and W?
A. 15 B. 16 C. 17 D. can't be determined
10. Which of the following is fifth to the right of the twelfth digit from the right end of the below arrangement?
1 8 5 9 4 7 1 2 5 8 3 6 5 9 2 7 6
A. 3 B. 1 C. 2 D. 7
11. In a row of boys, If A who is 10th from the left and B who is 9th from the right interchange their positions, A becomes 15th from the left. How many boys are there in the row?
A. 23 B. 31 C. 27 D. 28
12. Ayush ranks 16th in a class of 50 students. What is rank from the last.
A. 35 B. 19 C. 29 D. 34
13. Imran ranks eighteenth in a class of 29 students. What is his rank from the last?
A. 12 B. 13 C. 14 D. 20
14. In a row of 40 girls, when Husna was shifted to her left by 4 places her number from the left end of the row became 10. What was the number of Naheed from the right end of the row if Naheed was three places to the right of Husna's original position?
A. 24 B. 25 C. 27 D. 26
15. Furqan ranked ninth from the top and thirty-eighth from the bottom in a class. How many students are there in the class?
A. 45 B. 46 C. 47 D. 48
16. In a queue, A is eighteenth from the front while B is sixteenth from the back. If C is twenty fifth from the front and is exactly in the middle of A and B, then how many persons are there in the queue?
A. 45 B. 46 C. 47 D. 48
17. Naveen is 8 ranks ahead of Divya who ranks twenty-sixth in a class of 42. What is Naveen's rank from the last?
A. 9 B. 24 C. 25 D. 34



Analogy

Objective

Analogy means similarity. In this chapter, two objects related in some way are given and third object is also given with four or five alternatives students have to find out which one of the alternatives bears the same relation with the third objects as first and second objects are related.

Example 1

Curd : Milk :: Shoe : ?

A. Leather

B. Cloth

C. Jute

D. Silver

Answer: (A)

Explanation:

As curd is made from milk similarly shoe is made from leather.

Example 2

Calf : Piglet :: Shed : ?

A. Prison

B. Nest

C. Pigsty

D. Den

Answer: (C)

Explanation:

Calf is young one of the cow and piglet is the young of Pig. Shed is the dwelling place of Cow similarly Pigsty is the dwelling place of pig.

Let Me Answer

* If chair is related to word, then with what woollen clothes are related? Name the thing.

TEACHER'S NOTE

With the help of the examples and exercise explain the importance of analogy. Ask the students to give similar types of relations in different things.



