

L - 9: MY FAMILY**Activity Time: (Pg. No. 64)**

Look at the pictures and circle the type of family.

- | | | |
|-------------------|-------------------|-------------------------|
| 1. Nuclear Family | 2. Joint Family | 3. Single-Parent Family |
| 4. Joint Family | 5. Nuclear Family | 6. Joint Family |

Practice Time (Pg. No. 68)**A. Fill in the blanks:**

- | | | |
|-----------------|-----------|------------|
| 1. grandfather | 2. chacha | 3. cousins |
| 4. joint family | | |

B. Tick the True or False:

- | | |
|---------|---------|
| 1. True | 2. True |
|---------|---------|

C. Tick the correct answer.

- | | |
|----------------------|---------------------------|
| 1. b) Nuclear Family | 2. b) Care for each other |
|----------------------|---------------------------|

Short Answer Type Questions:**Q1. What is a family?**

Ans. A family is a group of people who are related to each other.

Q2. Name different types of family.

Ans. There are three different types of family:

- | | | |
|-------------------|-----------------|-------------------------|
| 1. Nuclear family | 2. Joint family | 3. Single Parent family |
|-------------------|-----------------|-------------------------|

Q3. What is a nuclear family?

Ans. A family in which parent and their children live together in a house is called nuclear family.

Q4. What is a joint family?

Ans. A family in which grandparents, parents live together in the same house is called a joint family.

Long Answer Type Questions:**Q1. What is a family tree? Name the generations.**

Ans. A family tree is a structure that shows the relationship between the different members of a family.

First generation – Grandparents

Second generation – Parents, Uncles & Aunts

Third generation – Children

Q2. What does the family teach us?

Ans. Our family teaches us many good values like:

1. Helping each other
2. Showing good manners
3. To be disciplined
4. To take care of others
5. To respect elders & love young ones

ACTIVITY: - Paste the pictures of your relatives & complete the family tree.

L - 10: CARING FOR OTHERS

Activity Time: (Pg. No. 71)

Here are some ways in which we can help old people. Match the pictures with the relevant text.

1. Helping the old people to climb the stairs
2. Helping the old people to cross the road
3. Carrying the bags for old people
4. Bringing a glass of water for the old people

Activity Time: (Pg. No. 73)

Go to the kitchen and close your eyes. Ask your mother to give you different objects one by one. Identify them and guess their names.

- | | | |
|-------------|----------------|----------------|
| 1. Cloves | 2. Rolling pin | 3. Salt packet |
| 4. Cucumber | 5. Cardamom | 6. Cabbage |

Practice Time (Pg. No. 74 & 75)

A. Fill in the blanks:

- | | | |
|--------------|------------|------------------|
| 1. orphanage | 2. Braille | 3. speak or hear |
| 4. energy | | |

B. Tick the true or false:

- | | | |
|----------|----------|---------|
| 1. False | 2. False | 3. True |
|----------|----------|---------|

Short Answer Type Questions:

Q1. Define differently abled people.

Ans. People who cannot see, hear, speak or walk are called differently abled people.

Q2. What you should not do with differently abled people?

Ans. We should not laugh at them or tease them.

Q3. Who are orphans? Where do they live?

Ans. Children who do not have parents are called orphans. They live in special home called orphanage.

Q4. How should we treat differently abled people?

Ans. We should respect them and help them in every possible way.

Long Answer Type Questions:

Q1. How can you help old people in their daily chores?

Ans. We can help the old people in the following ways:

1. We can take them for walk and outings like picnics, movies.
2. We can read out the newspaper for them.
3. We can help them to climb stairs.
4. We can give them medicines on time.
5. We can serve them a soft food diet.

