

My World

(Environmental Studies)

Class III



ਪੜ੍ਹੋ ਸਾਰੇ ਵਧੋ ਸਾਰੇ

ਸਿੱਖਿਆ ਅਤੇ ਭਲਾਈ ਵਿਭਾਗ, ਪੰਜਾਬ ਦਾ ਸਾਂਝਾ ਉਪਰਾਲਾ



Punjab School Education Board

Sahibzada Ajit Singh Nagar

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Edition 2018 38,275 Copies
Revised Edition 2020 44,000 Copies
Revised Edition 2021-22 19,400 Copies

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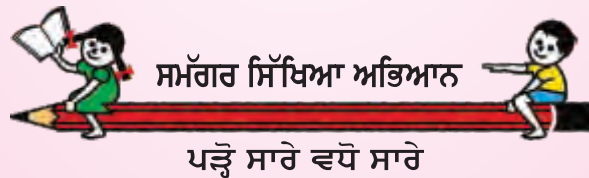
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ਸਿੱਖਿਆ ਅਤੇ ਭਲਾਈ ਵਿਭਾਗ, ਪੰਜਾਬ ਦਾ ਸਾਂਝਾ ਉਪਰਾਲਾ

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Published by : **Secretary**, Punjab School Education Board, Vidya Bhawan, Phase-8, Sahibzada Ajit
Singh Nagar-160062 and Printed by **M/s Punjab Kitab Ghar, Jalandhar.**

Foreword

The Punjab School Education Board has been continuously engaged in developing syllabi, producing and renewing text books according to the changing educational needs at the state and national level.

This book has been developed in accordance with the guidelines of National Curriculum Framework-2005 (NCF) and PCF-2013, after careful deliberations in workshops involving experienced teachers and experts from the board and field as well. All efforts have been made to make this book interesting with the help of activities and coloured figures. This book has been prepared with the joint efforts of subject experts of Board, SCERT and experienced teachers/experts of environmental studies. Board is thankful to all of them.

The authors have tried their best to ensure that the treatment, presentation and style of the book in hand are in accordance with the mental level of the students of class III. The topics, contents and examples in the book have been framed in accordance with the situations existing in the young learner's environment. A number of activities have been suggested in every lesson. These may be modified, keeping in view the availability of local resources and real life situations of the learners.

I hope the students will find this book very useful and interesting. The Board will be grateful for suggestions from the field for further improvement of the book.

Chairman

Punjab School Education Board

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Learning Outcomes

The Learner:

- Identifies simple observable features (e.g. shape, colour, texture, aroma) of leaves, trunk and bark of plants in immediate surroundings.
- Identifies simple features (e.g. movement, at place found/kept, eating habits, sounds) of animals and birds in the immediate surroundings.
- Identifies relationships with and among family members.
- Identifies objects, signs (vessels, stoves, transport, means of communication, transport, signboards etc.) places (types of houses / shelters, bus stand, petrol pump etc.) activities (works people do, cooking processes, etc.) at home/ school/ neighbourhood.)
- Describes need of food for people of different age groups, animals/ birds, availability of food and water and use of water at home and surroundings.
- Describes roles of family members, family influences (traits / features / habits / practices), need for living together, through oral/ written/ other ways.
- Groups objects, birds, animals, features, activities according to differences / similarities using different senses. (e.g. appearance / place of living / food/ movement / likes-dislikes / any other features) using different senses.)
- Differentiates between objects and activities of present and past (at time of the elders). (e.g. clothes/ vessels/ games played / work done by people).
- Identifies directions, location of objects/ places in simple maps (of home / classroom / school) using signs/ symbols/ verbally.
- Guesses properties, estimates quantities ; of materials / activities in daily life and verifies using symbols / non-standard units (hand spans, spoon / mugs, etc.)
- Records observations, experiences, information on objects / activities / places visited in different ways and predicts patterns (e.g. shapes of moon, seasons.)
- Creates drawings, designs, motifs, models, top, front , side views of objects, simple maps (of classroom, sections of home/ school, etc.) and slogans, poems, etc.
- Observes rules in games (local, indoor, outdoor) and other collective tasks.
- Voice opinion on good/ bad touch. Stereotypes for tasks/ play / food in family w.r.t gender, misuse / wastage of food and water in family and school.
- Shows sensitivity for plants, animals, the elderly, differently abled and diverse family set ups in surroundings. (For the diversity in appearance, abilities, choices-likes/ dislikes, and access to basic needs such as food, shelter, etc.)



LESSON

1

FAMILY & RELATIONS

Dear children, no one likes to live alone. We all like to live in groups, as Kiran, her brother and her parents live in one house. This is a family. Members of a family live in co-operation. Let us be introduced with some families.



Family

Kiran's Family

In Kiran's family, there are four members—Kiran, her father, mother and her younger brother. Her father is a bank employee, whereas her mother is a school teacher. Two years ago, they lived with her grandparents in their ancestral house. But as her father got a job in the city, her family has to shift here in the city, away from her grandparents.

Kuldeep's Family

Kuldeep's house is very big. His father Avtar Singh is a farmer and works in the fields. His uncle Jagtar Singh also helps his father, in the fields. His mother Nasseb Kaur looks after the cattle in the house. His



mother milks the buffaloes, his aunt cooks food in the kitchen. His cousin, Mandeep also lives with them. In the evening, when food is cooked, his grand-mother serves food to all the family members.

Yesterday evening, when grandmother was serving food, Kuldeep who was playing out-side, came in and directly sat in front of food plate. Pushing aside his plate, Grandmother said, "Wash your hands first. There are germs on dirty hands, which make us sick." We can stay healthy and free of diseases by keeping ourselves clean.

Let us now learn a few good habits.

1. Do not defecate in open. Use toilets.
2. Brush your teeth daily.
3. Do not waste water.
4. Take bath everyday.
5. Wear clean clothes after bath.
6. Pare the nails of hands and toe time to time.
7. Wash hands properly with soap before meals.
8. Go to school with neat uniform and polished shoes.



1 One Two 2
hand washing you should do
3 Three, Four 4
everything with soap for sure
5 Five, Six 6
sharing soap should not be missed
7 Seven, Eight 8
open your wisdom gate
9 Nine, Ten 10
tell your family and friends

A cartoon illustration of a boy with red hair, wearing a purple shirt, washing his hands in a white sink. Water is flowing from the faucet. The sink is on a white countertop.

A photograph of four children standing together. Three boys in white shirts and one girl in a blue dress. They are all smiling and looking towards the camera.

Activity 1.

How many members are there in your family ? Give their names and also write their relation with you ?

Name	Relation with you
.....	
.....	
.....	
.....	

Pammi's Family

Pammi lives with her maternal grandparents. Her maternal uncle and aunt also live there. One day Pammi found a few dolls in a trunk. Her *Nani* told her that when Pammi's mother was a child, she used to play with those dolls. Pammi was very surprised to know that her mother was so young once upon a time. Pammi's Nani told that before marriage her mother was a member of this family and after marriage she became the member of her father's family.

Activity 2.

Ask an old member of your family whether he/she was a member of this family in his/her childhood also.

Rani's Family

Rani's father is a labourer. Rani has three sisters and two brothers. When her mother does household work, she looks after her younger brothers. So she can not go to school. Rani also wants to go to school but her father says that he is unable to afford education for all his children.

Q.1. Should Rani go to school or look after her brothers at home ?

.....
.....

When Deepu got injured

Dear students, after school you go to your home. Yesterday, when Deepu went to his home, his mother gave him food to eat. After eating food Deepu went to play. While playing Deepu fell and got bruises on his knees. When he started crying, other children ran away. His brother took him home. His mother applied medicine on his knee. Deepu's pain decreased. His father advised him not to play with elder children.

Sharn becomes a good boy

Sharn's mother keeps her house neat and clean. His elder sister also keeps everything in order. But Sharn makes mess of things. He throws his clothes on bed and shoes in the courtyard.

After doing homework he throws his notebooks here and there. He does not find his things in the morning. He is always scolded while his sister receives appreciation from everyone. Sharn usually gets annoyed due to this and becomes sad. His mother advises him to keep his belongings at proper place. Now Sharn has promised to keep things at proper place.

He is learning other good things also. He has been observing for the last few days that when father returns home he touches his grandmother's feet. Now Sharn also pays respect to his Parents and grandmother by touching their feet. So he is loved by all.

Sharn's sister sings very sweetly. Her mother teaches her to play harmonium. She received a big applause when she sang a patriotic song at the annual function of her school. She also received a prize from her Principal.

For The Teacher:-

Teacher should tell students that in a family, children get materialistic things as food, clothes, books, toys, etc. Tell the children that besides these things, we also get love, affection, education, values and good habits from the family.

Dear children, Who resembles whom in your family ?

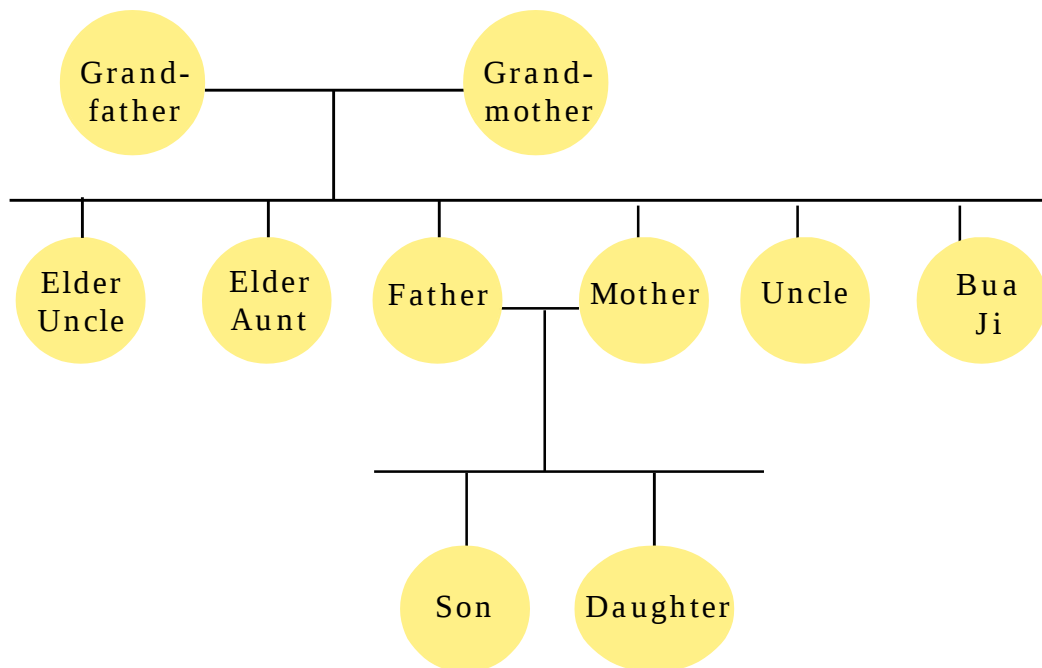
Dear children, often in a family, one member's face, height, features, etc. may resemble others.

Q.2. Whom does your face resemble with in your family ?

.....

My Family Structure

Try to draw your family structure after seeing the following figure. Take the help of your family members in this.



Things to Remember

- Family is of two kinds - small family and big family.
- Germs make us sick.
- After using things, we should keep them in proper place.
- Every child must go to school.
- We should wash hands before meals.



Q.3. Fill in the Blanks :

(increases, proper place, germs, Nana-Nani, small)

- (a) There are on dirty hands.
- (b) After baby's birth, the number of family members
- (c) After use the things must be kept at their
- (d) Kiran has a family.
- (e) Your mother is the daughter of your

Q.4. Match the following :

Mother	Fufa
Mama (Maternal Uncle)	Mausa
Bua	Father
Elder Uncle	Mami (Maternal Aunt)
Massi	Elder Aunt

Q.5. Tick (✓) the right answer :

- (a) What is your grandfather's father to you ?
Uncle ☐ Great grandfather ☐ Nana Ji ☐
- (b) What is the relation of your grandmother with your mother?
Bua ☐ Massi ☐ Mother-in-Law ☐
- (c) What is the relation of your father's sister with you ?
Massi ☐ Bua ☐ Sister ☐
- (d) What is your mother's sister to you ?
Bua ☐ Massi ☐ Aunt ☐



LESSON

2

WHEN GRANDFATHER WAS YOUNG.....

There was an old photograph in Raju's house. One day Raju asked his father, "Whose photograph is this ?"

Father - This is my father's photo.

Raju - (Surprisingly) Your father ! You mean my grandfather ?

Father - Yes, my son.



Raju - But grandpa is very weak, he walks with a stick. This person seems to be a strong man.

Father - Dear son, he was very strong in his youth. Now he has grown old.

Raju - Will you also grow old ?

Father - Yes my son, not only me but your mother will also get old with time. But by that time you will be a young man.

Raju has great affection for his grandfather. A newspaper is delivered daily to their home. Grandfather has a weak eyesight. So, he cannot read the newspaper. Raju reads the newspaper for his grandfather. When grandfather is thirsty, Raju brings water for him. Grandfather also loves him very much.

Raju told his grandfather that he felt very sorry for his weakness and

diminishing eyesight. *Dadaji* told Raju that he should not worry about it as he and his parents take a good care of him.

Q.1. What do you do for old people in your family ?

.....

.....

Q.2. What do old people of your family do for you ?

.....

.....

Q.3. Why do old people need our help ?

.....

.....

Some People Can Read Without Eyesight

One day in vacation, Sonu and his friends were making a loud noise. His uncle asked them why they were making a noise.

Sonu – Uncle, Manoj is telling big lies today.

Uncle – What lie is he telling ?

Sonu – He says that a boy can read books though he can not see. How can it be possible ?

Sonu's friend – Uncle, we have told him that we would tie a cloth on his eyes to see, how he reads.

Uncle – Hmm.... Manoj ! Who can read like this ? Who told you this ?

Manoj – I went to my aunt in the vacation. There was a boy in their neighbourhood. Though he could not see yet he could read, books.

Uncle – Were his books similar to your books ?

Manoj – No, his books were very big in size. There were dots carved on its pages.

Uncle – Yes boys, Manoj is right. Those who can not see, can also read but their books are of special type.

Boys – How can they see the letters on these books ?

Uncle – They do not see the letters but they feel those embossed letters with their finger tips.

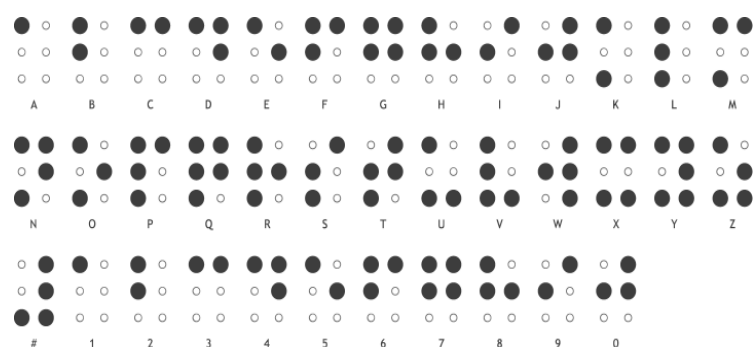
Activity 1.

Blindfold one child. Other children will go to him one by one and he will try to recognize by touching them. He may recognize many of them. While doing this, some children may laugh or would say something and so they may be recognized easily. Students will learn that what can not be seen, can be recognized by touching or hearing.

Let us Know about Braille Script.

Children, there was a boy named Louis Braille. He was hit by a sharp edged tool in his eye and lost his eyesight. But he was very fond of studies. He thought that if he could recognize other things by touching them then why not the letters ? So he made different patterns of dots with a pointed tool, for each alphabet on a thick paper.

These embossed dots can be felt with finger tips. One can recognize these letters easily with a little practice and such books can be read this way. This type of script is called Braille Script.



Braille Script

Reading Braille Script

Q.4. Name the script which is read with touch.

.....

Q.5. Who developed Braille Script ?

.....

Raju became Jagjit's friend

In summer vacations, family of Raju's uncle came to their home. His cousin, Jagjit cannot hear. In childhood, he was very ill. Due to that illness, he had hearing loss. His family now communicates with him through signs. Raju too learnt to talk to him in that way. So Raju became friend with Jagjit.

He came to know that Jagjit is very good at studies. He was surprised. He asked his uncle if Jagjit could not hear then how did he understand what his teacher taught him in the classroom. His uncle told him that there are special schools in cities where such students are taught with the help of sign language.

Activity 2.

We can convey our messages to others through signs without speaking. In these figures something is being said : recognize and write.

(We won, Stop, Keep silent)



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

Activity 3.

Students, if you have to say following statements through your actions, how will you convey without speaking ?

1. I want to drink water.
2. I want to eat something.
3. Go away.
4. Stand up.
5. Come here.



Things to Remember

- Our body becomes weak in old age.
- Braille Script is read by touch of finger tips.
- We should take good care of old people.



Q.6. Fill in the Blanks :

(look after, touching, read, stories)

- (a) It becomes difficult to with weak eye-sight.
- (b) Grandparents tell us
- (c) With practice, we can recognise things by
- (d) We should old people.

Q.7. Tick (✓) the right and cross (×) the wrong sentence.

- (a) We should respect our elders.



(b) We should not make fun of the children, who cannot speak or hear. ☐

(c) We should play with our eyes closed. ☐

(d) The people who cannot speak, communicate in sign language. ☐

Q.8. Match :

- | | | |
|-----|--------------------------------|----------------|
| (a) | Louis Braille | Sign language |
| (b) | Weak Body | Braille Script |
| (c) | Communicating with indications | Old age |



LESSON

3

PROFESSIONALS

Dear Children, You must have seen many people doing different jobs. They earn their livelihood by doing so. People doing different occupations are our associates. Let us know about them through a marriage scene.

