



My Family

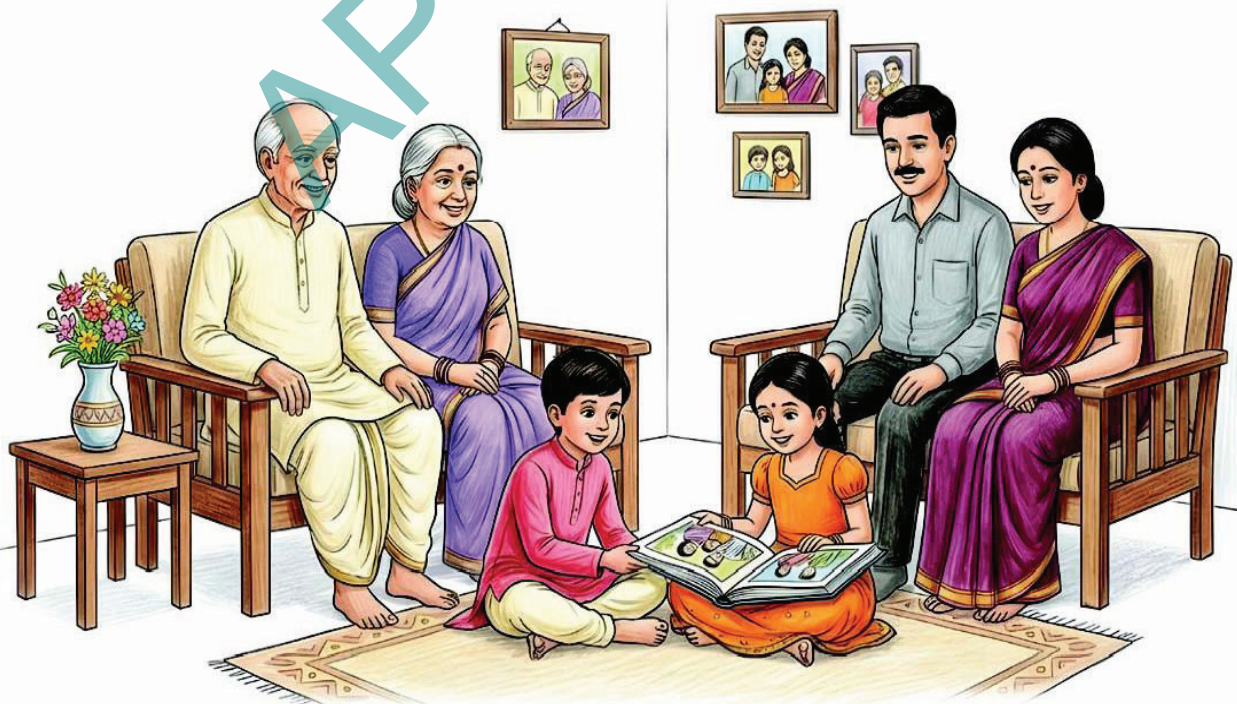


Learning Outcomes

Pupils will be able to:

- Explain about the family. (CG-2)
- Recognize different occupations in our surroundings. (CG-2)
- Identify members living together in a family. (CG-1)
- Appreciate the care given by family members. (CG-2)
- Identify resemblance within family members. (CG-1)
- Identify different types of home appliances. (CG-1)
- Know about the family flow chart. (CG-1)
- Appreciate celebrating festivals. (CG-4)

It was Sunday. Pavan came to Anu's house to play. Anu showed her photo album to Pavan. Pavan asked about the people in the pictures. Anu introduced the members of her family to Pavan.



Anu : This is my family photo. This is my grandfather. He is in the middle. My father is standing to the left of my grandfather. My mother is standing to the right of my grandmother. They are my brothers Rishi and Rohan. This is my pet Sheero. This is my happy family.

Pavan : Oh! Nice family.

Anu : What about your family?

Pavan : In my family, we are three. My father Venkat, my mother Mani and me.



We all live with our families. Generally, a family consists of grandfather, grandmother, father, mother, brothers and sisters. 'Brothers and sisters' are also called 'siblings'.

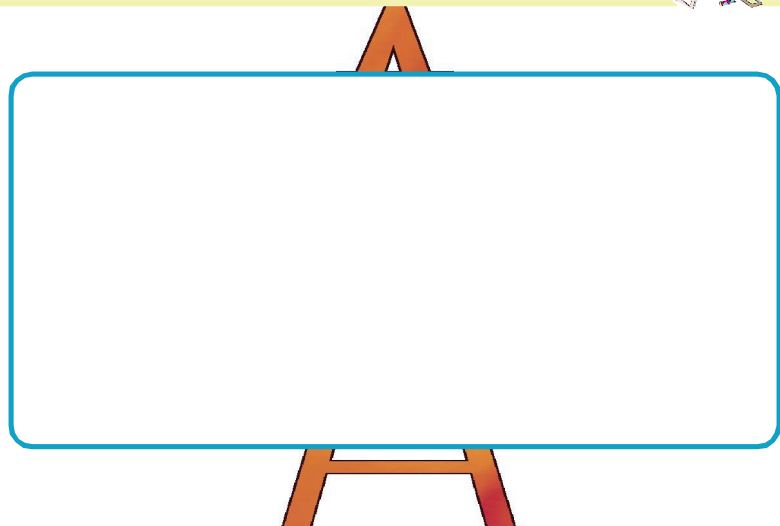


Who lives with you in your family?

Write about your family :

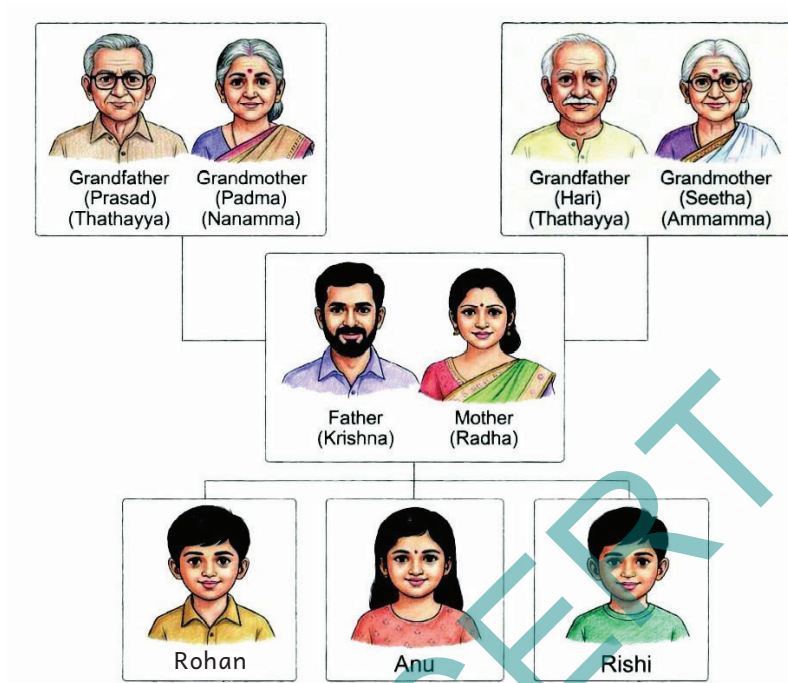
- My father's name is
- My mother's name is
- I have siblings.
- There are members in my family.

Draw your family picture using buttons and match sticks :



Family flow chart :

A family flow chart shows the relationships between family members. An example is given here.



Role of family members and helping each other :

Observe the picture given below. Tell what the people are doing in the picture.

Every family member has an important role. The family members work together and share the work. They all love and care for each other. Parents take up the most important works. Grandparents teach us good manners. Children also help with house work and respect the elders.





Let us Do

Ask any three of your classmates about the different kinds of work family members do.

Collect the information and fill in the table.

S.No.	Name of the friend	Work done by the mother	Work done by the father	Work done by all family members
Eg.1	Suma	Cooking	Cutting vegetables	Cleaning the house



Think and Discuss

- Ravi and his sister share all the work at home. Is this good? Why?
- Meena does her homework, cleans her bag, and carries her books alone. She feels tired and sad. What do you think about this?

Celebration of festivals in a family :

Festivals are special days of joy for us. We celebrate, enjoy and share work during festivals. This enhances happiness among family members. Festivals bring all family members together in one place. We decorate the home and prepare special dishes with our family.

Activity : Observe the pictures of these festivals and discuss what work you share during festivals in your family.



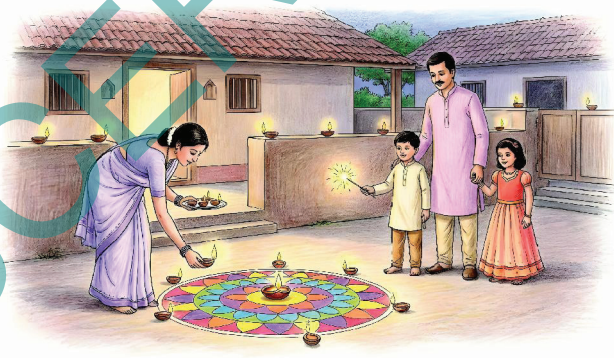
Ramzan



Sankranti



Christmas



Diwali

Note to the teacher :

Discuss with the students regarding the local festivals celebrated in their surroundings.



Helping others at home makes the work easy and keeps everyone happy. Love and affection develop among the family members when they share their work during festival time.

Professions & Occupations :

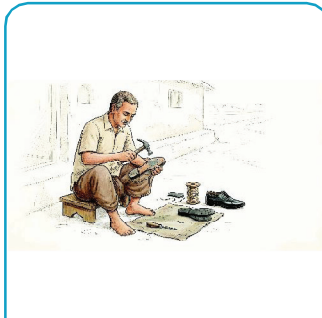
Our needs are fulfilled by the work done by our mother, father and other family members. Like our family, there would be people in our surroundings doing different kinds of work.

Examples : Doctor, Lawyer, Police, Engineer. These are some professions. Let us know about some occupations.

In the following pictures, there are people doing different kinds of work. Observe them and say how they help people.



This is Rani.
She weaves baskets.



This is Rajesh.
He mends the shoes.



This is Kumar.
He cuts the hair.



This is Nazeera.
She is a tailor.



What other kinds of works are being done in your surroundings?



There would be people doing different kinds of work in your surroundings. Eswar sweeps the roads and cleans the drains. As they keep our surroundings clean, we stay healthy. We call them sanitation workers.

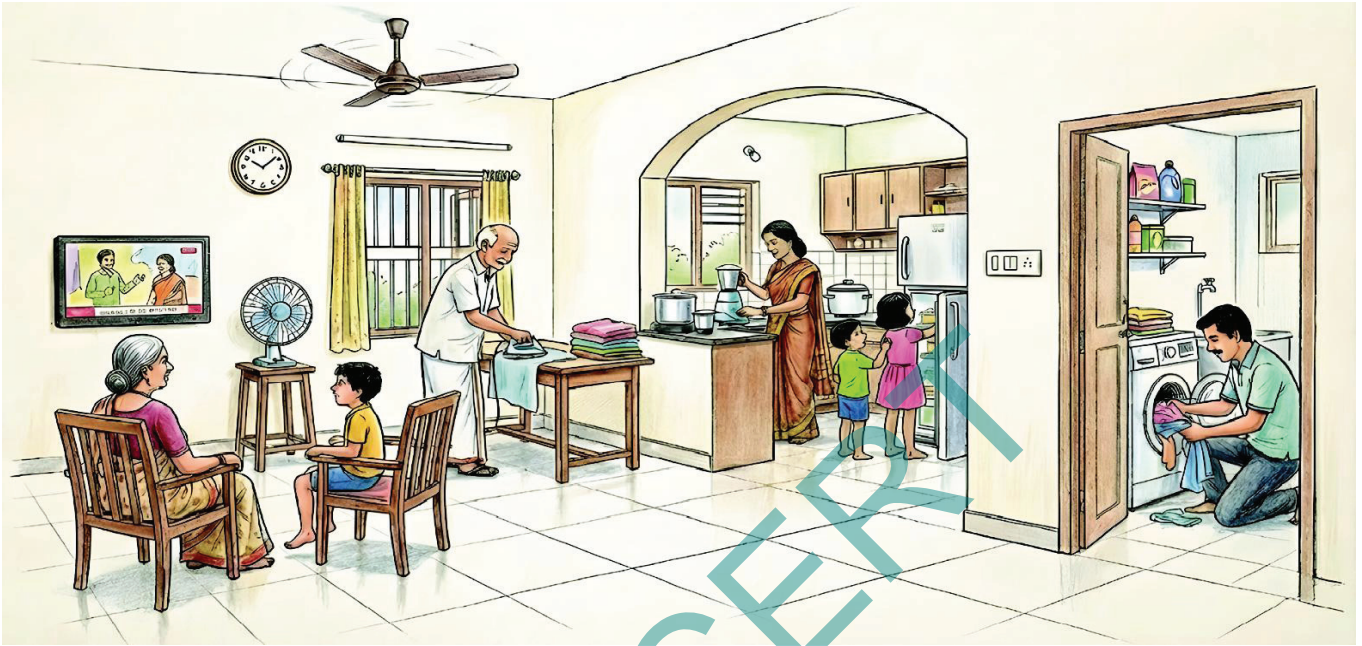
- Who else does different kinds of work?

