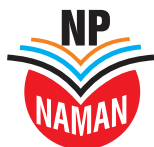




Living with Nature



A Book of Environmental Studies

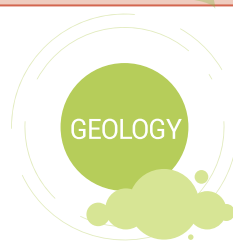


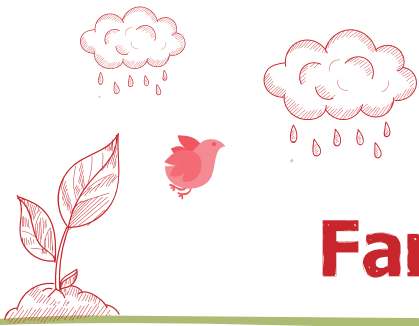
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Family and Relationships

Get Set!



How do you address these persons? Write your relationship :

- | | | | |
|-------------------------|-------|--------------------------|-------|
| 1. father's brother | _____ | 2. your father's sister | _____ |
| 3. your mother's mother | _____ | 4. your mother's sister | _____ |
| 5. your uncle's son | _____ | 6. your uncle's daughter | _____ |



A family is a group of people who are related to each other and live together. Parents and their children together make a **family**. Members of a family provide love, warmth and support to one another. We depend on our family for all our emotional and economical needs.

Earlier, most families had a joint set-up where the parents, children, uncles, aunts, cousins and grandparents lived together in the same house. Due to shifting of people to different places for jobs, education, etc., families are becoming smaller. A **nuclear family** consists of only one set of parents and their children.

There are two kinds of families. Some families are small, some are big. Kind of family does not matter, what really matters is the love and care it gives us.

Our family fulfils our basic needs like food, shelter and clothes.

It also gives us a lot of love, care and companionship.

While living together, we share our joys and sorrows with our family members. We learn many things from our family much before we learn anywhere else.

That is why our family is called our **first school**.



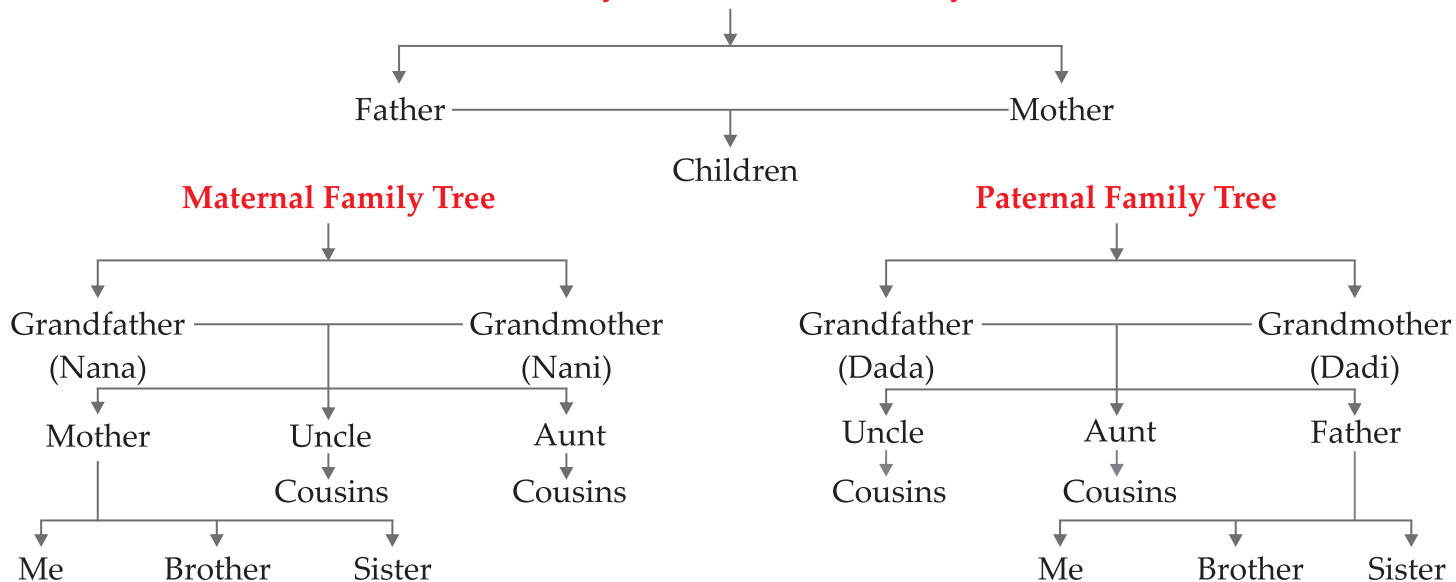
nuclear family



Fact Flash

Our family traditions keep us connected to our ancient generations and family values.