It is my brother's marriage. Three days are left for 'Baraat' to go. The mason has beautified the main gate with plaster. The painter has painted the whole house to make it beautiful. The sweet maker is also here. My father says that he was the best in our city. He makes delicious sweets.

My father is a farmer. He grows various crops in his field. The milkman has brought two containers full of milk. This milkman collects fresh milk from our village, daily in the morning and evening.

My maternal uncle (Mama) has also reached with his family. My *Mama ji* is a doctor and my *Mami ji* is a teacher. She teaches in a village school. My *Bua ji* and *Foofa ji* have also come. My *Foofa ji* is a tailor and his son is a pilot. A pilot is a person who flies an aeroplane. He could not come to attend the marriage as he was not granted leave.

The Marriage Day

The whole house was full of screams of joy. The relatives who will go in the *baraat* were getting ready. Friends of my brother were the first to get ready. One of his friends has a shop (provisional store) in our village. We purchased household things from his shop. His another friend was a policeman. My *Massi* (mother's sister) and *Masar Ji* had just reached. Their daughter had also come with them. She is a nurse in a hospital. She takes care of the patients.

The vehicles reached for the marriage procession. But my *Masar Ji* went to the local cobbler to get his shoes polished. The cobbler sat in the central place of our city called Sathh. There local people sit together, talk, read

newspapers and play cards to pass their time. All the people have gone to Gurudwara Sahib to pray.

Activity 1: Below are some pictures. With the help of your teacher write a short note about them.



Cobbler

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

Shop

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



Sathh

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



The priest of the Gurudwara Sahib prayed on behalf of all of us. The baraat started after the prayer. My mother did not join the marriage procession. She was to take care of the household things. My father instructed all the drivers not to drive the vehicles fast.

The marriage procession reached the main circle of our city. It was really a crowdy place. A man was signaling to all the vehicles. He had a whistle.

My *Masar Ji* told me that he was a traffic policeman. We finally reached the marriage palace.

The band party, who came with us, started playing their instruments. We were generously welcomed by bride's relatives. One person wearing khaki clothes was standing outside. My *Chacha Ji* told me that he was the watchman of the palace. Some persons in the marriage palace were wearing similar dresses and are bringing eatables for us. My *Fuffar Ji* told me that they are waiters. One person was entertaining from the stage by singing songs. He was a singer.

Activity 2.

What jobs are done by the different members of your family.

Family Member	Jobs/Task
.....	
.....	
.....	

I came to the main gate of the marriage palace with my *Chacha Ji*. Some boys were selling balloons. Some children started begging. My *uncle* asked them why were they not going to school. One kid replied that he really wanted to go to school, but his father was ill, so to run his household he had to work. One girl told that her brother went to the school but neither she nor her sister was sent.

A girl selling toys told that her mother goes for work, so she had to do all the household work home. My uncle's daughter also joined us. She asked us to take our lunch. My *uncle* arranged some food for the children. We also had our lunch. In the evening the marriage party started back. Happily, we reached our home.

Find out the children who do not go to school. Discuss it with your teacher.

For the Teacher : Keeping in mind 'The Right to Education Act', the teacher should discuss with students about 'Education for All'.



Things to Remember

- People doing different works or jobs are called professionals.
- Professionals earn money by doing work.
- Milkman, Farmer, Driver, Mason, Pilot, Cobbler are different professionals.



Q.1. Why did the balloon seller boy not go to school ?

.....

.....

Q.2. Is it good not to send the girls to school ?

.....

.....

Q.3. What does a chowkidar do ?

.....

.....

Q.4. What does a traffic policeman do ?

.....

.....

Q.5. What is the work of a singer ?

.....

.....

Q.6. Match :

- | | | |
|-----|----------------------------------|-------------|
| (a) | One who makes sweets | Milkman |
| (b) | One who sells milk | Nurse |
| (c) | One who builds houses | Farmer |
| (d) | One who grow crops | Sweet maker |
| (e) | One who looks after the patients | Mason |

Q.7. Tick (✓) the right answer :

- (a) Who mends the shoes ?
- | | | | | | |
|---------|--------------------------|-------|--------------------------|--------|--------------------------|
| Cobbler | ☐ | Mason | ☐ | Tailor | ☐ |
|---------|--------------------------|-------|--------------------------|--------|--------------------------|
- (b) What do we call the person who stitches clothes ?
- | | | | | | |
|---------|--------------------------|--------|--------------------------|-------|--------------------------|
| Cobbler | ☐ | Tailor | ☐ | Mason | ☐ |
|---------|--------------------------|--------|--------------------------|-------|--------------------------|
- (c) What do we call the person who flies an aeroplane ?
- | | | | | | |
|--------|--------------------------|------------|--------------------------|-------|--------------------------|
| Driver | ☐ | Shopkeeper | ☐ | Pilot | ☐ |
|--------|--------------------------|------------|--------------------------|-------|--------------------------|

Q.8. Fill in the Blanks :

(doctor, Chowkidar, teacher)

- (a) keeps watch.
- (b) A teaches in the school.
- (c) A treats the patients.

Q.9. Paste photos of different professionals on a chart.



LESSON

4

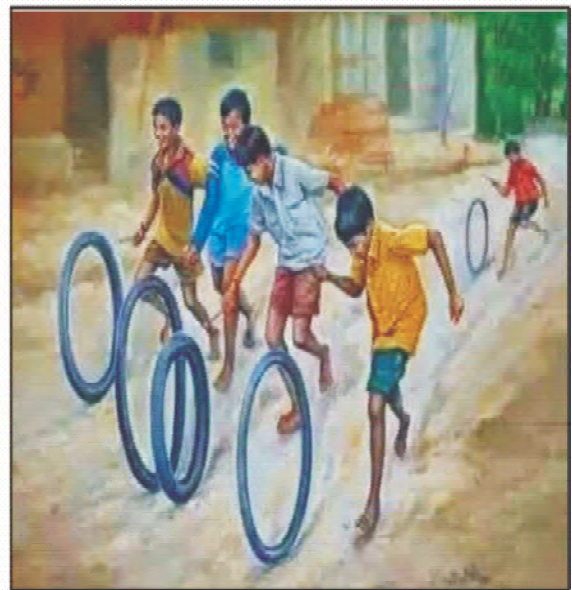
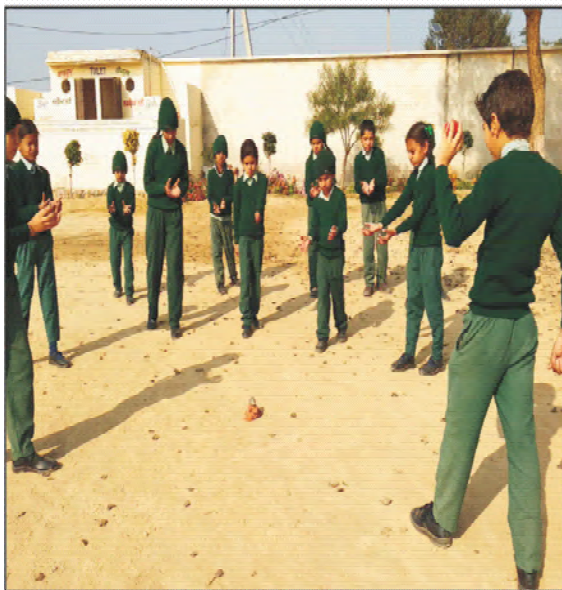
LET US PLAY

Everybody likes to play. Games and Sports make us healthy. They also entertain us. Some games are played outside the room. They are outdoor games. Some games are played inside the room, they are indoor games. Let us know more about games.

What are these children doing ? Playing! Let's see what are they playing.

Find, and write below the pictures :-





Do you also want to play like these children ? Well, we shall play a few games, today.

Activity 1. Name of some games are written below. Out of these, mark (✓) the games, which you have ever played. Write whether they are outdoor or indoor games.

Games	Outdoor/Indoor	Played/not played
Chess		
Kabbadi		
Hide and Seek		
Carrom board		
Hockey		
Gulli-Danda		
Kho-Kho		

Activity 2. Write about your favourite game :



Activity 3. Ask your elders, which games they used to play in their childhood ?

.....

.....

For the teacher

Teacher should discuss with children about other games- like Kho-Kho, Kabbadi, etc. He should help them in playing whenever possible.

We do many more activities like reading books, painting, taking care of plants, watching T.V., etc., during freetime.

Activity 4. Your family members must be doing some works during their free time. Let us write what they do.

Member	Work
(a)	
(b)	
(c)	
(d)	



Things to Remember

- Games keep us healthy.
- Some are indoor games as Chess, Carrom board, Marbles, etc.
- Some are outdoor games as Kho-Kho, Kabbadi, Hockey, etc.
- Some equipments are needed to play the games, as for Cricket - ball, bat, wickets, etc., are required.



Q.1. What do you do in free time ?

.....

.....

Q.2. Which is your favourite game ?

.....

.....

Q.3. Fill in the Blanks :

(Hockey, marbles, healthy, entertain)

- (a) Games us .
- (b) We can play sitting in a room.
- (c) needs open ground.
- (d) Games keep us

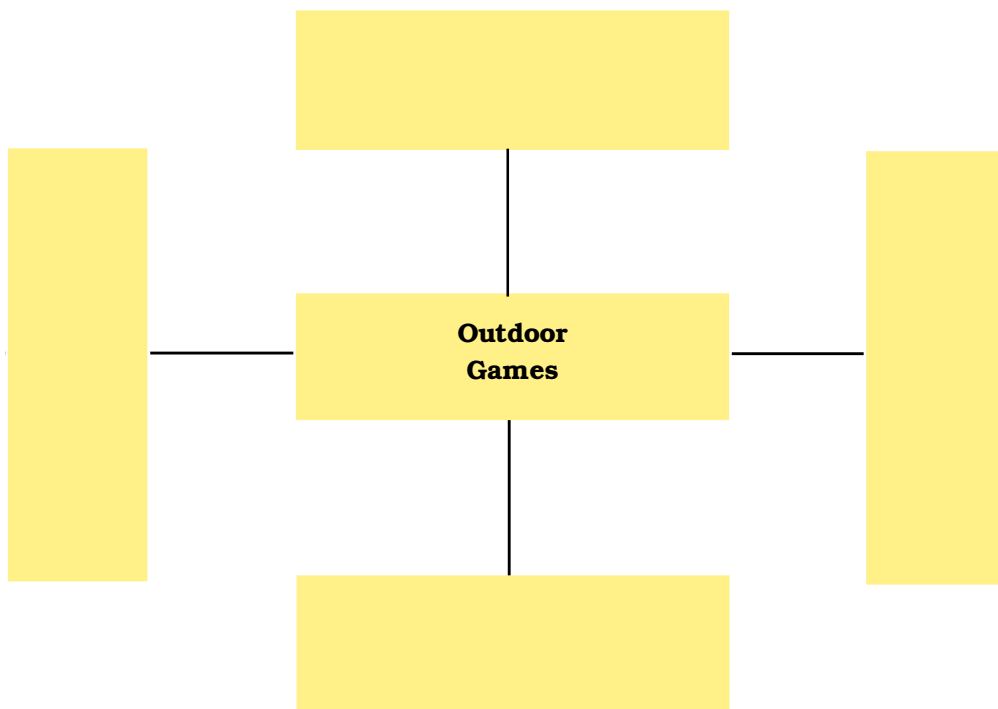
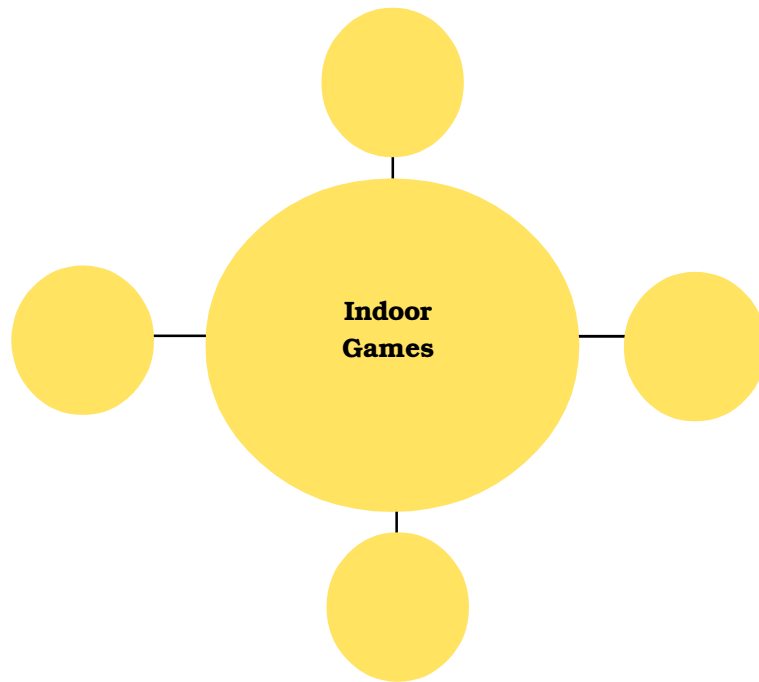
Q.4. Tick (✓) the right and cross (×) the wrong sentences :

- (a) All games are played outside. ☐
- (b) Games waste our time. ☐
- (c) Games and sports have some rules. ☐
- (d) It is good to quarrel while playing. ☐

Q.5. Make a list according to the following :

	Team Games	Individual Games
1.		
2.		
3.		
4.		
5.		

Q.6. Mind Mapping





Gurleen came to the school with her father. Her father brought many plants with him. He told the teacher that it was Gurleen's birthday so they wanted to celebrate it by planting those plants. Everyone planted happily.



Children doing plantation

Kulwant of third class liked the plants, planted by Gurleen. He asked his teacher, pointing towards a plant, “Which plant is that ?.”

The teacher replied, “It is a rose plant.” “Which plant is this ?

Which plant is that ?”, many students started shouting.

The teacher smiled and said, “Let us play a game. With this, you will learn many new things about plants.”

Every child was given a slate and a chalk.

Teacher said, “Whenever I will clap, you will touch your favourite plant and write its name”.



→ **Banyan**



← **Neem**



→ **Mulberry**

Activity 1. In the above pictures, children have identified the plants. Pictures of guava, pumpkin, datepalm and poplar are given below. Write the correct name below the each picture.



.....



.....



.....

.....

All were happy to play with plants. Teacher, pointing to some trees, said, “Pay attention to the trunk of the trees and measure the trunk with the help of a rope. She asked to find out which tree has thin trunk and which tree has thick trunk.

All trees do not have same shape, size and colour. For example trunk of Acacia (Kikar) is black where as that of Eucalyptus is white. ‘Burma Dek’ resembles an open umbrella. Eucalyptus grows straight and high but Pumpkin plants spread on the ground. You might have seen many trees in your school, home, playground and in your field. So, on the basis of that, answer the following questions.



Measuring the trunk with the help of a rope



Q.1. Name two trees having trunks of different colours.

.....

.....

Q.2. Name two trees having the shape of an umbrella.

.....

.....

Q.3. Name two long and straight trees.

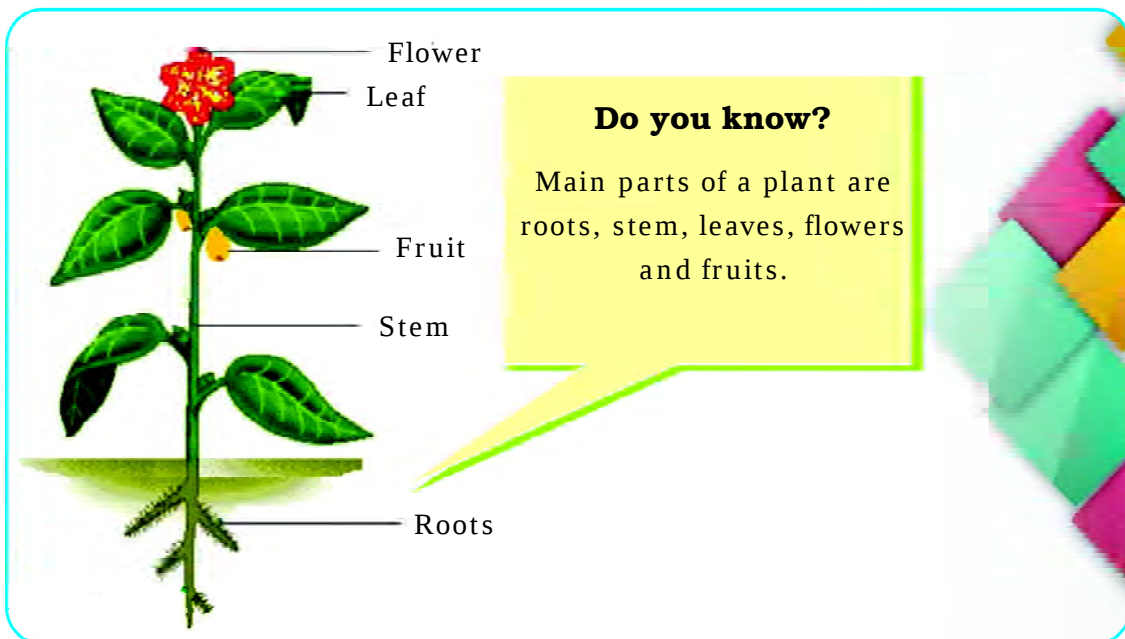
.....

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Q.4. Name two plants which spread on land.

.....

.....



Jagjit told teacher that he knows a song about trees. Teacher asked all students to sit under the shade of a tree and asked Jagjit to sing.

Trees have their own trends,
give shade & cool breeze.
Trees are our fast friends,
don't saw & axe these.

Sweet banana, apple, mango,
sour are citrus trees.
Plant for their fruits,
don't saw & axe these.

They give shelter to the birds,
food & wood for me.
Don't lose these fast friends,
don't saw & axe these.

Trees make the rain shower,
give medicines to heal.
Trees purify inhaling air,
don't saw & axe these.