We have seen people doing different kinds of work outside. In the same way, we need help to finish our work at home fast. That is why we use various machines which are called **home appliances**. These machines help us and save a lot of time.

Activity :

Home Appliances :

Look at this picture showing use of home appliances. Name these appliances.



What home appliances do you have in your home? Write their names in the space given below.

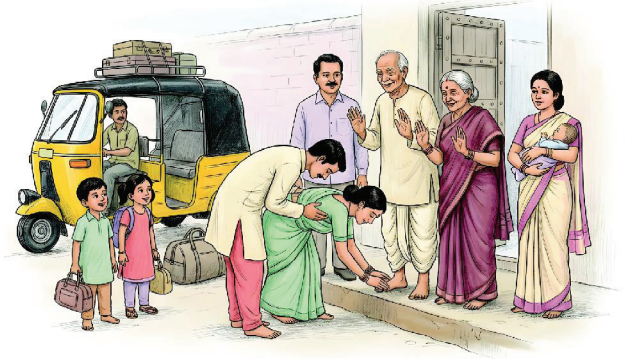
Good practices:

Look at the good practices which lead to good health.

Mary : Hi! I am Mary. My mother, father, sister and I leave our slippers and place them outside in an order before we enter the house.



Vijay : Hi! I am Vijay. My father and mother bow to my grandparents before leaving the house. We have to respect our elders.



Uma : I am Uma. Surely, I plant a tree on my birthday.

Riya: Hi! I am Riya. Our family eat together at night.



Do you have any good practice in your family?



Some practices pass on from parents to children in families.

Whom do you look like?

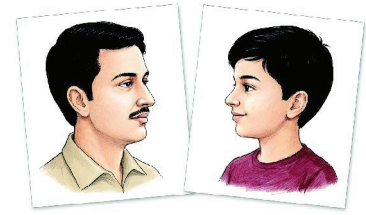
Usually, people in a family are similar in the way they look and behave.

Read the following narration.

Hi! I am Radhika. My ears resemble my father's ears.



Hi! I am Swathi.
I have thick hair
like my mother.



Hi! I am David.
My sharp nose-tip
resembles my
father's nose.



I am Ravi.
My eyes resemble
my mother's eyes.



I am Satis. My
grandmother said that my face
resembles my grandfather.

Some features like skin colour (brown, dark, fair), height (tall, medium, short) are parental features that pass on from parents to children.

Sometimes there are similarities in the behaviour of the children and other members of the family. You may walk like your uncle.



Do the faces of all
people look alike?

All are not alike. In spite of our colour, height or weight, each of us is unique. We just resemble our family members in our physical appearance. We should not tease or bully anyone for their appearance. Let us treat everyone with respect, love and affection.

 **Let us Do**

Ask your parents and other members of your family whom they look like and note down in the given table.

S.No.	Family member	Whom do they resemble
1.		
2.		
3.		
4.		



Think and Discuss

Ask your parents about your relatives and fill this table.

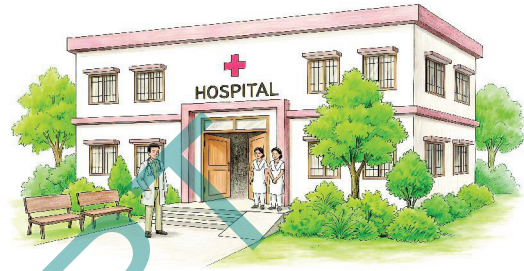
Name of the relative	How you are related ?	What do you call them?

6. Explain how people in the neighbourhood help us through their occupations.
7. Why do we use home appliances in our daily life?
8. Your mother is cooking food. Which home appliance will help her?
9. When your sister is sick, how can you show care as a family member?
10. **Match the following:**

Profession

Work Place

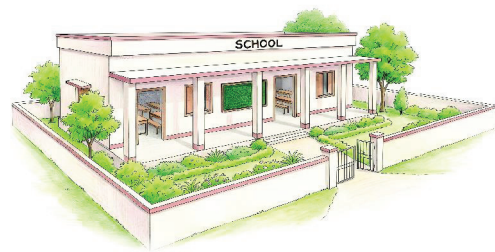
Teacher



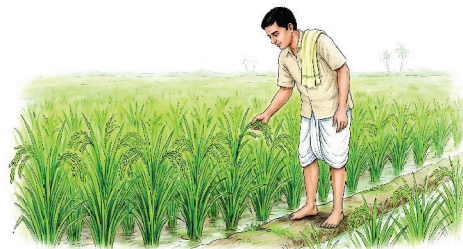
Doctor



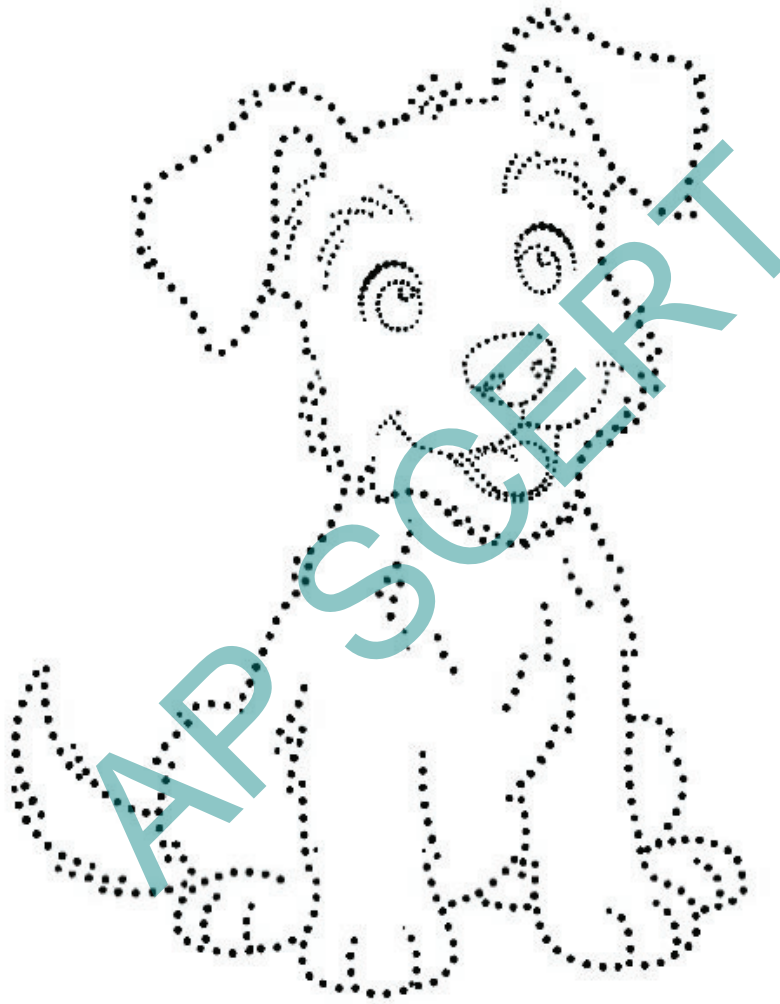
Farmer



Shopkeeper



11. Your family celebrates festivals together every year. How do you feel about this?
12. Hema respects and appreciates the work of a sweeper. Is this correct? Why?
13. Join the dots and colour the picture of a dog.



14. Write any two sentences on how your family members show love and care.



Plants Around Us



Learning Outcomes

Pupils will be able to:

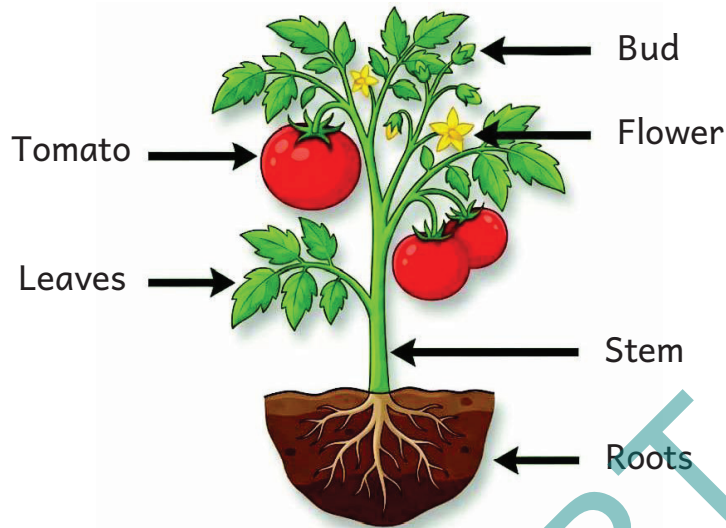
- Explain the need of plants. (CG- 4)
- Identify the parts of a plant. (CG-4)
- Give examples for different types of plants. (CG-1)
- Describe the functions of roots. (CG-4)
- Describe parts and functions of a leaf. (CG-4)
- Know about various uses of plants. (CG-4)
- Develop concern towards nature. (CG-4)



On Geetha's birthday, Geetha and her brother Venu planted trees in the garden with the help of their parents. Next day while Geetha and Venu were watering the plants, Geetha got a doubt and asked her father (Nanna).

Geetha : Nanna! how does the plant take water from the soil ?

Nanna : Come Geetha! I will show you. Observe this tomato plant. It has roots, stem, leaves, flowers and fruits.



Parts of a plant

Every plant has different parts. Each part has a special function.

Root : Holds the plant into the soil and takes water from it.

Stem : Helps the plant stand straight and carries water to all parts.

Leaf : Makes food for the plant.

Flower : It is the beautiful part of the plant. It develops into fruit.

Fruit : Grows from the flower and has seeds inside.



Do You Know !

- Plants need air, water, sunlight, and soil to grow.
- Some plants give us fruits and vegetables.
- Some plants give us flowers and shade.



Think and Discuss

- Observe a tree near your house. Think and Discuss how it helps us in our daily life.
- Look at the plants around your school or home. Identify which plant gives fruits and which plant gives shade in your surroundings.

Activity:

Draw and label the parts of a plant.



Roots :

Roots are the parts of a plant that grow under the ground.

Functions of roots :

1. Roots fix the plant into the soil. They hold the plant firmly in the ground.
2. Roots absorb water and nutrients from the soil for the plant to grow.
3. Some roots store food. For example, carrot, beetroot and radish.
4. Roots help plants to grow strong and healthy.



Let us Do

Collect and observe the roots of some plants. Do all the roots look alike? Discuss with your friends.

Geetha : Nanna, if the roots are so important, what is the use of a stem?

Nanna : The stem carries the water and nutrients from the root to all the other parts of a plant and supports it.

Geetha : Oh! The stem of this tomato plant is very thin and hairy. Nanna, do all the plants have same type of stems?

Nanna : No. Not alike.

Stem :

The stem is the main part of a plant that holds the plant upright and carries water, food, and minerals to all parts of the plant.

Types of stems : There are different types of stems. Some are soft and green, some are brown and hard. Some plants have thick stems and some plants have thin stems.



Let us Do

Observe the plants and trees given below. Read whether they have soft stem or hard stem.

Mango



Coconut



Watermelon



Coriander



..... Hard stem

..... Hard stem

..... Soft stem

..... Soft stem

As the plant grows bigger, the stem strengthens. These thick stems are called 'trunks'. The trunks of some trees are covered by bark.

Ex: Mango, Coconut, etc.

Types of Plants :

Herbs :

Herbs are very small plants with soft and green stems.

Examples: Coriander, Spinach, etc.



Methi



Lemongrass



Coriander



Spinach

Shrubs :

Shrubs are medium sized plants with several woody stems and branches growing close to the ground.

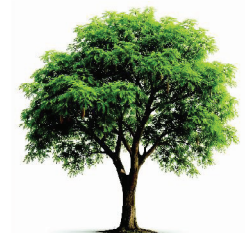
Examples : Rose, Hibiscus, etc.



Trees :

Trees have a big trunk of wood and many branches that spread out with leaves on them. Trees have roots that go deep down into the soil.

