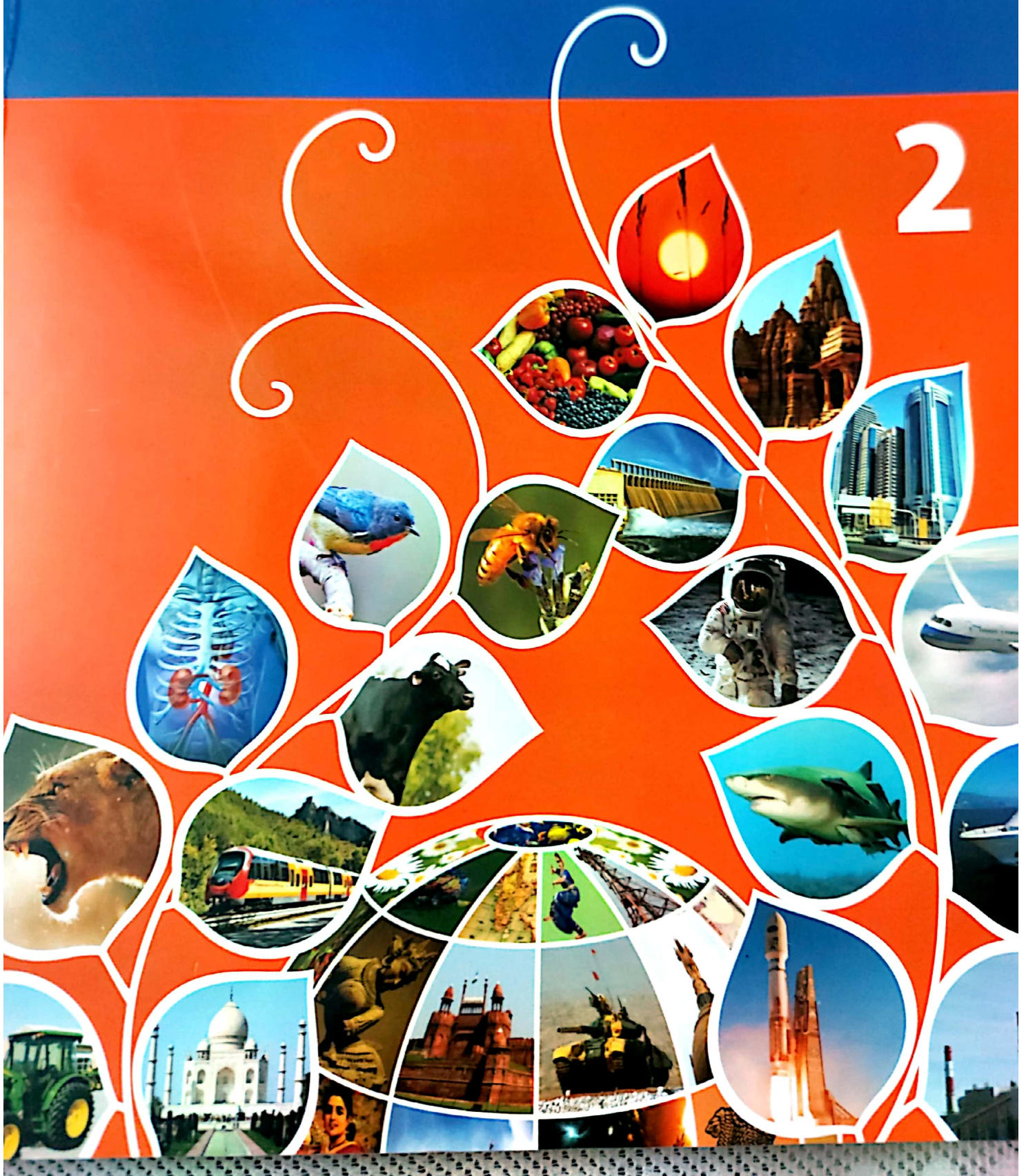


**ARROW**

# ENVIRONMENTAL WORLD

## ENVIRONMENTAL STUDIES

2





# MY SELF



My name is .....

I am a ..... (boy / girl)

I am ..... years old.

My mother's name is .....

My father's name is .....

The name of my school is .....

I am in class .....

I live in ..... (name of the city)

My birthday is on .....

I like ..... colour.

I like to play .....

My best friend is .....

*Paste a photograph in the frames given below.*

Me, as a baby

Me, now





# MY BODY

We were born as babies.  
We grew with good food, care, love and affection.  
We learnt many new things from our surroundings.  
We started to speak, walk, play and eat.