L - 1: SOURCES OF FOOD

FUN TIME: (Pg. No. 3)

Guess the name of the plant with the help of given clues:

- | | | | |
|--------|----------|----------|-----------|
| 1. Pea | 2. Clove | 3. Wheat | 4. Carrot |
|--------|----------|----------|-----------|

Let's Try: (Pg. No. 3)

Encircle the odd one out in the given groups:

- | | | |
|-------------|-------------|----------------|
| 1. Cucumber | 2. Broccoli | 3. Cauliflower |
|-------------|-------------|----------------|

Let's Try: (Pg. No. 5)

Match the columns:

- | | |
|------------------------------------|-------------------------------|
| 1. Made by bees from flower nectar | 2. Complete food |
| 3. Used in face washes and soaps | 4. Modified edible plant stem |

Practice Time (Pg. No. 7)

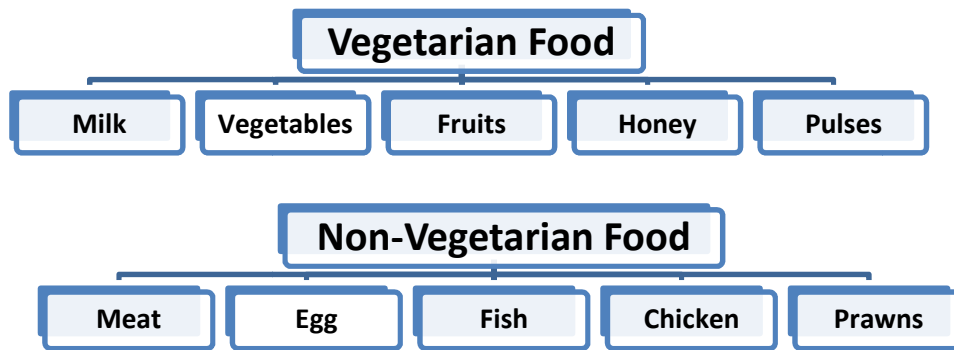
A. Fill in the blanks:

- | | | |
|----------|----------------|----------------------|
| 1. honey | 2. cereal | 3. idli & dosa |
| 4. tulsi | 5. vegetarians | 6. non - vegetarians |

B. Tick the true or false:

- | | | | | |
|----------|---------|----------|---------|----------|
| 1. False | 2. True | 3. False | 4. True | 5. False |
|----------|---------|----------|---------|----------|

C. Complete the given flow charts:



Short Answer Type Questions:

Q1. Why milk is called a complete food?

Ans. Milk is called a complete food because it contains all the nutrients required by our body.

Q2. Name two fruits that we eat as vegetables.

Ans. Two fruits that we eat as vegetables are pumpkin and bitter gourd.

Q3. Why do we need food?

Ans. We need food to grow and to get energy.

Q4. Name different types of food?

Ans. Energy giving food – wheat, rice
Body building food – pulses, eggs
Protective food – fruits, vegetables

Q5. Ruhi does not eat fruits and vegetables. She has a tendency to fall ill frequently. Can you think why?

Ans. Fruits and vegetables are protective food as they protect us from various diseases.

Q6. We often see that during parties, a large quantity of food is wasted. Can you suggest some ways to avoid this wastage?

Ans. We can give the leftover food to the needy people and to animals.

Long Answer Type Questions:

Q1. What is the difference between vegetarians and non vegetarians?

Ans. Vegetarians: People who consume plants and their products are called as vegetarians.

Non – vegetarians: People who eat meat and egg along with plant products are called as non – vegetarians.

Q2. What are the factors on which the food we eat depends?

Ans. 1. Region where we live 2. Climate
3. Season 4. Religion

ACTIVITY:- Draw and label food items obtained from plants and animals.

Things obtained from plants

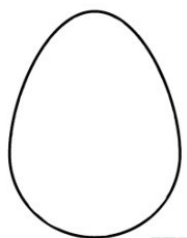


Fruits

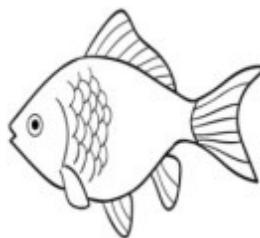


Vegetables

Things obtained from animals.



Egg



Fish

L - 2: COOKING FOOD

FUN TIME: (Pg. No. 11)

Write the name of one food cooked by each of the following cooking methods.

- | | | |
|-------------|---------|-----------|
| 1. Pakoras | 2. Idli | 3. Pulses |
| 4. Parantha | 5. Meat | 6. Corn |

Activity Time (Pg. No. 12)

Write the names of materials used to make given kitchen items in the space provided below.

