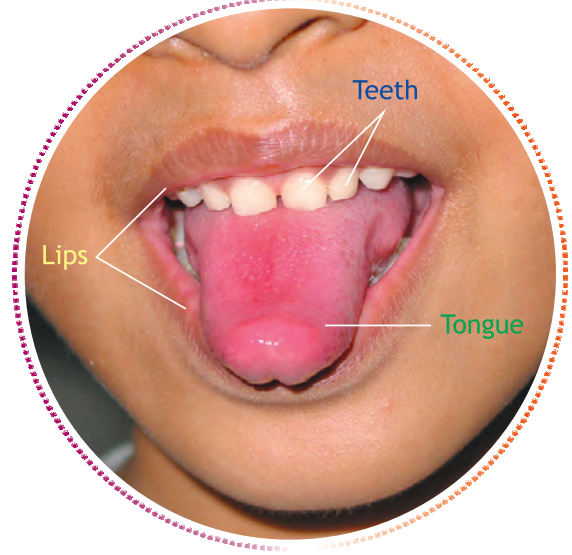


Our mouth has a **tongue** and **teeth**. The tongue helps us **taste** food and **swallow** it. It tells us if the food is **sweet, sour, bitter** or **salty**. Our teeth help us **chew** food. Our tongue, teeth and **lips** help us **speak**. Our lips help us **smile** too.



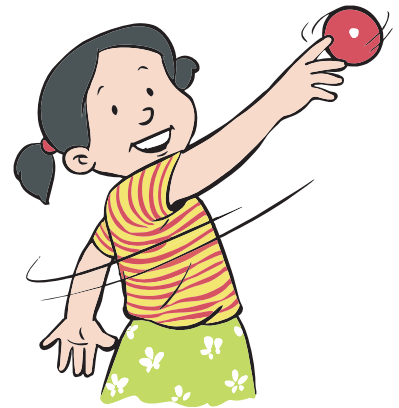
Children have 20 teeth. These fall out one by one and new teeth grow in their place. Most grown-ups have 32 teeth.

New Words

breathe take in air through the nostrils and blow it out through the nostrils or mouth

Main Points

- We have two arms and two legs. Each arm has an upper arm and a forearm. The arm ends in a hand.
- Each leg has an upper part called the thigh. The lower part of the leg ends in a foot.
- Our eyes help us see. The eyelids and eyelashes keep things out of our eyes.
- Our ears help us hear sounds. They tell us if a sound is loud or soft, sharp or dull.
- Our nose helps us smell things. We breathe with the help of our nose too.
- Skin covers our body. It helps us feel things.
- Our tongue helps us taste things. It tells us if the food is sweet, sour, bitter or salty.
- Our teeth help us chew food. Our tongue, lips and teeth help us speak.



Exercises

A. Fill in the blanks. Choose from: hand, nostrils, foot, move, hear, forearm.

1. Our ears help us _____ sounds.
2. The lower part of the arm is called the _____ .
3. Our legs help us to _____ around.
4. The nose has two _____ .
5. Each arm ends in a _____ and each leg ends in a _____ .

B. Write T for true and F for false.

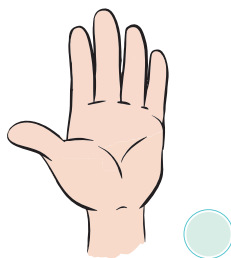
1. We have ten fingers and ten toes.
2. Our lips help us taste our food.
3. Our eyes tell us the shape, size and colour of things.
4. Skin covers our body and helps us feel things.
5. The upper part of the arm is called the forearm.

C. Which of these are parts of the face? Tick to show.

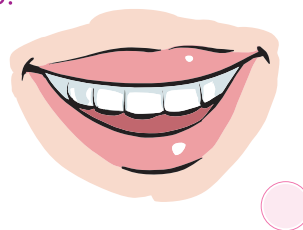
1.



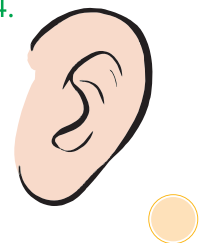
2.