Now we are children. We have learnt to walk, play, run, speak and eat on our own.  
But there are many things we cannot do on our own.  
We cannot go out alone. We cannot stay at home alone. We need our parents' help and care.

In a few years, we will grow tall and strong. We will grow into adults. As we grow older, many changes will occur. We will be able to do everything on our own.



Do you know how these changes occur? What is inside our body that brings about these changes?

Our body is like a machine.

It has two types of organs - external organs and internal organs.

## EXTERNAL ORGANS

The parts of the body that can be seen are called external organs.

Some of the external organs are head, eyes, ears, hands and legs.



Look at the picture and label the external parts of the body.



## INTERNAL ORGANS

The parts of the body that are inside our body are called internal organs.

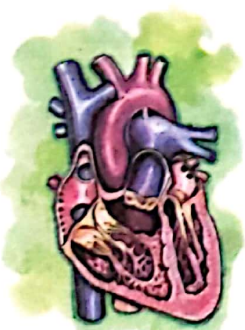
Some of the internal organs are brain, stomach, heart, lungs, bones and muscles.

### BRAIN

The brain is inside our head. It works like a computer. It controls all the activities of our body. Brain helps us to think, learn and remember. It controls all the organs of our body.



brain



heart

### HEART

Heart is the most important organ of our body. It pumps blood and sends it to all parts of our body. We can feel and hear our heart beat. Our heart beat gets faster when we run.

### LUNGS

Lungs are one of the largest organs in our body. There are two lungs in our chest. They help us to breathe. They fill up with air when we breathe in.



lungs





## STOMACH

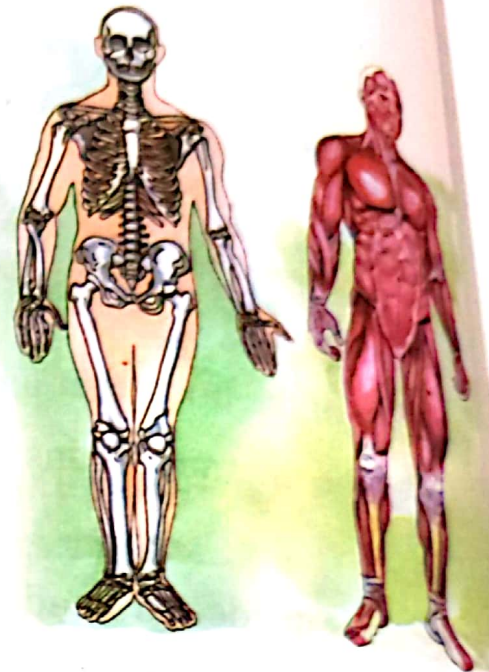
The food we eat goes into our stomach. The stomach digests the food we eat. The digested food helps us to grow tall and strong.

organs of digestion

## BONES AND MUSCLES

Our body is made of bones and muscles. Bones and muscles work together to make us move, walk, run, bend and climb.

Bones give shape to our body. Muscles are attached to the bones. When we grow, our bones and muscles also grow. Regular exercise keeps our muscles strong.



bones and muscles

## CARE OF OUR BODY

We should take good care of our body.

We should keep it clean.

Regular exercise helps us to keep our body fit and healthy. After a day's work, we need rest. We should sleep atleast for eight hours daily.

Good food, exercise, cleanliness and proper rest keep our body healthy.





## I KNOW

- \* We were born as babies.
- \* We all need our parents' care and help.
- \* Our body is like a machine.
- \* The parts of the body that can be seen are called external organs.
- \* The parts of the body that are inside our body are called internal organs.
- \* Our body is made of bones and muscles.
- \* Heart pumps blood and sends it to all parts of our body.
- \* The lungs help us to breathe.
- \* Brain helps us to think, learn and remember.
- \* Good food, exercise, cleanliness and proper rest keep our body healthy.

## EXERCISES

### I. Fill in the blanks.

1. We were born as .....
2. Our body is like a .....
3. The parts of the body that can be seen are called ..... organs.
4. The ..... pumps blood to all parts of our body.
5. Our body is made of ..... and .....
6. We use our ..... to breathe.
7. The ..... helps us to think, learn and remember.
8. The food we eat goes into our .....

