

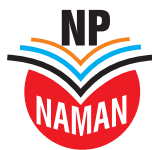


# Living with Nature

A Book of Environmental Studies



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Prachi Bindal



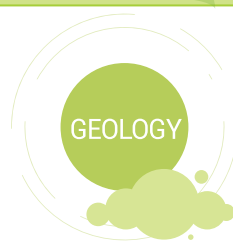
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# Types of Families

## Get Set!



Tick (✓) and count the persons who live in your family. Is it big or small?



- |             |                          |                |                          |            |                          |
|-------------|--------------------------|----------------|--------------------------|------------|--------------------------|
| 1. father   | <input type="checkbox"/> | 2. sisters     | <input type="checkbox"/> | 3. uncle   | <input type="checkbox"/> |
| 4. mother   | <input type="checkbox"/> | 5. grandfather | <input type="checkbox"/> | 6. aunt    | <input type="checkbox"/> |
| 7. brothers | <input type="checkbox"/> | 8. grandmother | <input type="checkbox"/> | 9. cousins | <input type="checkbox"/> |



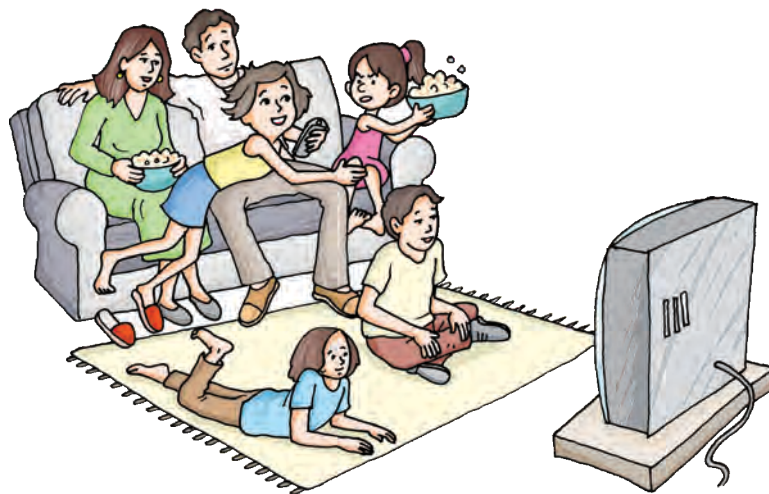
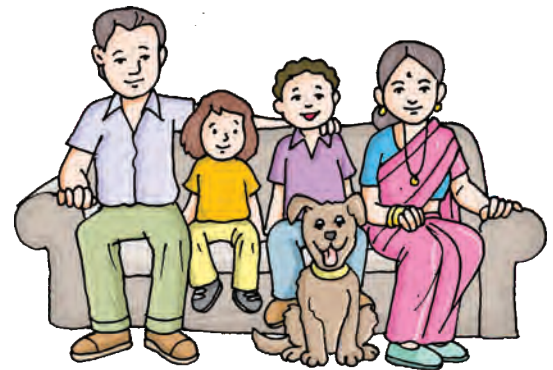
A family is a group of people related by blood and living together in a house. We are a part of our family. Families may be big or small.

### SMALL FAMILY

A family of one or two children and their parents is called a **small family**.

A small family is also called a **nuclear** or **immediate** family.

A small family needs less money for living. People in small families are generally happy.



### BIG FAMILY

A family with more than two children is called a **big family**.

A big family always needs more money for living.

Today, people prefer to have a small family to a **big family**.



### Teaching Tips

Discuss and focus on the concept of nuclear family and an extended family, and a harmonious fabric of relations among their members. Emphasize on the need that children take pride in helping at home. Those who have servants at home should be taught to respect them for doing their work.

## JOINT FAMILY

A family in which parents, grandparents, uncles, aunts and their children live together, is called a **joint family**. Thus, there are many people in a joint family. It is also called an **extended family**.



### Fact Flash

Joint families keep on dividing into small families. Jobs and workplaces are responsible for the increasing number of small families.

## Relationships in a Family

There are many relationships that exist among the members of a family.

- A father's father is called a grandfather.
- A father's mother is called a grandmother.
- A father's brother is called an uncle.
- A father's sister is called an aunt.
- An uncle's wife is also called an aunt.
- An uncle's/aunt's children are called cousins.



