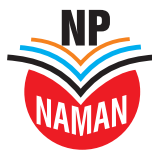




Living with Nature

A Book of Environmental Studies

S. Kumar
Prachi Bindal





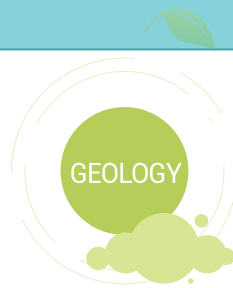
Naman Publishing (India) Pvt. Ltd.
(Leading Publishers of Children Books)
7/209, TULSI CHABOOTRA, TAJGANJ, AGRA

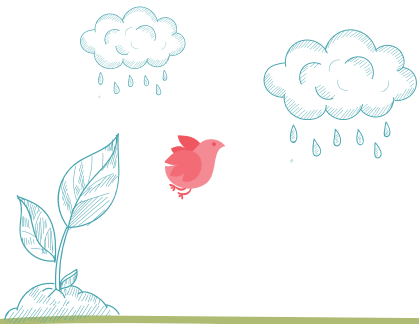
1



Contents

1. Me and My Family	...05
2. Our Body	...09
3. Caring for the Body	...15
4. Prayers and Festivals	...18
5. Our Helpers	...23
6. Plants : Our Friends	...27
7. The Plant Kingdom	...31
8. The Animal Kingdom	...36
9. Animals' Food and Shelter	...42
 Model Test Paper-I	...46
10. Need for Food	...47
11. Need for Water	...53
12. Need for a House	...57
13. My Neighbourhood	...62
14. Our Earth	...67
15. In the Sky	...71
16. Keeping Safe	...75
17. On the Move	...82
 Model Test Paper-II	...87





Me and My Family



Get Set!



Do you have a family? Whom do you live with? Name them.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____



Dear Friends, my name is Tipu. I am a boy.

I am six years of age. I study in class I.

Mr. Neeraj is my father. My mother's name is Mrs. Sangeeta. I live in a family with my father, mother and a sister.

A family is a group of parents and their children who live jointly under a roof. Our mother and father are our parents. Mother and father together are known as a **couple**. The offspring of a couple are known as their children who are brothers and sisters to one another.

Some families may be small. But some families are big.

SMALL FAMILY

A family with father, mother and one or two children is a **small family**.



Fact Flash

A small family is also called a nuclear family.



Teaching Tips

Explain to the children the concept of small, big and joint family systems. Then encourage them to share information about their family members through simple narration.

BIG FAMILY

Father, mother and their three or four children make a big family. You can see a big family picture here.



JOINT FAMILY

A family, where grandfather, grandmother, father, mother, uncle, aunts and their children live together, is called a joint family.



Fact Flash

Some families have a father and children but no mother. Some have a mother and children but no father. Some have two people, husband and wife, but no children.