3.



4.

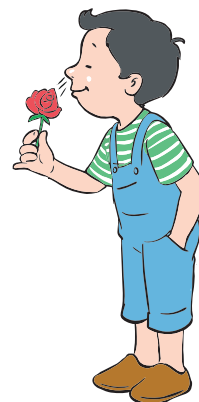


D. Choose the correct answer.

1. We throw, catch and hold things with our
 a. feet b. head c. hands
2. Our body is covered by
 a. skin b. teeth c. eyes
3. The upper part of the leg is called the
 a. elbow b. thigh c. ankle

E. Answer these.

1. How does our tongue help us?
2. Why do we have eyelids and eyelashes?
3. Write two ways in which our nose helps us.
4. Name three things that we do with our hands.
5. Name the two parts of the arm that join at the elbow.



Making

Connections



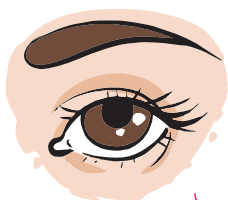
Name these things that we wear on different parts of our body. Choose from: gloves, shoes, sunglasses, belt.

1. We wear these on our feet.
2. We wear this around our waist.
3. These keep our hands warm in winter.
4. These keep the sun out of our eyes.



Match as shown.

1.



2.



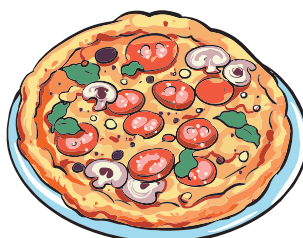
3.



a.



b.



c.



