


# General Knowledge

## Activity Book II – Senior Nursery



HERBS

This book belongs to

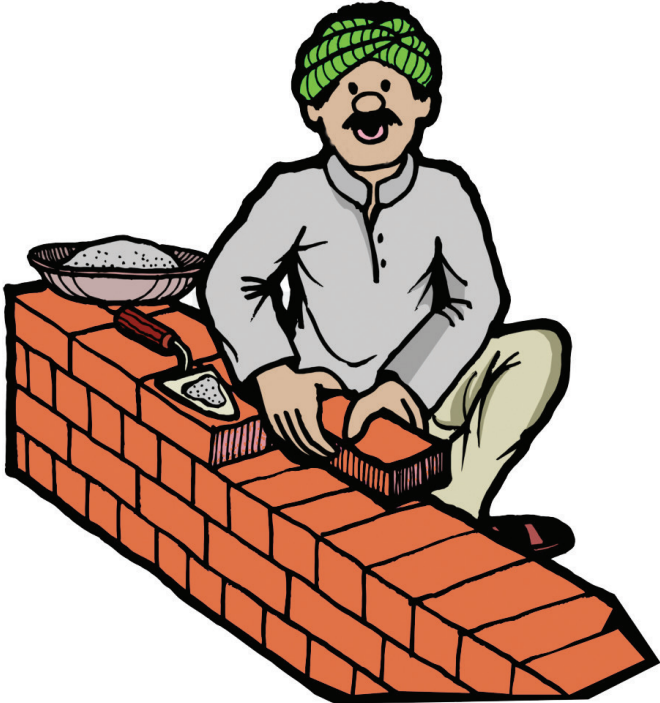
Name : .....

Class : ..... Sec : .....

This book has been prepared by the Nursery team of the DAV Group of Schools, Chennai (managed by the Tamil Nadu Arya Samaj Educational Society). The book focuses on the Indian cultural heritage and promotes the spirit of patriotism amongst the tiny tots.

This is the first version of the book and could contain not only omissions, but also areas of improvement. We request the reader to excuse us for the omissions, but please do bring to our notice any feedback for correction and improvement in subsequent versions. We will remain grateful to you for your support and feedback. You can write to 'Tamilnadu Arya Samaj Educational Society' 212-213, Avvai Shanmugam Salai, Gopalapuram, Chennai – 600 086 or email to [publications@davchennai.org](mailto:publications@davchennai.org). You may also write to us to seek permission to print all or only certain chapters of the book.

# Mason



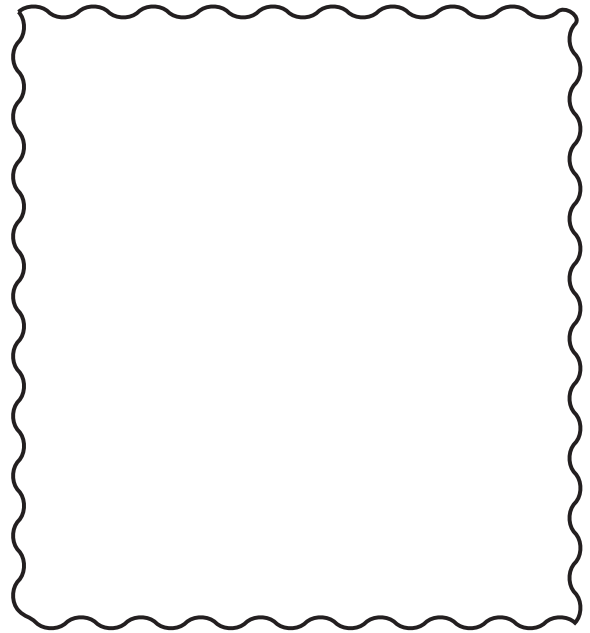
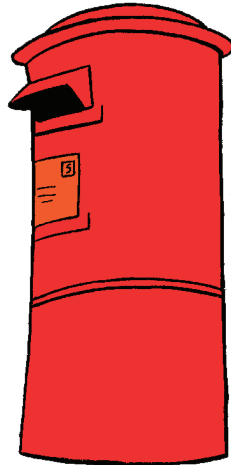
Name the different types of Houses





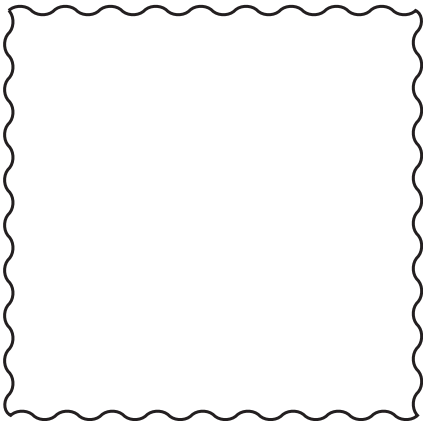
# Postman

Design your own stamp

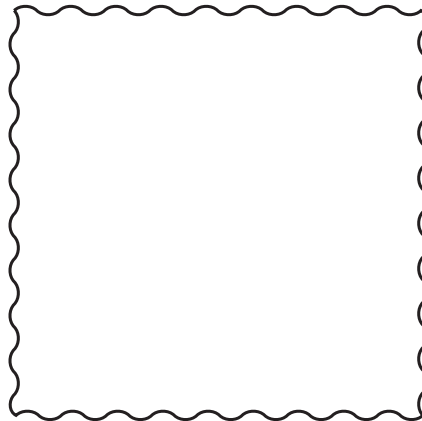


Draw

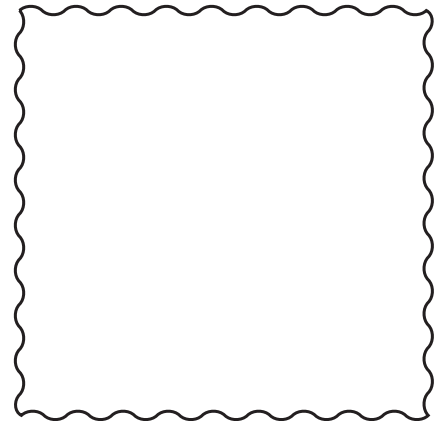
National Flower



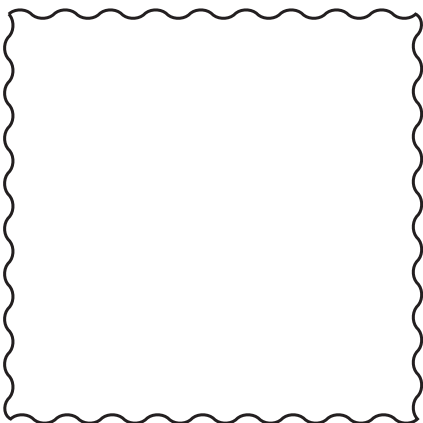
National Bird



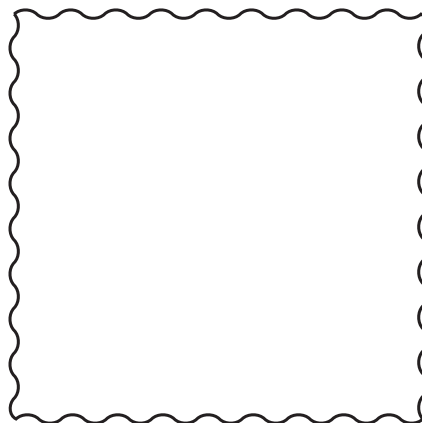
National Animal



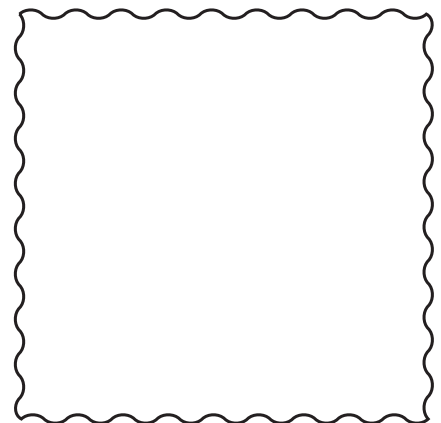
National Fruit



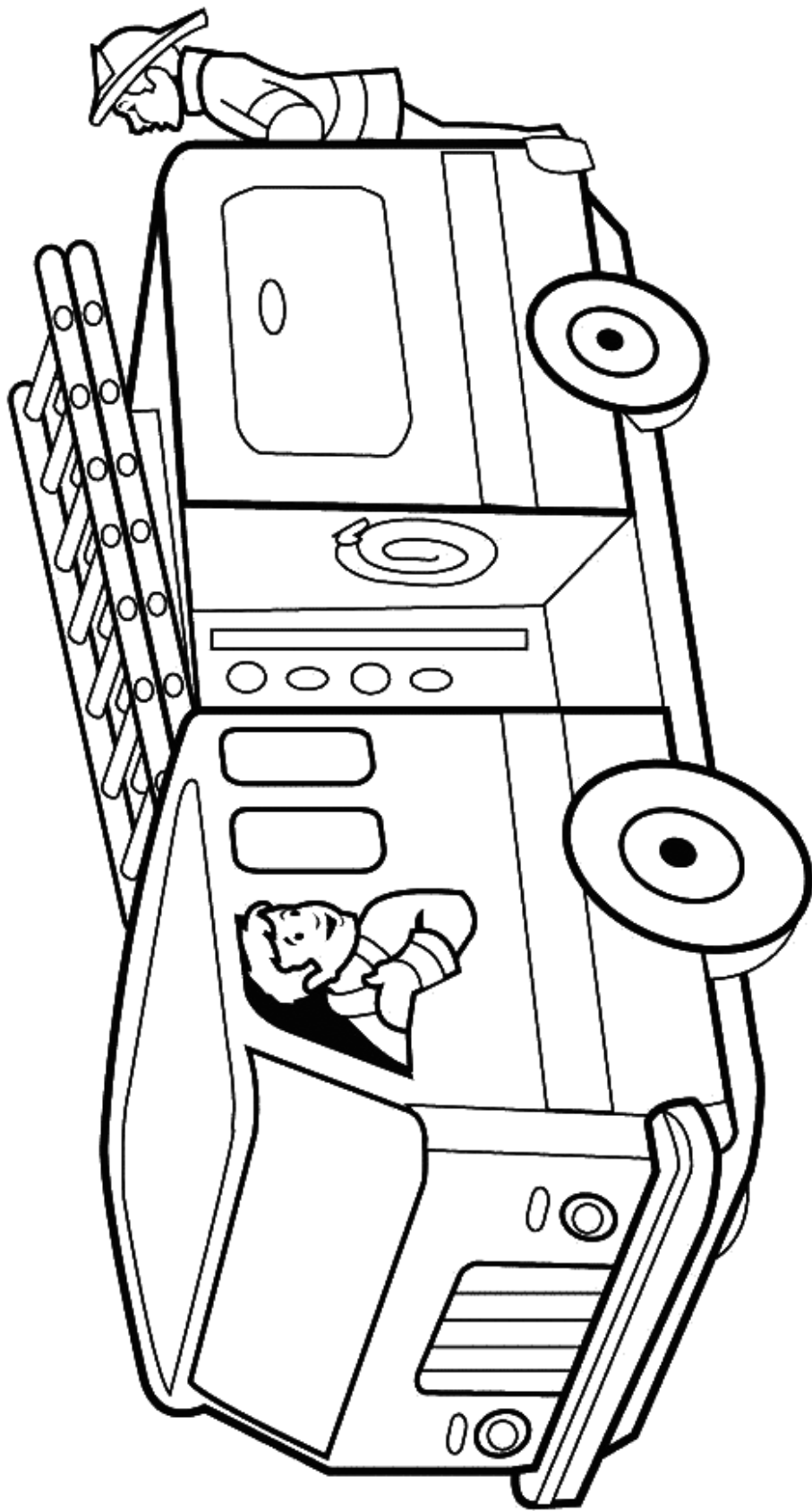
National Tree



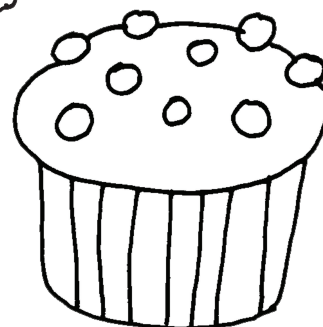
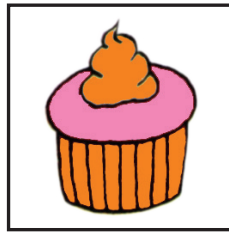
National Game