Examples: Banyan, Tamarind, Mango, Coconut, etc.



Climbers :

Climbers are the plants that grow tall with support.

Examples: Grapevine, Bittergourd, etc.



Creepers :

Creepers are the plants with weak stems that creep on the ground.

Examples: Watermelon, Pumpkin, etc.



Activity

Tick (✓) in the suitable box.

Name of the plant	Trees	Shrubs	Herbs	Climbers	Creepers
Watermelon					
Rose					
Mango					
Bitter gourd					
Hibiscus					
Neem					

Amazing Facts :

Wolffia plant :

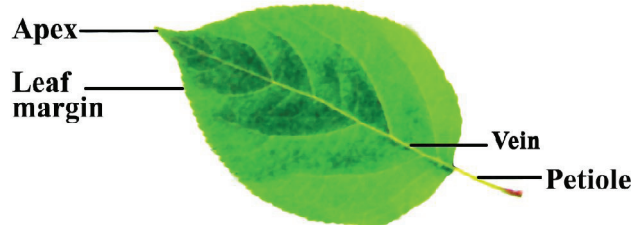
The world's smallest plant is Wolffia. This plant cleans polluted water by absorbing harmful chemicals like a sponge.



Geetha : Wow! There are so many types of stems. Why do plants have so many leaves Nanna?

Nanna : Just as you need food to grow, plants also need food. The leaves prepare food for the plant and help them to grow.








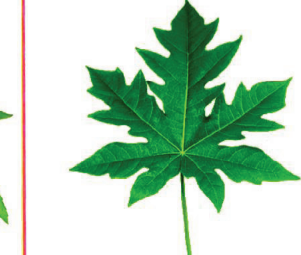
Observe the parts of a Leaf :



Think and Discuss

- Have you observed the leaves of different plants?
- Are all the leaves same in size, shape, colour and smell?

Different Types of leaves :

Banana	Tamarind	Coconut	Coriander
			
Hibiscus	Croton	Tulsi	Papaya
			

The leaves are of different sizes, shapes, colours and smell.

- The leaves of banana plant are very big.
- The leaves of hibiscus are broad and the margins are like a saw.
- The leaves of papaya plant look like palm.
- The leaves of coconut tree have long veins.
- The leaves of tamarind tree are very small.
- The leaves of pudina, coriander and tulsi have different aroma.

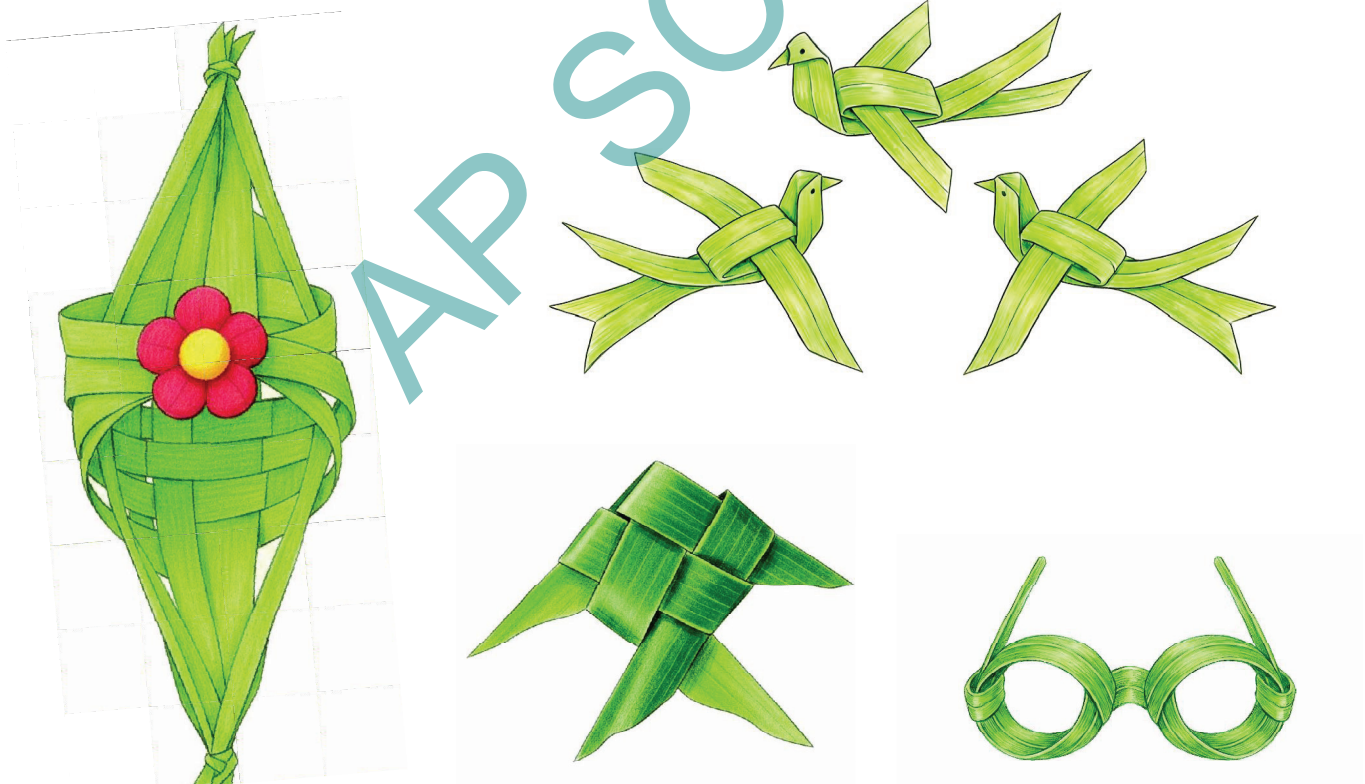
Activity:

- Collect some leaves and trace the shape in your project book. Colour the drawing and name them.



Let us Do

Make some toys with the locally available leaves. Some examples are shown here.



Note to the teacher : Guide and support the students while doing this activity.

Blindfold activity

Collect few leaves of lemon, mango, neem, tulsi, pudina and coriander. Blindfold a student and ask the student to do the following:

- Take some leaves, crush and smell them separately.
- Identify and say the name of the leaf.

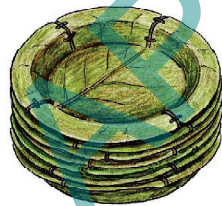
Do they smell the same? Discuss with your friends.

Do you know how leaves are useful to us?

Uses of leaves :

We use leaves in many ways.

- We eat the leaves of many plants like coriander, curry leaves, drumstick leaves etc.
- We drink tea which is made from tea leaves.
- We use leaves of neem and tulsi as medicines.
- Leaves of banana tree, banyan tree and sal tree are used to make disposable plates and bowls to serve food.



Let us Do

Grow a kitchen garden with the help of your teacher.



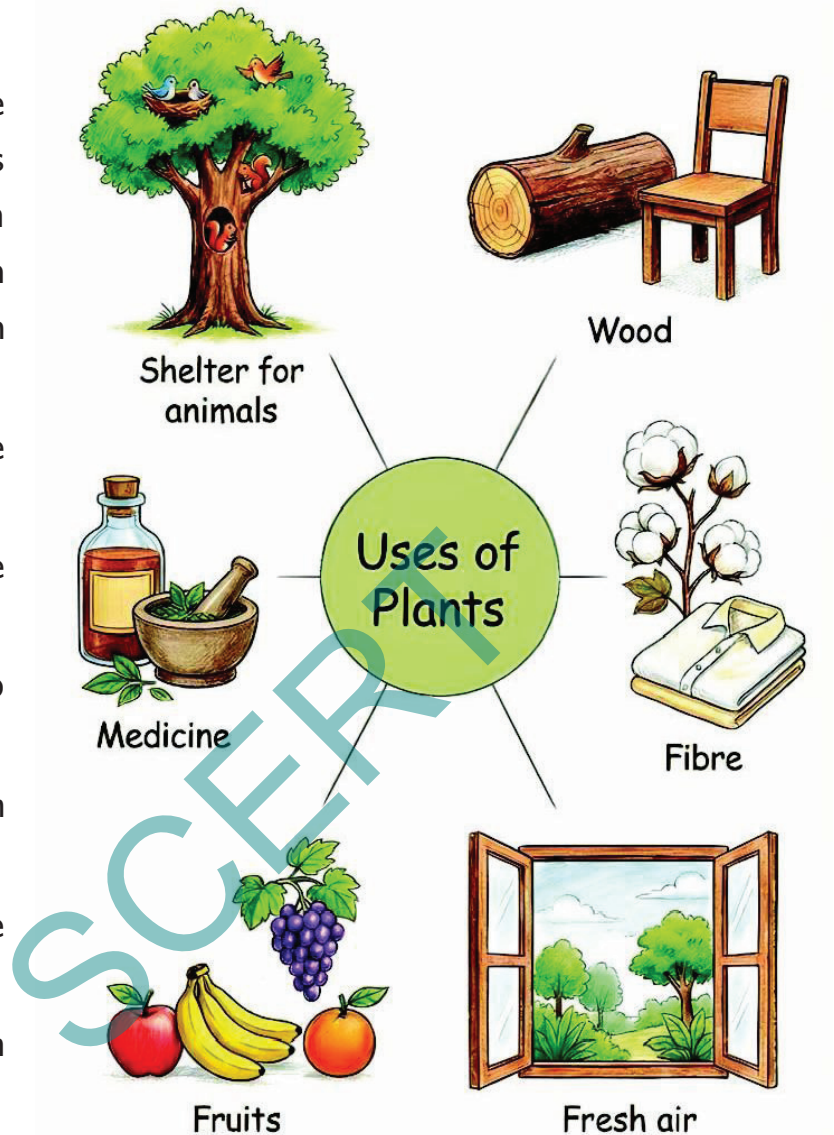
Think and Discuss

If there were no leaves on plants, what problems would we face? Discuss.

Uses of plants :

Plants are gifts of nature. There are many uses of plants. Plants give us food. We get fresh air from the plants. Plants absorb carbon dioxide and release oxygen which we breathe.

- Plants give us wood to make furniture and houses.
- Plants give medicine to cure diseases.
- Plants give us shade and help cool the surroundings.
- We get clothes like cotton from plants.
- Plants give us paper to write and read.
- We get oils like coconut oil from plants.



While having dinner, Geetha told her father about the parents' meeting. There a plant was distributed to every student on the name of mother. After dinner, she shows a card to her father (Nanna) and talks about it.

Geetha : Nanna, do you know what is this?

Nanna : What is this card Geetha?

Geetha : It is 'green passport'. I have to look after my plant and record it's growth in this green passport.

Nanna : You have to take care of the plant like your mother and I care about you.

Geetha : Sure, nanna.



Green passport

The green passport shows the details of the plant's name, scientific name, the date and place in which student planted the sapling.

Let us Know!

“Ek Ped Maa Ke Naam” means “One Tree in the Name of Mother.” In this programme, students plant a tree to show love and respect for their mother. By planting a tree, we help our Earth become green and clean. It teaches us to care for nature just like our mother cares for us. Every child promises to protect the tree and watch it grow. This programme spreads the message that planting plants is a beautiful way to thank our mothers and save the environment.



Amazing facts :



Rafflesia

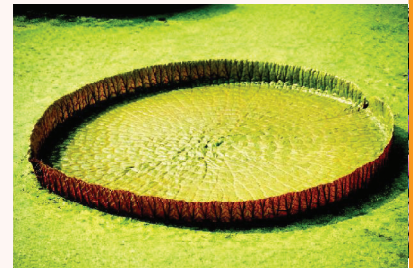
Banyan tree is the biggest tree in India.

Jack fruit is the biggest fruit in India.

Bamboo is the tallest grass.

Rafflesia is the biggest flower in the world .

The largest leaves found in India belong to the giant water lily (Victoria amazonica). The smallest fruit in India is Manila Tamarind.



Key Words

nutrients, veins, stem, creatures, living beings, minerals, environment, earth, aroma, green passport, kitchen garden.



What we have learnt ?

- Roots, stem, leaves, flowers and fruits are the main parts of a plant.
- The roots are the most important parts of a plant. Roots fix the plant into the ground. They absorb nutrients and water from the soil.
- Stem carries the water and nutrients to all the parts of a plant, and it gives support to the plant.
- All the stems are not alike. The thick stems of trees are called trunks. The trunks are covered by bark.
- The leaves are of different sizes, shapes, and colours. All the leaves have veins. Leaves prepare food for the plant.



