Social Studies

(A Textbook of Social Studies)

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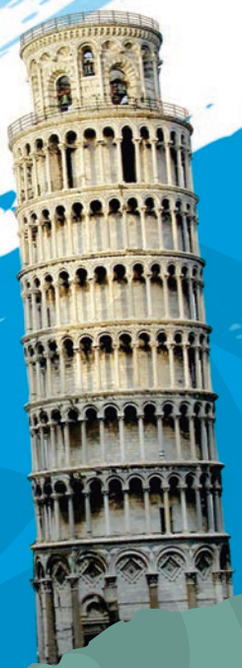

With the blessings of :
Our Parents

Social Studies 1

(A Textbook of Social Studies)

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- National Education Policy 2020
- Activity Based
- Innovative Approach
- Learning with fun
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Preface

The topic of our society has many different facets. Our social existence starts in the family and eventually encompasses the entire planet. The **" Social Studies"** series has been carefully created for grades 1 to 5 to foster topic understanding and improve goal-oriented abilities.

While framing this series, we had in mind not only the requirements of the syllabus but also the problems faced by the students and the teachers. Keeping this in mind, we have incorporated the key features of this series:

Sincere efforts have been made through pictures, diagrams, and maps.

- **Key Highlights** talk about the core of the chapter.
- **Let's Start** with gives a kick start start to the chapters.
- **Fact File** teaches a unique fact related to the chapter which develops curiosity among the learners.
- **Let's Think** is a section which develops the learners' socio-emotional intelligence, enhancing conceptual, and creative thinking.
- Word Treasure contains the meaning of the difficult words.
- Well developed exercises ensures that the learners can understand the concept of the chapter.
- **HOTS Questions** arouse a child's curiosity taking it to High Order Thinking Skills.
- **Value Based** Questions are very unique as the learners learn politeness, gratitude, care and love, sympathy, generosity, kindness, friendship, devotion, honesty, patriotism, unity, teamwork, equality, courage, determination, perseverance, harmony, love for all creatures, and self-reliance are just a few of these values that have been selected for amplification.
- **Activity Zone** hones the co-scholastic skills of the learners.
- **Flow Chart** helps the learners to revise the chapter in one shot.

We have tried to present the series in a creative way and our aim is served when it meets the requirements of our students and teachers. Further suggestions for the improvement of the book are warmly welcomed.

– Publishers

SAMPLE

DETAILED CONTENTS

S. No.	Chapter Name	Do you know?	Key words	Let's wrap of	Exercises	Discuss	HOTS	Activity zone	Life skills	Teacher's corner
1.	About Me	To provide important information about the chapter	Difficult words	Summary of the chapter	Fill in blanks; Question-Answer; MCQs; True/False	To learn while discussing	Questions based on thinking skills of the children	To hone the co-scholastic abilities of the children	To equip the children to deal with situations in real life	To assist the teachers
2.	Food We Eat	To provide important information about the chapter	Difficult words	Summary of the chapter	Fill in blanks; Question-Answer; MCQs; True/False; Colouring circles for different habits	To learn while discussing	Questions based on thinking skills of the children	To hone the co-scholastic abilities of the children	To equip the children to deal with situations in real life	To assist the teachers
3.	Clothes We Wear	To provide important information about the chapter	Difficult words	Summary of the chapter	Fill in blanks; Question-Answer; MCQs; True/False	To learn while discussing	Questions based on thinking skills of the children	To hone the co-scholastic abilities of the children	To equip the children to deal with situations in real life	To assist the teachers
4.	Our Houses	To provide important information about the chapter	Difficult words	Summary of the chapter	Fill in blanks; Question-Answer; MCQs; True/False solving puzzel	To learn while discussing	Questions based on thinking skills of the children	To hone the co-scholastic abilities of the children	To equip the children to deal with situations in real life	To assist the teachers
5.	My Family	To provide important information about the chapter	Difficult words	Summary of the chapter	Fill in blanks; Question-Answer; MCQs; True/False	To learn while discussing	Questions based on thinking skills of the children	To hone the co-scholastic abilities of the children	To equip the children to deal with situations in real life	To assist the teachers
6.	Roles in the Family	To provide important information about the chapter	Difficult words	Summary of the chapter	Fill in blanks; Question-Answer; MCQs; True/False	To learn while discussing	Questions based on thinking skills of the children	To hone the co-scholastic abilities of the children	To equip the children to deal with situations in real life	To assist the teachers
7.	Going to school	To provide important information about the chapter	Difficult words	Summary of the chapter	Fill in blanks; Question-Answer; MCQs; Matching	To learn while discussing	Questions based on thinking skills of the children	To hone the co-scholastic abilities of the children	To equip the children to deal with situations in real life	To assist the teachers
8.	Our Classroom	To provide important information about the chapter	Difficult words	Summary of the chapter	Fill in blanks; Question-Answer; MCQs; Matching	To learn while discussing	Questions based on thinking skills of the students	To hone the co-scholastic abilities of the children	To equip the student to deal with situations in real life	To assist the teachers
9.	People Who Help Us	To provide important information about the chapter	Difficult words	Summary of the chapter	Fill in blanks; Question-Answer; MCQs; Matching	To learn while discussing	Questions based on thinking skills of the children	To hone the co-scholastic abilities of the children	To equip the children to deal with situations in real life	To assist the teachers
10.	Special Occasions	To provide important information about the chapter	Difficult words	Summary of the chapter	Fill in blanks; Question-Answer; MCQs; True/False	To learn while discussing	Questions based on thinking skills of the children	To hone the co-scholastic abilities of the children	To equip the children to deal with situations in real life	To assist the teachers

S. No.	Chapter Name	Do you know?	Key words	Let's wrap of	Exercise	Discuss	HOTS	Activity zone	Life skills	Teacher's corner
11.	Our Festivals	To provide important information about the chapter	Difficult words	Summary of the chapter	Fill in blanks; Question-Answer; MCQs;	To learn while discussing	Questions based on thinking skills of the children	To hone the co-scholastic abilities of the children	To equip the children to deal with situations in real life	To assist the teachers
12.	Being Good	To provide important information about the chapter	Difficult words	Summary of the chapter	Fill in blanks; Question-Answer; MCQs;	To learn while discussing	Questions based on thinking skills of the children	To hone the co-scholastic abilities of the children	To equip the children to deal with situations in real life	To assist the teachers
13.	Keeping Healthy	To provide important information about the chapter	Difficult words	Summary of the chapter	Fill in blanks; Question-Answer; MCQs; True/False	To learn while discussing	Questions based on thinking skills of the children	To hone the co-scholastic abilities of the children	To equip the children to deal with situations in real life	To assist the teachers
14.	Rules of Safety	To provide important information about the chapter	Difficult words	Summary of the chapter	Fill in blanks; Question-Answer; MCQs; True/False	To learn while discussing	Questions based on thinking skills of the children	To hone the co-scholastic abilities of the children	To equip the children to deal with situations in real life	To assist the teachers
15.	Plants Around Us	To provide important information about the chapter	Difficult words	Summary of the chapter	Fill in blanks; Question-Answer; MCQs; Matching	To learn while discussing	Questions based on thinking skills of the children	To hone the co-scholastic abilities of the children	To equip the children to deal with situations in real life	To assist the teachers
16.	Animals Around Us	To provide important information about the chapter	Difficult words	Summary of the chapter	Fill in blanks; Question-Answer; MCQs; True/False	To learn while discussing	Questions based on thinking skills of the children	To hone the co- scholastic abilities of the children	To equip the children to deal with situations in real life	To assist the teachers
	Revision Test Paper - 1									
	Model Test Paper-1									
	Revision Test Paper - 2									
	Model Test Paper-2									

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SAMPLE

1 About Me

This is Aman.
He is a boy.
His age is five years.
He likes playing football.
He also likes to play
with his dog Tommy.

This is Prachi.
She is a girl.
Her age is five years.
She likes swinging.
She also likes to play
with Tommy.

Now tell us,
You like .....!

Do you know about Identity Card?

All of you must have an identity card given by your school. An identity card gives brief information about you. Most of the grown ups have identity cards.

Everyone should keep his/her ID Card safely.

LITTLE ANGEL SCHOOL
Shivpuri Link Road, Gwalior - 474001 (MP)

Student's Photograph

Name :
Class & Sec :
Blood Group :
Address :
Phone :

IDENTITY CARD **Principal**

Do You Know?

More than providing student's identity, ID cards help schools to create a secure learning environment.

If you are going for a trip outside from your home, you should always remember to take your identity card with you.

Now, tell us about yourself.

My name is ..... .
I am ..... years old.
My father's name is ..... .
My mother's name is ..... .
The name of my school is ..... .
The name of my class teacher is ..... .
My house address is ..... .
My telephone number is ..... .

Key Words

information	:	knowledge, detail about something
identity card	:	brief information about a person
safely	:	with care
remember	:	to remind, recall or recollect

SAMPLE

Let's Wrap Up

- Aman is a boy. He likes to play with ball and his dog Tommy.
- Prachi is a girl. She likes swinging.
- An identity card gives brief information about yourself.
- Do not forget to take your identity card when you go outside for a trip.

A. Fill in the blanks with the words given in the box.

football	Prachi	girl	Tommy

1. Aman likes to play with his dog ..... .
2. Prachi is a ..... .
3. ..... likes swinging.
4. Aman likes to play ..... .

B. Answer the following questions.

1. What is an identity card?

   .....