Family Tree (A Nuclear Family)



FAMILY TREE

A family tree is a tree that shows the relationship between different members of a family. It helps us to understand relationships in a better way.

RELATIONS IN A FAMILY

Husband and Wife

Dr. Naresh is Priya's father. He is a well-known doctor. Damini is Priya's mother who is also a doctor.

They studied in the same medical college.

Both knew each other well. They decided to get married. They are now husband and wife. They know each other's likes and dislikes very well. They help each other and have a strong and healthy relationship.

Parents and their Children

When Priya was born, there was a lot of celebration in the family. When Rohit was born, both the parents were very happy. Now Priya is in class IV and Rohit in class II. Their family is a happy family.

A family needs peace and happiness. Members of a family must care for one another. They should not hurt the feelings of other family members.



Mother cooking food and father helping her and have a strong and healthy relationship.



Mother advising children

When our parents check us, we should not feel bad. We should understand what they want to say. We should listen to their advice. After all they love us. They want us to do right things. When we do not listen to them, we hurt them.

Foster Parents and Adopted Child

Priya's uncle lives in Delhi. Earlier, her uncle and aunt did not have any child. They loved children. Priya's father advised them to adopt a child. So, they went to an **orphanage**. They adopted a boy-child. They named him Ankit. They have become his **foster parents**. Today, he is nine year old. He is studying in class IV in a reputed public school. He is the centre of joy and happiness in his family.



When your mother was a child

You already know that we change as we grow. A newborn baby changes into a child, a child to an adult and an adult to an old man or woman. If you ask your parents about their childhood, they will tell you how much they and their lives have changed over the years. When your mother was a child, she lived with her parents, brothers and sisters in her parents' house. She studied there and after completing her education, she got married to your father and came to your father's home and settled there of your grand parents.

Your mother can tell you about the games she played when she was a child. You will come to know that the games which she played were quite different from what you play today.



Practice Period

A. Tick (✓) the correct answer :

- Our first school is our :
(a) nursery school (b) play school (c) family
- When our parents check us, we should _____ feel bad.
(a) definitely (b) always (c) not
- Our parents are more happy with us when we :
(a) fight (b) study hard (c) argue

B. Fill in the blanks :

emotional, family, nuclear, foster, companionship

1. Parents and their children make a _____ .
2. We depend on our family for all our _____ needs.
3. A _____ family consists of only one set of parents and their children.
4. A family gives us a lot of love, care and _____ .
5. An adopted child has _____ parents.

C. Match the following :

- | | |
|---------------------|--------------------------|
| 1. Father's brother | (a) Maternal Grandmother |
| 2. Mother's brother | (b) Cousin |
| 3. Uncle's son | (c) Maternal Uncle |
| 4. Mother's mother | (d) Paternal Grandfather |
| 5. Father's father | (e) Paternal Uncle |

D. Answer the following questions :

1. What is the difference between a small and a big family?
2. Why are families becoming smaller nowadays?
3. Why is our family called our first school?
4. What is a family tree?
5. Who are foster parents?
6. What are the values that a child learns in a family?
7. Where did your mother live when she was a child?



Innovative Assessment

◆ **Unjumble the letters and find out names of the family members.**

- | | | | |
|-----------|-------|------------|-------|
| 1. OHRMTE | _____ | 2. OEHRBTR | _____ |
| 3. ARETHF | _____ | 4. ONIUSC | _____ |
| 5. LCENU | _____ | 6. ITRESS | _____ |
| 7. NATU | _____ | 8. ENARPTS | _____ |



Fun with Activity

A. With the help of your parents, fill in the blanks about yourself :

1. Place of birth _____
2. Date of birth _____

3. Your school _____
4. Father's name _____
5. Mother's name _____
6. Grandfather's name _____
7. Grandmother's name _____