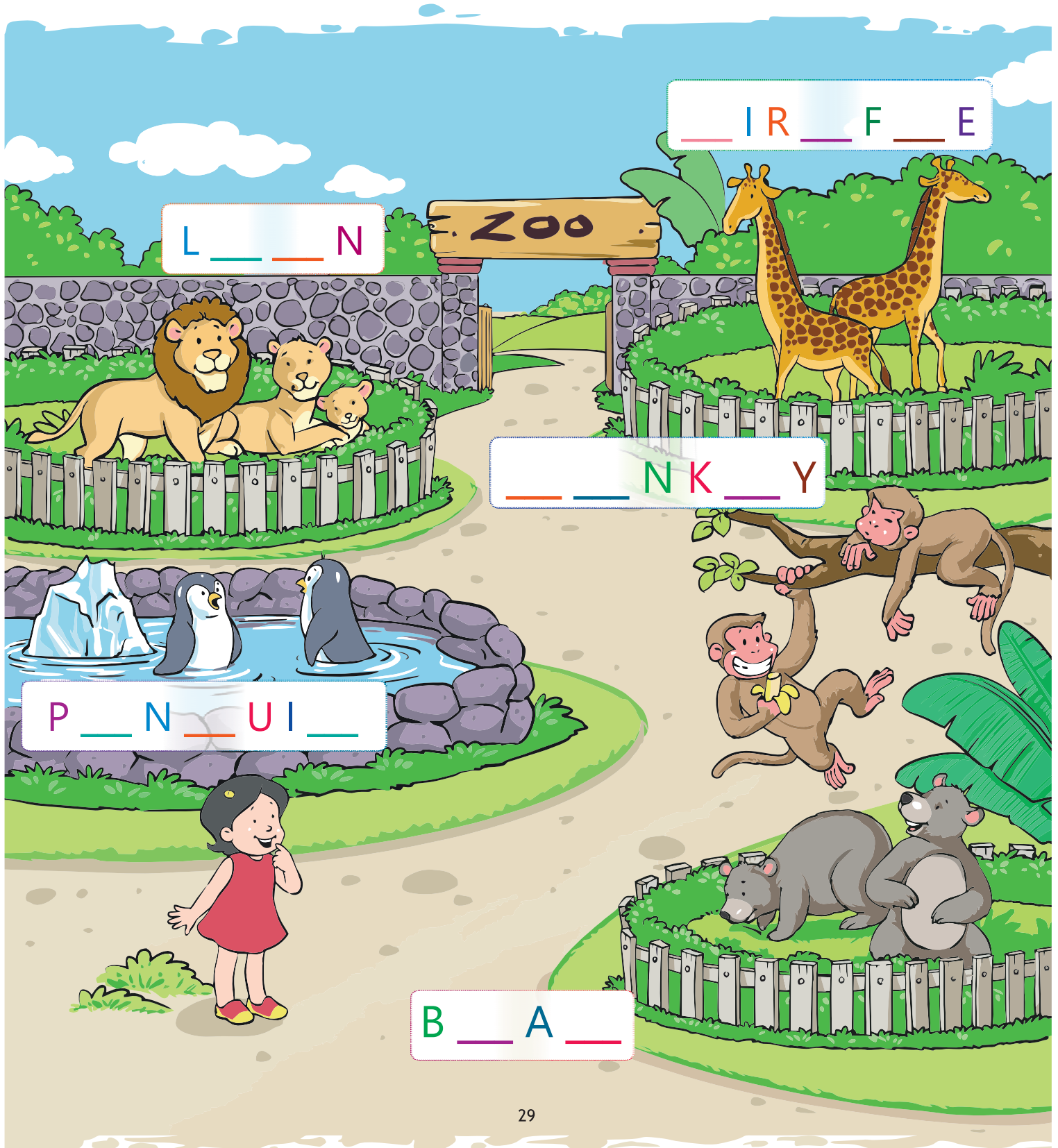


Making

Connections



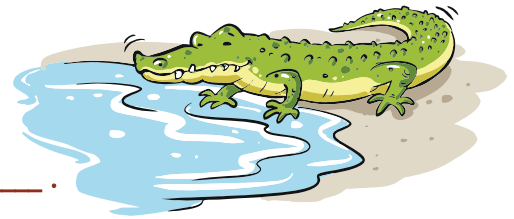
We keep some wild animals in the zoo. Sana is at the zoo, but she cannot remember the names of some of the animals. Can you help her by filling in the blanks?



Test 1

A. Fill in the blanks.

1. Our _____ helps us to feel things.
2. The _____ used to make sacks comes from plants.
3. New plants grow from _____.
4. Broccoli is a _____ eaten as a vegetable.
5. The _____ joins the upper arm and forearm.
6. Crocodiles spend time both on land and in _____.



B. Choose the correct answer.

- Which of these fruits is eaten as a vegetable?
 - Brinjal
 - Pineapple
 - Orange
- Pick the type of plant that needs support to grow upwards.
 - Tree
 - Herb
 - Climber
- Which of these do not help us speak?
 - Lips
 - Ears
 - Teeth
- Pick the animal whose baby looks very different from it.
 - Goat
 - Butterfly
 - Hen
- Pick the seed.
 - Cashew nut
 - Rice
 - Both a and b

C. Answer these.

1. Why do birds make nests?
2. Why do animals need water?
3. What are shrubs? Give two examples.
4. Which body part joins the thigh and lower leg?
5. Name two things we drink that come from plants.
6. Name the part of the nose through which we take in air.





Making Connections



Did you know?

1. Animal dung is dried into cakes. Dung cakes are used to light fires for cooking.
2. Insects like cockroaches and flies spread germs. Lizards and spiders help us by eating these insects.
3. Rats and mice often eat the food at our homes. They also spread germs. Cats catch rats and mice and keep them away from our homes.



Cow dung cakes



A spider eating an insect

Activity



Animals help us in many ways. We should be kind to them and care for them. Tick the things we should not do to animals.

1. Hurt animals ☐
2. Feed pets and farm animals ☐
3. Burst firecrackers near animals ☐
4. Put water out for animals to drink ☐
5. Put colour on animals during Holi ☐
6. Leave pets and farm animals on the street when they grow old ☐
7. Take a hurt or sick animal to the vet (a doctor who looks after animals) ☐
8. Hunt wild animals ☐

Teaching Note



Explain to the children that all animals have a role in nature, even though they might not be useful to us.



