

Meet my family



I call my mother and father my **parents**.



My brother or sister is my **sibling**.



My mother's or my father's mother is my **grandmother**.



My mother's or my father's father is my **grandfather**.



My mother's or my father's brother is my **uncle**.



My mother's or my father's sister is my **aunt**.

My uncle's or aunt's child is my **cousin**.



I am a **niece** or a **nephew** to my uncle or aunt.



Every family is different. It may have some of these members or other people who love and care for one another. Families may be small or large. But all families are special.



A **nuclear family** is a family in which parents and their children live together.



A **joint family** is a larger family in which grandparents, parents, uncles, aunts and cousins may live together in the same home.

Let's Do

Make a care chart to show the people who care for you. Draw or paste their pictures in the spaces given below and write their relationship with you. You may include family members or any other grown-ups who care for you.

A circular care chart template. In the center is a white circle. Ten colored lines radiate from this center to the edges of a larger circle, dividing it into ten segments. Each segment is a different color: light blue, teal, green, yellow, orange, red, pink, purple, light purple, and light blue. Outside the circle, there are ten empty rectangular boxes, each connected to one of the segments by a line. The boxes are colored to match their respective segments: light blue, teal, green, yellow, orange, red, pink, purple, light purple, and light blue.

What we call our family members In different homes, people use different words for family members.

A grandmother may be called Dadi, Nani, Ajji or another loving name. An uncle may be called Chacha, Mama, Kaka or something else.

These words can change from language to language and from family to family.



C. Give short answers.

1. How is a nuclear family different from a joint family?
2. Write two ways to be a good friend.
3. Write one way neighbours can help one another.
4. What can you learn from grandparents or elders?
5. Name two outdoor games and two indoor games.

A Few More Steps

Some people move, see, speak or learn in different ways. Some elders may need more time or a little help to move around.

We can help others in small ways. We can offer a seat to an elder. We can read a sign aloud for someone who cannot see it clearly. We can change a game so a friend who moves differently can still play.

Before helping, always ask, "Would you like some help?"



Read each situation. Write one kind thing you can do.

1. An elder is standing while you are sitting.

I can _____

2. A classmate is new and does not know anyone.

I can _____

3. Someone drops their books on the floor.

I can _____

Colour the star. Inside it, write the name of one person who helps you. Around the star, write three ways this person helps you.



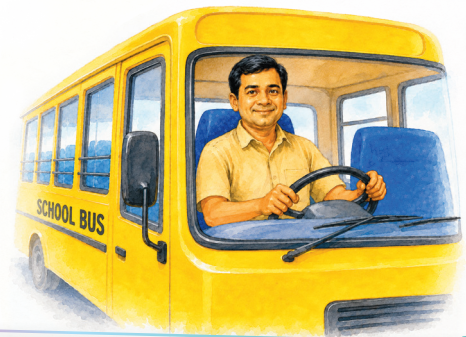


A **hairdresser** cuts and styles our hair.



A **chef** cooks food in a restaurant.

A **waiter** takes our food orders in a restaurant and brings the food to our table.



A **driver** may drive a bus, car or truck. A school bus driver takes children to school and brings them home. A cab driver drives a car that people can book when they need to go somewhere.



A **delivery person** brings to our homes the things we order online.

Help in a click Today, grown-ups can use a mobile phone to find many helpers. With the Internet, they can book a cab, order food, call a plumber or an electrician, and get help with housework. They can also book a hairdresser or get groceries and medicines brought home. The Internet makes it quick and easy to get help when we need it.





Metro

A **metro** is a train system used for travel within a city. Metro trains may run above the ground, below the ground or at ground level. They can help reduce traffic on roads. Cities such as Delhi, Mumbai, Kolkata, Bengaluru and Chennai have metro systems.

A **tram** is an electric vehicle that runs on tracks laid on roads. Only a few trams are used these days. Some of them still run in Kolkata.



Tram

Emergency vehicles Some vehicles help people during **emergencies**. An emergency is a situation in which someone needs help quickly.

Ambulance



An **ambulance** takes sick or injured people to hospital.