2. What is the name of Aman's dog?

   .....

3. What do you mean by information?

   .....

4. What does Prachi like?

   .....

C. Multiple Choice Questions (MCQs)
Tick (✓) the correct option.

1. What do you mean by information?
   a. Knowledge ☐ b. To remind ☐
   c. Safety ☐ d. None of these ☐
2. Aman likes playing ..... .
   a. ball ☐ b. bat ☐
   c. football ☐ d. none of these ☐

SAMPLE

3. Prachi is a girl. She likes ..... .

a. swinging ☐ b. dancing ☐

c. singing ☐ d. none of these ☐

4. An identity card gives brief ..... about you.

a. help ☐ b. information ☐

c. knowledge ☐ d. all of above ☐

D. Write 'T' for true and 'F' for false statements.

1. Aman's age is six years. ☐
2. Aman likes playing with his dog and his football. ☐
3. An identity card gives brief information about you. ☐
4. Safety means with care. ☐

Why should we wear an ID card in school?

Aman and Prachi were playing with Tommy in a park. They have just come back after playing. What is the most important thing they should do first, in your opinion?

Draw or paste pictures in the given spaces.

I like to eat

My favourite colour is

SAMPLE

My favourite dress is

My favourite toy is

Life Skills

Circle the things that you like to do.

1.

Playing in water

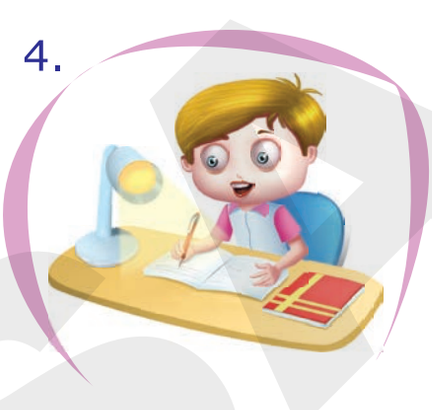
2.

Getting wet in rain

3.

Sing a song

4.



Doing homework

5.

Watching cartoons

6.

Painting

Teacher's Corner

Encourage the children to introduce themselves.

2 Food We Eat

What is there for the tiffin?

It is our tiffin time! This is Aman's favourite time of the day. He and his friends love to share their tiffin and to eat together.

Food is important for all of us. It helps us to grow, work and play. We must eat fresh and clean food. People living in various places eat what is easily available there.

People who live in the plains like to eat rice.

In the hills, people enjoy fresh fruits, which grow there.

People who live near water bodies like eating fish.

In dry places, juicy dates are common.

Right Bites

We need right balanced diet to stay healthy.

Various food items help us in different ways.

Milk, eggs, fish, meat and pulses are some food items that help us to grow.

Fresh fruits and vegetables make us healthy.

Some food items such as bread, rice, chapatti, sugar, potatoes and butter give us energy to work and play.

Do you enjoy your tiffin time as much as Jimmy? Do you enjoy sharing your tiffin with your other classmates?

Where does all food come from?

We get food items from both plants and animals.

Paste pictures of plants and animals and the food products obtained from them.

SAMPLE

Three meals of a day

Breakfast, lunch and dinner are the three main meals of the day. It is important to have our food on time. We have breakfast in the morning, lunch in the afternoon and dinner at night. Which one is your favourite meal?

Breakfast

Lunch

Dinner

Do You Know?

Do you love to eat noodles? Do you like to have it with a spoon or wrap it around a fork? In some places, people use two long sticks to have their noodles and rice. These are called **chopsticks**.

Key Words

energy : power to do any work
meal : the food eaten on one occasion or time
breakfast : the first meal of the day
dinner : the meal taken at night

Let's Wrap Up

- Food is our basic need.
- We need food to live.
- We eat bread, butter, roti, rice and pulses.
- We also drink milk and water.
- We should always eat fresh food and drink clean water. These are good for health.

A. Fill in the blanks with the words given in the box.

plants; animals food grow fruits; vegetables

1. Fresh ..... and ..... keep us healthy.
2. Milk, eggs and pulses help us to ..... .
3. We get our food from ..... and ..... .
4. We need ..... to stay healthy.

B. Answer the following questions.

1. Why do we need food?

   .....

2. Name two food items we get from plants.

   .....

3. Name two food items we get from animals.

   .....

4. Write the names of the meals.

   .....

C. Multiple Choice Questions (MCQs)

Tick (✓) the correct option.

1. Food is necessary to ..... .

   a. grow, work and play ☐ b. remain unfit ☐

   c. remain unhealthy ☐ d. remain children ☐

2. In dry places, juicy dates are ..... .

   a. common ☐ b. uncommon ☐

   c. rare ☐ d. unavailable ☐

3. We get food items from ..... .

   a. plants ☐ b. animals ☐

   c. both a and b ☐ d. none of these ☐

SAMPLE

4. We have breakfast in the ..... .

a. morning
b. afternoon
c. evening
d. none of these

D. Write 'T' for true and 'F' for false statements.

1. People living in different places eat different types of food.
2. People living near the sea usually eat a lot of fish.
3. Many fruits grow in dry places.
4. We can have any meal at any time.

E. Here are some food habits. Colour the circles for good food habits in green and those for bad food habits in red.

1. Wash hands before and after each meal.
2. Waste food.
3. Talk while eating.
4. Eat with your mouth open.

Why should we eat fruits daily?

Can you name a food that can be eaten raw? Why do we cook the most food items?

Activity Zone

Here is how you can start a food diary. Write about what you had for the three meals yesterday.

SAMPLE

My food diary

Date : .....

Breakfast : .....

Lunch : .....

Dinner : .....

Life Skills

People living in various places in India eat different types of food. Given below are the names of some food items and the places which are famous for them. Write the correct numbers in the circles to match the food items with their places. You can take the help of your teacher or parents also.

Chhole bhature

Idli and sambar

Pav Bhaji

Rasgulla

a. Chennai b. Delhi c. Kolkata d. Mumbai

Teacher's Corner

Talk about the importance of having the right food at the right time. Encourage the children to talk about their favourite meals.

3 Clothes We Wear

We need clothes to cover our body.
Clothes protect our body from heat, cold, rain, dust and insects.
We wear various types of clothes in different seasons.

Summer

We usually wear cotton clothes in summer. Cotton clothes keep us cool in summer. We get cotton from cotton plant.

Winter

We usually wear woollen clothes in winter. Woollen clothes keep us warm in winter. Woollen clothes are made up of wool. We get generally wool from sheep.

Rainy

In rainy season, we use raincoat, gumboots and umbrella. They keep us safe from getting wet. They are made up of plastic or rubber. We get rubber from the rubber plant.

People like firefighter, policeman, doctor, and nurse etc. who do different jobs, wear their respective uniforms. Children generally wear uniform in their school.

We wear various special clothes on special occasions like festivals, weddings, birthday parties etc.

We should always wear clean and well ironed clothes. They make us look decent and smart.

Do You Know?

Kids and youngsters like wearing Jeans and T-shirts these days.

Key Words

clothes	:	garments worn to cover body and limbs
cotton cloth	:	cloth made by the cotton plant
woollen cloth	:	cloth made from hair/skin of sheep or yak
winter	:	time of the year we feel cold
summer	:	time of the year we feel hot

Let's Wrap Up

- We wear various types of clothes in different seasons.
- Clothes protect our body from heat, cold, rain, dust and insects.
- We wear basically cotton clothes in summer.
- We wear usually woollen clothes in winter.
- In rainy season, we use raincoat, gumboots and umbrella.

Exercises

A. Fill in the blanks with the words given in the box.

Woollen heat; cold summer clean

1. ..... clothes keep us warm in the winter.
2. We should always wear ..... clothes.
3. Cotton clothes are mainly used in the ..... .
4. Clothes protect our body from ..... and ..... .

SAMPLE

B. Answer the following questions.

1. Why do we need clothes?

   .....

2. What types of clothes do you wear in winter season?

   .....

3. What is difference between woollen and cotton clothes?

   .....

4. What do you use in rainy season?

   .....

C. Multiple Choice Questions (MCQs)

Tick (✓) the correct option.

1. We wear cotton clothes in ..... season.
   - a. summer ☐ b. winter ☐
   - c. rainy ☐ d. none of these ☐
2. We wear special clothes on ..... .
   - a. special occasions ☐ b. winter ☐
   - c. summer ☐ d. Sunday ☐
3. We get ..... from cotton plants.
   - a. cotton ☐ b. woollen ☐
   - c. silk ☐ d. heavy ☐
4. ..... season is the time of the year we feel cold.
   - a. Winter ☐ b. Summer ☐
   - c. Rainy ☐ d. None of these ☐

D. Write 'T' for true and 'F' for false statements.

1. We wear cotton clothes in winter season. ☐
2. We should always wear neat and clean clothes. ☐
3. Children wear uniform in their school. ☐
4. We get wool from the camel. ☐

Why should we not get wet in the rain?

