Archana Shukla

This is my book

I am .................................................

I am in class ......................................
Wow! Science, the series, attempts to present Environmental Science through a comprehensive, wide ranging content, along with related activities, to provide joyful learning experience, for the young learners. Our endeavour is to help satisfy the curiosity of the learners, about ‘hows’ and ‘whys’ of various happenings around them. For this, we incite their curiosity and then encourage them by involving them in finding the answers.

Real-life pictures and vibrant illustrations draw and keep their attention to enhance learning, thereby making Environmental Science real and relevant to young learners. The series is designed keeping the latest pedagogical concepts in mind, such that it follows the recommendations of the NCF (2005).

**Salient Features**

- Each chapter progresses logically, connecting the previous knowledge with the new content through a useful and interactive ‘Warm-up’ activity to begin with.
- A list of the aims of learning of each chapter, under ‘We will learn’ begins the chapter and a flow chart of the learning accomplished, under ‘I have learnt’, summarises the chapter.
- The conversation among the three characters—Jigyasa, Chinmaya and Vaigyanik Chacha—is used time and again to make the atmosphere conducive to learning.
- A wide variety of exercises and a plethora of activities and project works given at the end of chapter help to evaluate the learning.
- Each chapter is accompanied by a worksheet for further practice and to cement the learning of the topic.

We hope we succeeded in presenting a course that will interest the learners and result in augmenting their learning. We look forward to a feedback and assure you that any errors are inadvertent. Any errors pointed to us will be attended to.
Building Block
Observing, analysing, interpreting and making models to build the understanding of the concepts learnt

I have learnt
Concept maps that summarise and link all the concepts learnt in a chapter

Find Out
Includes questions to encourage critical thinking and problem-solving among the young learners

Worksheet
A useful worksheet at the end of each chapter for additional formative evaluation

Evaluate
Includes testing modes graded under appropriate headers such as: Let's answer, Let's do it, Let's think, Skill builder and I wonder

Skill Builder
A creative exercise that helps to build the right attitudes and values in young learners

I wonder
Hands-on activities involving experiments, making observations, collecting data, model making and project work
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Dancing is my hobby. Do you like to dance, Chinmaya?

No! I do not like to dance. But, I love swimming the most.

We all are different. We all have different likes and dislikes.

We may be similar to our siblings, cousins or parents. Yet, we all have some different hobbies and favourites. This makes us different from others.
Each One of Us is Special

If we look around, we will find that people look similar yet they are different in many ways. We may be same as our friends in some ways—we study in the same class and are of the same age group. But we are different in our likes and dislikes. That is why each one of us is special.

Family

A family is a group of people who are related to each other. All members of a family may or may not live together.

There are different kinds of families. Some families are small and some are large.

Kinds of Families

Nuclear Family

In a small family, father, mother and their children live together. It is also called a nuclear family.

Find Out

How are you and your parents similar? Write any four similarities in your notebook.

Info Bit

Children of same parent are called siblings.

Teacher's note

Ask students to discuss about their family members.

EXPLORE

1. How many members are there in your family? 
2. Do your friends also have the same number of members in their family as you have? 
3. Which student of your class has the largest family?
Joint Family

In a large family, parents and their children live with grandparents, uncle, aunt and cousins. It is also called a joint family.

Relatives

Members of our family are related to each other by birth or by marriage. So, our family members are our relatives.

The father of one's father or mother is called grandfather. The mother of one’s father or mother is called grandmother.

The brother of one's father or mother is called uncle. The sister of one's father or mother is called aunt. Children of your uncles and aunts are your cousins.

Info Bit

Generally, members of a family have a common last name. This is their surname.
Caring and Helping

The family members live together. They love and help each other. They also take care of each other’s needs. We should respect our family members and spend time with them.

In a family, each member cares for the other members and shares the domestic chores.

We can do our bit by keeping our room neat and clean, and helping other members. Caring and sharing strengthens the family bond.

I Have Learnt

Family

Nuclear family
A small family where father, mother and their children live together

Joint family
A large family where parents and their children live together with grandparents, uncle, aunt and cousins

Family members love, help and care for each other

Science Words
- Nuclear Family
- Joint family
- Paternal
- Maternal
- Caring
- Helping

You are right Jigyasa. Family members care for each other.

Your maid also helps you to clean the house. But she does not live with you. Can you call her your family member?
Let’s answer

A. Tick (✓) the correct options.

1. Small family is known as ................................... .
   a) nuclear family  b) joint family  c) extensive family  d) all of these

2. A joint family is a ................................... .
   a) nuclear family  b) small family  c) large family  d) all of these

B. What is a family? What are different kinds of families?

C. How is each one of us different from others?

D. Who are paternal and maternal relatives?

Let’s think

A girl introduced a boy as the son of her uncle. What is the relation between the girl and the boy?