B. Find eight names of family members in this wordsearch :

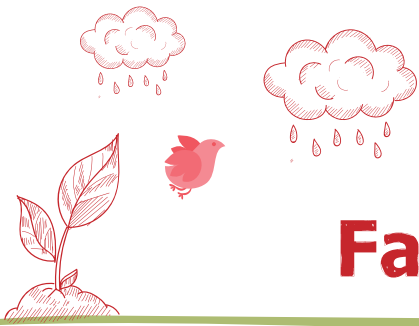
H	E	O	A	R	A	R	N	Y	T	M
E	L	C	O	U	S	I	N	M	W	K
B	R	O	T	H	E	R	Y	Z	A	B
G	R	A	N	D	F	A	T	H	E	R
X	G	U	N	C	L	E	S	F	T	A
P	D	M	O	T	H	E	R	Q	T	U
A	U	N	T	O	S	I	S	T	E	R
F	A	T	H	E	R	C	B	E	N	T



Project

Collect recent photographs of all of your family members. Ask your parents to provide you photographs of their childhood with their parents. Paste them in your scrapbook.

Note the changes that have taken place regarding the size of your family. The changes should include the number of family members present then, and their names, etc as compared to the number of family members present now, their names, etc. Record your findings along with any particular change you feel have taken place.



Family : Types and Roles

Get Set!



Do you remember when your family members get together? Tick (✓) the correct occasions :



- 1. weddings
- 4. diwali
- 7. weekends

- 2. winters
- 5. birthdays
- 8. dushera

- 3. navratra
- 6. child birth
- 9. evenings



You know that family is a group of people who are connected to each other by love and care. A family of parents and their children living together in a house is called **immediate family**.

If married sons and daughters and their children also live with the parents, the family is called an **extended family**. An extended family includes grandparents, uncles, aunts, etc. They may or may not live in the same house, city, state or country but they meet on special occasions.



FAMILY GATHERINGS

Family members gather together on many occasions. These can be happy as well as sad occasions. Festivals, birthday parties, weddings, etc are **happy occasions**. These celebrations include eating special meals, dancing and singing, etc. Family gatherings bring closeness between members. This helps to pass family values and traditions from one generation to another.



Family gatherings teach us patience and tolerance, and to live together happily and peacefully. Family get-togethers help build strong bonds between members. Family gatherings provide us lots of fun.

WHAT DOES A FAMILY TEACH US?

A family is the first school of a child where he/she not only learns to speak, eat, read and write, but learns good manners, discipline and cultural values.

A family takes care of all the emotional and physical needs of children and helps them to grow into well mannered adults. Every family has some values which are passed on from one generation to another. Traditions of the family strongly affect a child's personality.

Younger generation could learn the following from the older generations :

- to be courteous, generous and polite to others.
- help others who are in need.
- not to condemn others.
- be responsible and not shirk your duties.
- listen to others and respect their opinion.

If children are taught good values, the society will become a better place to live in. It is very important for every child to maintain strong ties with the members of their extended family because they are a constant source of love and affection.

ROLES OF DIFFERENT MEMBERS OF A FAMILY

Every member of the family plays an important role. Earlier, the father used to earn money and support his family and the mother was expected to do household chores and take care of the children. But now things have changed. Today, in many houses, mothers have also started earning money. It is now common for both the parents to work together in looking after the house. Children should also help their parents in doing household jobs and grow up to be good citizens of the country.



Fact Flash

Family values play an important role in determining the future of an individual.





Practice Period

A. Tick (✓) the correct answer :

- A family that consists of grandparents, parents, uncles, aunts and cousins is a :
 (a) small family (b) nuclear family (c) extended family
- We meet our relatives during :
 (a) examination (b) festivals (c) playtime
- We keep in touch with our family through :
 (a) telephone (b) television (c) newspaper
- Parents teach us _____ to become a good citizen :
 (a) nothing (b) dancing (c) good values

B. Fill in the blanks :

occasions, connected, school, role, traditions

- Family is a group of people who are _____ to each other by love.
- Family members gather together on many _____ .
- A family is the first _____ of a child.
- _____ of a family strongly affect a child's personality.
- Every member of the family plays an important _____ .

C. Tick (✓) the correct and cross (X) the incorrect statement :

- Family gatherings bring closeness between members.
- Nowadays, fathers do not help in running the house.
- Children should not help parents at home.
- Traditions of the family affect the child's personality.