SAMPLE

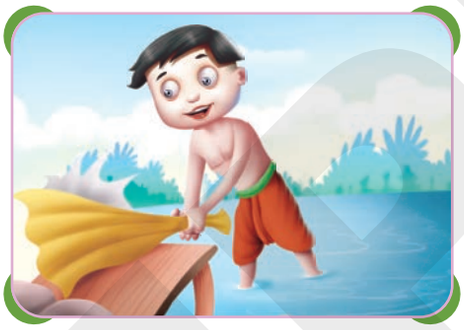
HOTS

How do you feel if you wear woollen clothes in summer season?

Activity Zone

Write the names of the people you see in the pictures given below :

Dry cleaner Washerman Tailor



1. ..... 2. ..... 3. .....

Life Skills

Clothes tell us about a person's life style and the type of society he/she lives in. Name any three clothes you wear in :

1. Summer ....
2. Winter ....
3. Birthday party ....

Teacher's Corner

- Discuss with the students different dresses that they wear in different seasons. Do ask them why they wear different clothes at home and at school.
- Explain how wearing clean and neat clothes make us look and feel good.

SAMPLE

4 Our Houses

My house

All of us need a house to live in. We live in it with our family. A house protects us from heat, cold, rain and storms. It also protects us from unwanted animals and people.

A house gives us comfort and happiness.

Kinds of Houses

Do we all live in the same kind of house? Certainly not!

All houses are not of the same kind.

There are mainly two kinds of houses.

(a) *Kutcha* houses

(b) *Pucca* houses

My house is my shelter

Do You Know?

Not only human beings, animals also live in homes. Dogs, horses, cows, buffaloes etc. live in man-made houses, whereas wild animals, birds, reptiles, insects etc. make their homes themselves.

Kutcha Houses

Kutcha houses are temporary houses. They are made up of mud, straw, bamboo, leaves etc. Such type of houses are found in villages.

Hut

Pucca Houses

Pucca houses are permanent houses. They are made up of bricks, cement, steel and wood. *Pucca* houses are built in cities and towns.

Bungalow

Multistory Building

Some people live in special houses. These are:

Tent
It is made of canvas cloth.

Houseboat
It floats on water.

Caravan
It moves on wheels.

Igloo
It is a house of snow.

There are many rooms in a good house.

We entertain our guests in the drawing room.

We sleep in the bedroom.

We cook food in the kitchen.

We study in the study room.

We take our meals in the dinning room.

We take bath in the bathroom.

A good house has many windows and doors. We get fresh air and sunlight through them. Fresh air and sunlight are good for our health.

Key Words

Kutcha house : a house made of mud, straw etc.
Pucca house : a house made of bricks, cement, steel etc.
kitchen : the room where we cook food

Let's Wrap Up

- There are two types of houses—Kutcha and Pucca.
- Tent, houseboat, caravan and igloo are temporary houses.
- We cook food in kitchen, take meal in dinning room and sleep in bedroom.

Exercises

A. Fill in the blanks with the words given in the box.

temporary Kutcha Pucca kitchen

1. We cook food in the ..... .
2. ..... houses are made up of bricks, cement, steel etc.
3. ..... houses are made up of mud, straws etc.
4. Tents are ..... houses.

B. Answer the following questions.

1. Do all of us live in the same kind of houses?
   .....
2. How many types of houses are there?
   .....
3. What is a *Pucca* House?
   .....
4. Where do we entertain our guests?
   .....

C. Multiple Choice Questions (MCQs)
Tick (✓) the correct option.

1. Which of these floats on water?
   a. houseboat ☐ b. tent ☐
   c. caravan ☐ d. igloo ☐

SAMPLE

2. An igloo is made up of ..... .

a. water b. air

c. snow d. mud

3. We sleep in ..... .

a. bedroom b. bathroom

c. drawing room d. kitchen

4. We entertain our guests in ..... .

a. bedroom b. drawing room

c. bathroom d. study room

D. Write 'T' for true and 'F' for false statements.

1. A house does not protect us from rain.
2. A houseboat moves on wheels.
3. A house protects us from burglars.
4. We take our meals in the dinning room.

E. Circle the types of houses in the puzzle.

E C A R A V A N T E N T A P P T R H U T Q U E S T I

B U N G A L O W O N H O U

Why do some people live in slums?

What is the difference between a temporary and a permanent house?

Spot the rooms in the word grid and encircle them. Start from the shaded boxes. One has been done for you.

SAMPLE

d	i	n	i	n	g	r	o	o	m
l	k	l	n	k	o	p	d	e	r
i	s	h	c	i	z	e	r	q	w
v	e	b	a	t	h	r	o	o	m
i	r	t	y	c	u	i	o	p	l
n	z	x	c	h	v	n	m	k	h
g	g	s	b	e	d	r	o	o	m
r	x	d	r	n	z	s	r	k	m
o	n	h	y	t	g	b	r	f	v
o	e	d	c	w	s	x	q	a	z
m	x	d	t	g	j	j	d	g	a

living room

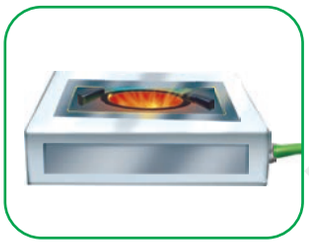
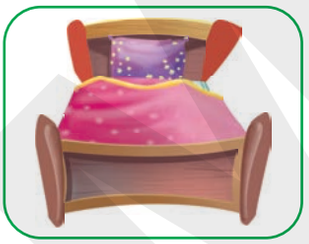
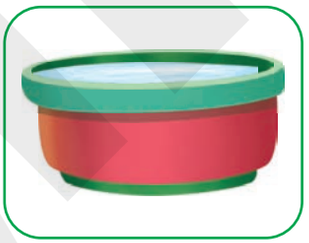
kitchen

dining room

bathroom

bedroom

Life Skills

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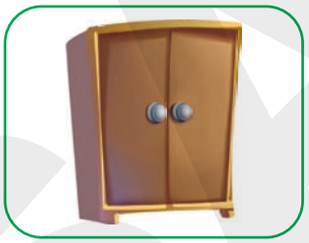

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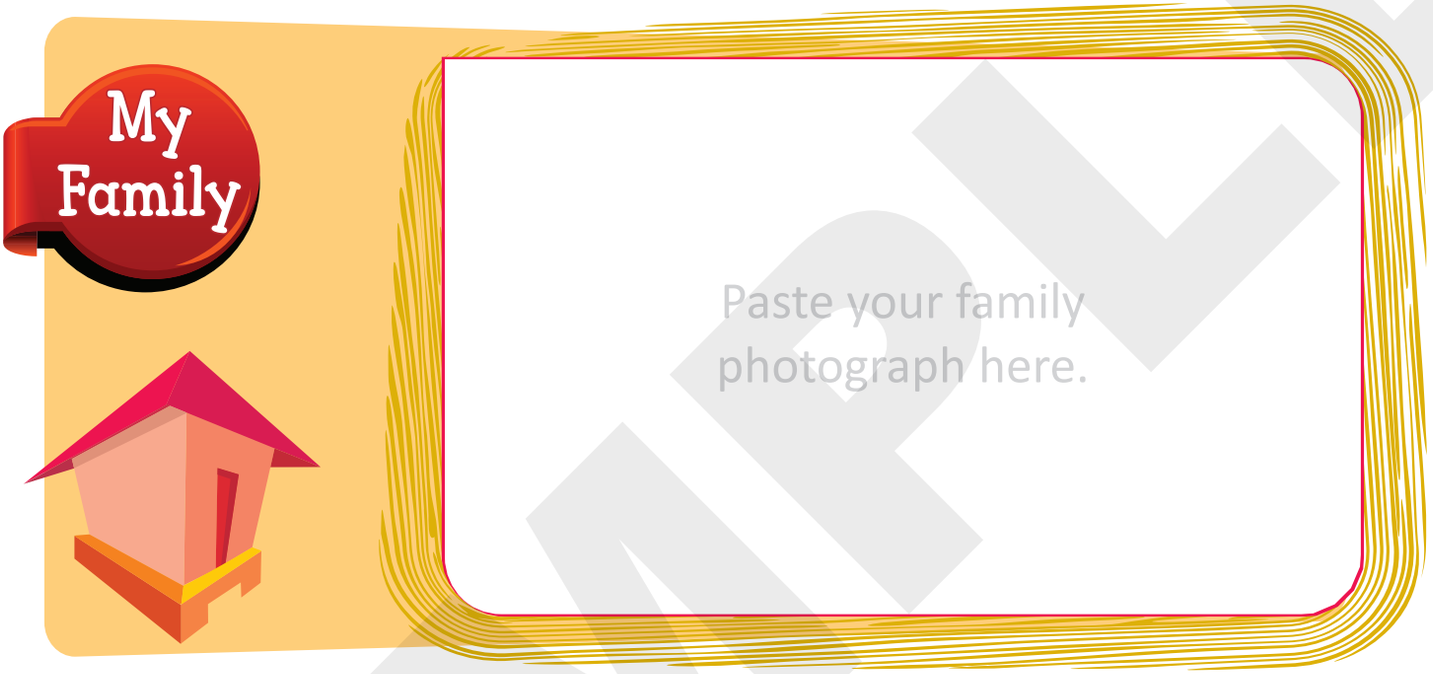
Teacher's Corner

Encourage the students to talk about different parts of their houses. Tell them the importance of keeping the house clean.

5 My Family

Paste a picture of your family in the box.



This is my family. I love my family.

Father, mother and children make a family. Father and mother together are called parents. Our own brothers and sisters are called siblings.