Don't cut trees in haste,
except when in too much need
Plant five if one is lost,
don't saw & axe these.

All clapped heartily. Song made the students realize that plants give so many things to human beings.

Activity 2. Now circle the below listed items/material which we get from plants or trees.

Shadow	Medicines	Fruits
Ice-cream	Wood	Pen
Breeze	Cotton	Cycle
Plastic Bucket	Raw food	Turmeric

“Madam, do plants help in bringing rain ?” asked Raju.

“Yes, my child”, said the teacher, “Plants help in bringing rain, purify the air and prevent soil erosion”.

Soil erosion means Washing away of topsoil with water and air. The roots of trees hold the soil and prevent soil erosion.

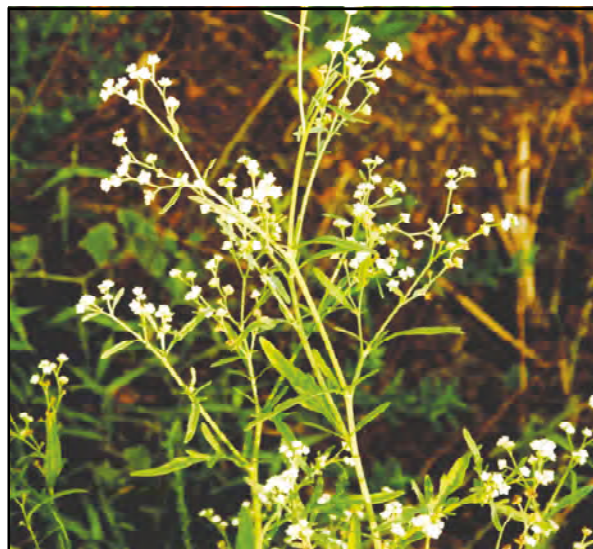
Rahul suddenly exclaimed with joy, “It means that plants are our best friends”. Teacher asked in response, “Who will like to make plants his/her friends ?” “Yes, yes”, shouted all the students and raised their hands.

Teacher gave each student his favourite plant to take care of that as a friend. Suddenly, Randeep asked teacher, “Is there any apple plant in our school ?” “No, my child”, replied teacher, “Apple trees are grown in cold regions like Kashmir and Himachal Pradesh”.

Name of Plant	Region in which grown
Almond	Kashmir & Himachal
Coconut	Kerela & Goa
Wheat	Punjab & Haryana

Next day Gurleen brought leaves of a plant known as Gaajar Booti. She was excited to tell many things. As soon as teacher entered her class, she quickly said that yesterday her grandfather showed her many plants. He had told her that when he was a kid, those plants did not exist.

Her neighbour, an old man, had told her that gaajar booti grows and spreads over a large area. Gaajar Booti is a weed which affects the growth of the crops. To destroy it, chemicals are sprayed. But these chemicals pollute the air and water.



Things to Remember

- Basic parts of a plant are roots, stem, leaves, flowers and fruits.
- Different parts of a plant are used in medicines.
- Trees give us wood, fruits and shade.
- Soil erosion means washing away of the topsoil.
- We should look after the plants after planting them.



Q.5. Name any two parts of a plant.

.....

.....



Q.6. Name two things we get from plants.

.....

.....

Q.7. Fill in the blanks :

(sour, cold, umbrella, purify, vine)

- (a) Plants help to the dirty air.
- (b) Kinnow, Orange, Lemon, etc., are fruits.
- (c) Pumpkin spreads over the land.
- (d) Burma Dek looks like an
- (e) Apple plants grow in regions.

Q.8. Match the following :

- (a) Bears saffron flower-gives shade without leaves, name the tree.
- (b) Sweet seed in wooden shell guess the plant and tell.
- (c) A stick stands in the field when chewed sweet juice it yields.
- (d) Bitter branches but fruit sweet, bitter leaves nature too sweet.

Sugarcane

Neem

Kareer

Almond

Q.9. Tick (✓) the right answer.

- (a) Which part of a plant holds the soil ?

Leaves ☐ Roots ☐ Flowers ☐

- (b) Who eats food of our crops.

Gaajar Booti ☐ Acacia ☐ Neem ☐

(c) What is soil erosion ?

Floods ☐ drying of trees ☐

Washing away of the topsoil. ☐

Q.10. Tick the right (✓) or cross (×) the wrong sentences :

(a) We should plant more and more trees. ☐

(b) Trees need no care. ☐

(c) Pesticides pollute earth, air and water. ☐



LESSON

6

COLOURFUL LEAVES

Yesterday, Anmol slept late while discussing about plants. As it was Sunday, her mother also did not wake her up. When sun rays fell on her face, she woke up. But she was highly surprised to see that many kinds of leaves were scattered in the house. It appeared as if it was a fair of leaves.

Anmol asked her mother where those leaves had come from ?

Mother replied that last night it was a storm.

Anmol again asked her, “Do leaves fall from trees only due to storm ?”

“No dear”, her mother replied, “Leaves also fall at the start of the winter season, which is called '**Autumn**'.”



Autumn

Meanwhile Anmol's father and his brother Jasmanjot also came. Her father asked her, “Anmol, can you identify the leaves of different trees ?”

Activity 1. Identify leaves in the given figures and write their names from the given list.



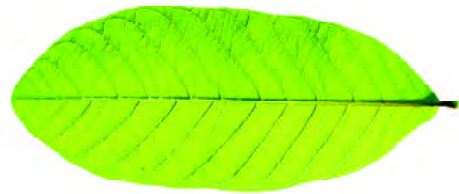
1



5



2



6



3



7



4



8

(Eucalyptus, Lotus, Banyan, Peepal, Guava, Mint, Neem, Banana)

Anmol's mother collected leaves while sweeping the floor and said, "Now I feel like burning them". Jasman said, "No, no, this will cause pollution. We have been told that the leftover of fruits and vegetables should be collected in a pit, so that it can slowly be converted into manure. This manure helps in healthy growth of plants and crops".

"Who told you all this ?" asked his father.

"Papa, in our school, teachers prepare compost from the leaves like this", replied Jasman.

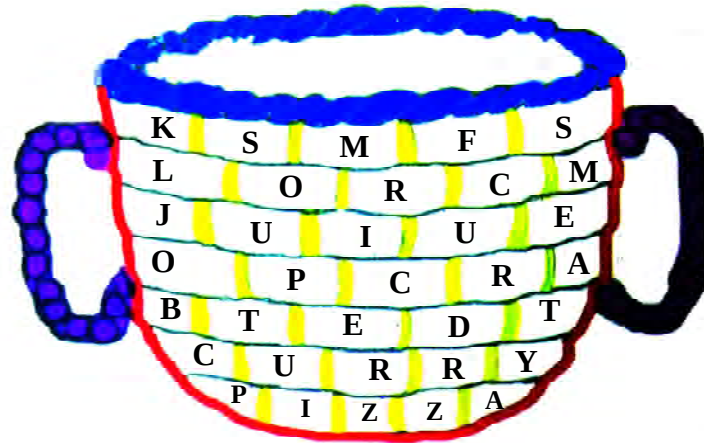


Method of making compost from leaves

While they were talking, Anmol's Uncle (Taya Ji) returned from the field. Anmol's Uncle brought a bunch of mint and asked him to keep it in the kitchen. It was giving a strong and pleasant smell. Anmol smelt it a couple of times before keeping it in the kitchen.

Activity 2. Collect some aromatic leaves around you like - tulsi, mint, tej patta, kikar(acacia), spearmint, dhaniya (corriandar), neem, lemon leaves, methi leaves and keeping your eyes closed, try to identify them by their smell. Students should also be explained in detail about the usage of these leaves.

Activity 3. In the riddle given below, the names of a few eatables are hidden in which some are aromatic leaves. Identify these eatables and note down in the given space.



Things to Remember

- Manure can be made from fallen leaves.
- Fragrant leaves are used in vegetables, dishes, curd, juices, sauce, etc.
- All leaves are not green.
- Air is polluted by burning leaves.



Q.4. Name three plants the leaves of which you recognise ?

.....

.....

Q.5. How many colours of leaves have you seen ?

.....

.....

Q.3. Tick the (✓) right or cross (×) the wrong sentences :

- (a) We should prepare manure by plucking leaves from trees. ☐
- (b) We should burn leaves collected from the house. ☐
- (c) We should prepare manure from leaves, vegetables and fruit skins. ☐
- (d) All leaves are green. ☐
- (e) All leaves are not of same shape. ☐

Q.4. Fill in the Blanks :

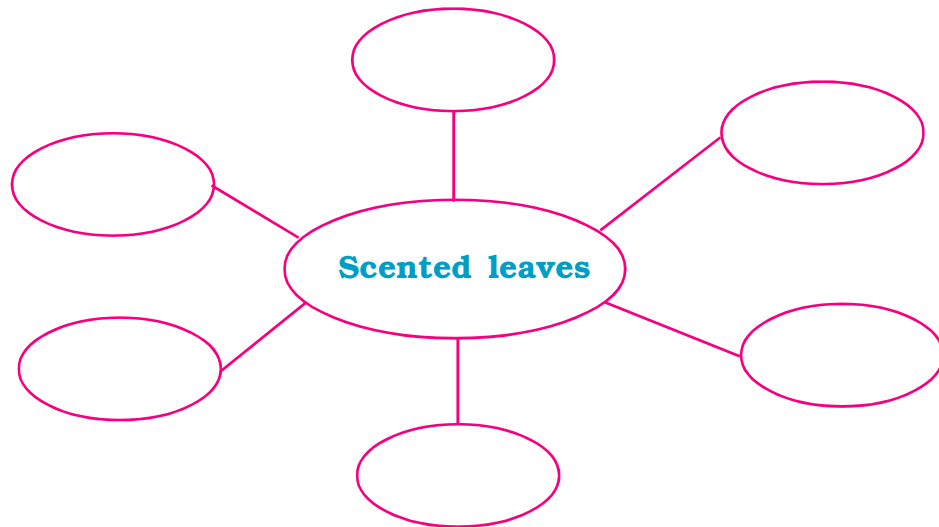
(Neem, polluted, Henna)

- (a) Air becomes when leaves are burnt.
- (b) is applied on hands on many occasions.
- (c) leaves taste bitter.

Q.5. Tick (✓) the right answer.

- (a) Leaves of trees fall in which season ?
Spring ☐ Rainy ☐ Autumn ☐
- (b) Which tree has big leaves ?
Sheesham ☐ Banyan ☐ Neem ☐
- (c) Which leaves are used to prepare sauce ?
Banana ☐ Mint ☐ Guava ☐
- (d) Manure is made of ?
Leaves ☐ Bricks ☐ Polythene ☐

Q.6. Mind Mapping





LESSON

7

ANIMALS : AN INTRODUCTION

Deepi was very happy. Her school was closed for vacation. She had come to see her *Nani*. Her younger sister Gogi was also with her. It was their very first day in *Nani's* village. *Nani* was telling them a story. They heard a loud voice. Gogi got scared. She asked, "What is this ?" *Nani* smiled and said, "Let me show you my dear child."

Nani said, "This is a cow, dear." She patted the cow. Gogi was no more scared. All other animals also started producing voices. Deepi and Gogi started copying their sounds.

Gogi asked her *Nani*, "What are they saying ?" *Nani* Said, "They are hungry". She gave fodder to the cow and buffalo. *Nani* gave a jug of milk to Deepi. Deepi gave milk to the dog and the cat. Gogi gave feed to the hen.

Next morning, *Nani* said, "Your *Nanaji* must be hungry. Let me go and give him food at the farm." Deepi and Gogi said, "We will also go." They reached the farm with food. *Nanaji* ate the food. He saved one *Roti* (Chapati). He broke the *roti* into small crumbs and spread under the tree. Some birds like sparrow, crow, pigeon, parrot, dove and magpie gathered there. A rat and some ants too came there.

A kite sat upon the tree. All the animals and birds went away. Deepi asked, "*Nanaji*, Why have they left food and gone away ?" *Nanaji* told, "They are scared of kite."

Activity 1. The food of the animals is of many types. Have you ever given food to any animal or birds ? Find the food of the following animals or birds from puzzle and write it in space given.



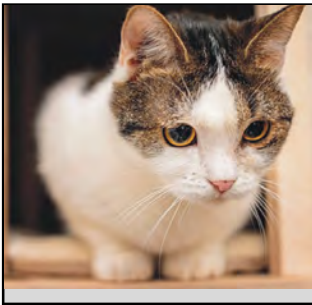
Chilli

.....

<i>f</i>	<i>i</i>	<i>s</i>	<i>h</i>	<i>x</i>	<i>a</i>	<i>g</i>
<i>c</i>	<i>h</i>	<i>i</i>	<i>l</i>	<i>l</i>	<i>i</i>	<i>r</i>
<i>c</i>	<i>a</i>	<i>r</i>	<i>r</i>	<i>o</i>	<i>t</i>	<i>a</i>
<i>g</i>	<i>r</i>	<i>a</i>	<i>i</i>	<i>n</i>	<i>s</i>	<i>s</i>
<i>w</i>	<i>m</i>	<i>i</i>	<i>l</i>	<i>k</i>	<i>p</i>	<i>s</i>



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Both sisters came back home with *Nani*. They wanted to listen to a story after dinner. *Nani* narrated them a story of 'Honey Bee and Dove'. They fell asleep while listening to the story.

HONEY BEE AND DOVE

One day a honey bee fell into a river. A dove was sitting on a tree near the bank of the river. The dove saw the honey bee in danger. The dove plucked a leaf from a branch and dropped it into the water near the honey bee. The honey bee climbed on the leaf. The honey bee thanked the dove and flew away.

After some days, a hunter came to the forest. He saw the dove sitting on a tree. He aimed at dove with his gun. The honey bee saw that. It stung the hunter on hand. The hunter missed the aim. The dove escaped. She thanked the honey bee and flew away.

Dear Children,

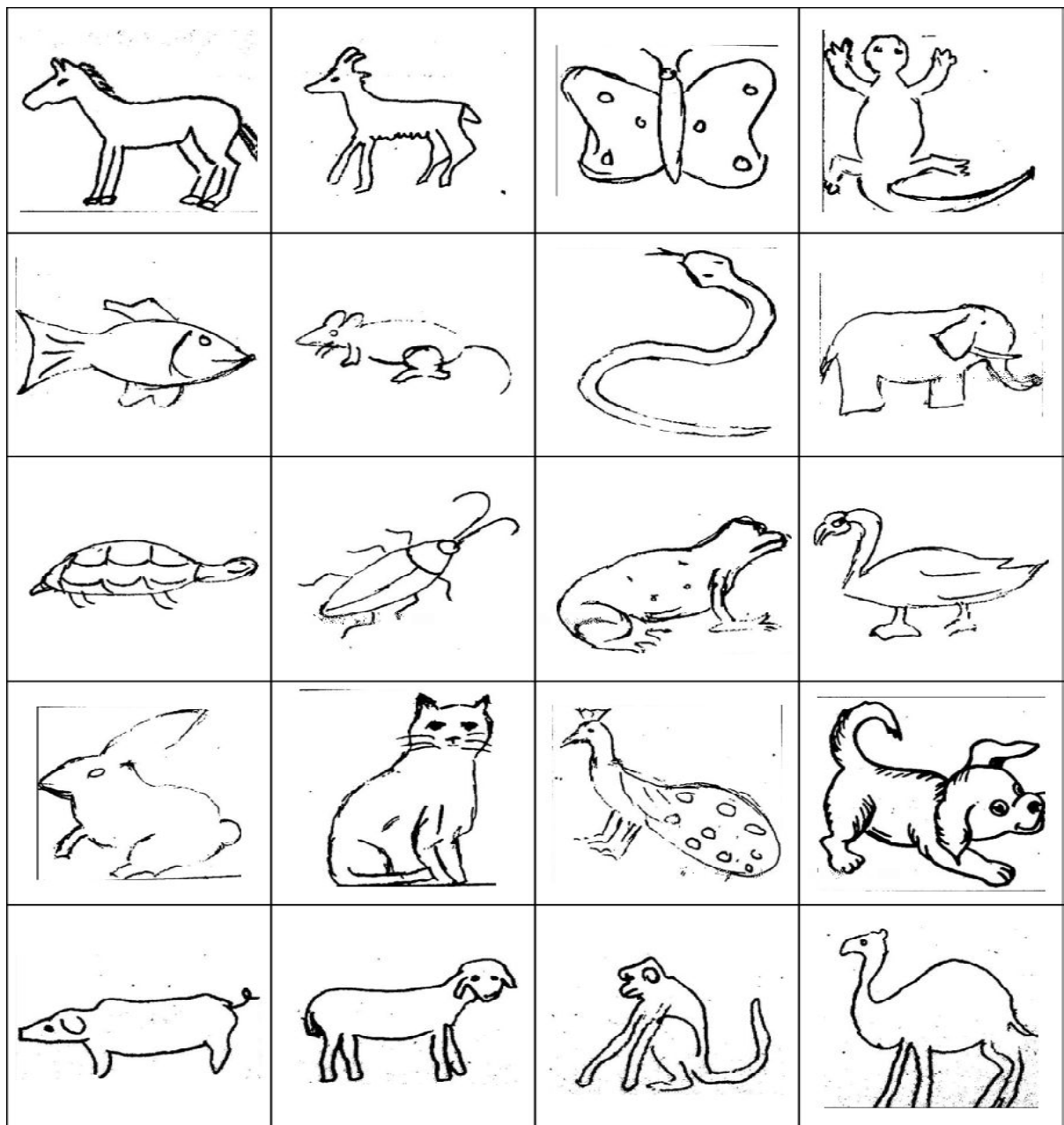
Which one of the following has ever bitten you ?

Mosquito Honeybee Wasp

For teacher - Tell a story to children and ask them to listen to more stories about animals from elders. Encourage them to narrate these stories in the class.