Colour the fire engine



# Baker – Colour the cakes as in the help box



Draw the things that the doctor uses

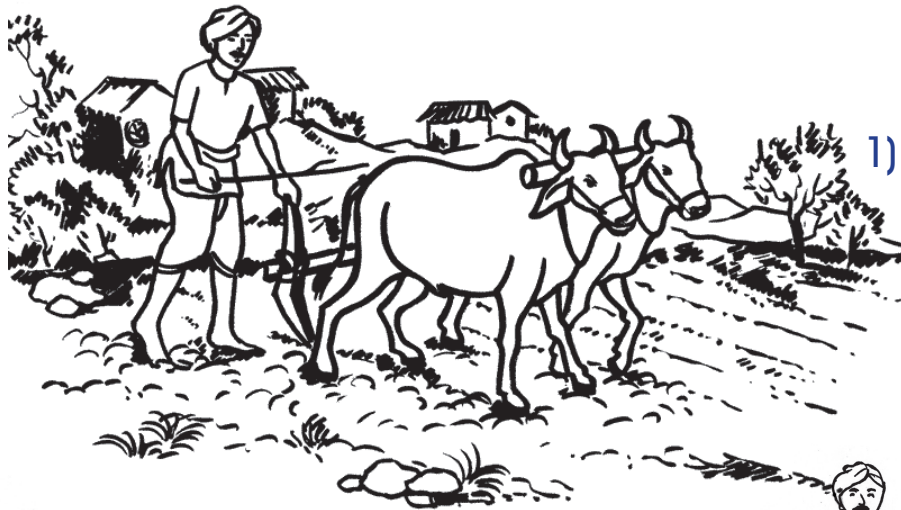


Draw the animals that a  
veterinary doctor treats

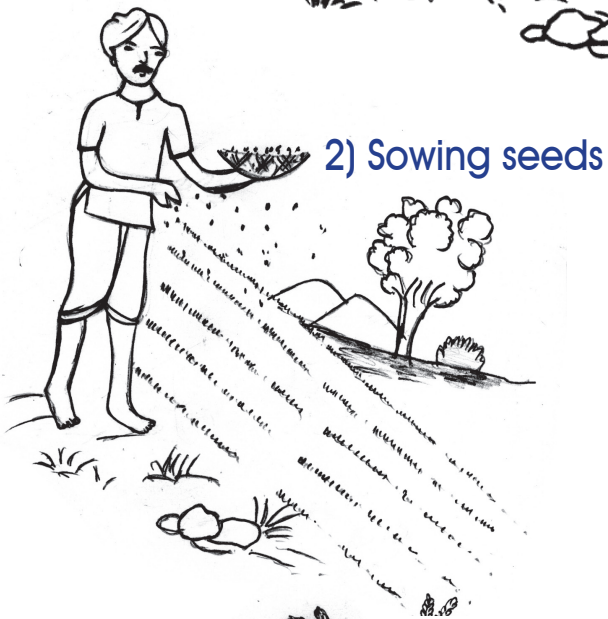




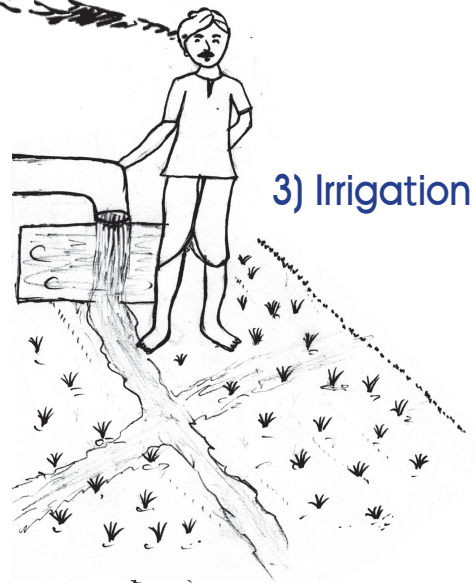
# Stages of farming



1) Ploughing



2) Sowing seeds



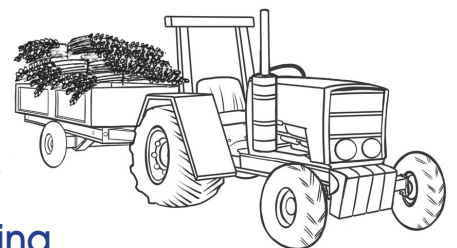
3) Irrigation



4) Crops planting




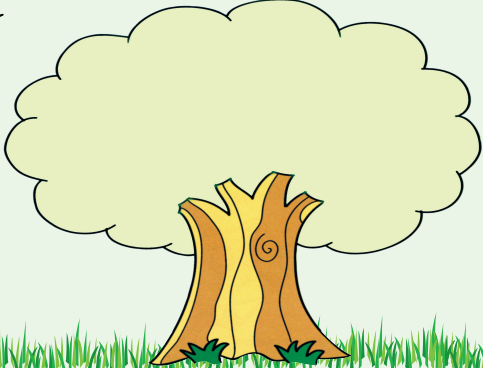


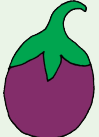


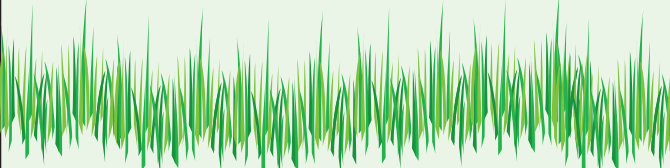

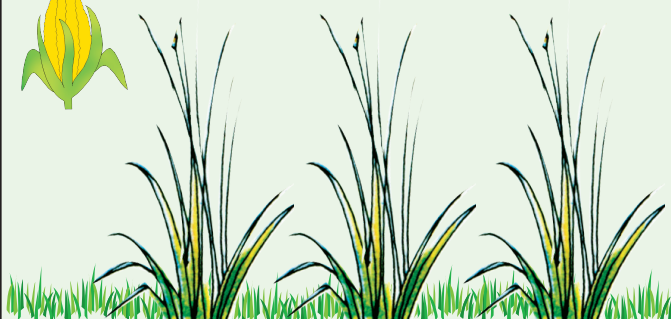


5) Harvesting



Help the farmer to grow these things – Draw

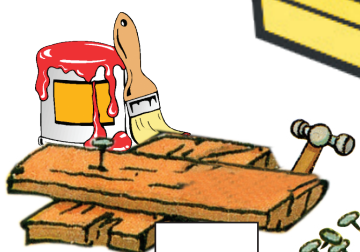
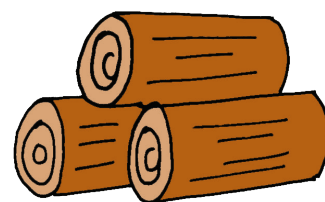
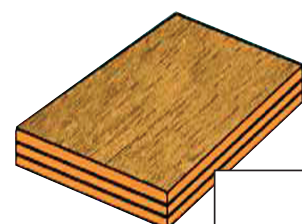
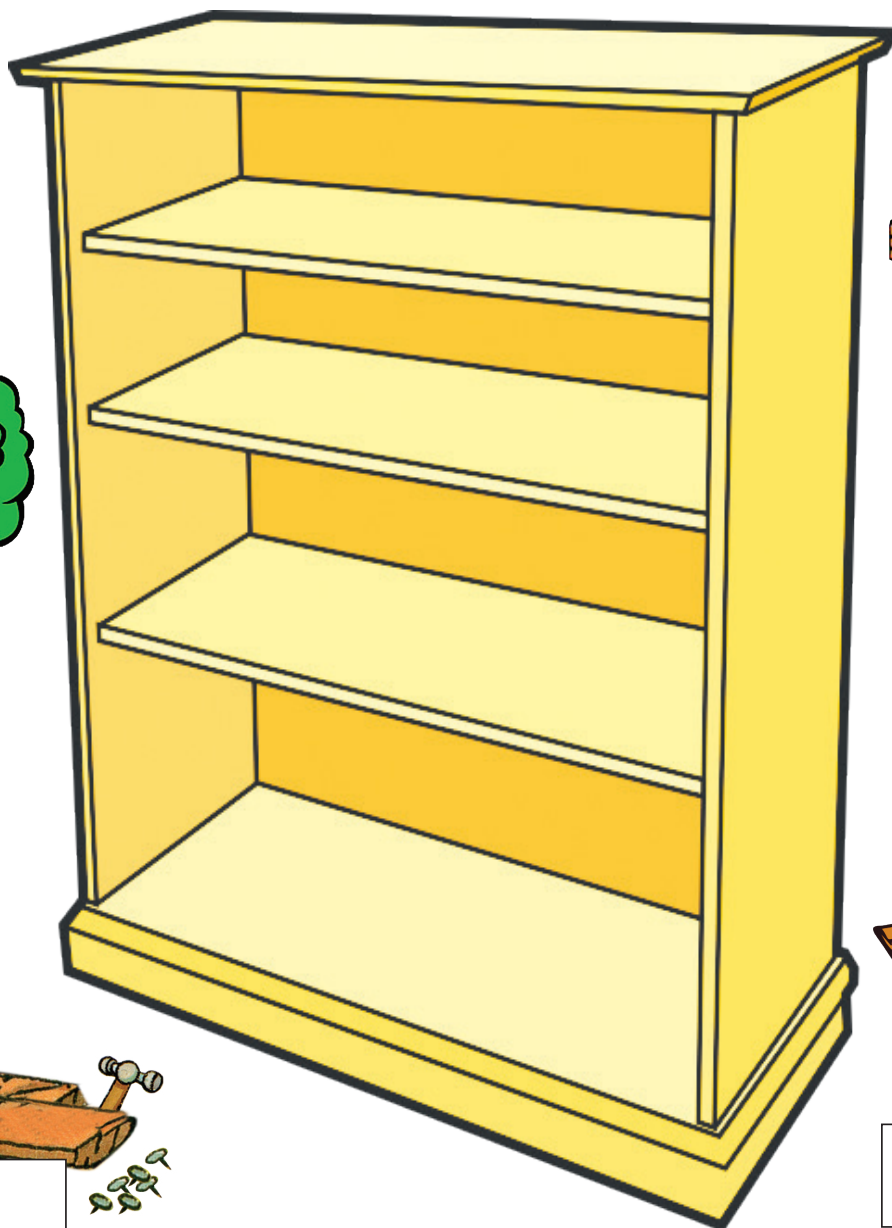




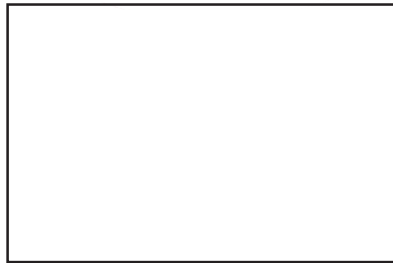
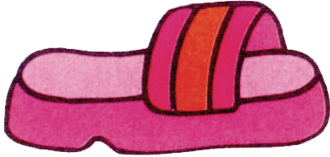
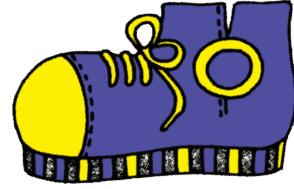
# Carpenter