Generally, there are two types of families. One is nuclear family and another is joint family.

In a nuclear family, when parents live with their one or two children, it is called a small family.

The nuclear family can also be a big family when there are more than four members in it.

A joint family is a large family where grandparents, uncles, aunts, siblings and cousins live together.

SAMPLE

This is Vani's family.
She lives in a small family.

This is Yash's family.
He lives in a big family.

This is Isha's family. She lives in a joint family.

Do You Know?

- Each one of us has a special role in the family.
- Sharing increases love in the family.

Key Words

neighbour : a person who lives near you
joint family : a family consists of grandparents, uncles, aunts and cousins
cousin : a child of your aunt or uncle

Let's Wrap Up

- When parents live with their one or two children, it is called a small family.
- When there are more than four members in a family, it is called a big family.
- A joint family is a large family where grandparents, uncles, aunts, siblings and cousins live together.

A. Fill in the blanks with the words given in the box.

father; mother siblings cousin nuclear

1. A child of your aunt or uncle is called a ..... .
2. A small family is also known as ..... family.
3. Your sisters and brothers are called your ..... .
4. Parents means ..... and ..... together.

B. Answer the following questions.

1. What is a nuclear family?

   .....

2. What is a joint family?

   .....

3. Write the type of family you belong to?

   .....

4. Rocky's family has nine members. Is it a small family or a big family?

   .....

C. Multiple Choice Questions (MCQs)

Tick (✓) the correct option.

1. Father and mother together are called ..... .

   a. parents ☐ b. grandparents ☐
   c. grandmother ☐ d. grandfather ☐

2. I live with my ..... .

   a. brother ☐ b. parents ☐
   c. sister ☐ d. all of these ☐

3. Many people live together in a ..... .

   a. small family ☐ b. joint family ☐
   c. village ☐ d. city ☐

4. Joint family is ..... than a small family.

   a. larger ☐ b. smaller ☐
   c. larger and equal ☐ d. smaller and equal ☐

SAMPLE

D. Write 'T' for true and 'F' for false statements.

1. Small family includes uncle and aunty.
2. Nuclear family is also known as small family.
3. Siblings means daughters and sons of uncle.
4. Joint family is also called large family.

Why should we obey our parents?

Do you fight? Sometimes, you fight with your brother or sister or any one else in your family? Are there things that you do not like to share with them?

Activity Zone

Rearrange the letters of the words given to complete the following sentences about your family.

1.	We ..... together.	L E V I
2.	We ..... for each other.	C R E A
3.	We keep each other	S E F A
4.	We have ..... together.	N U F

Life Skills

Do you know your neighbours? Is there any old lady or couple staying alone? Go and talk to them. Ask them if they need any help.

Teacher's Corner

- Encourage the children to talk about themselves, their families and pets.
- Be sensitive to the fact that the children come from different types of families. Help them understand that they should always be proud of their families.

SAMPLE

6 Roles in the Family

This is my father. He earns money for the family. He also helps me with my studies.

This is my mother. She cooks food for me.

My mother also looks after me when I am sick.

I have a sister.
Her name is Asha.
We both help our parents in many ways.
We do small household jobs.
Asha helps the mother in the kitchen.
We help mother to keep the house clean.

We place our things and toys at their proper place.
We also water the plants in the garden and bring things from the market.
My sister feeds our pet at home.
We help mother to welcome the guests.
We help our parents by doing our small works ourselves.
Our parents feel happy when we help them.

Do You Know?

Some fathers cook food very well. Today the best known cooks are men.

Key Words

household : related to house
market : a place from where we purchase things of our daily needs
pet : animals trained at home for domestic purposes
guests : persons invited to your home

Let's Wrap Up

- Mother cooks food for the family.
- Parents play with their children.
- Children can help their parents in many ways.
- They can do small household jobs.

SAMPLE

A. Fill in the blanks with the words given in the box.

food	Mother	role	men

1. ..... takes care of us when we become sick.
2. Mother prepares ..... for the family.
3. Each member has a ..... to play in the family.
4. Today the best known cooks are ..... .

B. Answer the following questions.

1. How do parents help their children?

   .....

2. What can children do to help their parents?

   .....

3. Write two things your mother does for you.

   .....

4. Write two things your father does for you.

   .....

C. Multiple Choice Questions (MCQs)

Tick (✓) the correct option.

1. We ..... the work at home.
   - a. curve ☐ b. share ☐
   - c. do ☐ d. don't do ☐
2. Our ..... look after us at home.
   - a. parents ☐ b. friends ☐
   - c. friends ☐ d. foe ☐
3. We help our ..... to keep the house clean.
   - a. parents ☐ b. teachers ☐
   - c. friends ☐ d. foe ☐
4. Our ..... takes care of us, when we are sick.
   - a. father ☐ b. mother ☐
   - c. parents ☐ d. friends ☐

D. Write 'T' for true and 'F' for false statements.

1. Father earns money for the family. ☐

SAMPLE

2. Parents help us with our studies.
3. Mother takes care of us whenever we are sick.
4. We have nothing to do in our family.

What are the benefits of helping each other at home?

You are alone at home. You are not feeling well. What will you do?

Activity Zone

Who does what in your family? Write F for father, M for Mother and I for you.

1. washes the clothes
2. water the plants
3. cleans the house
4. cooks food
5. helps you with your studies
6. looks after you when you are sick

Life Skills

What work do you do at home? Tick (✓) the correct options.

1. I water the plants.
2. I keep my toys in their proper place.
3. I dress up for school myself.
4. I lay the dining table.
5. I polish my shoes.
6. I pack my school bag.

Teacher's Corner

Encourage the children to tell how they help their parents at home.

SAMPLE

7 Going to School

I am Rahul. Karan is my friend. We go to the same school for study. The name of our school is Duckling High School. Our school has a big building. It has many classrooms.

It has a big assembly hall.

We assemble there for morning assembly. All the functions of our school are held in this hall.

Principal's Room

Office

Library

Our school has a big playground. We play various games there. It has one Principal's room. There is an office, beside the library. We read books in the library. Our school has a music room also. We learn music there.

There are water coolers and toilets in our school. There is a canteen in our school.

Do You Know?

In ancient times, schools were called Gurukuls.

We like going to school.
We learn many things at school.

The name of our class teacher is Miss Shweta.

She teaches us to read,

write and do sums.

She also teaches us to draw,

sing and dance.

We should keep our school clean.

We learn good habits and manners in school.

We should go to school regularly.

We love our school very much.

We learn to play together with our friends.

Key Words

assemble : to bring people or things as a group
library : a place where various books of different subjects are kept

Let's Wrap Up

- Our school has a big building.
- We play various games in our playground.
- We read books in the library.
- Our teachers help us to learn many subjects.
- We also learn good habits and good manners at school.

A. Fill in the blanks.

1. The name of my school is ..... .
2. I study in class ..... .
3. The name of my class teacher is ..... .
4. There are ..... rooms in my school.

B. Answer the following questions.

1. Write the name of your school.

   .....

2. What do you learn at your school?

   .....

3. What do you do in library?

   .....

4. What is the name of your class teacher?

   .....

C. Multiple Choice Questions (MCQs)

Tick (✓) the correct option.

1. We study in a ..... .

   a. hospital ☐ b. school ☐

   c. park ☐ d. temple ☐

2. ..... teach us in school.

   a. Teachers ☐ b. Doctors ☐

   c. Postmen ☐ d. Policemen ☐

3. A place where various books of different subjects are kept is called a ..... .

   a. canteen ☐ b. playground ☐

   c. library ☐ d. assembly hall ☐

4. We keep our school ..... .

   a. dirty ☐ b. clean ☐

   c. noisy ☐ d. healthy ☐

SAMPLE

D. Match the columns.

Column A		Column B
1.	Library	a. Study
2.	Classroom	b. Books
3.	Office	c. Games
4.	Playground	d. Clerks

How should we treat our school staffs?

If your friend has not brought tiffin, what will you do?

Activity Zone

Try to draw a picture of your school and colour it. Also write 10 lines about your school below it.

Life Skills

Discuss special schools with the students. Talk about other types of schools too, for example : a school for children with special needs. Also, talk about children who cannot attend school because of difficulties at home. Share ideas about how we can help such children.

Teacher's Corner

Take the children around the school to show all the rooms and grounds in the school. Teach them the importance of school in their life.

SAMPLE

8 Our Classroom

This is my classroom. My classroom is big. There are 40 students in my class. There are 22 boys and 18 girls.

There is a desk and a bench for every child. There is a big table and a chair for the teacher. There is a small cupboard on one side.

In the cupboard, the teacher keeps his/her things.

There is a big blackboard on the wall. The teacher writes on it with a chalk. Behind us, there is a pin-up board on the wall.

We put up charts and maps on it. My classroom looks pretty.

There is a dustbin in one corner. We throw waste papers and pencil shavings in the dustbin. We should always keep our classroom neat and clean.

Do You Know?

- There were no classrooms in ancient times. People used to study under trees.
- Now-a-days, there are smart boards instead of blackboards in the class.

Key Words

cupboard : the place where things are kept in
dustbin : a small basket in which we keep waste materials

Let's Wrap Up

- Our classroom is big.
- There are desks and chairs for children.
- There is a cupboard, blackboard and a pin-up board in each classroom.
- There is a dustbin in one corner in which the children throw waste materials.