D. Write 'Yes' or 'No' for each of the following :

- Is it essential to live in a joint family? _____
- Do you respect the elders in your family? _____
- Do you take an active part in family functions? _____
- Do you like to visit your relatives? _____

E. Answer the following questions :

- What is an immediate family?
- What is an extended family?
- Name the occasions on which we meet our relatives.
- How do we remain in touch with our relatives?
- What values does one learn from the family?
- Why are family gatherings important?



Innovative Assessment

- ◆ Your teacher will divide the class into groups of five. Each member of the group has to ask other students to name three family functions they celebrate in their house. Fill in the information in this table :

Name of the Student	Function	Function	Function
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____



Fun with Activity

- ◆ Collect photographs of some important outings and celebrations with your family and friends. Paste them on a chart paper and make a collage to display in your room.

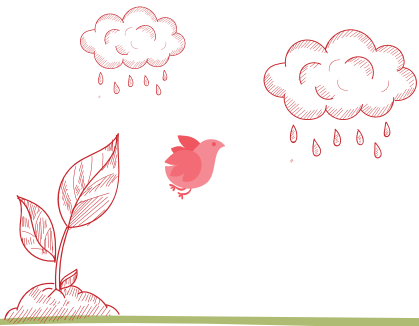


Project

Talk to your parents and ask them about their childhood. Focus on :

1. games they played
2. outings they had
3. functions they attended
4. festivals they celebrated
5. dresses they wore

Compare this information with the games, functions, festivals and dresses of your time. Do you find any differences? Record them and analyze which of them are better and why.



Sensitivity to Senses

Get Set!



Name the organ is one word which helps you to :

- | | | | | | |
|----------|-------|----------|-------|----------|-------|
| 1. smell | _____ | 2. see | _____ | 3. hear | _____ |
| 4. taste | _____ | 5. eat | _____ | 6. feel | _____ |
| 7. walk | _____ | 8. write | _____ | 9. laugh | _____ |



Nature has given us a priceless gift of five senses. Which help us to see, hear, smell, taste and touch.

Our five sense organs—eyes, ears, nose, skin and tongue collect information about our surroundings and send it to the brain. We can see, hear, smell, touch and taste with our senses. Tiny nerves linked with our senses send messages to the brain.



eyes



ear



nose



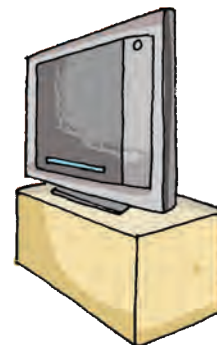
skin



tongue

EYES (SENSE OF SIGHT)

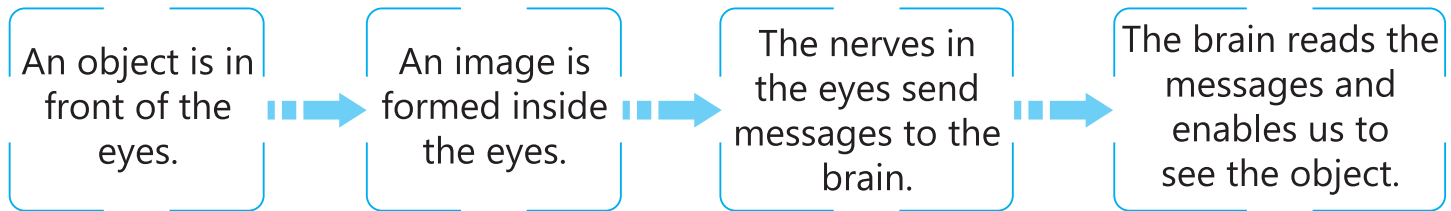
Our eyes are at work from the moment we wake up to the moment we close them to go to sleep. They take in tonnes of information about the world around us—shapes, colours, movements and more.



Eyes help us to see.

The eyes are the sense organs of sight. They help us to see things around us. They are protected by the eyelids which prevent dust or other particles from entering them. They also help us to express our feelings and emotions.

Close your eyes, and try to walk about. It is not easy, is it? After a few steps, you will realise how difficult it is to be sightless. Think of the people who cannot see because either they have no eyes or they have lost them.