Improve Your Learning

1. Name any two plants you see in your surroundings.
2. Write the names of any two parts of a plant.
3. Name one tree and one herb.
4. Which part of the plant makes food?
5. Why do we need plants?
6. How do roots help the plant?
7. Explain the function of a leaf in a plant.
8. You feel hot while playing outside. Which plant part helps give shade and cool air? ()
A) Root B) Leaf C) Flower D) Stem
9. A plant in a very small pot falls down easily. What is the reason? ()
A) Weak roots B) Very big leaves
C) Very big flowers D) Green colour
10. Observe the leaves of two different plants near your home. Think and discuss how they are different.

11. Observe two plants – a tree and a climber. How are they different?
12. Match the following:

Function

Plant Part

Contains seeds



Holds plant in soil



Carries water



Makes food



13. A boy plucks leaves from a plant for fun. Is this right or wrong? Why?
14. Your friend throws garbage near plants. What will you tell him?
15. Draw and label any four parts of a plant.



Animals Around Us



Learning Outcomes

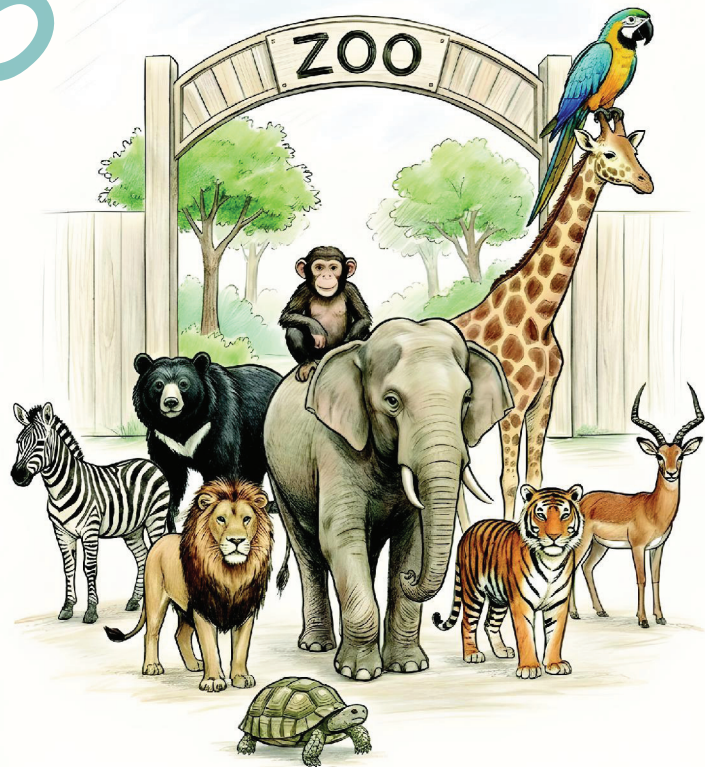
Pupils will be able to:

- List out the animals found in different places like their surroundings, zoo, etc. (CG- 1)
- Differentiate domestic and wild animals. (CG-1)
- List out the animals based on their movement. (CG-1)
- Classify animals based on their dwelling places. (CG-1)
- Identify the animals based on the food they eat. (CG-1)
- Appreciate the communication in animals. (CG-2)
- Appreciate plants and animals living together. (CG-2)
- Shows concern about nature. (CG-4)

During holidays Surya and his cousins went to a zoo along with their family members. They were excited when they observed animals like elephant, tiger, lion, cheetah.

Have you ever visited a Zoo?

Let us observe the picture of a Zoo:



- Name the birds and animals you see in this picture?
- Are these animals found in your surroundings?
- What animals do you see in your surroundings?
- Did you see these animals any time? Where did you see?

Animals around us :

Tick (✓) in the correct box.

Animal name	Found in our surroundings	Found in the zoo
Dog		
Tiger		
Elephant		
Goat		
Cheetah		
Cow		

Animals and birds also live with us. There are different kinds of animals. Some live in our surroundings, can be tamed and taken care of. These are called **Domestic animals**.

Ex: Cat, dog, goat, buffalo, ox, cow, etc.

Domestic animals that live with us in our homes are **Pet animals**.

The animals that live in forest are called as **Wild animals**.

Ex : Lion, tiger, giraffe, elephant, fox, etc.

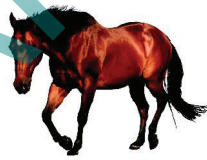
Domestic / Pet Animals



Dog



Goat



Horse



Cat



Camel



Rabbit



Donkey



Cow



Sheep

Wild Animals



Cheetah



Wolf



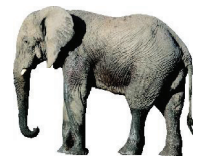
Lion



Zebra



Kangaroo



Elephant



Tiger



Hippo



Giraffe

Pet animals in our house not only help us but also give us happiness.

Terrestrial and Aquatic animals :

Activity:

Observe the pictures. Write how they move about.



..... **pigeon** and **crow** can fly
..... and can crawl
..... and can walk
..... and can hop
..... and can swim
..... and can jump

Some animals walk, some crawl, some jump and some swim. Birds fly from one place to another. For this they use their legs, wings and even their tails. Fishes swim in water with the help of their fins and tails.

Let us recite the rhyme with action :

Run, run, run,
Run like a lion.
Swing, swing, swing,
Swing like a monkey.

Fly, fly, fly,
Fly like a parrot.
Crawl, crawl, crawl,
Crawl like a snake.

Paddle, paddle, paddle,
paddle like a turtle.
Stomp, stomp, stomp,
Stomp like an elephant.

**My Home
Activity :**

Write the names of animals according to the places they live.
(Cow, sparrow, owl, frog, fish, grasshopper, dolphin, monkey)

Live on land	Live in water	Live both on land and in water

Animals live in different places. Some animals live on trees, some in water, and some on land. Generally birds live in nests. The animals that live on land are called **terrestrial animals**.

- Cow, dog, cat, hen etc., live on land.
- Crow, sparrow, owl, monkey, grasshoppers, etc., live on trees.
- The animals that live in water are called **Aquatic animals**.
Ex. Fish, prawns, etc.
- Some animals like frog, crocodile and tortoise live both on land and in water.



Frog



Crocodile



Tortoise



Let Us Know !

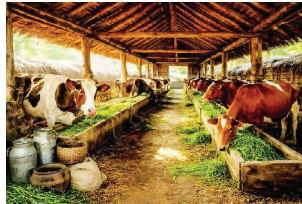
The animals that live both on land and in water are called **amphibians**. Their moist skin, webbed feet, strong hind limbs help them to live on land and in water.

Let us know about animal shelters :

A lion lives in a den, birds live in nests, snakes and rats live in burrows, a monkey lives on a tree. The farm animals live in their shelters made by human being. Some animals are kept in the zoo.



Nest



Shed



Burrow

Food for animals :



We eat food when we are hungry. Do you know what different animals eat?

Herbivores :

Animals which eat only plants are called **Herbivores**.

Eg : Cows, buffaloes, donkeys, horses, elephants, deers, etc.,.



Sheep



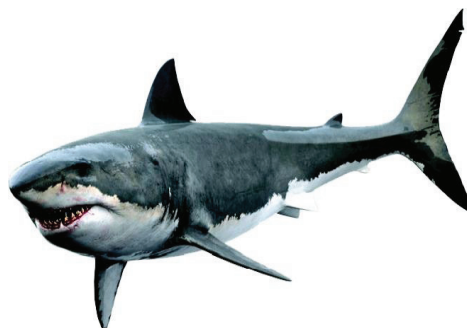
Cow

Carnivores :

Tigers, lions, foxes and crocodiles eat the meat of other animals. These animals are called **Carnivores**.



Wolf



Whale



Lion

Omnivores :

Bears, crows and dogs eat both plants and animals. These animals are called **Omnivores**.



Bear



Crow



Dog

Amazing facts :



Vulture

Butterflies and honeybees suck nectar from flowers.



Honey bee

Vultures, crows and foxes consume dead animals. They are called **Natural scavengers**.

1. Suresh saw a cow eating grass and leaves in the field. Is the cow eating food from plants or animals?
2. Do you eat leaves of plants ?

Activity :

Match the animals with their food



Communication in animals :

Animals use sounds ,smells and body movements to share important information.

Examples :

1. Birds sing to protect their homes and find friends.
2. Dogs wag their tails to show they are happy.
3. Honeybees perform a special dance to tell the other bees exactly where the flowers are.

This communication helps animals stay safe, find food, and take care of their families.

Let's Discuss :

Have you ever heard the sounds of ?

The calf mooing when it sees the cow.

The cuckoo answering to other cuckoos.

The lizard squeaking in your home.

Birds :

Birds are one of the most interesting creatures on the earth. They have feathers, wings, and a beak. They are egg-laying creatures.

Birds around us :

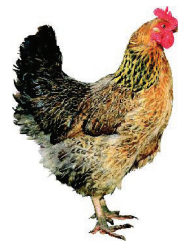
We see birds like crows, ducks, hens, sparrows, parrots, and pigeons in our surroundings every day.



Crow



Sparrow



Hen



Pigeon

These birds live around us because they find food, water, and shelter near human shelters and trees.

Activity :

Sounds of Birds

- Close your eyes and try to listen carefully. Do you hear any bird sounds?
- Put your hands behind ears like in the picture. Can you hear the sounds better now?



Different birds, different sounds :

- Think about sounds you heard. Make sounds that different birds make.
- If you do not hear any sounds of birds, what do you think is the reason?
- What time do you hear bird sounds mostly? Why?

Birds leave their homes early in groups in the morning in search of food and return in groups again in the evening. At that time they make more sounds for communication.



Amazing facts :

Ostrich is the biggest bird on the earth and Hummingbird is the smallest bird.



Plants Animals and Birds living together :

We read about different plants and animals. Have you noticed how these live together? Look carefully and you will find that there are lot of animals living on, around and even underneath the plants that you see.

Here are some pictures of animals living together with plants.



Goat eating leaves



Elephants eating plants



A woodpecker on a tree trunk



A butterfly sucking nectar from a flower



Camels eating leaves of plants



Owls stay in trees



Honeybee sucking nectar from a flower



Earthworm making the soil soft

Note to the Teacher : Animals help plants by spreading seeds for reproduction and making soil fertile through their waste.

All living beings are important to maintain the balance in the environment. But now a days the number of wild animals and birds is decreasing due to deforestation, hunting, pollution, climate changes. If we want to live in harmony with nature, we must protect them.



Let us Do

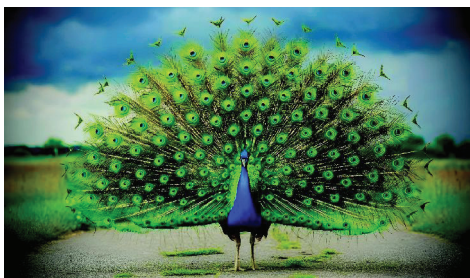
A gesture of kindness :

We can keep a small bowl of clean water and some grains outside our house. Birds and small animals often come in search of food and water, especially during hot days. By keeping water and grains, we can help them stay healthy and safe. This small act of kindness shows that we care for all living beings around us.



Sparrow

Birds and animals – State and National symbols.