### Practice Period

#### A. Tick (✓) the correct option :

1. A small family is also called a :  
(a) nuclear family  (b) joint family
2. An extended family is also called a :  
(a) immediate family  (b) joint family
3. A big family needs :  
(a) more money  (b) less money

#### B. Match the following relationships with their names :

1. Father's mother (a) grandfather
2. Father's brother (b) grandmother
3. Father's sister (c) aunt
4. Uncle's wife (d) uncle
5. Father's father (e) aunt

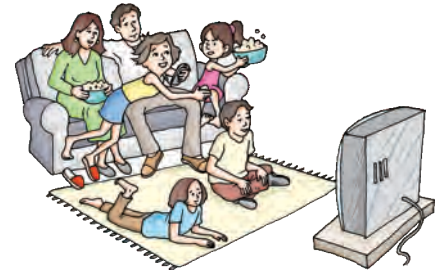
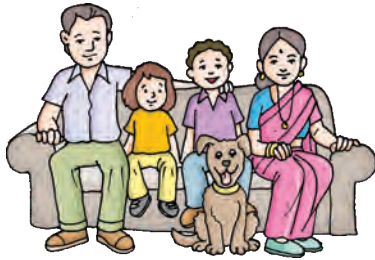
**C. Answer the following questions :**

1. What is a small family?
2. What is a big family?
3. What is a joint family?
4. Who are cousins?



**Innovative Assessment**

◆ Write the type of the following families :



**Fun with Activity**

◆ Fill in the blanks with two words to describe each family member :

pretty, gentle, kind, small, cute, tough, strong, short, sweet, tall

1. This is my father, \_\_\_\_\_ and \_\_\_\_\_ .
2. This is my mother, \_\_\_\_\_ and \_\_\_\_\_ .
3. This is my brother, \_\_\_\_\_ and \_\_\_\_\_ .
4. This is my sister, \_\_\_\_\_ and \_\_\_\_\_ .

You can add more family members as you go along. Try to think of just the right words for each person.



**Project**

Write down the names of the members in your family, and their relationship with you. If you have a big family, use a separate sheet of paper.

Name of member

Relation with you

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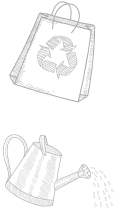
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# About My Body

## Get Set!

Write what you can do with these body parts :



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



God has given us a wonderful body.

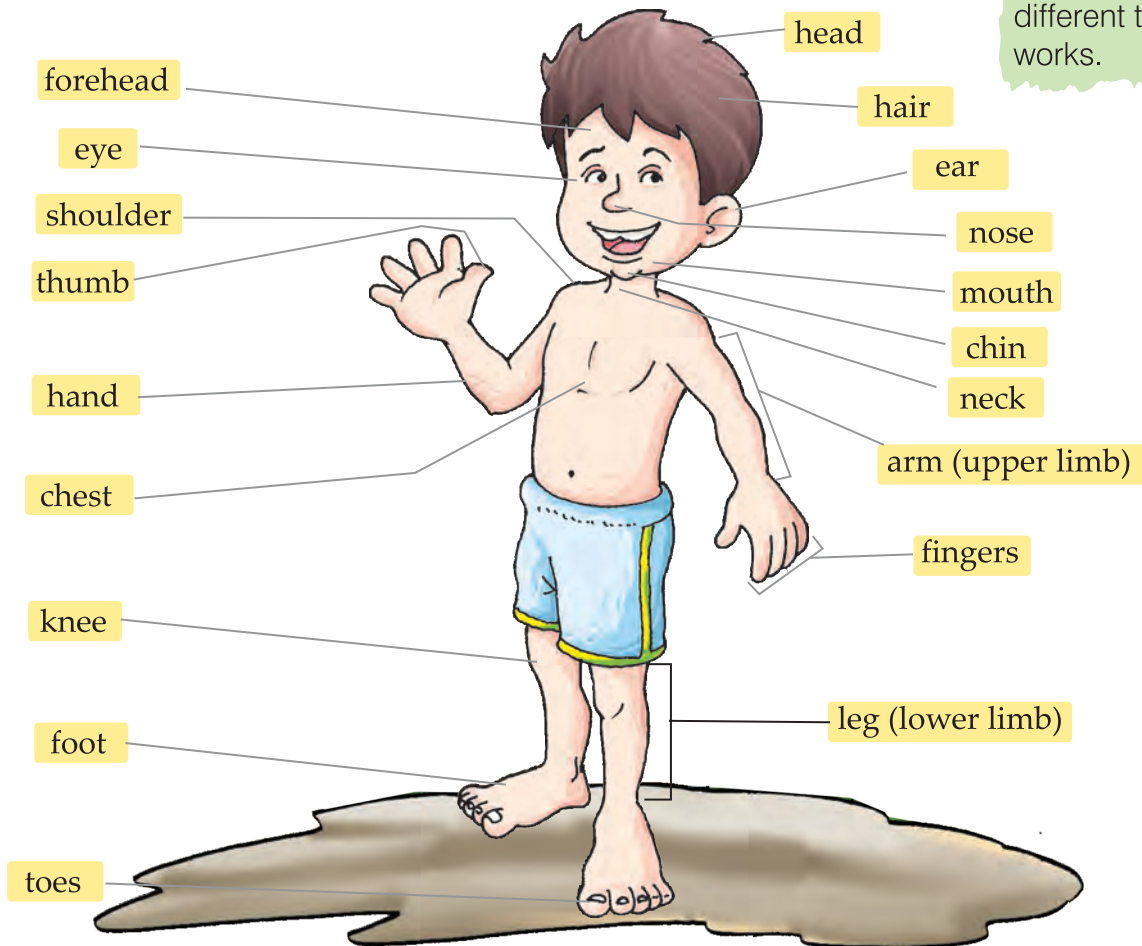
Our body has many parts : external parts and internal parts.