Practice Period

A. Tick (✓) the correct option:

1. Our mother and father are our :

(a) parents

(b) brothers

(c) sisters

2. Offsprings of a couple are known as their :

(a) uncle

(b) aunt

(c) children

B. What do you call your family members?

1. I call my mother _____ .

2. I call my father _____ .

3. I call my sister/brother _____ .

4. I call my grandmother _____ .

5. I call my grandfather _____ .

C. Write names of the people in your family :

1. grandfather _____

2. grandmother _____

3. father _____

4. mother _____

5. brother _____

6. sister _____

D. Write the occupations of your family members :

1. My grandfather is a _____

2. My grandmother is a _____

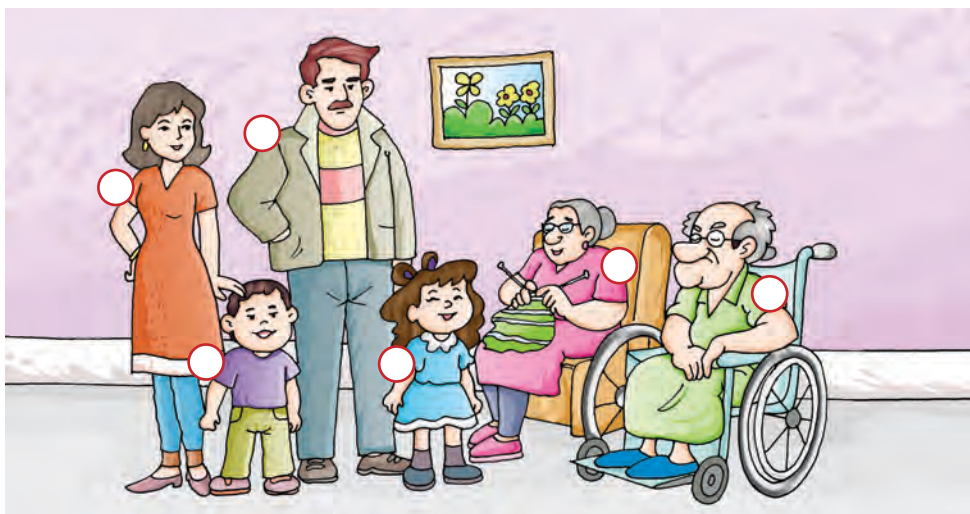
3. My father is a _____

4. My mother is a _____



Innovative Assessment

A. Tick (✓) the ones who live with you :



B. Find out how old they are!

1. Your grandfather
2. Your grandmother
3. Your mother
4. Your father

 **Fun with Activity**

◆ **Paste your photograph in the box and write about yourself :**

1. My name is _____ .
2. I am a _____ (girl/boy).
3. I am _____ years old.
4. I was born on _____ day _____ month
_____ year.
5. I was born in _____
(place).

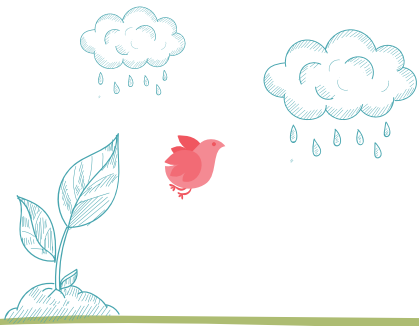
*Paste your latest
photograph
here.*

 **Project**

Take a photograph having pictures of all your family members in it. Stick it on a piece of hard cardboard. Take a thick strip of cardboard. Paste one end of it behind the photo.

This strip will help the photo frame stand straight. Now your family photo frame is ready.





My Body



Get Set!



What do you do with these body parts? Write one activity of each body part.

1. mouth _____ 2. eyes _____ 3. ears _____



4. hands _____ 5. legs _____ 6. nose _____



Our body is a wonderful machine. Bodies may be **tall** or **short**, **thin** or **fat** and **new** or **old**.

Our bodies are made up of different parts.

Each part has a name. See the picture given below.

Can you name different parts of the body?

Draw lines to match the names with body parts :

head

face

neck

arm

hand

leg

shoulder

chest

fingers

stomach

knee

foot



Teaching Tips

- ◆ Hold a discussion with children to identify parts of their own body first. This should be followed by the exercise given.
- ◆ Encourage the children to point out the similarities and differences in infants, young children and old persons to develop the skills of speaking, listening, observation and discrimination.

What do you have on your hands and feet?

We have fingers and thumbs on our hands. Let's count them.

Fingers are _____. Thumbs are _____.

We have toes in our feet.

How many toes? They are _____.



What have you got on your head and face?

I have got hair on my head.

My face has :

1. One mouth.
2. _____ eyes.
3. _____ nose.
4. _____ ears.
5. _____ cheeks.
6. _____ chin.



Fact Flash

Most people have five fingers on each hand. But some people have more or less fingers.

What things do you have in your mouth?

1. There are two rosy lips.
2. There are many white teeth.
3. There is one pink tongue.



OUR BODY PARTS HELP US

Each part of our body does some work. Here are some ways how you can use your body parts.

Let us see what our arms, hands and fingers do.



eat



write



hold



lift



throw



paint

Friends, just try to eat without hands.

I'm sure you will find it very difficult! Won't you?

So remember, hands are very important for us.

Look at these pictures. They show what our legs and feet do.



stand



walk



run



kick



jump



skip

SENSE ORGANS



Palak has closed her eyes. Can she see now?



Akshit has closed his ears. Can he hear properly now?



Ravi has pinched his nose. Can he smell now?

Akshit wants to find out if the mango is sweet or sour. What will he do now? He will simply put it into his mouth.

“Yummy! the mango is so sweet!” he shouts happily.