CARE FOR THE EYES

- Wash your eyes with clean water regularly.
- Visit a specialist if you have an eye problem.
- Wear sun glasses if you are out in the sun. Too much light can damage your eyes.
- Avoid being near fireworks that could explode and harm your eyes.
- Watching too much television or sitting in front of the computer for too long is harmful for your eyes.

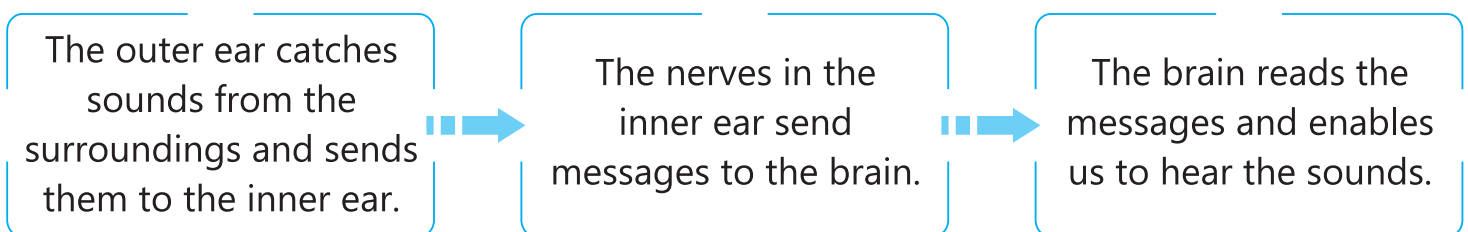


EARS (SENSE OF HEARING)

Ears collect sounds from the surroundings and send signals to the brain. They warn us of dangers. We use them to listen to fire alarms and car horns while crossing the road. Hearing helps us to listen to music and people talking around. It also helps us to identify different sounds and react.



Ears help us to hear.



CARE FOR THE EARS

- Our ears don't ask for much. They only need to be cleaned properly and regularly.
- Keep the volume of your stereo, television, etc low.
- Don't poke your ears yourself even with the cotton swabs. Take help of an adult to clean them.

- Use ear covers while swimming. Sometimes swimming can cause an ear infection.
- Never insert any pointed object into your ear. It can damage the eardrum.
- Clean your outer ears with a clean towel.
- Loud sound can damage your eardrum. So, never hit one on one's ear.



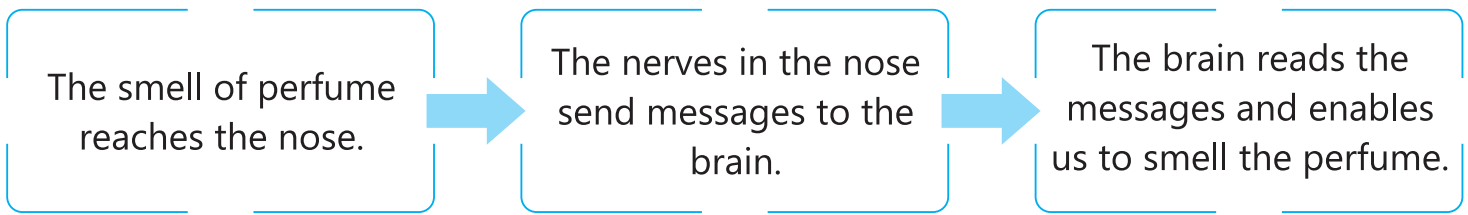
NOSE (SENSE OF SMELL)

Our nose is a two way street. It has two holes called **nostrils**. We take in (inhale) fresh air and take out (exhale) unfresh air through them. If something gets trapped in the nostrils, we sneeze it out.



Nose helps us to smell.

The ability to smell and taste go together. The good smell from food lures us to it and the bad smell puts us off.



CARE FOR THE NOSE

- Keep your nose clean. Blow it everyday.
- Do not pick your nose with any sharp object.
- Always use a tissue or a clean handkerchief when you sneeze.
- Do not put finger in your nose. You can hurt it and cause bleeding.
- Make breathing exercises a part of your daily routine.



TONGUE (SENSE OF TASTE)

Our tongue helps us to taste, chew, swallow, talk and also sing.

It is made up of many groups of muscles which run in different directions to carry out their jobs.



Tongue helps us to taste.

