

Vasudhaiva Kutumbakam

We, Our World - 3



EVS – PART I

‘Vasudhaiva Kutumbakam

– We, Our World’

Third Edition published in 2024

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Preface

पृथिव्यापस्तेजो वायुराकाशमिति भूतानि । (Nyaya Darshanam,1.1.13)

Vedic knowledge states that everything in this universe, including our body, is made of five basic elements, also known as the Pancha bhoothas - Prithvi (Earth), Aapa (Water), Teja (Fire / Energy), Vayu (Air) & Aakasha (Space). We therefore need to understand the environment around us in our eternal journey of self-discovery.

Numerous teachers with their rich and vast experience have compiled the existing knowledge on above aspects, in this series, “Vasudhaiva Kutumbakam- We, Our World” to help the students understand the world holistically. The content has been carefully curated, so that it reflects the rich cultural diversity of our motherland Bharat enabling the children to intuitively understand the unifying values that bond the citizens of this great land together. The book, thus, will help children gain skills required for the 21st century and be a universal citizen with a passion for following Indian values.

The text book has been written in such a way that it builds curiosity, a spirit of experimentation and discovery. Formal descriptions and definitions have been kept to the minimum. The lessons proceed as conversations & stories to sensitise children to aspects of communication and build empathy. Also, assessment modules have been consciously kept to the minimum to encourage teachers to frame questions that suits the perspective of the students. It is also suggested that the evaluation be continuous and comprehensive. Children should be credited not only for the answers that they give to the questions asked, but also for the thoughtful questions that they raise in the class room in the context of the lesson, and the activities that they engage themselves in, to apply their learning.

There is no copyright on the content of this book. One can seek permission and print all or only certain chapters of the book. However, no unauthorized modification is permitted in any chapter. Considering the social orientation of the organisation, we have consciously kept the cost affordable without compromising on quality of paper/ print. Also, the e-copy of the entire book will be downloadable for free from our website, davchennai.org/publications/



This is the third edition of the book and could have 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 editions. We will remain grateful to you for your support and feedback.

Lastly before signing off, we would like to express our profound gratitude to God Almighty for the guidance and encouragement in this endeavor. As it is rightly said, “We do not inherit the Earth from our ancestors, we borrow it from our children”. Hence let us teach our children to be grateful for all that we have, empathise with God’s creations and accept the responsibility of preserving it well for the future generations.

माता भूमिः पुत्रोऽहं पृथिव्याः ।

“Earth is my mother and I am her child”. (Atharva Veda 12.1.12)

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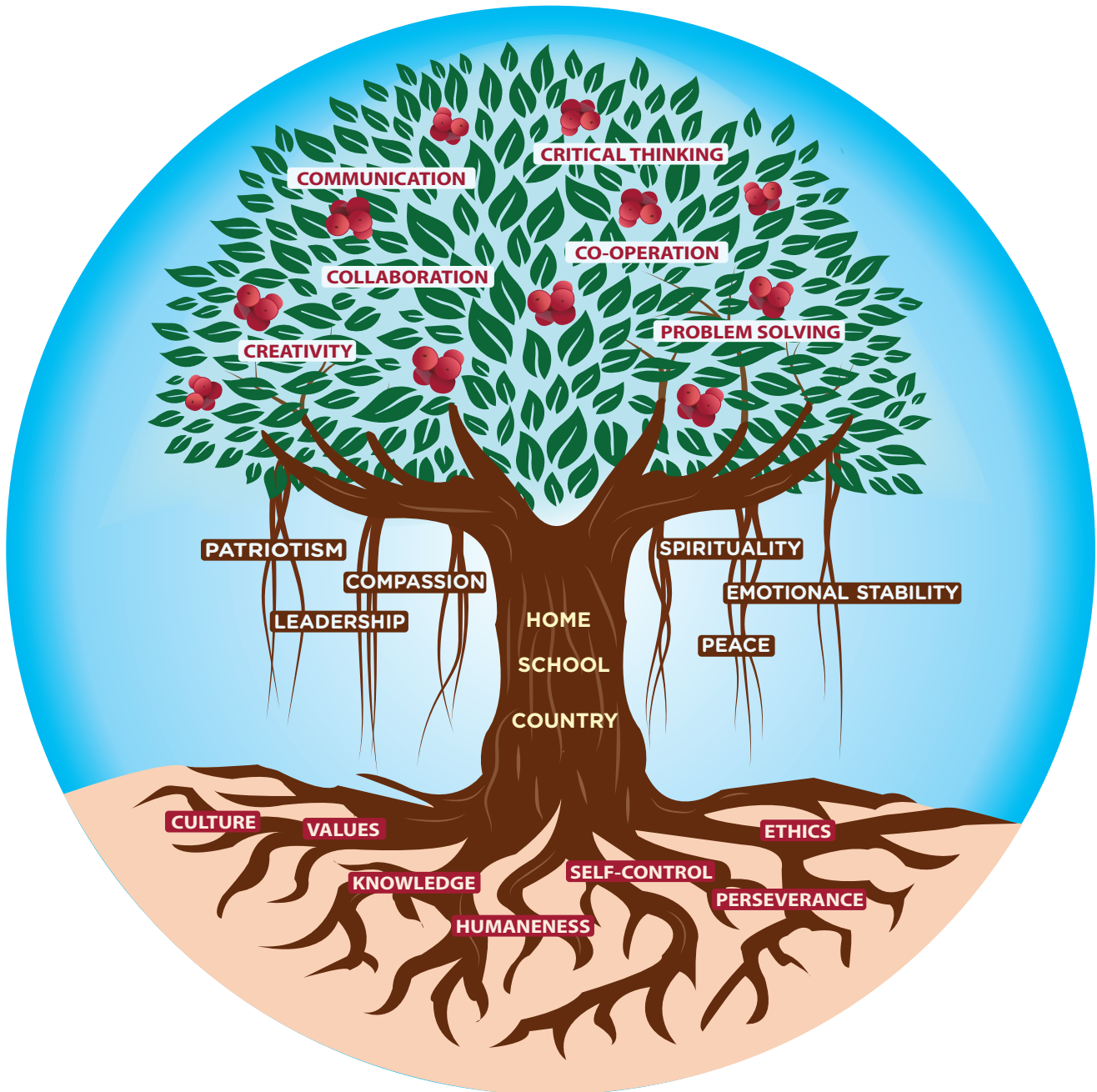
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The Learning Tree



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1

Know Yourself



Expected Learning Outcomes

Students

- know what sense organs are.
- **understand the importance of each of the senses.**
- become aware of the onset of various seasons.
- **become observant of the length of day and night during different seasons.**
- realise the need for seasonal clothes.
- **understand what seasonal fruits are.**
- understand the need for healthy breakfast, fitness activities and early dinner.
- **make an effort to follow healthy food habits.**
- locate the state/s and capital/s mentioned in the lesson on the political map of India.

Learning Outcomes



When you walk past a seemingly sleeping dog, its ears shoot up.

Why?

Your friend who is seated in the opposite corner of the class, opens his lunch box.

You know what he has brought even without looking at it.

How are you able to find out?



Who Am I?

I protect you from Sun and rain.
I come in many colours.

Who am I? Draw and colour me.



It was 3:00 pm when Akhil and Aryan returned from school. When they entered the house, a pleasant aroma welcomed them.

Akhil: Hmmm.... maa... It smells so good, what are you cooking?

Maa: Are you able to smell it? My nose is blocked, since I have a cold. I'm not cooking but baking cookies Akhil.

Aryan: What's today maa?

Maa: Your cousin Sakshi is visiting us from Udhagamandalam, so I thought I will prepare a few food items that you children like.

Akhil: That's good news. I thought Sakshi's house was in Ooty. Have they shifted to another place?

Maa: No Akhil, Udhagamandalam is Ooty.

Akhil: Oh, is it so!!!

It's been a year since I saw Sakshi, but I know she also likes cookies.

Aryan reaches the dining table and tries to take a cookie.

Maa: No Aryan, have your bath and then come to the table for food.

Aryan: Mmmm!! maa, I can't stop myself. I want to have them now.

Maa: No Aryan, you have to at least wash your hands with soap and water before you eat.

Aryan and Akhil are back at the table after a refreshing bath.

Aryan and Akhil take a bite of the cookies.

Aryan: Yummy!

Maa: How is it?

Akhil: Wow! It's so sweet.

Maa: Which parts of the tongue did you feel the sweetness, the most?

Akhil: I did not observe it. Let me try another piece and find out.

He takes another bite of the cookies, chews it well, relishing every bit of it.

Akhil: Maa! It is the sweetest at the tip of the tongue.



Maa: Good. Next time you eat something, don't put it in your mouth and gobble it. Chew well and feel the taste.

ACTIVITY

Match the following.



Banana flower

Sour



Tamarind

Astringent



Chillies

Bitter



Bitter Gourd

Spicy



Honey

Salty



Salt

Sweet

Akhil: That way, we will also enjoy the food better.

Maa's phone rings and the volume of the ring tone is very high. Aryan covers his ears with his hands.

Aryan: Maa! Your phone rings very loudly. Shall I reduce its volume?

Maa: Yes Aryan. Loud noise is not good for our ears.

The doorbell rings and Sakshi enters the room shouting with excitement....

Sakshi: Hey Akhil! Hey Aryan! Hello chithi! (mother's younger sister in Tamil)



She bows down at her chithi's feet to take her blessings.

Maa: Welcome Sakshi. How are you?

Sakshi: I am good chithi. How are you all? I'm so happy to meet you all after a year.

Maa: We are all good Sakshi. Go, have a bath. Let's have some juice and cookies. Then let's plan for the rest of the evening.



Enrichment

Why do people wear a sweater for most part of the year in Ooty?



Why do we wear cotton clothes in summer?

Sakshi removes her sweater and muffler.

Sakshi: What a relief, I don't need them during my stay in Chennai. I'll be back after freshening up.

Sakshi comes in wearing a polyester frock.

Akhil: Do you feel comfortable in this dress Sakshi? We prefer cotton clothes, especially in summer.

Sakshi: Yes! It's quite sultry. But I did not bring any cotton clothes.

Maa: Then that's a good reason for us to go shopping. Shall we?

They are out on the street and see vendors with water melon, musk melon and jack fruit. Sakshi also sees a huge mound of mangoes.

Sakshi: There seems to be mangoes all around.

Akhil: Yes Sakshi. We get fruits like water melon, musk melon, jack fruit, ice apple and mangoes during summer.

Sakshi: When I visited Shimla last year I saw a lot of litchies during this season.

Aryan: Maa, I am very thirsty. Can we have a soft drink?

Maa: No Aryan, let's have tender coconut instead.

They feel refreshed after having tender coconut.

FACT FILE



Find out the name of ice apple in your mother tongue



Enrichment



Why is tender coconut a good drink?
Why should one avoid soft drinks?

Sakshi: It's hot and humid. Let's go home, switch on the AC and watch television for some time.

Akhil: Though it is hot and humid, I love summer, as I have my summer vacation and



get to eat a lot of mangoes.

Aryan: We also drink a lot of butter milk. I love buttermilk. But monsoon is my favourite season!!! I enjoy playing in the rain. We get additional rain holidays too.

Sakshi: I too love the rains. Will it rain today?

Aryan: It usually rains from October to December in Chennai.

ACTIVITY

List a few things that we wear/carry when we go out on a rainy day.



Akhil: Our cousin lives in Mumbai and he says that it rains there from June to September. He sent me a photograph of him going to school on a rainy day wearing a raincoat and gumboots.

They reach home. They are happy about their shopping.

Akhil: Let's play for some time. It's already 5:15 p.m. Usually Maa tells us that we have to come back before it's too dark.

Aryan: Since it is summer, the sun is out for a longer period of time. We can play for an hour more.

ACTIVITY

What are outdoor games?

Name a few of them.

They enjoy playing different games like hopscotch, throwball, badminton etc.,

Akhil: When I grow up I want to be a badminton player.

Maa: Akhil, Aryan, Sakshi, it's dark already. Let's play some indoor games after you freshen up..

Aryan: Shall we play snakes and ladders today? We played chess yesterday.

Children freshen up, offer their evening prayers and get ready to play again.

Sakshi: Akhil is the youngest. Let us play the game that he wants to.

Akhil: Let's play a game that all of us would enjoy.

The children choose to play carrom.

Maa: Now all of you go wash your hands and come for a light dinner.

Aryan: No maa, I will have my dinner later. Why should we have a light dinner?

FACT FILE

Name the favourite game of your
1. Family 2. Friends



Maa: Aryan, we must have our dinner two hours before we go to bed. It must be light because there is not much of physical activity after dinner.

- Speak about your favourite indoor and outdoor game.
- Did Olympic 2020 happen in the year 2020? If not, why? When did it happen?

All of them have their dinner. It is pleasure reading time and children are engaged in reading their favourite book. Then they brush their teeth and go to bed.

Watch a demonstration of Surya Namaskar and various eye exercises using the given QR Code



It is 5:30 a.m. the next day Children wake up, brush their teeth and come to the drawing room for their yoga session. They proceed to practise Pranayama and Surya Namaskar.

Aryan: My teacher has taught me simple eye exercises that help us to reduce the strain on our eyes.

Sakshi: Yes Aryan, my teacher said that it will also improve our concentration. We shall do it definitely.

Akhil: We'll do pranayama, i.e. controlled breathing. We feel fresh and relaxed.

Children finish their exercises when papa walks in.

Papa: Shall we have our breakfast? I understand that your morning exercises are done.

Akhil: Isn't it too early for breakfast on a holiday? Can we have it a little later?