Exercises

A. Fill in the blanks with the words given in the box.

blackboard 40 cupboard dustbin

1. There are ..... children in my class.
2. In the....., the teacher keeps his/her things.
3. The teacher writes on the ..... .
4. We should throw waste materials in the ..... .

SAMPLE

B. Answer the following questions.

1. Name four things found in the classroom.

   .....

2. How does the teacher write on the blackboard?

   .....

3. What is the use of cupboard?

   .....

4. Write the use of pin-up board.

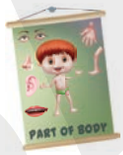
   .....

C. Multiple Choice Questions (MCQs)

Tick (✓) the correct option.

1. We put up ..... on the pin-up board.
   - a. toys ☐ b. charts ☐
   - c. books ☐ d. copies ☐
2. Our classroom is ..... .
   - a. big ☐ b. small ☐
   - c. very big ☐ d. very small ☐
3. The children sit on ..... .
   - a. chairs ☐ b. tables ☐
   - c. floor ☐ d. none of these ☐
4. The teacher writes on ..... .
   - a. blackboard ☐ b. pin-up board ☐
   - c. cupboard ☐ d. none of these ☐

D. Match the columns.

Coloum A	Column B
1. 	a. Books
2.	b. Chalk
3.	c. Dustbin
4.	d. Wall

SAMPLE

Discuss

What is the use of a dustbin in a classroom.

HOTS

How can you keep your classroom clean?

Activity Zone

Colour the clouds which have names of the things you see in your classroom. Use different colours.

1. Chalk-duster
2. Blackboard
3. Computer
4. Fan
5. Telephone
6. Dustbin
7. Cupboard
8. Clock

Life Skills

Tick (✓) the sentences that tell us what we should do. Put a cross (×) against the sentences that tell us what should not be done in the classroom.

1. Sharpen the pencil near your seat.
2. Shout in the class.
3. Listen to what the teacher tells you.
4. Scribble on the walls.
5. Wait for your turn to speak.

Teacher's Corner

Ask the children what rules they should follow to keep their classrooms clean and tidy.

SAMPLE

9 People Who Help Us

People Who Help Us

Meet Nupur. She is Pooja and Aryan's new neighbour. They became friends the very first day they met in the park.

On their way back, Nupur forgot the route how to reach home.

"A policeman can help you", said Pooja. They took her to the policeman. He told her the way to go."He is very brave. He keeps our neighbourhood safe", Aryan told Pooja.

"Let us meet some more people who help us everyday", they told their new friend. Meet uncle Suresh. He is a doctor. He treats us when we fall sick. His smile makes us feel better at once!

Uncle Ramu is a sweeper. He collects garbage and sweeps our neighbourhood clean. He never looks tired.

Plumber

Postman

Uncle Rakesh is a plumber. He fixes leaking pipes and taps.

Uncle Deepak is a postman. We always feel happy when he comes to our house. He brings letters from Grandpa.

Gardener

Carpenter

Do you see the lovely flowers in our garden? It is all the work of Arjun Bhaiya. He is our gardener.

Last year Mom surprised us with new study tables on our birthday! Uncle Dev made them. He is a carpenter.

There goes Mukesh Bhaiya. He is the school bus driver. He drives us to school and back home everyday.

Meet Deepa didi. She is our house help. She helps Mom keeping the house clean.

All of these people help to make Pooja and Aryan's life comfortable.

Helping from a Distance

We have just met some people around us who make our lives comfortable.

There are also others whom we do not get to see or meet very often, but they help us too.

Farmer

Potter

Aryan loves to eat steamed rice. Where do we get rice from? The farmer grows the rice that we eat.

The potter makes pots and other things out of clay.

Mom cooks tasty fish curry on special days. The fisherman catches fish from seas and rivers.

SAMPLE

We use metals and coal every day. How do we get these? The miner digs out these metals and coal from under the ground.

Do You Know?

Do you thank these helpers every time they help you out? Do you use words like 'Please', 'Sorry' and "Thank you" while talking to them.

Key Words

treats	:	looks after
comfortable	:	nice and cosy
steamed	:	boiled

Let's Wrap Up

- Doctors treat us when we are sick.
- Sweepers collects garbage and sweeps our neighbourhood clean.
- Plumber fixes leaking pipes and taps.

Exercises

A. Fill in the blanks with the words given in the box.

fisherman plumber farmer miner

1. The ..... fixes leaking and taps.
2. The ..... grows rice.
3. The ..... digs out metals.
4. The ..... catches fish.

SAMPLE

B. Answer the following questions.

1. What does a plumber do?

   .....

2. How does a farmer help us?

   .....

3. Who catches fish?

   .....

4. Who treats us when we are sick?

   .....

C. Multiple Choice Questions (MCQs)
Tick (✓) the correct option.

1. Someone who drives us to school is ..... .
   - a. policeman ☐ b. postman ☐
   - c. bus driver ☐ d. doctor ☐

2. A carpenter can make a new ..... .
   - a. kite ☐ b. chair ☐
   - c. car ☐ d. pot ☐

3. A fruit seller sells ..... .
   - a. apples ☐ b. flowers ☐
   - c. cakes ☐ d. medicines ☐

4. Someone who grows plants is called ..... .
   - a. milkman ☐ b. plumber ☐
   - c. gardener ☐ d. none of these ☐

D. Match the columns.

Column A	Column B
1. Doctor	a.
2. Farmer	b.
3. Postman	c.
4. Carpenter	d.

SAMPLE

Discuss

Why do we need helpers around us?

HOTS

Can you think of all the people who work as a team in a hospital?

Activity Zone

Find out and write the names of :

A doctor ..... A teacher .....

A shopkeeper ..... A postman .....

Life Skills

Can you think of any other people who help you every day? Write their names here. ....

....

Teacher's Corner

Start the chapter by asking the children what their parents do. Then discuss the importance of helpers who live around us. Make them understand the dignity of labour.

SAMPLE

10 Special Occasions

Special Days in Our Lives

Some days are special. We celebrate them by wearing our best dresses and eating tasty food. We also meet and wish our friends. We feel happy.

Happy Birthday

Nancy and Neeraj's favourite day of the year is their birthday. On this day, Mom bakes a big cake and makes different snacks. They invite their cousins and their friends to their house. They have a good time with their family and friends. They have many tasty things to eat. They play games. They get presents too. They ask their elders for their blessings.

A Wedding in the Family

A wedding is also a special day. Many people attend it. Nancy loves it when there is a wedding in the family. She can dress up in her best clothes. Neeraj thinks weddings are fun as he can meet his cousins. There is singing and dancing. There is also a lot of good food to taste.

Anniversaries are special.

Every year, the family celebrates Grandma and Grandpa's wedding anniversary. It is the day on which they got married. Nancy and Neeraj enjoy making cards and gifts for them to make them feel special. On this day, a party is also held. They get to eat a lot of sweets.

Do You Know?

Special day celebration is a way to meet our relatives.

Key Words

celebrations : an action of making fun
anniversary : ceremony

Let's Wrap Up

- On birthday, mom bakes a cake.
- There is a singing and dancing ceremony on wedding.
- Every year, the family celebrates Grandma and Grandpa's wedding anniversary.

Exercises

A. Fill in the blanks with the words given in the box.

birthday wedding anniversary cards

1. Mom makes different snacks on ..... .
2. Grandma and Grandpa's wedding ..... is celebrated.
3. Nancy loves it when there is a ..... .

SAMPLE

4. Nancy and Neeraj make ..... on wedding anniversary.

B. Answer the following questions.

1. How is birthday celebrated?

   .....

2. With whom do we celebrate special days?

   .....

3. How is wedding anniversary celebrated?

   .....

4. How do Nancy and Neeraj enjoy the special days?

   .....

C. Multiple Choice Questions (MCQs)

Tick (✓) the correct option.

1. Nancy and Neeraj's favourite day of the year is ..... .

   a. birthday ☐ b. wedding ☐

   c. Christmas day ☐ d. Independence Day ☐

2. Mom bakes a big ..... .

   a. cake ☐ b. biscuit ☐

   c. sweet ☐ d. burger ☐

3. On birthday we should ask our elders for ..... .

   a. money ☐ b. gift ☐

   c. blessings ☐ d. sweets ☐

4. ..... are special.

   a. Birthdays ☐ b. Anniversaries ☐

   c. Weddings ☐ d. All of these ☐

D. Write 'T' for true and 'F' for false statements.

1. Your birthday is the day you were born. ☐
2. A wedding is a time to celebrate. ☐
3. We invite our friends on our birthdays. ☐
4. Anniversary are not special. ☐

How can we celebrate birthdays without spending too much?

SAMPLE

HOTS

How does birthday celebration differ from wedding occasion?

Activity Zone

Six food items that Neeraj served on his birthday are hidden in this wordsearch. Circle them and write their names.

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

1. .....
2. .....
3. .....
4. .....
5. .....
6. .....

Life Skills

What would you like to give your grandparents on their wedding anniversary? Choose from these gifts.

1.

2.

3.

4.

Teacher's Corner

Have a discussion about how we should celebrate different festivals together.

11

Our Festivals

Religious Festivals

India is known as the land of many festivals. It is also the land of many cultures. A festival brings happiness. It gives us the time to celebrate, meet people, have fun and pray. People wear new and colourful clothes. They eat delicious food. They greet one another and exchange sweets and gifts.