A **fire engine** carries firefighters, ladders, tools and water to help put out fires.

Fire engine



Police car



A **police car** helps police officers reach a place quickly when help is needed.

Elephant grass is a type of tall grass. It can grow taller than an elephant! It is called elephant grass because elephants eat it and hide in it. Other animals such as cows and goats also eat this grass. So, farmers grow it as animal food. The home of elephant grass is in Africa. But now it is grown around the world, especially in warm places.

Climbers and creepers Some plants have a long, thin stem that cannot stand upright. If such a plant grows upward by climbing on something, it is called a climber.

Examples: bean, pea, grapevine, money plant

A weak-stemmed plant that spreads over the ground is called a creeper.

Examples: pumpkin, bottle gourd, watermelon



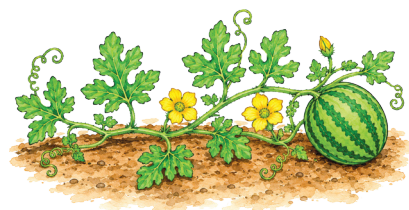
Money plant



Pumpkin



Bottle gourd



Watermelon

A climber may even climb on another plant. Some climbers take their food from the plant on which they climb. Many climbers creep when they have nothing to climb on.

What if there were no plants?

Plants give us food such as fruits, vegetables, grains and nuts. Many animals eat plants, and other animals depend on those plant-eating animals for food. So, people and animals would not have food if there were no plants.

Plants also clean the air, so we can breathe properly. They help bring rain. Without rain, we would not have water. The roots of plants hold the soil. This stops the soil from getting washed away by rain or blown away by wind. Thus, we cannot live without plants, and it is important to save plants and grow more plants.



If you are growing plants in pots, make sure your plants have enough water, air and sunlight.



Do a tree watch. Choose a tree near your home or school. Stand some distance away from it and watch it quietly for five minutes for a few days. Write about the animals you see on the tree.

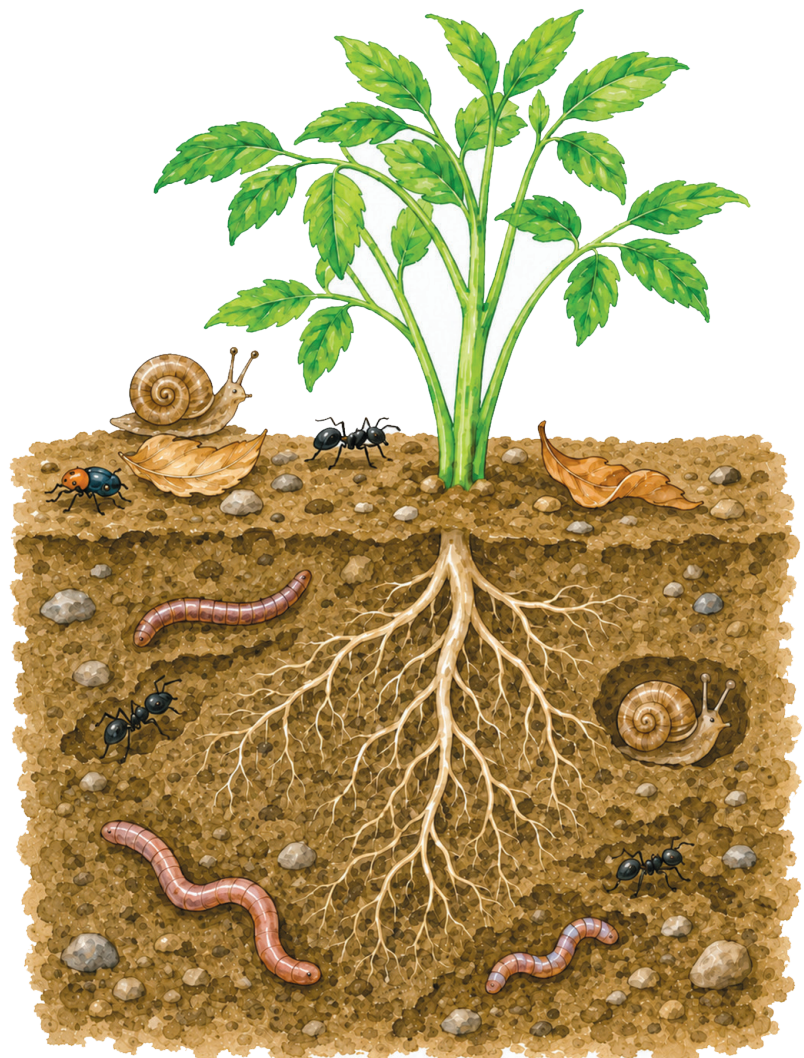
What I saw	On which part of the tree	What it was doing