Papa: Our body needs to refuel itself after a long fast during the night. So, it is always better to have breakfast within two hours of waking up.

Aryan: Oh. Ok Papa. Let me have something light like noodles, maa.

Maa: No Aryan, I have told you many times that breakfast should be the most nourishing meal of the day. Let us have the staple South Indian breakfast.

Sakshi: Wow! Steaming soft idlis! I love them.

Akhil: Let us eat when they are hot.

After a sumptuous breakfast, they all sit together and start planning for the rest of the holidays.



Enrichment

Why is it important to eat freshly cooked food?



SUMMARY

- The food we eat can be sweet, sour, astringent, salty, bitter or spicy. The taste buds in the tongue help us to sense them.
- The tongue consists of taste regions that feel a particular taste the most.
- During summer the sun shines for a longer period of time and due to excess heat and sweat, people prefer wearing cotton clothes.
- The seasonal fruits of summer are watermelon, muskmelon, jackfruit, ice apples and mangoes.
- In Chennai the monsoon starts from October and extends up to December while in Mumbai it is from June to September.
- Games that are played in a closed environment are called indoor games Eg: Chess, Snakes and ladders
- Games played outside in the open air are called outdoor games Eg: Cricket, Football
- Our body needs to refuel itself after a long fast during the night. So, it is always better to have a nourishing breakfast.
- It is always best to keep the dinner light, as there is not much of physical activity after dinner.
- Pranayama is controlled breathing. This makes us fresh and relaxed.



I) Pick out the healthy food and Junk food and write them under the correct heading :

Banana | Butter | Pizza | Honey | Nuts | Noodles | Cucumber | Greens

Doughnut | Potato chips | Chocolates | Popcorn



Healthy Food



Junk Food



II) Fill in the blanks:

1. During _____ season sunlight is available for longer period of time.
2. Pranayama means _____.
3. It rains between the months of _____ and _____ in Chennai.
4. In summer we usually wear clothes made of _____.
5. Carom board is an _____ game.

III) Give two examples for food/fruit/vegetable that taste:

- a. salty - _____, _____
- b. bitter - _____, _____
- c. astringent - _____, _____
- d. sweet - _____, _____
- e. spicy - _____, _____
- f. sour - _____, _____

IV) Name the following:





V) Answer the following:

1. Name the four seasons of the year.
2. List any four fruits available abundantly during summer season.
3. Name any two things that we use during monsoon season.
4. Why should we wash our hands before eating?



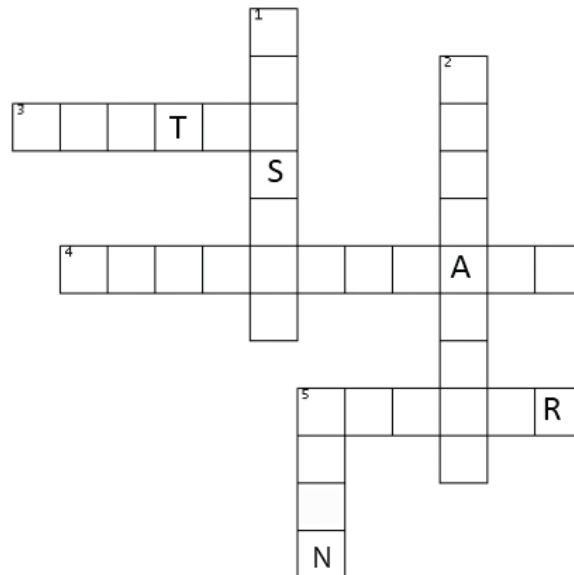
VI) Complete the puzzle :

ACROSS

3. This fabric is the best to wear during hot weather
4. An indoor game
5. Days are longer in this season

DOWN

1. It rains during this season
2. A practice of controlled breathing
5. Largest sense organ that covers our body



2 Family



Expected Learning Outcomes

Students:

- appreciate the structure of a family.
- identify the types of families and understand that family members may look similar.
- identify the relationship between family members.
- acquire knowledge about traditional food, famous tourist spots, and festivals of some places in India.
- appreciate the value of family time.
- locate the state/s and capital/s mentioned in the lesson on the political map of India.

Learning Outcomes



There's a special kind of closeness
that only families know,
That begins with childhood trust
and deepens as you grow.

There's a special kind of happiness
in sharing little things,
The laughter, smiles and quiet talks
that daily living brings.

There's a special kind of comfort
in knowing your family's there,
To back you up, to cheer you up
to understand and care.

Of all the treasures life may bring,
your family means the most,
And whether near or far apart
that love will hold you close.



By Glenda Campbell



TASK

Introduce Yourself

Name	
Date of Birth	
Place of Birth	
Father's name	
Mother's name	
Sister's name	
Brother's name	



Dhruv and his family are boarding a train from Chennai to Thiruvananthapuram to visit his cousin's family. Dhruv is eager to meet his cousins Nila and Bharath at their hometown.

Travelling Ticket Examiner (TTE): May I see your tickets?

Dhruv's father: Here it is.

TTE: How many of you are travelling?

Father: Three of us.

Dhruv: My father, my mother and I.

TTE: So, you are travelling as a family. Have a great time.

The TTE moves to the next passenger.

Dhruv: Achaa, (*father in Malayalam*) what is a family?

Achaa: People who are related to each other and live together make a family. They love and help one another.

Dhruv: Achaa, I am so hungry.

Achaa: Yes Dhruv, let's go to the pantry and buy something to eat.

At the Pantry...

Achaa: Dhruv, see. They have our traditional food.

Dhruv: What do you mean by traditional food achaa?

Achaa: It is the food that we as a community have been eating and would also prefer to have now. Puttu, kadala curry and nendram pazham (a variety of plantain) are a few food items that are a tradition in Kerala.

Dhruv: Achaa, I saw a group of people happily singing and playing together on our way back

TASK

My mother helps me with

(i)

(ii)

My father helps me with

(i)

(ii)

I help my parents by

(i)

(ii)



Puttu and Kadala curry



from the pantry. They look like friends. I also love to travel with my friends.

Achaa: Yes. It's nice to travel with friends. But to me they look like a family.

Dhruv: How do you know they are a family? I think they are friends.

Achaa: Let's try to figure this out. You are in class III. In which class are your friends in?

Dhruv says a few names, counts them.

Dhruv: I have 7 friends from class III, 3 friends in class IV and 2 friends in class II.

Achaa: So, your friends are from your age group. Whereas in the group that you saw now, we have people who are as old as your grandparents, some people in my age group and also children.

Dhruv: Oh...

Achaa: As we go back to our seats, I want you to observe their features too.

Dhruv: Achaa, many of them look alike. They resemble each other. But there are a lot of people.

Achaa: It is a joint family where grandparents, parents, uncles, aunts and cousins live together.

Dhruv: Oh! That is what I am going to experience in Thiruvananthapuram. I am waiting to see my family. When will we reach the place achaa?

Achaa: Tomorrow morning Dhruv.

Dhruv and his family reach their destination. He is excited to see his family members. His cousins Nila and Bharath are equally excited.



Think about...

Have you heard people
say that you resemble
a member of your
family?
How did you feel then?



How are the following people addressed in your Mother tongue?

Father	
Grand Father	
Grand Mother	
Father's younger brother	
Father's elder brother	
Father's elder brother's wife	

Joint family



Dhruv: Achaa, now I understand. You and kochachan (*father's younger brother*) look similar. Nila resembles achamma (*paternal grandmother*). How happy I am to be a part of a joint family!.



Enrichment

What is a nuclear family?



The following day being achachan's 80th birthday the family members get ready to celebrate. They decorate the house and prepare special food items like *paalada pradhanam*, *appam* and *sharkara varatti*.

Dhruv: The house looks really beautiful and I am eager to try all the sweets.

Amma: There is a surprise for you! Your favourite mama (mother's brother),

Jeeva mama is also on his way here.

Dhruv: Wow!! I love to play with him.

All the guests and family members enjoy the company of each other. All the family members take the blessings of achachan and achamma. Finally, they pose for a family photograph and enjoy a grand feast.

After the celebrations, the kitchen was messy. So, everyone helps in cleaning.

In the evening...

Nila: Shall we play some indoor games now?



Dhruv: Let us play pallanguzhi.

As they were playing, achamma calls out.

Achamma: Children, have some delicious *pazham pori* and then continue the game.

Kochamma (father's younger brother's wife):

What a nice day we had! Spending time together as a family brings a lot of joy in our lives.

Amma: Well said. We were all able to bond with each other very well.

Achamma: Kids, I can see that you have thoroughly enjoyed playing. Tell me, what did you learn when you played together?

Nila: Playing together taught us patience and team spirit.



Pallanguzhi



Pazham pori

Name the games that you love to play. With which family member do you play?	
Name of the Game	Family Member
1)	i)
2)	ii)

Dhruv: We learnt to give each other a chance and wait for our turn.

Achamma: That's wonderful. As a family we always need to be with each other, especially in times of need.

Achaa: We had a lot of fun today. Shall we plan for a short trip to Priyadharshini space planetarium and Napier museum tomorrow?

Dhruv: That's Fun! What is special about those places?

Achaa: Priyadharshini space planetarium is one of the versatile planetariums in India. You can learn about our Earth, other planets and the enormous Universe that we are a part of.



Priyadharshini planetarium



Napier Museum



Napier museum gives us an insight into the rich and glorious culture and history of Kerala. The gallery also exhibits the paintings of the famous artist Raja Ravi Varma.

Dhruv: Oh! Nice to know. I was thinking that there was a planetarium only in Chennai.

Nila: Are there any interesting places in Chennai?

Dhruv: Yes Nila, many.



Paintings by Raja Ravi Varma

We have the Marina beach, Mahabalipuram and many more places to look around in Chennai.



Light house at Marina beach

Nila: Can you tell me more about them?

Achaa: Marina beach is the longest beach in India and the second-longest in the world. Do you know that it is along the Bay of Bengal, one of the borders of India? The view of sunrise from the beach is delightful.

Mahabalipuram is known for its shore temples. It was built during the reign of the Pallava kings. The sculptures there are beautiful.

Nila: Sounds interesting! Shall we visit these places when we come to Chennai next time?

Achaa: Sure Nila. I would love to take you there for a visit.

Achachan: Let us all meet again for Onam. We will have a great time then too.

Dhruv: Achachan, Why and how do we celebrate Onam?

Achachan: Onam is celebrated in the month of *Chingam* (August – September) in Malayalam calendar. It is celebrated to mark the homecoming of King Mahabali, a great ruler who loved his citizens. We make a special flower rangoli called **pookkalam** and prepare a grand feast called Onam Sadhya. Some people also participate in the famous boat race.



Mahabalipuram sculpture



Enrichment

What is the traditional dance form of Kerala?



Onam Sadhya





Pookkalam



Boat race

Dhruv: Achachan, I am waiting to celebrate this year's Onam as a family.

I will remember this holiday forever. I learnt about my family, importance of being together. our culture and traditions.

SUMMARY

- TTE (Travelling Ticket Examiner) checks the tickets of the passengers and ensures the safety and security of passengers on the train.
- People who are related to each other and live together under one roof make a family.
- In a joint family grandparents, parents, uncles, aunts and cousins live together.
- A nuclear family comprises of parents and their children
- Traditional methods are passed on from one generation to another.
- Playing together teaches us a lot of qualities like team work and patience etc.
- Different places to visit in Thiruvananthapuram are Priyadharshini Planetarium and Napier Museum.
- Places to visit in Chennai Marina Beach and Mahabalipuram.
- Onam is a festival celebrated in Kerala with special flower Rangoli, feast and boat race.



1) Fill in the blanks

1. The second longest beach in the world is the _____ beach.
2. The shore temples of Mahabalipuram are built by the _____ kings.
3. One of the popular planetariums in Kerala is _____ space planetarium.
4. Special rangoli made using flowers during Onam festival is called _____.
5. Members of a _____ family include only the parents, and their children who live together under one roof.



II) Match the following

- | | | |
|--------------------|---|------------------|
| 1. Puttu | - | Bay of Bengal |
| 2. Marina beach | - | Shore temple |
| 3. Raja Ravi Varma | - | Traditional food |
| 4. Mahabalipuram | - | Paintings |

III) Answer the following

1. Who is a TTE? What does he do?
2. What is traditional food? Name few traditional foods of Kerala.
3. Who are the members of a joint family?
4. Write a few lines about the shore temples of Mahabalipuram.
5. How is Onam celebrated in Kerala?
6. What is special about the following places in Trivandrum:-
 - a. Priyadharshini Space Planetarium
 - b. Napier Museum

IV) Observe the pictures given and identify the following:

1. The longest beach in India



2. The famous artist who painted this picture.





3. The place where you find these shore temple sculptures



4. Grand Feast on Onam



V) On the Political map of India locate the following places

1. Tamil Nadu
2. Kerala
3. Bay of Bengal
4. Arabian Sea

VI) Art Integrated activity

1. Draw and colour the traditional Pookalam of Kerala

2. Discuss with your parents and draw your family tree.



3

India, that is Bharat

- Part 1

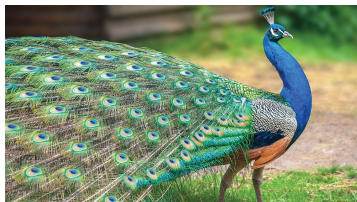
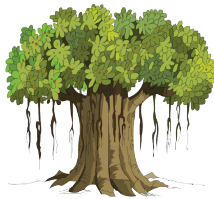


Expected Learning Outcomes

Students

- identify National Symbols.
- understand the importance of our National flag.
- understand the significance of celebrating Independence Day.
- appreciate the hardships faced by our freedom fighters.
- understand the efforts of Netaji in fighting against the British.
- understand the role played by Patel in unification of India.
- describe the Swadeshi Movement.
- develop an admiration for the country.
- locate the state/s and capital/s mentioned in the lesson on the political map of India.