Deepi and Gogi saw many animals at their Nani's village. You also must have seen different animals at different places.

Activity 2. Let us play a game. Have you seen the animals given in the picture. If yes, then tell where have you seen them. You may colour the pictures.



Dear Children, As we can go from one place to another, animals also go. Some animals swim, some fly and some crawl.

Can you tell, how do the animals, written below, go from one place to another.

1. Snake crawls

2. Cow

3. Fish

4. Butterfly

5. Parrot

6. Mosquito



Things to Remember

- Different animals eat different food, as parrot eats chilli and cat drinks milk.
- Honeybees, mosquitoes and wasps sting.
- Some birds can not fly.



Q.1. Match Animals and their Sounds :

(A)

- (a) Goat
- (b) Hen
- (c) Cat
- (d) Pigeon

(B)

- Coo
- Mew
- Cackle
- Bleat

Q.2. Write the names of living places of different animals :

Animal Names

Living Places

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Q.3. Fill in the Blanks :

(different, grains, stings)

(a) Bee

(b) Every animal has a sound.

(c) Hen eats

Q.4. Tick the (✓) right and cross (×) the wrong sentences :

(a) A dog takes care of the house.

☐

(b) Parrot eats chilli.

☐

(c) Birds fly with the help of wings.

☐

(d) Lizard flies.

☐

Q.5. Name two animals which sting.

.....

.....

Q.6. Name two animals that eat fodder.

.....

.....





LESSON 8

THE WORLD OF BIRDS

Today, it was a very joyous day in the forest. The weaver bird had made its new nest. Many birds came to see it. They were all very happy and played a game. They told about themselves in the form of a song. The cuckoo was hiding itself behind the leaves. At first they asked her to sing about herself. She said in her sweet voice :



I am cuckoo, black like crow
Sitting on the tree 'Mango'.
My song is melodious and sweet
For every one's ears, it is a treat

The parrot was busy in eating chillies. At peacock's request he sang about himself :

My feathers green, red rose beak
Chillies I eat but sweet I speak
'Mithu' mostly people call me
With 'churi' they love and treat me.



The next was peacock. He spread all his beautiful feathers and said :



Beautiful walk, beautiful feathers
I am peacock; fond of rainy weather.
With dark clouds I get chance
To make you happy with my dance.

The crow was very eager. He spoke in self praise :

I am crow caw-caw ! I speak
I fly over plains and mountain peak.



I have high speed and very sharp eye
You cannot catch me- even if you try.
Cock said in self praise :



I am cock with royal crest on the head.
I crow in the morning
Wake up all smiling
I convey, no more rest; work instead.

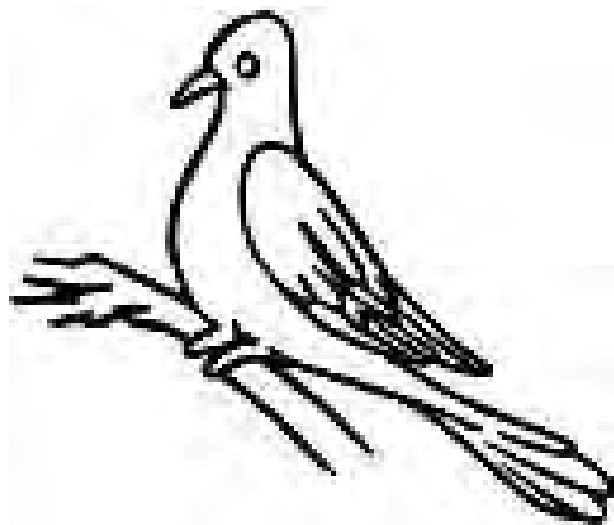
Everybody was happy. But the vulture was sad. He spoke in sorrow.
Friends, I am vulture – a bird extinct
Men have made us now extinct.
I clean the earth of foul smell
In all weathers - hot or chill.
All the birds came to cheer the vulture.



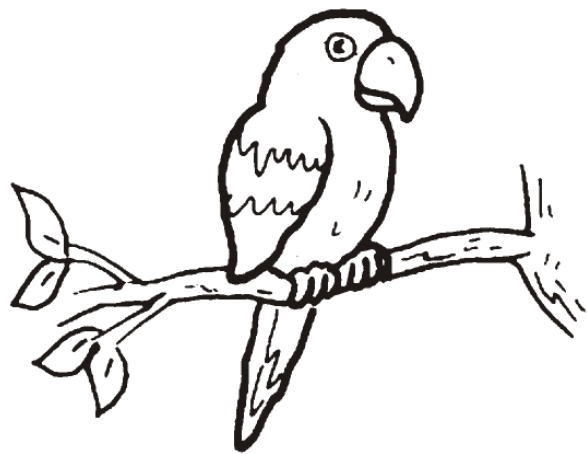
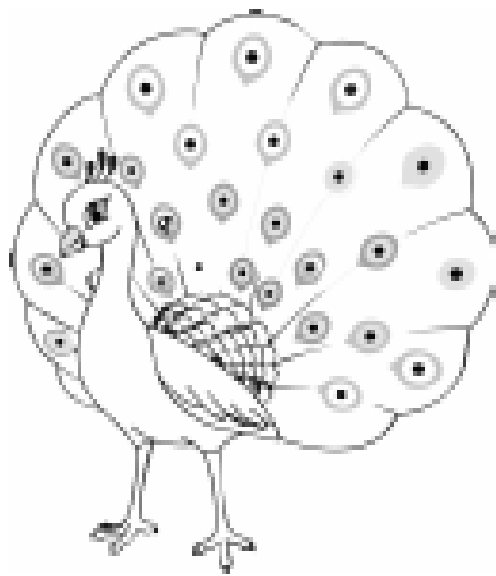
Activity 1. Identify the birds and colour their pictures.



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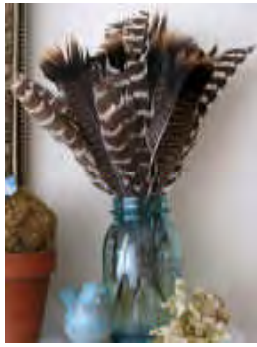
Activity 2. Birds eat different types of food. Some birds like sparrow, eat grains. Parrot eats fruits. Woodpecker eats insects. Which birds have you seen ? Write their names and their food.

Name of the bird	Food
.....	
.....	

Activity 3. In summer, many little birds die of thirst. You can save them. Take a wide mouthed pot. Fill water into it. Place it on the roof top or in the *verandah*.

Dear Children, feathers protect the birds in hot and cold weather. Feathers also help them in flying. Feathers of the birds are very beautiful. They look beautiful with colourful feathers.

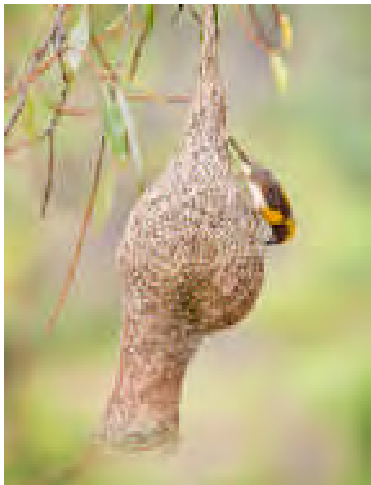
Activity 4. Make decorative things with fallen feathers of the birds and show to your classmates.



Decoration with feathers

Home Sweet Home

Birds also make houses to live in. These are called nests. Can you identify, which birds the following nests belong to ?



.....

.....



Things to Remember

- Wings help the birds in fly.
- Many birds make houses, called nests.
- Some birds eat grains, some eat fruits and some birds like to eat insects.
- Peacock is our National Bird and eagle is the State Bird.

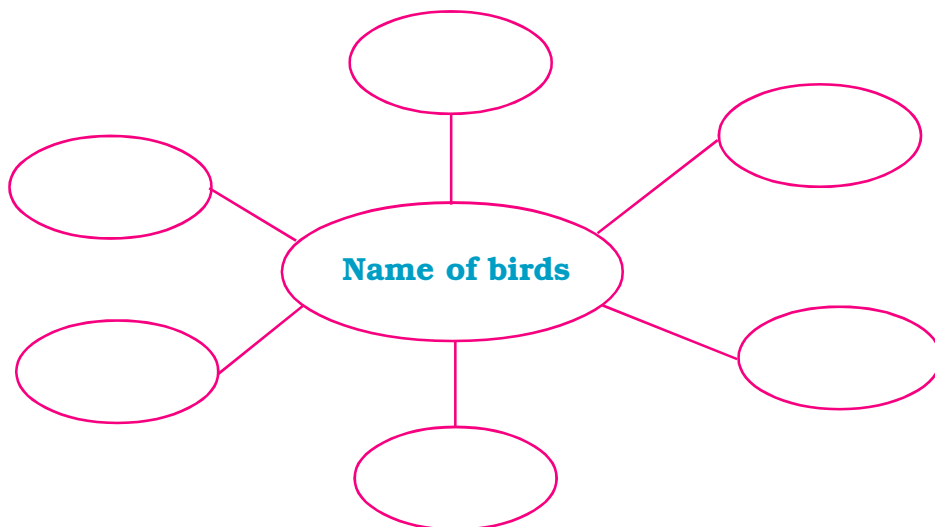


Q.1. Fill in the Blanks :

(insects, feathers, chilli)

- a. Peacock has beautiful
- b. Parrot likes to eat
- c. Woodpecker eats

Q.2. Mind Mapping :





LESSON

9

LET US COOK AND EAT FOOD

Gurjot's Maternal Uncle (Mama Ji) was a soldier. His children and wife lived with him in a quarter of the Cantt. at Pathankot. Once, he with his mother, went to meet his maternal uncle. Gurjot went to the school of his uncle's children with them. He ate food with class students, during recess.

All the children had brought food of their region with them. Children brought Tamilnadu's Idli Sambhar, West Bengal's fish-rice, 'Sarson Ka Saag' & 'Makki Ki Rotti' of Punjab, Rajasthan's Dal Bati Choorma and Momos of the Eastern Regions.



Saag-Makki di roti



Idli-Sambar



Fish-rice



Choorma

After reaching home, Gurjot told his mother about different types of food. He asked, “Why do these children eat different kinds of foods ?”

Mother : Son, in our country different types of food are produced in different regions. Therefore, people develop their food habits accordingly. As, we, in Punjab, mostly eat wheat. West Bengalis eat rice and people near the sea eat fish.

Importance of food :

Gurjot : Uncle, why do we eat food ?

Uncle : Son, we need three things to live-air, food and water. Food does three important works to keep us alive :

1. It gives us energy for different tasks.
2. It helps our physical growth.
3. It protects our bodies from different diseases.



Food gives energy



Food promotes growth

Food From Plants

Roots: Carrot, turnip, radish	Stem: Potato, onion, ginger, garlic	Leaves: Sarson ka saag, methi, tea, mint, coriander
Flowers: Cauliflower, broccali	Fruits: Apple, peas, beans, tomato, guava	Seeds or grain: Wheat, rice, Bajra, corn, coffee.
Write the name of plant and its parts used as food.		
 1	 2	 3
 4	 5	 6

Gurjot : Uncle, only mother cooks and gives us food.

Uncle : Yes son, actually your mother cooks food, which we get actually from plants and animals. Let us gather knowledge about food items which we get from different parts of plants.



Fruit juice



Eating fruit



Mango shake



Vegetable Salad

Vegetables are eaten after cooking. They can also be eaten as salad. Some fruits are eaten unripe. We make juice of some fruits. Generally, shake is made from mango.

Activity 1. Ask children to prepare list of vegetables and fruits available in Summer and Winter season with the help of their parents.

Sr. No.	Summer		Winter	
	Vegetables	Fruit	Vegetables	Fruit

Activity 2. Cut and eat salad, and make lemonade with the help of your mother.

Children should use knife carefully.

Food from Animals

Gurjot : Uncle, we get milk from animals.

Uncle : Son, we get some part of our diet from animals. We get milk from cow, buffalo or goat. From this milk, curd, lassi, paneer (cheese) butter, ghee, etc., are prepared. People in desert drink camel milk also. In mountains, yak milk is used. We get meat and eggs from hen, duck and fish.

For Teacher : How 'lassi' is prepared from milk ? Discuss with students.

Q.1. From which animals we get milk ?

.....
.....

Q.2. Which vegetables can be eaten unripe or as salad ?

.....
.....

Nutrients of Food

Uncle : Son, the food we eat has some nutrients.

1. **Carbohydrates and fats** give energy to our body.
2. **Proteins** help us grow.
3. **Vitamins and minerals** protect us from diseases.
4. **Water helps** balance our body temperature and in digestion also.

Balanced Diet

Uncle : Son, we should not eat one kind of food for many days. We should eat a variety of foods daily. This will give all nutrients necessary to our body. It will keep our body fit. A diet, which contains all nutrients in right proportion, is called a **balanced diet**.



Balanced Diet

Vegetarian and Non-Vegetarian

Vegetarian : The people who get food from plants and drink milk are called vegetarians. They do not eat eggs and meat.

Non-Vegetarian : The people, eating meat or eggs, are non-vegetarian.

Methods of Cooking food

Gurjot : Uncle, one child told that his mother cooks food by steam. Should we eat food only after cooking ?

Uncle : In ancient times man used to eat uncooked food. After the discovery of fire, he started to eat food after cooking. Cooked food is tasty and easy to digest.

We all went to market with Mamaji. In the market, he showed us different shops. He told us about various ways of cooking and also showed us different types of utensils

1. Boiling : Tea, coffee, rice, pulses, vegetables, curry, meat are cooked by boiling. This kills bacteria. For this purpose, a saucepan is used.



2. Steaming : Food is cooked in pressure cooker with the help of steam, as, rice, Idli, dhokla, momos, etc.



3. Baking : By this method food is cooked dry in oven, e.g. cake, biscuits, bread, petties, etc.



4. Roasting : Corncob, papad, sweet potatoes are roasted directly on fire.



5. Frying : The food is cooked by frying in hot oil, e.g. poories, pakoras, samosas and jalebis.

Activity 3. Prepare a list of food cooked at home by different methods.



Sr.No.	Name of Food	Method of cooking food

Utensils for cooking food

Generally people use different utensils for different types of cooking, small in homes and big utensils are used at dhabas. In old times, people used earthen pots. But for boiling milk and making *saag*, earthen pots are used even today. These days, aluminium, bronze, brass and steel utensils are used. Besides, food is cooked in non-sticky utensils.

Activity 4. Name different utensils given below.



1. 2. 3.



4.



5.

Stoves and Fuels : To cook food, many kinds of stoves and fuels are used. To cook food in villages earthen stoves and earthen ovens are used. Dung cakes, woods, coal, etc., are used as fuel.

This way of cooking produces smoke and thus pollutes the environment. The smoke can cause respiratory diseases. So, now-a-days, Gobargas is used for cooking.

Activity 5. Name different ovens and fuels.



1.



2.



3.



4.



5.



6.



7.



8.

In cities, LPG stoves are used. Sweet makers use diesel & kerosene oil stoves and ovens. Solar cookers and electric microwave ovens are also in use.

Mamaji gave us good knowledge. We came back home enjoying.



Things to Remember

- Man needs air, water and food to live.
- Food contains nutrients, i.e. carbohydrates, fats, vitamins, proteins, minerals, etc.
- A balanced diet contains all nutrients in right proportion.
- Humans get their food from plants and animals.
- LPG (Liquefied Petroleum Gas) is contained in gas cylinders which are used in our houses.



Q.3. Tick (✓) the right and cross (×) the wrong sentences :

- (a) Smoke is not produced on burning dung cakes. ☐
- (b) In old times, earthen pots were used. ☐
- (c) Gobargas is produced from animal dung. ☐

Q.4. Which gas is used to cook in city houses, these days ?

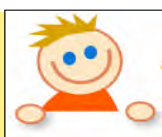
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.....

Q.5. The cooker working with Solar energy is called

.....

.....



Remember to wash hands with soap before and after meals.

LESSON
10

FAMILY AND ANIMALS

In Nooran's house, her younger brother, mother-father, grandfather and grandmother live together. They have also kept some pet animals in the house.

All her family members do not eat same food. They eat food according to their age, work and physical needs.

Her grandfather and grandmother are old. They cannot look after the agriculture and animals as they are old. They have no teeth. They cannot digest food as they keep sitting all the time. So, they eat light food in little quantity. They drink cow-milk and eat porridge when they fall ill.



Her brother is six months old. Being young, he takes his mother's milk. Mother's milk has all necessary nutrients for babies' growth. Mother's milk keeps baby safe from all diseases. Her mother will give banana, milk, pulses, porridge, vegetables, water and boiled eggs to his brother when he grows.

Nooran plays all the day and keeps eating all the time. Along with home made food, she is fond of eating burger, pizza and other junk foods available in the market. She has fallen ill many times after eating it and became fat also. Her mother forbids her to eat fast food.

Nooran's father is a farmer. He works in fields. He eats up to his fill. His diet includes green vegetables, pulses, dry fruits, milk, curd, ghee, butter, etc.

Her mother does house hold work. She also feeds her younger brother. Therefore, she eats food made from milk, cheese and green vegetables.

Nooran's mother and grandmother together make tasty and nutritious food. First of all her grandparents eat food. Nooran happily serves food to them and collects used dishes. That's why her family members love her. Nooran's father and mother eat food together at last. Her brother sleeps early after taking milk.

Her father grows vegetables, pulses, grains in his fields for their food. They buy ghee, oil, salt, spices, etc., from the market. They get milk from pet animals.

Children ! Milk is a complete diet. Tell the importance of milk to all your family members.

Q.1. Fill in the blanks : (Mother, Obesity, Different, Milk, Father)

- (a) is a complete diet.
- (b) Our family members like to eat kind of food.
- (c) buys food material from the market.
- (d) is caused by eating burger, noodles, etc.
- (e) cooks food in our family.

Q.2. Which are light food ?