Which comes first to make a table  
Draw the things you keep in your cupboard



# Cobbler

Draw the pair for each shoe and colour



# Tailor

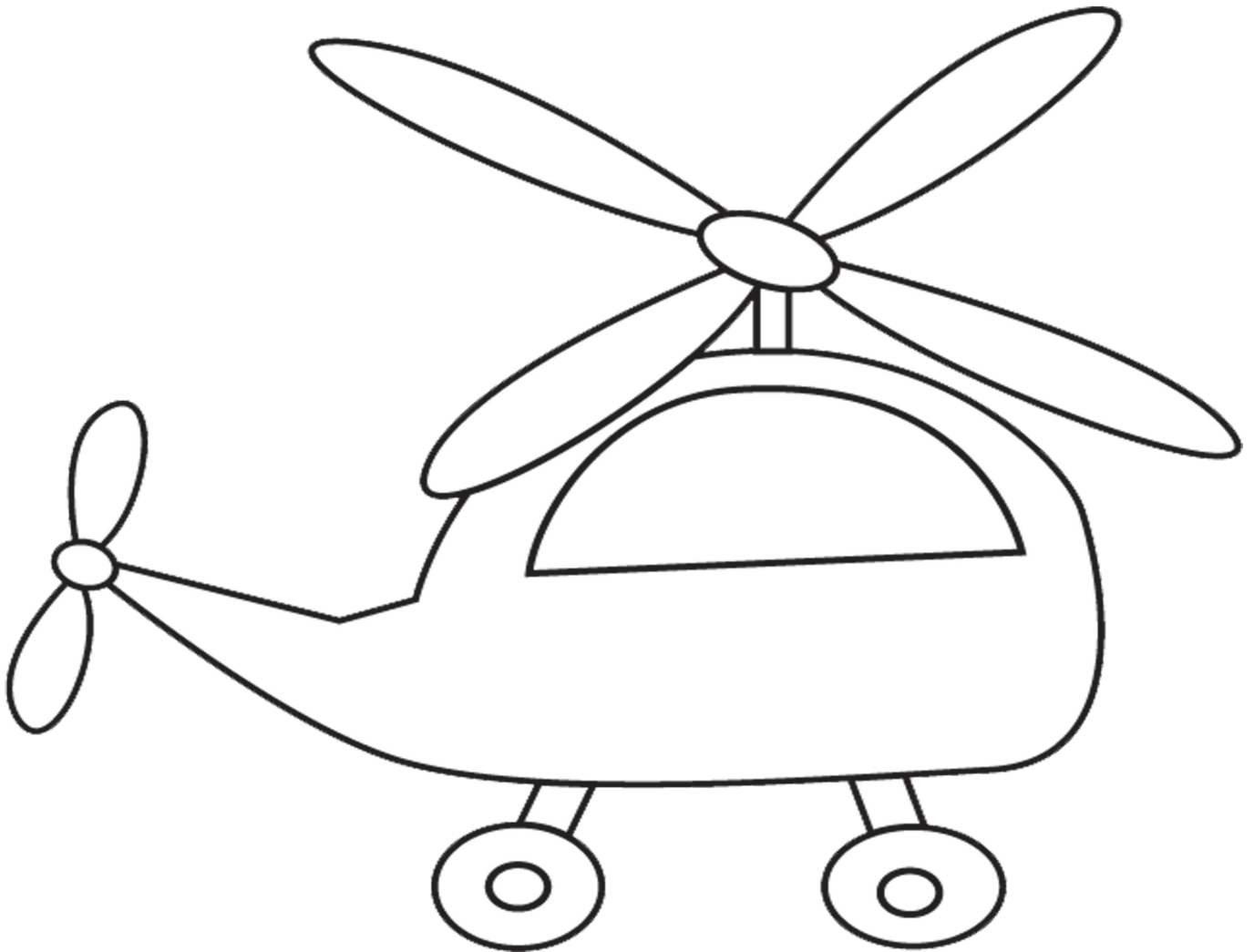
Draw the things that the tailor uses





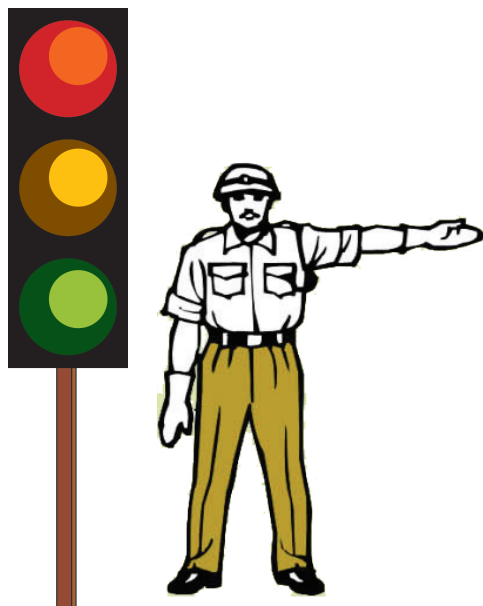
# Pilot

Colour the helicopter



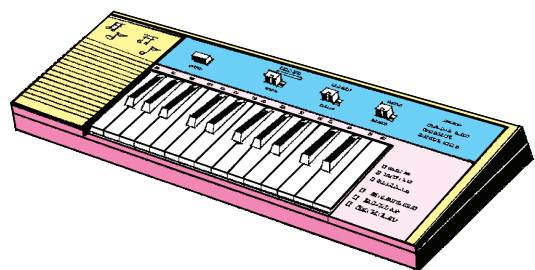
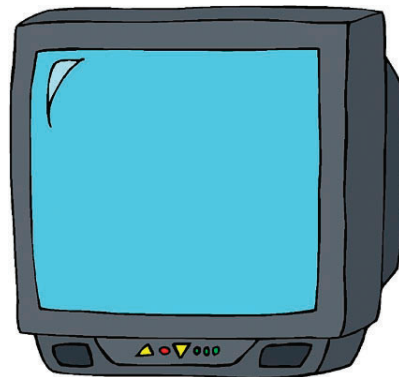
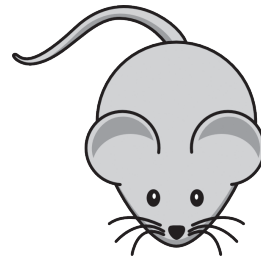
# Policeman

Draw cars, trucks and buses



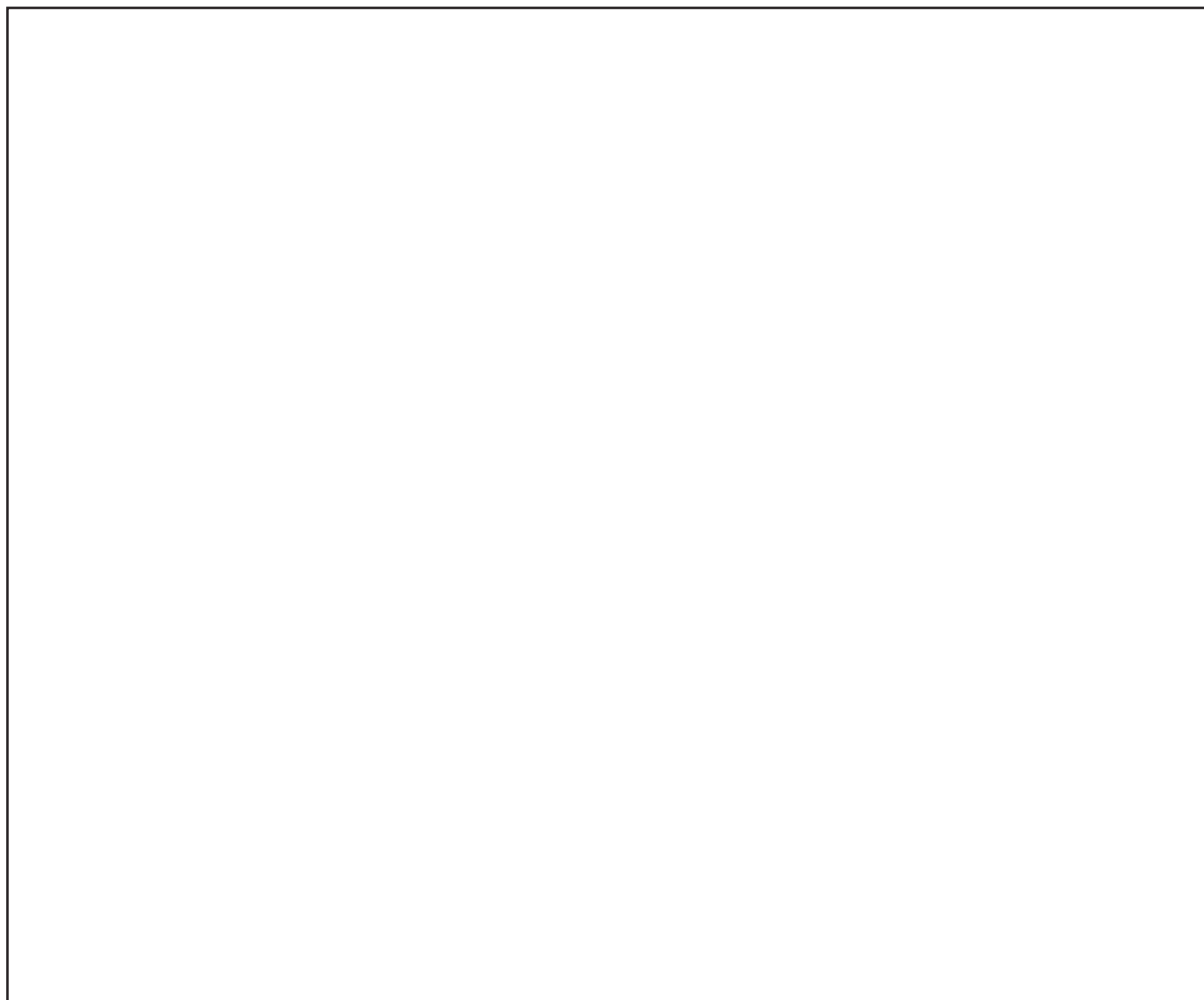
# Office Executive

What is similar – Match

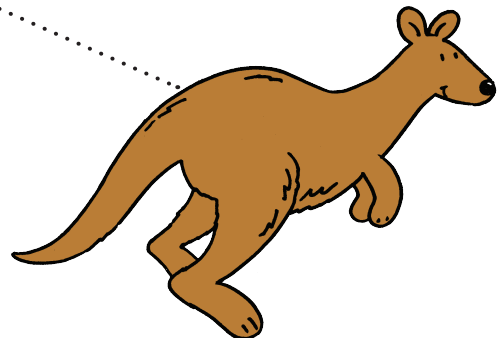
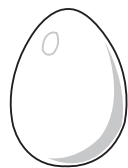
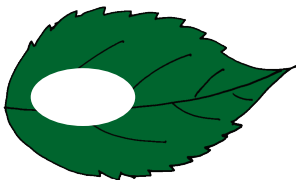
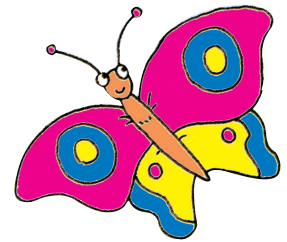
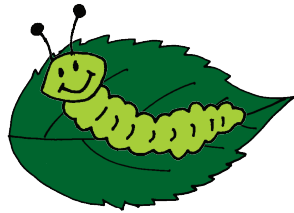
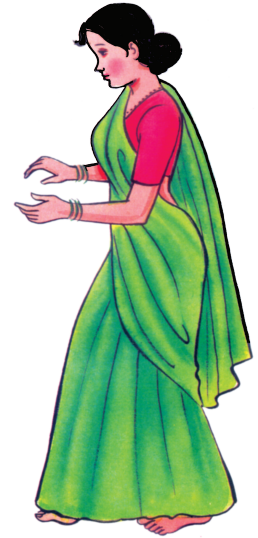
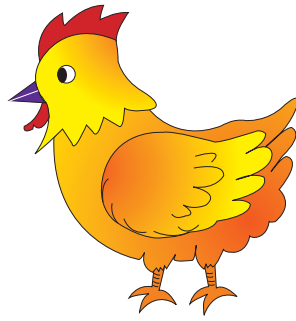
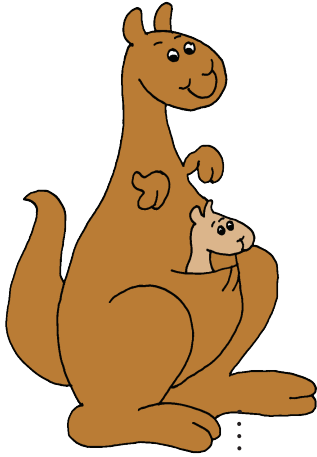