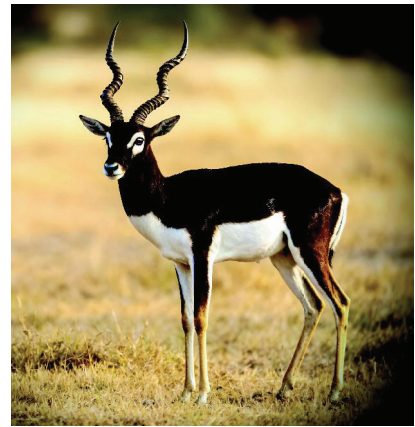
Our national bird – Peacock



Our national animal- Royal Bengal tiger



Our state bird- Parrot



Our state animal - Black buck



Key Words

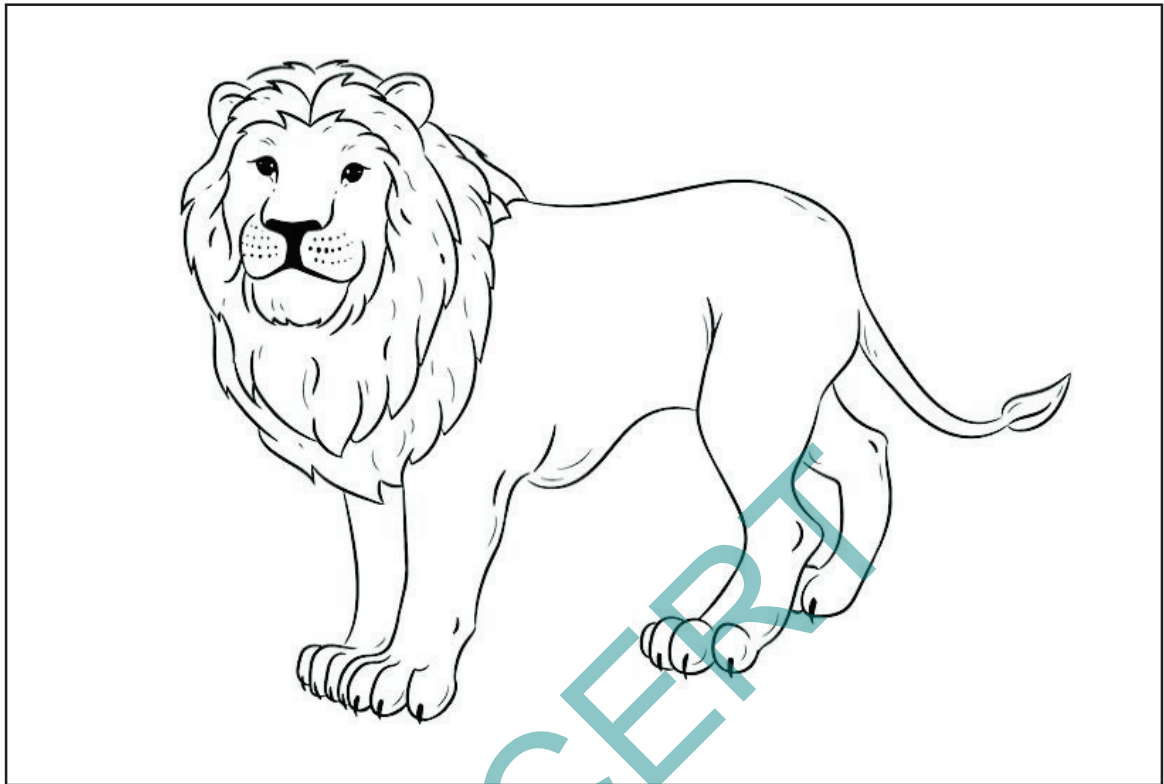
Zoo, animals, birds, insects, wild animals, domestic animals, herbivores, carnivores, omnivores, terrestrial, aquatic animals, amphibians, communicate.



What we have learnt ?

- Animals and birds live with us in this world.
- Animals are of two types: domestic and wild.
- Animals walk, crawl, jump, fly and swim to move from one place to another.
- Animals live on land and in water.
- Animals eat different types of food.
- Birds make different types of sounds to communicate with other birds.
- Animals make different sounds to communicate.
- People should have concern towards animals and birds.

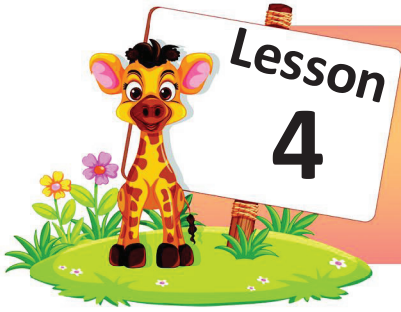
13. Colour the given picture.



14. Make a slogan on “Save Animals”.

15. Observe your surroundings and list out the terrestrial and aquatic animals.

S.No.	Terrestrial animals	Aquatic animals



Our Body



Learning Outcomes

Pupils will be able to:

- Identify and name the parts of body. (CG-1)
- Describe the importance of sense organs. (CG-3)
- Understand the concept of healthy body. (CG-3)
- Describe healthy habits like brushing teeth washing hands etc. (CG-3)
- Know about differently abled. (CG-4)
- Differentiate good and bad touch. (CG-3)
- Know how to avoid bad touch. (CG-3)

Teacher : Good morning students.

Students : Good morning ma'am.

Teacher : Today we will learn about the parts our body. Can you tell some of the names of our body parts?

Students : Head, eyes, ears, hands, legs, fingers.

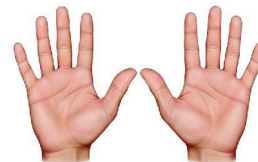
Teacher : Now, let us recite the rhyme with action.

Rhyme :

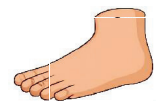
Parts of my body



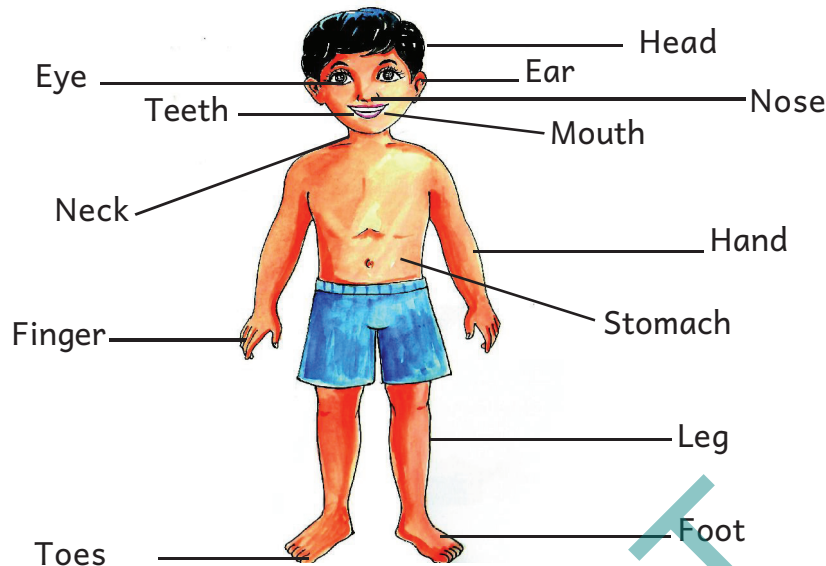
Two little eyes to see, see, see,
Two little ears to hear, hear, hear,
One little nose to breathe and smell.



Two little feet to walk, walk, walk,
Ten little toes to tap, tap, tap,
Two little hands to clap, clap, clap,
Ten little fingers to snap, snap, snap.



Can you name some parts of your body?



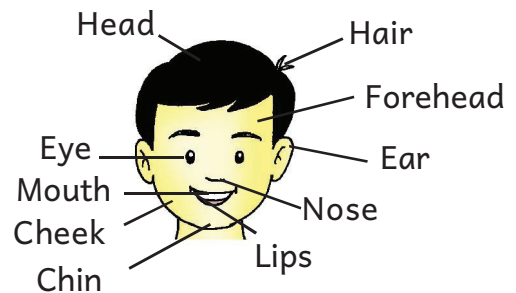
- What parts do you look at when you see your face in the mirror?
Our body consists of different parts. These parts help us to do different things. Basically, our body is divided into three parts. They are head, trunk and limbs (hands and legs).



Think and Discuss

- 1) Observe the picture.
- 2) Can you tell the importance of these parts?

Look at the pictures.



Let children identify the body parts involved in each action and say it aloud.

1



2



3



4



5



6



Look at these pictures.

- What are these children doing?
- How do you clap?
- What activities can we do with our hands?
- What activities can we do with our legs?

Functions of body parts :

We have eyes, nose, mouth, and ears on our face. Our eyes help us to see the things around us. Our nose helps us to breathe and smell. We eat food with our mouth. It also helps us to talk. Our ears help us to hear.

Our hands help us to write, eat and play. Our legs help us to walk and run. All body parts work together to keep us healthy and active.

Activity-1

Name the parts that help us to

- Watch T.V _____
- Listen to music _____
- Sing songs _____
- Smell flowers _____
- Taste chocolates _____
- Draw a picture _____
- Kick the ball _____



Sense organs :

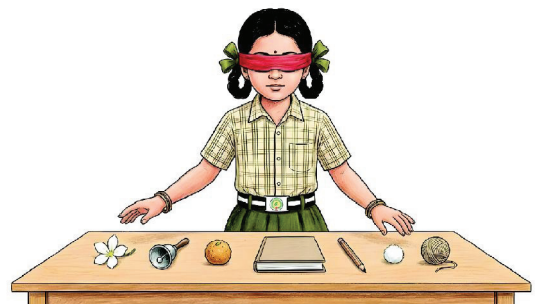
- Teacher : Children, I have a few things for you. Tell me what you notice. (shows a ball)
- Ravi : It's yellow and round.
- Teacher : How did you know it?
- Ravi : I saw it.
- Teacher : (Rings a bell) What do you hear now ?
- Siri : Bell sound.
- Teacher : What helped you to know the sound?
- Siri : My ears.
- Teacher : (showing a rose) How does it smell?
- Venkat : It smells so nice.
- Teacher : What helped you to smell the flower?
- Venkat : My nose.
- Teacher : (shows a chocolate) What will be the taste of this chocolate?
- Anu : It's sweet.
- Teacher : How did you say that?
- Anu : By tasting it.
- Teacher : (gives a soft toy) How do you feel when you touched it ?
- Indu : It feels soft.
- Teacher : So, You used your eyes, ears, nose, tongue and skin to feel the senses. These five organs are called **sense organs**.

The five sense organs are the eyes, ears, nose, tongue and the skin. They help us learn about our surroundings through the senses of sight, hearing, smell, taste and touch.

Activity-2 :

Let us play a fun game :

Place some flowers, bell, sweet, book, pencil, cotton, wool on a table. Blindfold your friends one by one and ask them to identify the things on the table. Instruct them that they can identify the things with touch, sound, taste or smell.



If you are blind-folded you cannot see things. You can use other body parts like your nose, ears and hands to know the things.

Can we ride a bicycle only with our legs? What other body parts are involved in cycling? We use some body parts together to perform different works.

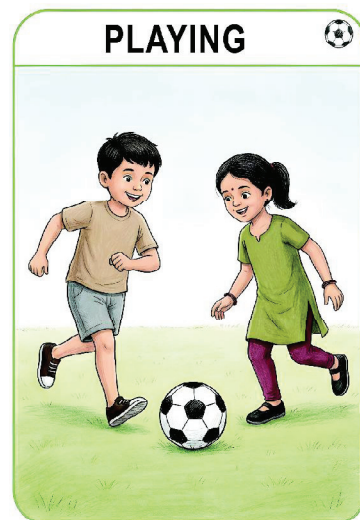
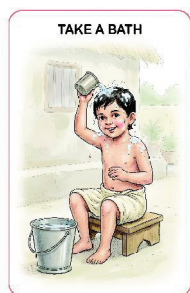
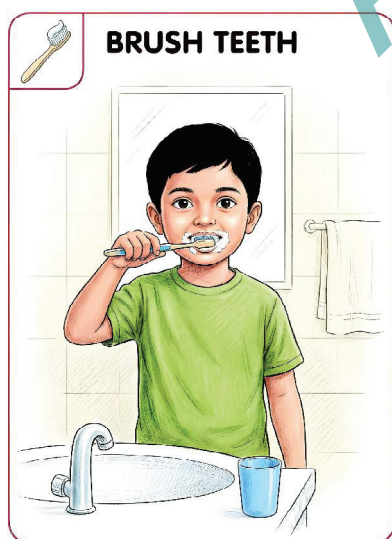
Do you know some people may not walk without support. They might have lost their lower limbs due to an accident or illness. Some people cannot see, some cannot talk, some cannot hear sounds. They are called 'Differently abled persons' or 'Divyang'. Children with any of these difficulties are also called as 'Children with Special Needs' (CWSN).



Healthy body :

We should always keep our body clean. Eat healthy food to stay strong. We should eat a lot of vegetables and fruits.

Good habits to stay healthy





Let us Do

Do you know how to wash your hands?

Take some soap and wash your hands as shown in the picture. Make it as regular practice.



If you don't wash your hands before and after food, you may fall sick.



1. Palm to Palm



2. Between fingers



3. Back of hands



4. Base of thumbs



5. Back of fingers



6. Finger nails



7. Wrists



8. Rinse and wipe dry

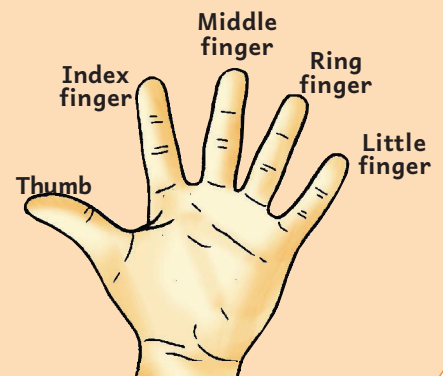


Let Us Know !

Global Handwashing Day is celebrated every year on **October 15th**. It reminds everyone about the importance of washing hands with soap and water to stay healthy. On this day schools organize activities to teach children how clean hands help to prevent germs and sickness. It encourages everyone to make handwashing a daily habit for a healthy life.