.....

.....

Q.3. What are the food materials we buy from market ?

.....

.....

Q.4. What other things are fed by Nooran's mother to her brother along with milk ?

.....

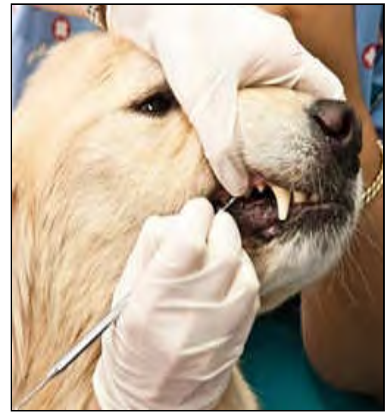
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Care of pet animals and their food

In Nooran's house, there are pet animals like cow, buffalo, dog, goat, hens, oxen, camel, etc. Her father takes help from pet animals in agriculture too. Mother gets milk from cattle and eggs from hens. Her father is also fond of keeping horses. Their pet dog Dabbu looks after animals and home. Nooran loves Dabbu.

Her mother and grand mother love animals and do many work for their care. For example-

1. They give food to pets on time.
2. They give them water and also bathe them.
3. They keep cattle under the shed to protect them from heat & cold.
4. They call up the doctor, when their pets fall ill.
5. They save them from being bitten by wild animals.



Taking care of pet animals at home

Like Nooran's family members, animals also eat different food. Their place of living also differs.

1. Cat and dog take milk and eat chapati too. They sometimes eat birds and rats.
2. Hens eat grains and insects.
3. Goats and sheep eat grass and tree leaves.
4. Hens live in a coop, goats and sheep in a pen, cattle under shed and horses live in the stable.
5. Cow, buffalo and ox eat green fodder, horse eats grams and camel eats straw of *guar*.

Wild animals and their food

Frogs, lizards, cockroaches, rats come out at night. Snakes, squirrels, sparrows and hawks come secretly to Nooran's house for food and shelter. They can not be tamed. Lion, cheetah, python, elephant, deer, etc., live in forests. Some of them, eat grass and some eat flesh of other animals. They are **wild animals**. They can sometimes be dangerous to us and our pets.

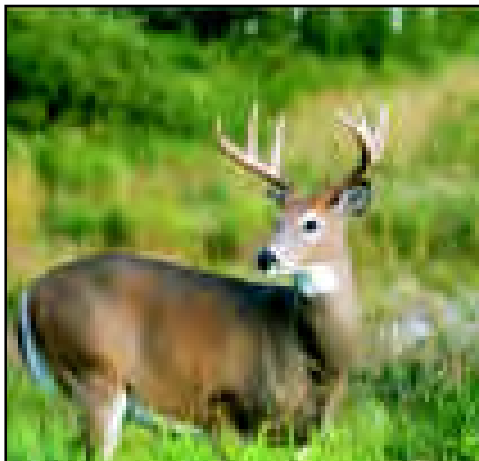
Activity 1. Write the names of animals shown below.



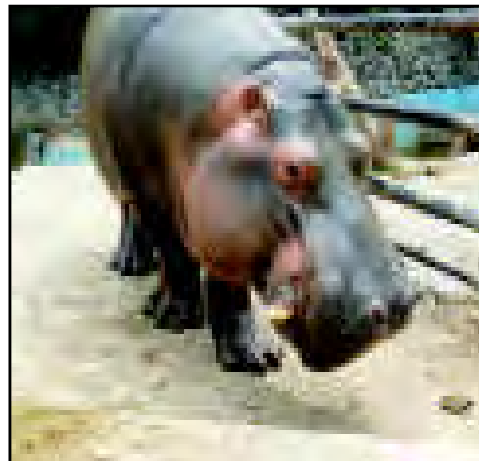
1.



2.



3.



4.



Things to Remember

- Milk is a complete diet for young babies.
- Fast food causes obesity.
- The animals kept in houses are called pets.
- Wild animals cannot be kept in a house.



Q.5. Tick (✓) the right and cross (×) the wrong sentences :

- | | |
|---|--------------------------|
| (a) Animals should be given food and water. | ☐ |
| (a) Lion is a pet animal. | ☐ |
| (a) Dog is a faithful animal. | ☐ |
| (a) Camel and ox help farmers in agriculture. | ☐ |
| (a) Hens give us wool. | ☐ |

Q.6. Name some pet animals.

.....

.....

Q.7. Write the names of some wild animals.

.....

.....

Q.8. What does a rat eat in our house ?

.....

.....

Q.9. Why do snakes sometimes enter our houses ?

.....

.....



We should love animals. If you tease any animal, it will trouble you. Animals make our surroundings beautiful. Think ! how good it will be if any bird or animal becomes our friend.



LESSON

11

OUR HOUSE

Today, our class children were happy while making clay houses. Standing beside them, teacher asked the children, “Why do we need to build a house ?”

On hearing this Kiran shouted, “To live in.” All the children clapped to hear the answer.

Teacher : Dear children, apart from providing shelter, a house keeps us safe from heat, cold, rain, storm and wild animals. In a house, we all live together with our family members. By living together, we can solve all problems.

Rinku : Sir, when there were no houses, where did the people live ?

Teacher : Dear child, in ancient times man lived in forests. Then to save himself from rain, storm, heat, cold and wild animals, he started to live in caves. Slowly, he started making houses to live in.

Karman : Sir, Sandeep's house was demolished in storm and rain.

Teacher : Sandeep had a Kutcha house. So, it was destroyed by the storm and rain.

Dear Children ! houses are of many types - *Kutcha house*, *Pucca house* and *Temporary house*.

Kutcha House

Kutcha house is made of wood, mud, grass, etc. Kutcha houses are cool and airy. Ladies of the house apply mud-plaster on the walls to make them beautiful.

Pucca House

A Pucca house is made from bricks, cement, stone and iron. There are windows, doors and ventilators in it.



1.

2.

Write the types of houses

Q.1. What is a house meant for ?

.....

Temporary House

Temporary houses are made of clothes, bamboo, wood, etc. These can be in the form of a tent, caravan, houseboat, etc. Nomadic people live in caravans. Houseboat is a kind of house that floats on water. Soldiers live in tents during camps.



1.

2.



3.

4.

Write the type of roofs

Preet: Sir, yesterday in a T.V. programme, houses with sloped roofs were shown. Why are our houses not like that?

Teacher: Child, sloped roofs are made in hilly areas. There is a lot of snow falls in these regions. Because of slopes, snow quickly slips down. As we live in plains, where there is no snow fall, only rain falls. So, we have plain roofs instead of sloped roofs.

Activity 1. Collect the pictures of different types of houses and paste them on a chart.

Q.2. From which things are temporary houses made ?

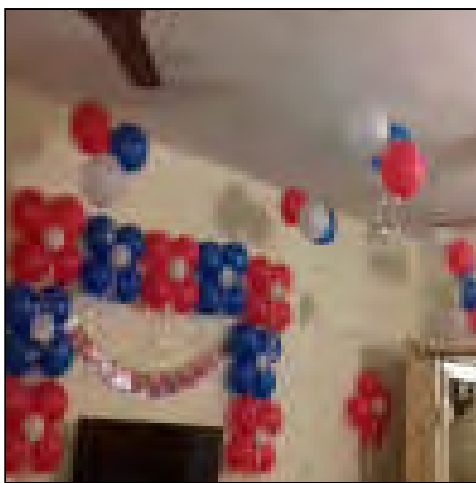
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Q.3. What kind of houses are there in hilly areas ?

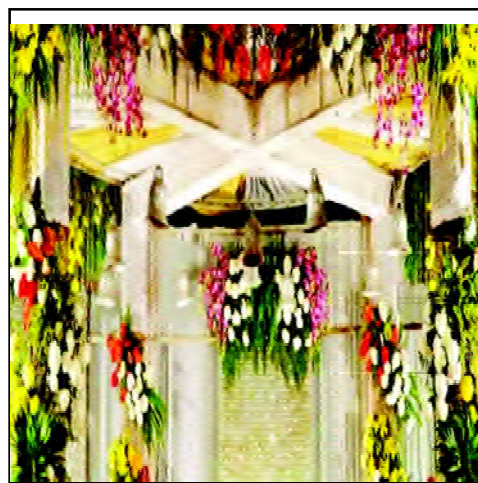
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Activity 2. Note down the number of windows, doors, ventilators in your houses.

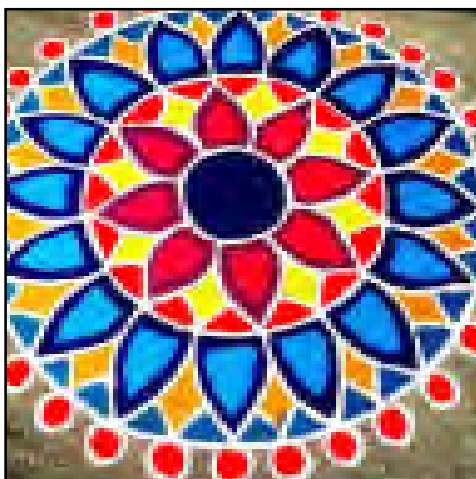
Children ! The house we live in should be neat and clean so that it looks beautiful. It is necessary to keep everything at its proper place. To put garbage, we should use dustbin. To decorate the houses, pictures, flowers leaves, strings can be used. On festivals and special occasions we can decorate it with balloons and flowers too. We can make various designs on the floor with different colours. These types of designs are called Rangoli.



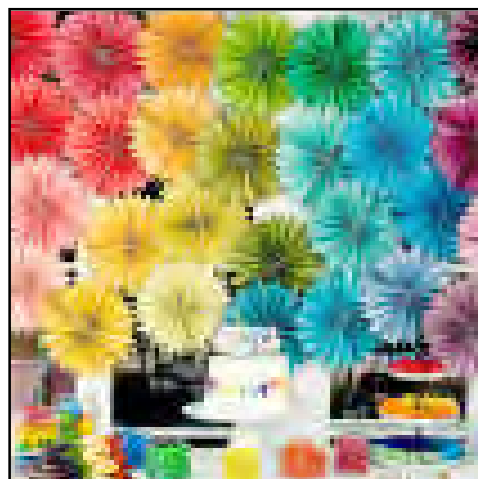
Decoration with balloons



Decoration with flowers



Rangoli



Decoration with colourful papers

Lovely : Madam, in the morning, my mother cleans the house by brooming and mopping. My father also helps her. On Sunday, we together

clean everything and keep it at proper place. We keep a bouquet, made of flowers and leaves, on the table, made of flowers. We put garbage in a dustbin.

My friend Nisha's house is near our house. They are from Rajasthan. They decorate their house with *rangoli* of different colours. On her brother's birthday they decorated their house with balloons & colourful paper strings.

Activity 3. Prepare a list of things for decorating a house.

Teacher : Does anybody else live in our house, beside our family ?”

Bunty : Madam, my dog also lives in my house. He is my friend. I play with him.

Teacher: Child, animals like cow, buffalo, dog, ox, camel, hen and goat, also live with us. We look after them like our family members. All these are pets. Animals like rats live in holes. They come out at night to eat food. Cockroaches, bats, owls, etc., appear only at night. But they are not pets.



Things to Remember

- A house keeps us safe from heat, cold, rain and wild animals.
- Houses are of many types : Pucca, Kutcha, Temporary, etc.
- To build a pucca house, bricks, cement, iron, stone, etc., are used.
- For Kutcha house mud, grass, wood, etc., are used.
- A good house is neat & clean and airy.
- Garbage should always be put into a dustbin.



Q.4. In what kind of houses do you live ?

.....

.....

Q.5. Is there any pet in your house ? If yes, write its name.

.....

.....

Q.6. Fill in the Blanks :

(windows, mud, neat & clean, house, forests)

- (a) The place where we live is called
- (b) In ancient period, man lived in
- (c) There must be and ventilators in a house.
- (d) Our house should be
- (e) Kutcha house is made of and soil.

Q.7. Tick (✓) the correct answer :

(a) A good house is :

- Neat & clean and airy ☐
- Dirty and closed ☐
- Very big ☐

(b) Kutcha house is made of :

- Bricks, cement, sand, etc. ☐
- Grass, mud, wood ☐
- Cloth and bamboo ☐

(c) **Nomadic people have houses.**

pucca houses ☐

kutchha houses ☐

temporary houses ☐

(d) **Garbage should be put into a**

courtyard ☐ dustbin ☐ in Street ☐

(e) **The person, who builds house, is called :**

Doctor ☐ Mason ☐ Lawyer ☐

Q.8. Tick (✓) the right and cross (×) the wrong sentences :

(a) Pucca house is made of grass. ☐

(b) Kutchha houses are cool. ☐

(c) Soldiers live in pucca houses during camps. ☐

(d) Boat-house is a floating house. ☐

(e) Many people help us in building a house. ☐

Q.9. Match :

Animal	Place of living
---------------	------------------------

Lion	Hole
------	------

Rat	Forest
-----	--------

Horse	Shed
-------	------

Fish	Stable
------	--------

Buffalo	Water
---------	-------

There is a park near Lovely’s house. He invited Harman there but Harman did not know where his house was. Harman made his father talk to Lovely. Harman’s father asked, “What is there in your neighbourhood, Lovely?” Lovely was astonished. He asked, “Uncle ! What do you mean by neighbourhood ?”

Harman’s father explained, “Son, we live in a house with our family. Many other families live near our house. These families are our neighbours. Houses or other building, near our home are our neighbourhood i.e. hos-
pital, school, post office, market, bus stand, etc.

“Uncle, I have understood,” Lovely said, “There is a park, a hospital, a market and a post-office near our house”.

Q.1. What is a neighbourhood ?

.....
.....

Activity 1. Students should be asked to make list of places in their neighbourhood.

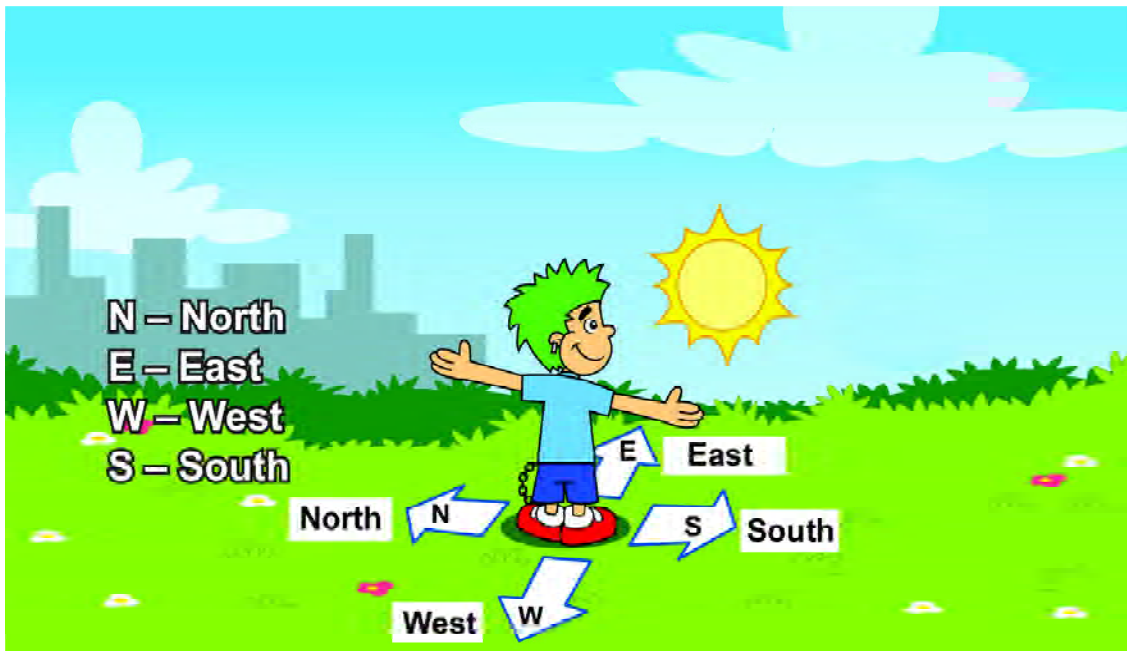
Harman took 15 minutes to reach the park. On seeing Harman, Lovely became very happy. After playing for a long time, they were tired. They came back to Lovely’s house. Lovely’s mother was teaching her brother Bunt. Lovely and Harman too started listening.



“Bunty, if we go somewhere, we find our way with the help of the directions given in the map”, mother explained. Harman said, “How can we know the directions ?”

Lovely’s mother replied, “Children, there are four directions : North, East, West, South. Sun helps us understand the directions”. “How is it mother ?”, Bunty said. “Children, stand facing towards rising sun. In your front is the East, behind you is the West, left will be the North and in the right will be the South direction”.

In the upper direction of the map of India is North, below is South, right is East and in the left is West.