Dussehra

Dussehra marks the victory of good over evil. It celebrates the victory of Lord Rama over Ravana. On this day, we celebrate Rama's victory over Ravana. Ramleela is held for nine days. On tenth day, effigies of Ravana, Meghnada and Kumbhkarna are burnt. Goddess Durga is also worshipped during this festival. People in different parts of the country celebrate this festival.

Diwali

Diwali is a "Festival of Lights". It is celebrated all over India. People light lamps and decorate their houses with diyas. They pray to Goddess Lakshmi. We wear new clothes. People give gifts and sweets to each other.

Eid

It is celebrated after thirty days fasting. People go to the mosque to offer prayers. They wear new clothes. They greet their friends and relatives with "Eid Mubarak". A sweet dish called 'Sewaiyan' is cooked at home. They give food and clothes to the poor.

Guruparv

Guruparv is a celebration of an anniversary related to the lives of Sikh gurus. On this day, the Sikhs pray in gurudwaras. They give food to the poor. They eat from a common kitchen called 'Langar'.

They decorate their houses with lights.

Christmas

It is the birthday of Jesus Christ. Christmas is celebrated on 25th December. People go to church for prayers. They exchange gifts. They decorate Christmas trees. Children wait for Santa Claus to bring gifts.

Do You Know?

Guru Nanak Devji was the first guru of Sikh religion.

National Festivals

We celebrate Republic Day, Independence Day and Gandhi Jayanti in our country.

The whole nation celebrates these three festivals.

So we call them our National Festivals.

Republic Day

Republic Day is celebrated on 26th January every year.

We have a grand parade in Delhi on this day.

Independence Day

Independence Day is celebrated on 15th August every year. On this day, India became a free country. The Prime Minister hoists the Flag at the Red Fort in Delhi on this occasion.

Gandhi Jayanti

Gandhi Jayanti is the birthday of Mahatma Gandhi. He was a great Indian who helped to free India from the British rule. He is called 'Bapu' by all of us. Gandhi Jayanti is celebrated on 2nd October.

Do You Know?

Mahatma Gandhi is called the "Father of Nation".

Key Words

decorate	:	to make something look more attractive
worship	:	the practice of showing respect for God/Goddess
goddess	:	a female God
effigy	:	a structure of a famous person
Langar	:	common kitchen of Sikhs
hoist	:	put something up in the air
grand	:	huge

Let's Wrap Up

- India is known as the land of many festivals.
- Diwali is a "Festival of Lights".
- Dussehra is a festival of the victory of good over evil.
- Eid is celebrated after thirty days of fasting.
- On Guruparv, Sikhs eat from a common kitchen called 'Langar'.
- Christmas is the birthday of Jesus Christ.
- The whole nation celebrates National Festivals.
- Republic Day is celebrated on 26th January every year.
- Independence Day is celebrated on 15th August every year.
- Gandhi Jayanti is the birthday of Mahatma Gandhi.

Exercises

A. Fill in the blanks with the words given in the box.

Dussehra Lights festivals food;clothes

1. India is a land of many ..... .
2. Goddess Durga is also worshiped on ..... .
3. On festival, we distribute ..... and ..... to the poor.
4. Diwali is a "Festival of ..... ".

SAMPLE

B. Answer the following questions.

1. How do people decorate their houses on Diwali?

   .....

2. What do the people do on Christmas Day?

   .....

3. How do people celebrate Eid?

   .....

4. What are National Festivals?

   .....

C. Multiple Choice Questions (MCQs)
Tick (✓) the correct option.

1. Goddess Lakshmi is worshiped on ..... .

   a. Diwali ☐ b. Eid ☐

   c. Guruparv ☐ d. none of these ☐

2. Dussehra is celebrated on the ..... day of the Ramleela.

   a. second ☐ b. fifth ☐

   c. tenth ☐ d. none of these ☐

3. On ....., people go to mosque to offer prayer.

   a. Eid ☐ b. Diwali ☐

   c. Christmas ☐ d. none of these ☐

4. On 26th January, we celebrate ..... .

   a. Independence Day ☐ b. Republic Day ☐

   c. Gandhi Jayanti ☐ d. none of these ☐

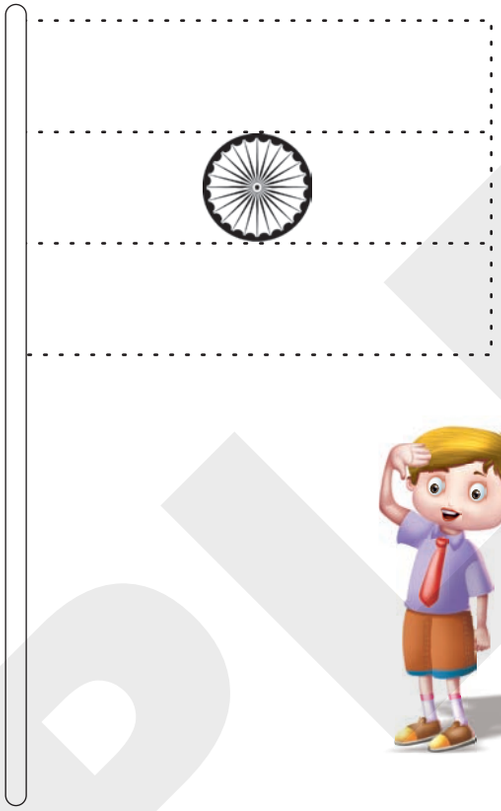
Why should children not burn crackers?

How is the day of Diwali different from Sunday?

SAMPLE

Activity Zone

Join the dots and colour the National Flag.



Life Skill

Match the festivals with the related items.

1.
2.
3.
4.

a.

b.

c.

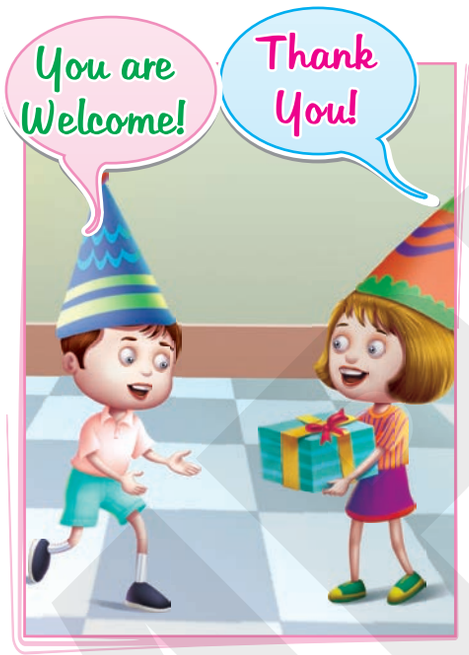
d.

Teacher's Corner

Share with the students the mythological stories related to the religious festivals.

SAMPLE

12 Being Good



What do you say, if :

a. you hurt someone? .....

b. someone say 'Sorry' to you? .....

c. you meet someone in the morning? .....

d. someone says, "Thank you"? .....

Polite words make people happy. We learn polite words in school and at home.

What I Say?

I wish and greet my elders and teachers.

I say "Thank you", when someone gives something to me.

I also say "Thank you", when someone helps me.

I say 'Welcome', when someone says "Thank you" to me.

I say 'Sorry', if I hurt someone.
I say 'Please', when I want something from someone.
All these are polite words.

What I do?

I walk in a line in school.
I wait for my turn to speak.
I do not shout in class.
I do not waste paper.
I share my things with others.
I help my friends.
I care for both plants and animals.
I throw garbage in the dustbin.
I keep my home clean.
I keep my school clean.

Do You Know?

Polite words are magical words which make place for you in others' heart.

Key Words

polite : good behaviour
shout : cry

Let's Wrap Up

- I say 'Thank you', when someone gives something to me.
- I say 'Sorry', if I hurt someone.
- I say 'Please', when I want something from someone.

A. Fill in the blanks with the words given in the box.

welcome Please Thank you Sorry

Raj and Sam reached school late. Their teacher was angry. She asked, "Why are you late?" Raj said, "..... teacher, it will never happen again." "..... sit down", said the teacher. "....." , said Raj and Sam. "You are ....." , said the teacher.

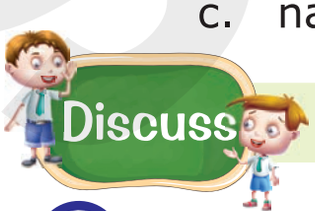
B. Answer the following questions.

1. What will you say when someone gives something to you?
   .....
2. What will you say when someone says "Thank you" to you?
   .....
3. What will you say when you hurt someone?
   .....
4. Where will you throw the garbage?
   .....

C. Multiple Choice Questions (MCQs)

Tick (✓) the correct option.

1. If I hurt someone, I say ..... .
   a. Sorry ☐ b. Please ☐
   c. Thank you ☐ d. Welcome ☐
2. In school, I walk in ..... .
   a. a crowd ☐ b. a queue ☐
   c. running ☐ d. none of these ☐
3. I use a ..... to throw garbage.
   a. pond ☐ b. lake ☐
   c. dustbin ☐ d. none of these ☐
4. I am a ..... girl/boy.
   a. bad ☐ b. good ☐
   c. naughty ☐ d. none of these ☐



Why should we always be good to others?