Learning Outcomes



MY BHARAT

Victorious Bharat! My Bharat! Jai Bharat!
Glorious Land of Vedas 'nd Gita
Valorous Land of bravery

(Victorious)

Virtuous Land of peace and harmony
Righteous Land of wisdom

(Victorious)

Sacred land of eternal rivers
Golden Land of greenery

(Victorious)

Heavenly Land of prosperity
Incredible land of love and bliss
Victorious Bharat! My Bharat! Jai Bharat!

Dr. S. Avudainayagi



Scan this
QR- Code to
listen to the
rendition of
Patriotic Song
"Paarukulle
Nalla Naadu".

Try to sing the song in class



It is 15th August. Shashank and his nana (maternal grandfather in Gujarati) are watching the Independence Day program on television.

Nana: Shashank, do you know who is hoisting the flag?

Shashank: Oh Yes! I know nana. He is our Prime Minister. Our national flag is very colourful. Nana, but why does it have these colours?



Flag hoisting at Red Fort

Nana: Our flag was thoughtfully designed. The **saffron** band on top indicates the strength, sacrifice and courage of the people. The middle **white** band indicates *harmony, peace* and *truth*. The **green** band indicates growth and prosperity of our nation.

In the middle, we have *Dharma Chakra* which is **blue** in colour. It has 24 spokes in it. Each spoke on the chakra represents the qualities that the citizens are expected to have for the country to prosper. Some of these are Peace, Morality, Service and Health.

We can also say that it indicates the number of hours in a day and that we need to have the welfare of our nation, in our thoughts and actions, always.

Shashank: I am amazed at how thoughtful our leaders have been. Why is the flag hoisted today with such grandeur?

Nana: Shashank, We became an Independent Nation on 15th August, 1947. Every year the Independence day celebrations begin with our Prime Minister hoisting the national flag at the Red fort (New Delhi).

Flag hoisting helps us remember the sacrifices of our freedom fighters. It's because of them we are an independent nation today. It also reminds us of our responsibilities towards our motherland.



Choose the correct answer

Our national flag was designed by

1. Pingali Venkayya
2. Mahatma Gandhi
3. Jawaharlal Nehru
4. Abul Kalam Azad

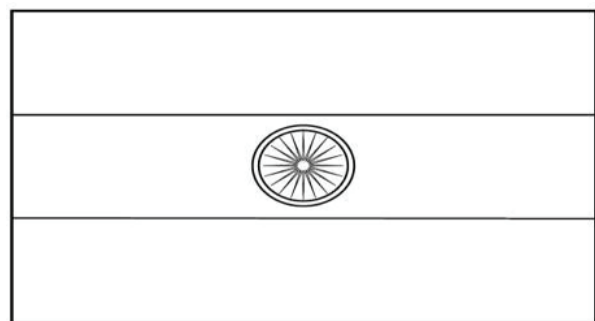
FACT FILE

Find out the other qualities of a good citizen.

How can we say that the 24 spokes may also indicate that we need to be patriotic always? (Hint: A day has ____ hours)

ACTIVITY

Colour our national flag



Shashank: Independent Nation! What does that mean?

Nana: An independent nation is one which is governed by the people, of the people, for the people.

Shashank: What do you mean by it?

Nana: We were ruled by others for a very long time, the last among them were the British. We gained independence from them.

Shashank: Why were we ruled by others for a long time?

Nana: We were prosperous in knowledge and wealth. Rulers from all over the world came to our land, attracted by these. The British came in as traders. Slowly they started ruling us by creating divisions among the people.

Shashank: Oh no! Then, how did we gain our independence from them?

Nana: Many people sacrificed all that they could, to free this nation. The leaders, of that period, had only one goal that is to liberate the country from foreign rule. They worked together to fight against the foreigners. Thus our country became a free nation.

Shashank: Please tell me more about such patriots, nana.

Nana: Definitely Shashank. Let me begin with **Rani Velu Nachiyar (1730 - 1796)**. She was one of the first women warriors to fight against the British East India Company. She was the queen of Sivaganga. When the British tried to annex it, she valiantly fought against them and defeated them. It is interesting to know that she fought against the British much before 1857.

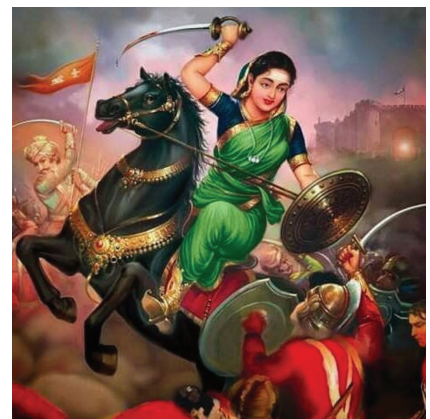


Enrichment

- Who is our Prime Minister?
- Who was our first Prime Minister?



List the names of some leaders who fought for our Independence



Rani Velu Nachiyar





Rani Lakshmi Bai (1835 – 1858) was another warrior who was known for her outstanding valour and courage.

She offered a stiff resistance to the British when they attacked the fort of Jhansi, she laid down her life while fighting for the cause.

FACT FILE

Why is the year 1857 important in Indian history?

Lala Lajpat Rai of Punjab, **Bal Gangadhar Tilak** of Maharashtra and **Bipin Chandra Pal** of Bengal, the trio who were fondly called as **Lal-Bal-Pal** were nationalists who strongly advocated the 'Swadeshi Movement'. The movement was a call for the boycott of all foreign goods. People were encouraged to use goods made in India.`



LAL - BAL - PAL



Freedom fighters like Bhagat Singh, Sukhdev Thapar and Shiva Ram Rajguru made the supreme sacrifice for our country.

Shashank: What does supreme sacrifice mean nana?

Nana: It means to lay down one's life for the sake of the country.

A lot of people were repeatedly jailed and subjected to insults and cruelty in the prison. The British maintained a cellular jail (also known as Kaala Paani) in Andaman. They chose Andaman because it is away from the mainland.

Great patriots like Veer Savarkar and Bhai Parmanand were held there for a long time.



Veer Savarkar



Bhai Parmanand



Shashank: That's very sad! What made people at that time fight against the British in spite of facing such brutality.

Nana: Their love for the nation, Shashank. This love made them not only to give up on all comforts, but also gave them the courage to face adversities.

जननी जन्मभूमिश्च स्वर्गादपि गरीयसी
(Janani Janmabhumiścha Swargadapi Gariyasi)
"Mother and Mother Land are superior to Heaven"

Shashank: I too love my country. Jai Hind!!!

Nana: Do you know the meaning of 'Jai Hind'?

Shashank: Yesterday, on the eve of Independence Day my teacher explained it. जय (Jaya) means Victory in Sanskrit and हिन्द (Hind) stands for Hindustan. So, it means 'Victory to Hindustan'.

Nana: That is so nice Shashank. It was coined by Abid Hasan and Chenbakaraman Pillai during the fight against the British. It was adopted by INA as their slogan.

Enrichment



Identify this freedom fighter.

Hint: He was from
Tamilnadu

Shashank: INA? What is it, nana?

Nana: It is the Indian National Army, founded by Netaji Subhash Chandra Bose to fight against the British.

Shashank: Yes, my teacher has mentioned 'Netaji' many times but I don't know much about him. Can you tell me about him, Nana?

Nana: It is always a pleasure to talk about Netaji. He was one of the greatest leaders of our freedom struggle. Born to a Bengali lawyer in Cuttack (Orissa), he joined the Indian Freedom struggle in the year 1920 at the age of 23.

He took up many roles. He was a youth educator, a journalist and was also the elected mayor of Calcutta before he decided to chart his own path, in the freedom movement.



Netaji Subhas Chandra Bose
and Capt. Lakshmi

Enrichment

'Jai Hind' is the saluting slogan for the Indian Armed Forces now.



His selfless contribution infused courage and confidence in the hearts of the people. He founded the Indian National Army (INA) and inspired thousands of Indian youth to join the INA.

The coordinated warfare by the INA was one of the reasons that made the British realise that they cannot continue to govern India anymore and so were forced to go back to their own land.

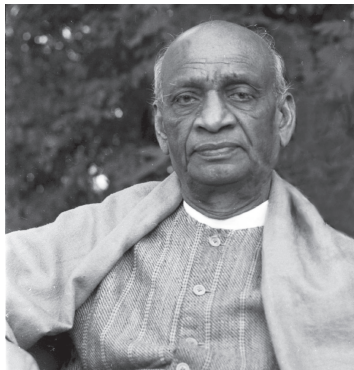
Shashank: It should have been such a great relief and joy for people at that time when the British left India.



Enrichment

What is Rashtriya Ekta
Diwas?

Nana: Of course! It was. But the British divided the area under their rule into two nations - India and Pakistan. During that period, India had around 565 princely states...



Sardar Vallabhbhai
Patel

Shashank (almost interrupting): But aren't we one nation today!?

Nana: Yes, we are.

Sardar Vallabhbhai Patel, the “Iron Man of India”, shouldered the responsibility of unification with determination. We were always culturally united, though we were small states when the British left the country. If you observe the celebrations, dress, and the languages we speak, you will observe a lot of similarities.

Shashank: Now I understand that though we differ in language, customs and the way we celebrate our festivals we are united in our values. I'm proud to be an Indian.

Nana: That is exactly what our National Anthem also highlights.

The celebrations at Red Fort conclude with the National Anthem. Shashank stands up in attention for the National Anthem.



Enrichment

- Who wrote our National Anthem? In Which language is it?
- Which is our National Song? In which language is it?
- Why should we stand up in attention when the National Anthem is sung?



Shashank: I feel so proud after hearing so much about our Bharat. Not only today but every day, I'll carry the love and respect for my nation. I shall be a true patriot.

Nana: I'm so happy to hear this. Patriotism is not just the love and respect for the country but also doing our part for the betterment of the country.



Scan this QR-Code
to listen to the
rendition of Hindi
Patriotic Song

SUMMARY

- Independence Day is celebrated on 15th August every year.
- Significance of the colours of our National Flag –
 - Saffron – Strength, courage and sacrifice of the people
 - White – Harmony, peace and truth
 - Green – Growth and prosperity of the nation
 - Dharma Chakra :-Blue, 24 Spokes –
 - Signifying the qualities the citizens must have (example : Peace, morality, service and health, etc.)
 - 24 Hours of the day.
- Independent Nation – One which is governed by the people, of the people, for the people.
- Rani Velu Nachiyar (1730 - 1796) was the first woman warrior, the queen of Sivaganga to fight against the British East India company and defeat them.
- Rani Lakshmi Bai (1835-1858) was known for her outstanding courage and valour. She laid down her life fighting for the country.
- Swadeshi movement advocated by Lal - Bal - Pal, encouraged people to buy Indian-made goods and boycott of all foreign goods.
- Kaala Paani in Andaman also called as Cellular jail was chosen to hold in captivity, patriots like Veer Sarvarkar, Parmanand because it was far away from the mainland.
- Meaning of 'Jai Hind' - 'Victory for Hindustan'
- Netaji Subash Chandra Bose founded the INA (Indian National Army) and inspired thousands to join the freedom movement.
- Sardar Vallabhbhai Patel, the Iron man of India, unified 565 Princely states of India.





I. Fill in the Blanks

1. Independence Day is celebrated on _____ every year.
2. Red Fort is located in _____
3. The queen of Jhansi who valiantly fought the British was _____.
4. The saluting slogan for the Indian Armed Forces is _____.
5. The Indian National Anthem was written by _____.
6. We stand up when the national anthem is sung as a mark of _____.

II. Match the Following

- | | |
|---------------------------|------------------------|
| 1. Kaala Paani | - Iron Man of India |
| 2. Netaji | - Pingali Venkayya |
| 3. Sardar Vallabhai Patel | - Sivaganga |
| 4. Rani Velu Nachiar | - Andaman |
| 5. Jai Hind | - Indian National Army |
| 6. National flag | - Chenbakaraman Pillai |

III. Name the following

1. National tree –
2. National flower –
3. National fruit –
4. National animal –
5. National bird –





IV. Answer the Following


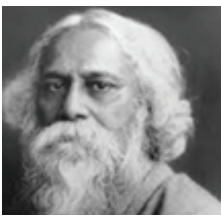


1. Draw and colour the Indian National flag and explain the significance of each colour of the flag.







2. Explain the Swadeshi Movement.
3. Who hoists the National flag on Independence Day? What does it remind us of?
4. List down the contributions of Rani Velu Nachiar and Rani Lakshmi Bai towards India's freedom.
5. Write a note on Netaji Subhash Chandra Bose.
6. Why was Sardar Vallabhbhai Patel called the "Iron man of India"?

V. Choose the correct option

1. Our National Emblem.			
a. 	b. 	c. 	d. 
ANSWER :			

2. The composer of our National Anthem			
a. 	b. 	c. 	d. 
ANSWER :			

3. The freedom fighter who suffered extreme cruelty at Kaala Paani.			
a. 	b. 	c. 	d. 
ANSWER :			



VI. Choose one Freedom fighter, learn about him or her. Enact a part of their life that inspires you the most in your theatre class.