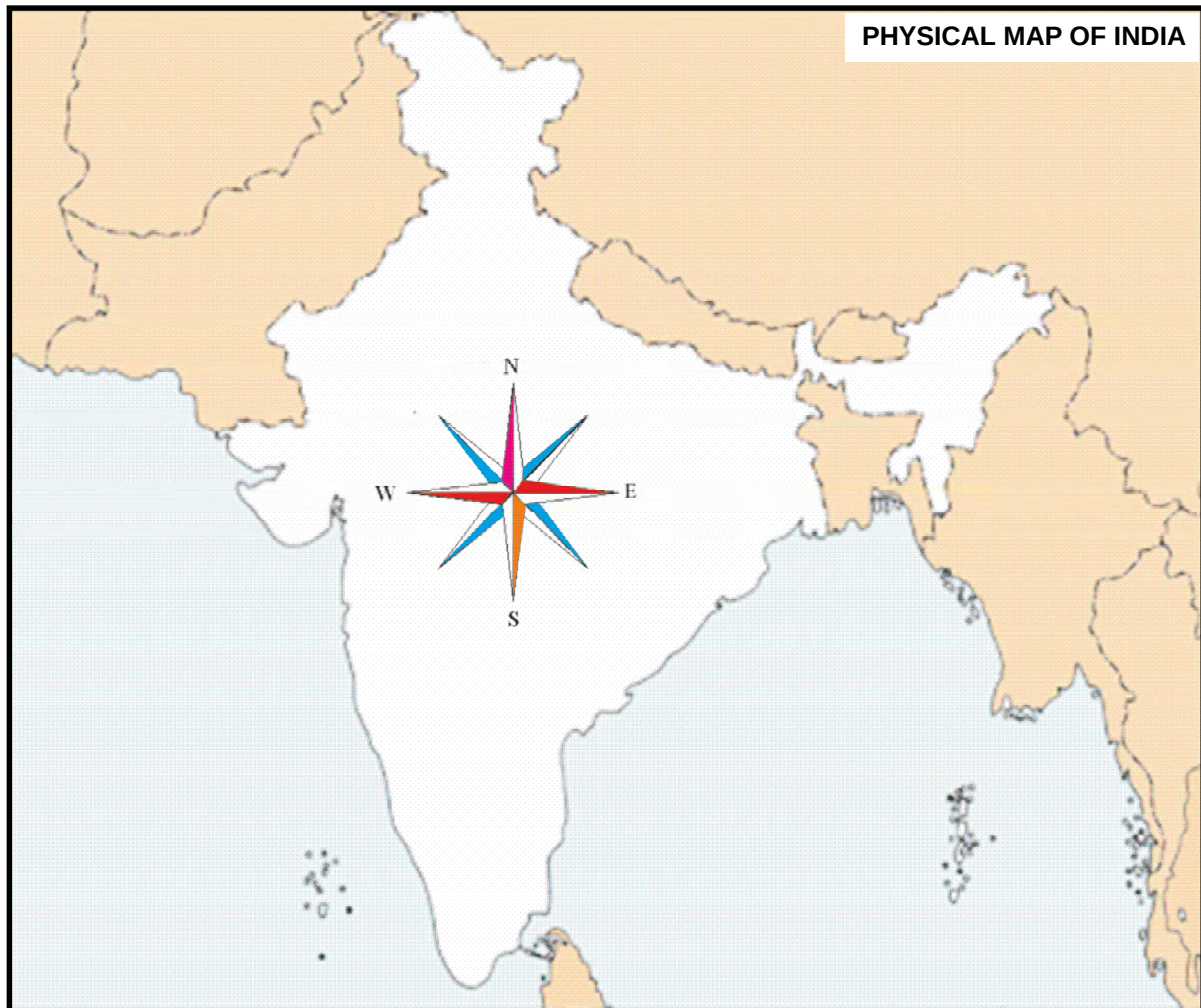


Q.2. How many directions are there ? Name them.

.....

.....

“Can we trace our village / city with the help of a map ?”, Harman asked. “Yes, my Son, not only our village, but also our neighbouring villages, tahsil and state,” Bunty’s mummy made us understand.



Map of India

Lovely asked, “Mummy, I know the neighbouring village. But what are State and Tehsil ?” Mummy replied, “A cluster of villages form a Tehsil. Several Tehsils form a District and collectively districts form a State. All states together form a country.”

Village → Tehsil → District → State → Country

Q.3. Fill in the Blanks :

- The name of our village is
- Our tehsil's name is
- The name of our district is

- d. The name of our state is
- e. The capital of our state is
- f. The capital of our country is
- g. is our country.

Activity 2. Students should be asked to make a list of their neighbouring villages / cities.

Activity 3. What is built in the four directions of your school. Ask the students to make the list of that.

Harman liked Lovely's house very much. "Aunt, your house is very clean. Would that our house had been here." "Son, we should keep our house and surroundings neat and clean. It looks not only beautiful but also keeps us safe from diseases. We should keep our neighbourhood neat and clean," mother advised.

Activity 4. To develop habit of cleanliness among students, give them responsibilities by making teams.



Things to Remember

- Things or buildings near our house are our neighbourhood.
- There are four directions - North, East, West, South.
- The Sun always rises in the East and sets in the West.
- We should keep our surroundings clean.



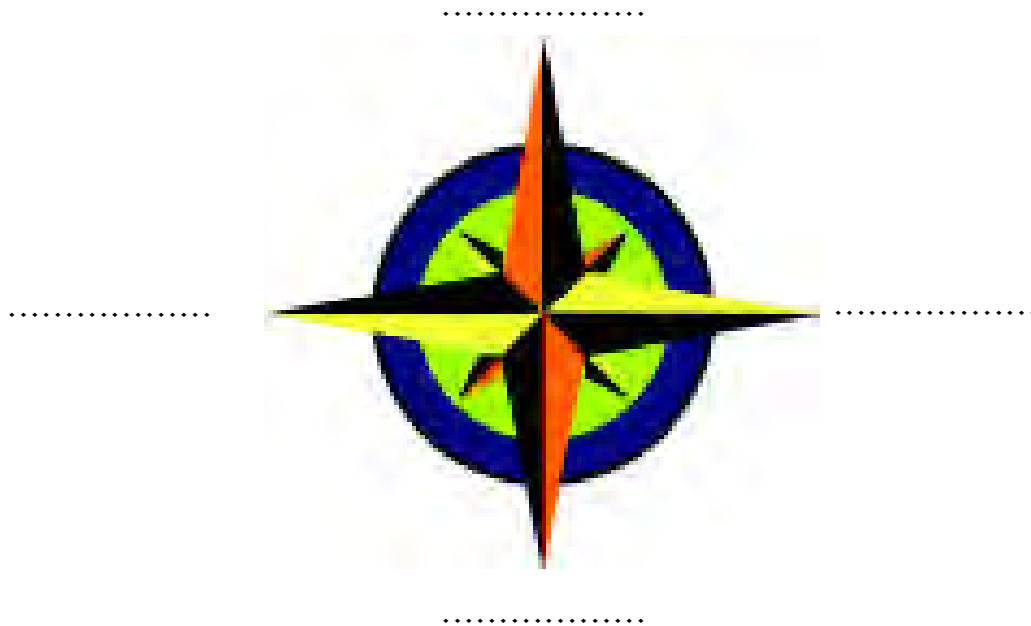
Q.4. Tick (✓) the right answer.

- (a) How many direction are there ?
2 ☐ 4 ☐ 5 ☐
- (b) In which directions the sun rises ?
North ☐ East ☐ West ☐
- (c) What forms a Tehsil ?
Houses ☐ Villages ☐ Cities ☐
- (d) How do we feel by keeping our surroundings clean ?
Healthy ☐ Sick ☐ Sad ☐
- (e) Which direction is on the upperside of the India's map ?
North ☐ South ☐ East ☐

Q.5. Tick (✓) the right and cross (×) the wrong sentences :

- (a) The sun gives us knowledge about directions. ☐
- (b) Some districts are included to make a tehsil. ☐
- (c) We should keep our surroundings clean. ☐
- (d) The Sun rises in the South. ☐
- (e) Neighbourhood is far away from our house ☐

Q.6. Name the Directions.



Q.7. Fill in the Blanks :

(districts, West, neat & clean, families, states)

- (a) Many live near our house.
- (b) Many are included to make a country.
- (c) We should keep our house
- (d) Many make a state.
- (e) The Sun sets in the

Q.8. Match :

A

India

Punjab

Patiala

B

State

District

Country

Q.9. Match the following:

A

Post Office

Hospital

School

Police Station

Bank

Panchayat Ghar

B

Security

Letter

Treatment

Education

Village Issues

Money Exchange



LESSON

13

WATER - BASIS OF OUR LIFE

Today, it was very hot at Morning Assembly. That's why Surinder, coming from assembly asked the teacher, "May I go to drink water, Sir." The teacher permitting him said, "Son, today it is very hot. Therefore, those children who, want to drink water, can go." Many children went to drink water.

Can anybody tell why do we drink water ?" "Because we feel thirsty," Children answered. "If we don't get water on feeling thirsty then what would happen ?", It was teacher's next question. "Then we shall die of thirst," Rajni answered.

Water is Life

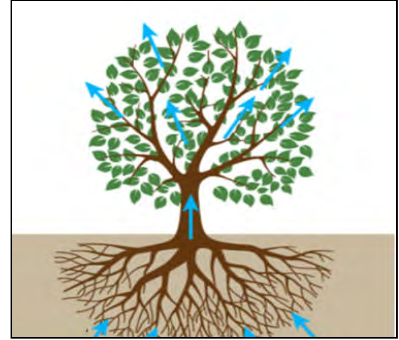
Dear Children ! that's why we say water is the source of life on the Earth. We cannot live without it.

The major portion in our body is water. It helps in digesting our food too. Besides human beings, water is necessary for animals also. No creature can live without water. You must have pet cattle in your houses. Those are given water time to time. Cows and buffaloes drink many buckets of water at a time. While, we give water to dogs and cats in bowls.

Wild animals drink water from pools or rivers. Some creatures live in water. We shall read about them in next class. Plants and vegetation too need water. Plants cannot grow without water. They suck water from earth through their roots. That's why we have to water plants time to time.

Activity 1. Note how many glasses of water do you drink daily.

For Teacher : Tell the children how much water, we should drink daily.



In fields, crops need water time to time. You must have seen that crops are watered through tubewells. It means if there is no water, there won't be any crops. And will be no grains for our food. Therefore, without water we cannot get grains.

Think ! What will happen if we don't get water ?

Use of water in daily Life.



Brushing



Bathing



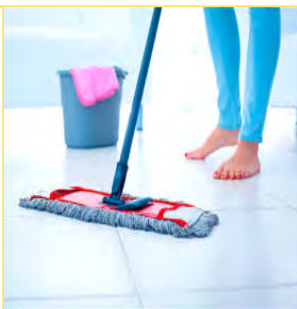
Washing clothes



Cooking food



Washing Utensils



Cleaning the floor



Irrigating the fields



Watering the garden

We use water for many purposes in our daily life. Children, by looking at above pictures, can you tell for what purposes we use water.

Make a List.

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

Besides these, water is used in industries, factories and Mills too.



Things to Remember

- Water is the basis of life on Earth.
- Without water humans, animals and plants cannot survive.
- Crops cannot grow without water.
- Water is useful in many ways, in daily life.
- Water is used in factories.
- Electricity is generated with the help of water.



Q.1. Fill in the Blanks :

(thirst, water, life, live, electricity)

- (a) Water is
- (b) Water quenches our
- (c) We cannot without water.
- (d) From water is produced.
- (e) Big portion of our body is

Q.2. Tick (✓) the right answer.

- (a) On feeling thirsty what do we drink first ?
 Milk ☐ Tea ☐ Water ☐
- (b) How do the plants suck water from earth ?
 By roots ☐
 By Leaves ☐
 Through branches ☐
- (c) Where is water given by the tubewells ?
 In fields ☐ In houses ☐ In forests ☐
- (d) To generate electricity, what are built on rivers ?
 Factories ☐
 Dams ☐
 Power Houses ☐
- (e) Who needs water ?
 Man ☐ Creatures ☐ Everyone ☐

Q.3. Tick (✓) the right and cross (×) the wrong answer.

- (a) Plants need no water. ☐
- (b) Wild animals can live without water. ☐
- (c) Water helps in digesting food. ☐

Q.4. **Where do wild animals drink water from ?**

.....

.....

Q.5. **How much water do cows and buffaloes drink in one time ?**

.....

.....

Q.6. **Why is water necessary ?**

.....

.....



Think : What will happen if there is no water on earth !
Teacher will help students in this imagination).



Next day, after morning assembly, the teacher again started a discussion about water,

Dear Children !

Water is the basis of life on earth. Without water, life is not possible. Do you know, where does the water come from ? What is its source ?

Harman - Water in our houses, comes through the taps.

Teacher - Where does it come in taps from ?

Jasleen - That comes from a big tank.

Teacher - Yes, Yes, Children ! quite right. But where does it come in big tank from ? Seeing the children silent, the teacher made them understand.

Teacher - “In big tank, water is taken from canals or drawn from earth with the help of tubewells. This is done by water works department.

Q.1. How is water drawn from earth ?

.....
.....

Rain :

Dear children ! You must have seen rainfall. Flowing rain water takes the shape of rivers, streams, pools and ponds.



Q.2. What is the main source of water on earth ?

.....

.....

Snowfall :

Snowfall is a form of rain. In high mountains or in cool regions, rain drops fall from the clouds in frozen form. This is called snow fall. This snow freezes on peaks of hills. In summer, this snow melts and reaches the ocean, through streams and rivers.



Rivers or Streams

The water flows from hills in the shape of water falls. It makes its way through plains. This is called a river or stream. **Ganga, Yamuna, Satlej, Beas**, etc., are the major rivers of the **Northern India**. Sutlej, Beas and Ravi flow through Punjab.



Q.3. Which Rivers flow through Punjab ?

.....
.....

Canals & Streams : Canals and streams are made to take river water to far away areas. The chief purpose of this is to irrigate the fields and fulfill the needs of drinking water e.g. Bhakra Canal.



Ponds and Pools : These are such low lying areas in villages/cities where rain water is collected. It is also used for irrigation. In some areas ponds are made for fish farming.



Rainbow : Sometimes, we see a semi-circle of seven colours in the sky. It is called rainbow. Rainbow is formed opposite to sun after rain.



For the teacher

Children should be told about VIBGYOR and the right colour order of its seven colours.

Q.4. How many colours are there in a rainbow ?

.....
.....

Ground water

We know that water collected under the earth is called ground-water. This water is pumped out of Earth through wells, hand pumps and tubewells. It takes thousands of years for water to collect underground. That's why it should be used wisely.

Q.5. Why should we use water wisely ?

.....
.....

Shortage of Water

These days we are misusing the water a lot. The level of ground water is decreasing day by day. The waste water of houses and factories is mixing with river water. Thus, drinking water is being polluted constantly. We must never misuse water. We, with our friends, should awaken the people about the shortage of water and its use.

For the teacher : Which activities cause wastage of water. Discuss in the class and help the students to make a list of such activities.



Things to Remember

- There are many sources of water on Earth.
- Main source of water is rain.
- Groundwater is actually a form of rain water.
- Snowfall is also a form of rain.
- Rainbow is formed after rain.



Q.6. Fill in the blanks :

(water-works department, Fish, rain, ocean, seven)

- The main source of water on earth is
- Water is supplied to our homes by
- There are colours in rainbow.
- River at last falls in the..... .
- are kept in ponds.

Q.7. Tick (✓) the right and cross (×) the wrong sentences :

- Satluj river flows through Punjab.
- Rainbow is formed before rain.

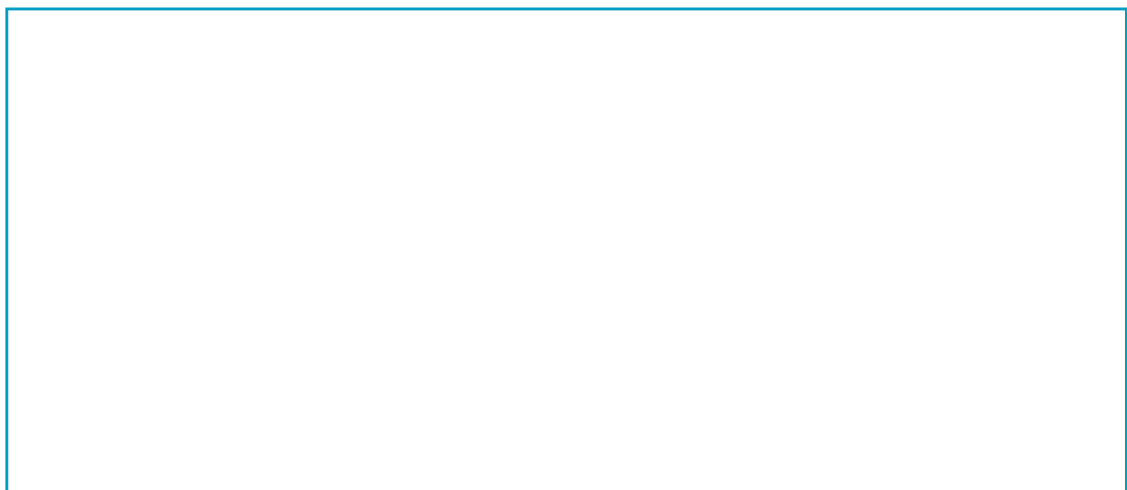
☐☐

- (c) Groundwater is also rain water. ☐
- (d) Groundwater should be used wisely. ☐
- (e) Rainbow is seen on looking towards the sun. ☐

Q.8. Tick (✓) the right answer :

- (a) In rainbow which colour is not there ?
 Red ☐ Yellow ☐ Pink ☐
- (b) Which is the main river of North India ?
 Ganga ☐ Krishna ☐ Narmada ☐
- (c) In how many years Groundwater collects ?
 10 yrs. ☐ 100 years ☐
 Thousands of years ☐
- (d) Which river does not flow through Punjab ?
 Yamuna ☐ Ravi ☐ Beas ☐

Q.9. Draw the picture of rainbow and colour it in right order.







LESSON

15

A TOUR TO SRI AMRITSAR SAHIB

Sukhwinder and Aman are students of Govt. Primary School, phase 3B-1 Mohali. Their teacher Smt. Rishma Sharma told that their class will be taken to Shri Amritsar Sahib on a tour. Aman was very happy. But he felt sorry for his dearest friend Sukhwinder who was not going with them. Sukhwinder was suffering from fever for the last two days and doctors had advised him rest. Aman asked Sukhwinder not to worry and promised to tell him the things about tour after coming back. Aman went on the tour with his class. After coming back he went to Sukhwinder's house. Sukhwinder was very eager to know about Sri Amritsar Sahib.

Sukhwinder : Aman, When did you come back ?