Things that help us grow



Things that help us fight illnesses

Dals, peas and beans are called **pulses**. Pulses, milk, eggs, fish and meat help us grow. They also help our body heal when we are hurt or sick.

Milk also makes our teeth and bones strong. So we should have milk and things made from milk, like dahi, paneer and cheese, every day.



Fruits also give us some energy. Bananas, for example, give us a lot of energy. This is why players often have bananas before or after they exercise.

Fruit and vegetables help us fight illnesses. We must eat fruit and vegetables every day to stay healthy. We eat some vegetables raw as salads.

We also need water to keep our body healthy. Eating fruit and vegetables and drinking lots of water keeps our stomach healthy.

Healthy food

We must eat some of all kinds of food every day to stay healthy.

We should not have too many fizzy drinks, pizzas, burgers, chocolates, sweets or fried things. They are not good for us. Also, chocolates and sweets can get stuck to our teeth and harm them.



We should always have clean food and water. Eating food that was left uncovered can make us ill.

Activity



Which of these habits are unhealthy? Tick.

1. Washing hands before and after eating
2. Eating fruit and salad vegetables without washing them
3. Eating at fixed times of the day
4. Eating too much food
5. Eating food slowly and chewing it well
6. Drinking boiled or filtered water
7. Skipping (missing) meals when in a hurry
8. Eating pizzas and burgers every day



New Words

cereals

things like rice, wheat and corn

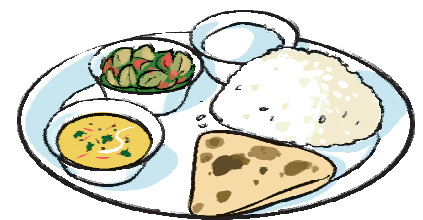
pulses

things like peas, beans and dals



Main Points

- Food gives us energy to study and play. It helps us grow and also keeps us healthy.
- Different types of food do different things. We must have some of all types of food every day.
- Cereals like rice, wheat and corn give us energy. Things like sugar, honey, potatoes, ghee, butter and oil also give us energy.
- Pulses, milk, eggs, fish and meat help us grow. And they help the body heal when we are hurt or sick. Milk and things made from milk give us strong bones and teeth.
- Fruit and vegetables help us fight illnesses. Water also keeps our body healthy.
- We must eat healthy food and have good habits to keep our body healthy.





Which of these actions wastes water and which of these saves water? Colour the actions that waste water red. Colour the actions that save water blue. One has been done for you.

Leaving the tap on while brushing teeth

Using a hose to water plants

Fixing a leaking tap



Taking a long bath

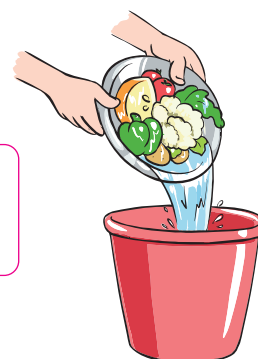


Storing rainwater to wash and clean things

Turning off taps after use

Using lots of water to wash small things

Reusing washing water to water plants



Show pictures to the children and talk about other ways to save water or reuse water.



New Words

seas

large bodies of salty water that cover most of the earth

stream

a small, narrow river

garbage

rubbish or waste; things we do not need any more

settle

to sink down or stay at the bottom

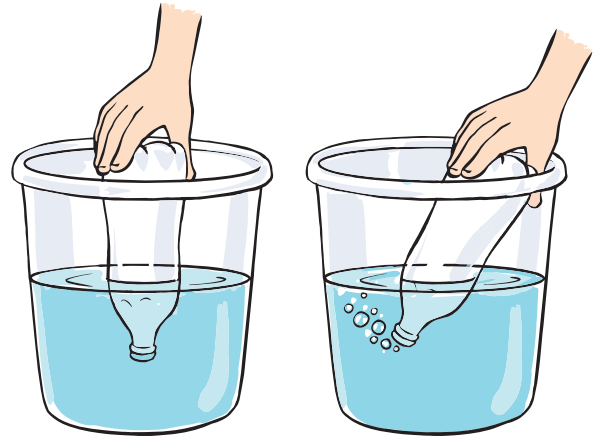
Air fills up empty spaces

Have you ever wondered why a balloon grows bigger as you blow into it? Air fills up the balloon and makes it bigger. Even though we cannot see it, air takes up space. An empty cup, jar or box is full of air.