Answers

- Ch-01. 1. Stem 2. Stomata (leaves) 3. Roots 4. Seeds 5. Fruit
- Ch-02. I. 1. Wholly covered in scales 2. Sea reptiles (turtles), sharks 3. The beaver 4. Grasshoppers and cockroaches
ii. 1. Labroides 2. Texas blind salamanders 3. South America 4. Leather turtles
- Ch-03. i. 1. Neem 2. Tulsi 3. Cinchona 4. Ginseng 5. Foxglove 6. Poppy 7. Eucalyptus 8. Cocoa
ii. Non-renewable
Mineral resources - Coal, Gas, Oil
Inexhaustible - Wind, Sunlight, Geothermal
Exhaustible - Water, Animal product
- Ch-04. i. 1. Geyser 2. Canyon 3. Rapids 4. Glacier 5. Valley
- Ch-05. i. 1. Neil Armstrong 2. Chandrayaan 3. Kalpana Chawla 4. Sirisha Bandla
ii. 1. Astronaut and aeronautical 2. Eleventh 3. Sputnik I 4. 5 November 2013
- Ch-06. i. 1. Granite 2. Limestone, sedimentary rock 3. Volcano 4. Graphite
ii. 1. Copper 2. Iron 3. Tin 4. Gold 5. Silver
- Ch-07. 1. Netherlands 2. Jacob Metius 3. Charles Babbage 4. Gottfried Wilhelm Leibniz 5. ENIAC (1945)
6. Kenbak-I
- Ch-08. i. 1. 1954 2. Jamie Fox 3. Naatu Naatu 4. Shershaah
ii. 1. Cinematographer 2. Production industry 3. Creativity 4. Costume Designers
- Ch-09. 1. Stone pieces 2. Metanil yellow 3. Lead chromate powder 4. Cow dung 5. Papaya seed
6. Brick powder 7. Argemone oil 8. Urea 9. Sand 10. Vanaspati
- Ch-10. i. 1. Isaac Newton 2. C.V. Raman 3. A. Nobel 4. F. Sanger 5. John Dalton 6. W. Ramsay
7. Thomas Newcomen 8. Wright 9. Roentgen 10. Jonas Salk
ii. 1. Genes 2. Heredity 3. G.J. Mendel 4. Molecules 5. Same 6. Protoplasm 7. Cells
8. Matter 9. Atoms 10. Elements and compounds
- Ch-11. i. 1. Endoscope 2. EEG 3. Colorimeter 4. Cardiogram 5. Stethoscope 6. Polygraph
7. Ultrasonoscope 8. Lactometer 9. Sphygmomanometer 10. Altimeter
ii. 1. Paleontology 2. Pomology 3. Odontology 4. Kalology 5. Ecology 6. Genetics
7. Medicine 8. Veterinary science 9. Radiology 10. Taxonomy
- Ch-12. 1. Code Division Multiple Access 2. Disk operating system 3. Micro processor 4. Visual Display Unit
5. World wide web
6. Hyper Text Transfer Protocol 7. Basic Input Output System 8. Computer Aided Design
9. Floating- Point Operations Per Second 10. Uninterruptible Power Supply
- Ch-13. Do it yourself
- Ch-14. 1. Swami Vivekanand 2. Laxmi Bai 3. Bhagat Singh 4. Subhash Chandra Bose 5. BR Ambedkar
6. Tipu Sultan
- Ch-15. i. 1. The people of India 2. Sovereign, Socialist, Secular, Democratic, Republic 3. Justice 4. Liberty
5. Equality 6. Fraternity 7. Adopt, enact
ii. 1. S.P. Mukherjee 2. Kanshi Ram 3. A.O. Hume 4. Arvind Kejriwal 5. M.N. Roy
6. Sharad Pawar 7. Lalu Prasad
- Ch-16. 1. Jammu & Kashmir, Srinagar 2. Chandigarh, Chandigarh 3. Dadra and Nagar Haveli and Daman & Diu,
Daman 4. Lakshadweep, Kavaratti 5. Puducherry, Puducherry 6. Andaman and Nicobar Islands, Port Blair
7. National Capital, New Delhi 8. Ladakh, Leh
- Ch-17. i. 1. Save Silent Valley 2. Friday for Future 3. World Wild Life Fund 4. Mother Teresa 5. Medha Patkar
6. Wangari Maathai
ii. 1. Ecosystem 2. Sardar Sarovar dam 3. Jane Godall 4. Greta Thunberg
- Ch-18. 1. Mahatma Gandhi 2. Vallabhbhai Patel 3. Lal Bahadur Shastri 4. Sheikh Mujibur Rahman
5. Jai Prakash Narayan 6. P.D. Tandon 7. Dr. Rajendra Prasad 8. Dr. APJ Abdul Kalam
- Ch-19. 1. Parliament 2. State Legislative 3. Panchayat 4. President 5. Governor
6. Prime Minister 7. Chief Minister 8. Supreme Court 9. High Court 10. Chief Justice of India
- Ch-20. I. 1. Chamba, Himachal 2. Gulmarg, Jammu Kahsmir 3. Pushkar, Rajasthan 4. Jim Corbett, Uttarakhand
5. Mysore, Karnataka