# Artist

Draw and paint a picture

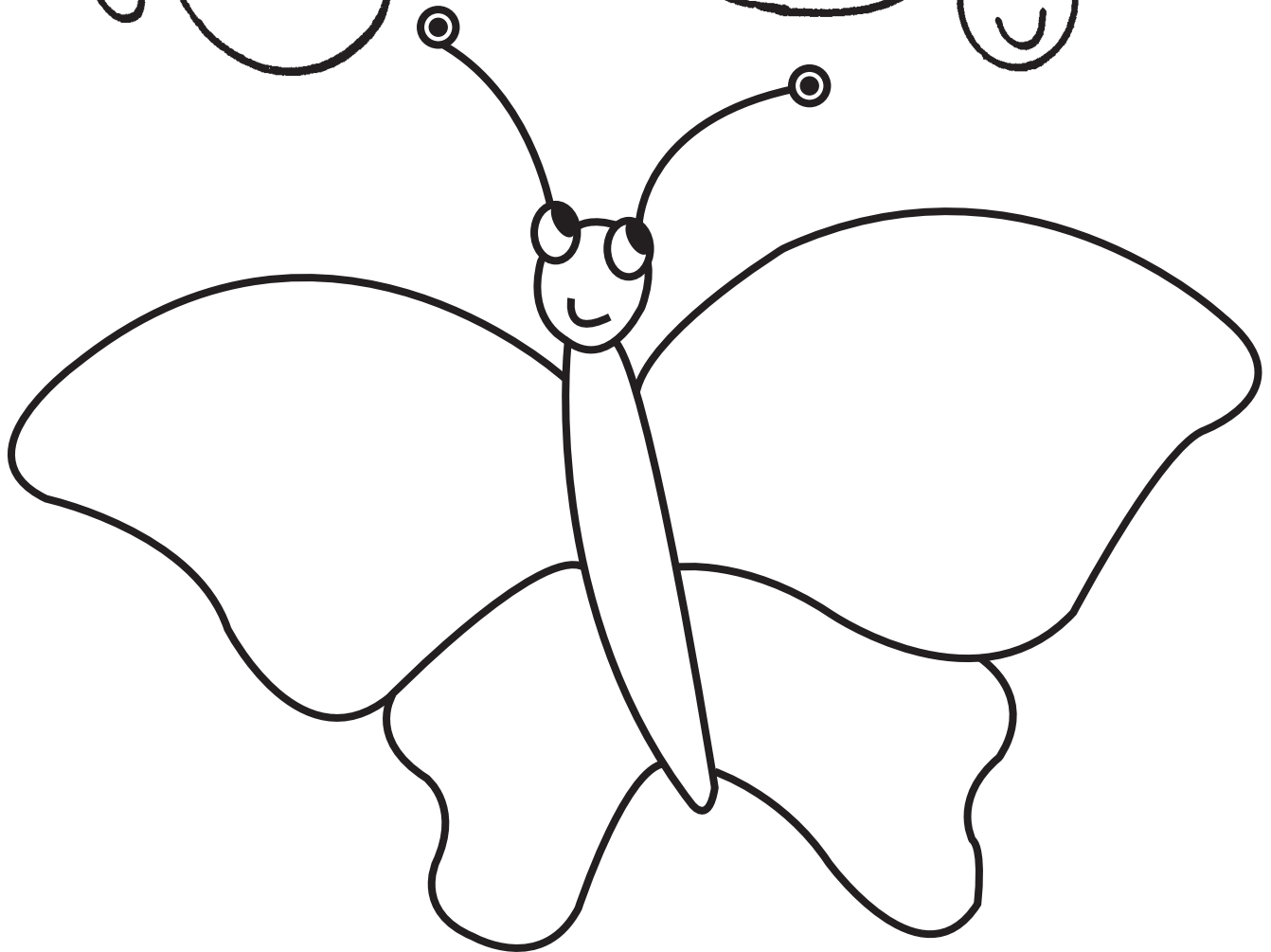
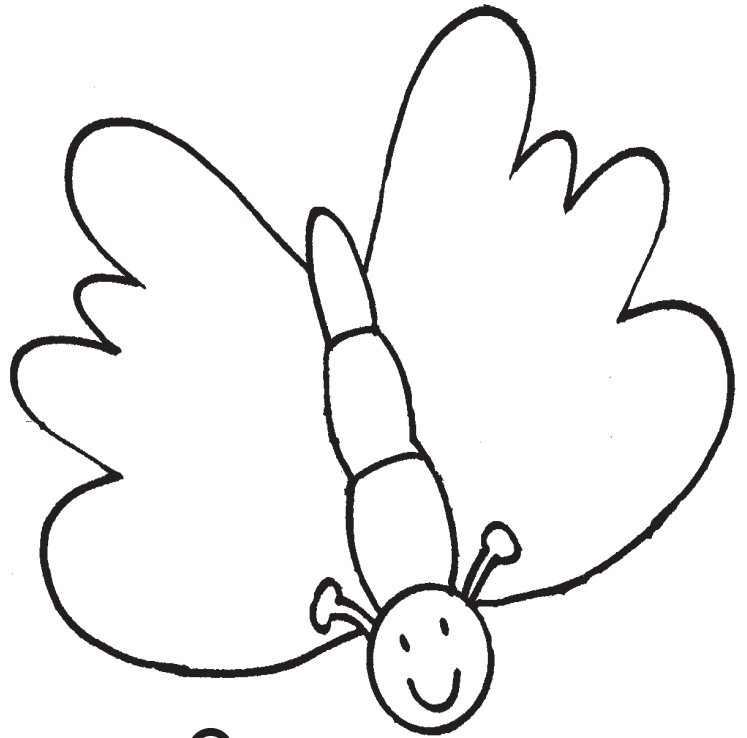
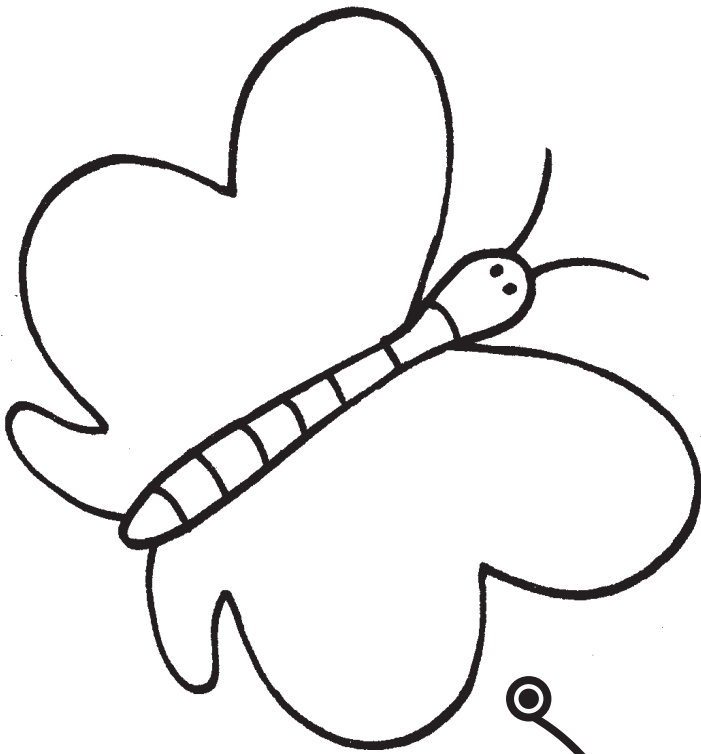
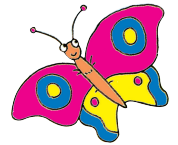


# String the different stages of hen, butterfly and baby

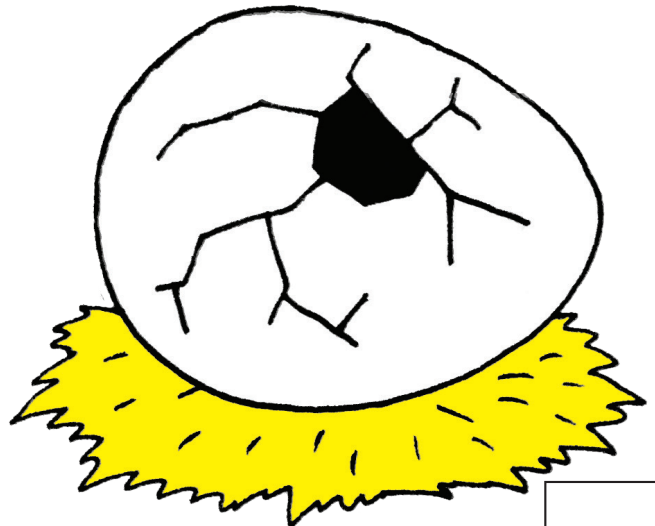
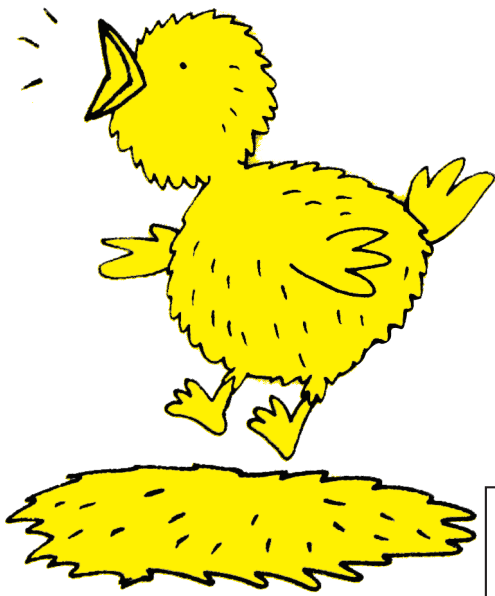
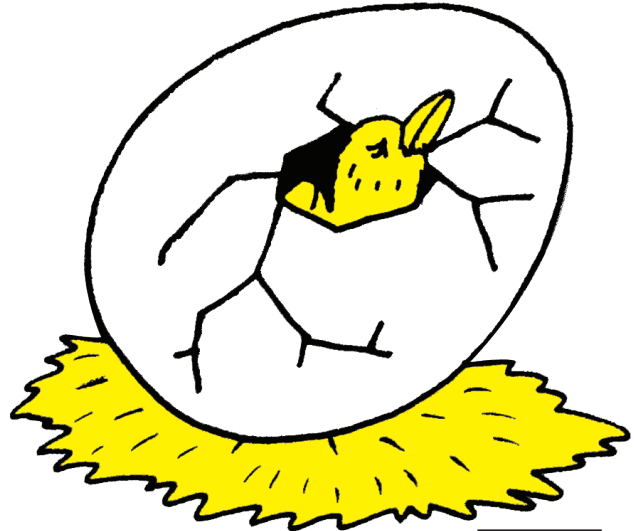
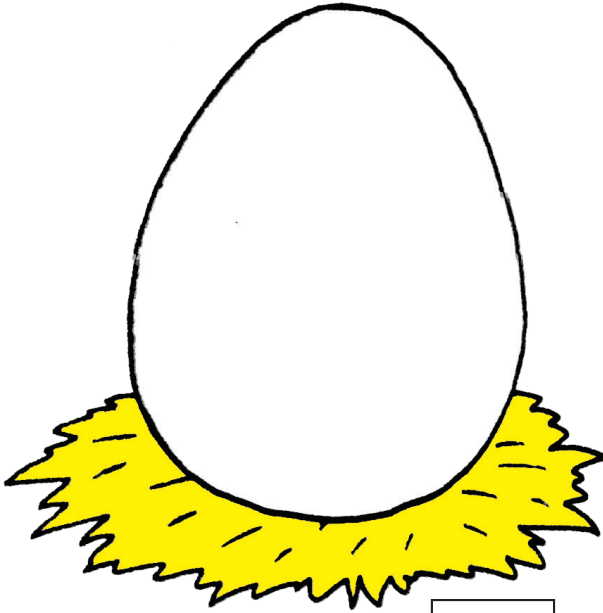