Activity



Take an empty bottle and take off its cap. Push it upside down into a bucket filled with water. Water does not enter the bottle as it is already filled with air. If you tilt the bottle a bit, some of the air comes out as bubbles. Now water can enter the bottle.



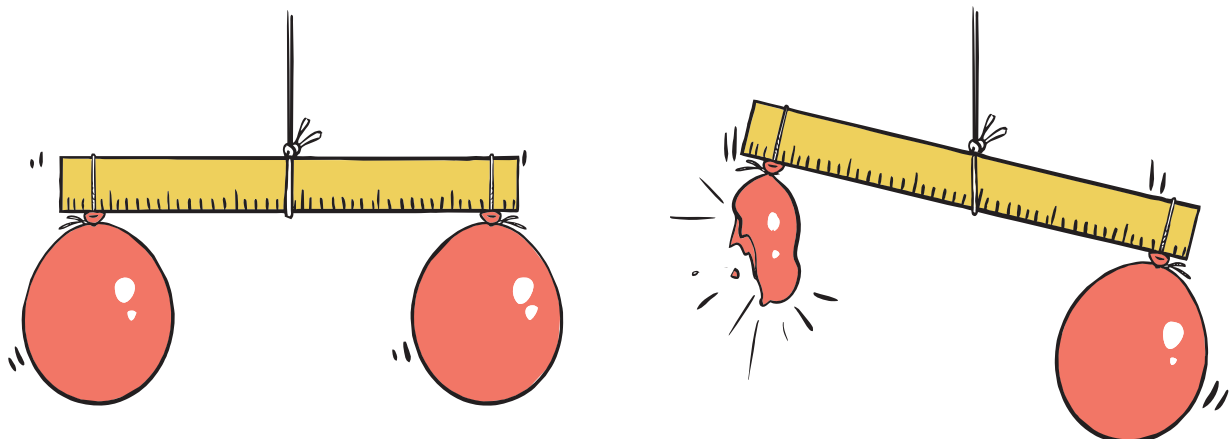
Air has weight

Which do you think is heavier—an empty balloon or one filled with air? Let us do this activity to find out.

