



CLASS 1
EVS
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Lesson – 1

Me and My Family



Meet Amit and Anjali .

Hello , My name is Amit . I am a boy.

I am six years old . I love to play cricket.

Paneer pulao is my favourite food.

I do not like to fight .



Hi, my name is Anjali. I am a girl .

I am also six years old.

I love to read story books.

My favourite food is Dosa.

I do not like to fall ill.

Fill in the 'all about me' sheet to tell your friends how you are different.

ALL ABOUT ME!

My name is _____

I am _____ years old.

When I grow up, I want to be a _____

My favourite animal is _____

My favorite number is _____

My favourite colour is _____

I was born on _____

I live in _____

My favourite food is _____

I like to _____

A Family

A family is a group of people who are related to each other. Some family members live with us in the same house .Some family members do not live with us. We meet them sometimes.

TYPES OF FAMILIES

Families may be single or joint. A family in which only mother , father and children live together in the same house is called a small or a single family.



A family in which parents , grandparents , children , uncles , aunts and cousins live together in the same house is called a large or joint family.



SHARING AND CARING

There is a lot of work to do in a house . Members of a family help each other and share the work . They also share feelings . This makes them feel close to each other .



This is how you can help your family at home.

- *Dust your room.*
- *Help your parents with the household chores.*
- *Water the plants .*
- *Lay the table.*
- *Put your toys back in place.*
- *Do your homework in time.*
- *Share things with your brother and sisters .*

EXERCISES

Q1. Fill in the blanks using help box.

single	cricket	share	group	joint
--------	---------	-------	-------	-------

1. Families may be single or _____.
2. A _____ family is a small family .
3. A family is a _____ of people.
4. All the family members _____ work in the house.
5. Amit likes to play _____.

Q2. Write True or False .

1. It is not important to help your family in household work. _____
2. Family members love each other and help each other. _____
3. A family with mother, father and children is a single family. _____
4. Anjali likes to play football. _____
5. Amit likes to eat Paneer Pulao. _____

Q3. Question - Answers.

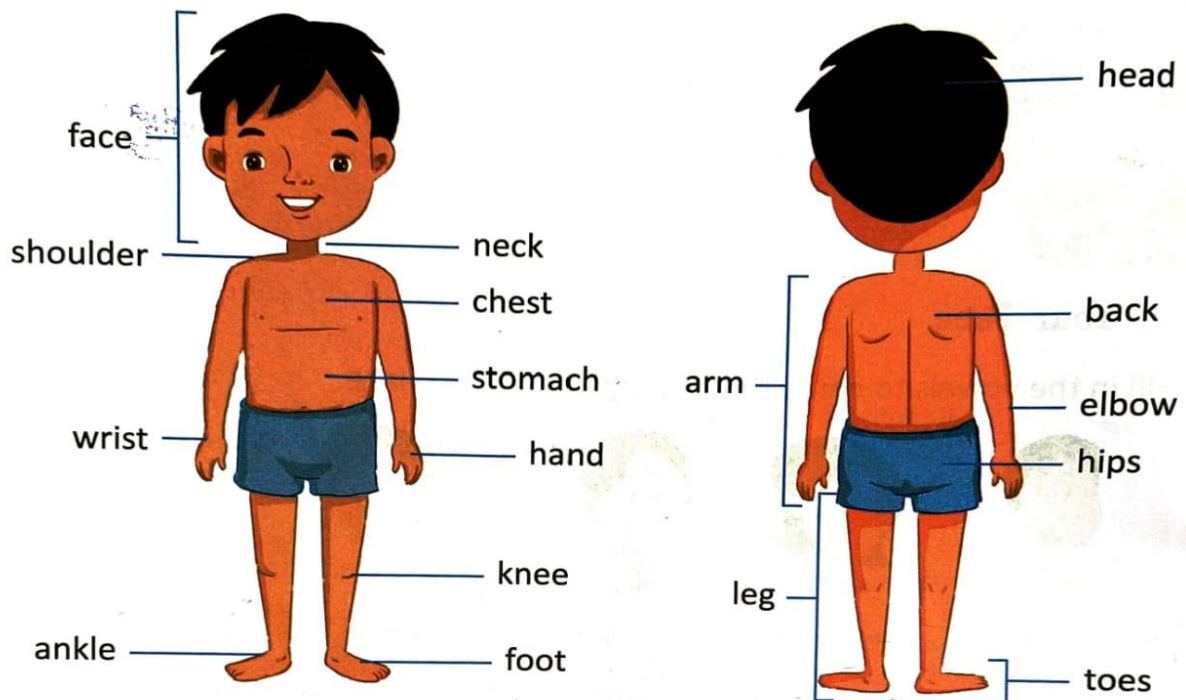
1. What is a family ?
2. Name the different types of families .
3. Write five lines about yourself .
4. Write five things you do to help your family.

LESSON – 2 OUR BODY PARTS

PARTS OF A BODY

Our body is made up of many parts. All the parts of our body are special. They help us to do different things.

➤ Look at the picture below and say the names of the body parts aloud.



****Our head is covered with hair.***

****Our face has a forehead , two eyes , two ears , our nose , a mouth , and a chin.***

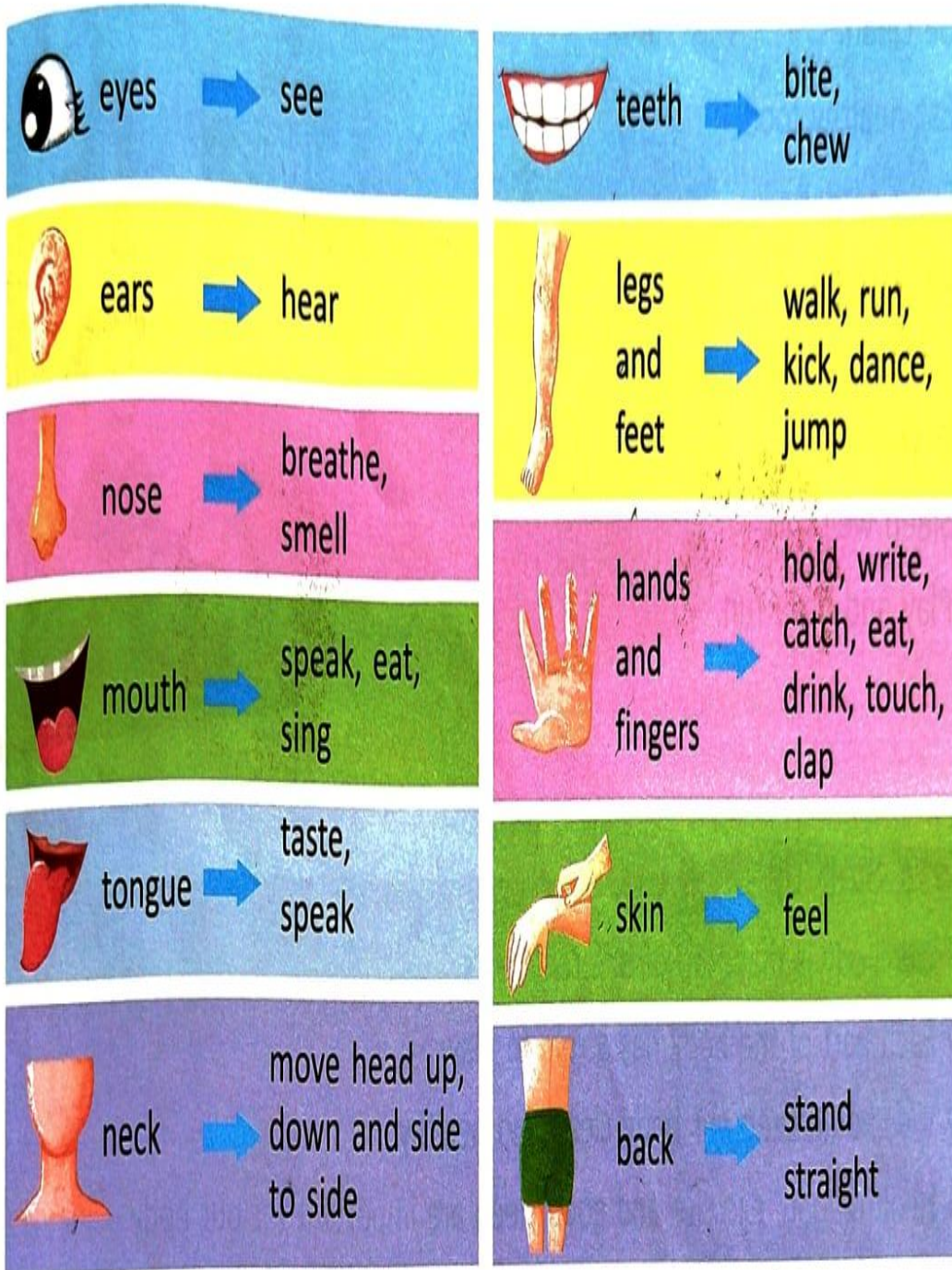
****Our mouth has lips , teeth and a tongue.***