Make the butterflies colourful

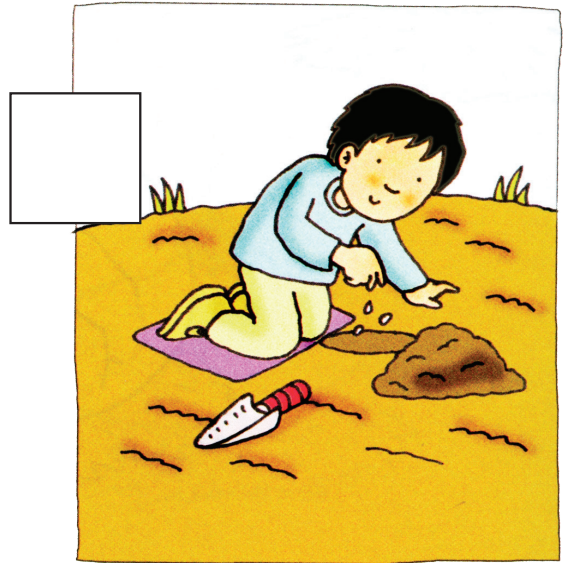
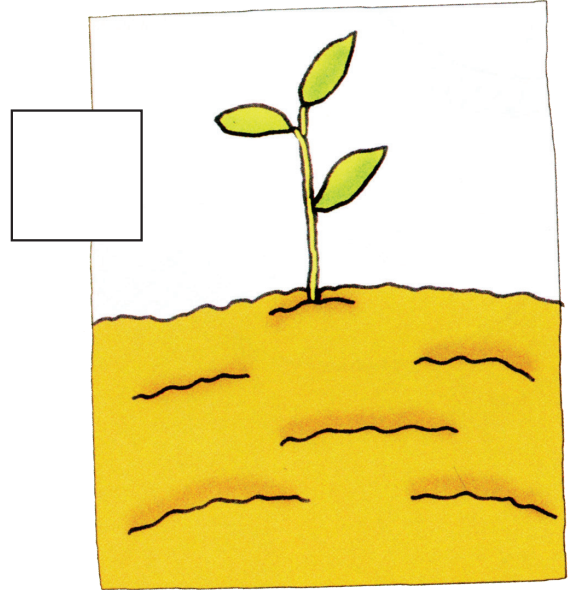


Number the pictures in order

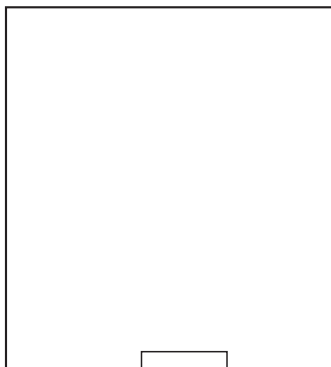


# Number the pictures in order

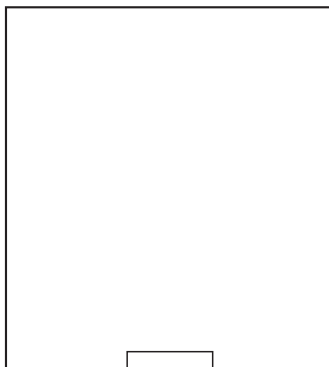
Draw the germination of a seed



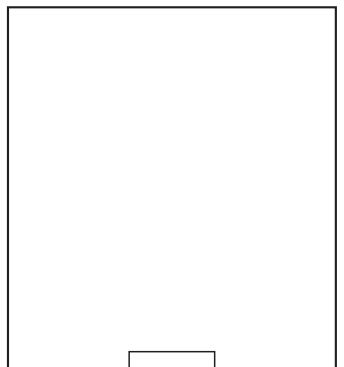
1



2



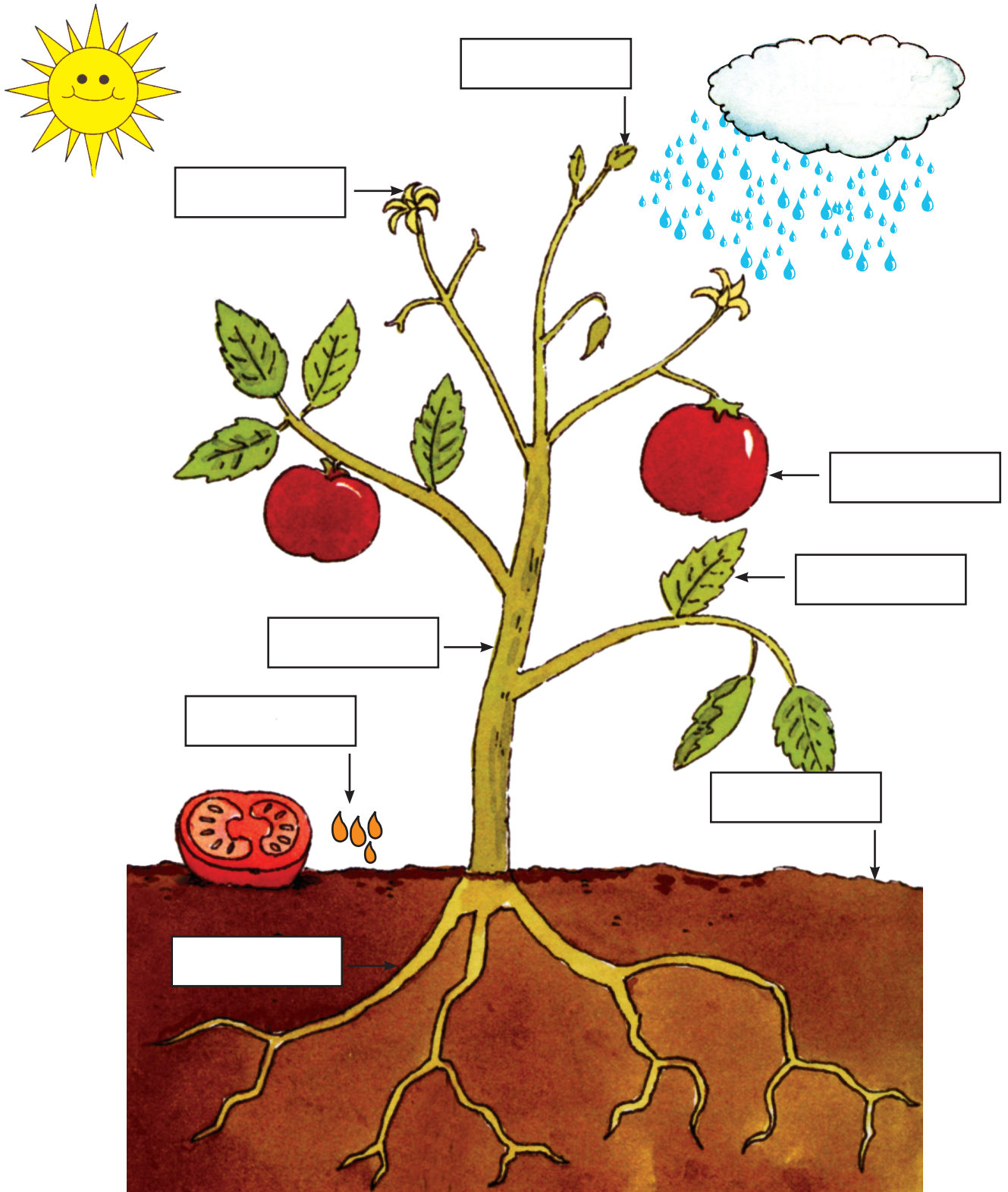
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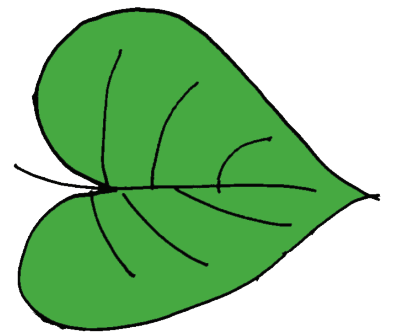
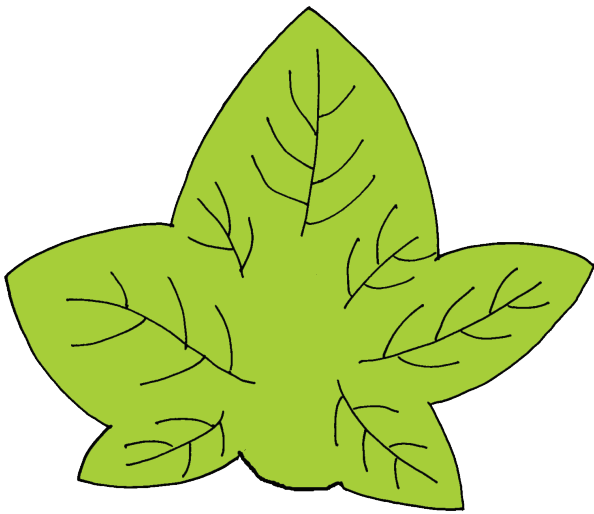
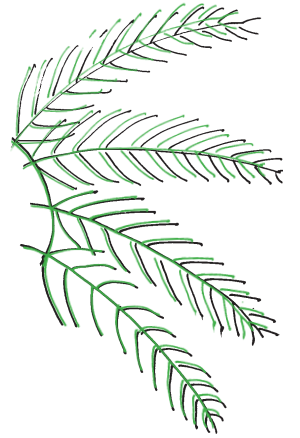
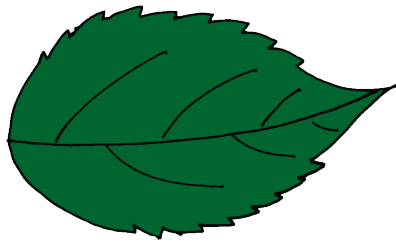
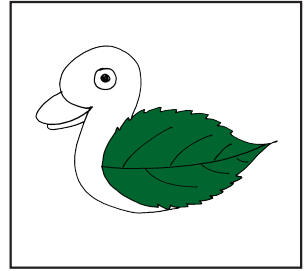
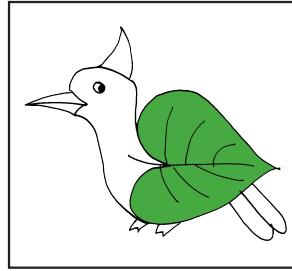
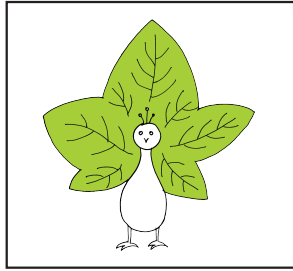
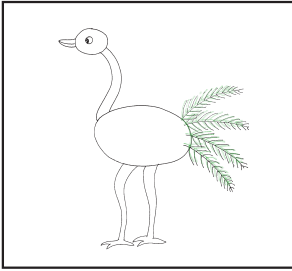
4

# Label the parts of the plant

seeds	root	bud	flower	fruit	leaf	stem	soil
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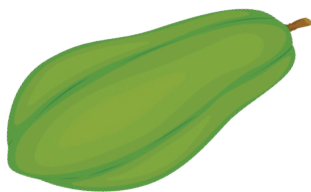
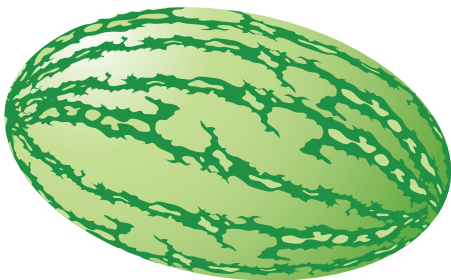
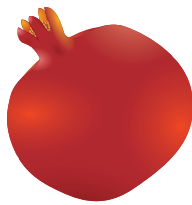
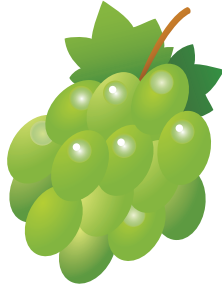