Amazing Facts :

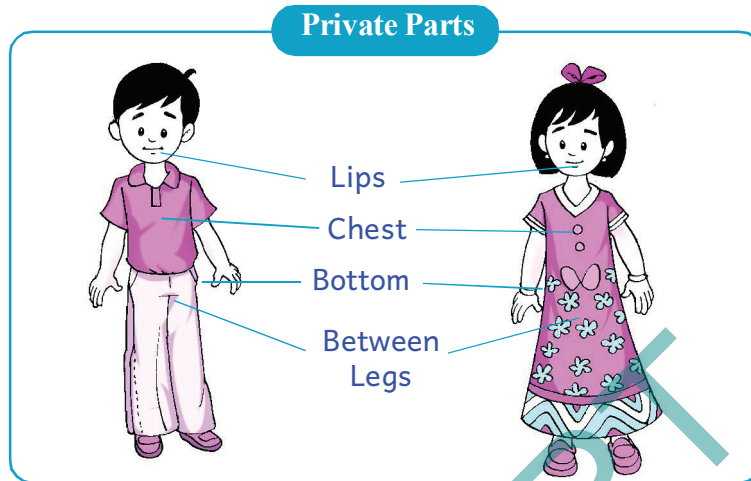
We have five fingers. Fingers have names.
But some people have six fingers.



Good touch and Bad touch :

Till now, we have studied the parts of body. Do you know some parts of the body are called private parts?

Look at the picture:



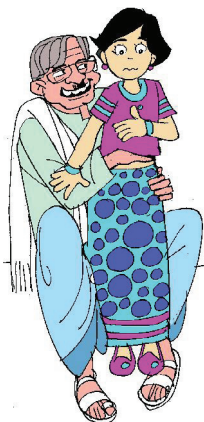
Some of our body parts like the chest, between legs, and bottoms are called private parts, because no one should see or touch them. And it is not right to touch, see or talk about those parts by someone. When we were children, mother and father might have touched us to help us to take bath or clean ourselves. That is not a secret and it is okay for a small baby or kid to get help with bathing. Some touches are good, and some are bad.

What is good touch?

Good touch is a touch that cares for us or makes us feel safe like your mother hugging you or your father holding your hand while walking. Examples for good touch – hugging, kissing on the head and cheeks by father, shaking hands, putting hands on shoulder by friends.



What is bad touch?



Bad touch is a touch that makes us feel sad, angry, scared or confused. If anyone touches the private parts it is called bad touch. Because it makes us uncomfortable. Don't let anyone touch those private parts.

What to do if someone touches it?

If someone touches our private parts and makes us uncomfortable,

In that situation you follow three steps:

1. Scream '**STOP**'
2. Run away from that place.
3. Tell a trusted adult about it and get help.



Say "Don't touch" in a loud voice



Leave the spot quickly



Tell elders (like parents or teacher) till you get help

Anyone can make us uncomfortable or scared by their bad touch. It can be by a known person or an unknown person. So if anyone touches your private parts or asks to touch their private parts, we should do the three steps mentioned above and get help from parents or adults whom we trust.

We don't have to feel bad for informing about bad touch. It is not our fault. So immediately inform your parents.

Say '**NO**' to bad touch.



Do You Know !

CHILD LINE **1098** is a national, 24x7, free, phone emergency outreach service for children in need of care and protection.



Do these interesting activities in your class. Observe how many children can do this.



1. Without touching your teeth fold your tongue towards the back of your mouth.

2. Roll your tongue by lifting it from the sides.



3. Make a 'V' by separating two fingers of your hand to each side.

4. Open all the toes of your feet. Now without moving the others, move the little toe.



5. Move your ears, without holding them.



Key Words

head, trunk, hands and legs, neck, breathe, private parts, sense organs, health, hand wash, exercise, differently abled, good touch, bad touch.



What we have learnt ?

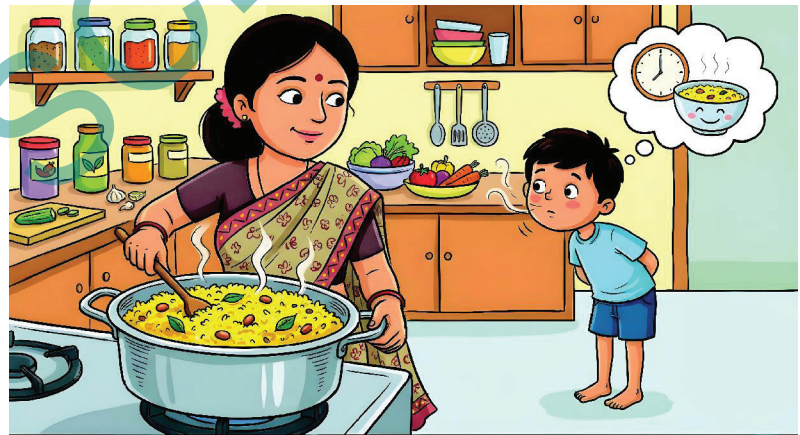
- The parts of the body help us to do different activities.
- Our body is divided into head, trunk and limbs (hands and legs).
- We have five sense organs.
- We have to take care of our body to be healthy.
- Children who cannot see, cannot walk, cannot talk, cannot hear sounds etc, are called **children with special needs (CWSN)**.
- Good touch is a touch that cares for us or makes us feel safe.
- Bad touch is a touch which makes us feel sad, angry, scared or confused.
- We should know which touch is good and which is bad.



Improve Your Learning

1. Name any two parts of the body.
2. Which sense organ helps us to see?
3. Who are called differently abled persons?
4. Which part of the body helps us to hear sounds?
5. Explain what a healthy body means.
6. Why should we wash hands before eating?
7. What is the difference between good touch and bad touch?
8. Rishi's mother is cooking delicious pulihora. Rishi smells the food and knows that it is pulihora. Which sense organ helps Rishi to smell the pulihora.

- A) Eyes
- B) Skin
- C) Nose
- D) Tongue



9. You played outside and came home. What should you do before eating food?
A) Watch TV B) Wash hands C) Sleep D) Play more ()
10. Look at the habits below. Circle the healthy habits:
 - Brushing teeth twice a day
 - Eating uncovered food
 - Washing hands
 - Playing in dirty water

11. Match the following:

Body part

Action/function



Hearing



Smelling



Seeing



Tasting

12. One boy likes to brush his teeth, but another boy does not. Who will have healthier teeth? Why?

13. A stranger tries to touch you in a way that makes you uncomfortable. What should you do first? ()

A) Keep quiet

B) Say 'NO' loudly

C) Go with the stranger

D) Hide

14. Is it good or bad to skip bathing for many days? Explain your answer.

15. Draw and label any two sense organs and write one use for each.

.....
.....
.....
.....



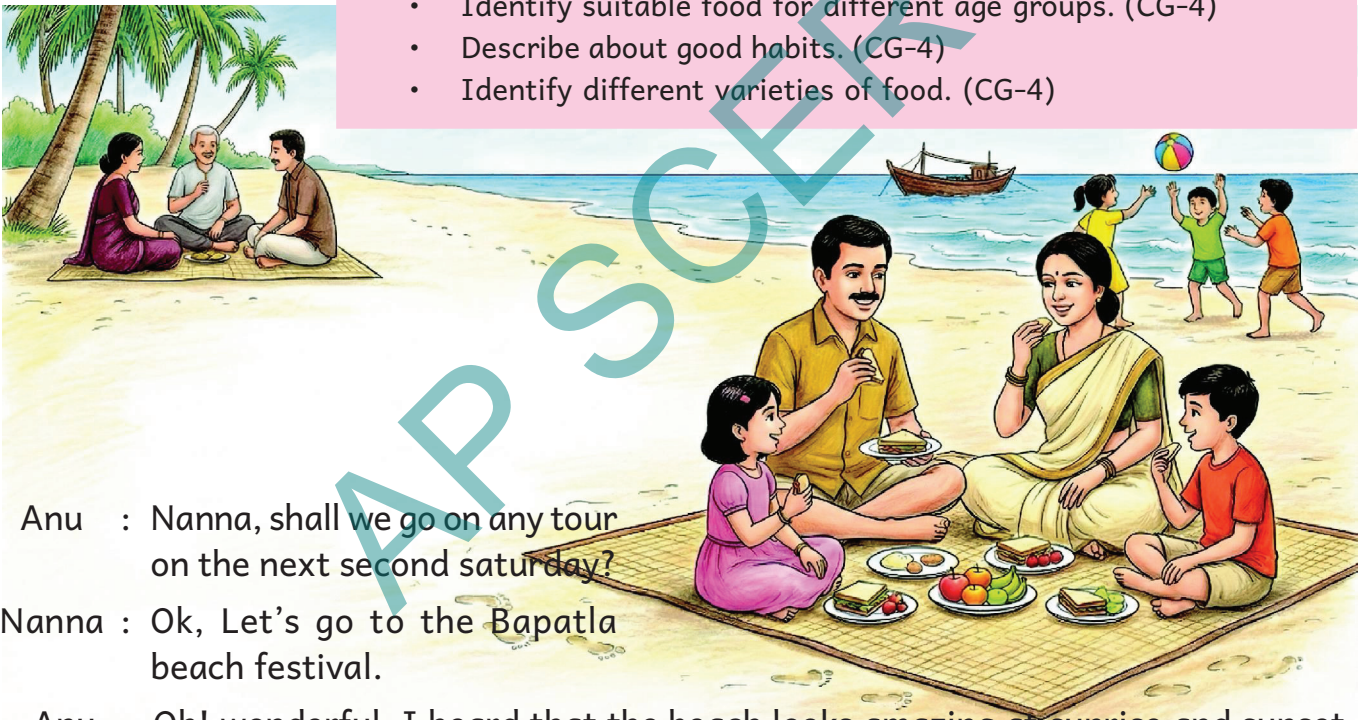
Food We Eat



Learning Outcomes

Pupils will be able to:

- Identify the need of food for all living things. (CG-2)
- Classify various food sources food from plants and animals. (CG-4)
- List out food items that can be eaten raw and that must be cooked. (CG-4)
- Identify suitable food for different age groups. (CG-4)
- Describe about good habits. (CG-4)
- Identify different varieties of food. (CG-4)



Anu : Nanna, shall we go on any tour on the next second saturday?

Nanna : Ok, Let's go to the Bapatla beach festival.

Anu : Oh! wonderful. I heard that the beach looks amazing at sunrise and sunset.

Amma : Yes, there are many stalls of toys, handicrafts, and food items in the festival.

Kiran : I am eagerly waiting to eat prawn fry that is served with lemon and onion.

Nanna: I will taste Andhra style spicy fish curry with rice.

Anu : I want to taste the badam milk and coconut water.

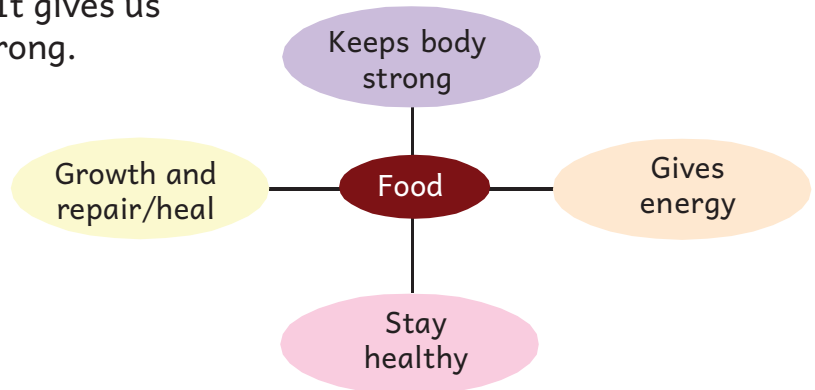
Naana : Don't forget to try bajjeelu and punugulu too.

Amma : We all excited to taste the food varieties in the beach festival.

Naana : Yes, "Without food life cannot go on".

Food :

The Food helps us live and grow. It gives us energy. It keeps us healthy and strong.



Food from plants :

We eat different parts of plants as food. We eat leaves of some plants, stems, flowers, fruits, seeds and also the roots. Rice is the main food item in our diet. It is produced from paddy. Wheat, and millets are the other food grains that we eat. We eat food grains other than paddy like pearl millet (sajjala), little millet (samalu), finger millet (raagalu) and Italian millet (korralu).

Look at the following edible part of the plants.



Paddy



Wheat



Pearl millet

Some plants give us food from the roots like carrot, beetroot and radish.