****Our neck joins the head to the trunk.***

****Our trunk has shoulders , chest and stomach.***

Roles of the Body Parts

Each part of our body has an important role to play. Lets have a look.



Healthy Body

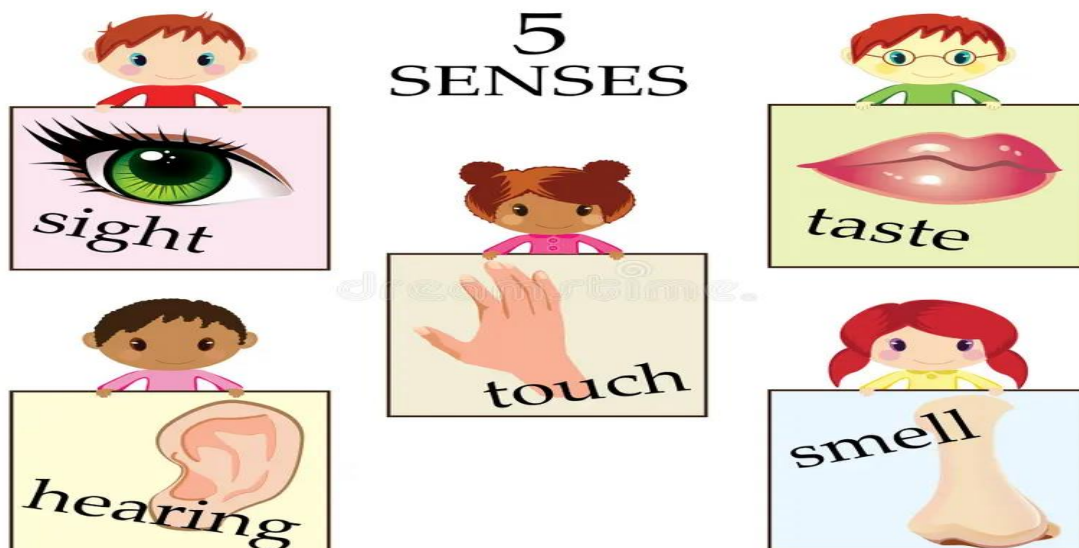
We must keep our body healthy to stay fit and well.



- ❖ **Eat lots of fruits and vegetables**
- ❖ **Avoid junk food .**
- ❖ **Drink enough water every day.**
- ❖ **Eat clean food and drink clean water.**
- ❖ **Wash hands before and after eating meals.**
- ❖ **Exercise every day .**
- ❖ **Go to bed early and get up early.**

Sense Organs

The organs that help us to see, smell, hear, taste, touch, and feel are called sense organs. The five sense organs of our body are Eyes , Ears Nose , Tongue and Skin.



1. Eyes:



We have two eyes on our face.

The main function of the eye is to see

We can see this beautiful world through our eyes



2. Ears :

We have two ears located on both sides of our heads.

The main function of the ear is to hear.



3. Nose:

We have one nose located between our eyes.

The main function of the nose is to smell.



4. Tongue:

We have one tongue in our mouth.

The function of the tongue is to help us to taste.

Our tongue can taste sweet, sour, salty, and bitter .



5. Skin –

Skin covers our body.

Skin helps us to touch and feel.

EXERCISES

Q1. Fill in the blanks using help box.

Five	hair	hands	eyes	One
-------------	-------------	--------------	-------------	------------

1. Our head is covered with _____.
2. Wash your _____ before and after meals.
3. We have _____ sense organs.
4. We have _____ nose .
5. We see with our | _____.

Q2. Write True or False .

1. Our body is made up of different parts. _____
2. We should not keep our body clean and healthy. _____
3. Our mouth has nose , teeth and tongue. _____
4. Ears helps us to see. _____
5. We have six toes. _____

Q3. Question – Answers

1. How many hands do you have ?
2. What is the role of the neck?
3. Name any five body parts.
4. Write five things you do to keep your body healthy.

Q4. Draw and colour the five sense organs and name them.

Lesson – 3

Cleanliness and Safety

Taking Care of my Body

It is important to take care of our body to stay fit and healthy .

KEEP CLEAN

- Exercise everyday.
- Brush your teeth twice a day.
- Bath everyday.
- Wear clean clothes .
- Trim your nails regularly.
- Wash our hands before and after eating.
- Sleep eight hours everyday.



EAT HEALTHY

- Eat meals on time.
- Eat fresh and healthy food.
- Chew the food well.
- Drinking six to eight glasses of water.
- Do not eat too much sweets and chocolates.
- Eat fresh fruits and vegetables.
-

CLEAN SURROUNDINGS

- Do not spit anywhere .
- Throw the waste in the dustbin.
- Keep your classroom clean.
- Flush the toilet after use.
- Keep your house neat and clean.



SAFETY RULES

We learn , play and have loads of fun together. But we fall , slip and tumble too. We make mistakes and get hurt at home , in school , on the road and in the playground. It is all a part of growing up. We can avoid some accidents and injuries if we are careful. Lets learn few safety rules.

SAFETY RULES AT SCHOOL



Keep class rooms
neet & clean



Don't walk over
wet floor



Don't sit or slide on
the Handrail



Know all emergency
Exit points



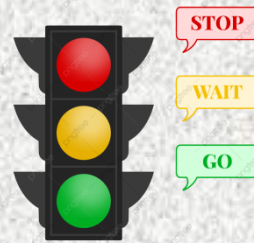
Stand in line and
never push anyone



Never bully. And
don't let anyone bully you.

SAFETY RULES ON ROAD.

- ❖ Always walk on the footpath.
- ❖ Cross the road only at zebra crossing .
- ❖ Follow traffic signals.



SAFETY RULES AT HOME

- ❖ Do not play with fire .
- ❖ Do not play with sharp objects.
- ❖ Do not touch electrical switches with wet hands.
- ❖ Do not lean over the balcony railing.



EXERCISES

Q1. Fill in the blanks using help box .

Water	clean	Nails	Wet	healthy
-------	-------	-------	-----	---------

1. Trim your _____ regularly.
2. Do not touch electrical switches with _____ hands.
3. Keep your classroom _____.
4. Always eat _____ food.
5. Drink six to eight glasses of _____.

Q2. Question Answers.

1. Write two safety rules to be followed in school?
2. Write two safety rules to be followed at home?
3. Write two healthy eating habits?

Q3. Long Answer

1. Write five ways to keep your body clean.

Chapter4: Our Neighbourhood

1. What is a Neighbourhood?



A neighborhood is the area around our home. It includes houses, streets, parks, shops, and people who live nearby.

2. Who are Our Neighbours?

People who live near our home are our neighbors. Neighbors help and support each other. They make our surroundings happy and safe.



3. Important Places in Our Neighbourhood

Our neighborhood has many useful places, such as:



School – A place where we learn new things



Hospital – Doctors and nurses take care of sick people



Market – A place to buy food, clothes, and other things.