Use the help box to draw the birds

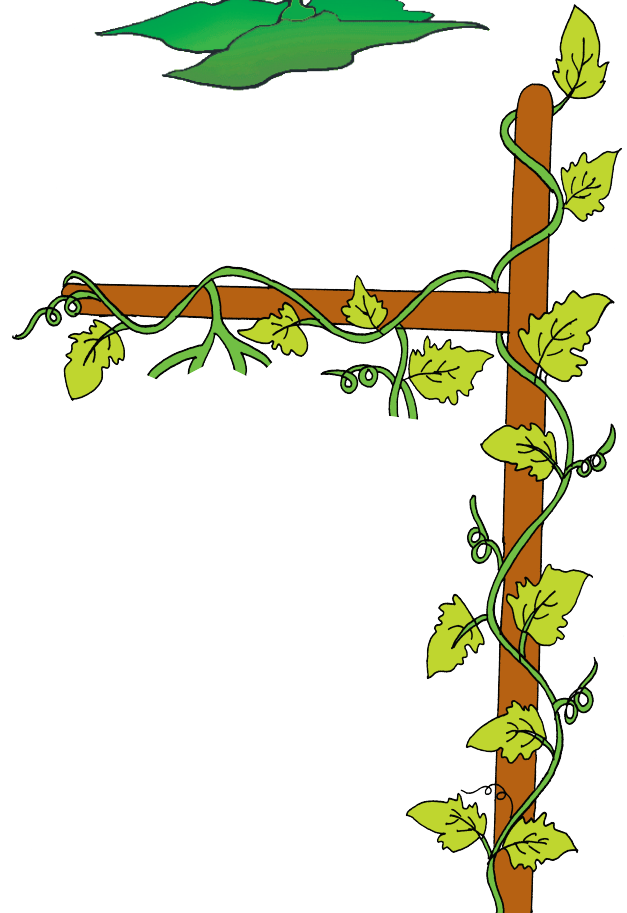
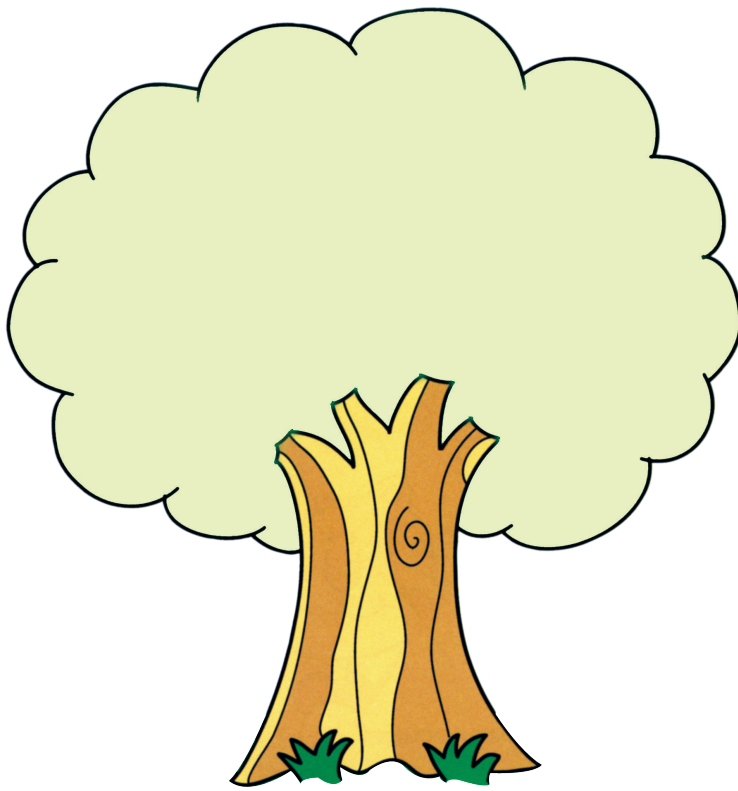
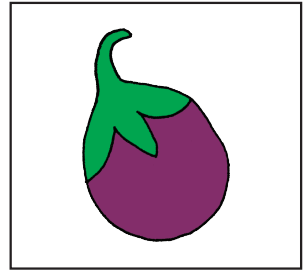
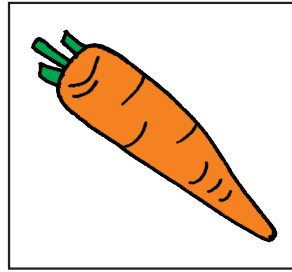
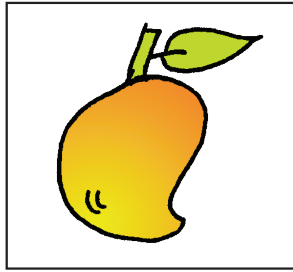
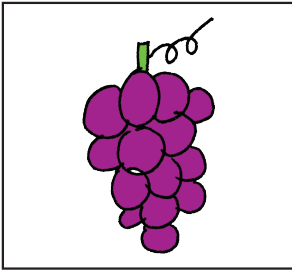




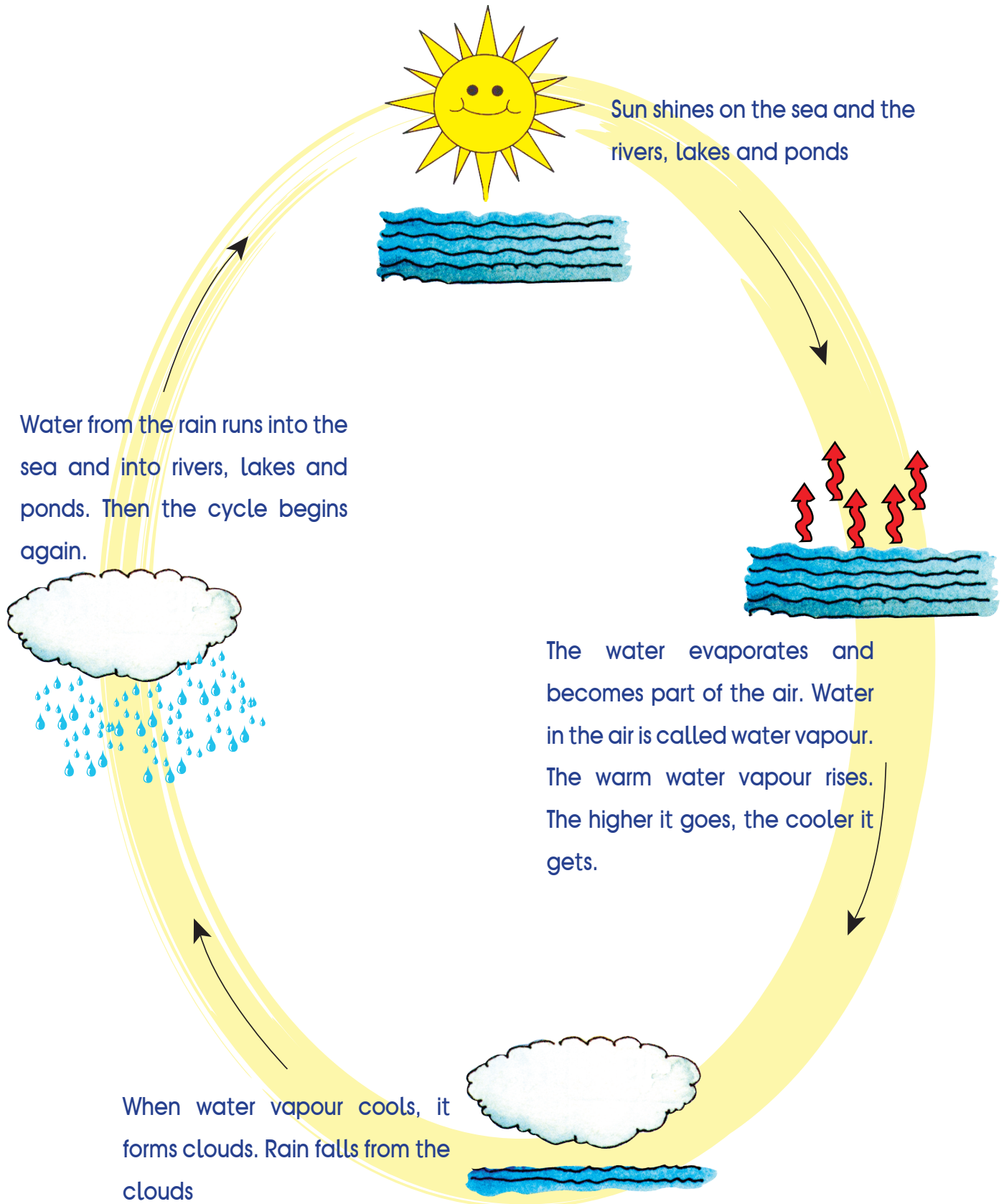
# Match the fruit with the seed



Where do they grow? Put them in the right place



# Water cycle



Sun shines on the sea and the rivers, lakes and ponds

Water from the rain runs into the sea and into rivers, lakes and ponds. Then the cycle begins again.

The water evaporates and becomes part of the air. Water in the air is called water vapour. The warm water vapour rises. The higher it goes, the cooler it gets.

When water vapour cools, it forms clouds. Rain falls from the clouds

# We use water for....

bathing

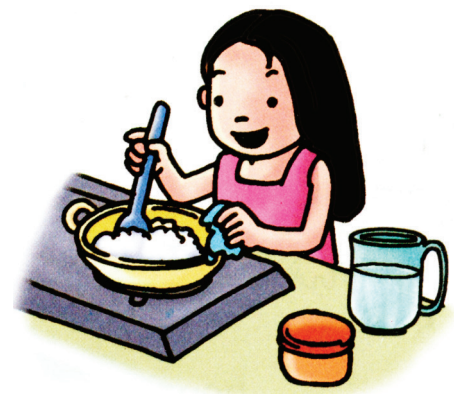
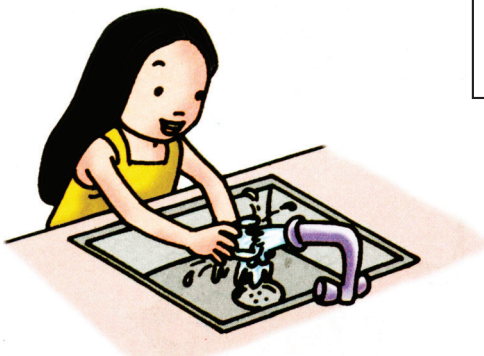
drinking

washing

cleaning

cooking

swimming





# Herbs and Medicinal Plants

Herbs are plants with leaves or flowers.

It is used as medicine, for flavouring food and perfume.

The ancient science of Ayurveda relies on these plants.

You can grow them in the backyard or even in the kitchen garden easily.



## TULSI

Tulsi, also known as 'Basil' is used to treat cough, cold and loss of appetite.



## MINT

Mint is popular due to its cool taste. Chewing on the mint leaves adds to oral health by preventing harmful bacterial growth inside the mouth and cleans the tongue and teeth.



## PONNANGANNI KEERAI

It takes care of our eyes, skin, hair and liver. It also cures headache and fever.



## CAROM (OMUM)

Carom seeds can be boiled in water to cure stomach upset. We can use the seeds or leaves to make parathas, add in curries and salads.



## NEEM

Neem is the most precious herb found in India.

Neem leaves heal wounds and cures skin diseases.

Neem flower helps to kill worms. Neem twig is used to brush teeth and keeps bacteria at bay.



## AMLA

Amla is rich in **vitamin 'C'**. It cures cold and is good for diabetes. It also helps to improve immunity. Amla juice is yummy with mint leaves added to it!



## LEMON

Lemon boosts your immune system and keeps your heart healthy. It helps in digestion. It is good for your **brain** and **liver**.



## GINGER

Ginger helps in digestion, nausea and gives relief from **cold** and **flu**.



## GARLIC

Garlic cures cold, cough, earaches, skin rashes and kills harmful **worms** present in the intestine.



## TURMERIC

Turmeric strengthens digestion, cleanses the blood, treats fungal infection, reduces infection on injured areas and keeps skin glowing. It maintains strong **immunity**.



## PEPPER

Pepper is the **king** of spices. Black pepper improves digestion, cures cold and cough.