### II. Write 'T' for true and 'F' for false statements.

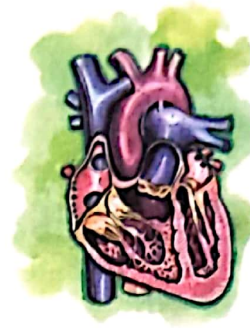
1. We need our parents' help and care. [       ]
2. We cannot see the external organs. [       ]
3. We cannot hear our heart beat. [       ]
4. We have two lungs in our body. [       ]
5. We should sleep only for four hours. [       ]



*III. Name the internal organs below.*



.....



.....

*IV. Answer the following questions.*

1. What do babies need to grow?  
.....
2. What are internal organs? Name any four of them.  
.....
3. How do bones and muscles help us?  
.....
4. What is the main function of the heart?  
.....
5. How does the brain help us?  
.....

6. How should we take care of our body?

.....



### THINK ABOUT IT

*Name the organ used to:*

1. think learn and remember .....
2. digest food we eat .....
3. breathe .....
4. pump blood to all parts of the body .....
5. move, walk and run .....



### LET'S DISCUSS

Encourage students to discuss the things they can do and the things they cannot do on their own.



### TEACHER'S NOTE

*Encourage the students to make a list of different organs that help us in different ways and talk about each of them.*





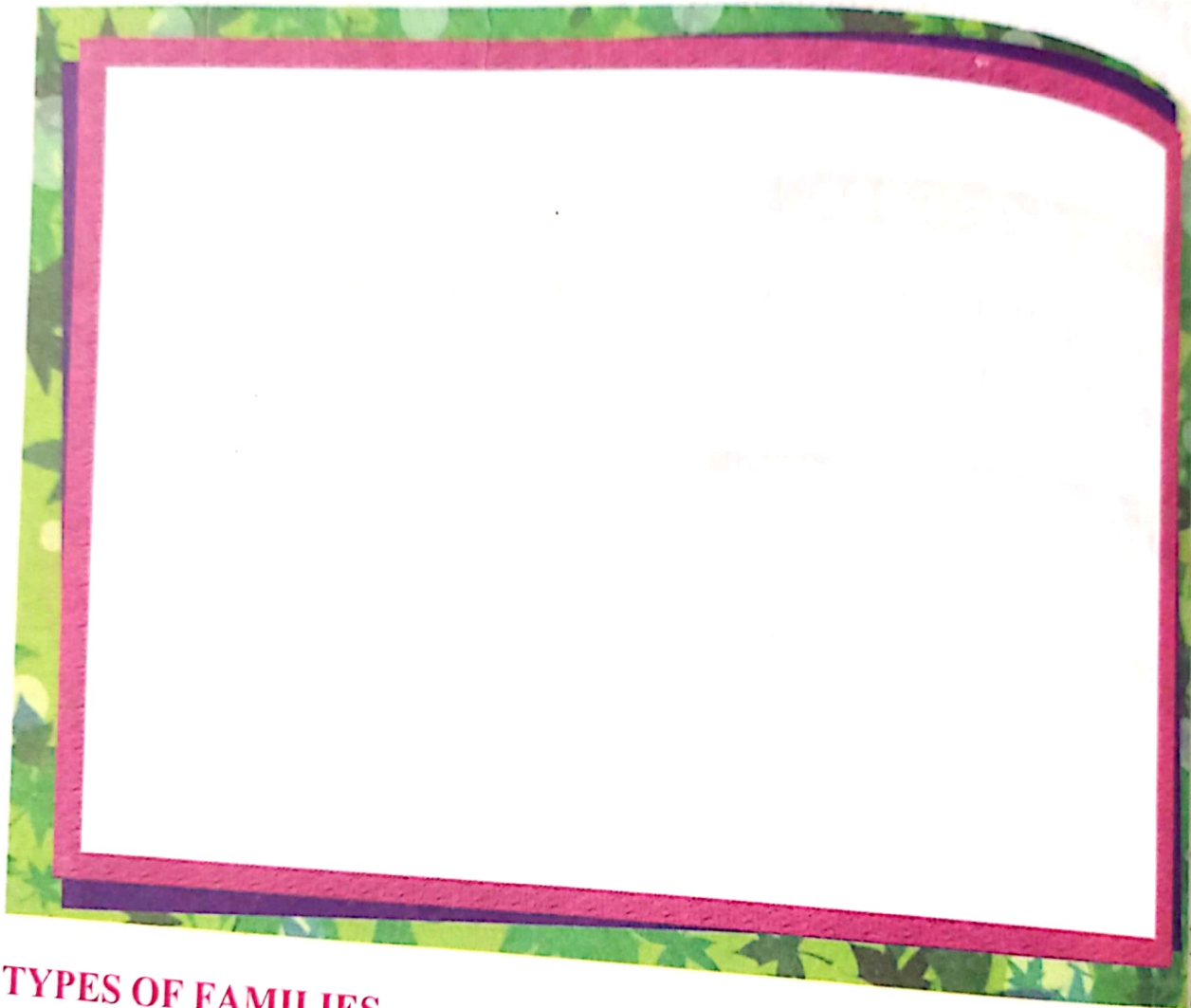
## MY FAMILY

Father, mother and children make a family.