Park – A place to play, walk, and enjoy nature



Post Office – A place to send and receive letters.



Police Station – The police help us stay safe.



Fire Station – Firefighters help put out fires and keep us safe.

4. How Should We Behave in Our Neighbourhood?

- Be kind and helpful to our neighbours.
- Share things and play together.
- Greet neighbours with a smile.
- Do not make too much noise.



5. Keeping Our Neighbourhood Clean



➤ Always throw waste in a dustbin.



Do not litter or spit on the road.



➤ Plant trees to make the air fresh. Keep streets, parks, and other places tidy.

6. Why is a Good Neighborhood Important?

A good neighborhood keeps us happy and safe. It is a place where people care for each other. We must always respect and help our neighbors to make our neighborhood a better place.



EXERCISE

1. ANSWER THE FOLLOWING QUESTIONS.

Q1. What is a neighbourhood?

Ans-_____

Q2. Who are neighbours?

Ans-_____

Q3. Name five neighbourhood places.

Ans-_____

Q4. How can we keep our neighbourhood clean?

Ans-_____

Q5. Why is a good neighbourhood important ?

Ans-_____

B. Tick (✓) the correct answer:

1. A neighbourhood is the area around our:

(a) school

(b) home ✓

(c) office

2. A park is a place where we:

(a) play and walk ✓

(b) buy clothes

(c) go to study

3. A hospital is where:

(a) police officers work

(b) letters are sent

(c) sick people get treatment ✓

4. We should throw garbage in the:

(a) road

(b) dustbin ✓

(c) park

5. Firefighters work at the:

(a) fire station ✓

(b) police station

(c) post office

C. Fill in the blanks:

1. People who live near our home are called neighbors.

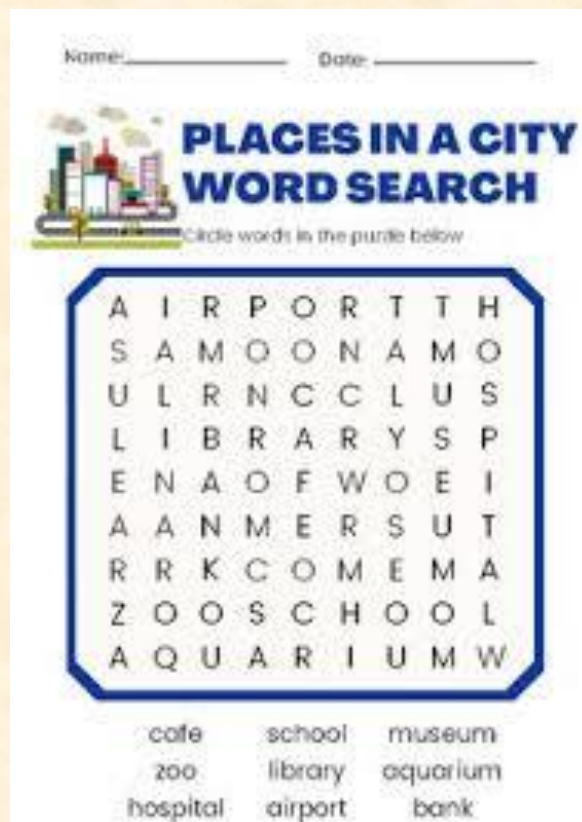
2. We buy food and clothes from the market.

3. The police station helps to keep our neighbourhood safe.

4. We should keep our neighborhood clean.

5. We play and have fun in the park.

D. Fun activity



Chapter 5 : People Who Help Us

1. Introduction



We cannot do everything by ourselves. Many people in our community help us in different ways. These people make our lives easier and safer. They use different tools for their work.

2. People who help us and their tools

Every morning we see people going to their places of work. They help us in some way or the other. let's read about a few of them.



The house help sweeps
And mops the house



Teacher helps in reading
and writing



Doctors and nurses work in the
hospital and look after the sick.



Early morning, the newspaper
boy delivers at our house.



The milkman comes to
deliver milk.



The postman delivers
Letters and parcels.



The cook makes food.



The gardener looks after the garden.



The farmer grows food for us.



The guard protect us from robbers.



The carpenter makes furniture.



The tailor stitches clothes.



The barber cuts our hair.



The cobbler mends shoes



The greengrocer sells vegetables and fruits.



The electrician fixes electrical wires.



The plumber fixes leaking taps and pipes.



The police officer catches thieves.



The garbage collector collects garbage from our house.



The traffic policeman controls the traffic.



The vet treats dogs and animals.

Tools in use

People use many tools in their day today life's. let's know about some of them.



Sickle



chalk



broom



sewing machine



Scissors



Pressure cooker



Pan



stethoscope



Screwdriver



hammer



Stethoscope is a tool used by a doctor to check our heartbeat.



Why Should We Respect Helpers?

They work hard to make our lives comfortable.

We should be kind and polite to them.

Saying "Thank you" makes them feel happy

THANK
YOU

Exercises

A. Answer the Following Questions:

1. Who teaches us in school?

Ans- _____

2. What does a doctor do?

Ans- _____

3. Who brings letters to our homes?

Ans- _____

4. Why should we respect people who help us?

Ans- _____

Long answer type question.

1. Name any five helpers.

Ans - _____

B. Fill in the blanks:

1. People use different _____ for their work. (tools/pencils)

2. A _____ helps us learn new things. (teacher/barber)

3. A firefighter uses a _____ to put out fires. (hose/stethoscope)

4. A barber _____ our hair. (cuts/drives)

5. A _____ keeps our roads clean. (sweeper/carpenter)

C. Choose the Correct Answer:

1. Who works in a hospital?

- a) Teacher
- b) Doctor
- c) Carpenter

2. Who drives a bus?

- a) Driver
- b) Farmer
- c) Sweeper

3. What does a postman bring?

- a) Letters
- b) Fruits
- c) Furniture

4. Where does a farmer work?

- a) School
- b) Farm
- c) Salon

5. Who makes tables and chairs?

- a) Carpenter
- b) Doctor
- c) Firefighter

D. True or False:

- 1. All people around us do the same job. (True/False)
- 2. A farmer works in a hospital. (True/False)
- 3. A teacher helps us learn. (True/False)
- 4. We should respect everyone who help us. (True/False)
- 5. A tailor cuts out hair and make us look smart. (True/False)

E. Fun Activities for Kids

- ✓ Role Play – Let children dress up as different helpers and act out their roles.
- ✓ Draw & Color – Ask children to draw their favorite helper and color it.
- ✓ Match the Helper to Their Tools – Give pictures of helpers and their tools and let children match them.

✓ "Thank You" Card – Make a card to thank a community helper.

A large, empty rectangular box with a thin black border, intended for a child to draw or write a message on a thank-you card.

6.PLANTS AROUND US



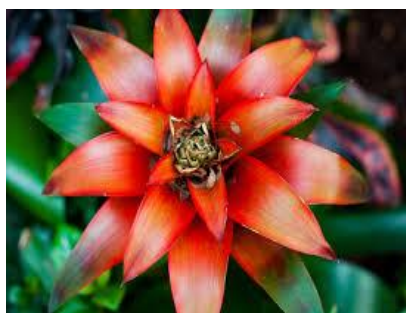
1. WHAT IS A PLANT ?

2. TYPES OF PLANTS

3. PARTS OF A PLANT

4. USES OF PLANTS

5. CARE OF PLANTS



1. What Are Plants?

Plants are living things that grow in soil.
They need air, water, and sunlight to live.



2. Types of Plants

We see different types of plants in the park, garden and many other places. Some plants grow big. Some remain small.

Big Plants (Trees) Very big and strong plants are called trees. They have many branches and leaves. The thick woody stem of a tree is called a trunk. Many animals and birds live on trees.



Mango tree



Neem tree



Coconut tree

Small Plants (Shrubs and Herbs) – Small and bushy plants are called shrubs. They have woody branches that grow together from the ground. They do not have trunks.



Rose



hibiscus



mehendi

Herbs are smaller than shrubs. They have green, soft and weak stems that break easily.