SAMPLE

HOTS

If someone hurts you, what will you do?

Activity Zone

Put 'G' for good habit and 'B' for bad habit. One has been done for you.

1. Throwing litter everywhere.
2. Being unkind to animals.
3. Wishing your teachers.
4. Waiting for your turn to speak.
5. Plucking flowers and leaves.

Life Skills

Tick (✓) the boxes which shows children you want to be like.

Teacher's Corner

Through role play, teach the children to be polite and courteous. Stress on the need to greet and wish our elders and friends.

SAMPLE

13 Keeping Healthy

Keeping healthy means to have good health.
If we are healthy, we will be strong. We will not fall ill easily.

For good health, we should follow these Golden Rules.

- Have good and clean food
- Maintain cleanliness
- Exercise daily
- Have proper rest

Healthy Food

Good and clean food makes us healthy. It helps us to grow strong. It also gives us energy to work and play. It helps us fight against diseases.

We must eat clean and healthy food.

We must drink clean water.

Maintain Cleanliness

If our body is dirty, we will fall ill very easily.
We must clean our body regularly.
We must have a bath everyday.
We must keep our hair, teeth and nails clean.
We must wash our hands before and after eating anything.
We must brush our teeth in the morning and before going to bed.
We must clean and comb our hair regularly.

Exercise

We must exercise daily.
Exercise makes us fit and strong.
Running, playing games, cycling and swimming are good exercises.
Exercise helps us to work and play more with more energy.

Rest

After doing work all day, our body gets tired.
So, we should take rest everyday.
For healthy body, proper sleep is needed.
Without proper sleep, we can fall sick.
We must sleep for at least eight hours.
We must sleep and rise early.

Do You Know?

When you exercise, your brain releases a chemical which may make you feel happier. It is just another reason why exercise is cool!

Key Words

strong : having physical power
proper : correct

SAMPLE

Let's Wrap Up

- Keeping healthy means to have good health.
- Good and clean food makes us healthy.
- We must drink clean water.
- Exercise makes us fit and strong.
- We must take proper rest. It refreshes our mind and body.

A. Fill in the blanks with the words given in the box.

comb trim golden clean

1. We must drink ..... water.
2. For good health, ... rules must be followed.
3. We must ..... our nails regularly.
4. We must ..... our hair properly.

B. Answer the following questions.

1. Write the golden rules to have good health.
   .....
2. Why should we take healthy food?
   .....
3. What will happen, if our body is dirty?
   .....
4. Why should we take rest everyday?
   .....

C. Multiple Choice Questions (MCQs)

Tick (✓) the correct option.

1. Food gives us ..... .
   a. water ☐ b. energy ☐
   c. air ☐ d. safety ☐
2. We must play more ..... .
   a. outdoor games ☐ b. indoor games ☐
   c. no games ☐ d. carrom ☐

SAMPLE

3. When we sleep, our body gets ..... .

a. rest b. food

c. anxiety d. energy

4. We must ..... for eight hours everyday.

a. play b. sleep

c. talk d. exercise

D. Write 'T' for true and 'F' for false statements.

1. Taking good and clean food is bad for health.
2. Exercise makes us strong.
3. We must drink clean water.
4. We must not clean our teeth daily.

Why should we brush our teeth twice a day?

Write any one good habit of your friend that you do not have.

Activity Zone

Apart from what you have studied in the chapter, find out some other healthy habits you must possess.

Life Skills

There are simple three steps to clean our teeth. Let us learn about it.

- Gently brush the front teeth with the up-down motion of the toothbrush.
- Gently brush the back teeth with the inside-outside motion of the toothbrush.
- After brushing, clean your tongue with a tongue cleaner.

Teacher's Corner

Teach the children the importance of good habits to stay fit. Also encourage them to look after personal hygiene.

SAMPLE

14 Rules of Safety

Safety rules are made to keep us safe. We should follow safety rules for our safety.

Safety on the Road

Follow these simple points to be safe on road.

- Always walk on the footpath.
- Never walk or play on the road.
- Cross the road only at Zebra crossing.
- Obey traffic rules on the road.

Safety while Travelling in a Bus

Follow these simple points to be safe in a bus.

- Board your school bus in a queue.
- Do not push anyone during boarding and deboarding the bus.
- Do not lean out of a bus door or window.
- Do not jump out of a moving bus.
- Never disturb the bus driver.

Safety at Home

Follow these simple points to be safe at home.

- Never put fingers in an open electric socket.
- Do not play with fire.
- Do not play with sharp objects like blades, scissors, knives etc.
- Do not fly kites on the terrace.

Safety in School

Follow these simple things to be safe in school.

SAMPLE

- We should not push or pull our classmates.
- We should never run up or down the stairs.
- We should listen carefully to the teachers and obey them.
- We should not jump on the desks and chairs.
- We should try and follow all these safety rules.

These rules keep us and others safe and help to prevent accidents.

Do You Know?

William L. Potts invented the traffic light in 1920.

Key Words

queue : to stand in a line/row
lean out : to bend toward outside
footpath : a safe way to walk for the people walking on the foot
safety : free from danger
rules : established principles/making law

Let's Wrap Up

- We should follow safety rules for our safety.
- Always walk on the footpath.
- Obey traffic rules on the road.
- Never disturb the bus driver.
- Do not play with sharp objects like blades, scissors, knives etc.
- Do not fly kites on the terrace.

A. Fill in the blanks with the words given in the box.

lean fire safety traffic rules

1. Obey the ..... on the road.
2. Do not play with ..... .
3. Do not ..... out of a bus door or window.
4. We should follow safety rules for our ..... .

B. Answer the following questions.

1. What are safety rules?

   .....

2. Write any two safety rules to be followed at home.

   .....

3. Why should we follow safety rules?

   .....

4. Write any two safety rules to be followed in school.

   .....

C. Multiple Choice Questions (MCQs)
Tick (✓) the correct option.

1. The red light says ..... .

   a. stop ☐ b. go ☐

   c. ready ☐ d. laugh ☐

2. The green light says ..... .

   a. stop ☐ b. go ☐

   c. ready ☐ d. set ☐

3. We must walk on the ..... .

   a. middle of the road ☐ b. side of the road ☐

   c. footpath ☐ d. moon ☐

4. We must cross the road only at the ..... .

   a. giraffe crossing ☐ b. Zebra crossing ☐

   c. donkey crossing ☐ d. lion crossing ☐

D. Write 'T' for true and 'F' false statements.

1. We should play on the road. ☐

SAMPLE

2. Obey traffic rules on the road.
3. We should fly kites on the terrace.
4. We should never run up or down the stairs.

Discuss What are the benefits of safety rules in our life?

HOTS

Why is red colour used as a signal to stop the vehicles?

Activity Zone

See this picture carefully. Discuss the answers to the given questions with your partner.

1. What is the person who is directing the traffic called?
2. Which vehicles do you see on the road?
3. Are people walking on the footpath?
4. Are people crossing the road at the Zebra crossing?
5. What can happen if we do not follow safety rules?

Life Skills

Get together and make a model of a traffic light and a Zebra crossing. Your teacher will help you. Then, do a mock drill to learn the correct way to cross the road. Remember to follow the rules of road safety.

Teacher's Corner

Discuss in the classroom the hazards of playing with fire, playing with sharp tools, playing on the road and leaning out of moving vehicle.

SAMPLE

15

Plants Around Us

When you go to a park or garden, what do you see? You see many kinds of plants. Some plants are small and some are very big.

The big and tall plants are called trees.

Banyan

Neem

Mango

Some plants are smaller than trees. They are called shrubs.

Rose

Mehndi

Cotton

These are plants which are smaller than shrubs. They are called herbs.

Mint

Brinjal

Spinach

SAMPLE

Trees and plants are very useful.

Plants give us food.

We get rice, wheat, vegetable and fruits from plants.

We cannot live without plants.

We get cotton from cotton plants for making cloth. Trees provide wood for making furniture, houses and boats. plants keep the air fresh and cool. They make the places look nice.

Do You Know?

"General Sherman" is the biggest tree in the world.

Key Words

garden : a piece of land where plants, flowers, fruits or vegetables are grown

trees : tall and big plants

shrubs : plants smaller than trees

herbs : plants smaller than shrubs

Let's Wrap Up

- Big and tall plants are called trees.
- Plants smaller than trees are called shrubs.
- Plants smaller than shrubs are called herbs.
- Trees and plants are very useful for us.

Exercises

A. Fill in the blanks with the words given in the box.

live food Cotton shrubs

1. Plants smaller than trees are called ..... .
2. We cannot ..... without plants.

SAMPLE

3. Rice, wheat, vegetables and fruits are ..... .
4. ..... is used for making cloth.

B. Answer the following questions.

1. Name different types of plants.

   .....

2. What is a tree?

   .....

3. How is a herb different from a shrub?

   .....

4. From where do we get cotton?

   .....

C. Multiple Choice Questions (MCQs)

Tick (✓) the correct option.

1. Herbs are smaller than ..... .
   a. trees ☐ b. shrubs ☐
   c. both of these ☐ d. none of these ☐
2. The big and tall plants are called ..... .
   a. shrubs ☐ b. herbs ☐
   c. creepers ☐ d. trees ☐
3. Shrubs are smaller than ..... .
   a. climbers ☐ b. creepers ☐
   c. herbs ☐ d. trees ☐
4. We get cotton from ..... .
   a. cotton plants ☐ b. rose plants ☐
   c. mint plants ☐ d. mango tree ☐

D. Match the columns.

Column A	Column B
1. Brinjal	a. Herbs
2. Cotton	b. Trees
3. Neem	c. Biggest tree
4. General Sherman	d. Shrubs

Why are trees our true friends?