- | | | |
|----------|--------------|----------|
| 1. Steel | 2. Aluminium | 3. Brass |
| 4. Iron | 5. Steel | 6. Wood |

Practice Time (Pg. No. 16)**A. Tick the true or false:**

- | | | | |
|----------|----------|---------|----------|
| 1. False | 2. False | 3. True | 4. False |
|----------|----------|---------|----------|

B. Write the names of stoves which use the following sources of energy:

- | | | | |
|------------|--------------|--------------|-------------------|
| 1. Chullah | 2. Microwave | 3. Gas Stove | 4. Kerosene Stove |
|------------|--------------|--------------|-------------------|

C. Give one word for each of the following:

- | | | | |
|-------------|----------------|------------|-------------------|
| 1. Roasting | 2. Deep Frying | 3. Steamer | 4. Shallow Frying |
|-------------|----------------|------------|-------------------|

Short Answer Type Questions:**Q1. Why is food cooked?**

Ans. Food is cooked to make it soft, tasty and easy to digest.

Q2. Name different kinds of stoves used for cooking. Also state the fuel used in them.

Ans.

Kinds of stove	Fuel used
Gas Stove	LPG gas
Chullah	wood, coal
Oven	Electricity
Solar Cooker	solar energy

Q3. Why should you eat food with your family members?

Ans. We should eat food with our family as:

1. It helps to create a bond with each other.
2. It keeps us happy and relaxed.

Q4. Name one healthy and one unhealthy method of cooking?

Ans. Healthy method of cooking – Steaming

Unhealthy method of cooking – Frying

Q5. You need more proteins and carbohydrates than your grandmother, why?

Ans. We need more protein as children needs protein to grow. We need more carbohydrates for physical activities like run, jump, play & dance etc.

Long Answer Type Questions:**Q1. Name different methods of cooking with one example each.**

Ans. Different methods of cooking are:

- | | | |
|-------------|---|------------------|
| 1. Boiling | – | Pulses, Rice |
| 2. Steaming | – | Idli, Dhokla |
| 3. Frying | – | Poori, Samosa |
| 4. Baking | – | Cake, Bread |
| 5. Roasting | – | Paneer, Corn |
| 6. Grilling | – | Meat, Vegetables |

ACTIVITY:- Draw, colour & label two vessels used for cooking.



1. Frying Pan



2. Wok



3. Skimmer

L - 3: PLANTS

Let's Try (Pg. No. 21)

Match the columns:

- | | | |
|--------------------|-------------------|--------------|
| 1. Basil-Medicine | 2. Rose-Perfume | 3. Teak-Wood |
| 4. Sugarcane-Sugar | 5. Cotton-Clothes | |

Practice Time (Pg. No. 23 & 24)

A. Write the names of given plants in the blank spaces provided below:

- | | | | |
|---------|-------------|-------------|----------------|
| 1. Peas | 2. Hibiscus | 3. Tamarind | 4. Ridge gourd |
|---------|-------------|-------------|----------------|

B. Fill in the blanks:

- | | | | |
|--------|-----------|---------------|----------------|
| 1. air | 2. desert | 3. Watermelon | 4. Neem, basil |
|--------|-----------|---------------|----------------|

C. Tick true or false:

- | | | | | |
|---------|---------|----------|---------|----------|
| 1. True | 2. True | 3. False | 4. True | 5. False |
|---------|---------|----------|---------|----------|

Short Answer Type Questions:

Q1. What are different types of plants?

Ans. Depending on the size and shape, there are five types of plants:

- | | | | | |
|----------|-----------|----------|-------------|-------------|
| 1. Trees | 2. Shrubs | 3. Herbs | 4. Climbers | 5. Creepers |
|----------|-----------|----------|-------------|-------------|

Q2. What is a trunk?

Ans. The thick and hard woody stem of a tree is called trunk.

Q3. How do climbers differ from creepers?

Ans.

1. Climbers need support to grow	1. Creepers grow along the ground.
2. e.g. money plant	2. e.g. watermelon

Q4. How do shrubs differ from herbs?

Ans.

Shrubs	Herbs
1. They are small bushes with hard and woody stems.	1. They are plants having thin and green stem.
2. e.g. rose, hibiscus	2. e.g. mint, coriander

Q5. What are exotic plants?

Ans. The plants which are not native of our country, brought from other countries and now growing in India are called exotic plants. For example: - Vanilla, Kinnow.