Tulsi



mint



coriander

Climbers and Creepers—Some plants have a weak stem. They cannot grow straight on their own. They climb on other things to grow. Such plants are called climbers.



Money plant



grapevine



bean

Creepers are plants that move or grow along the ground. They too have weak stems.



Pumpkin



cucumber



watermelon

Some plants grow inside water or float on it. They are called water plants.



Lotus



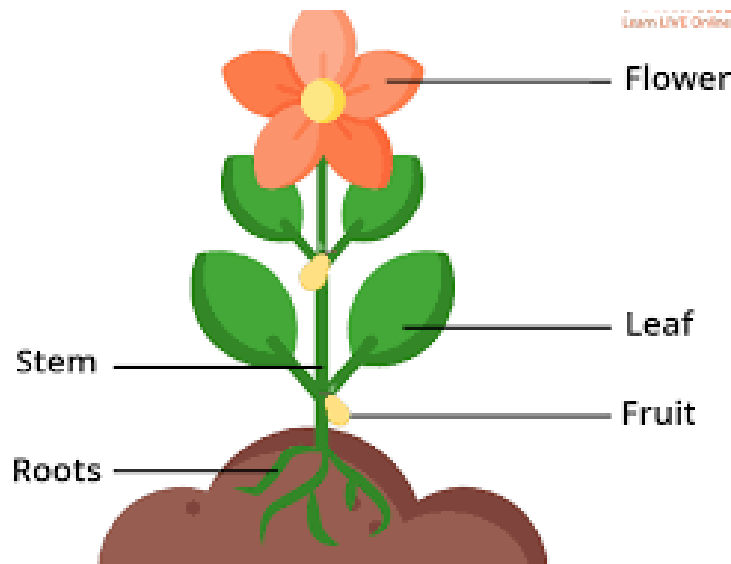
water lily



hydrilla

3. Parts of a Plant

Look at the picture below, Read aloud the different parts of a plant.



1. Roots – Hold the plant in the soil and take water.

2. Stem – Carries water and food to the plant.

3. Leaves – Make food for the plant.

4. Flowers – Grow into fruits.

5. Fruits – Have seeds inside them.

4. Uses of Plants

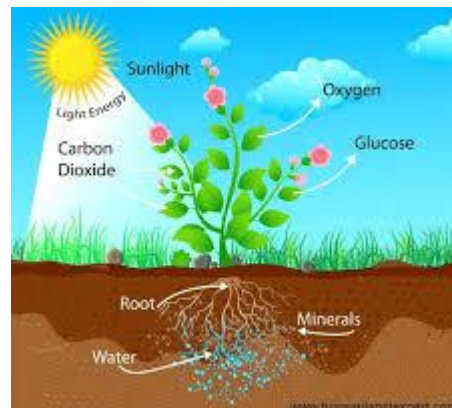
They give us fruits and vegetables. They give us wood, paper, and medicines. They help us get fresh air.



5. Caring for Plants



Water them every day.



Keep them in sunlight



Do not pluck flowers

Exercises

A. Answer the Following Questions:

1. What do plants need to grow?

Ans- _____

2. Write any two uses of plants.

Ans- _____

3. Which part of the plant makes food?

Ans- _____

4. What do fruits have inside them?

Ans- _____

5. Why should we take care of plants?

Ans- _____

6. Draw ,colour parts of the plant and label it.

Ans-

B. Fill in the Blanks:

1. Plants are _____ things. (living/non-living)

2. _____ hold the plant in the soil. (Roots/Flowers)

3. A _____ carries water and food in a plant. (stem/fruit)

4. We get fresh air from _____. (plants/rocks)

5. A _____ grows along the ground. (creeper/tree)

C. Choose the Correct Answer:

1. Which of these is a tree?

a) Mango

b) Rose

c) Tulsi

2. What do plants give us?

- a) Fruits
- b) Toys
- c) Books

3. Which part of the plant makes food?

- a) Root
- b) Leaf
- c) Stem

4. Which plant is a climber?

- a) Money plant
- b) Neem
- c) Rose

5. What do plants need to grow?

- a) Water
- b) Plastic
- c) Fire

D. True or False:

- 1. Plants are living things. (True/False)
- 2. Roots are above the ground. (True/False)
- 3. Tulsi is a big tree. (True/False)
- 4. Plants give us fruits and vegetables. (True/False)
- 5. We should cut down all trees. (True/False)

Fun Activities for Kids

1. Plant a Seed – Let children plant a seed in a cup and watch it grow!



2. Leaf Printing – Dip a leaf in paint and press it on paper to make beautiful prints.



7

ANIMAL AROUND US

We will learn about

Types of Animals

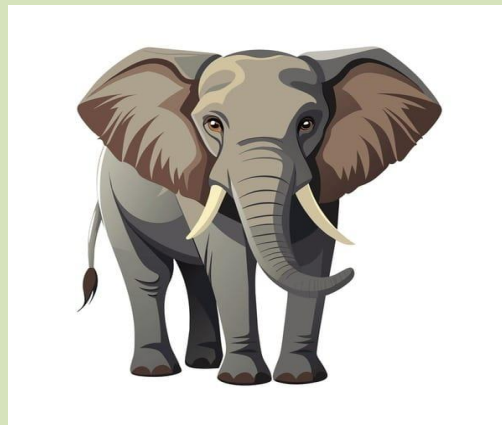
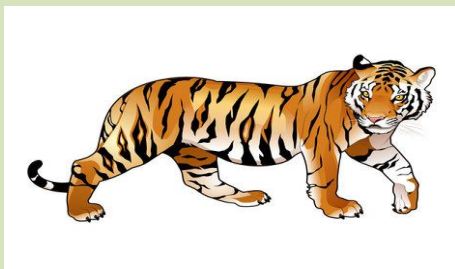
What Animals Eat

Where Animals Live

Types of Animals

1. Wild Animals- These animals live in forests or jungles and take care of themselves.

Examples: Lion, Tiger, Elephant, Deer, Monkey



2. Domestic Animals-These animals live with humans and help us in different ways.

Examples: Dog, Cat, Cow, Goat, Horse



3. Farm Animals-These animals are kept on farms and provide us with food or help in farming.

Examples: Cow , Hen , Sheep , Horse



4. Water Animals - These animals live in water.

Examples: Fish, Dolphin, Octopus, Turtle



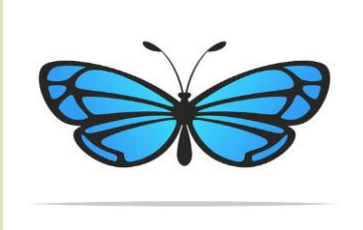
5. Birds- These animals have wings and most of them can fly.

Examples: Parrot, Crow, Pigeon, Sparrow, Peacock



6. Insects- These are small animals with six legs.

- Examples: Butterfly, Ant, Bee, Grasshopper



What Animals Eat

All animals need food to live. Some animals eat grass, leaves, fruits, and vegetables.

Examples: Cow, Goat, Deer, Elephant, Rabbit



Some animals eat the flesh of other animals.

Examples: Lion, Tiger, Wolf, Eagle, Snake



Some animals eat both plants and animals

Examples: Bear, Crow, Dog, Hen, Human



Where Animals Live

Animals also need home to live in .There home protect them from heat,cold ,rain and other wild animals.



A dog lives in a kennel.



Hens lives in coop.



Ants live in anthills.



A horse lives in a
stable.



A horse lives in a
kennel.



Honey bees live in
beehives.



A bird lives in a
nest



Monkeys live on
trees.



A lion lives in a
den.

Exercises

A.Fill in the blanks using helpbox.

water	trees	wild	food	anthills
-------	-------	------	------	----------

- 1.The animals that live in forests are called _____ animals.
2. The animals that live in water are called _____ animals.
3. Monkeys live on _____.
4. Ants live in _____.
5. All animals need _____to live.

B.Write true or false.