## Match



Mint



Ponnanganni Keerai



Neem



Tulsi



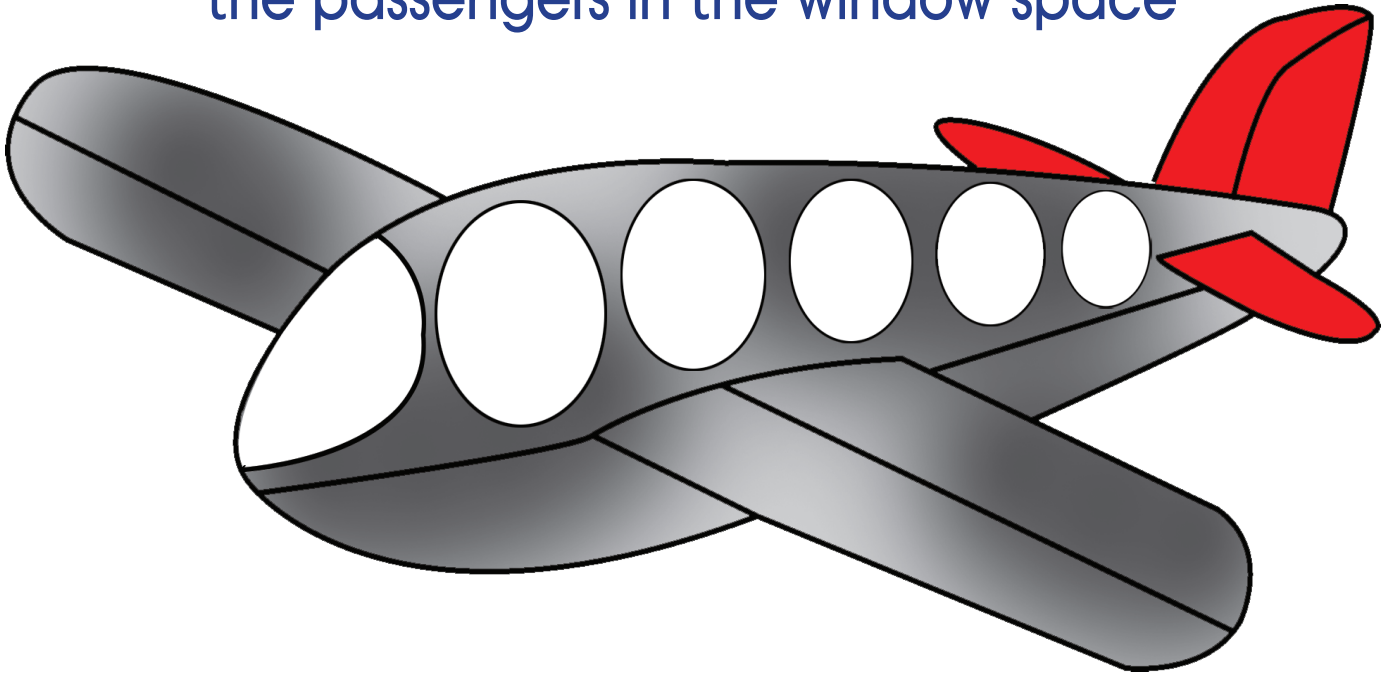
Carom (Omum)

## Fill in the blanks

basil	eyes	hair	skin	cool	water		
brain	liver	cold	flu	worms	immunity	king	'C'

- 1) Amla is rich in vitamin \_\_\_\_\_.
- 2) Tulsi is also known as \_\_\_\_\_.
- 3) Ponnanganni keerai is good for \_\_\_\_\_ and \_\_\_\_\_.
- 4) Neem helps to cure \_\_\_\_\_ diseases.
- 5) Mint is popular due to its \_\_\_\_\_ taste.
- 6) Carom seeds can be boiled in \_\_\_\_\_ to cure stomach upset.
- 7) Lemon is good for your \_\_\_\_\_ and \_\_\_\_\_.
- 8) Ginger gives relief from \_\_\_\_\_ and \_\_\_\_\_.
- 9) Garlic kills harmful \_\_\_\_\_ present in the intestine.
- 10) Turmeric maintains strong \_\_\_\_\_.
- 11) Pepper is the \_\_\_\_\_ of spices.

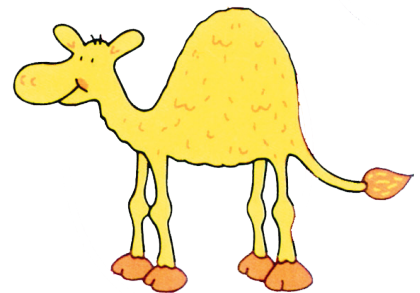
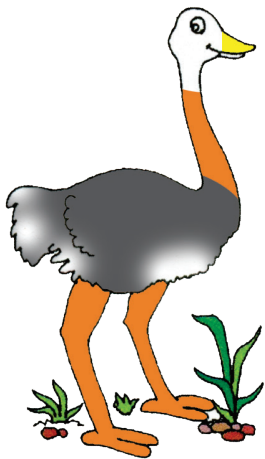
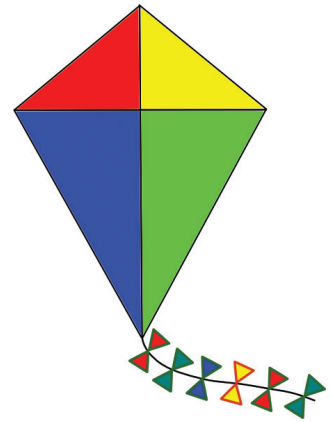
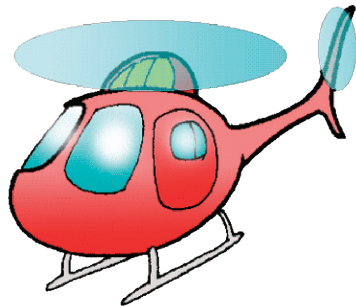
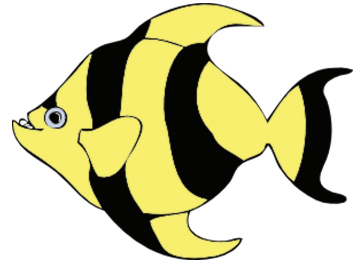
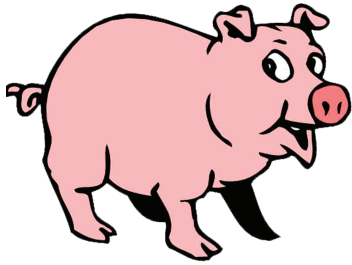
Draw the pilot in the cabin and  
the passengers in the window space



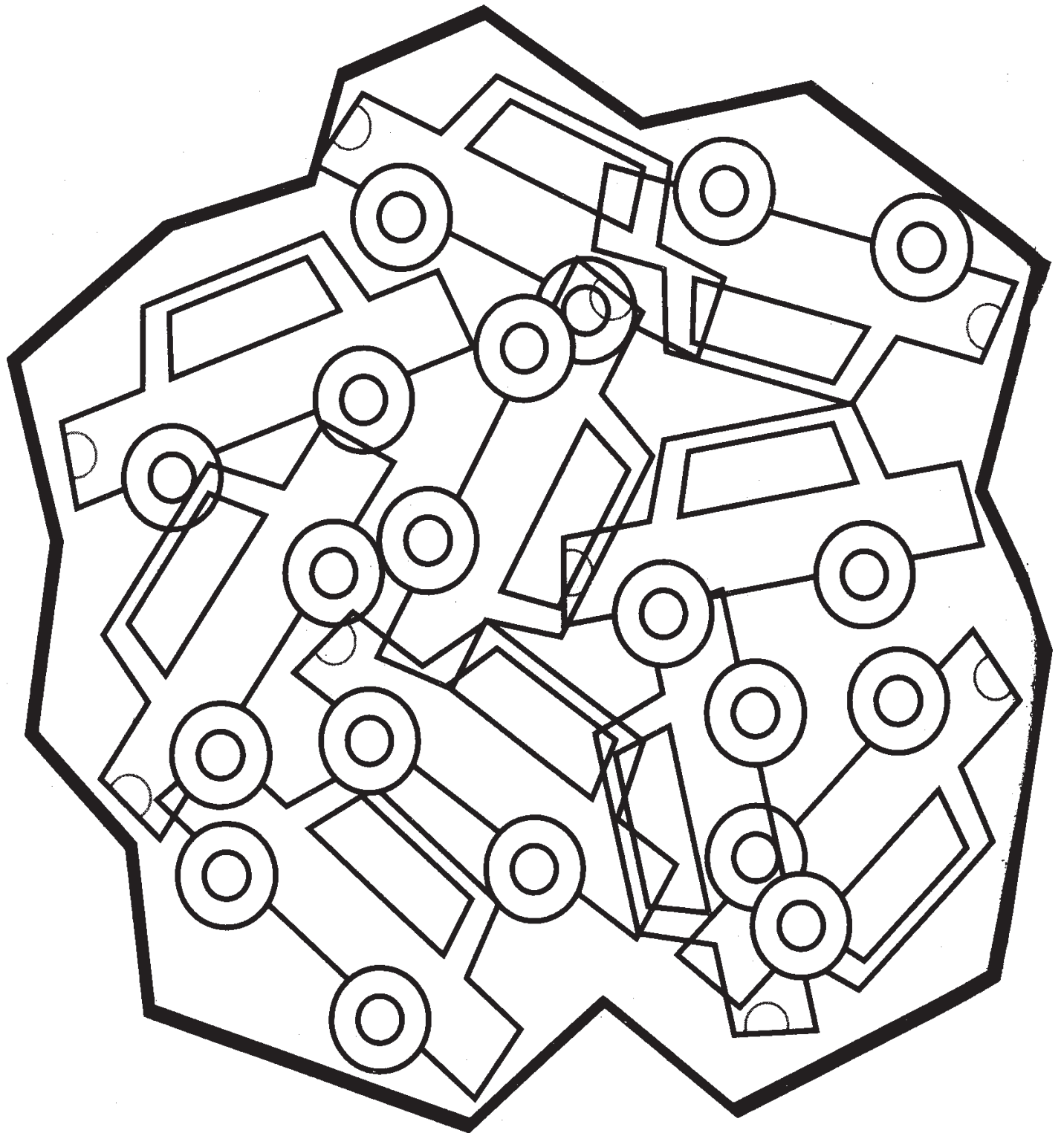
Draw the baggage in the trolley



Circle the things that can fly



# Colour the cars

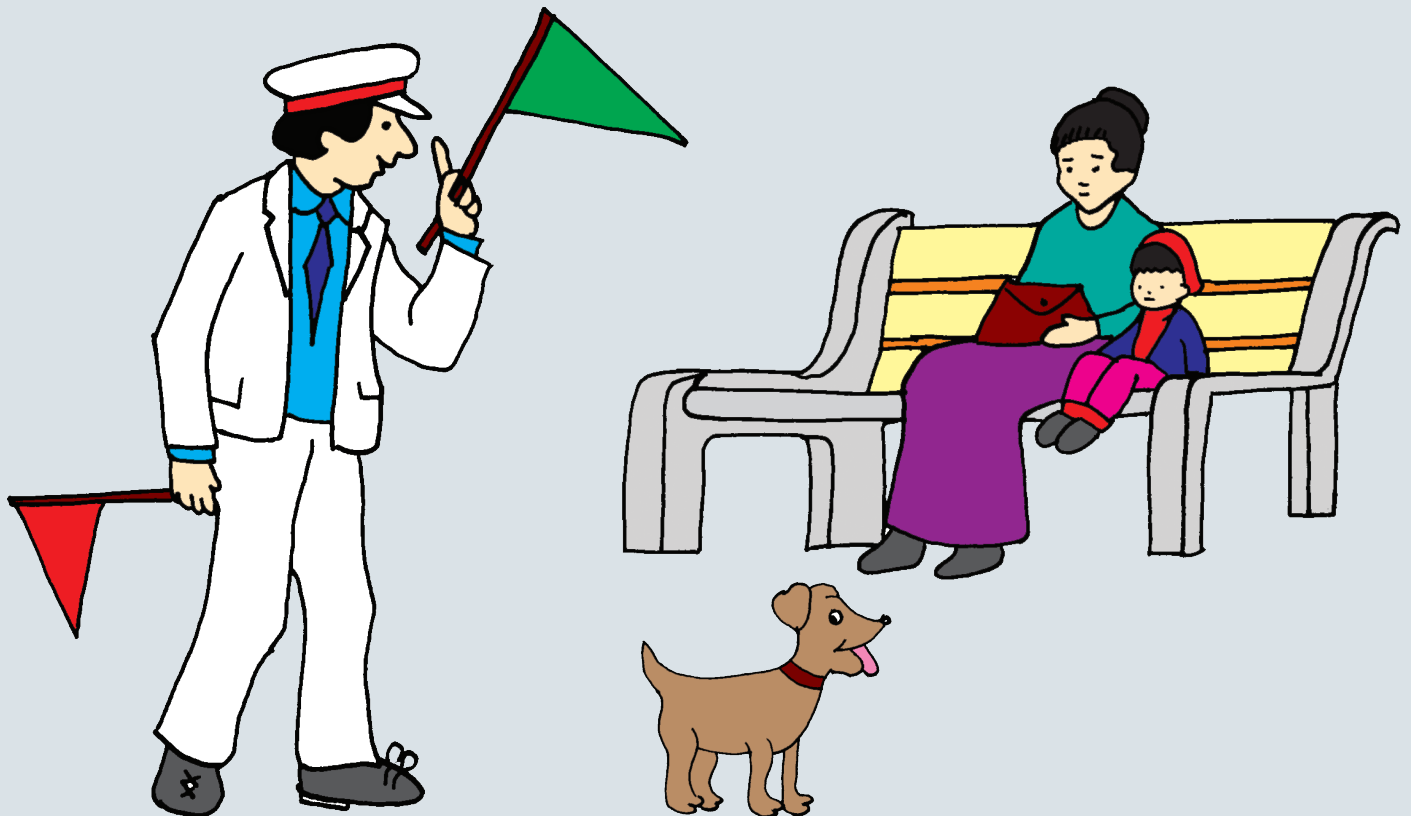


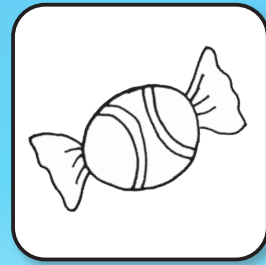
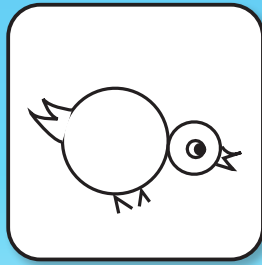
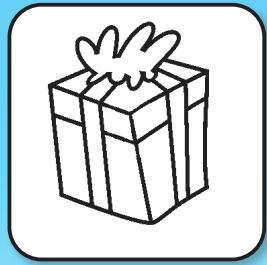
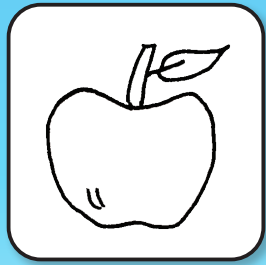
Help the zebras to cross  
the  zebra crossing