The parts we can see are called external parts of our body.

Look at the picture and different parts of the body:

### Fact Flash

Human body is like a machine. It can do different types of works.



Our whole body is covered with skin.  
Skin is also an external part of our body.

## USES OF OUR BODY PARTS

We use different body parts to do different types of works.

### Uses of Hands



writing



holding



lifting



working



eating



pulling



pushing



boxing

### Uses of Legs



standing



walking



running



jumping



skipping



kicking



dancing



skating

## Uses of Shoulders

Our shoulders help us to pull, push and carry loads.



pulling



pushing



carrying

## Uses of Mouth

Our mouth helps us to eat, drink and speak. We smile and laugh with the help of our mouth.



eating



smiling



drinking



breathing



smelling

## Uses of Nose

We breathe through our nose.

We smell with the help of our nose.

## OUR SENSE ORGANS

We have five sense organs :

Eyes help us to see. Ears help us to hear. Nose helps us to breathe and smell. Tongue helps us to taste. Skin helps us to feel by touching things.



## INSIDE THE BODY

There are many parts inside our body but we cannot see them. They are called internal body organs.



**Brain** is hidden inside our head. Our brain helps us to think. It controls all functions of our body.



**Heart** lies inside the left side of our chest. It pumps blood to all parts of our body.

**Lungs** are located inside the chest. They help us to breathe. When we breathe in, they get filled with air.



**Stomach** is situated below the chest and above our belt. It is like a bag. Our stomach digests the food we eat.

## **BONES AND MUSCLES**

Our body is made up of many bones. These bones form a framework called the **skeleton**. Our skeleton is covered by a layer of flesh called **muscles**. Bones and muscles help us to move, stand and work.



### **Fact Flash**

A joint is a place where two bones meet.



joint of knee



bone



skeleton

## **TAKING CARE OF OUR BODY**

As our body grows, it is important to take care of it. Here are some tips for looking after our body's needs.

- Eat healthy food. Drink enough water, too!

- Exercise regularly. Run, jump and play lots of games. They keep us healthy and help us to grow!



- Our body gets tired after day long activities. Take rest and enough sleep to energize the body.

- Bathe everyday. Wash your hands before and after eating. Brush your teeth twice a day.



- Keep your nose clean. Always carry a clean handkerchief with you.



## Practice Period

### A. Tick (✓) the correct option :

- We use our legs for :
 

(a) throwing	<input type="checkbox"/> (b) kicking	<input type="checkbox"/>
--------------	--------------------------------------	--------------------------
- We use our shoulders for :
 

(a) writing	<input type="checkbox"/> (b) pushing	<input type="checkbox"/>
-------------	--------------------------------------	--------------------------
- We use our mouth for :
 

(a) eating	<input type="checkbox"/> (b) standing	<input type="checkbox"/>
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- We use our nose for
 

(a) smelling	<input type="checkbox"/> (b) smiling	<input type="checkbox"/>
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**B. Answer these questions in 'Yes' or 'No' :**

1. Do you write with your legs?
2. Do you eat through your nose?
3. Do you jump with the help of your legs?
4. Do you laugh with the help of your mouth?
5. Can you speak and drink through your nose?

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**C. Match the organs to their functions properly :**

- |            |                        |
|------------|------------------------|
| 1. tongue  | (a) digests food       |
| 2. skin    | (b) pumps blood        |
| 3. heart   | (c) tastes food        |
| 4. stomach | (d) help us to breathe |
| 5. lungs   | (e) feels              |

**D. Answer the following questions :**

1. Write any four external parts of our body.
2. What can we do with the help of hands?
3. What can we do with the help of legs?
4. What can we do with the help of mouth?
5. What can we do with the help of nose?



## Innovative Assessment

◆ **Identify the organs and write their names:**

1. This is my \_\_\_\_\_ .



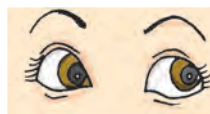
2. This is my \_\_\_\_\_ .