Let’s do it

1. Make a family tree using coloured stamp-sized photographs of your family members.
2. What do you call the following people in your family? Write in your notebook/scrapbook.
   Grandmother, Grandfather, Father, Mother, Mother’s father, Father’s sister and Mother’s sister.

Skill builder

Family members live together and help each other.

1. Do you help anyone in your family?  2. Whom do you help?
3. How do you help them?

I WONDER

Take coloured stamp-sized photographs of your family members, a thick coloured paper and glue. Make a finger family as shown in the picture.
1. Paste the pictures of your family members, and write how each is related to you in the boxes to complete the family album.

2. Write in the circles the activities that you do with your family. One has been done for you.
Parts of our body are also known as **organs**. Our eyes, ears, nose, tongue and skin are sense organs. Each organ has specific functions.

Keep your palm on the left side of your chest. What do you feel?

I can feel something beating inside my body.

This is your heart beating. We have some more organs inside our body.
Internal Organs

There are some organs like heart and brain that are inside our body. They are known as **internal organs**. These organs are soft and delicate. Bones protect our internal organs. Bones are hard and stiff. They give shape to our body and help us to move easily.

Touch your belly. Is it soft or hard?

Our stomach is soft as it is made of muscles. Muscles are connected to our bones and can be found under our skin. Muscles and bones together help us to move.

### 1. Stomach

We all love to eat ice cream, fruit cake, _aaloo paratha_, _jalebee_ and _gulab jamun_. But what helps us to digest them? It is our stomach. Through the food pipe, the food enters our stomach. Then, our stomach breaks down the food and thus helps in digestion.

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**Info Bit**

A child has more than 300 bones at the time of birth. But the number of bones decreases to 206 when the child becomes an adult.

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**Find Out**

Press your external body parts gently. Do all parts have bones inside?

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**Teacher’s note**

Discuss the names of other internal organs.
2. Lungs
Lungs help us to breathe. They are sponge-like organs located in our chest. They are protected by a hard structure made of bones called ribcage. The lungs take in oxygen and supply it to the whole body to give us energy. The lungs give out carbon dioxide.

3. Brain
The brain is the manager of our body. It is located inside the skull. It is the most important organ of our body. Without it, we will not be able to walk, talk, play, think, learn, memorise or feel. It is responsible for all the functions our body needs to perform to stay alive.

4. Heart
It is slightly on the left side of the chest. Heart pumps blood to all parts of the body.

I Have Learnt

- Stomach
  - Helps in the digestion of food
- Lungs
  - Help in breathing
- Brain
  - Helps us to control our actions like thinking, reading and walking
- Heart
  - Pumps blood to all body parts

Science Words
- Internal organs
- Bones
- Stomach
- Lungs
- Brain
- Heart
- Breathing
- Digestion
- Ribcage
- Food pipe
- Skull

Building Block
Make a model of “stomach” using clay. Use a straw to show the food pipe.
Let’s answer

A. Tick (√) the correct options.

1. The parts of the body that are inside our body are called ......................... .
   a) internal organs                          b) external organs
   c) both (a) and (b)                        d) none of these

2. Lungs help us in ............................ .
   a) watching cartoons                      b) breathing
   c) writing                                 d) eating food

3. Which of the following are internal organs?
   a) brain                                  b) stomach
   c) lungs                                  d) all of these

B. Match the internal organs with their names.

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<td><img src="image" alt="Brain" /></td>
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<td><img src="image" alt="Heart" /></td>
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<td><img src="image" alt="Lungs" /></td>
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C. Fill in the blanks.
   1. The .................. controls all functions of our body.
   2. Lungs are protected by .................. .
   3. Lungs take in .................. and give out .................. .
   4. Through .................. , the food enters our stomach.
   5. Our stomach helps in .................. .

D. Write the main functions of the stomach, brain and lungs.

E. What are internal organs? Name any two internal organs protected by the ribcage.

F. What would happen if there were no heart in our body?

   Skill builder

One day, Pari’s friend fell down on the playground and injured her elbow. It started bleeding.
1. What should Pari do?
2. Which internal organ is responsible for pumping blood in our body?

   Let’s think

How do you react when you touch a hot object? Why do you react in that way? Name the internal organ that is responsible for this reaction.

   Let’s do it

1. Join cotton ear buds/ice cream sticks/straw pieces/cardboard cutouts to make human skeleton, as shown in the given picture.
2. Keep your palm on the left side of your chest for 20 seconds and count the number of beats. Now, run for 3 minutes and then count the number of beats. Note both the readings in your notebook. Compare them and discuss in the class.

   I WONDER

• ‘Identify Me’ Activities – Identify internal organs with the help of quiz cards. Also make the structure of internal organs on laminated cards with play dough.