VII) Identify the freedom fighters:

Rani Ahilyabai Holkar | V.O Chidambaram Pillai

Mahakavi Bharathiyar | Sukhdev Thapar



VIII. Locate the following on the political map of India

1. Andaman and Nicobar islands
2. New Delhi
3. Indian Ocean
4. Maharashtra
5. West Bengal
6. Punjab



4 Plants

- Part 1



Expected Learning Outcomes

Students

- appreciate the importance of plants in our lives.
- explain with examples the classification of plants.
- understand that leaves are the food factory of plants.
- illustrate with a diagram- the parts of a plant.
- acquire knowledge about the medicinal value of plants.
- appreciate the value of Indian knowledge and traditions regarding plants.
- understand the science behind traditional Indian practices.

Learning Outcomes



Banyan Tree



Banana Plant



Peepal Tree



Bamboo Plant



Mango Tree



Coconut Tree



Anand and Aarthi have come to their grandfather Subroto Banerjee's house for summer vacation. They were searching for their dada (paternal grandfather in Bengali) in the garden. Dada was busy in the garden.

Anand: Dada, what are you doing?

Dada: I am trying to loosen the soil to help the plants grow better, Anand.

Anand: There are so many varieties of plants and they look so beautiful! The air here is also cool and refreshing. It would be great if all of us can have a garden like this.

Dada: Yes (smiling). I shall certainly recommend that.

Anand: You seem to be very happy while you are in the garden taking care of the plants, dada.

Aarthi: I agree with Anand. I have seen you joyfully collecting our daily supply of vegetables and flowers from the garden.

Dada: Yes, they are tastier than what we buy from the market.

Anand: My teacher told us that plants make the air fresh, how is that possible Dada?

Dada: Plants prepare their own food and, in that process, they also make the air around fresh.

Anand: What? Do plants also have a kitchen?

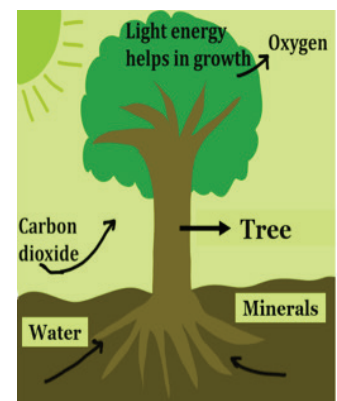
Dada: Yes, leaves are the kitchen of the plants. Leaves prepare food for the plant with the help of water, carbon dioxide, sunlight and chlorophyll (*the green colour of the leaves*). During this process they give out oxygen.

Aarthi: Are you talking about the oxygen that we breathe in?

Dada: Yes, remember that plants give out oxygen when they prepare food, and carbondioxide when they breathe.

Anand: Do they give out oxygen at night?

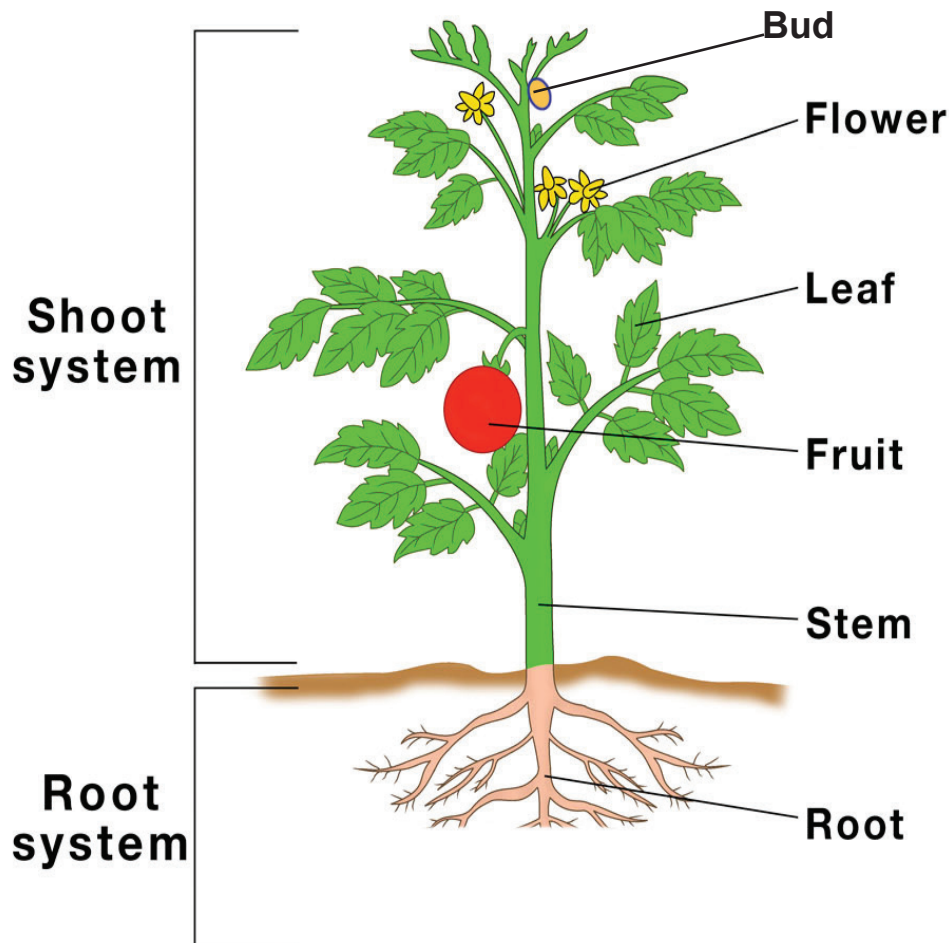
Dada: No. That's because they prepare food only during the day as they need sunlight for it. But they breathe throughout. During breathing, they take in oxygen and give out carbon di oxide like us.



Anand: What else do plants need to grow?

Dada: Plants need a fertile soil. They take water and nutrients from the soil.

Parts of a Plant



Aarthi: Okay dada, leaves are the food factory of a plant. What are the other parts of a plant?

Dada: Let me show you the parts of a plant. Look at the picture to know the parts of a plant.

Anand: Dada, I am curious to know how plants stay in one place.

Dada: The part of the plant under the soil is called the root. Plants stay in one place because the roots hold them to the soil. The root absorbs water and nutrients from the soil.



Enrichment

Plants prepare their own food. So, they need not move from one place to another, in search of food.



Aarthi: Then, what is the part above the soil called?

Dada: The parts of the plant above the soil, is the shoot system.

Aarthi: You mean to say that the shoot system consists of the stem, branches, leaves, buds, flowers and fruits.

Dada: Correct!!!

Anand: What about vegetables? Aren't they a part of the plant too?

Dada: Yes, they are.

Aarthi: Dada, I have a doubt. Why do we say that brinjal and cucumber are vegetables but lemon and guava are fruits?

Dada (smiling): Vegetables are those that can be eaten either raw or cooked.

Aarthi: Yes, we eat carrot, tomato, cucumber and onion raw, too.

Anand: But, why do we cook?

Dada: Normally we cook for easy digestion and for better taste. E.g., Potato, broad beans and bitter gourd are eaten cooked. Imagine eating them raw!

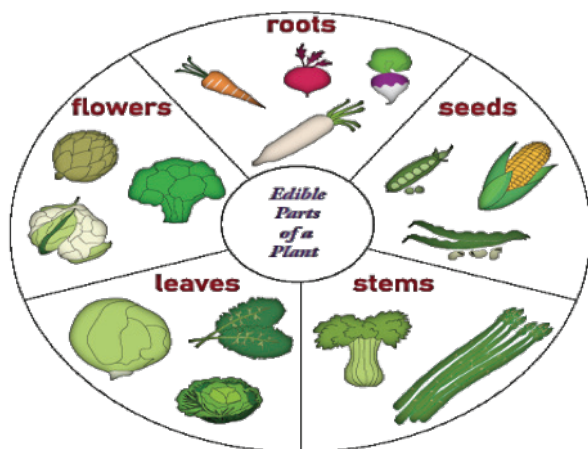
Anand: That would be difficult.

Aarthi: Am I right when I say that fruits are fleshy, juicy and mostly eaten raw. E.g., papaya, pineapple and pomegranate.

Dada: Absolutely! That's a great learning!

Anand: Do we also eat other parts of plants too?

Dada: Yes, we also eat the roots, stems, leaves, flowers and seeds of the plants. For example, **root** - carrot, **stem** - sugarcane, **leaves** -spinach, **fruit** - mango, **flower** - banana flower, **seeds** - corn.



Enrichment



- All parts of a banana plant are edible. Discuss.
- Find out whether banana is a herb, shrub or a tree?



Anand: Dada, I can see a variety of plants here. Each plant looks unique.

Dada: Good observation! Look at these plants. They have soft green stems. They are called herbs.

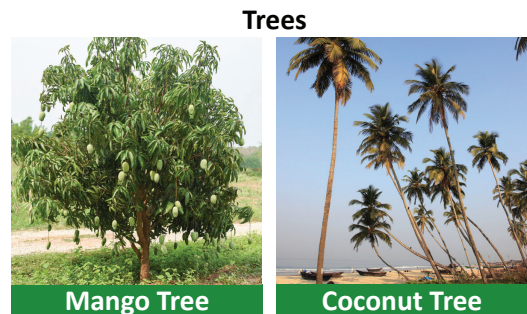
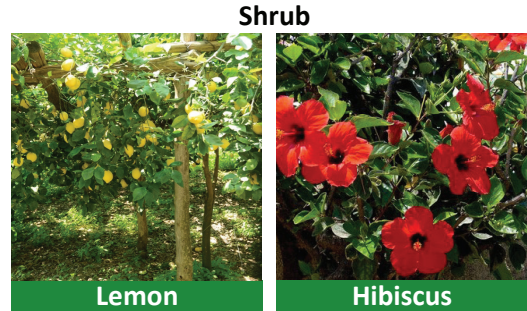
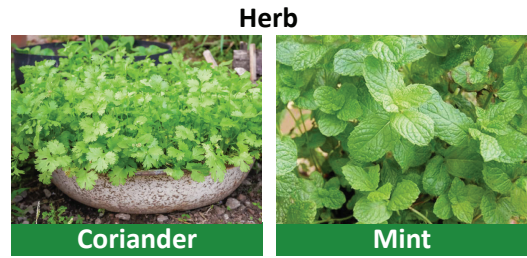
Anand: Then, can we say that coriander and mint are herbs?

Dada: Yes. Now, observe the hibiscus, lemon, mango and coconut trees. How are they different from each other?

Aarthi: Stems of hibiscus and lemon are bushy, whereas mango and coconut trees have a hard and broad stem that is also tall.

Dada: Yes. Plants like hibiscus and lemon are shrubs. They have a hard stem and are bushy.

Anand: Dada, I notice large pumpkins lying on the ground and betel plant growing with a support.



Enrichment

Name the trees

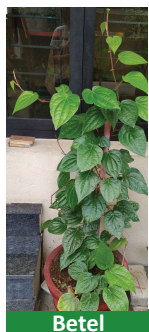
- a) with branches
- b) without branches

What are they called?

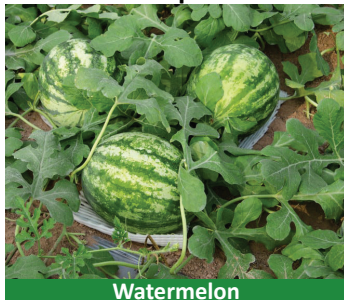
Dada: Plants with soft green stem which spreads on the ground are called creepers. E.g., watermelon and pumpkin.

A soft green stem which grows along a support is called a climber. E.g. snake gourd, grapes, bottle gourd, betel.

Climbers



Creepers



Anand: Amazing! We have learnt so much about different kinds of plants.

Aarthi: We have also understood that plants are useful to us in many ways.

Dada: Yes, they give us oxygen, food, medicine, wood and paper. They are the source of food. They provide us food grains, pulses, spices, vegetables and fruits.

Anand: Medicine! What medicine?

FACT FILE

Observe the creepers and comment on the size of their fruits.



Aarthi: Anand, last week when you had a cold, Dadi (*paternal grandmother in Bengali*) gave you a kadha (herbal concoction). I was with her when she prepared that. She used ingredients like tulsi, mint, ginger, cumin seeds, pepper and cloves.

Anand: Oh Yes! I understand now, it was very soothing to my throat. What a relief it was!

Dada: Shall we take a break now, I am tired. Let us have some tea.

Anand: Dada, do we also get tea from plants?

Dada: Of course. Not only tea. We get coffee, cocoa, spices etc from plants.

Anand: Dada what plant is this?

Aarthi: I know. This is “Tulsi”.



Enrichment



The word “paper” is derived from the name of the plant Papyrus



Milky liquid from the rubber tree is used to make rubber.

Anand: Dada, why is Tulsi plant worshipped in many houses?

Aarthi: People also worship “Bilva” and “Ashwatha” trees isn’t it?

Dada: Yes. Our culture and tradition are based on science. We are encouraged to grow plants and trees around our houses as we know that plants make the air fresh by releasing oxygen. They also keep our

surroundings cool and hence it is a part of every household.

Aarthi: That is very inspiring dada, we also want to grow plants.

Anand: Where is the place for us to grow plants in our house?

Aarthi: Why not! We can have a kitchen garden at home and we can also grow plants in our school.

Dada: I really appreciate your interest in having a garden. The next time I visit you, I would like to see your garden.

Anand and Aarthi (together): Sure dada!

ACTIVITY

Collect dry leaves of five plants or trees and stick it in the scrap book (Do not pluck the leaves from a tree).

Identify the ways in which they differ.