We live in a house with our family.

The members of a family share, help and care for each other.

*Paste your family photograph in the space below.*



### TYPES OF FAMILIES

There are different kinds of families.

Some are small and some are large. We live with our parents. Our brothers and sisters also live with us. A brother or sister is called a sibling.

## NUCLEAR FAMILY

In a small family, parents and one or two children live together. It is called a nuclear family.



## JOINT FAMILY

In large families, there are many members that live together in the same house. In these families, children live with parents, grandparents, uncles, aunts and cousins. Such a family is called a joint family.



## SINGLE PARENT FAMILY

In some families, one or more children live either with the father or the mother. Such families are known as single parent families.



The parents of your parents are grandparents. The brothers and sisters of your parents are your uncles and aunts. Children of your uncles and aunts are your cousins.

Members of the family have a common surname. Surnames are always written after the first name. Rajesh Sharma, Sohan Agarwal and Abdul Khan are some examples of names with the surnames. They tell us the family to which a person belongs.



## ROLES IN THE FAMILY

Family members are related to each other. They help each other and love and take care of each other. Each family member has a different role to play. Mother cooks food for the family. She keeps the home neat and tidy. She helps us in our studies. She also takes care of us when we are not well.



Father works in the office. He earns money for the family. He buys clothes and toys for us. He also helps mother to keep the house neat and tidy.



Grandparents tell us stories, teach us moral values and play with us. They love and look after us.

We should help our parents.

We should keep the things in the proper place.

We should get groceries from the market.

We should lay the dining table before each meal.

We should help our parents to keep the house neat and tidy.

Our parents feel happy when we help them. We should love and respect them.





## I KNOW

- \* Father, mother and children make a family.
- \* A brother or sister is called a sibling.
- \* Parents with one or two children living together is called a nuclear family.
- \* Parents, children, grandparents, uncles, aunts and cousins living together is called a joint family.
- \* One or more children living with the father or the mother is a single parent family.
- \* The members of a family have a common surname.
- \* The members of a family help each other.
- \* Mother cooks food for the family. Father earns for the family.
- \* We should help our parents.
- \* Our parents feel happy when we help them.

## EXERCISES

### I. Fill in the blanks.

1. We live in a house with our .....
2. A small family is a ..... family.
3. The ..... is written after the first name.
4. The surname tells the ..... we belong to.
5. .... cooks food for the family.
6. .... tell us stories.
7. Father works in the .....
8. Our parents feel ..... when we help them.

### II. Tick (✓) the correct answer.

1. Parents with one or two children living together is called a  
a. joint family ☐    b. nuclear family ☐    c. single parent family ☐



2. She cooks food for the family.

a. mother ☐

b. sister ☐

c. grandmother ☐

3. He earns for the family.

a. father ☐

b. brother ☐

c. grandfather ☐

4. They tell us stories.

a. grandparents ☐

b. mother ☐

c. father ☐

5. We help our parents to keep the house.

a. dirty ☐

b. clean ☐

c. untidy ☐

### III. Match the following.

1. sibling

large family

2. grandparents

father or mother with children

3. joint family

brother or sister

4. single parent family

children of uncles and aunts

5. cousins

parents' parents

### IV. Answer the following.

1. What is a joint family?

.....

2. What is a single parent family?

.....

3. How does mother help the family?

.....

4. What is a surname?

.....