3. This is my \_\_\_\_\_ .



4. These are my \_\_\_\_\_ .



5. These are my \_\_\_\_\_ .





## Fun with Activity

### ◆ Make your own stethoscope :

Take a funnel and a rubber or plastic tube. Fix the tube to the narrow end of the funnel. Keep the broad end of the funnel on your chest. This is where heart is working inside. Put the other end of the tube in your ear.

Now listen carefully. Can you hear your heartbeat? It goes *dhak...dhak...dhak...*

Now run for a while. Listen to your heartbeat again. Do you find any difference? Is that *dhak...dhak...dhak...* slower or faster now?



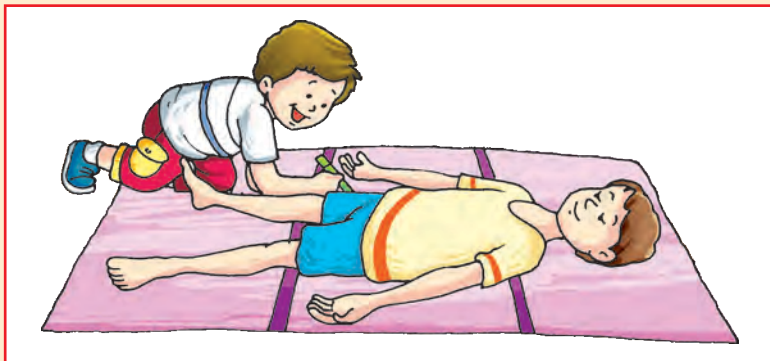
## Project

### Draw your body outline :

Collect these things— scissors, old calendars, glue, cellotape, pencil and crayons. Paste the blank, reverse side of calendar sheets together with glue and fix it to the floor with cellotape. Lie down in the centre of the single, long sheet. Ask your friend to draw the outline of your body with a pencil.

Draw the different parts of your body such as the face and the fingers. Draw the clothes and colour it yourself.

Label the different parts of your body.





# Living Things Grow

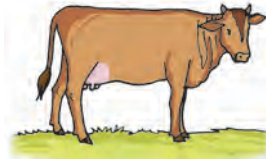


## Get Set!

Look at the pictures and write the name of young one of each :



\_\_\_\_\_



\_\_\_\_\_

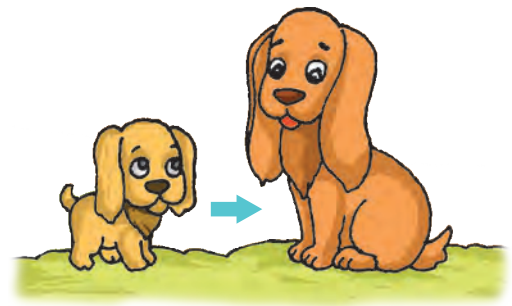


\_\_\_\_\_

ECO



All living things such as plants, animals and humans grow with time. Man and animals grow only in their early life. But plants grow throughout their life. A puppy grows into a dog.



A small seed grows into a small plant and then into a big tree.



A baby grows into a child. Children grow up to become adults. All adults grow old. Grown up people have big body parts.

Our body changes as we grow older. When we are young, we are strong. We become weak, when we grow old.



## Fact Flash

A child has 20 milk teeth which fall off and 28 permanent teeth take their place.



## We are similar

Since we are all human beings, we have the same number of body parts, our bodies are made in the same way.



fingerprints

## But we are different

All of us look different, no two of us have the similar fingerprints or footprints. All of us have different faces. We are also different in our skin colour, height and weight.



## Practice Period

### A. Tick (✓) the correct option :

1. A puppy grows into a :

(a) dog

(b) pet

2. A seed grows into a :

(a) big tree

(b) plant

3. A baby grows into :

(a) a child

(b) an old man

### B. Answer these questions in 'Yes' or 'No' :

1. All living things grow. \_\_\_\_\_

2. Man and animals keep on growing throughout their life. \_\_\_\_\_

3. Children grow up to become adults. \_\_\_\_\_

4. We all have similar body parts. \_\_\_\_\_

### C. Answer the following questions :

1. What type of body parts do grown-up people have?

2. Do children have beard?

3. Are young boys similar to the grown-up men?



## Innovative Assessment

◆ Write the following with the help of your parents :

1. Your height
2. Your father's height
3. The length of your arm
4. The length of your father's arm

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## Fun with Activity

◆ There are eight words related to our growth hiding in this wordsearch. Find out and write them in the given space:

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

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## Project

In your notebook, stick pictures of yourself when you were newly born, when you were three years old, and as you are now. Do you look the same?

Think about the things you could do as a baby and the things you can do now. Note the differences in your notebook in three columns.