- Leaves of the plants prepare its food with the help of water, Carbon dioxide, Sunlight and Chlorophyll.
- Plants give out oxygen when they prepare food during the day.
- When they breathe they give out Carbon dioxide.
- Plants need sunlight, nutrients, water, and air for their growth.
- The part of the plant under the soil is called the root. It fixes the plant in the same place and absorbs water, nutrients from the soil.
- The parts of the plant above the soil is the shoot system. It consists of the stem, branches, leaves, flower, fruits etc.
- Apart from fruits and vegetables some plants also have edible leaves, stems, roots, flower or seeds.
- Based on the nature of the stem, plants are classified as herbs, shrubs, creepers, trees and climbers.
- i) Plants with soft stems are called herbs. eg: Mint, Corriander.
- ii) Plants with hard and bushy stems are called sherbs. eg: rose, hibiscus
- iii) Plants with soft stems that grows along a support are called climbers. eg: Snake gourd, grapes.
- iv) Plants with soft stem which spreads on the ground are called creepers. eg: pumpkin and water melon.
- Plants provide us with food grains, pulses, spices, vegetables and fruits.
- We should grow more plants and trees around our houses to have fresh air and keep the surroundings cool. Our tradition and culture also support the same.



I) Choose the correct answer:

- Plants are the source of _____.
 (a) soil (b) water (c) food (d) light
- Coriander is a _____.
 (a) climber (b) herb (c) shrub (d) tree
- Which among the following is not a medicinal plant?
 (a) neem (b) tulsi (c) money plant (d) mint
- The part of plant that develops in to a flower is a _____.
 (a) bud (b) fruit (c) root (d) twig



5. Which of the following is the primary source of energy for plant growth?
(a) water (b) air (c) sound (d) sunlight

II) Give two examples for

1. Climbers - _____, _____
2. Herbs - _____, _____
3. Creepers - _____, _____
4. Plant products - _____, _____
5. Trees - _____, _____
6. Shrubs - _____, _____

III) Fill in the blanks

1. The green colour pigment in a plant is called- _____.
2. When the plants prepare food they take in _____ and give out _____.
3. Leaves, stem and buds are part of the _____ system.
4. The part of the plant that absorbs nutrients and water from the soil is _____
5. The plant with bushy stems are called _____.
6. Cabbage is an example of edible _____

IV) Answer the following

1. Classify the plants based on the nature of their stems.
2. What do plants need to grow?
3. Why are plants important to us?
4. Why do climbers need support to grow?
5. Why is it not advisable to sleep under a tree during the night?
6. Which part of a plant is called its “kitchen”? Why?
7. Draw a plant and label its parts.

**V) Mention the fruits/vegetables your mother uses while preparing a salad.
Write its recipe.**



5 Animals

- Part 1

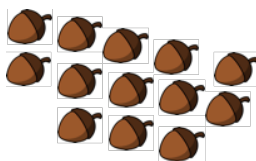


Expected Learning Outcomes

Students

- classify animals according to their natural habitat.
- justify the need for animal sanctuaries and national parks.
- distinguish animals based on their food habit.
- empathise with animals.
- appreciate the importance of afforestation.
- enumerate the uses of animals in our day-to-day lives.
- understand food chain.

Learning Outcomes



Up down ran the squirrel on a tree,

Cracked a nut breaking it free,

Caw- caw sang the crow,

Watched the squirrel run into the grove,

Hiss came the snake crawling from a hole,

Slid onto the grass to gobble the frog whole,

Croak croak, the frog jumped into the pond,

Quack Quack, came the duck to swim along

Flip Flop, there came Somu with a happy song.



- Name an animal that has two legs and can fly.
- Name an animal that doesn't have legs.
- Is ladybug an insect or a bird?
- This animal can swim in water and hop on land.

- Hema Srinivasan

Sing an animal song



It was Pongal festival. Geetha and Meena had gone to Somu's village to celebrate Pongal festival. Pongal is the harvest festival of Tamil Nadu. It is celebrated to thank nature and cattle for helping the farmers to produce a good harvest. Pongal is celebrated in Tamil Nadu for four days.

Somu: Do you know that the first day is celebrated as **Bhogi**, when we give up old things and give way to the new? It signifies that we need to adapt to the ever-changing world. The second day is celebrated to express our gratitude to the Sun for helping us reap a bountiful harvest.



Meena: Oh... that is indeed a great gesture. We are grateful to the sun whose light we take for granted.

Somu: On the third day of the festival, **Mattu Pongal** is celebrated.

Geetha and Meena were surprised at the way the cattle was decorated. Along with periyappa (father's elder brother in Tamil) and periyamma (father's elder brother's wife in Tamil), Somu and Meena offered prayers for the well-being and fed the cattle. They also offered food to the birds.

Geetha: Why should we be grateful to the cattle? Now a days, we use machines for most of the activities in the farm.

Meena: We need to be thankful because the cows and goats give us milk. The dung of the cattle is used as manure. It is also used to produce biogas.

Geetha: Wow! That is nice.

Somu: Animals have always been part of our lives. You would have noticed carvings of animals on walls and towers of temples, or sometimes even on rocks.

FACT FILE

People in India feed crows almost every day. Most of the temple towers and walls have sculptures of birds and animals carved on them.



Geetha: Do we have only cows and oxen? Do only those animals help us or do we have other animals to help us in the farm?

Meena: Some farms have horses and sheep too. Do you know there are special terms for animals that are raised in a farm?

Somu: Animals that are reared at home or in a farm are domestic animals. They are maintained by humans for their livelihood. These animals live alongside us.

Examples: cow, horse, sheep, pig etc.

Meena: I see dogs also in the farm. Do dogs help us?

Somu: Some dogs are kept as watch dogs in farms.

Geetha: But we have dogs in the cities too. Why do we have them?

Meena: Dogs are kept as pets by many people in cities. They guard the home of their owners.

Pet animals are kept as companions and cared for affectionately by us. These animals are treated as part of our family. Special houses are built for these animals by us. Examples: cat, dog.

Geetha: Meena, did you also notice the cat with kittens near the cattle shed?

Meena: Do cats also help us in the farm?

Geetha: Cats feed on animals like rats that eat away the grains in the fields. These animals are friendly and helpful to us.

Meena: I have always wondered about animals like lions and tigers. Who takes care of them? Where do they live?

Somu: These animals live in the forest. Animals that live in forest are wild animals. These animals are not domesticated by humans.

Examples: lion, tiger, giraffe, bear, snake, zebra, etc.,

Geetha: You say that tigers live in forests. But, I read in the newspaper that a tiger entered a village. Why should it enter a village?

FACT FILE



Name two modern farm equipments.



Somu: Probably in search of food and water. Since forests have become smaller, wild animals are forced to enter the villages. We need to understand that animals have as much right to the earth as humans do. But, some animals are in danger all over the world. Animals are often killed for their skin, tusk, horns, teeth and claws.



Enrichment

Cheetah is the fastest land animal. It can run up to a speed of 130 km/h

They are also killed for sport in some parts of the world, but it is against law in India.

Forests are being cut down to build more houses, factories, and to grow more crops for us.

Due to this many animals have lost their homes. We have to save our forests to protect the homes of animals.

Many of our forests have been made into national parks and sanctuaries. No one is allowed to cut trees or harm animals in the sanctuaries and national parks.

Meena: That was a great learning. What do we do on the fourth day of Pongal? I am excited.

Geetha: The fourth day of Pongal is called **Kaanum Pongal**.

On the 4th day of Pongal, they went around the village and they were thrilled to see the beautiful fields. They were happy to see the colourful butterflies flying around.

Geetha: Meena and Somu come here. There are a lot of ants near this tree.

Meena: Tiny animals like ants are called Insects.

Insects form the largest group of animals living on the earth. Insects have six legs. Example: ant, grasshopper.

Some of them have wings and can fly.

Examples: housefly, mosquito.

Some insects have thin, long feelers on their head that are used to feel their surroundings.

Examples: cockroach, butterfly.

FACT FILE

Ants can carry up to 20 times more than their weight.



Geetha: They produce young ones by laying eggs.

Meena: Insects are so small. What do they eat?

Geetha: What is that creature moving in the soil? It looks like a baby snake. It doesn't have legs.

Periyappa: They are earthworms. Worms are living things with a round or flat body. Worms are generally long and thin. Earth worms turn around the soil and make it very airy.

Geetha: That is why my teacher said it is farmer's friend.

FACT FILE

We have more kinds of insects than other animals.

They continued to walk through the fields enjoying the beauty of the village.

FACT FILE

Butterflies can taste with their feet.



FACT FILE

Find the food of any two insects.

Geetha: I can hear a lot of birds chirping in the trees.

Meena: Oh! look up. There are sparrows on the trees. My father told me that the sparrows have disappeared from cities.

Geetha: I really wonder how these sparrows are flying, Wish I could also fly freely like them in air.

Meena: But I have seen birds kept in cages. Even if they are fed with good food and water, do you think they are happy?

Geetha: I don't think so. After seeing these free birds, I think they should be sad as they don't have the freedom to fly around freely.

Somu: Yes Geetha, they should be sad as they don't get to move around freely. We were all locked up inside our houses during the pandemic. We didn't have the freedom to meet our friends or play with them.

Meena: Our parents gave us a variety of food but we missed sharing and enjoying food with our friends. Now I understand that birds in cages must also be feeling the same way.



Sparrow





Enrichment

Why should we wash our hands before eating?

The eggs of some worms like tape worms and flat worms might be sticking to our hands and they might enter our body if we don't wash our hands. They can live inside the bodies of human beings and other animals. They take away all the nutrients from our body and make us sick.

Somu: Birds need not be kept in cages to enjoy their companionship. We can enjoy their companionship by feeding them with grains or even placing a bowl of water for them in our garden or terrace.

Meena: I am attracted to birds for their wonderful colours on their body.

Geetha: Birds have wings. They are covered with feathers. They help in keeping the bird warm.

Most of them can fly. They have two legs for walking, climbing, hopping, and perching. They have beaks to feed, crush, carry food, suck nectar but they don't have teeth. They produce young ones by laying eggs.

FACT FILE

An eagle can see four times more clearly than a human

What is perching?

Examples: parrot, eagle, peacock, woodpecker.

They were all happily walking through the fields, watching the beautiful birds and the colourful butterflies. Somu stopped walking and shouted with fear. Geetha pushed him aside only to notice a big garden lizard.

TASK

Butterfly Fun

Draw the picture of a butterfly on a sheet of paper.

Put a blob of paint on each of the left pair of its wings.

Fold the paper along the dotted lines.

Press on it. Open and dry it.

Make many more colourful butterflies and stick them on a string. Create your own wall hanging.

Scan the given QR code to see a step-by-step video of how to make a wonderful origami butterfly.





Meena: Even I am scared of lizards that I see in my house. Lizard, tortoise, turtle, snake and crocodile are reptiles. All of them have a covering of hard scales. They lay their eggs on land by burrowing.

As they were nearing the lake, they all were excited.

Geetha: Hey! Can you see fish near the steps? I see something else also in water. Do animals that live in water have a special name?

Meena: There are many animals that live in water. Animals which live in water are called **aquatic** animals.

FACT FILE

- Tortoise and turtle have bony cases into which their head and tail can be drawn when attacked.
- Snakes do not have legs. They do not have external ears. How do they move and hear?



Enrichment

The colour of chameleons change to suit their surroundings.

They have special body parts that help them to survive in water. Most of the animals have gills to breathe, fins and tails to move in water.

Examples: fish, crab.

Gowri: Oh! There is a bird swimming. What is that bird?

Meena: It is a duck. Birds like duck, pelicans that move in water have webbed feet to act like a paddle. They are **aquatic birds**.

Gowri: Then what do you call the animals that live only on land?

Somu: Animals that live on land are **terrestrial animals**. Some live in burrows, like rabbits and mongoose. Snakes live in holes made by other creatures.

Geetha: I am so hungry and tired. I want to take rest for a while.

Meena: I have always wondered whether animals also feel tired and hungry like us.



Herbivores

Somu: Animals are also living things like us. They also need food and water like us. Different animals eat different kinds of food. Animals that eat only plants are called **plant eating animals or herbivores**.

Examples: cow, horse, elephant, zebra, buffalo, goat, deer, etc.

ACTIVITY

Draw the feet of a bird that swims in water.





Carnivores

Animals that eat only other animals are called **carnivores**.

Examples: Lion, tiger, leopard, crocodile, wolf. Birds like owl and hawk are carnivores.



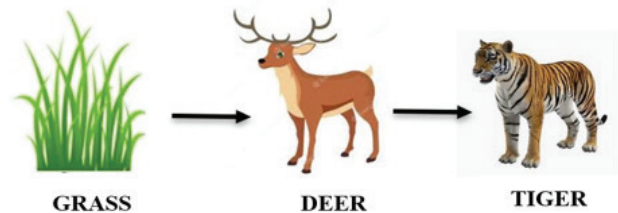
Omnivores

omnivores.

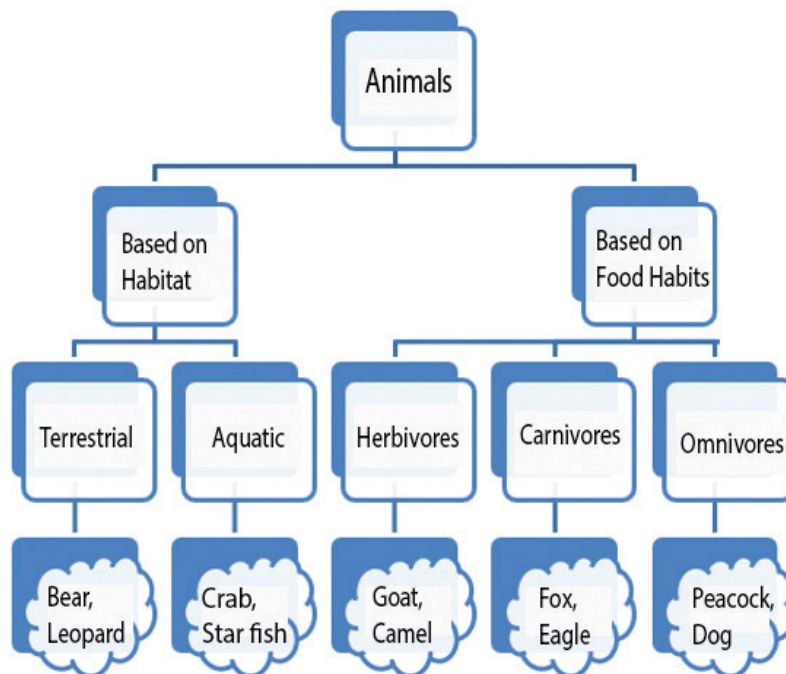
Examples: dog, crow, bear, ant etc. Birds like hen and peacock are also omnivores

Meena: So, I understand that all animals directly or indirectly depend on plants and other animals for their food.