Soil Helps Plants and Animals

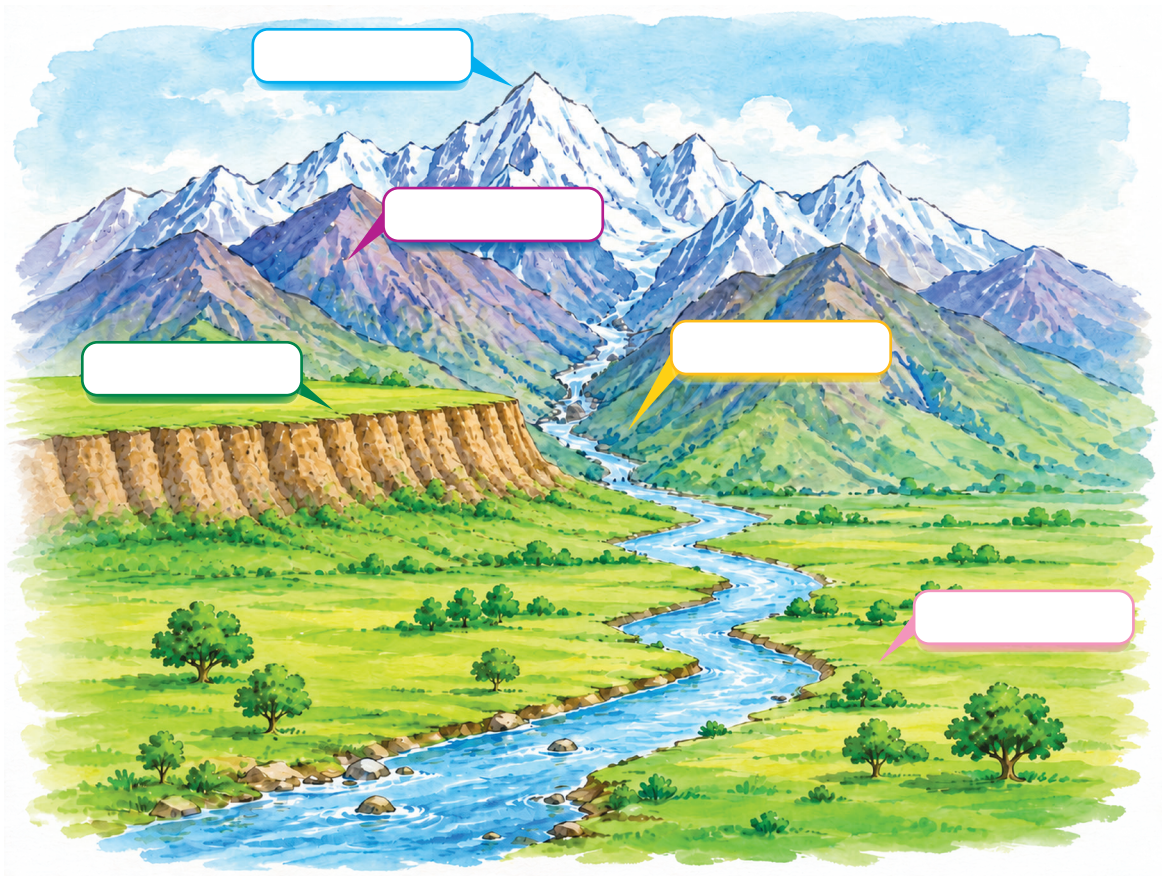
Soil is the loose top layer of the ground. It is made up of mostly rocks that have broken up into tiny pieces. Plants grow in soil. Many small animals also live in or near soil.