What helps him to taste?

Well, his tongue helps him to taste.



Now, Lokesh wants to find out if the milk is hot or cold.

What should he do?

He will touch it with his skin.

“Oops, it’s so hot!” he screams.

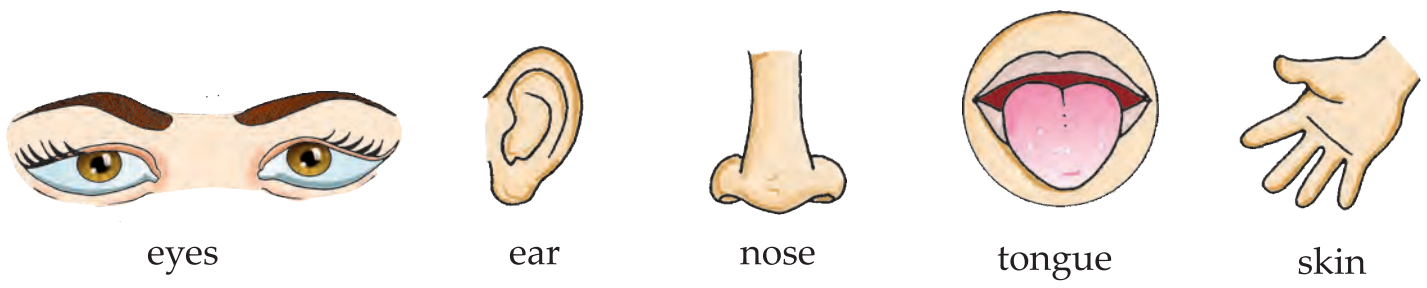
What made him feel so?

Well, he can feel things with his skin.

The eyes, ears, nose, tongue and skin are our five **sense organs**. They help us know about the things around us.



 **Fact Flash**
Our skin is the largest sense organ in our body.



Without any of them our life becomes very difficult.

 **Practice Period**

A. Tick (✓) the correct option :

- Which part of your body helps you to walk and run?
(a) hands (b) legs (c) head
- How many fingers do you have on both hands?
(a) 5 (b) 10 (c) 6
- Which sense organ tells us that the mango is sweet?
(a) ear (b) tongue (c) eyes
- Which sense organ tells us that the milk is hot or cold?
(a) skin (b) tongue (c) eyes

B. Match the senses to the organs correctly :

- | | |
|----------|------------|
| 1. see | (a) ears |
| 2. smell | (b) eyes |
| 3. taste | (c) nose |
| 4. feel | (d) tongue |
| 5. hear | (e) skin |

C. Name the parts of your body that do the following :

- | | | | | | |
|-----------|--------------|------------|-------|---------|-------|
| 1. write | <u>hands</u> | 2. breathe | _____ | 3. walk | _____ |
| 4. speak | _____ | 5. hear | _____ | 6. see | _____ |
| 7. eat | _____ | 8. bite | _____ | 9. lift | _____ |
| 10. throw | _____ | | | | |

D. Which part of your body will help you to know these?

- | | |
|--------------------------------------|-------|
| 1. Music is playing. | _____ |
| 2. The banana is sweet. | _____ |
| 3. Your friend's new bicycle is red. | _____ |
| 4. Something nice is cooking. | _____ |
| 5. Tea is hot or cold. | _____ |



Innovative Assessment

A. What can you do with your legs? Choose right words to fill in the blanks:

jump, walk, dance, kick



I can _____
with my legs.



I can _____
with my legs.