Somu: A food chain shows the dependence of living things on each other for food. It always starts with green plants.



Geetha: It was such a wonderful experience. I am already hungry, let us go home and enjoy a good meal.



Complete the figures



TASK

Do it yourselves

Make a face mask of an animal that you like and talk about it in the class.

SUMMARY

- Pongal is the harvest festival celebrated in Tamil Nadu for four days. It is celebrated to thank nature and cattle for helping the farmers to produce a good harvest.
- Animals that are raised in a farm or at home by humans for our livelihood are called domestic animals. eg: cow, ox.
- Animals that are kept as companions and cared for by us are called pet animals.
- Animals that live in the forest are called wild animals. eg: lion, tiger.
- Insects are small animals with six legs. Some of them have Wings and feelers. eg: ants, butterfly.
- Worms are long and thin which move on the soil. eg: earthworms.
- Birds have feathers to keep them warm and wings to fly. They have two legs for walking or perching. They have beaks to feed, carry food and suck nectar from flowers. eg: parrot, eagle
- Reptiles are the animals that have a covering of scales on their body. They lay their eggs on land by burrowing. eg: crocodile, snakes
- Based on their habitat, animals are classified as terrestrial animals that live on land and aquatic animals that live in water.
- Most of the aquatic animals have gills to breathe. The fins and tail of an aquatic animal help it to move in water.
- Animals are classified on the basis of their eating habits as herbivores, carnivores and omnivores.
- A food chain shows the dependence of living things on each other for food. It always starts with green plants.





I) Choose the correct option

1. Insects have

- a) Six legs and wings
- b) Six legs and four feelers
- c) Eight legs and feelers
- d) Four legs and wings

2. A natural habitat where animals are protected from being hunted

- a) Zoo
- b) Farm house
- c) National park
- d) Shed

3. Crocodiles are

- a) Insects
- b) Reptiles
- c) Birds
- d) Worms

4) The animal that doesn't have teeth is

- a) Crocodile
- b) Dog
- c) Crow
- d) Cat

II) Name the following:

- 1. Fish use this to breathe _____
- 2. During this festival we thank cattle _____
- 3. Flesh eating animals belong to the classification _____
- 4. The largest group of animals living on the earth are _____

III) Fill in the blanks

- 1. An insect that sucks nectar from flowers _____
- 2. An organism that makes the soil airy is _____
- 3. The food chain always begins with _____
- 4. Omnivores animals eat both _____ and _____
- 5. An animal that lives in the burrow _____



IV) Complete the Following

1. Bear: _____ :: Starfish: Aquatic
2. Snakes: Holes :: Rabbits: _____
3. Zebra: _____ :: Tiger: Carnivores
4. Bird : _____ :: Reptiles: Scales
5. Fish: Fins :: Duck: _____

V) Answer the following questions

1. Classify the animals based on their food habits.
2. How do feelers help an insect?
3. What are the special features of reptiles?
4. Why are beaks important to birds?
5. Explain food chain with an example



6

Water - Elixir of Life

- Part 1



Expected Learning Outcomes

Students

- understand the importance of water in our daily life.
- list the uses and sources of water.
- illustrate the process of water cycle.
- understand that water exists in three states.
- acquire awareness about the need for the conservation of water.
- enumerate ways of water conservation
- understand the importance of Rain Water Harvesting (RWH).
- appreciate our traditions, values, and customs.
- understand the need for keeping our body hydrated.

Learning Outcomes



This is the view of Earth from the Moon

O! Rising Sun in the East!
Fetch water from the Seas.
Bring chill breeze from the West!
Bestow us with rain in abundance
Sweeter than sugarcane - caramel
We conserve water as life with zeal.

Dr. S. Avudainayaki



It is 9.00 a.m. on a hot summer day. Narendra, the adhyapak enters the classroom. The school bell rings. The students stand up and chant the Gayathri Mantra.

Students: Namaste acharya!

Adhyapak: Namaste students. Let us start the class with a “Thought for the Day”

Shikar: Acharya, it is Varsha’s turn today but she is absent.

Mythri: Shall I acharya?

Adhyapak: Sure.

Mythri: “Discipline is the key to success”

Adhyapak: Good.

Varsha: Namaste acharya, may I come in?

Adhyapak: Why are you late to school, Varsha?

Varsha: I’m sorry acharya, I started from home at the usual time. A big crowd of people with pots were waiting to collect water from a tanker and there was a traffic jam because of that. That’s why I got delayed, acharya.

Anamika: But don’t we get water from the taps in our house?

Adhyapak: Not everyone, Anamika. In fact, in many parts of Chennai, people face water shortage, especially during summer. To overcome this the government supplies water through tankers.

Deep: In my house, we get water from hand pumps, but not all the time.

Divit: We do have taps in our house. But we get only air from them. Not water. (chuckles) So, we buy drinking water in cans.

Adhyapak: Not everyone can pay for drinking water, Divit.



Think about...

How do we ensure that drinking water is available for everyone?



Sahil: Why is there a shortage of drinking water?

Adhyapak: There are many reasons, Sahil. The primary source of fresh water on Earth is **Rain**. Shortage of water may arise, if there is less rainfall or if we do not make use of water from rain in an efficient way.

Aaruni: But don't we get lot of rains adhyapak? We get rain holidays too. What happens to all this water?

Adhyapak: Rainwater fills the lakes, rivers and tanks but, much of this water flows into the sea. If we can reduce this, we can overcome this shortage to a large extent.

Aaruni: How can we do that adhyapak?

Adhyapak: We can adopt the rain water harvesting system in all our houses.

Aaruni: What is that adhyapak?

Adhyapak: Rain water falling on the roof of houses can be collected through pipes and made to fill the underground tanks or recharge the wells.

It can be made to seep into the ground, thereby increasing the level of groundwater.

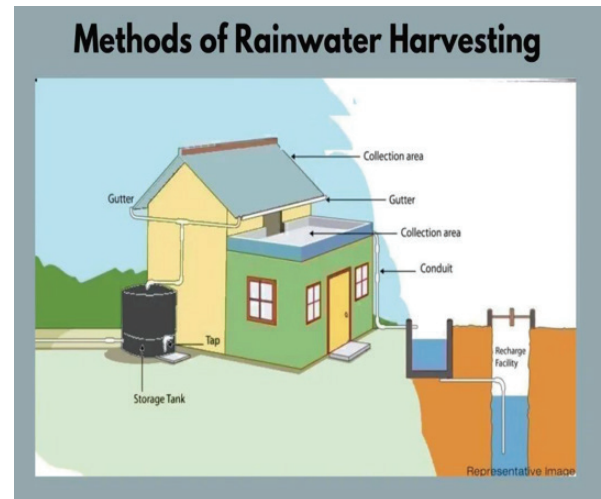
The underground water can then be drawn using bore wells or hand pumps. This process of collecting rain water is called as **Rain Water Harvesting (RWH)**.

Varsha: I have heard of something called storm water drains? How do they help us?

Adhyapak: Storm water drains help to prevent flooding of roads. If water that is collected by storm water drains is allowed to recharge the underground water, it becomes a good rain water harvesting system.

Manasa: Acharya, I have seen people draw water from wells and collect water from lakes in my village. Where does that water come from?

Adhyapak: Rain is the primary source of water. The other sources like lakes, rivers, ponds are fed by rainwater.



FACT FILE

Why is tap not a source of water?

Manasa: Why can't we use water from those sources? Why should we adopt rain water harvesting system?

Adhyapak: Long time back, water from rivers, lakes and ponds were sources of drinking water that could be used directly but

now most of them are polluted. Hence we are not able to use them directly. The water from them is treated by the City Water Supply and Sewerage Board. This water that we receive should be filtered and boiled to make it safe for drinking.

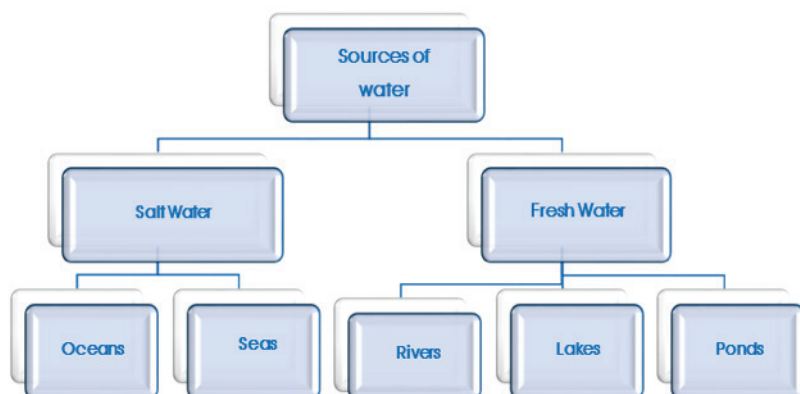


Look at the picture to understand the journey of rain



The population has also increased many times.

So, rain water harvesting is required to provide adequate water to all.



Enrichment

What is potable water?

FACT FILE

- Will ponds and lakes be filled if there is no rain?
- Name the sources of drinking water in your city.

Mythri: But can't people in Chennai get water from the Bay of Bengal?

Adhyapak: Seas and oceans are also sources of water. But they have a large amount of salt dissolved in them. So, it is not potable.

Ananya: Acharya, my mother says that dark clouds bring rain. When she sees the dark clouds, she rushes to bring back the clothes from the terrace, that she had put out for drying.

Adhyapak: Yes, you are right.

Divit: But we don't see any water in the clouds. Do we?



Adhyapak: No Divit. We don't. Let us understand a little more about rain.

Water evaporates from water bodies due to the heat of the Sun. It becomes water vapour. This water vapour rises up and forms clouds.

ACTIVITY

Identify the process



a)
b)

As it moves higher, the water vapour gets cooled (undergoes condensation) and changes into tiny droplets of water. When a lot of water is collected, it pours down as rain.

Manasa: Oh! This flows into water bodies and gets evaporated again and comes down as rain. Is that why it is called the "water cycle"?

Adhyapak: Exactly.

Divit: My mamaji said people in many parts of the world don't get clean water at all. Is it so acharya?

Adhyapak: Yes, Divit. Around the world, one out of three children do not have access to clean drinking

water. We are blessed to get adequate water. So, we should never ever waste water.

Divit: Acharya, I don't waste water at all. When I go home from school, I use the water left in my water bottle to water the plants.

Mythri: I never keep the tap water running while I brush my teeth.

Shikar: I use a bucket and mug to bathe. I do not bathe under a shower.

Ashutosh: My mother recycles the water used for washing fruits and vegetables for gardening.

Arup: I help my dad to wash the car. I use a bucket and a mug instead of a hose.

Samrat: When people find it so hard to get potable water, I wonder how animals and birds get water.

Adhyapak: I'm happy you are thinking about birds and animals.



Enrichment

The temperature gets lower as we go higher up in the atmosphere. That's why we feel cold in hill stations even during summer.

FACT FILE

A water filter can be used to remove sediments



Filtration



Boiling



Manasa: During summer, my mom keeps water in small vessels on the terrace for birds.

Arav: Even my ammamma keeps water in big vessels for the thirsty cattle and birds outside her house in my native place.

Adhyapak: I'm happy that my students are quite observant.



Manasa: Shall I share one more observation, acharya?

Adhyapak: Yes Manasa.

Manasa: Yesterday my mother said that she added ice cubes to my aunt's favourite pineapple juice. I picked up the glass after a few minutes to give it to her. But to my surprise, I could not see any ice cubes. When I asked my mother, she said that they had melted.

Enjoy a bird feeding activity using the given QR Code



Adhyapak: Of course. The ice cubes melt and turn into water.

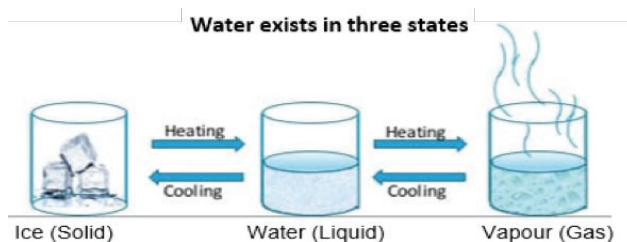
Varsha: Oh. Acharya, what happens to the water in the clothes when we put them out for drying? Can we call this also melting?

Adhyapak: Excellent question, Varsha. Water from wet clothes changes into gas (water vapour) and goes away. Like how water evaporates from the seas and oceans.

Varsha: Oh! Just like how it happens in the water cycle!!

Adhyapak: Exactly. Now recollect the term that we used for this process.

Aaruni: Yesterday, I helped my mother to fill water in an ice tray and kept it in the freezer. When I picked it up today morning, it had turned into ice cubes. How is that acharya?