Plant waste like fallen leaves, animal waste like dung, and the remains of dead plants and animals slowly mix with the soil. This makes the soil better for plants.

If you dig the soil, you may see ants, worms, millipedes, snails or tiny bugs. They find food or take shelter in the soil. They move through the soil and make tiny spaces. Water and air can move through these spaces. This helps plant roots get air and water.



D. Label the landforms. Choose from: **mountain**, **plateau**, **plain**, **hill**, **valley**



E. Give short answers.

1. What is a mountain?
2. What is a plain?
3. How is a valley different from a plain?
4. How is a plateau different from a mountain?
5. Why do many people live on plains? Give two reasons.

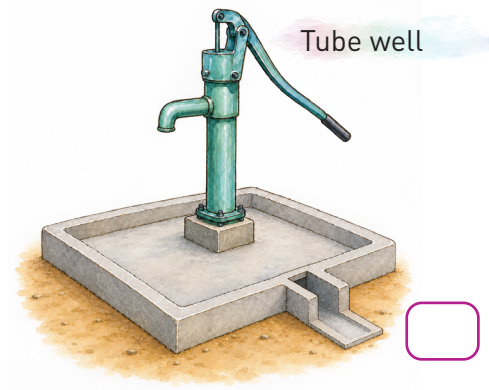
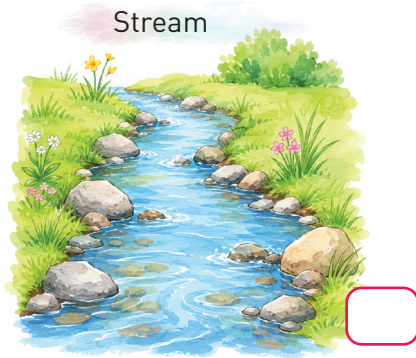
A Few More Steps

Find out about the place where you live. Is it on a plain, a hill, a mountain or a plateau? Or is it in a valley? Ask an adult at home or your teacher.

Do you live on an **island**? An island is a piece of land that has water all around it. There are mountains, valleys, plains and plateaus under the sea too. The tops of some of the mountains stick out of the water as islands.



Let's Do Write **S** for surface water and **G** for groundwater.



How Water Reaches Our Homes

Many of us just turn on a tap when we need water. But before water gets to our homes, it makes a long journey.

Getting the water Water is first taken from places like rivers or lakes.

Cleaning the water The water is then sent to a special place where it is cleaned and made safe to drink.