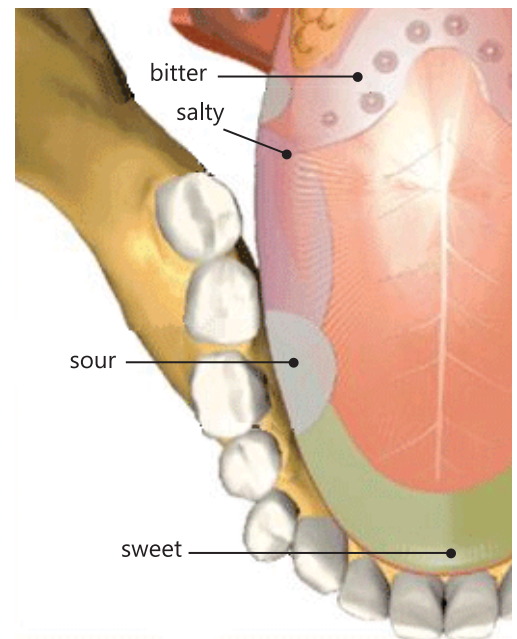
The front part of the tongue can move around a lot. It works with the teeth to create words. This part also helps us to eat by moving the food in our mouth while we chew. Then it pushes the food to the back teeth for grinding.

The back muscles of the tongue help us to say sounds like those of the letters 'k' and 'g'.

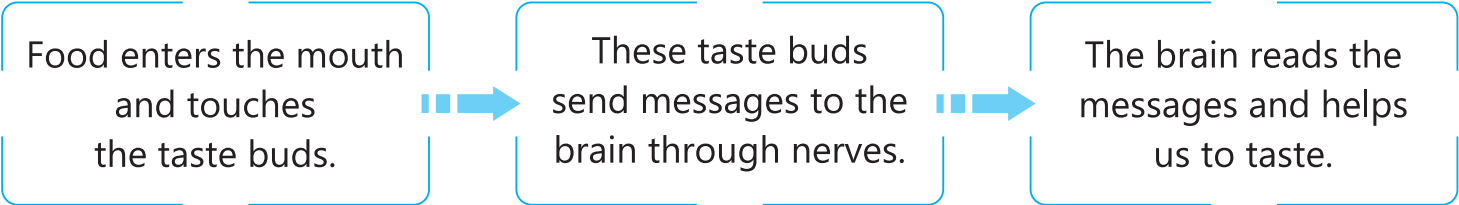
Say aloud the letters 'k' and 'g' and feel how the back of your tongue moves to create the sounds.

The back of the tongue with the help of saliva in the mouth, moves and pushes the food towards the foodpipe that leads from our throat to our stomach.

The taste buds on the tongue sense sweet, salty, sour and bitter tastes. They also help us to feel hot and cold things we eat.



Taste buds on the tongue



CARE FOR THE TONGUE

- Clean your tongue daily while brushing your teeth.
- Gargle after every meal to keep your tongue clean and mouth smelling good.
- Don't eat very hot things, they can harm your tongue or burn taste buds.

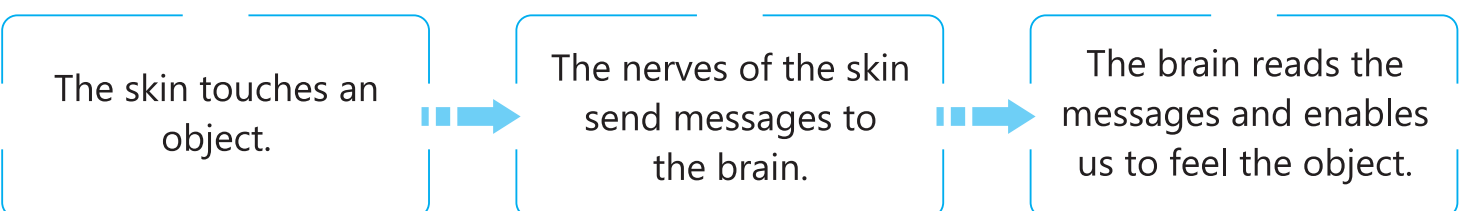
SKIN (SENSE OF TOUCH OR FEEL)

Skin is the biggest sense organ in our body. It covers and protects everything inside the body. Without skin, our muscles, bones and organs would be hanging all over the place. Skin holds everything together.

It also protects our body and helps to feel.



Skin helps us to feel hot or cold.