- 1.Lion eats grass, leaves, fruits, and vegetables. _____
- 2.Bird lives in nest. _____
3. Butterflies has ten legs. _____
4. A horse lives in a kennel. _____

C. Name two animals of each kind.

1.flesh-eating animal _____

2.animals with six legs _____

3.domestic animals _____

4.birds _____

5.water animals _____

D. Answer the following questions.

1.What are farm animals ?

2.What are insects ?

3.What do we call the animals that live with humans ?



We Need a House

A place where we live with our family is called a house. A house keeps us safe from heat, cold, rain, wind, wild animals and thieves.

A house gives us shelter and protects us. We feel safe and comfortable.



Types of Houses

Houses are mainly of two types. They are kutcha houses and pucca houses.

Kutcha Houses-These are found in some villages.
These houses are made of straw, bamboo, mud, clay and leaves.
These houses are not very strong.

Pucca Houses-These are found in cities and towns.
These houses are made of bricks, cement, iron, steel
and glass. They are strong.

Types of Houses



Kutcha house

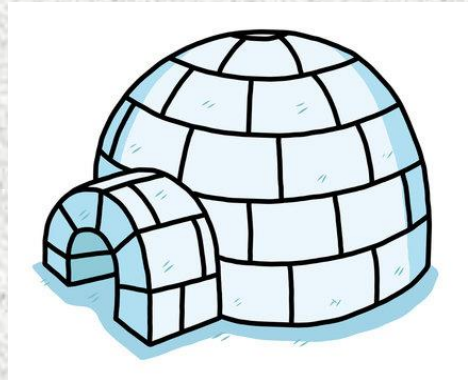


Pucca house

Special Houses



**Tent is a light weighted
Canvas which can be folded.**



**Igloos are dome-shaped
structures made of ice.**



Hut is made of wood, mud or grass.



**Stilt house is made with
Bamboo sticks.**



Caravans are houses on wheels.

Exercises

A.Fill in the blanks using helpbox.

<u>kutchra</u>	<u>safe</u>	<u>pucca</u>	<u>protects</u>	<u>stilt</u>
----------------	-------------	--------------	-----------------	--------------

1. A house keeps us _____ from heat and cold.
2. _____ houses are not very strong.
3. _____ houses are found in cities and towns.
4. _____ house is made of bamboo sticks.
5. A house gives us shelter and _____ us.

B.Write 'T' for true and 'F' for false statements.

- 1.Pucca houses are not strong . _____
- 2.Igloos are made of ice. _____
- 3.Houses are mainly of three types. _____
- 4.Our houses protect us from thieves. _____

C.Missing Letters.

1.P R _ T E C T _

2. H _ U _ S E S

3.B A _ B O _

4.C O _ F O R T _ B L E

D.Unscramble words.

1.S A V N A C - _____

2.R E T L E H S - _____

3.S E R U T C U R T S - _____

4.D O O W - _____

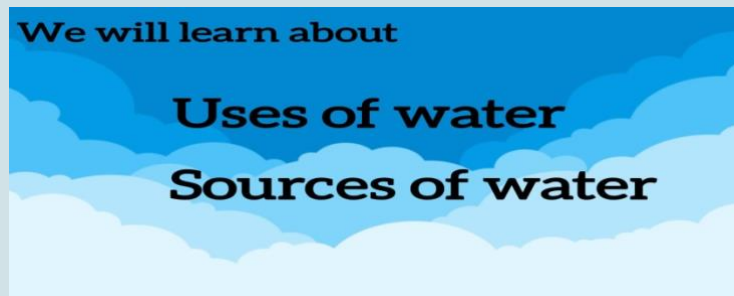
E.Answer the following questions.

1.Why do we need a house ?

2.Name two main types of houses ?

3.Name any five special houses ?

9 PRECIOUS WATER



Water is Precious

We should not waste water because it is very important for life.

There are many places in the world where there is not enough water.



The Precious Water

Water, water, everywhere, In the sky and everywhere! In the rivers, lakes, and sea, Water is so precious, you see!

We drink it, bath , and wash our clothes , Water helps the plants that grow. Animals drink it to stay alive, Without water, we cannot survive!

Turn off the tap, don't let it run, Saving water is so much fun! Let's use water, but not waste, So there's enough for every place!

Water is precious , let's take care, For a bright tomorrow, everywhere!

Uses of Water

1. **Drinking:** We drink water to stay healthy and strong.



2. **Washing:** We use water to wash our hands, face, clothes, and dishes.



3. **Bathing:** Water helps us clean our bodies and stay fresh.



4. **Cooking:** Water is used to cook food, like boiling rice, making soup, or boiling vegetables.



5. **Watering Plants:** Plants need water to grow and stay alive.



Sources of water

1. **Rain:** Water that falls from the sky is called rain. It is a natural source of water.



2. **Rivers and Streams:** A river is large, flowing body of water that usually moves towards an ocean, sea or lake.

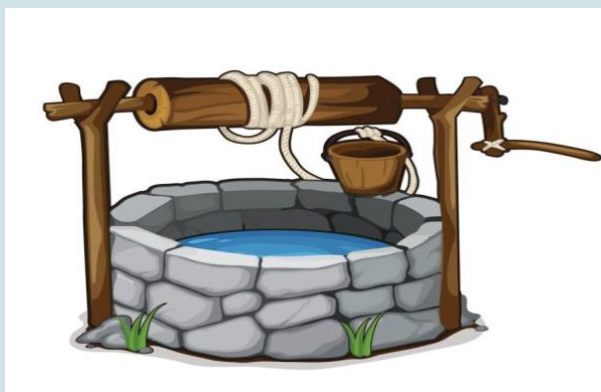
A stream is smaller flowing body of water that may eventually join a river that flows in rivers and small streams.



3. **Lakes and Ponds:** These are big and small bodies of still water where fishes live.



4. **Wells:** People dig wells to get water from deep inside the ground.



5. **Oceans:** Ocean is a huge body of salt water.



Save Water

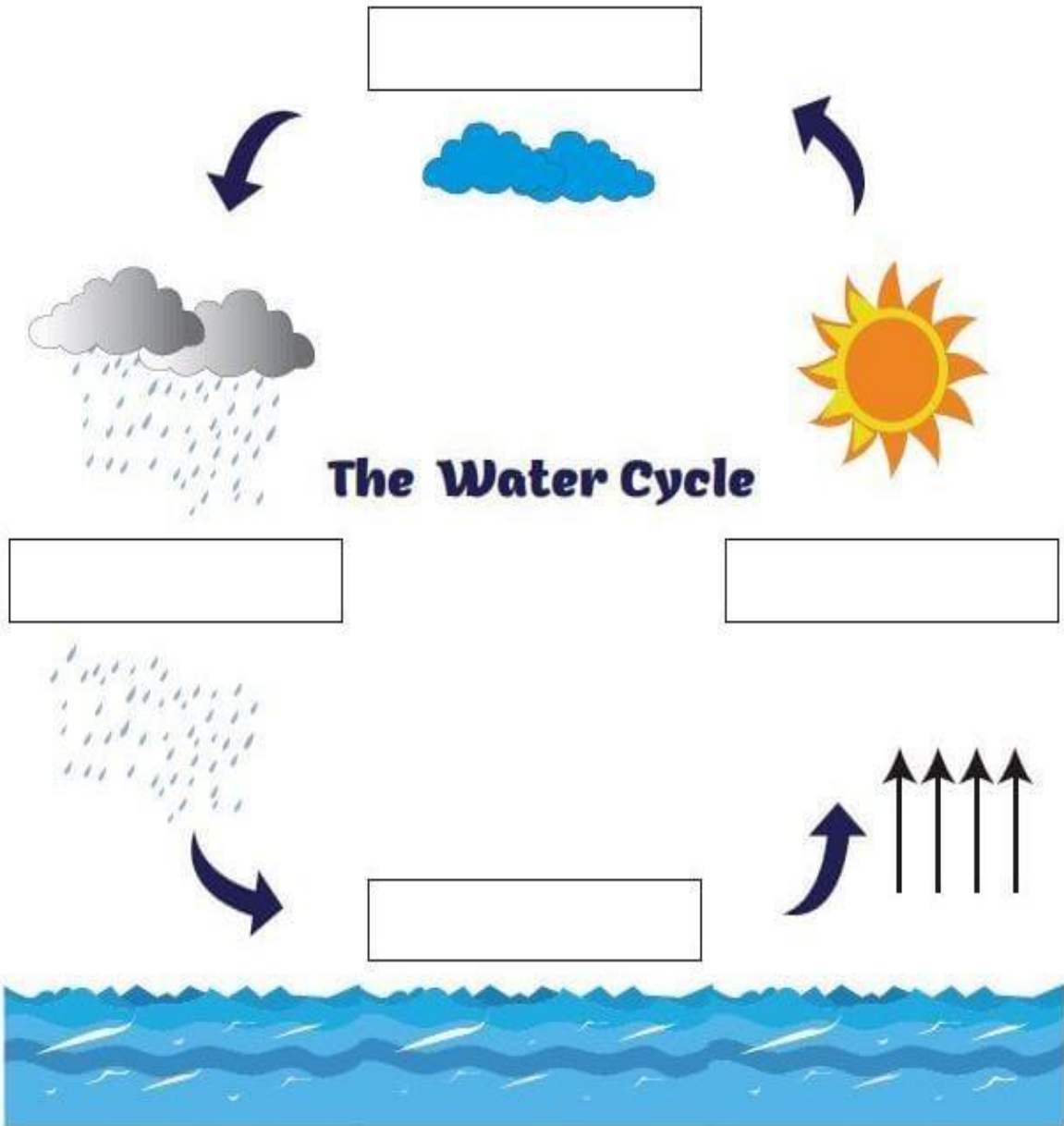
Water is very precious. We should not waste water because it is very important for life. Saving water helps protect our Earth. We should not throw garbage into water bodies.