	II.	1. Krishna	2. Tapi	3. Tawa	4. Narmada							
Ch-21.		1. USA	2. South Africa	3. Nepal	4. Canada	5. France	6. Germany	7. India				
		8. Saudi Arabia	9. Turkey	10. Sri Lanka	11. Soviet Union	12. Pakistan						
Ch-22.		1. Sitar	2. Tabla	3. Flute	4. Sarod	5. Shehnai	6. Violin	7. Veena	8. Santoor			
		9. Symphony	10. Jal Tarang	11. Pakhawaj	12. Esraj							
Ch-23.	i.	1. Rajendra Prasad	2. Dr. Sarvepalli Radhakrishnan	3. Dr. Zakir Hussain	4. V.V. Giri	5. Fakhruddin Ali Ahmed						
		6. Neelam Sanjeeva Reddy	7. Giani Zail Singh	8. R. Venkataraman	9. Dr. Shankar Dayal Sharma							
		10. K.R. Narayanan	11. Dr. APJ Abdul Kalam	12. Pratibha Patil	13. Pranav Mukherjee	14. Ram Nath Kovind						
		15. Droupadi Murmu										
	ii.	1. Deendayal Port Trust	2. Mumbai Port Trust	3. Jawaharlal Port Trust	4. Mormugao Port Trust							
		5. New Mangaluru Port Trust	6. Kochi Port Trust	7. VOC Port Trust	8. Chennai Port Trust							
		9. Kamarajar Port Trust	10. Visakhapatnam Port Trust	11. Paradip Port Trust								
		12. Syama Prasad Mookerjee Port Trust										
Ch-24 :		1. Shirshasana	2. Dhanurasana	3. Trikonasana	4. Mayuarsana	5. Salabhasana	6. Matsyasana					
Ch-25.	I.	1. Waltz	2. Lion dance	3. Kabuki	4. Khon							
	ii.	1. Bharat + natyam= bharatnatyam	2. Mohini + Attam= mohiniattam	3. Katha + kali= kathakali								
		4. Kuchi + pudi= kuchipudi										
	iii.	1. Bharatnatyam	2. Kathakali	3. Kathak	4. Manipuri	5. Mohiniattam	6. Odissi	7. Kuchipudi				
Ch-26.	i.	1. Dev anand	2. Debasish Dutta	3. Rajmohan Gandhi	4. Tushar Gndhi	5. Jaswant Singh	6. Dr. Abdul Kalam					
		7. Tom Alter	8. Arundhati Roy									
	ii.	1. Ved Vyas	2. Ashwaghosh	3. Banabhatta	4. Surdas	5. Kabirdas	6. Al-Beruni					
		7. Pt. Vishnu Sharma	8. Chanakya	9. Jayadev	10. Rabindranath Tagore	11. Aristotle	12. Plato					
Ch-27.		1. Sarojini Naidu	2. C.B. Muthamma	3. Chitra Ramkrishna	4. Bachendri Pal	5. Santosh Yadav						
		6. Kiran Bedi	7. Punita Arora	8. Bula Chowdhury	9. M.Fatima Beevi							
Ch-28.		1. Anousheh Ansari	2. Marma Estela Isabel	3. C. Mikkelsen	4. Ann Bancroft	5. Junko Tabei						
		6. Valentina Tereshkova	7. Sirimavo Bandaranaike	8. Benazir Bhutto								
Ch-29.	i.	1. Volleyball	2. Hockey	3. Lawn Tennis	4. Basketball	5. Wrestling	6. Polo	7. Football				
		8. Chess	9. Archery									
	ii.	1. Cricket	2. Shooting	3. Wrestling	4. Boxing	5. Weightlifting	6. Cricket	7. Cricket				
		8. Tennis	9. Tennis	10. Badminton	11. Football	12. Hockey	13. Football	14. Hockey				
		15. Tennis										
Ch-30.	i.	1. Football	2. Sheffield	3. 1857	4. FIFA	5. Zurich(Switzerland)	6. Soccer	7. Argentina				
	ii.	1. Qatar	2. 22nd	3. Kylian Mbappe	4. Lionel Messi	5. Emiliano Martínez						
Ch-31.		1. West Indies	2. West Indies	3. India	4. Australia	5. Pakistan	6. Sri Lanka	7. Australia				
		8. Australia	9. Australia	10. India	11. Australia	12. England	13. Australia					
Ch-32.		1. Hockey	2. Cricket	3. Football	4. Cricket	5. Tennis	6. Polo	7. Boxing	8. Horse racing			
Ch-33.		1. Hockey= (a)91.4 m X 55m, (b)156g- 163g	2. cricket -(a) 22 yards, (b)156g- 163g	3. Football-(a) 90m X 45m, (b) 410g -450 g	4. Volleyball- (a) 18m, (b) 260g- 280g							
Ch-35.	I.	1. Taekwondo	2. Full contact	3. Polo	4. Kho-Kho							
	ii.	1. Muay Thai	2. Croquet	3. Chaturanga	4. Rikishi							
Ch-36.		1. Fats	2. Protein	3. Vitamins	4. Carbohydrates							
(Page no- 63)		1. D	2. B	3. B	4. B	5. A	6. C	7. B	8. B	9. D	10. B	
(Page no- 65)		1. B	2. C	3. B	4. B	5. B	6. D	7. D	8. A	9. C	10. C	11. A
		14. B	15. B	16. D	17. A	18. B	19. C					12. B
(Page no- 68)		1. C	2. A	3. B	4. C	5. B	6. A	7. A	8. C	9. B	10. A	11. A
		14. A	15. B	16. C	17. C							12. A
												13. A