Aman : We came back yesterday afternoon

Sukhwinder : Sri Amritsar Sahib is far away. How did you go there ?

Aman : Sri Amritsar Sahib is 240 km from Mohali (Ajitgarh). Rishma madam told in the class that for a short distance, we use Cycles, Rickshaws and Auto-Rickshaws, we can use Car, Jeep, Bus, Train, Aeroplane, etc., for far off distances. She had told that we would go to Sri Amritsar Sahib by train.

We want to Sri Amritsar Sahib by train from Chandigarh to Sri Amritsar Sahib via Mohali goes at 7 a.m. Therefore, we all gathered at the railway station to go there. My father took me there by scooter and dropped at the railway station.

The vehicles we use to go from one place to another are called means of transport.

Sukhwinder's teacher told that various means of transport are used to go from one place to another. Let us name them.

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

Sukhwinder : What did you do after reaching the railway station ?

Aman : There was a great rush at the railway station. We waited for the train at the platform. Some people were taking tea at the stalls. Some of them were having breakfast. A newspaper hawker was selling newspapers. There was a great hustle & bustle. There was a special arrangement of wheel chair for the handicaps.

Ask from your grandparents, what means of transport had been used by them, when they were young.



A Scene at the railway station

For teacher : This is a picture of railway station. People are busy in different works. Children are very imaginative. The children should be encouraged by showing the picture to write, what the people in picture are doing.

Person	Work	Person	Work
1.		4.	
2.		5.	
3.		6.	

Sukhwinder : When did the train arrive ?

Aman : The train arrived at right time. Our boggy was D-5. The teacher read out everybody's name. We took seats. The train was very neat & clean from inside.

Sukhwinder : I am too eager. Tell me more, what happened next ?

Aman : Yes, on the way, we saw many fields and vehicles. We looked outside, it seemed as if the trees were running behind. The farmers were ploughing the fields with tractors. One farmer was driving a bullock cart. Milkmen were going to city, carrying their milk pots on their cycles. We reached Amritsar Railway Station at 11.30 a.m.

Activity 1.

Cut the picture of means of transport from newspapers or magazines. Paste them below and write their names.

Sukhwinder : Which place did you visit first after reaching Sri Amritsar Sahib?



Sri Harmandir Sahib

Aman : Madam Rishma decided to go to Sri Harmandir Sahib first. For that, auto rickshaws were arranged which took us to 'Sheranwala Gate'. From there we went to The Town Hall by Tonga. Then we started towards Sri Harmandir Sahib on foot. There were beautiful buildings on the way. There were statues of Dr. B.R. Ambedkar and Maharaja Ranjit Singh. On one side of the way there was a big screen showing live telecast of Kirtan from Sri Darbar Sahib.

Sukhwinder : Why did you go there on foot ?

Aman : Teacher told us that vehicles running on petrol and diesel cause much pollution. Sri Amritsar Sahib is also suffering from pollution. Keeping in mind the vehicular pollution, Government has decided not to allow vehicles to go beyond Town Hall.

Sukhwinder : This is a good initiative. Well, where did you keep your luggage ?

Aman : We stayed in a Sarai near Gurdwara Saragarhi. It is opposite the car parking. There we kept our luggage in the rooms. After that, we reached Sri Harmandir Sahib. Going in a queue we paid obeisance. We went to Sri Akal Takhat Sahib too. In the complex, we saw '*Dukh Bhanjani Beri*'.

Sukhwinder : Did you have 'Langar' there ?

Aman : Yes, in '**Langar Hall**' we had langar. There is big Community Kitchen, where langar is cooked for lakhs of people everyday. People from all religions, can eat langar (food) there without any discrimination.



Jallian Wala Bagh

- Sukhwinder** : Where did you go after that ?
- Aman** : We went to see Jallianwala Bagh. This place is built in the memory of the martyrs.
- Sukhwinder** : Then you came back to Sarai !
- Aman** : No, teacher showed us e-rickshaws. They are charged with electricity. They do not cause any pollution.
- Sukhwinder** : What else did you see there ? Where did you go then ?
- Aman** : After that we went to see Shri Durgiana Mandir, Kila Gobindgarh, Maharaja Ranjit Singh Panorama by Double Decker Bus started by the Tourism deptt. of Punjab. It was double storeyed and there was no roof on the second floor of the bus. We saw famous bazaars of Sri Amritsar Sahib, going by this bus.



Double Decker Bus

Write in the space given below the places seen by Aman and also the means of transport used.

Places Visited	Means of Transport Used

Activity 2. You must have visited your grandparents or Aunt during vacation. Write below the names of visited places and the means of transport.

Place	Means of Transport

Some Children might not have got the chance to visit a famous place. They can do the above activity by visiting nearby village or city.

Sukhwinder : Where did you go then ?

Aman : From there, we went to Attari Border by the same bus. We saw the flag lowering ceremony of India and Pakistan. We met B.S.F. Jawan S. Gurpreet Singh. He recited us a poem about traffic rules.

*It is good, friends !
to follow Traffic rules
Safe Start from home and*

safe back to home.

To walk here is fast rule, walk left.

Don't show juggles on road

Not any game's load.

High speed, bad deed.

Be safe, Keep safe.

Obey red lights, constable, traffic symbols

Should do our Duty.

Brakes, bell and indicator

Use them will be better.

No mobile talking, While walking

To go gay, no loud music to play.

Sukhwinder : After coming back from the border, what did you do ?

Aman : After coming back, we ate food in a Dhaba near Saragarhi Sarai and slept in the Sarai.

Sukhwinder : How did you come back to Mohali ?

Aman : Next day to get back, we hired a van from Sarai to reach the Railway Station and come back by train. It was good and informative tour to Sri Amritsar Sahib.

Sukhwinder : I enjoyed a lot by listening to the full details of the tour, from you. I felt as if I too had visited Sri Amritsar Sahib.

Aman : O.K. now I leave. We shall meet tomorrow at school.



Q.1. Fill in the blanks :

(Train, flag lowering, martyrs, wheel chair)

- a. At railway station there is special arrangement of for handicaps.
- b. from Chandigarh to Amritsar via Mohali, leaves at 7 a.m.
- c. At Attari Border ceremony is performed every evening.
- d. Jallianwala Bagh memorial has been built in the memory of

Q.2. Name famous tourist places in Sri Amritsar Sahib.

.....
.....

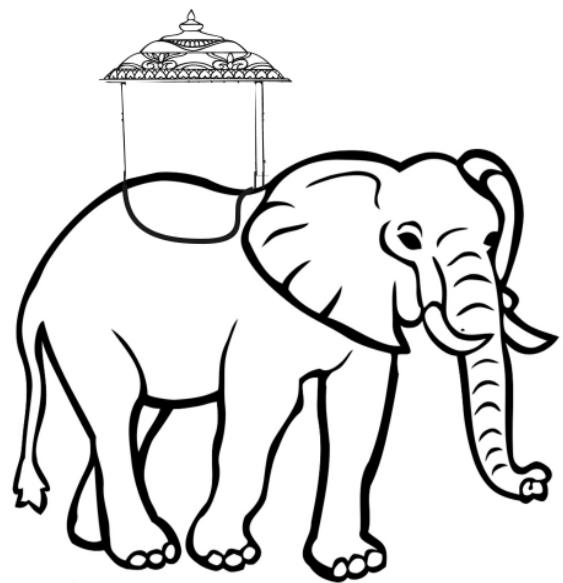
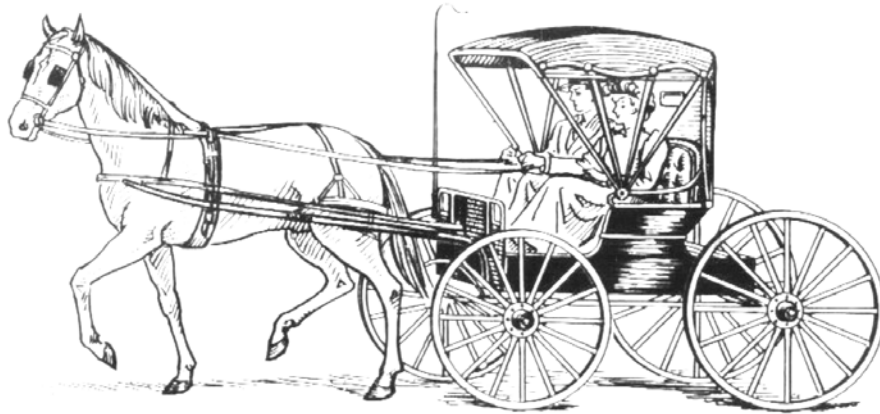
Q.3. What are e-rickshaws ? What are their uses ?

.....
.....

Q.4. What did Aman see while walking towards Sri. Harmandir Sahib?

.....
.....

Q.5. Below are given some pictures. Name and colour them with the help of your elders or teacher.



Q.6. Solve the following puzzles and match with the pictures :



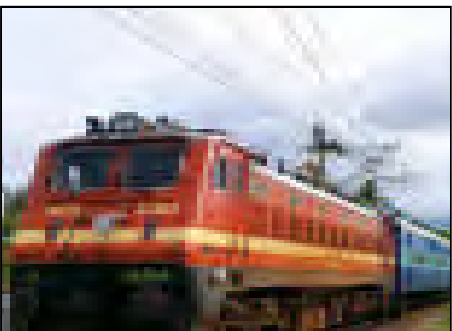
**Chhuk ! Chhuk ! Chhuk !
moving quick quick quick.**

.....



**Reach your destination
quickly,
Flies high in the sky.**

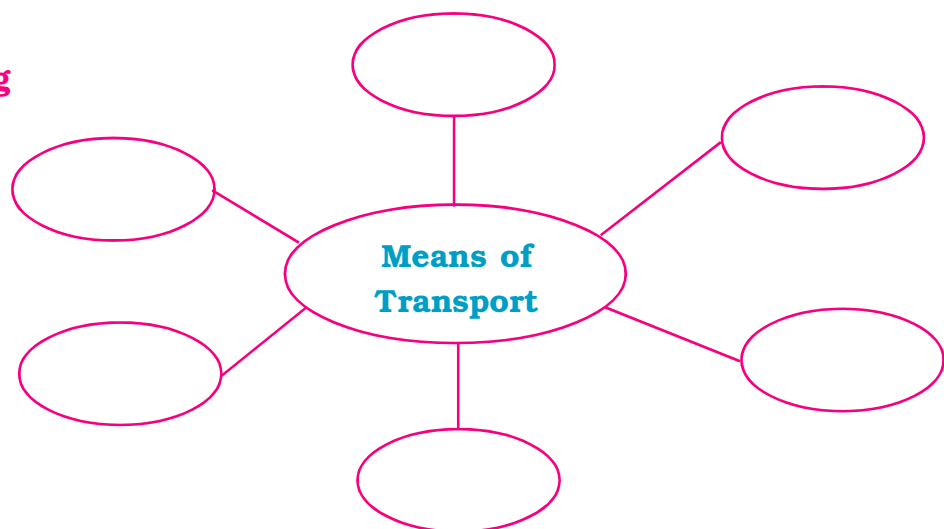
.....



**It is very good to ride,
No pollution, no disease.**

.....

Mind Mapping





LESSON
16

MESSAGE OF PANKHURI

Pankhuri is the most brilliant and promising girl of our house. She is fond of studying since her childhood. After college, She went to Delhi, where she is a manager in a Telecom Company. She loves her grandfather very much. Even living in Delhi, she is in regular contact with all of us. We all get her messages.

Children ! Imagine how she sends home her messages ?

Our grandfather used to tell us that in the old times, messengers were sent from one place to another to convey messages. They used horses to travel. We have many examples of sending messages through the birds also.

Grandfather tells us that it would took months to reach messages. But after that, means of sending messages got some changes and letters became the medium of sending messages. Even today, a postman distributes letters, parcels, moneyorders, etc.

Activity 1. Children, postman distributes many kinds of letters. With the help of teacher, fill in the names of given letters in the empty space.



1.



2.



3.

4.

Communication means sending and receiving messages. Progress in communicative sources is very important for man. It links the people of one country to another. Today man is progressing. Its main credit goes to the means of communication.

Activity 2. Recognise the means of communication and name them against the pictures below :



1.

2.

3.

The means, that can reach lakhs of people at a time, are called means of mass communication e.g. Radio, T.V., Newspaper, Magazines, etc.

Pankhuri uses many methods to send her messages to us. Can you name them ? Fill in the blanks with the correct name of the means of communication mentioned in the picture.

I am called through me, messages are sent quickly to every corner of the world. People can talk using me, whereas a letter is limited up to a little talks. But, now my use is also decreasing.



I am called Through me, you can call anytime any where. I send written letters instantly. To write a letter, you don't need pen or paper. People generally keep me in pockets.



I am called..... . Through me, a copy of letter can be received quickly at the other side.



I am the No pen or paper is needed in my case. These days messages are sent quickly through me to your school. My full name is electronic mail. I am sent by computer.



I am I am not in use these days. In old times, I was used to send urgent news quickly. In villages, receiving it had been thought to be a bad omen.



Children ! through mobile phone we can talk to any person living in any corner of the world. Mobile phones are common these days. But talking on a mobile phone while driving can be dangerous. Many accidents may occur due to this. T.V. too, has deep impact upon people these days. But children ! watching T.V. continuously or playing games on it, can affect our eyes very badly. And it adversely affects our mental health too.

Pankhuri told me that the fast means of communication have brought a big change in our living standard. We can contact in a minute any person living in any corner of the world.

We should make a proper use of means of communication for the development of our country.



Things to Remember

- In old times, messengers were sent to convey messages from one place to another, who used horses.
- Postman delivers letters, parcels, money orders, etc.
- Communication means sending and receiving messages.
- The means which reach lakhs of people at one time , are called means of mass communication as Radio, T.V., Newspapers, Magazines, etc.
- While driving scooter, motorcycle, car, it can be dangerous to talk on mobile phone. It may cause accidents.



Q.1. Fill in the blanks :

(fax, telegram, Messengers, dangerous)

- (a) were used to send messages from one place to another in the old times.
- (b) In villages to receive a was considered to have brought bad news.
- (c) Copy of a letter sent through can be received immediately on the other side.
- (d) It can be to talk on mobile while driving.

Q.2. Tick (✓) the right and cross (×) the wrong sentences :

- (a) People often keep mobile phones in pockets. ☐
- (b) Satellite is not a means of communication. ☐
- (c) A Postman delivers letters. ☐

Q.3. What is Communication ?

.....
.....

Q.4. What are means of mass communication ? Give some examples.

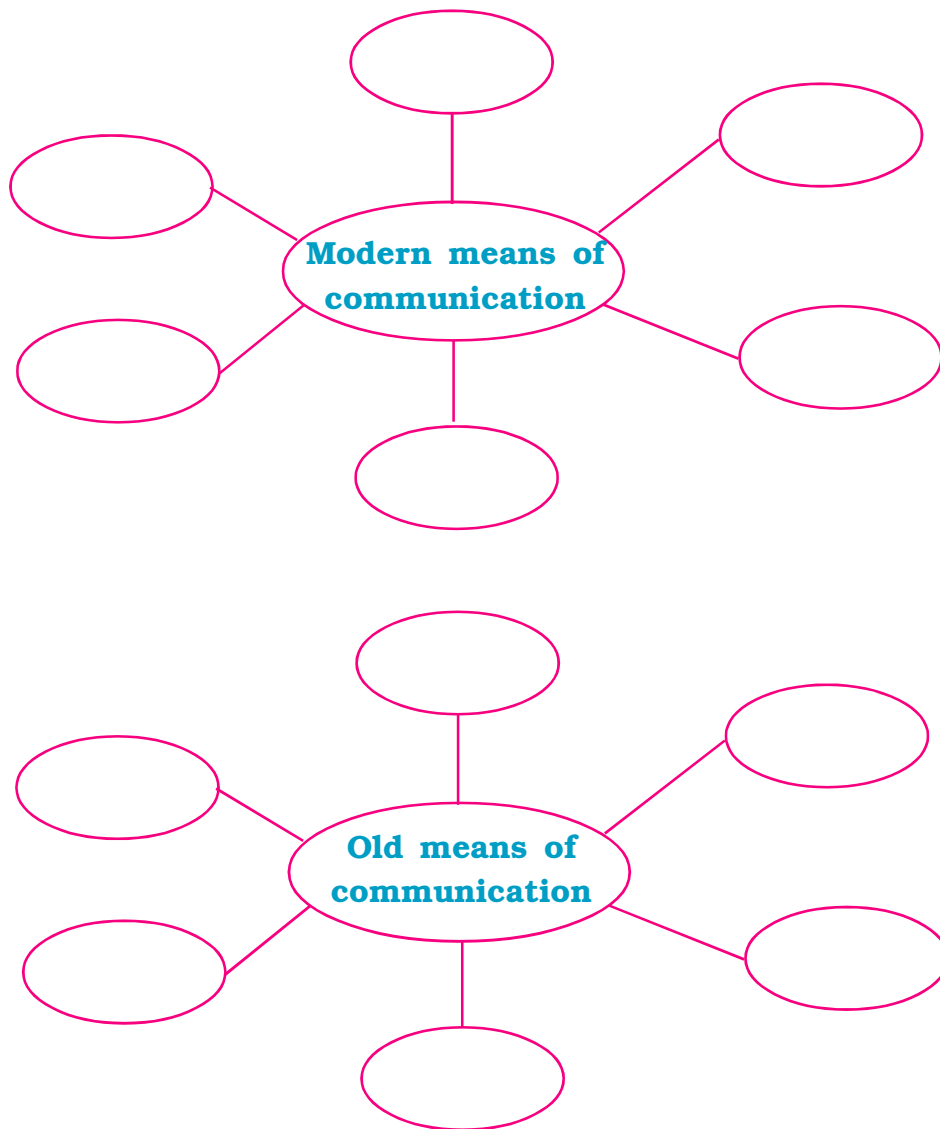
.....
.....