Carrot



Beetroot



Radish



Let Us Know !

We get jaggery and sugar from sugarcane.

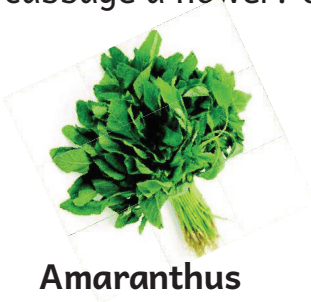




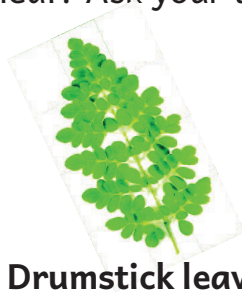
The most **nutrient** part of the plant is a leaf.
We eat different types of leaves.

Food from leaves :

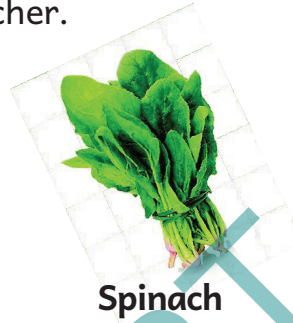
Is cabbage a flower? or a leaf? Ask your teacher.



Amaranthus



Drumstick leaves



Spinach



Curry leaves

We eat the flowers of banana and cauliflower. Cloves (lavanga) are the flavoured dry buds used as condiments. Saffron flowers are used in making special food items.



Banana flower



Cauliflower



Cloves

We love to eat the fruits like mango, orange, jackfruit, papaya, apple, banana, grapes, muskmelon and watermelon. Do all fruits taste sweet? We must eat all fruits. They give us good health.



Mango



Orange



Apple



Banana

Which fruit do you like most?

Amazing Facts

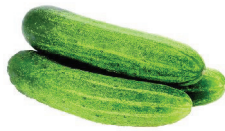
Mushroom is a fungi which has many nutrients.



Tomato and cucumber are also fruits, but we consider these as vegetables.



Tomato



Cucumber (Keera)



Which part of this fruit do we eat?

.....



Let us know where cooking oil comes from.

We can get oil from the seeds of groundnut, sesame, mustard, sunflower and olive. Cashew, peas, cowpeas and groundnuts are seeds that we eat.



Cashew



Peas



Cowpeas



Groundnuts

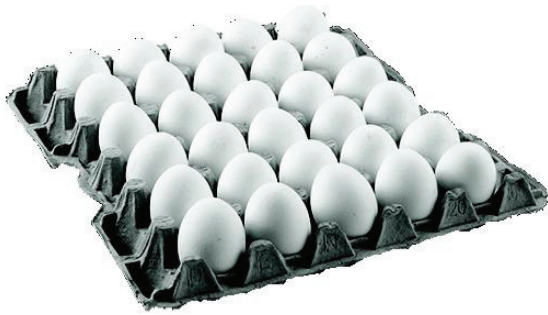
Pulses like red gram, green gram, black gram and cereals like paddy, wheat are all seeds. These seeds are used in cooking.

Food from animals :

We get many types of food from animals. We eat eggs and meat as our food. We drink milk. Cows, goats, buffaloes give us milk. We get different products from milk like curd, ghee, butter, cheese etc.

Observe the food items in your home. Identify and write any four items that are prepared using milk.

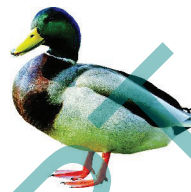
- 1)
- 2)
- 3)



We rear some birds like ducks and hens for eggs and meat.



Can you name any food item prepared with egg?



People rear sheep, goat, hen etc. Some eat the meat of these animals.

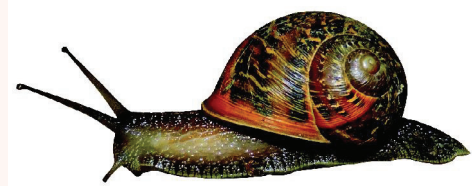


People also eat sea animals like fish, prawns, crabs and snails in food.



Amazing Facts

In some countries like India, France, China and Nigeria some people eat snails as a special dish. It is rich in protein, low in fat and contains vitamins.



How do you help your mother in household work?

John helps his mother to chop or cut vegetables. While cutting, he eats them directly.

Cooked Food - Raw Food :



Which vegetables can we eat directly?

Can we eat brinjal without cooking?

We cannot eat rice, meat etc. without cooking. We can eat some vegetables without cooking. For example: carrot, onion, cucumber (kheera) etc.

Write some food items that can be eaten after cooking and that can be eaten raw.

Cooked					
Raw					

Healthy food and Junk food :

Healthy food like fruits, vegetables, milk, eggs, and grains helps us stay strong and fit. Junk food can make us weak and lazy, so we should avoid it. Eating healthy food at the right time keeps us active and happy.



Let us Do

Draw a green box for healthy food and red box for junk food in this table.

Food item	Healthy food	Junk food
Fruits		
Potato chips		
Cool drinks		
Pani puri		
Sweet potato		

Good food habits :

Good food habits help us stay strong, healthy, and active. We should eat fresh and clean food every day. Eating fruits, vegetables, milk, and grains keeps our body fit. We should drink plenty of water and avoid junk food like chips and soft drinks. Eating at the right time and chewing food properly are also good habits. We should never waste food and always wash our hands before and after eating.

Activity :

Tick (✓) the good food habits you have:

1. I wash my hands before and after having meal. ()
2. I chew the food well and eat slowly. ()
3. I do not leave food in my plate, at home and in school. ()
4. I eat all the vegetables in the sambar. ()
5. I eat curry leaves and coriander in the curries. ()
6. I sit properly while eating and do not spill food from plate. ()
7. I wash the fruits and vegetables before eating or cooking. ()

Varieties of food :

Our state, Andhra Pradesh is known for its spicy and delicious food. It is colourful and full of flavour. People here eat rice as the main food along with many tasty curries and pickles. Pulihora (tamarind rice), pappu (dhal), sambar, and rasam are common dishes. Gongura pachadi made from sour leaves is very famous in Andhra. The Coastal Andhra Pradesh is famous for seafood where as the Rayalaseema for food with millets. During festivals, people prepare special sweets like pootharekulu and bobbatlu.

Activity :

Ugadi, Vinayaka chavithi, Christmas, Sankranti, Ramzan

Write the name of the food with the festival from the given list.



Let us Do

Preparing Lemon Juice :

During summer most of us prefer to drink cool drinks, but they are harmful to our bodies. Instead, we can drink fruit juices like lemon juice. It keeps us cool and healthy.

Do you know how lemon juice is prepared?

1. Wash a lemon with clean water.
2. Cut the lemon into two halves. (Ask elders to cut lemon with the knife)



3. Hold one half over a glass and squeeze gently to get the juice.
 4. Remove any seeds that fall in.
 5. Add some more water, a little sugar and a pinch of salt.
 6. Stir it well with a spoon until the sugar is mixed properly.
- Now , the fresh lemon juice is ready to drink.

Food for different age groups :

Some people need special kinds of food. Because, their body needs extra care. These groups include small children, and old people also.

In infants teeth are absent. Hence they are unable to chew the food. So, they are given either milk or soft food. People who are old lose their teeth and cannot chew. They too eat soft food. So, food habits change according to age.

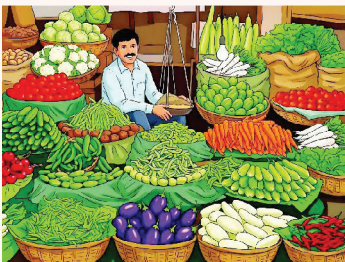
Activity :

Ask your elders and fill in the table.

Age	What they can eat	What they cannot eat
2 Years old		
20 Years old		
80 Years old		

Amazing Facts

The food we eat every day does not come to our plate directly. It goes through many places before it reaches us. Generally plant based foods are grown on farms. Eggs are produced at poultry farms, milk and milk products are produced at dairy farms. These are all are transported to shops where people buy them.



**Match the following
Activity :**



Shop keeper



Poultry farmer



Farmer



Fisherman



Let Us Know !

Our Mid-day meal :

In school, we get a mid-day meal. It gives us healthy food like rice, dhal, vegetables, eggs, chikki and raagi java. These foods help us grow properly and concentrate better. Mid-day meals make sure every child gets at least one nutritious meal every day.

We should know that food is an important part of our life. It keeps us fit and healthy. So, we should eat healthy food.



Shubh Dhin Bhojan

Shub dhin bhojan or Thidhi bhojan is an innovative community participation programme that complements the Mid Day Meal scheme. Under this programme, the local community voluntarily provides nutritious food items or a complete meal for the students on special occasions like festivals, birthdays, anniversaries, marriages, and days of national importance. This shows the love and care of the community towards the students.



Key Words

raw food, cooked food, digestion, healthy habits, community, nutritious.



What we have learnt ?

- Food is essential to live and work. Birds and animals too need food.
- Different foods are needed for different age groups.
- We get food from plants and animals.
- We eat leaves, stems, flowers, fruits, seeds and roots of different plants as our food.
- We get milk, meat and eggs from animals.
- We cook different food items in different methods using different utensils.



Improve Your Learning

1. Why do all living things need food?
2. Name two food items we get from plants.
3. Write the name of one food item eaten raw.
4. Explain the difference between food from plants and food from animals.

5. Why should some foods be cooked before eating?
6. What are good food habits? Explain with one example.
7. Why should we eat different varieties of food?
8. Rani eats rice, vegetables, and fruits every day. What does this tell about her food habit? ()
 - A) Bad habit
 - B) Good habit
 - C) Lazy habit
 - D) Wrong habit
9. After playing, you want to eat food. What good habit should you follow before eating?
10. Match the following:

Food Item

Milk
Rice
Egg
Mango

Source

Bird
Tree
Animal
Plant

11. Group the following foods : Carrot, Rice, Apple, Chapati
 - Eaten raw : _____
 - Must be cooked : _____
12. Is it good to eat only junk food every day?
13. Your friend wastes food on the plate. Is it right or wrong? Give one reason.
14. Draw and name four foods from plants and four foods from animals.

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15. Write a slogan on your own on 'Healthy food'.
16. Rishi's family is celebrating a festival today. Write the name of the festival and one traditional food they might prepare.
17. Anand eats only biscuits and soft drinks every day. Write any five healthy foods he can eat to stay healthy and write the reasons why these foods are better.

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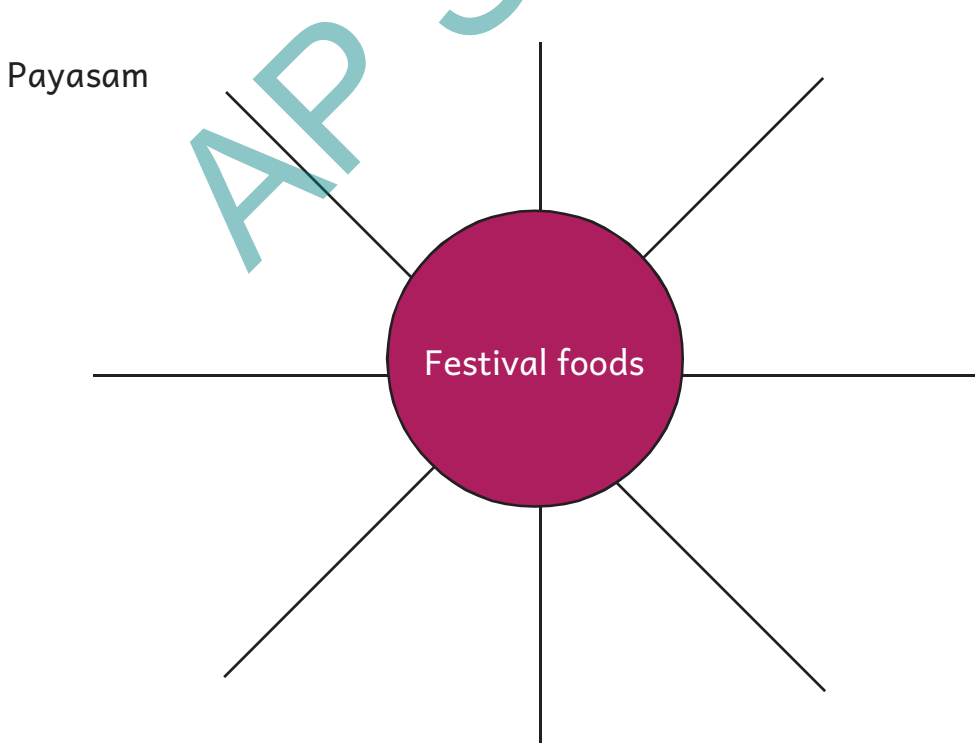
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18. Make a Concept map of different food varieties you eat during festivals.