Long Answer Type Questions :

Q1. List five uses of plants.

- Ans.
1. Plants give us oxygen which we breathe.
 2. Some plants are used as medicine.
 3. Plants provide us wood to furniture and paper.
 4. Plants provide food and shelter to animals.
 5. Plants give us fibre to make clothes.

ACTIVITY:- Draw, colour & label plants growing in different places.



Cactus (Desert)



Lotus (Water)

L - 4: LEAVES

Book Exercise

Let's Try (Pg. No. 28)

Match the Columns.

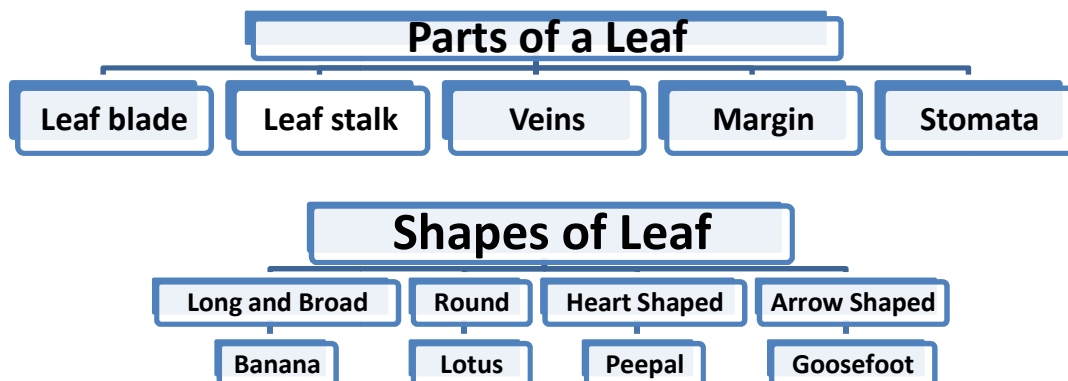
- | | | |
|----------------------------|--------------------------|-----------------------------|
| 1. Palm leaves-Roof of hut | 2. Basil leaves-Medicine | 3. Spinach leaves-Vegetable |
| 4. Indigo leaves-Dye | 5. Dhak leaves-Pattals | |

Practice Time (Pg. No. 30 & 31)

A. Tick true or false:

- | | | | |
|---------|----------|----------|---------|
| 1. True | 2. False | 3. False | 4. True |
|---------|----------|----------|---------|

B. Complete the given flow chart:



C. Give one example of each:

- | | | |
|---------------------|-------------------|-------------------|
| 1. Rubber Plant | 2. Mehendi leaves | 3. Cabbage leaves |
| 4. Coriander leaves | 5. Peepal | |

Short Answer Type Questions:

Q1. What are simple and compound leaves?

Ans. A leaf which has single leaf blade is called simple leaf. e.g. - mango
A leaf in which leaf blade is divided into small leaflets is called compound leaf. e.g. - rose plant

Q2. When and why trees shed their leaves?

Ans. Trees shed their leaves in autumn season to conserve water.

Q3. Why are leaves an important part of a green plant?

Ans. Leaves are an important part of a plant because they prepare food for plant.

Q4. Why most leaves are green in colour?

Ans. Most leaves are green in colour because they have green pigment called chlorophyll.

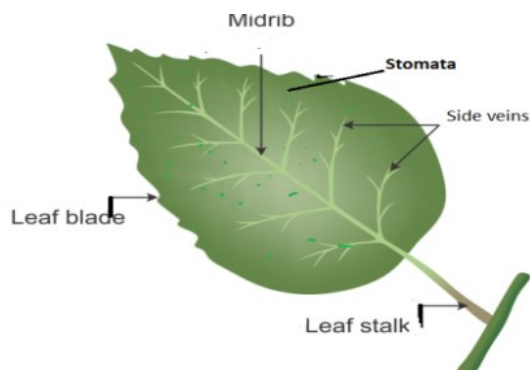
Long Answer Type Questions :

Q1. How leaves are useful to us?

Ans. Leaves are useful in many ways:

1. They are a source of food for many animals.
2. They are used for decorating houses on festivals e.g. mango leaves.
3. Many people chew betel leaves as a mouth freshener.
4. Tea leaves are used for making tea.
5. Some leaves have medicinal values like neem, tulsi etc.
6. Banana leaves are used to make pattals.