• Take a balloon. Tie its mouth to a straw as shown in the figure. Blow air into the balloon through the straw. Stop blowing the straw and let the straw end loose and let the balloon deflate. Repeat the activity. Relate it to your breathing and functioning of lungs.
1. Guess my name.
   a) I digest all the food that you eat.
   b) We help you to breathe.
   c) I pump blood to all parts of your body.
   d) I help you to think.

2. Label different organs of the body.
I do regular exercise to be healthy.

I eat healthy food. Having fresh food is also important.

I am so happy to see you both. You look smart and healthy!

All living beings need food to live, grow and stay healthy. In order to stay healthy, strong and active, we should eat fresh and healthy food.

Generally, fruits and vegetables are nutritious and healthy food items.
Types of Food

Healthy Food

Energy-giving Food
Gives energy to work. Cereals, such as maize, millet and rice, along with bread, banana and potato are energy-giving food items. Butter and oil also give energy.

Body-building Food
Makes our body strong. Meat, eggs, cheese and milk are body-building food items. They help us to grow.

Protective Food
Protects us from diseases. This category includes fruits and vegetables.

Unhealthy Food

Junk Food
Pizza, burger, chips, chocolates and cold drinks come in this category.

Stale Food
Food that is not fresh. Stale and uncovered food is unhygienic food.
Food Habits

People are categorised on the basis of the food they eat. Some people eat food items that we get from plants. They do not eat meat or fish. They also have milk and its products. They are known as **vegetarian**. Those who eat food items that we get from plants and milk products as well as meat or fish are called **non-vegetarian**.

**Find Out**

Write ‘J’ for junk food and ‘H’ for healthy food.

**Food Habits**

People are categorised on the basis of the food they eat. Some people eat food items that we get from plants. They do not eat meat or fish. They also have milk and its products. They are known as **vegetarian**. Those who eat food items that we get from plants and milk products as well as meat or fish are called **non-vegetarian**.

**From where do we get our food**

We get our food items from animals and plants. Look at the following pictures of different food items. Write ‘P’ for food items that we get from plants, and ‘A’ for those we get from animals.

**Meals in a Day**

I love to eat. I can munch all day. That is not healthy! I only take three meals in a day, breakfast, lunch and dinner. Ideally, we should have six small meals in a day.
We should have meals at proper time to be healthy. Many people have three heavy meals in a day—breakfast, lunch and dinner. We should have six light and small meals in a day.

**Morning**
- morning snacks
- breakfast

**Afternoon**
- afternoon snacks
- lunch

**Evening**
- evening snack
- dinner

**Info Bit**
Many people prefer to eat a sweet dish after having food. This is called dessert. What is your favourite dessert? ______________

My mother will be happy.
I am eating all healthy food items today.

Eating healthy food is not enough. You also need to have good eating habits.

But Chinmaya, you are eating too fast! It is not good for health.
Good Eating Habits
In order to stay fit and healthy, we should develop some good eating habits.

Eat green vegetables and fruits.

Always eat fresh food. Eat at a steady pace. Neither too fast nor too slow. Chew your food well.

I Have Learnt

- Food helps to live, grow and stay healthy.
- Types of food
  » Healthy: energy-giving food, protective food, body-building food
  » Unhealthy: junk food, stale food
- We should eat six small and light meals in a day.
- We should have good eating habits to be healthy.

Science Words
- Energy  •  Protective  •  Body-building  •  Healthy  •  Meals  •  Stale Food

Evaluate

Let’s answer

A. Tick (✓) the correct options.

1. We need food ................................ .
   a) to live  [ ]  b) to grow  [ ]
   c) to stay healthy [ ]  d) all of these [ ]
2. How many meals should we have in a day?
   a) two  
   b) three  
   c) five  
   d) six  

3. Pizza, burger and candies are:
   a) nutritious food  
   b) junk food  
   c) protective food  
   d) energy-giving food  

4. People who eat meat or fish are called ............... .
   a) vegetarian  
   b) non-vegetarian  
   c) healthy  
   d) junk  

B. Give three examples of energy-giving food items.

C. Which food items should you eat to stay away from diseases?

D. Why should we eat healthy food? Give some examples of healthy food items.

E. What can make the food unhygienic?

Skill builder
Most of the children love to eat pizzas, burgers and candies. Should we eat such food? Give reason for your answer.

Let’s think
We are often advised to drink at least 8-10 glasses of water in a day in order to stay fit and strong. Do you know the reason?

Let’s do it
1. Collect and paste the pictures of five food items that are bad for your teeth in your notebook/scrapbook.

2. Make a vegetable sandwich using sliced vegetables and cheese. Is your sandwich healthy or unhealthy?

I wonder
Make a model ‘Food on my plate’. Use grocery card pictures, seeds, line diagram prints and fevicol. Check whether your plate is healthy or not so healthy?
1. Here are some food items. Write ‘R’ for the food items that we eat raw and ‘C’ for those we eat cooked. One has been done for you.