Water - A Precious Gift

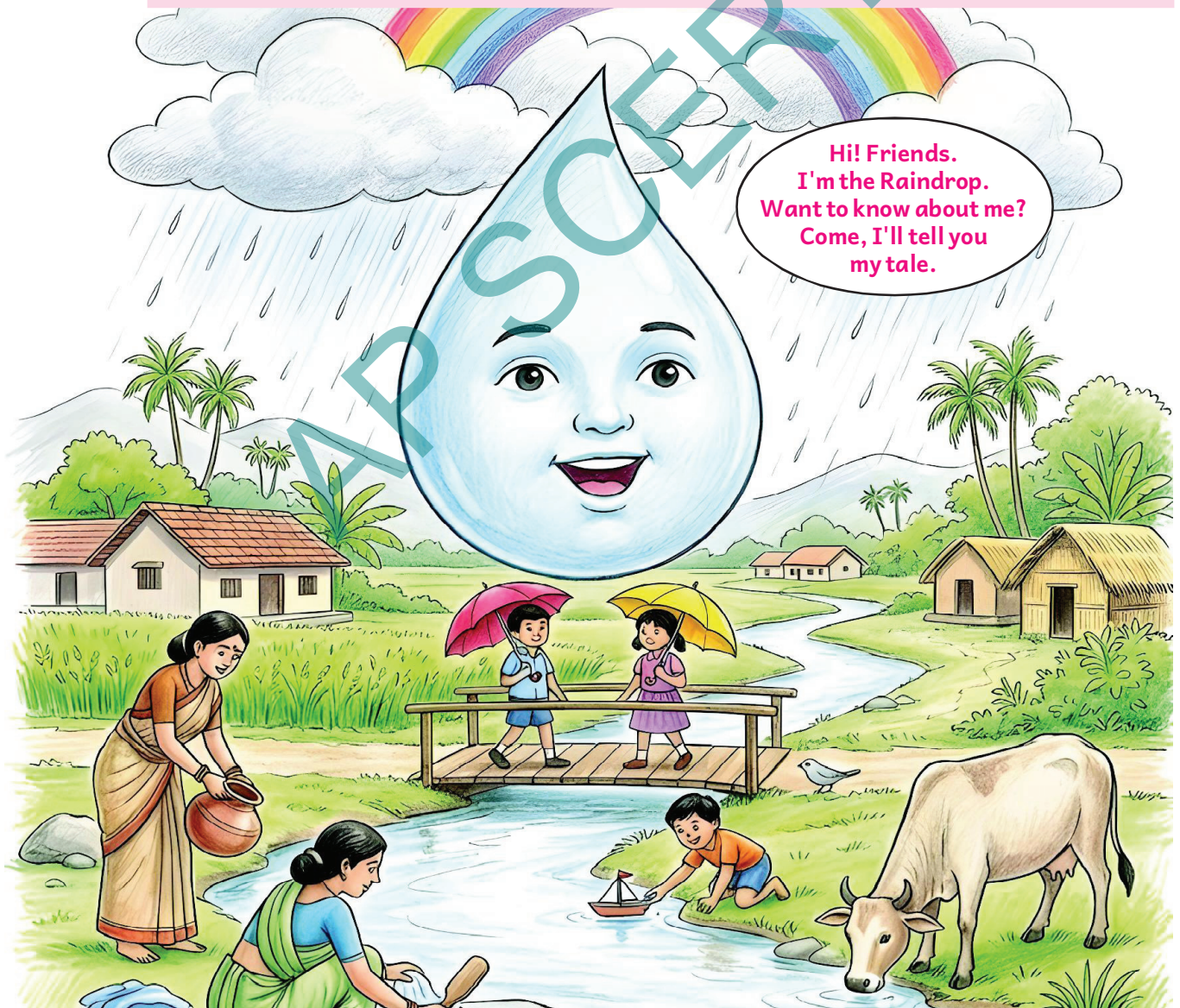


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Learning Outcomes

Pupils will be able to:

- Explain the importance of water. (CG-2)
- Recognize different water resources. (CG-4)
- Understand the importance of pure water. (CG-3)
- Know how water is used and misused. (CG-3)
- Know the reasons of water scarcity. (CG-4)
- Describe ways to save water. (CG-3)
- Follow water-saving methods in their daily life. (CG-4)



Hai! I am the water drop. I fall from the clouds. I am very important for your life. Water is a gift of nature. You need water to live. Plants and animals also need water to live. You cannot live without water. You use water in many ways in your daily life. Do you know how I am used in your daily life? Come with me. I will tell my story on how important I am to you.

Uses of water :

Water is used for many activities in our homes.

Activity :

Children! Look at the pictures showing how we use water in our daily lives.



Brushing teeth



Drinking



Bathing



Cleaning vegetables



Washing clothes



Watering plants

Let us see the Pictures :



Put off Fire



Agriculture



Aquaculture



Construction

You have seen some of the uses of water. Let us know how important it is to others. Farmers can grow crops only if water is available.



Have you ever seen ponds where prawns and fishes are grown?

Sources of Water :

Where does the water in your house come from?

Does everyone in your neighbourhood get water from the same source?

Water comes from different sources. Rain is the main source of water.



Do You Know !

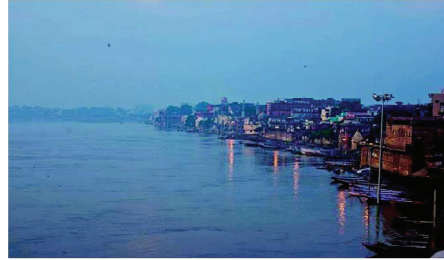
World Water Day is on 22nd March.



Oceans, rivers, lakes, streams, ponds and springs are the natural sources of water.



Ocean



River



Lake

Dams, wells, tubewells, handpumps, canals are man-made sources of water.



Dam



Canal



Well



Hand Pump



Tubewell



Borewell

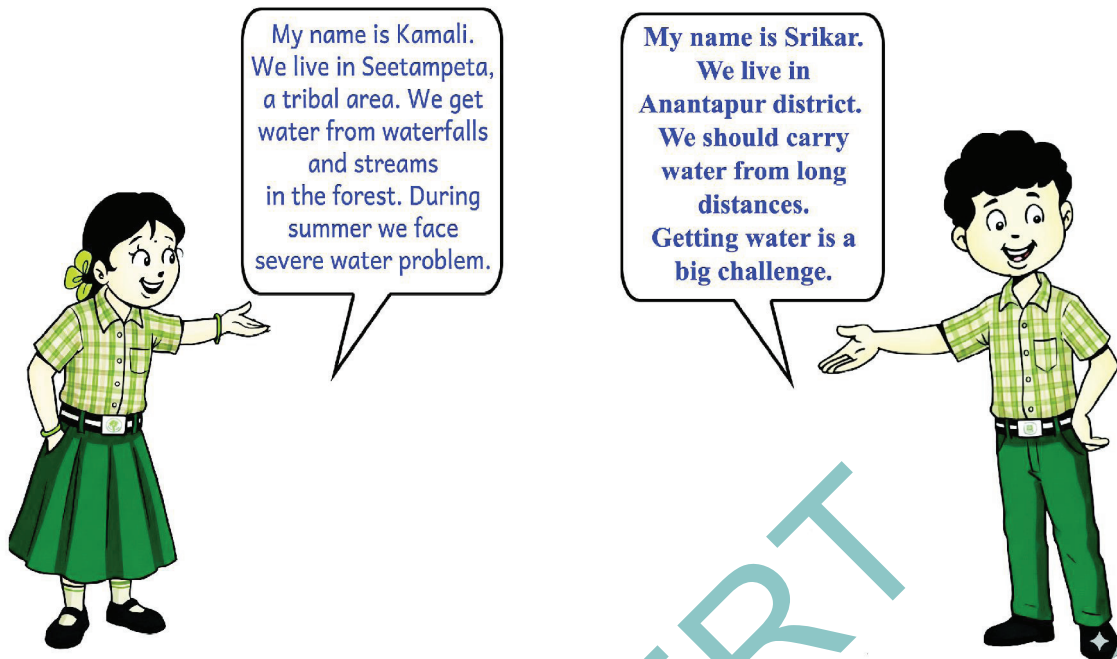
Activity :

Tick (✓) the water sources available in your village :

Source	Tick Mark
1. River	
2. Canal	
3. Well	

Source	Tick Mark
4. Tap water	
5. Bore well	
6. Tank/Pond	

Scarcity of Water :



In many villages people get water from the village well. Some people walk very far to get water for their daily use. The wells and ponds dry up during summer and the water level in the bore wells also gets decreased. In some places people wait for the watertanker or public tap water.





Think and Discuss

Kamali's father said that three parts of the Earth is covered with water. We have so much of water on the earth. But her aunt says that there is shortage of water. We should save water. If we waste water the way we do right now, we will have no water to drink one day. Think why.



Can you drink water directly from all the available sources?

Protected water :

We can see water around us, but we do not drink it directly from all the sources. It may be polluted due to different activities.

Let us observe these pictures. What are they doing?



Water gets polluted due to human activities. We have to drink pure water. The government is providing pure water under the safe drinking water scheme to all the people. Do not drink unsafe water.



Do not use unsealed or water stored in bottles and packets for a long time.

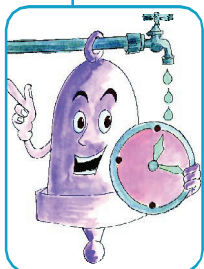
The water we drink should be clean and germs free. The most common way to purify water is **boiling**. We should boil water and cool it before drinking. We can also purify water by using water filters and water purifiers. Water should be stored in clean and closed containers.

Activity :

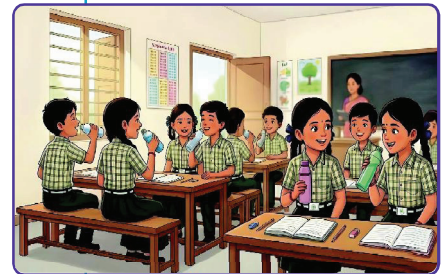
Draw a picture of water storage vessels at your home.
Walk around and observe the drawings by your classmates.



Let Us Know !



Till date, we heard about an assembly bell, class bell and break bell. But there is a special bell that rings three times a day, that is '**Waterbell**' which aims at encouraging students to drink sufficient water during the day to stay hydrated and fit.

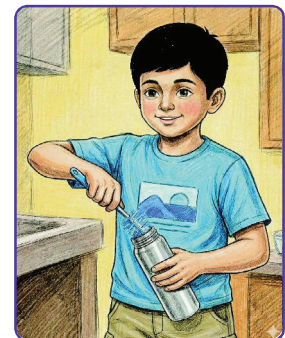


Most of us use water bottles to drink water.

Why should we clean water bottles frequently? Because, disease causing germs may develop in the bottle. If we use such bottles or vessels, we may fall sick. So, water bottle should be cleaned with salt water regularly.

Activity :

Observe and do the process of cleaning a bottle.
Put a pinch of salt in the water bottle, pour some warm water and clean it with a bottle brush.



Wastage of water :



My dear children, I want to say something important. Water is very precious. Please do not waste water. Do you know what happens if you waste water?

Let us observe the following pictures.



Think and Discuss

Rama noticed water overflowing and getting wasted from a tap in her school wash area. Discuss the immediate steps Rama should take.

How to save water?

Suma's family follows some steps at home to save water.

- Use a small glass to drink water.
- Wash fruits and vegetables in a bowl of water and not under running tap water.
- Never allow water to overflow from the bucket.
- Turn off the taps immediately after using water for brushing, washing clothes, taking bath etc.
- Check the pipes for leaks.
- Turn off the motor when the tank is full.
- Create awareness on not to waste water.
- Put up slogans on wastage of water.
- They will not allow water to overflow.
- They will turn off the tap before water overflows.



7. Pictures of mudpot, over head tank, mudpot covered with cloth, plastic pot are given below.



Circle (○) the vessels used to store drinking water at home.

Tick (✓) the vessel that keeps water cool naturally.

Put a cross (✗) on the vessel that is not good for storing water for many days.

Match the vessel with its place of use:

- | | |
|------------------|------------|
| a) Clay pot | 1) Terrace |
| b) Overhead tank | 2) Kitchen |

8. Naresh leaves the tap open while brushing his teeth. Is he doing the right thing? Give one reason for your answer.
9. Why should everyone be worried about water scarcity?
10. What questions would you ask your parents to know about the water sources in the olden days?
- 1.
 - 2.
 - 3.