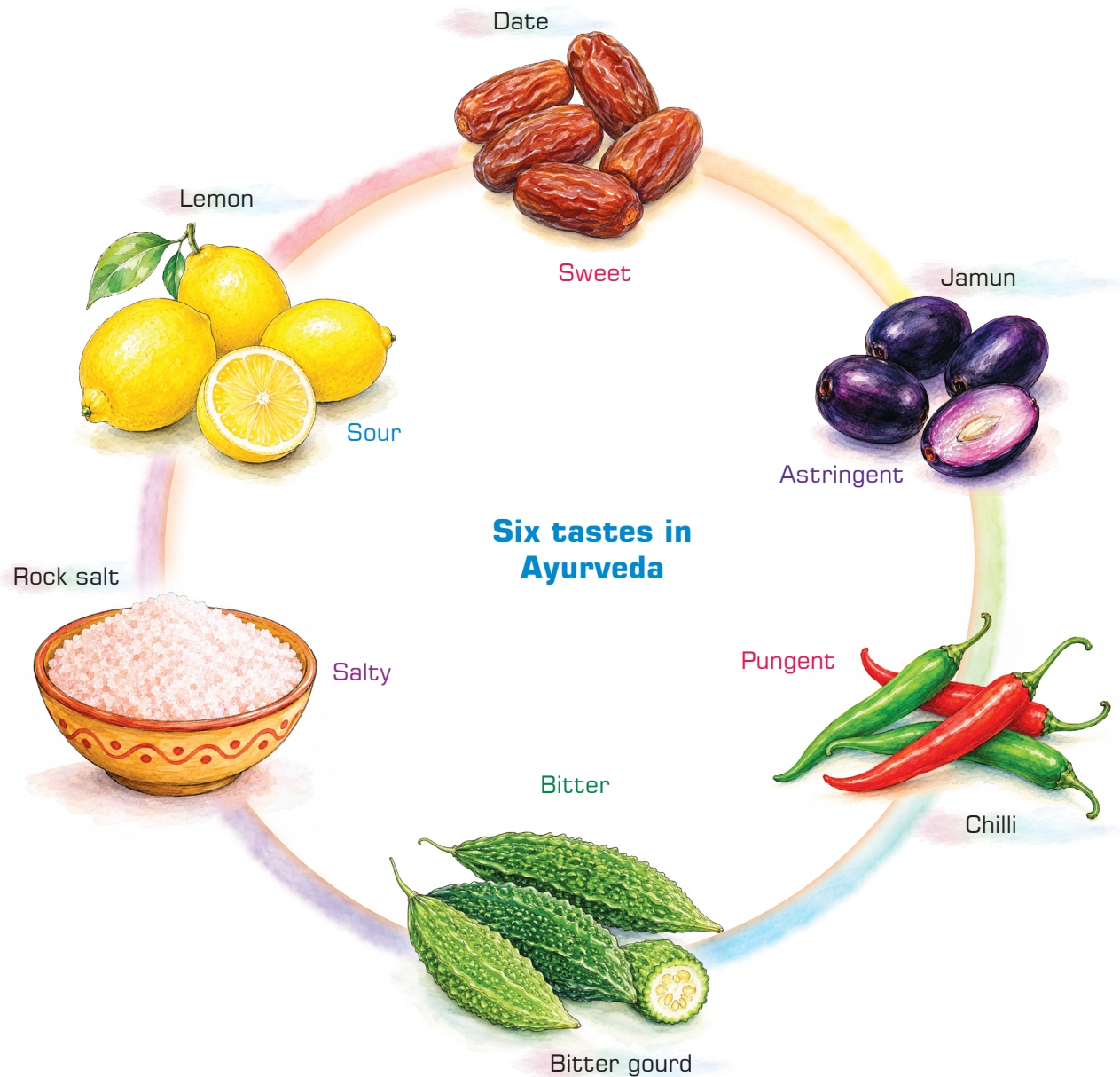
Moving through pipes Next, the clean water travels through big pipes to our neighbourhoods.

Storing in tanks Many homes, schools and other buildings store this water in big containers called **tanks**. Usually, the tank is underground and water from it is pumped up to another tank on the roof. A pipe from the rooftop tank carries water to the taps.

Reaching the tap When you turn on a tap, water flows out of the pipe and into your sink or bucket.



Different food items have different tastes. The different tastes add variety to our meals and make them more enjoyable.



Look at the examples of the six tastes. Can you name some more foods for each taste?

Ayurveda counts pungent (katu) as one of the main tastes found in hot foods like chillies and black pepper. But 'hot' is not a taste sensed by our tongue's taste buds. It is the sharp, hot and burning feeling we get when we eat pungent or spicy foods.