Q.5. What do we mean by e-mail ? How does it communicate ?

.....

.....

Q.6. Mind - Mapping





LESSON

17

FLOWERS ON FROCK

Mandeep and Satveer are real brother and sister. Because today it is the festival of Rakhi, the grandmother has bathed them early. Their mother gave them new clothes to wear. Both were looking very pretty. Satveer tied rakhi on Mandeep's wrist, and gave him sweets.

"Where is our gift?" Mandeep asked everyone. On hearing this, their grandfather gave both of them gifts wrapped in coloured papers.

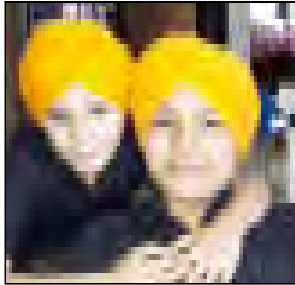
Mandeep hurriedly opened his box before Satveer. He got a piece of cloth out of it. "What should I do with this"?, he asked his grandfather.



"Beta, this is a turban for you", said the grandfather.

But their father had an idea. He called both his children, and taught them how to wear that unstitched piece of cloth in different ways.

See the pictures below and identify the different ways of wearing unstitched cloth.



1.



2.



3.

Different ways of wearing unstitched cloth

In below given pictures unstitched cloth is tied around waist in different ways. With the help of your teacher, identify the specific names of the different dresses.



1.



2.

Finally, Satveer opened her gift box. There was a frock in it. It had a nice floral print. Mandeep was surprised. He asked her father, "Papa, who made these flowers on the frock?"

Father replied, "In cloth mills or factories, big machines are used to

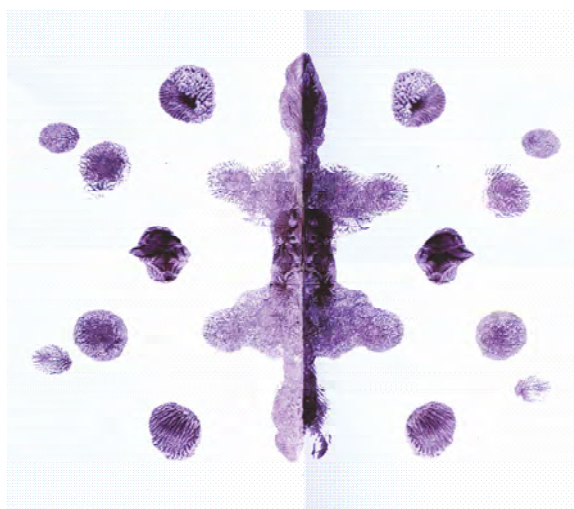
make different prints/designs on the cloth. Some people also do embroidery and painting on clothes at their homes. For printing, wooden blocks are used. A person who prints and dyes clothes by mixing different primary colours is called a dyer.



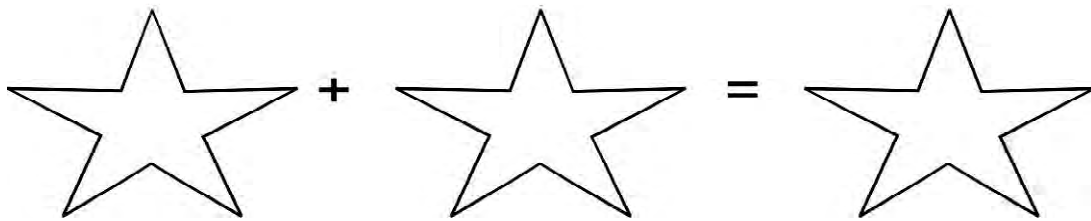
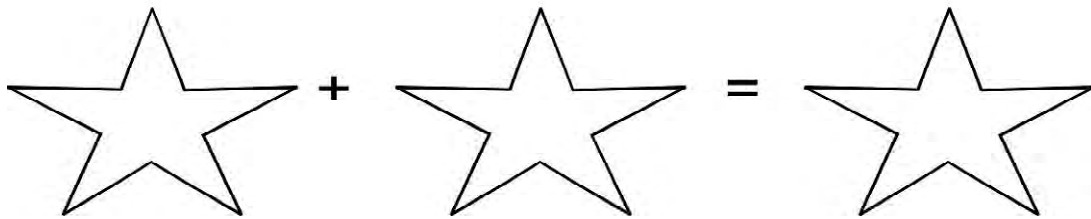
Wooden blocks of different designs

Mandeep's father took them to a dyer living nearby. Dyer was dipping *dupattas* and suits into liquid solutions of different colours. The children became happy to see the new world of colours.

Activity 1. Put some drops of different colours on paper and fold it. Then, on unfolding it, different designs can be seen. Children can themselves see the new colours made with the mixing of colours.



Activity 2. Colour the given two stars with your two favourite colours. Then, mix these two colours and fill it in the third star.



Q.1. Tick the (✓) right answer.

a. A turban is worn on which part of the body ?

Head ☐ Hand ☐

Neck ☐ Shoulder ☐

b. Who wears a frock ?

Gents ☐ Lady ☐

Boy ☐ Girl ☐

c. Who ties a Rakhi to brother ?

Mother ☐ Bua ☐

Sister ☐ Aunt ☐

d. What do we call a thing which is given with love.

Gift ☐ Prize ☐

Thing ☐ Borrow ☐

The dyer had knotted the dupattas on several places. The liquid prepared from different colours, was used to dye them. After dyeing he soaked them into salted water. He told us that by doing so, colours become fast.

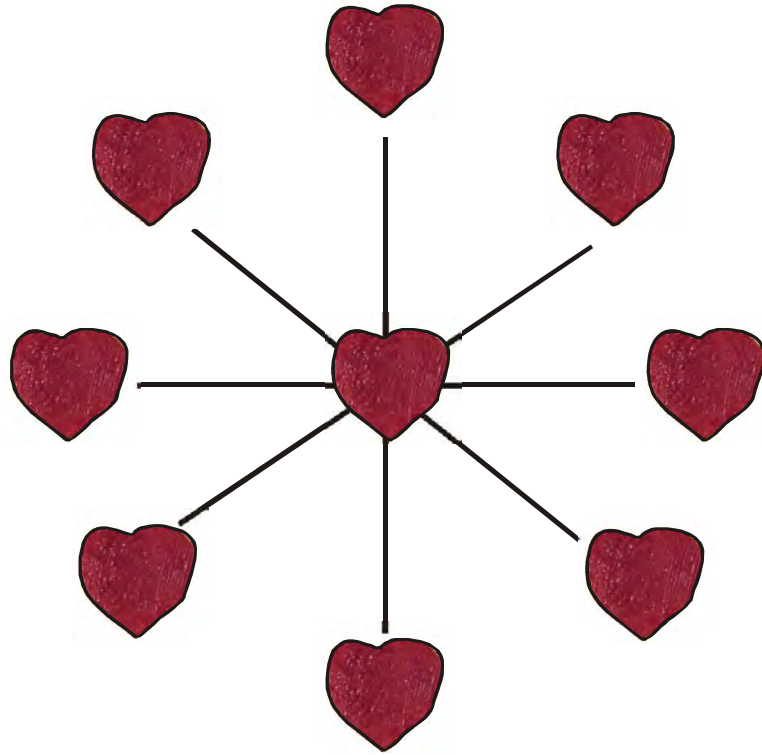
The colour of clothes fades away if they are dried directly in the sun.

Mandeep asked the dyer to open the knots of a dupatta. After untying the knots and folds, there were many different and beautiful designs on them. The dyer also showed children the wooden blocks used to make different designs on clothes.

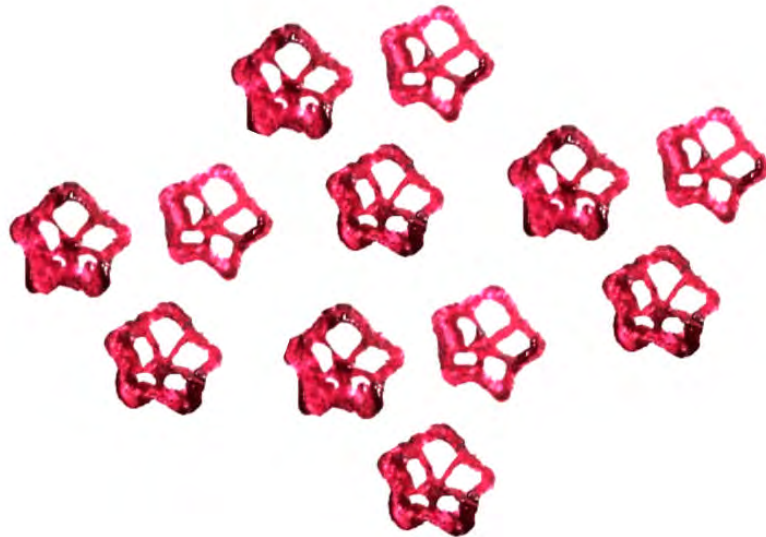


Children learnt a lot at dyer's house. Coming back to home, Mandeep insisted that he too would make a design with wooden blocks. His mother said, "Son, we don't have wooden blocks in our house."

Mandeep's grandmother made blocks by cutting potatoes and lady's finger and gave them to Mandeep. Children made designs on plain paper with these blocks.



A design made with the help of potato blocks.



A design made with the help of lady finger blocks.

Activity 3. You can also do the same:

1. Take some of your favourite colours or make colour of your choice by mixing different colours.
2. Cut a potato as shown in the figure. You can make a design of your choice.
3. Make a print on a clean cloth with the help of colour and potato blocks.
4. Similarly, you can also use lady's finger, capsicum or onion to get different patterns.



Sameer accidentally spilt upon the pattern made by Mandeep. From some parts of paper, the colour got removed. He started weeping. His grandmother consoling him told that some colours are not permanent, so they become light. This makes clothes dull and unsuitable for wearing. But the permanent colours do not fade.

Adding more, grandmother told that to keep clothes beautiful and durable, we should take care of dirty clothes. The clothes should be kept in trunks or almirahs after washing, drying, ironing and folding. To protect them from insects, the wrapped naphthalene balls neem leaves should be kept in the trunks & almirahs.

It seemed to children as if they had travelled into a new world while playing.



Things to Remember

- Wooden stamps are used to make new designs on clothes.
- In modern times, machines are used to print designs on the clothes.
- The dyer dyes clothes.

Q.2. Match :

A

Rakhi
Turban
Sari
Dyer
Laddu
Colours

B

Red
Woman
dyes clothes
Sweets
Wrist
Head



Q.3. Fill in the blanks :

(neem, dull, Dyer, rakhi, patterns)

- (a) Sister ties to her brother.
- (b) dyes clothes.
- (c) To make clothes beautiful are made on it.
- (d) After fading, clothes look
- (e) Dry leaves of are put in the trunks of clothes.

Q.4. After dyeing, how do the clothes look ?

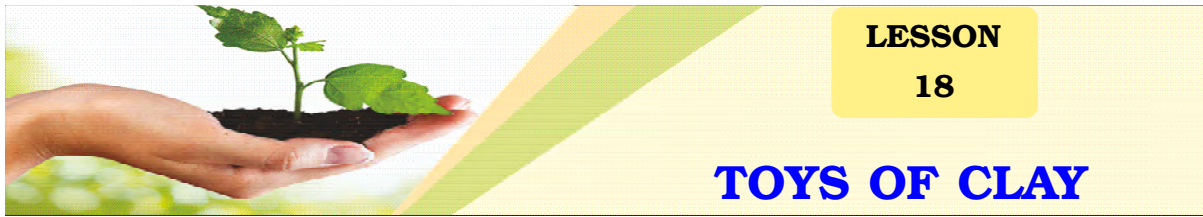
.....

Q.5. After fading, how do the clothes look ?

.....

Q.6. What is the designing blocks made of ?

.....



It was Sunday. Parveen had a holiday from school. “Watching cartoon on T.V. the whole day will affect your eyesight,” shouted her grandmother from outside.

While interrupting in a loud voice, Granny told her that she had been watching T.V. since morning. She replied, “Then what should I do sitting idle ? Something has to be done to enjoy, grandma.” Grandmother said, “Children of new generation keep stuck to T.V., Computer and Mobile Phone. They do not even know about Kotla Chhapaki, Bandar Kila, Pithu Garam, etc. There were no T.V's and Computers when we were young. We grew up playing with clay toys”, “Hmm! clay toys ! clothes get dirty on playing with clay toys,” Parveen said coming out. “No child, our mind remains happy if we play and keep ourselves connected to the soil,” said grandmother.

“As young, we used to knead clay by mixing water to make beautiful toys, earthen oil lamps, hearths/ovens and utensils.” “Why grandmother, you didn't have steel utensils in your time ?”

“No beta, in our times, there were no steel and aluminium utensils. Mostly earthen utensils were used in the Kitchen.”

“Grandmother, I too will learn to make clay toys.” Grandmother took Parveen with her. They brought home some black clay from a field.

Q.1. Tick (✓) the right answer

1. Get affected by watching T.V. for long time.
Ears ☐ Nose ☐
Eyes ☐ Brain ☐
2. What were used to store grains ?
Drums ☐ Box ☐
Vessels ☐ *Bharholies* ☐
(grain storage pot)
3. To make toys, which kind of soil is chosen ?
Red ☐ Black ☐
Clay ☐ Yellow ☐
4. The *diyas*, which we light on Diwali night, are made of
Steel ☐ Glass ☐
Brass ☐ Clay ☐

Activity 1. Ask the children to bring toys made of clay, from home.

Grandmother further told the children that as the time changed, man's thinking also got changed. Many changes took place in his living standard. Early man used to live in forests and ate uncooked flesh. But with the invention of fire and wheel, his life became easier. Early man, who had been roaming from one place to another, started living at one place and started eating meat roasted on fire. He started growing crops, grains and pulses. But for hard times, it was necessary, to store eatables. Therefore, he felt the need for utensils.

Placing wet kneaded clay on the wheel, he started making clay utensils. When his intellect developed more, he learnt to harden earthen pots with the help of fire. Baked utensils were useful because, milk, water, oil and other liquids could easily be stored into them.

He started colouring the idols & toys made of clay i.e. animals, plants, sun, moon, etc. to express his emotions and feelings.



Different Earthenware used in old times

After digging of earth, many old utensils and remains have been found. They have been kept in museums with great care. So that new generation may get knowledge about ancient ways of living.

For the teacher : There are many museums in Punjab. Any of them may be near your village or town. Take the students there, if possible.

Activity 2. The person who makes utensils from clay is called a potter. Go to a potter's home with your parents or any member of the family and see how he makes earthen utensils.



The process of making earthen utensils



Things to Remember

- In old times, clay utensils were in use.
- With the invention of fire and wheel man's life became easy.
- Potter makes earthen utensils with the help of wheel.
- Rare things are kept in museums, with care.



- Q.2. **What do we call a person who makes clay utensils ?**
.....
- Q.3. **With which invention, man started eating meat after roasting?**
.....
- Q.4. **Name the utensils used to store grains in old times.**
.....
- Q.5. **What do we call the wheel used by a Potter ?**
.....
- Q.6. **Fill in the blanks :**
(clay, museums, wheel, fire, kilns)
- (a) On Diwali night we light '*diyas*' made of
- (b) With invention of and early man's life became easy.
- (c) Old and rare things are kept with care in
- (d) Potter bakes clay utensil in



LESSON 19

DIGITAL EQUIPMENTS

Dear students, now a days we have abundance of electrical and digital machines in the world. In our homes, we have various instruments, which are run with the help of electricity. They can do various tasks in seconds. In this chapter we will learn about the digital equipments used daily in our homes.



With the advancement of technology, almost all equipments have become digital and smart. As compared to previous times, ability to work and quality of work have improved a lot with digitalization. Let us study about some of these equipments :

1. Radio : We use radio for listening to the news and songs, etc. It provides us various types of information about health and education etc. It helps us in improving our vocabulary. It entertains us, too.



2. Television : T.V. (television) is one of the most favourite means of entertainment for students. Besides audio, it also provides us visuals. T.V. opens up the world (i.e. cartoons, films, songs, sports and many more) to use by just a click of remote.



3. Refrigerator : Refrigerator stores food at freezing temperature and helps us in preserving it for a longer time. Your mother uses it for making delicious ice cream for you. During summer, on reaching home, you often run towards refrigerator for chilled water. We can also store medicines in refrigerator, which requires low temperature.



4. Iron : Iron is also very important electrical equipment. It takes only a minute to remove wrinkles from fabric and enhances the grace of our clothes. But dear students, do not touch a hot iron with your hands. It will harm you.



5. Camera : Camera is used for clicking pictures and saving beautiful memories. Digital cameras do not need even rolls for clicking pictures.



6. Mobile : Earlier, mobiles were used only to talk to the person sitting far away. But now a days mobiles are used not only to communicate, but also for playing games, chatting, clicking and sharing pictures and videos. It provides us information about weather. We can also make online payments.



7. Washing Machine : Washing machines are used to wash clothes. Today we have automatic washing machines in which we just have to fix time to get clean clothes.



8. Computer : Computer is a digital machine, which has made a very vital impact on society. It has changed the way of life and has affected almost



every field of life. It has made our day-to-day life very easy. Computer helps us in listening to music, watching films, playing games, searching information on internet, keeping accounts, studying, writing and sending mails, making online payments and talking to our friends and relatives living at distant places.



Things to Remember

- Do not touch electrical switches with wet hands and while bare feet.
- Do not use Iron on your own.



Q.1. Fill in the blanks :

(Computer, Digital, entertains, Fridge, easy)

- (a) Radio us.
- (b) keeps the eatables cool.
- (c) camera does not need any roll.
- (d) is a smart machine which makes our work

Q.2. Name three fields where computer is used.

1. 2. 3.

Q.3. Why should we not touch the hot iron ?

.....