ACTIVITY:- Draw, colour a leaf and label its parts:



L - 11: HOUSES WE LIVE IN

Activity Time (Pg. No. 78)

Tick the house which is not hidden in the given word grid.

Ans. d. House built on wooden poles

Practice Time (Pg. No. 80)

A. Tick the correct option:

- | | | |
|-----------------|------------------|-------------------|
| 1. b) Apartment | 2. a) Tree house | 3. b) Pucca house |
|-----------------|------------------|-------------------|

B. Fill in the blanks:

1. kutchha
2. Cement
3. Stilt
4. Caravan
5. shelter & protection

C. Tick true or false:

1. False
2. True
3. True
4. True

Short Answer Type Questions:**Q1. Why do we need a house?**

Ans. We need a house because it protects us from heat, cold, rain, thieves and wild animals. It provides us comfort and rest.

Q2. Why do houses in hilly areas have sloping roofs?

Ans. House in hilly areas have sloping roof so that rain water or snow slides down easily.

Q3. Why should we have windows and doors in our house?

Ans. We should have windows and doors in our house so that sunlight and clean air can enter our home.

Long Answer Type Questions:**Q1. How can we keep our house clean?**

Ans. We can keep our house clean in many ways:

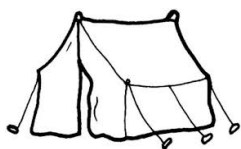
1. The floors should be swept and mopped every day.
2. The furniture should be dusted daily.
3. Garbage should be thrown in dustbins.
4. Drains should be kept covered.
5. Doors and windows should have wire-mesh to keep away the insects.

Q2. How are pucca house different from kutchha house?

Ans.

S.No.	Pucca house	Kutchha house
1.	These houses are made of bricks, cement, wood, stone etc.	These houses are made of bamboo, mud and straw.
2.	It cannot be broken easily.	It can be broken easily.
3.	Example: - bungalow, flat	Example: - hut

ACTIVITY:- Draw, colour & label any two special houses.



Tent



Igloo

L - 12: WATER-OUR NECESSITY

Let's Try (Pg. No. 85)

Unscramble the letters in the given words and encircle the odd word in the group.

Washing

Drying

Swimming

Bathing

Practice Time (Pg. No. 86)

A. Fill in the blanks:

1. skin
2. pollute
3. mopping
4. digest

B. Tick true or false:

1. True
2. True
3. False
4. True

Short Answer Type Questions:

Q1. Why do we need water to stay alive?

Ans. We need water to stay alive because it is required by our body to carry out various life processes. e.g. digestion of food, removal of waste

Q2. What is water pollution?

Ans. Water pollution means making water dirty by adding harmful things in it. e.g. garbage, chemicals etc.

Q3. How can we avoid water pollution?

Ans. We can avoid water pollution in the following ways:

1. By avoiding washing clothes, taking bath in water bodies
2. By not throwing garbage in water bodies

Q4. Can we use sea water for drinking, bathing and washing clothes? If yes or no explain why?

Ans. We cannot use sea water for drinking, bathing and washing because it is salty.

Long Answer Type Questions:

Q1. How is water useful in our day to day life?

Ans. Water is useful in our day to day life for:

1. drinking
2. cooking
3. washing utensils
4. bathing
5. washing clothes
6. cleaning
7. watering plants

L – 18 : GAMES FOR FUN

Practice Time (Pg. No. 130)

A. Name the sport played by the following sportspersons :

- | | | |
|-------------------|---|-----------|
| 1. Sania Mirza | - | Tennis |
| 2. P.T. Usha | - | Racing |
| 3. Dhanraj Pillay | - | Hockey |
| 4. Saina Nehwal | - | Badminton |
| 5. Pankaj Advani | - | Billiards |

B. Unscramble the following letters to get the name of sports by looking at the sports symbols shown in the picture below :

- | | | | |
|---------------|------------|------------|-------------|
| 1. Basketball | 2. Boxing | 3. Cycling | 4. Skating |
| 5. Football | 6. Hockey | 7. Skiing | 8. Skipping |
| 9. Swimming | 10. Tennis | | |