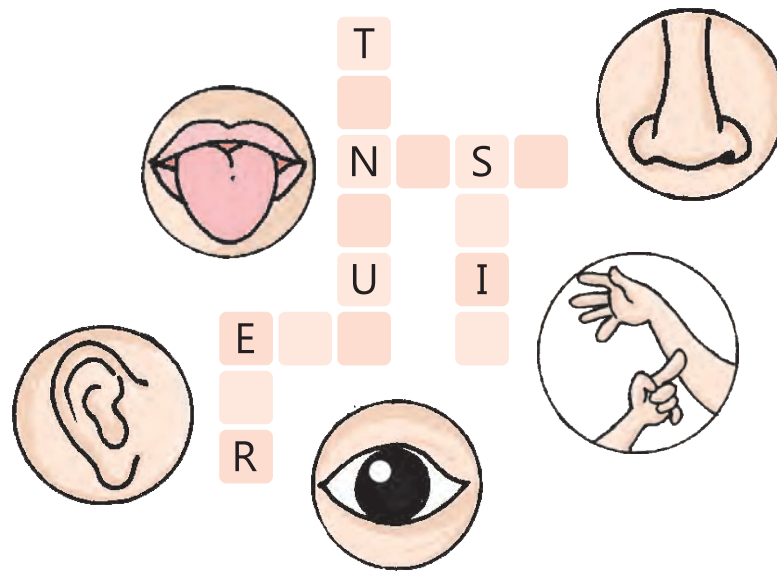


I can _____
with my legs.



I can _____
with my legs.

B. Complete the crossword Puzzle with the help of pictures :



Fun with Activity

◆ Paper Plate Faces!

Staple or paste two paper plates. Leave a gap to get your hand through. Draw a face. Decorate it with wool, crayons, water colours, pieces of coloured paper and cloth.

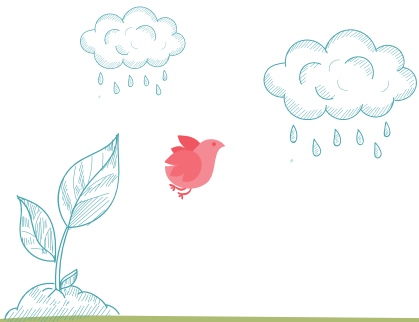


Project

1. Collect a few things that have strong smells, such as garlic, onion and rose. Ask your blindfolded friend to smell one thing at a time and tell you what he/she thinks it is.
2. Put a few things in a bag. Ask your blindfolded friend to touch one thing at a time and tell you what thing it is.



Remember Do not put any sharp objects like scissors and knife in the bag.



Caring For the Body

Get Set!



Tick (✓) the things you do to take care of your body.

1. brush your teeth

2. eat breakfast

3. take a bath

4. play in the dust

5. wear clean clothes

6. wash your hands



ECO



Our body is very important for us. If we do not care for it, it becomes sick and disturbed. So, we need to care for it. Here are some ways how we can take care of our body.

1



Brush your teeth in the morning and at night.

2



Take a bath everyday.

3



Keep your hair neat and clean.

4



Wear clean clothes everyday.

5



Use a hanky to keep your nose clean.

6



Always drink clean water.



Teaching Tips

Encourage the children to look after personal hygiene and take care of the environment by keeping their surroundings clean.

7



Wash your hands before and after every meal.

8



Fact Flash

Our body also needs rest. Without rest, we fall sick.



Sleep at least for 8 hours to refresh and energize your body.

Tips to stay healthy!

- ◆ Clean behind your ears carefully when you bathe.
- ◆ Wash your hands with soap after using the toilet.
- ◆ Wash your hands before eating something.
- ◆ Keep your nails short and clean, germs live under them!
- ◆ Rinse your mouth well after eating, especially after eating chocolates or sweet things. This will keep away germs.



Practice Period

A. Tick (✓) the correct option :

1. We should brush our teeth :

(a) in the morning.

(b) at night.

(c) in the morning and at night.

2. We should take a bath :

(a) everyday.

(b) once a week.

(c) twice a week.

3. We must sleep at least for _____ hours to refresh and energize our body.

(a) 6

(b) 8

(c) 10

B. Fill in the blanks with words from the box :

bath, soap, sneeze, teeth

1. Wash your hands with _____ .
2. Take a _____ everyday.
3. Brush your _____ everyday.
4. Cover your mouth and nose when you _____ .

C. Answer the following questions :

1. Why should we care for our body?
2. What should we do to keep our body clean?



Innovative Assessment

◆ Complete the names of the things that help you to keep your body clean:



too____br____h



c____b



so____



Fun with Activity

◆ Our teeth chew the food we eat. It is important to have clean teeth.

Tick (✓) the right thing and cross (X) the wrong one:

1. Brushing teeth in the morning and at night.
2. Washing teeth with soap.
3. Not eating too many chocolates.



Project

Make a chart

On a sheet of chart paper, make a table with the names of all the children in your class. Under each name, write a good habit that he or she has. Decorate it nicely and put it up in your class!