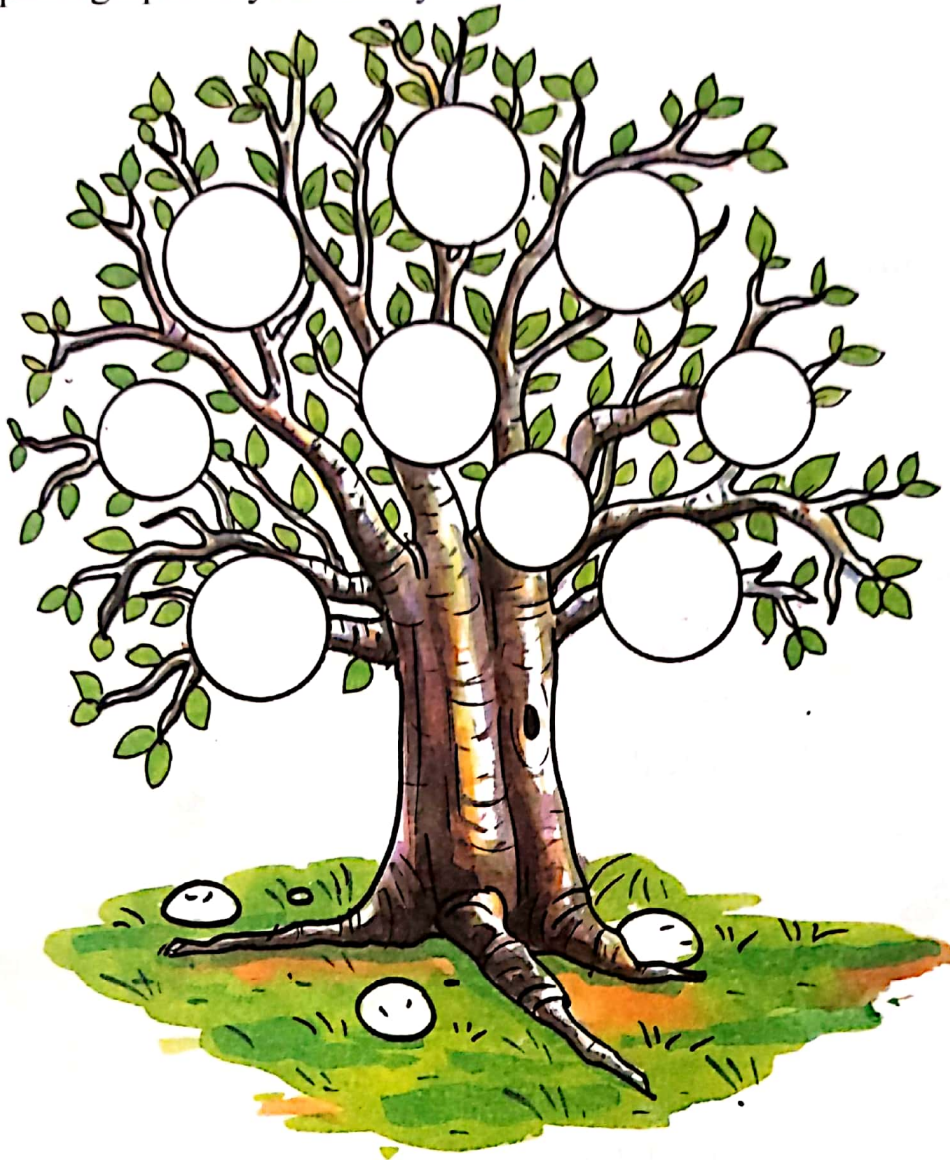
5. Write two ways in which we can help our family.

.....



## THINK ABOUT IT

A family tree tells us how we are related to our family. Prepare a family tree by pasting photographs of your family members.



Write your surname. ....



## LET'S DISCUSS

Encourage the students to discuss how the members of a family help each other.



## TEACHER'S NOTE

*Encourage the students to talk about the time they spend with their family and where they go for outings and how they enjoy with their families.*





# FOOD FOR US

Our body needs energy to grow, work and play.  
We all need food. Food makes us strong and healthy.  
We need to eat different kinds of food to stay healthy.

## FOOD FROM PLANTS

We get foods like fruits and vegetables from plants.



fruits



vegetables

Plants give us cereals like wheat, rice and corn.



rice

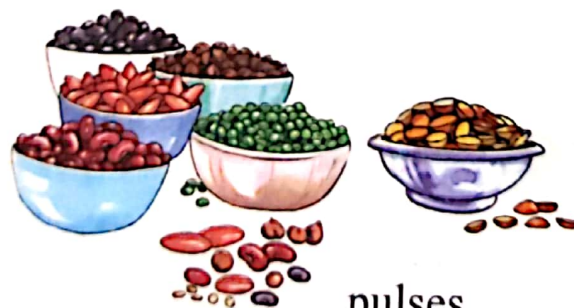


wheat



corn

Plants also give us pulses like dal, pea and gram.



pulses

## FOOD FROM ANIMALS

We get milk from cows, goats and buffaloes.