CARE FOR THE SKIN

- Take a bath daily with soap and water to remove dirt and sweat from your skin.
- Keeping the skin clean helps to prevent infections.
- We should always wear clean clothes.
- Avoid sunburn by using sun screens.
- Cover any scratch or cut on the skin. It should be treated with an antiseptic lotion to keep away the germs.



Fact Flash

All our sense organs are quite active and work on their own. They are also very quick in responding to different things.

SPECIAL PEOPLE

People who cannot see, hear or speak are known as **special people**. They have special needs. They are blessed with a highly developed sense of touch and smell which makes them differently-abled.

People who are blind use their sense of touch to read the Braille script. Braille is written on a thick paper by making a row of raised dots with a pointed tool.

People who cannot hear are regarded as deaf and people who cannot speak are referred to as dumb or mute. As they are unable to hear or speak, they communicate by using a **sign language**.

It is our responsibility to understand the problems of these special people by putting ourselves in their situations. We should try to support them and help them wherever and whenever possible.



Practice Period

A. Tick (✓) the correct answer :

1. We have _____ sense organs.
(a) five (b) four (c) three
2. Inserting any pointed object into the ear harms the :
(a) taste buds (b) eyes (c) eardrum
3. The nerves of the ear send message to the :
(a) eyes (b) brain (c) stomach

4. The smell of a rose is :

(a) pleasant (b) foul (c) unpleasant

5. Blind people use _____ to read.

(a) sign language (b) Braille script (c) white cane

B. Fill in the blanks :

nerves, sight, sense organs, sound signals, biggest, nostrils

1. We get the information about the world through our _____ .
2. Tiny _____ linked with our senses send messages to the brain.
3. The eyes are the sense organs of _____ .
4. Ears collect sounds from the surroundings and send _____ to the brain.
5. Our nose has two holes called _____ .
6. Skin is the _____ sense organ in our body.

C. Match the following :

- | | |
|-----------|-----------------|
| 1. Skin | (a) Taste |
| 2. Eyes | (b) Music |
| 3. Ears | (c) Perfume |
| 4. Nose | (d) Watching TV |
| 5. Tongue | (e) Hot or cold |

D. Tick (✓) the correct and cross (X) the incorrect statement :

1. Every living being has two eyes.
2. Every nose has two nostrils.
3. Our body is not sensitive towards touch.
4. Every part of our body is covered with skin.
5. We should not help special people.

E. Answer the following questions :

1. What are sense organs? Name them.
2. What are the functions of our sense organs?
3. How should we take care of our eyes?
4. How do we hear the sounds ?
5. How many types of taste buds are there on our tongue?
6. Who are special people?



Innovative Assessment

◆ Name three things that you can identify by :

1. touching _____
2. smelling _____
3. hearing _____
4. tasting _____
5. seeing _____



Fun with Activity

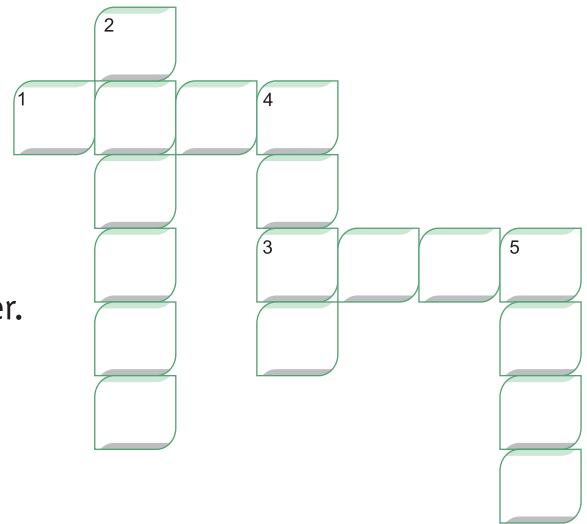
◆ Complete the crossword with the help of the clues given :

Across (→) :

1. I help you smell good and bad things.
3. You can hear a song because of us.

Down (↓) :

4. Tears flow from us when you get hurt.
5. I help you identify a rough object.
2. I tell you whether the medicine is sweet or bitter.



Project

The doctors who treat different organs are called by different names. For example, the doctor who treats our teeth is called a 'dentist'. With the help of your parents, write the names of the following doctors :

1. Treats our eyes _____
2. Treats our ears _____
3. Treats our skin _____

Also write the names of instruments he uses to check different organs. Write about your experience if you had ever visited a specialist because of your illness.