Adhyapak: That's because water turns into ice on cooling. This is called freezing.

Deep: I love water in liquid form the best!!! I drink a lot of water every day.



Adhyapak: Very good Deep. Water is very important for our body. It is important to drink two to three litres of water every day. Water helps to remove wastes from our body. In summer we need more water.



Enrichment

- Why does your body need more water in summer than in winter?

The school bell rings.

That was a good discussion today. Before you go for your games period drink some water. Carry your water bottle with you to the playground.



Think about...

Why should you carry water to the playground?

Students: We shall definitely follow your advice. Namaste acharya.

TASK

Are you water smart?

Give a thumbs up  for smart practices

and a thumbs down  for wrong practices.

- Drinking boiled and cooled water.
- Drinking packaged water.
- Drinking ice-cold water.
- Providing water for birds and animals.
- Keeping the tap open while brushing your teeth.



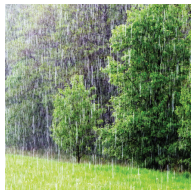
SUMMARY

- Water is essential for all living beings to survive. The primary source of water on earth is rain.
- The different sources of water are fresh water (eg: lake, river, pond) and salt water (eg: sea and ocean).
- Fresh water sources provide potable water while salt water sources are not potable due to their high salt content.
- In olden days, water from rivers, ponds and lakes were the primary source of drinking water that could be used directly.
- Currently, most fresh water sources are polluted, making them unsuitable for drinking. Therefore water from these sources undergo treatment to remove suspended impurities.
- Due to increasing population, rain water harvesting is required to provide water for all.
- Rainwater harvesting is the process of collecting and storing rainwater that falls on rooftops. This helps to increase the underground water levels.
- Storm water drains are used to remove excess water from roads, thereby preventing floods.
- Water evaporates from water bodies, due to the heat of the sun. It becomes water vapour. This water vapour rises up and forms clouds. As it moves higher, the water vapour gets cooled (undergoes condensation) and changes into tiny droplets of water. When a lot of water is collected, it pours down as rain. This flows into water bodies and gets evaporated again and comes down as rain. Hence it is called the Water cycle
- Water exists in three states: solid, liquid and gas.
- The process of a substance changing from its solid to liquid state is called melting, while the process of changing from liquid to solid is called freezing.





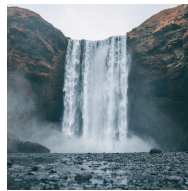
I) Fill in the blanks to identify the sources of water



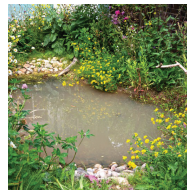
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W _ _ LL



W _ T _ R F _ _ LL



P _ _ ND



R _ _ V _ _ R



OC _ _ _ N

II) Choose the correct option

1) Which of these is not a source of potable water?

- (a) River (b) Lake (c) Ocean (d) Well

2) Which fruit among these has the most water content?

- (a) Apple (b) Mango (c) Berries (d) Watermelon

3) Solid : Ice :: Gas : _____

- (a) Fog (b) Water (c) Snow (d) Vapour

4) Water from lakes, rivers, and seas evaporate

- (a) Always (b) Only in summer
(c) On very hot days (d) In the month of May

5) Ice ?? ➡ Water : Evaporates ➡ Water vapour

(a) Melts (b) Freezes (c) Condenses (d) Evaporates

III) Fill in the blanks

- The process by which water vapour in the atmosphere turns into water is called _____
- The primary source of fresh water is _____
- The process by which water turns into ice is called _____
- The water fit for drinking is called _____



IV) Answer the following

1. Explain rain water harvesting system
2. Explain the water cycle with a neat labelled diagram
3. List any five ways by which you can conserve water
4. Why is sea water not fit for drinking?
5. Why should we boil water before drinking?

V) Arts Integrated Learning: Make a poster on conservation of water.

ACTIVITY

- Take about a cup of water in each of the containers shown (You may choose containers of different shapes. Take care to see that the mouth of the container is of different sizes).



- Pick up a piece of chalk and mark the level of water in each.
- Place the containers in almost the same place in the terrace for two days, say from 10.00 am to 6.00 pm.
- Mark the level of water in each of the vessels at the end of two days.
- Observe the following and record.
 - a) Change in the level of water.
 - b) Is there a difference in levels between the containers? Discuss.



7 Food



Expected Learning Outcomes

Students

- understand and explain the need for food.
- appreciate the different tastes of food
- explore the different sources of food.
- classify and explain the importance of types of food (energy giving, body building and protective food)
- identify junk food and avoid them.
- appreciate the diversity in traditional food.
- locate the state/s and capital/s mentioned in the lesson on the political map of India.

Learning Outcomes



Tick the odd one

- ☐ apple ☐ grapes ☐ dosa ☐ orange ☐ guava

How is jackfruit eaten?

- ☐ Raw ☐ Cooked

ACTIVITY

Identify your favourite food. Colour the circle below it in red.



It's festive time. Vamsi's family has invited their neighbours to celebrate Ugadhi with their family. Ashvath's family is a native of Tamil Nadu and Aanvi's family belong to Maharashtra.

Ashvath and Aanvi are excited because they are going to celebrate Ugadhi for the first time.

Vamsi's family is busy preparing for the celebrations – tying thoranams, drawing kolams etc.

Naana (*father in Telugu*): Vamsi, you have to get up early tomorrow. Brush your teeth and go to bed.

The next day, the three neighbours meet to celebrate Ugadhi. There is a lot of excitement around. The children bow down to the elders and take their blessings.

Ammamma (*paternal grandmother in Telugu*): God bless you all! Let's get ready for the Prayer.

Vamsi's family along with their neighbours offer their Prayers. They chant Mantras to express their gratitude for having a peaceful year. They also pray for peace and prosperity for all.

ॐ सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः।

सर्वे भद्राणि पश्यन्तु मा कश्चिद्दुःखभाग्भवेत्। ॐ शान्तिः शान्तिः शान्तिः॥

Om Sarve Bhavantu Sukhinah, Sarve Santu Nir-Aamayaah |

Sarve Bhadraanni Pashyant, Maa Kashcid-Duhkha-Bhaag-Bhavet | Om Shaantih Shaantih Shaantih ||

Vamsi: Wow!! Amma, What an aroma! you, ammamma, and pinni (*mother's younger sister*) have prepared a lot of delicious dishes. I will help you and ammamma with whatever work you have in the kitchen.

Ammamma: I appreciate it Vamsi. Now it's time to give food to the birds. I will give you a small quantity of all that I have prepared today. Children, let us go to the terrace and place it in the corner, where we keep food for the birds every day.

Aanvi: Aaji (*grandmother in Marathi*), why cannot we do it later when we go to the terrace? The food is hot and delicious. Let us eat first.



Ammamma: Birds are out in search of food only during the day. We need to give them food when they are hungry. So, let us feed the birds first and then continue with the rest of the celebrations.

All children go along with ammamma and feed the birds. Children are puzzled how the birds come in groups to have food as soon as it is placed. They come down happily to have food.

Naana: Ugadhi is the festival, that I looked forward to, even when I was a child. All of our relatives would come together for a grand feast.

Vamsi: Why do we celebrate Ugadhi, Naana?

Naana: Vamsi, Ugadhi marks the beginning of the new year.

Aanvi: Aaji, you told me it is **Gudi Padwa** today!

Aaji: Yes, it is also celebrated as Gudi Padwa / Samvatsar Padwa by the people of Maharashtra and Goa. We shall invite our neighbours for the celebrations next year.

Ammamma: Let's all have food now and then we can share our experiences about how we celebrate the festivals in our place.

Patti (grandmother in Tamil): Children, before we eat, it is very important to thank the farmers, mother and anyone else who helped in the preparation of food by chanting a prayer. Please repeat after me.

ओ३म् अन्नपते अन्नस्य नो देहानमीवस्य शुष्मिणः।

प्र प्र दातारं तारिष ऊर्जं नो धेहि द्विपदे चतुष्पदे ।।

**Om Annapate Annasya no dehi Anamivasya Sushminah,
Pra Pra dataram taarisha Oorjam no dhehi dwipade chatushpade.**

The family and friends chant the prayer and then sit down to enjoy the festive meal.

Ashwath: Vamsi, you told me that we would be eating something made of neem flowers. I was worried that it was going to be bitter. But I see that this pachadi does not just taste bitter, but it has all the tastes that my teacher discussed in the class.

Amma: This pachadi has mangoes, neem flowers, jaggery and tamarind. It is important to include food that has different tastes in our diet.



Ammamma: I am happy that you are eating the meal properly by knowing the taste of it. Chewing the food well and eating slowly improves absorption of nutrients by our body.

Aaji: Do you know that we too make a pachadi with neem, jaggery and mango for Gudi Padwa? It tastes sweet, sour and bitter.

Naana: My dear children, we always think of sweets as our festive food, but our festivals also help us understand that it is important to accept different tastes, be it in food or in life.

Just like how eating food of all tastes keep our body healthy, accepting different people around us, helps to make a healthy society. We should learn to face difficult situations in our lives. We should also learn to accept failures, learn from them and move towards our goals.

Our culture always accords importance to saathvik food that helps us keep our body healthy and the mind calm.

Amma: There is another dish that has a place in every one of our festivals. We call it **Kosambari**. It is a mixture of soaked moong dhal, mangoes and carrots, seasoned with mustard and green chillies. A dash of lime juice gives a tangy taste and adds vitamin C to this protein-rich food.



Think about...

- Do you have a friend who celebrates Diwali differently from how you do?
- How would you feel if your mother repeatedly gives you the same sweets that you love and nothing else?
- How did you feel when you scored high marks / low marks?
- What did you do to score better the next time?
- What did you do to maintain your score?

Learn to make
'Kosambari' using the
given QR Code



As they continue with the discussions, the families complete their lunch.

Ammamma: The joy of a festival is in being together with family and friends.

That evening the children decide to go around the garden to enjoy the cool breeze of the evening. They see their pinni watering the plants.

Ashwath: Pinni, I know that we need water to keep ourselves healthy. My teacher said we children should drink atleast two litres of water a day to remain healthy.



Pinni: Correct. We need water to digest our food, maintain our body temperature, be active and do our day-to-day work. In fact, you should drink water whenever you feel thirsty. We can say that thirst is a signal given by your body to warn you of a possible dehydration.



Ponder

- Why do plants need water?
- What is dehydration?

Vamsi: But I like soft drinks pinni. Why cannot I drink that, to quench my thirst? Why do we need to drink only water?

Pinni: Soft drinks contain a lot of sugar and can also cause tooth decay. Too much of sugar is harmful to our health.

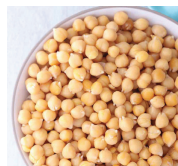
TASK

We get food from plants and animals. Identify whether the following are obtained from plants or animals.













Ashwath: My mother always asks me to eat a “Balanced Diet”. I love noodles and pasta. She says that they are made of white flour and are unhealthy. She also says they are junk food and ‘junk’ means useless.

Pinni: Let’s discuss. Why do we need food?

Ashwath: We need food when we feel hungry. I don’t know any other reasons.

Pinni: Did you feel like eating when you were sick, ten days ago?

Ashwath: No! No! I did not want to eat anything during that time. I wasn’t hungry.





Enrichment

Eating too much of junk food can lead to issues like



Obesity



Learning Difficulties

Pinni: This indicates that not being hungry is not healthy. Our body needs good nourishing food, not just junk. Now tell me why food is essential for us.

Vamsi: I know, we should eat food to get energy, because when I don't eat well, I feel very tired, and cannot concentrate on games or studies.

Pinni: Absolutely! Ashwath, can you tell me any other need for food?



Think about...

Have you observed that there are families that find it difficult to have a meal a day! How do you help them?



Enrichment

Carrots are rich in Vitamin _____

Moong dhal is a good source of _____

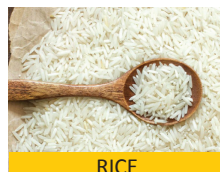
Ashwath: My mother says that I should eat good food to grow too. I am growing.

He jumps in joy and also shows how he is able to reach the higher shelves which he was not able to reach, six months ago.

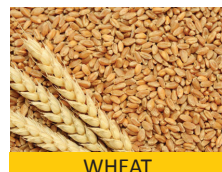
Pinni: Very true! Are you aware that food can be grouped as energy giving, body building and protective food?

Aanvi: Cereals like rice, wheat, maize, sorghum are energy givers. They are rich in carbohydrates.

Ashwath: Pulses like toor, green gram, urad, soya, nuts are good body building food. They also help the body to fight against diseases and to heal when we get hurt. These are **protein-rich food**.



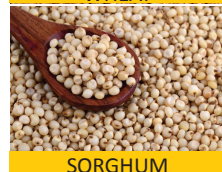
RICE



WHEAT



MAIZE



SORGHUM



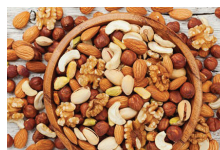
GREEN GRAM



TOOR DHAL



URAD DHAL



NUTS



RAJMA

Naana: Our body needs right amount of energy giving, body building and protective food for us to function well. It is important to include all of them in our daily diet.



Vamsi: Ammamma says that we have to add some ghee and oil to our food. But I don't like them.

Naana: No, Vamsi, It is good to add small amounts of ghee and oil to our food. They help our body to absorb some kinds of protective food. They are also energy producers.

Ashwath: My aaji says spicy food is not good for body and mind. But I love to eat spicy food.

Pinni: Spices like pepper, cumin, cinnamon, garlic, ginger make our food tastier and also help in digestion. But too much of anything is harmful.