We make milk products like curd, butter, cheese, ghee from milk.

We get eggs from hens and ducks. We eat the flesh of animals like fish, hens and goats.

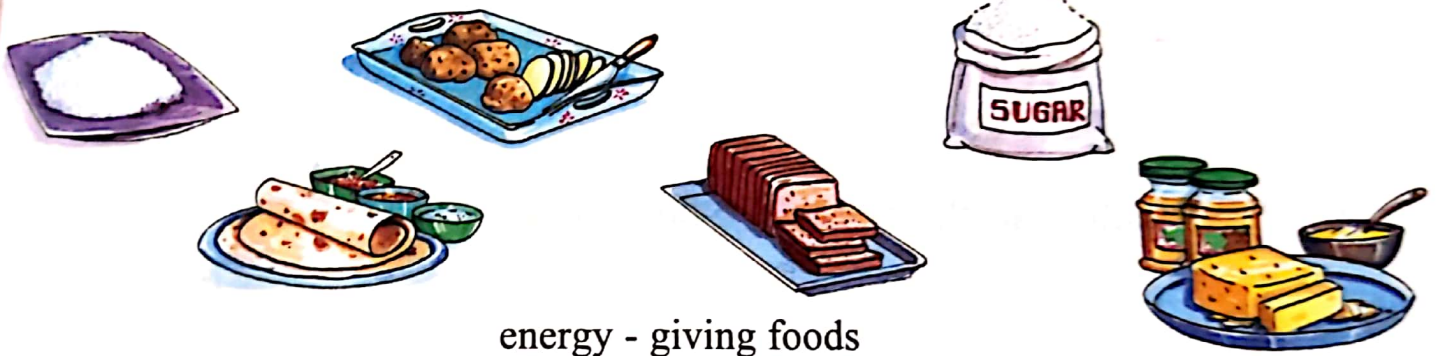


The food we eat regularly is called a diet. A balanced diet is the proper quantity of food in each group.

There are mainly three kinds of foods.

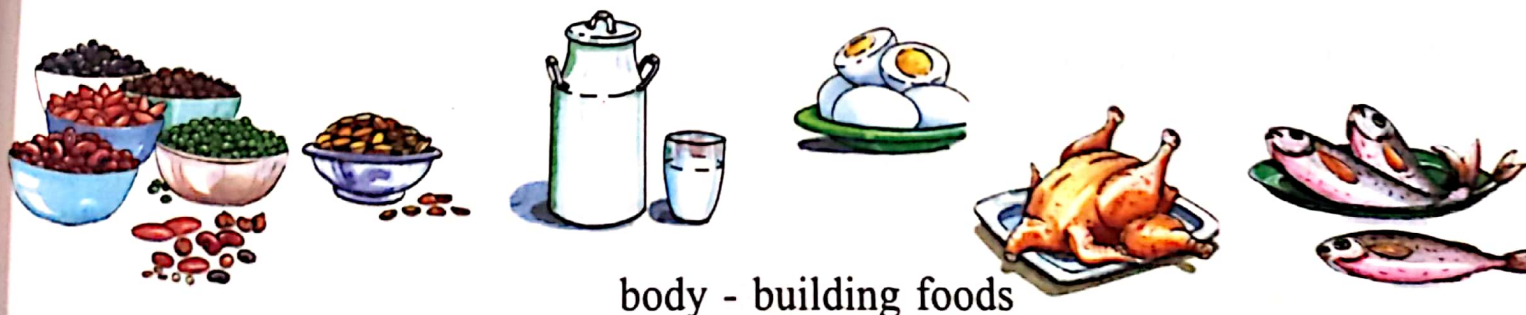
### ENERGY-GIVING FOODS

Foods that give us energy to work and play are called energy-giving foods. You should include some of these foods in your meal every day.



### BODY BUILDING FOODS

Foods that build our bones and muscles are body-building foods. These foods help us to grow. You should include some of these foods in your meal every day.





## PROTECTIVE FOODS

Foods which protect us from diseases and keep us healthy are called protective foods. These foods prevent us from falling sick and keep us healthy. You should include some of these foods in your meal every day.



protective foods

People like different types of food. They eat fruits, vegetables, milk, cheese, grains. They do not eat fish and meat. Such people are called vegetarians. Some people like to eat meat, fish, eggs. They are called non-vegetarians. A proper balanced diet, regular exercise, proper rest and cleanliness together keep us happy and healthy.