![Food items]

- R
- 
- 

2. Observe the given pictures of meals and answer the following questions.

a) What are the three large meals that we have in a day? Name them.
   .......................................................... , .......................................................... and .......................................................... .

b) Which one is better for our health, three large meals or six small meals a day?
   ........................................................................................................................................ .
Need for a House

We all need a house to live in. It protects us from all kinds of dangers and keeps us safe. It protects us from:

- rain and wind
- cold and heat
- thieves
- wild animals
- harsh weather

It is so hot outside!

But it was cool and comfortable inside the house. Why is it so?

It is because the walls and ceilings of the house protect us from harsh weather conditions.
There are different kinds of houses.

**Kutchha Houses**

These are made of straws, mud and wood, e.g., huts and stilt houses.

**Info Bit**

Sloping roofs are generally seen on the houses in hilly areas as they help snow and rain water to slide off easily.

**Permanent Houses**

These houses are built at one place. These houses cannot be moved. Pucca houses are permanent houses.
**Pucca Houses**
These are made of bricks, cement, steel and stones, e.g., bungalows, duplex houses and apartments.

- **Bungalow** is generally one-storey pucca house.
- **Duplex houses** are double-storey pucca houses.
- **Apartments** are multi-storey pucca houses.

**Temporary Houses**
These houses can be moved from one place to another, e.g., tents and caravans.

- A temporary house made of cloth is called a **tent**.
- A wheeled vehicle where people stay temporarily is called a **caravan**.

**Special Houses**
These houses are not found everywhere, e.g., igloos, houseboats and stilt houses.

- A houseboat is a boat designed as a house to live in.
- An igloo is a snow house.
Various Rooms in a House

Mohit lives in a big pucca house. There are many rooms in his house. Let us learn about these rooms.

Mohit sleeps in his bedroom.

His parents sleep in their bedroom.

He watches television in the living room.

He eats food in the dining room.

He brushes his teeth and takes bath in the bathroom.

His mother cooks food in the kitchen.

Teacher’s note

*Discuss about the skyscrapers.

People Who Build Our Houses

An architect makes the drawing of a house before it is built.

A mason builds the walls of the house with bricks and cement.
I Have Learnt

- House provides safety from heat, cold, rain, wild animals, thieves and wind.
- Types of Houses
  - Permanent: kutcha house and pucca house
  - Temporary: ten and caravan
  - Special house: houseboat and igloo
- Rooms in a house: bedroom, bathroom, kitchen, living room, dining room

Science Words
- Igloo  • Caravan  • Duplex  • Houseboat  • Stilt house  • Arctic region
- Kutcha house  • Pucca house
A. Tick (√) the correct options.

1. Where do we cook food?
   a) bathroom   b) bedroom
   c) living room  d) kitchen

2. What do we do in a dining room?
   a) eat       b) play
   c) read     d) sleep

3. Which type of house is made of cloth?
   a) houseboat  b) igloo
   c) stilt house  d) tent

B. Match the pictures with the correct names.

C. Fill in the blanks using help box.

1. A ......................... provides safety from thieves.
2. A ......................... is a moving house.
3. A ......................... is generally seen in villages.
4. We sleep in a ......................... .
D. Why do we need a house?

E. If you go on a jungle safari, which type of houses will you create for your stay? Which material will you use for that?

F. Name the people who build our houses.

G. Which is your favourite space in the house? Why?

H. Which type of house do you live in?

**Skill builder**

There are many people who do not have houses. What can we do for them?

**Let’s think**

Radha lives in a hilly area where it rains and snows regularly. What kind of roof, do you think her house has? Why?

**Let’s do it**

1. Make a model of an igloo using cardboard, chart paper etc. Then, paste cotton on it to show snow.
2. Paste the pictures of materials required to make a kutcha house in your scrapbook.

**I wonder**

Draw roofs, walls and a base of a kutcha and a pucca house on a cardboard. Now, cut them with help of an adult. Then, arrange and fix all cut-outs to build a kutcha and a pucca house. Colour them with water/poster colours.
1. Label the things in the picture that a house protects us from. Use the words given in the help box.

   heat  wild animals  thieves  rain  cold

2. Complete the following passage with the help of the words given in help box.

   bedroom  kitchen  bathroom  rooms  living room  dining room  study room

   Deepu lives in a big house. It is a puca house. There are many ..................... in his house. He wakes up early, and brushes his teeth in his ......................... . Then he eats breakfast in the ......................... . His mother cooks food in the ......................... . He studies in his ......................... . He watches cartoon and educational programmes on the television, in his ......................... . He likes to sleep in his bunk bed in the ......................... .