Activity Time

Water Cycle Labeling

Label the stages in a water cycle using the words given.



Precipitation

Condensation

Collection

Evaporation

Exercises

A.Fill in the blanks using helpbox.

Earth	Plants	water	oceans
-------	--------	-------	--------

1. We drink _____ to stay healthy and strong.
2. _____ is a huge body of salt water.
3. Saving water helps protect our _____.
4. _____ need water to grow and stay alive.

B.Write 'T' for true and 'F' for false statements.

1. Rain is natural source of water. _____
2. We should waste water. _____
3. Water is only for drinking. _____
4. We should throw garbage into water bodies. _____

C.Answer the following questions.

- 1.Name five uses of water.
- 2.Name five sources of water.

Lesson: 10 Food We Eat

Introduction

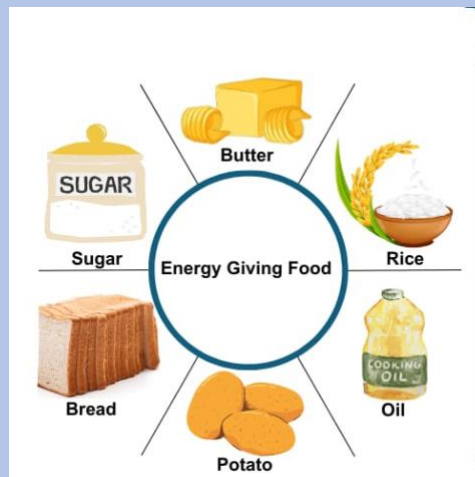
Food is essential for life. It gives us energy, helps us grow, and keeps our bodies healthy. Different types of food provide different nutrients that our bodies need.

Types of Food

1. Energy-Giving Foods

These foods provide energy for daily activities.

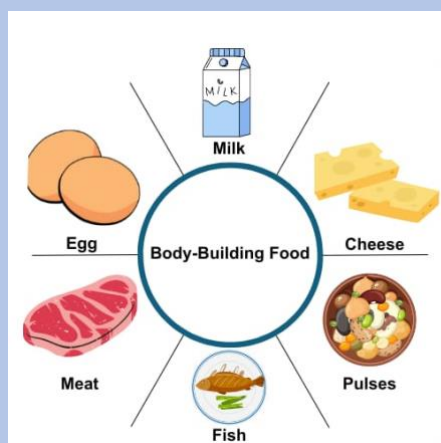
Examples: Rice, bread, potatoes, sugar, butter, and oil.



2. Body-Building Foods

These help in growth and repair of the body.

Examples: Meat, fish, eggs, milk, beans, and nuts.



3. Protective Foods

These help the body fight diseases and keep us healthy.

Examples: Fruits (oranges, bananas, apples) and vegetables (carrots, spinach, tomatoes).



Sources of Food

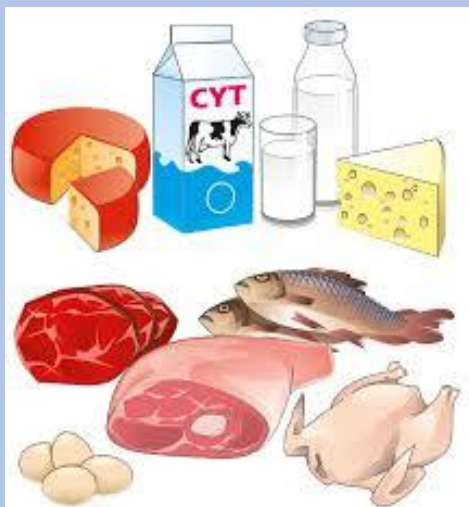
Plants are important sources of food for both humans and animals.

Food obtained from animals is the main source of protein and include fish, milk, meat, poultry, and cheese. Whereas plants provide us with fruits and vegetables, which are an important source of fibres, proteins and carbohydrates.

We get fruits, vegetables, grains, oils, sugar, spices, tea and coffee from them.



We get milk, eggs and meat from animals.



Animals like hens, fish and goats give us meat.

Cows, goats and buffaloes give us milk.

We get eggs from hens and ducks.

Meals of the Day

We eat food at different times of the day. These are called meals. Eating healthy meals helps us grow and stay strong.

Three Main Meals of the Day

1. Breakfast (Morning)

The first meal of the day. Gives us energy to start the day.

Examples: Bread, eggs, milk, porridge, fruits.



2. Lunch (Afternoon)

The second meal of the day. Helps us stay active during the day.

Examples: Rice, beans, meat, fish, vegetables.



3. Dinner (Evening)

The last meal of the day. Keeps us full and helps our body rest.

Examples: Chapati, soup, vegetables, milk.



In between these three main meals, we should eat light and healthy snacks like fresh fruits and nuts. We should also drink six to eight glasses of water during the day. Water helps us to digest the food that we eat.

Importance of Eating Healthy Food

Helps us stay strong and active.

Prevents diseases like obesity and malnutrition.

Improves brain function and memory.

Unhealthy Foods (Junk Food)

Foods like chips, soda, and sweets contain too much sugar, fat, or salt.

Eating too much junk food can cause health problems like obesity and heart disease.

Conclusion

Eating a variety of healthy foods helps us grow and stay fit. We should avoid too much junk food and drink plenty of water.

Exercise-

1. Fill in the blanks –

- a. We eat food to get _____.
- b. Fruits and vegetables keep us _____.
- c. Milk and eggs are _____ food.
- d. We get food from _____ and _____.
- e. The food that is not healthy is called _____ food.

2. Write True or False-

- a. Junk food is healthy. _____
- b. We should drink six to eight glasses of water during the day. _____
- c. We eat breakfast in the afternoon. _____
- d. Chocolates are better than vegetables. _____
- e. We should eat lots of fruits and vegetables. _____

3. Answer the following questions-
 - a. Where do we get our food from?
 - b. Why do we need food?
 - c. Name the three meals of the day. Give example for the same.
4. Long answer type question-
 - a. Name any five food items we get from plants.
 - b. Name any five food items we get from animals.
5. Draw, colour and label any five things we get from plants and animals.