## GOOD FOOD HABITS

- \* We should start the day with a healthy breakfast.
- \* Eat your meals at a fixed time.
- \* Wash your hands before and after every meal.
- \* Chew your food properly.
- \* Eat fresh food.
- \* Do not eat junk food.
- \* Eat healthy food and stay healthy.



## I KNOW

- \* We get food from plants and animals.
- \* A balanced diet is the proper quantity of food in each group.
- \* The three different kinds of foods are energy - giving foods, protective foods and body-building foods.
- \* Foods which protect us from diseases are protective foods.
- \* People who do not eat fish, eggs and meat are called vegetarians.
- \* We should eat our meals at a fixed time.
- \* We should wash our hands before and after each meal.

## EXERCISES

### I. Fill in the blanks.

1. We get food from ..... and .....
2. We get ..... and ..... from animals.
3. .... and ..... are energy-giving foods.
4. Grains and pulses are ..... foods.
5. People who eat fish, eggs and meat are called .....
6. We should eat our ..... at fixed time.
7. We should not eat ..... food.

### II. Tick (✓) the foods we get from plants.





*I. Give two examples of each of the following.*

1. energy-giving foods .....
2. body-building foods .....
3. protective-foods .....

*II. Answer the following questions.*

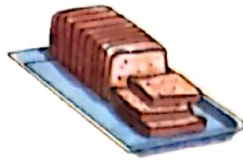
1. Why do we need food?  
.....
2. What are energy-giving foods?  
.....
3. What are protective foods?  
.....
4. What is a balanced diet?  
.....
5. How can we keep ourselves healthy?  
.....
6. Write any three good food habits.  
.....



### THINK ABOUT IT

*Put these foods in the right column.*





energy-giving foods

body-building foods

protective foods

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



### LET'S DISCUSS

Encourage the students to discuss the type of food they eat. Do they eat healthy food or junk food? Discuss.



### TEACHER'S NOTE

*Encourage the students to paste healthy foods on chart paper and prepare a healthy diet for one week and display it in the classroom.*



We wear clothes to cover our body. Clothes protect us from heat, cold, rain, wind and dust.

They also protect us from insect bites.

Different people wear different types of clothes depending on the place they live in, the season and the work they do.

### TYPES OF CLOTHES

We wear different clothes in different seasons. We wear light-coloured cotton clothes in summer. Cotton clothes keep us cool. We get cotton from cotton plants. Cotton cloth is made by spinning and weaving cotton.



cotton



cotton dress

We wear woollen clothes in winter. Woollen clothes keep us warm. Woollen clothes are made of wool. We get wool from animals like sheep and camel.



wool



sweater

We also wear silk clothes in winter. We get silk from silk worm.



silk worm



silk dress

We also wear leather clothes in winter. Leather can be used to make things like jackets, belts, shoes, bags, wallets. We get leather from animals like cows, buffaloes and goats.



During the rainy season, we wear raincoats or carry an umbrella. Raincoats are made from plastic or rubber. We get rubber from the rubber plant.



## FIBRES

Fibres can be natural or synthetic (artificial).

### NATURAL FIBRES

Natural fibres are made from natural substances like cotton, jute, silk and wool.

We get cotton from cotton plants.



We use jute to make ropes and gunny bags.

We use wool fibre to make sweaters and scarfs. We get wool from sheep.



We get silk from silkworm. Clothes are woven from silk fibre.



## SYNTHETIC FIBRES

Synthetic fibres are man-made. They are also called artificial fibres. Nylon, terylene, polyester are some man-made fibres.



nylon



polyester



terylene

Synthetic fibres are easy to wash. They dry easily and are not expensive. We should not wear synthetic clothes during summer and while cooking or lighting fireworks. These clothes catch fire easily and are not comfortable. They do not absorb sweat easily.

## CARE OF CLOTHES

We should take proper care while washing our clothes. Some fabrics can be washed easily at home. But some fabrics need proper care. They cannot be washed with water. They are washed with petrol. This is called dry cleaning. Clothes should be washed regularly. We should wear clean and ironed clothes. Clean well-fitting clothes make us feel comfortable.



### I KNOW

- \* Clothes protect us from heat, cold, rain, wind and dust.
- \* Cotton cloth is made by spinning and weaving cotton.
- \* Woollen clothes keep ourselves warm.
- \* We get silk from silkworm.
- \* We get leather from animals like cows, buffaloes and goats.
- \* Fibres can be natural or synthetic.
- \* Natural fibres are made from natural substances like cotton, jute, silk and wool.
- \* Synthetic fibres are nylon, terylene and polyester.
- \* Washing clothes with petrol is called dry cleaning.