SAMPLE

HOTS

What should we do to save plants?

Activity Zone

Draw a tree and paste pictures of products we get from the trees.

Life Skills

Write T for tree, H for herb and S for shrub for the following.

Teacher's Corner

Take the children out to a park and introduce them to the world of plants. Show them different types of plants and teach them the importance of plants in their lives.

SAMPLE

16 Animals Around Us

There are many kinds of animals. Some animals are called pet animals or domestic animals. They are very useful for us.

Cows, buffaloes and goats give us milk. Milk is an important food item.

Sheep and some types of goats give us wool. Horses, camels and elephants are used to carry loads and also for rides.

Some animals are used for meat.

Hens and Ducks give us eggs.

Cats, Dogs, Parrots, Pigeons are common pets. We love them. We play with them. We should take care of them. We should feed them properly.

Sheep

Hen

Pigeon

Parrot

Cat

Dog

Goat

Buffalo

Cow

Horse

Donkey

Camel

Animals which live freely in jungles or national conditions are called wild animals. They are afraid to come near people. They live in jungles. The tiger which is a wild animal is our National Animal. The Elephant is the largest land animal.

Bear

Wolf

Leopard

Gorilla

Elephant

Tiger

Lion

Rhinoceros

Giraffe

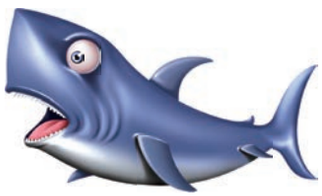
Some animals live in water. They are called water animals. The whale is the largest water animal.

Whale

Crocodile

Seal

Frog


Shark

There are some animals which can fly. They are called birds. The Peacock is our National Bird. It dances beautifully. The ostrich is the largest bird. It cannot fly.

Peacock

Ostrich

Insects and spiders are tiny animals or creatures. They are found everywhere.
Most insects have six legs.
The spiders have eight legs.

scorpion

Grasshopper

Cockroach

Spider

Ant

Housefly

Honeybee

Mosquito

Do You Know?

We can keep fish in a glass bowl or tank which is called an aquarium.

Key Words

pet animals	:	animals that we keep in our homes
domestic animals	:	animals that are kept by us for some use
wild animals	:	animals that live in forests
aquarium	:	a glass container where fish and other water animals and plants are kept

Let's Wrap Up

- Domestic animals are useful to us in many ways.
- Wild animals are those that live in forests.
- Water animals live in water.
- Animals that can fly are called birds but some birds can't fly.
- Insects and spiders are tiny animals or creatures.

SAMPLE

A. Fill in the blanks with the words given in the box.

wool	pets	rides	pull

1. Horses and elephants are used for ..... .
2. Bullocks are used to ..... carts.
3. Sheep give us ..... .
4. Cats and dogs are kept as ..... .

B. Answer the following questions.

1. What are domestic animals?

   .....

2. What are wild animals?

   .....

3. Name two water animals.

   .....

4. Which is the largest land animal?

   .....

C. Multiple Choice Questions (MCQs)
Tick (✓) the correct option.

1. Cows, buffaloes and goats give us ..... .

   a. meat ☐ b. milk ☐

   c. eggs ☐ d. wool ☐

2. The largest land animal is ..... .

   a. rhinoceros ☐ b. hippopotamus ☐

   c. giraffe ☐ d. elephant ☐

3. The largest bird is ..... .

   a. peacock ☐ b. emu ☐

   c. ostrich ☐ d. penguin ☐

4. Most insects have ..... .

   a. 2 legs ☐ b. 4 legs ☐

   c. 6 legs ☐ d. 8 legs ☐

SAMPLE

D. Write 'T' for true and 'F' for false statements.

1. Wild animals live near our house.
2. Lion is the National Animal.
3. Whale is the largest water animal.
4. Spiders have 8 legs.

Discuss How are we dependent on animals?

HOTS Can we live in water like fish? Why?

Activity Zone

Some pictures of both wild and domestic animals are given below. Circle the domestic animals and underline the wild animals.

Life Skills

We should be kind to animals. We should not tease animals or throw stones at them.

Teacher's Corner

Take the children to a zoo and show them different animals.

SAMPLE

Revision Test Paper-1
(Based on chapters 1 to 9)

A. Multiple Choice Questions (MCQs)
Tick (✓) the correct option.

1. An identity card gives brief information about..... .
   a. you ☐ b. your friend ☑
   c. your brother ☐ d. your sister ☐
2. What helps us to grow, work and play?
   a. Air ☐ b. Water ☐
   c. Food ☐ d. House ☐
3. People who live near water, enjoy eating ..... .
   a. eggs ☐ b. fish ☐
   c. chicken ☐ d. fresh fruits ☐
4. Morning assembly in school is held in the ..... .
   a. library ☐ b. assembly hall ☐
   c. Principal's office ☐ d. canteen ☐
5. Who brings letters for us?
   a. Carpenter ☐ b. Postman ☐
   c. Gardener ☐ d. Doctor ☐

B. Match the columns.

Column A	Column B
1. Woollen clothes	a. Cook food
2. Kutcha house	b. School children
3. Kitchen	c. Night
4. Dinner	d. Winter
5. Uniform	e. Hut

C. Write 'T' for true and 'F' for false statements.
1. Everyone should keep his/her ID card safety. ☐
2. We get food only from plants. ☐
3. We should always wear neat and clean clothes. ☐
4. We only learn good habits and manners in school. ☐
5. A plumber makes furnitures. ☐

SAMPLE

Model Test Paper-1
(Based on chapters 1 to 8)

A. Answer the following questions.

1. Why should we wear ID card in school?
2. Why do we need food?
3. Which type of clothes do we wear on special occasions?
4. How is a nuclear family different from a joint family?
5. How does a policeman help us?

B. Fill in the blanks with the words given in the box.

doctor lunch teacher playground parents

1. In the classroom, there is a big table and chair for the ..... .
2. We play different games in ..... .
3. Our ..... feel happy when we help them.
4. A ..... treats us when we fall sick.
5. We take ..... in the afternoon.

C. Give one word for each of the following.

1. These food items grow in hills in plenty. .....
2. We have breakfast at this time of the day. .....
3. We get wool from it. .....
4. Father, mother and children constitute it. .....
5. He grows food for us. .....

D. Circle the correct word.

1. In a nuclear/Joint family parents live with their one or two children.
2. Food is unimportant/important for us.
3. Cotton clothes keep us cool/warm in summer.
4. We must keep our house neat and dirty/clean.
5. The fisherman/potter makes pots and other things out of clay.

SAMPLE

Revision Test Paper-2
(Based on chapters 9 to 16)

A. Multiple Choice Questions (MCQs)
Tick (✓) the correct option.

1. Anniversaries come after ..... .
   a. one month ☐ b. one year ☑
   c. ten years ☐ d. fifty years ☐
2. We celebrate Republic Day on ..... .
   a. 1st January ☐ b. 26th January ☐
   c. 15th August ☐ d. 2nd October ☐
3. When someone helps us we say ..... .
   a. Please ☐ b. Sorry ☐
   c. Thank you ☐ d. Welcome ☐
4. When we sleep, our body gets ..... .
   a. food ☐ b. rest ☐
   c. energy ☐ d. anxiety ☐
5. The red light says ..... .
   a. go ☐ b. stop ☐
   c. set ☐ d. ready ☐

B. Match the columns.

Column A	Column B
1. Polite word	a. Zebra crossing
2. Running	b. 25th December
3. Crossing road	c. 2nd October
4. Christmas	d. Exercise
5. Gandhi Jayanti	e. Sorry

C. Write 'T' for true and 'F' for false statements.

1. On birthday we should seek elder's blessings. ☐
2. Polite words make people happy. ☐
3. We should take proper rest everyday. ☐
4. The President of India hoists flag on Republic Day. ☐
5. Diwali is celebrated after thirty days fasting. ☐

SAMPLE

Model Test Paper-2
(Based on Chapters 10 to 20)

A. Answer the following questions.

1. How do people celebrate Diwali?
2. What are the polite words?
3. Why should we take proper rest?
4. How can we stay safe at home?
5. What did the early humans eat?

B. Fill in the blanks with the words given in the box.

National terrace caves Dussehra polite

1. Some early humans lived in ..... .
2. We learn ..... words in school and at home.
3. The whole nation celebrates ..... Festivals.
4. On ....., Ramleela is held for nine days.
5. Do not fly kites on the ..... .

C. Give one word for each of the following.

1. It is the first domesticated animal by the early humans. .....
2. In a moving bus, we should never disturb him. .....
3. We should say it when someone helps us. .....
4. He was the first guru of the Sikhs. .....
5. It is the National Bird of India. .....

D. Circle the correct word.

1. Dussehra/Eid marks the victory of good over evil.
2. We should say Please/Sorry if we hurt someone.
3. The moon/sun gives us heat and light.
4. Shark is a land/water animal.
5. Domestic/Wild animals are afraid to come near people.

SAMPLE