Lesson: 11 Means of Transport

Objective:

By the end of the lesson, students should be able to:
Identify different means of transport.
Classify transport into land, water, and air transport.
Explain the importance of transport in daily life.

1. Introduction:

Transport makes our lives easier by allowing us to reach different places quickly and safely, just like a car takes you to the park or a bus takes you to grandma's house!.

Transport refers to the movement of people, goods, and animals from one place to another. It plays a vital role in our daily lives by helping us travel, trade with others. Transports are very useful to us. Transports carry people and things easily and quickly. There are many means of transport. In old time, people travelled on foot. Today, we have different means of transport.

Here are few examples

"We use a car to go to the market."



"A boat helps us travel on the water."



"An airplane flies high in the sky."



Types of Transport:

A. Land Transport

Land transport is the movement of people, animals, or goods on land from one place to another. It's a key way to connect cities and make the travel easier.

Examples of land transport are Cars, Trains, Buses, Bicycles, Trucks, Taxis, Motorcycles, Scooters, and Tractors.

LAND TRANSPORT



Bicycle



Van



Truck



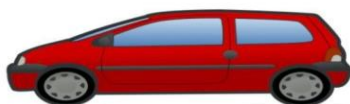
Tractor



Motorcycle



Train



Car



Ambulance

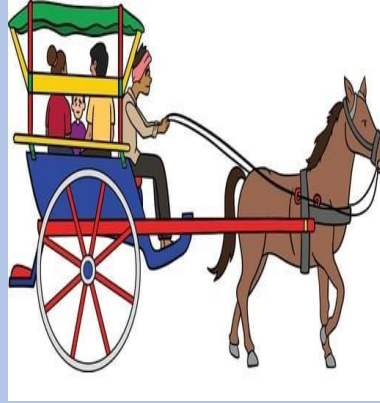


Bus

Some vehicles are drawn by animals like bullock cart and tonga.



Bullock Cart



Tonga

Types of Land transport

- **Rail transport:** The movement of people and goods by train.
Rail Transport: Trains and trams.
- **Road transport:** The movement of people and goods by car, bus, or other vehicle
Road Transport: Cars, buses, motorcycles, bicycles, and trucks.

B. Water Transport

Water transport is the movement of people and goods by boat, ship, or other watercraft across bodies of water such as rivers, lakes, oceans, and canals. It's a vital mode of transportation. This type of transport occurs on rivers, lakes, and oceans.

Examples include: boats, ships, ferries, submarine

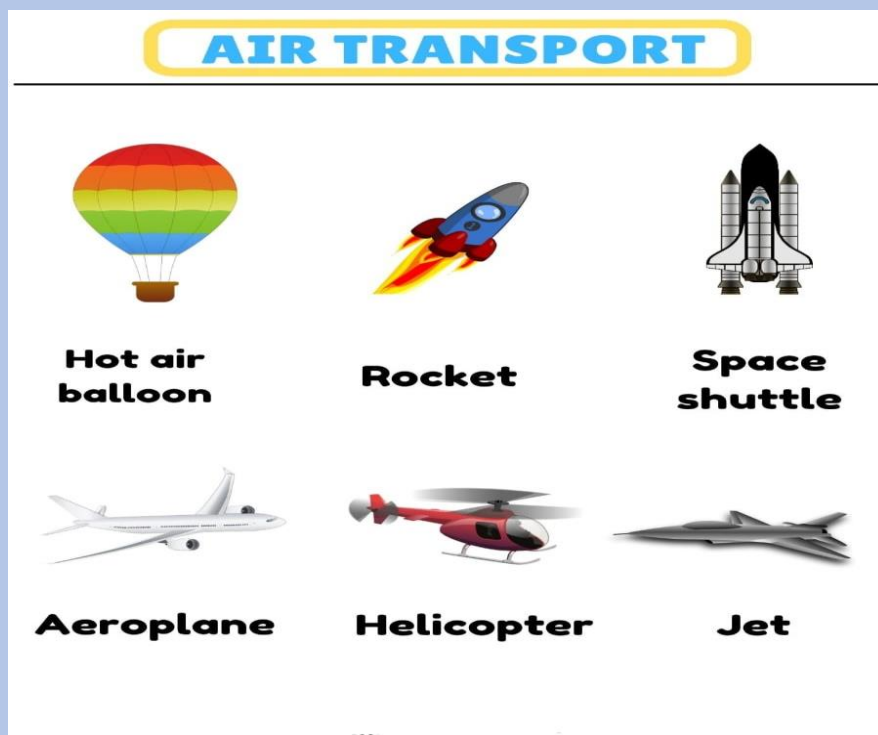


Benefits of Water transport-

- Water transport is an important mode of transportation.
- It's the cheapest mode of transport for bulky or perishable goods compared to other modes of transportation.

C. Air Transport

Air transport is the process of moving people or things from one place to another by using an aircraft, such as an aeroplane or helicopter. Air transport takes place in the air, not on roads or waterways. This involves the movement of people and goods through the air. Examples of air transport- Aeroplanes, Helicopters, Hot air balloons.



3. Importance of Transport:

Helps people travel from one place to another.

Facilitates trade by transporting goods and services.

Promotes tourism and business.

Aids in emergency situations, such as ambulances and rescue helicopters.

Activity:

Circle all the land transports.



Truck



Helicopter



Tractor



Glider



Train



Rowboat



Ship



Crane



Motorbike

5. Conclusion:

Transport is an essential part of life that helps us move and conduct business efficiently. Different types of transport serve various purposes, and understanding them helps us appreciate their importance.

Book Exercises-

Q1. Fill in the blanks-

1. A _____ has a fan on it.
2. A _____ sails on water.
3. A _____ is drawn by animals.
4. An _____ has three wheels.
5. A _____ has two wheels.

Q2. Match the columns-

1. Rickshaw runs on the tracks
2. Train has three wheels
3. Tonga moves faster
4. Aeroplane drawn by animals
5. Truck can carry heavy goods.

Q3. Write True or False for the following statements-

1. Boats moves on the road. _____
2. Passenger ships move slowly. _____
3. Trains run on the railway tracks. _____
4. Astronauts travel to universe in a helicopter. _____
5. A scooter can carry many people. _____

Q4. Name one each-

1. Pulled by animals - _____
2. Sails on water - _____
3. Runs on track - _____
4. Runs on machine - _____
5. Pulled by men - _____
6. Flies in air - _____

Q5. Answer the following questions-

1. What do you mean by transport?
2. Why people need means of transport?
3. Name the three types of transport.
4. Write the importance of transport.

Q6. Long answer type questions-

1. Name any five means of land transport.
2. Name any five means of air transport.
3. Name any five means of water transport.