FACT FILE

Vitamins and minerals are required in very small quantities, but have to be from natural sources and we need them everyday.

FACT FILE

Recollect the proverb that says, "Too much of anything is harmful," in your mother tongue.

FACT FILE

- Deep frying destroys nutrients.
- Over cooking food kills nutrients in food.
- Wash vegetables before cutting.
- Keep all ingredients ready before you start cooking.
- Cooking in non-stick pan coated with chemicals is harmful to health.
- Eat only when hungry.



Enrichment

- Vitamin A – Good for eye sight
- Vitamin B & C – Good for skin and promotes health.
- Vitamin D – Good for bones

Dear children, today is the beginning of the new year. I suggest that you start writing a gratitude diary.

Vamsi: What is a gratitude diary, pinni?

Pinni: Today a lot of fun and learning has happened. Let us record how we felt when we did things like feeding the birds, being and eating together and sharing experiences. You can write how thankful you are to whoever has helped you and how ready you are to pass on a favour to whoever needs it.

The knowledge of healthy food and the reflective thought before going to bed have helped the children understand the need to eat healthy and the joy of being together. The next morning, they wake up with positive thoughts.

Vamsi: Today, I am eager to have idli and sambar as breakfast. I have understood from pinni that it is a balanced diet with rice (energy giving food), urad and toor dhal



(bodybuilding food) and vegetables (protective food) present in right proportion.

Amma: We also use a dash of oil/ghee for seasoning. You know that oil/ghee have fat in it. The vegetables

in sambar, protect your body from diseases and also help in the removal of waste from our body.

Ammamma: Have a glass of buttermilk after your breakfast, that will help in the digestion of food.



Ponder

How does buttermilk help in digestion?

In Aanvi's house the family is having khichdi for breakfast.

Aanvi: Khichdi is not only tasty but also a healthy diet as it contains all nutrients.

Aaji: Also remember that all people do not eat the same kind of food.

The food that we eat depends on the climate of the place and the food crops grown in and around the place we live in. Our customs, practices and traditions, help us prepare nutritious food in a variety of ways that makes it interesting to eat. Diversity in food is the key to good health.

FACT FILE

The component of food that our body cannot digest is called roughage (fibre content). Roughage is necessary to remove the solid wastes but, does not have any nutritional value.

SUMMARY

- According to the Indian Calendar new year is celebrated all over the country during the months of March and April as Ugadhi, Gudi Padwa etc.
- People prepare special dishes like pachadi which is made with neem flowers, jaggery and mango on Ugadi and Gudi Padwa to appreciate not only the sweet but bitter and sour tastes too.
- Saatvik food keeps our mind and body calm.
- We should drink two litres of water every day to keep ourselves hydrated. Water helps to maintain the body temperature and aids in digestion of food.
- Soft drinks are not good for health as they are loaded with sugar and harmful chemicals.
- Junk food is unhealthy and has very less nutritional value. They should be avoided as it can lead to obesity and learning difficulties.
- Food gives us energy and is important for our growth.



- Food can be grouped as
 - Energy giving – carbohydrates -ex; rice , wheat, maize, sorghum
 - Body building – Protein – ex: toordal, greengram, urad dal, soya, nuts
 - Protective food - vegetables and fruits.
- We should add a small amount of oil and ghee in our daily food as they give us energy and aid in better absorption of some kind of protective food
- Spices like cumin, pepper, cinnamon, garlic, ginger add flavour to our food and help in digestion
- Our customs, practices and traditions help us prepare nutritious food in a variety of ways, which is also tasty.



I) Choose the correct option:

1. Which of the following is good for health?
 - a) Pizza
 - b) Noodles
 - c) Fresh juice
 - d) Soft drinks
2. Ghee and oil can be classified as _____
 - a) Body building food
 - b) Protective food
 - c) Energy giving food
 - d) All the three
3. Gudi Padwa is celebrated by the people of _____
 - a) Tamilnadu
 - b) Kerala
 - c) Maharashtra
 - d) West Bengal



II) Pick the odd one out:

1. (a) Urad dal (b) Rice (c) Soya (d) Moong
2. (a) Carrot (b) Okra (c) Lemon (d) Brinjal
3. (a) Wheat (b) Maize (c) Sorghum (d) Ragi
4. (a) Ghee (b) Milk (c) Paneer (d) Soya

III) Fill in the blanks:

1. Saathvik food helps us to keep our body _____ and the mind _____.
2. The joy of festivals is in being together with _____ and _____.
3. Thirst is a signal given by our body to warn us of possible _____.
4. Spices add _____ to our food and also help in _____.

IV) Match the following:

Nuts	Carbohydrates
Sorghum	Fat
Pepper	Protein
Vegetables	Spice
Oil	Protective food

V) Answer the following:

1. Why do we chant “Annapate” prayer before we eat?
2. How do we prepare kosambari dish?
3. Why is it essential to drink atleast two litres of water everyday?
4. What are the harmful effects of consuming soft drinks?
5. Why is food important for all of us?
6. What is a balanced diet?
7. Explain the three major food groups

VII) Art Integrated Learning.

1. Write the recipe for your favorite healthy dish
2. Draw and colour your favourite breakfast/ lunch that is also a balanced diet.



TERM 1 – SAMPLE PAPER

Max Marks: 80

Time: 2 Hours

I Choose the correct answer:

(3 X 1 = 3)

1. Banana plant is classified as a _____
(a) Tree (b) Herb
(c) Shrub (d) Climber
2. Gudi padwa is celebrated by the people of _____ and _____
(a) Goa and Madhya Pradesh (b) Goa and Andhra Pradesh
(c) Goa and Maharashtra (d) Maharashtra and Tamilnadu
3. The process by which the sediments are removed from water
(a) Condensation (b) Evaporation
(c) Filtration (d) Precipitation

II. Fill in the blanks:

(4 x 1 = 4)

4. The fourth day of Pongal is celebrated as _____.
5. The primary source of water is _____
6. The plants make the air fresh by releasing _____.
7. The Iron Man of India is _____.

III. Rewrite the sentences by replacing the underlined word with correct word:

(4 x 1 = 4)

8	Water melon		a. New Delhi
9	Napier museum		b. Climber
10	Red fort		c. Kerala
11	Betel Plant		d. Summer
			e. Winter

IV. Name the following:

(3 X 1 = 3)

12. The Fastest land animal
13. Controlled breathing
14. The grand feast of onam.



V. Who am i?:

(4 x 1 = 4)

- 15. I am taken by the plants from air to prepare food.
- 16. I am a freedom fighter who founded the Indian National Army.
- 17. I am a small, spicy green vegetable used to add spice to food.
- 18. I am the person who examines the tickets of the passengers on train.

VI. Complete the following:

(3 x 1 = 3)

- 19. Football : Outdoor :: _____ : Indoor
- 20. Mahabalipuram : _____ :: Thanjavur temple: Chola kings
- 21. Bones : Vitamin D :: Eye sight : _____

VII. Replace the underlined word with correct word and rewrite the sentences:

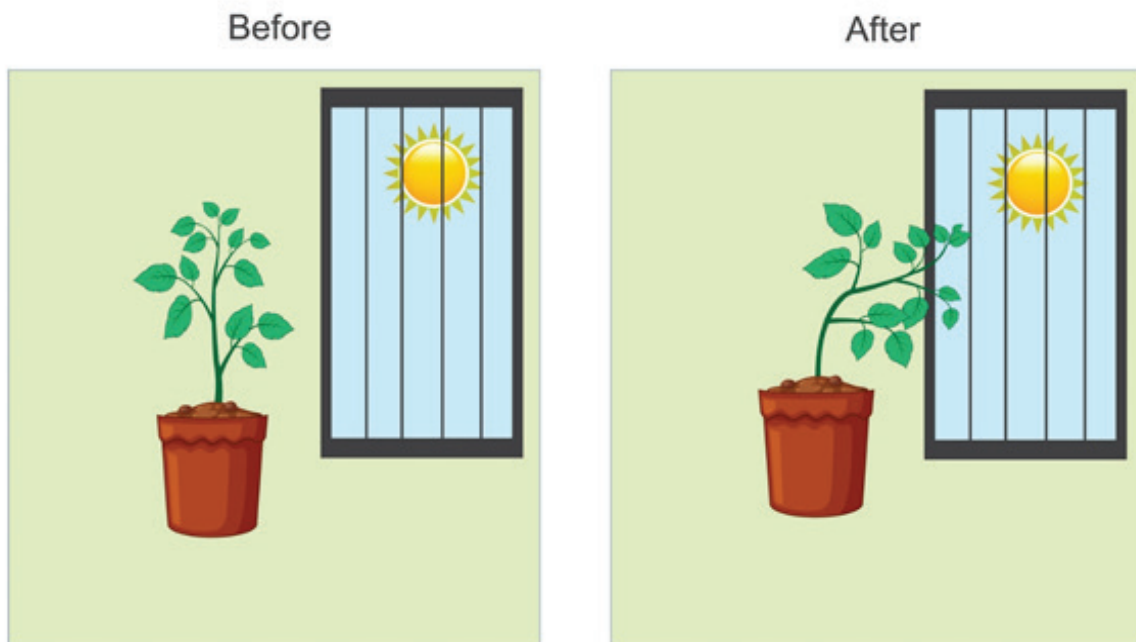
(3 x 1 = 3)

- 22. The body of birds is covered with scales.
- 23. Green gram is a rich source of carbohydrates.
- 24. The process by which water turns into ice is called melting.

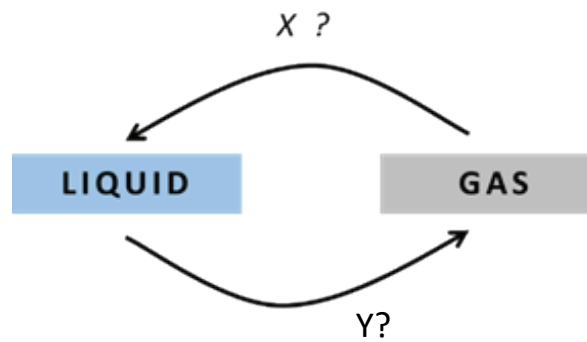
VIII. Observe the pictures and answer the following:

(4 x 1 = 4)

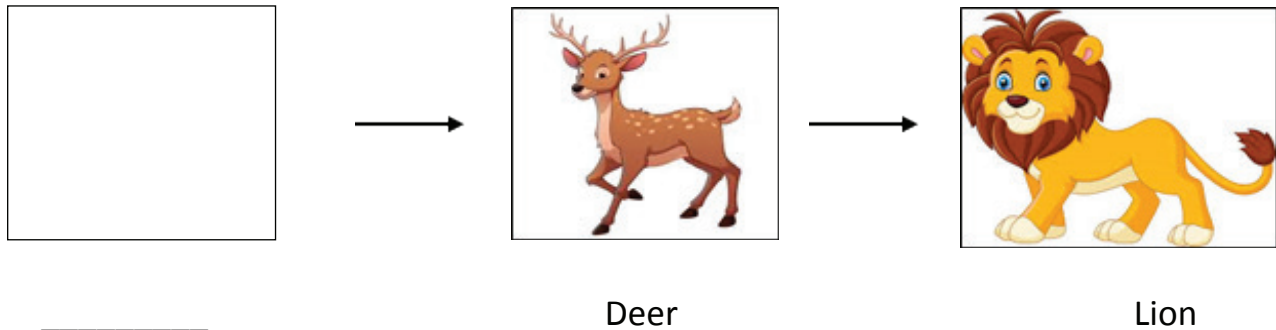
- 25. Ajay placed a potted plant in his kitchen. After a few weeks he observed that the plant started to bend as shown in the picture. Why did this happen?



26. Identify the processes X and Y



27. Identify what starts the food chain shown below:



28. Identify the tastes of the food items given below.

Ladoos



Banana flower



IX. Mark the following on a Political Map of India:

(4 x 1 = 4)

29. Andaman and Nicobar Islands

30. Kerala

31. Bay of Bengal

32. New Delhi



X. Answer in brief :

(7 x 2 = 14)

33. Write any four uses of water?

34. What is a shoot system?

35 a. What are aquatic birds?

b. Which body feature helps them to move in water?

36. "Breakfast is the most important meal of the day". Justify.

37. Name any two freedom fighters who made the supreme sacrifice for our country to become independent.

38. Rahul a third grader, wanted to dry his uniform on a cloudy day. Despite leaving it to dry for an entire day, it remained wet. Give reason

39. What is a balanced diet?

XI. Answer in detail:

(6 x 3 = 18)

40. Here are the few ingredients used for making dal rice: rice, moong dal, ghee, ginger. List down any three nutrients you get from these ingredients and mention any one benefit each.

41. Identify and name the following:

- a. Two edible seeds
- b. Two women freedom fighters
- c. Study the table and identify the organism

Terrestrial animal	Yes
Has ears	No
Has scales on their body	Yes
Has legs	No
Lives in the hole	Yes
Gives birth to young ones	No

42. Differentiate between climbers and creepers with suitable examples.

43. Give a neat diagram of a plant and label all its parts.

44. Why is it important to include protein-rich food in our daily diet?

45. Classify the following animals based on their food habits.

- a. bear b. crow c. elephant d. hen e. Tiger f. crocodile



XII. Explain the following:

(4 x 4 =16)

46. a. Why is food necessary for us?
b. Why should you avoid eating junk food?
47. a. What were the objectives of Swadeshi movement?
b. Name the freedom fighters who strongly advocated the Swadeshi movement?
48. Name any one method used to conserve rain water. Describe the method in detail.
49. a. Are worms classified as insects? Give reason.
b. An earthworm is considered a farmer's friend. Why?



Political map of India