Safety in Public Places

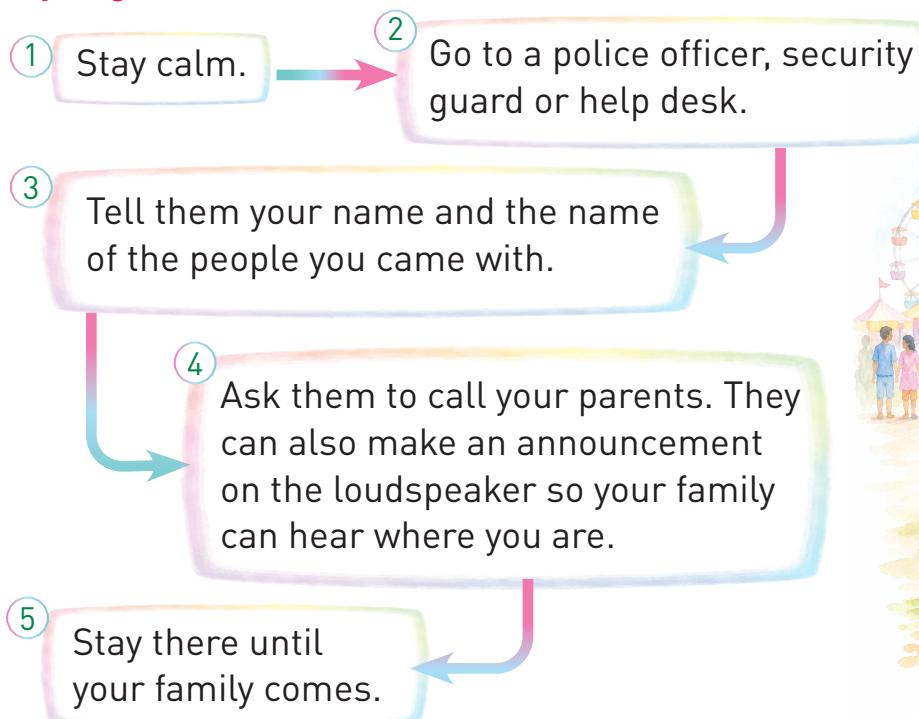
Public places are usually busy and crowded. Markets, bus stands and railway stations are some common public places. Amusement parks and fairs (melas) can also have large crowds.

Rules for crowded places

- Stay close to your family or group.
- Hold a grown-up's hand in a crowd.
- Do not walk away alone to buy food or toys.
- Decide a meeting point with your family in case you get separated.
- Learn your parents' phone numbers.



If you get lost



If you lose something in a public place, tell a grown-up. Do not search alone. Go to the **lost-and-found** counter if there is one. A lost-and-found counter is a safe place for missing items. Here, people drop off things they find, and they are kept carefully until the owner collects them.

Let's Do Do you know your home address, your parents' full names and their phone numbers? Write these details in your notebook. They can help you if you ever get lost.

Let's Do Do this with two friends. Each of you choose something to tap with a spoon. Take turns to tap your things. This will make a beat. Make different beats with each person making different numbers of taps.



Do not tap hard on glass.
Broken glass can hurt you.



Transparent, Translucent and Opaque

Transparent materials

A material or thing is transparent if we can see clearly through it. Examples: clear glass, clean water, clear plastic



Translucent materials

A material or thing is translucent if the things we see through it look fuzzy. Examples: oiled paper, butter paper, tracing paper, tissue paper, thin cloth, frosted glass (the kind of glass bathroom windows usually have)

Keeping Our Surroundings Clean



Clean surroundings help us stay healthy. A clean home, classroom, street or park is also nice to use.

We can keep our surroundings clean by following clean habits and by putting waste in the right place. Waste is anything we throw away because we do not need it anymore.

At home, waste may include vegetable peels, fruit peels, used tea leaves, eggshells, old newspapers, empty cartons, broken toys, plastic bags, plastic bottles, old clothes and broken electronic items.

At school, waste may include pencil shavings, paper bits, empty snack wrappers and leftover food.

Markets, hospitals, restaurants and offices also produce waste.

Let's Do What do you throw in the dustbin at home and at school? Make two lists. Do not be surprised if you see some of the same items on both lists.

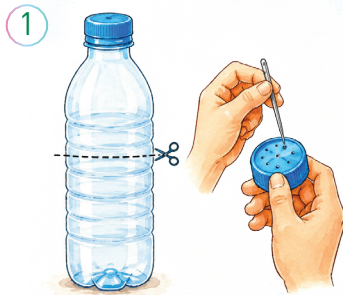


4. How is compost made?
5. Why should we reduce and reuse waste before trying to recycle it?
6. How can plastic bags harm animals?

A Few More Steps

We often have things at home that we no longer use. We can find simple ways to reuse some of them, so they do not end up in the dustbin. Here are some ways to reuse a plastic bottle.