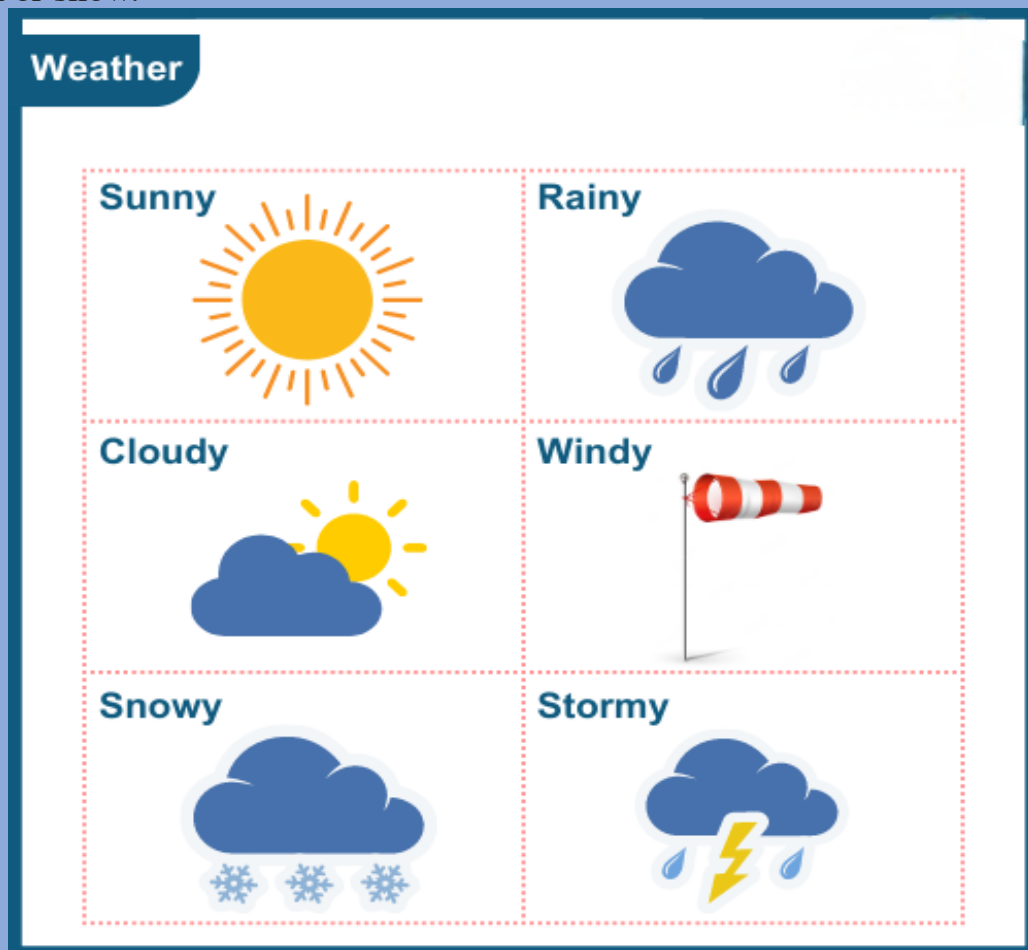
Q7. Draw and name 'Means of Transport' and colour it.

Lesson 12 Weather and Season

Weather

The Earth is surrounded by a big blanket of air called the atmosphere which keeps us safe and makes it possible for us to breathe.

Weather can be different in different places. Some places are hotter, some are colder and some have more rain or snow.



Everyday is not the same. The weather can change from day to day and time to time.

Weather can be of different types:

- a) **Sunny:** Sunny weather is when the sun is shining brightly in the sky.
- b) **Rainy:** Rainy weather is when water falls from the sky in the form of raindrops
- c) **Cloudy:** Cloudy weather is when the sky is covered with lots of clouds.
- d) **Windy:** Windy weather is when you feel a lot of air moving around you.
- e) **Snowy:** Snowy weather happens when it gets really cold and instead of rain, frozen water called snow falls from the sky.

f) Stormy: It usually includes thunderstorms with thunder and lightning. It often comes with heavy rain or even hail

Seasons

Seasons are like different parts of the year that have different weather and things happening around us.

There are mainly 5 different seasons:

- a) Summer season
- b) Winter season
- c) Spring season
- d) Rainy season
- e) Autumn season

Summer Season



Summer is when the weather becomes hot and sunny. People wear light cotton clothes in summer. During summer, the days are longer. Summer is perfect for enjoying delicious ice cream and other cool treats like popsicles. We should remember to stay hydrated and stay protected from the sun while going out.

Winter Season



Winter is the coldest season of the year. People need to wear warm clothes like coats, hats, scarves and gloves to stay cosy and comfortable. In winter, the nights are longer and the days are shorter. It snows in many places during winter. Some people enjoy winter sports like skiing, ice skating or ice hockey.

Spring Season



Spring is when the weather starts getting warmer after the cold winter. Spring is a season when flowers start to bloom and trees start growing new leaves. Spring is an excellent time for gardening. Spring is a great time for outdoor activities due to the pleasant weather. You can fly kites, ride bicycles, have picnics in parks and play games outside.

Rainy Season



As the name suggests, it rains a lot during the rainy season. It is also known as monsoon season. Rain is essential for plants and flowers to grow. During the rainy season, plants become greener. People wear raincoats over our clothes and carry umbrellas while going out in the rain. Heavy rains help fill up lakes, rivers and ponds during this season.

Autumn Season



In autumn, the weather starts to get cooler. The autumn season is also known as fall. In autumn, the leaves on trees change colour and turn into shades of red orange, yellow and brown. The leaves also start falling from trees. Autumn is a time when farmers harvest their crops.

Exercise-

Q1. Fill in the blanks.

1. There are _____ main season in a year.
2. The sun shines bright, it is _____ day.
3. We like to wear _____ clothes in summer.
4. We wear a raincoat during the _____ season.
5. Flower bloom in the _____ season.

Q2. Write True or False-

1. Woolen clothes keep us cool. _____
2. Spring is the coldest season of the year. _____
3. Leaves changes colour in autumn. _____
4. Summer is colder than winter. _____
5. The weather can change at any time during the day. _____

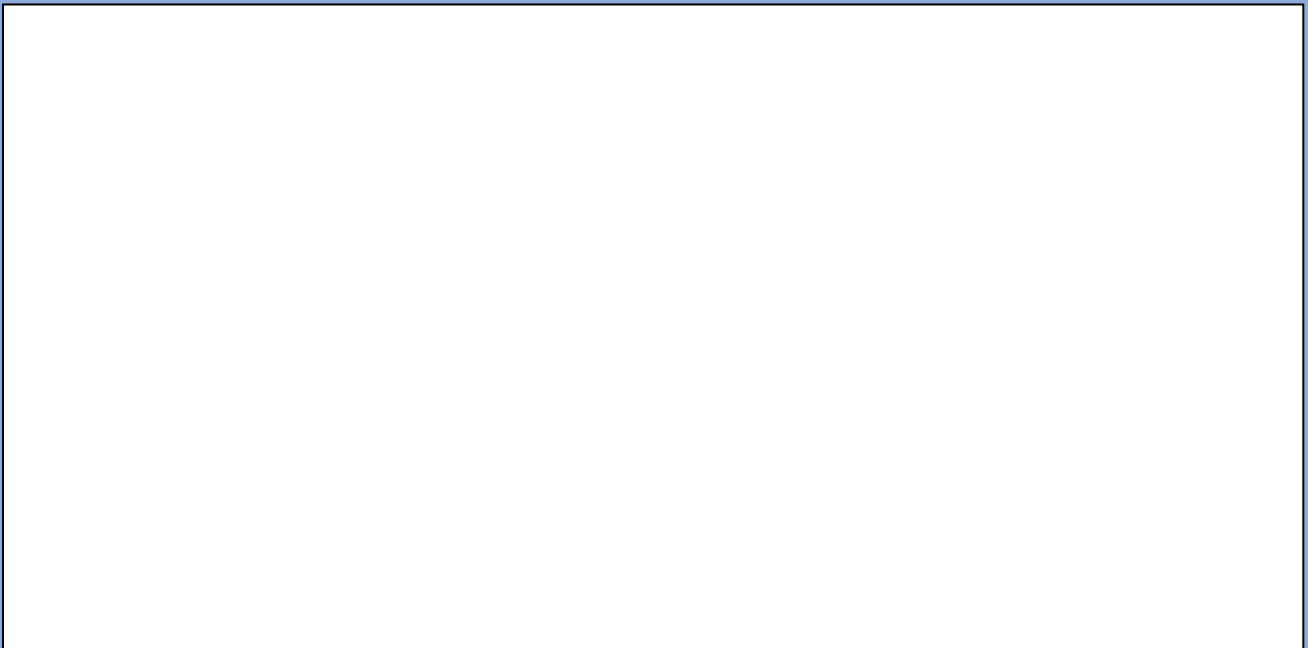
Q3. Answer the following question.

1. Write the different types of weather.
2. Why do we wear a raincoat when we go out in the rain?
3. What do you like to eat, drink and wear in summer?

Q4. Long answer type question-

1. Name the five seasons of the year.
2. Write any five clothes you wear in the winter season.

Q5. Draw, colour and name types of clothes in different seasons.

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