Use the help box to fill the boggies





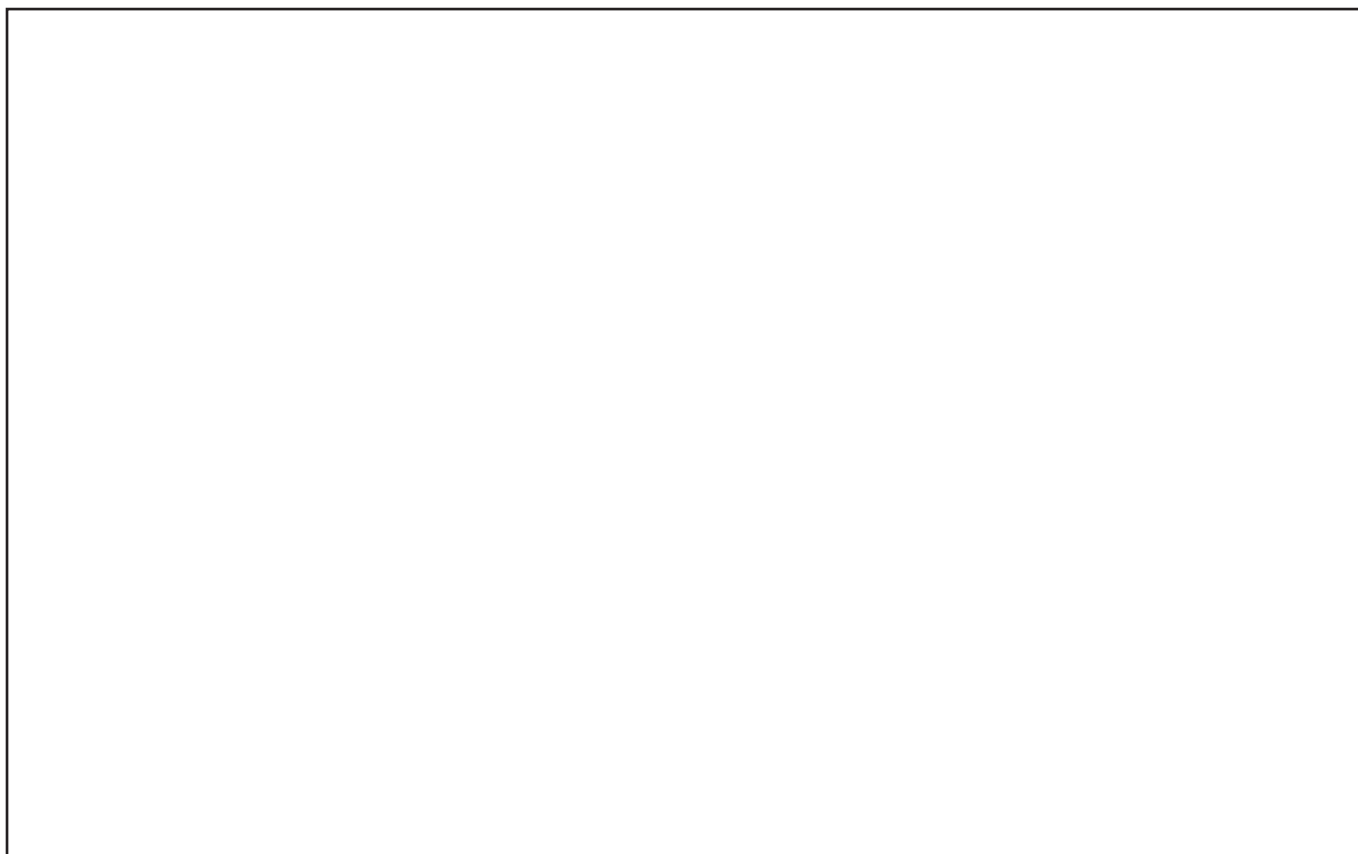
Use the help box and label the things that are red in colour

boggie	signal	flag	mail van	post box	bucket	shirt
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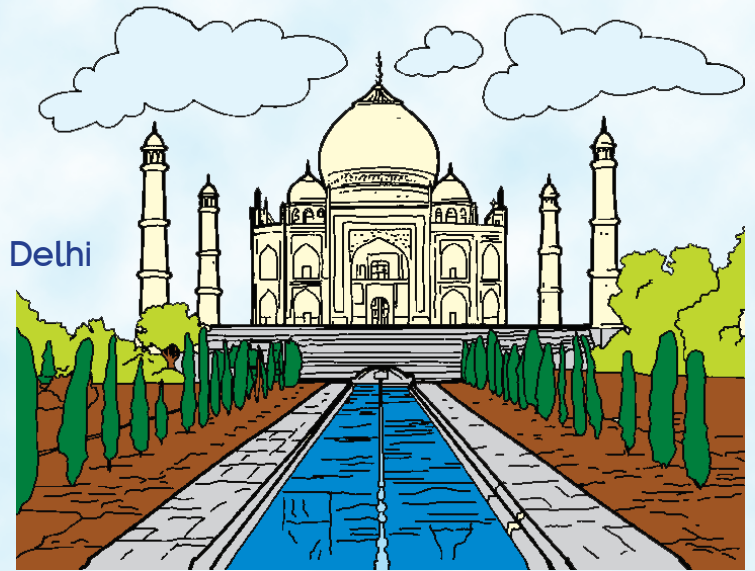




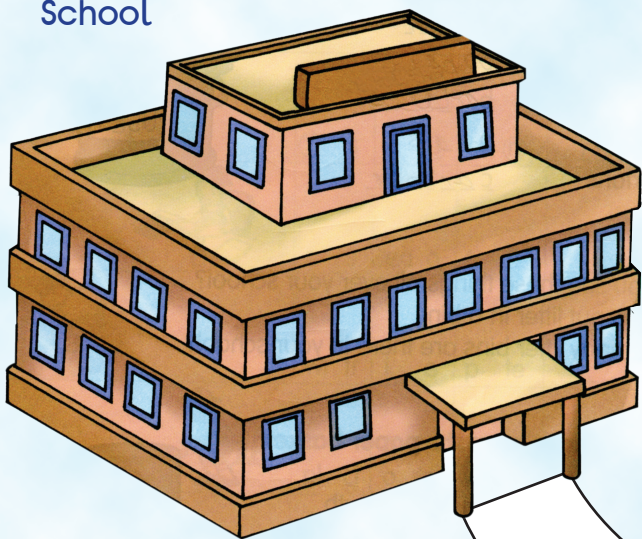
Draw a pirate and a captain



# Draw - means of transport



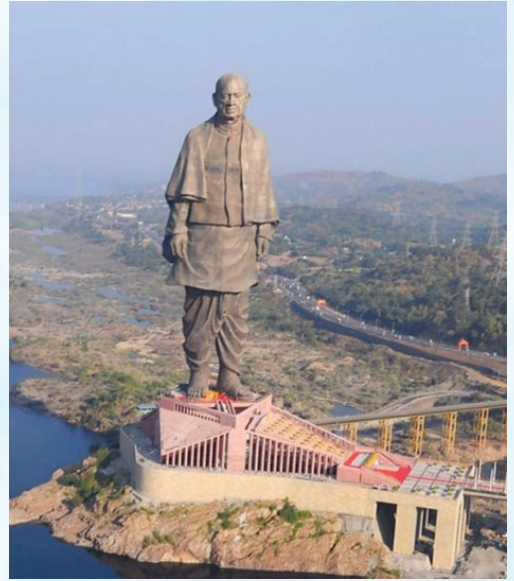
School



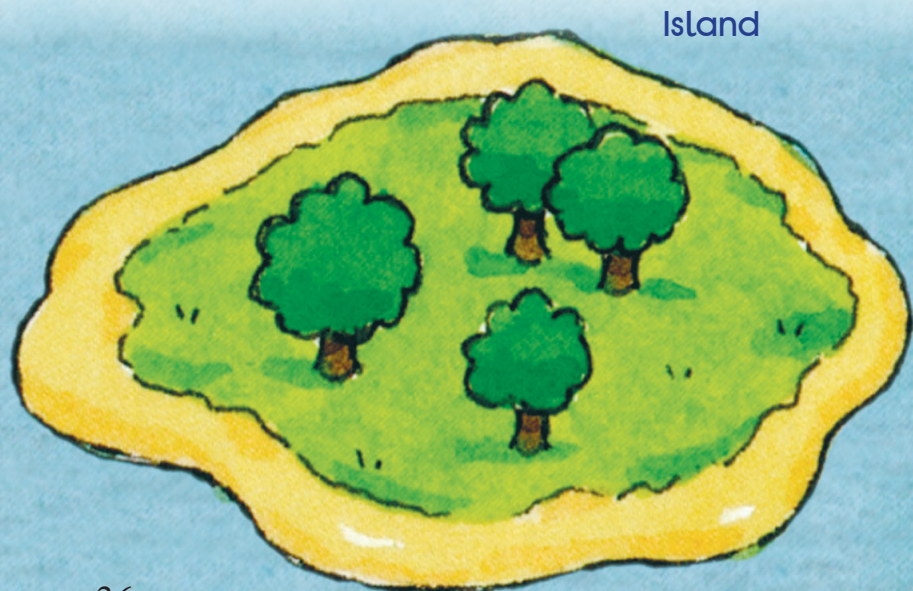
My home





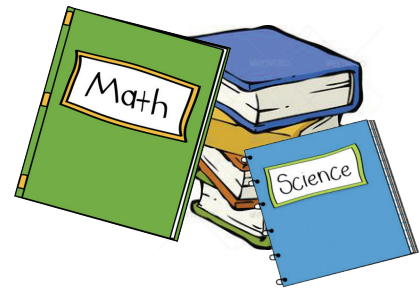
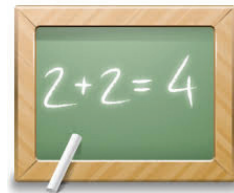
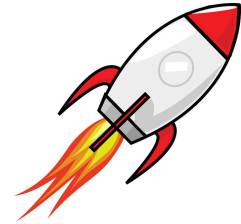


Sardar Vallabhai Patel (Gujarat)





# Match the things that go together





## Pride of India



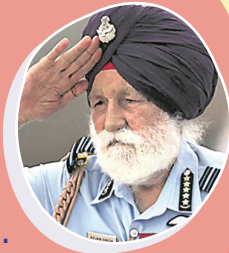
K.M. Cariappa was the first Indian Commander-in-Chief.



Punita Arora was the first female Vice Admiral of Indian Navy.



Arjan Singh became the first and only officer of the Indian Air Force to be promoted to five-star rank as Marshal of the Indian Air Force.



Rakesh Sharma was the first Indian citizen to travel to space.