Plastic bottle planter



Take a clean, dry plastic bottle. Ask an adult to cut it into two parts and make small holes in the cap.



Use the top part. Add soil and plant a small plant.



Place the top part inside the lower half of the bottle. Water the plant. Extra water drips into the bottom and can be used again.

Plastic bottle pen stand



Take another plastic bottle. Ask an adult to cut it into two parts.



Use the lower part. Stick ice cream sticks around it.



Let it dry. Then decorate it with colours or stickers.



Keep your pens and pencils in it.

Plastic bag sealer



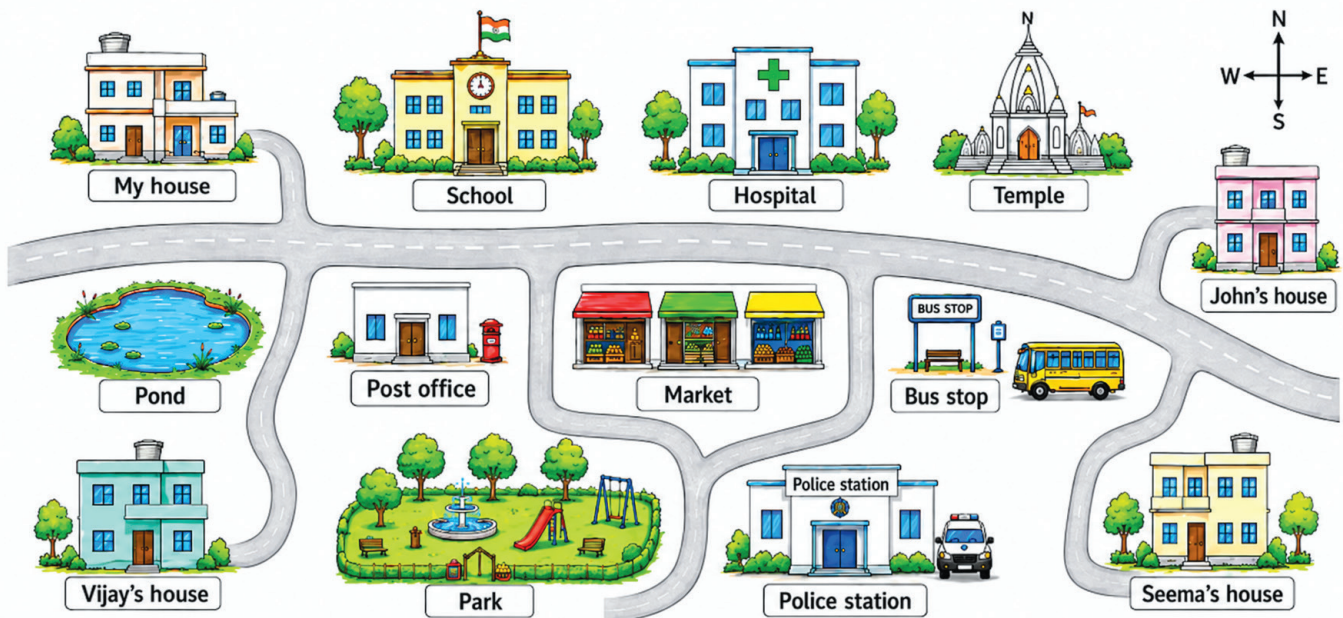
Use the top part of the bottle to close a plastic bag. Open the cap when you need to pour out the contents.

3. Name the four main directions.
4. In which direction does the sun rise and in which direction does it set?
5. How did travellers use the Pole star to find directions?

A Few More Steps

Today, many people use maps on phones to find places. These maps can show where we are right now and the place where we want to go. They can also tell us which roads to take and how long it may take to reach the place. This helps us travel to new places more easily.

Look at this sketch and fill in the blanks. Choose words from those given in the list.



1. The park is to the _____ of the market.
2. The hospital is to the _____ of the school.
3. Vijay's house is to the _____ of my house.
4. The bus stop is to the _____ of the park.
5. The pond is to the _____ of the post office.
6. The hospital is to the _____ of the market.

east

north-east

west

south-west

south

north