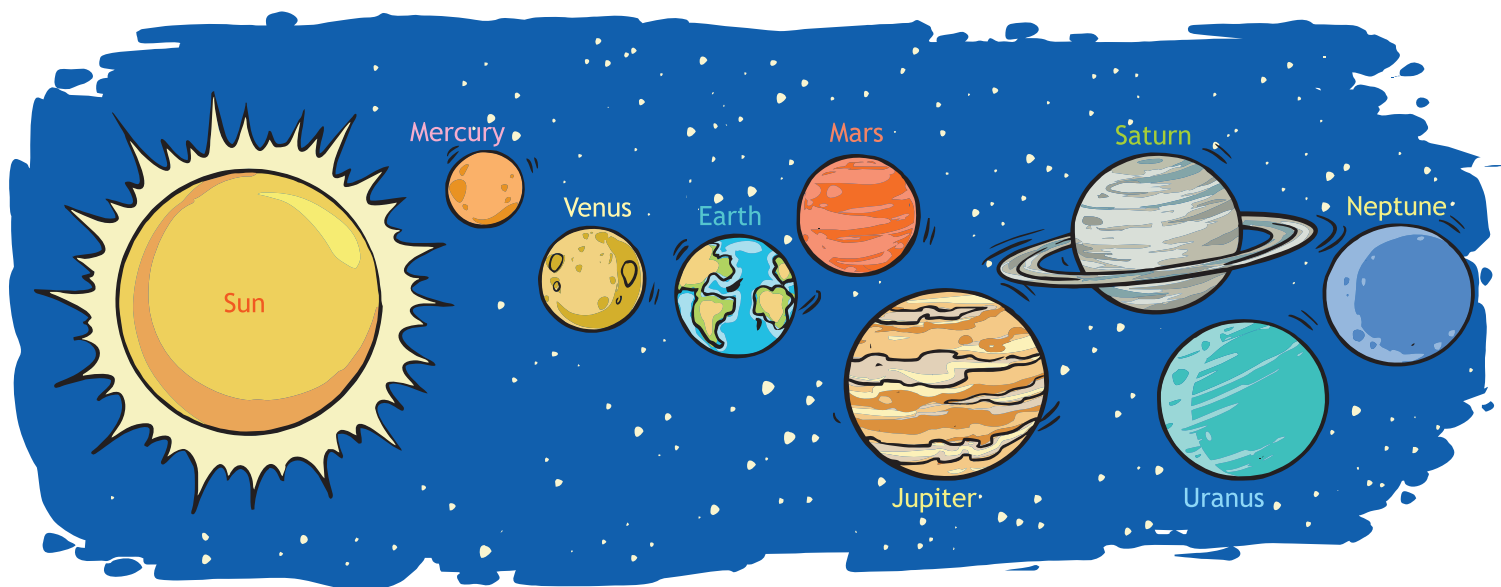
Activity



Take a long ruler. Tie a thread around its middle and hang it from a door handle. Make sure that the ruler is not tilted. Blow up two balloons to the same size and fix one to each end of the ruler. The ruler should remain straight and not tilt to one side. Now prick one of the balloons so that the air inside it comes out. The other end of the ruler tilts down. This means that the balloon with air is heavier than the one without air. This shows that air has **weight**.



The earth is a **planet**. A planet is round in shape and moves around a star. It does not have any heat or light of its own. The earth and seven other planets move around the sun. The sun and its planets together make up the **solar system**.



The solar system

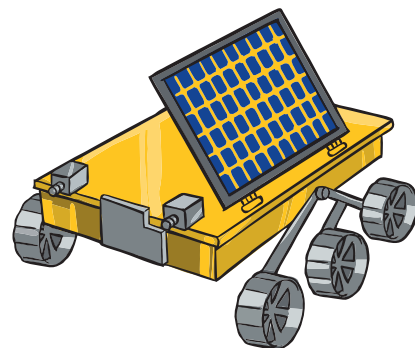


The moon

The **moon** is round and rocky. It shines at night. It does not have any heat or light of its own. It shines when light from the sun falls on it. The moon moves around the earth.

We may see the moon during the day too. During the day, the sun is so bright that we cannot see the other stars. We see them at night when there is no sun in the sky.

Do you know that people have gone to the moon? Our country India has also sent a rover (a kind of covered car) called **Pragyan** to the moon. There were no people in the rover though. The rover moved around on the moon to learn more about it.



Safety on the road



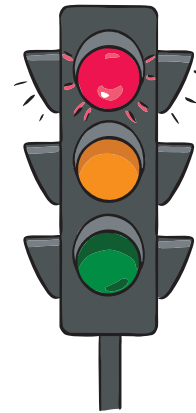
You already know a few rules of road safety. Tick the ones that are correct.

1. Always walk on the **footpath**. ☐
2. Use a **zebra crossing** to cross the road. ☐
3. Cross the road when the cars are still moving. ☐

- Always follow the **traffic** lights.

Some places have traffic lights for people on foot too. Cross the road only when the light for people is green and the light for traffic is red.

- Look to your left and right before crossing the road. Cross only when the cars have stopped moving.
- If there is no footpath, walk on the side of the road and watch the traffic.
- Do not play on the road. You may get hit by a passing car.
- Never poke your head or hands out of a moving car or bus.
- Wait for the bus to stop before getting on or off. Do not push others while getting on or off a bus.



Lights for traffic

Red means stop.
Orange means wait.
Green means go.



Lights for people on foot



New Words

footpath

a path beside the road on which people walk

zebra crossing

white stripes painted on the road over which people cross

traffic

cars, buses, trucks and other things moving on the road