# EXERCISES

## I. Fill in the blanks.

1. We wear clothes to ..... our body.
2. We wear different clothes in different .....
3. We get ..... from cotton plants.
4. We get wool from animals like ..... and .....
5. We get ..... from animals like cows, buffaloes and goats.
6. We get ..... from rubber plant.
7. We use jute to make ..... and .....
8. We get silk from .....
9. We should not wear ..... clothes in summer.
10. .... clothes do not absorb sweat easily.

## II. Match the following.

- |             |              |
|-------------|--------------|
| 1. cotton   | silkworm     |
| 2. wool     | cow          |
| 3. silk     | plastic      |
| 4. leather  | cotton plant |
| 5. raincoat | sheep        |

## III. Write two things you make from the following.

1. leather ..... ..
2. jute ..... ..
3. wool ..... ..

## IV. Answer the following questions.

1. Why do we wear clothes?  
.....

2. Why do we wear woollen clothes in winter?  
.....

3. What is natural fibre? Give examples.  
.....



4. What is synthetic fibre?

.....

5. Why should we not wear synthetic clothes while lighting fireworks?

.....

6. What is dry cleaning?

.....

7. How should we take care of our clothes?

.....



### THINK ABOUT IT

*Name the material used in making the following.*



.....



.....



.....



.....



.....



### LET'S DISCUSS

Encourage the students to discuss the type of clothes they wear and how they take care of their clothes.



### TEACHER'S NOTE

*Paste pieces of different types of fibres made from natural fibre and artificial fibre on chart paper and display it in the classroom.*

We need a house to live in. A house protects us from heat, cold, rain and wind. It protects us from wild animals and thieves.

It also keeps away dirt, dust and insects.

We feel safe and comfortable in our house. The house we live in with our family is called our home.



There are two types of houses.

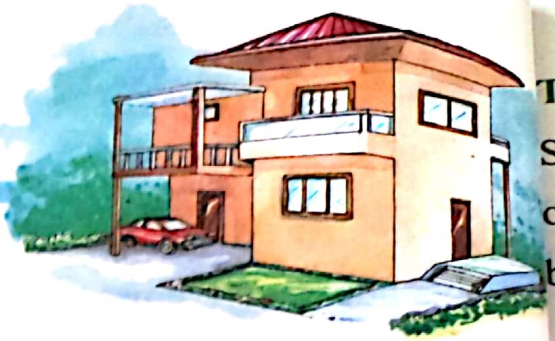
### Permanent Houses

Houses which cannot be moved from one place to another are called permanent houses. Permanent houses can be pucca houses or kutchha houses.



## PUCCA HOUSES

In towns and cities, houses are made of brick, iron, cement, stone and wood. These houses are very strong. They are very hot in summer.



## KUTCHA HOUSES

In villages, houses are made of mud, thatched leaves and straw. These houses are called kutcha houses. They are not strong enough to bear strong wind and rains. They are cool in summer.

## TYPES OF ROOFS

In plains and dry areas, people build houses with flat roofs.



In hilly areas or places where it rains a lot, people build houses with sloping roofs. The rain water does not collect on the roofs and slides off the sloping roofs easily.

Stilt houses are built in areas with heavy rains due to flood. These houses are slightly above the ground on wooden poles called stilts.





## Temporary Houses

Some people do not stay at one place for a long time. They keep moving from one place to another in search of food and work. So, they make houses that can be moved from one place to another. Such houses are called temporary houses.

### IGLOOS

In very cold places, where there is a lot of snow-fall, people live in houses made of ice. These houses are called igloos. Eskimos live in igloos.



### CARAVAN

Some people move from place to place. They move their houses with them.



These houses are on wheels and are called caravans. Gypsies and people who work in a circus usually live in caravans.

### TENTS

Some houses are made of strong cloth called canvas. These houses are called tents. They can be folded and carried from one place to another. They are easy to put up. These types of houses are used by soldiers and mountaineers.



### HOUSE BOATS

House boats are wooden houses made on boats. They float on water. You can see houseboats in Kashmir. Many tourists enjoy their stay in houseboats.





The house we live in must be kept neat and clean. A house should have doors and windows to let in sunlight and fresh air. We should keep our things in proper place. We should sweep and mop the floor daily to keep the dust away. Living in a clean house keeps us free from diseases. A neat and clean house is a beautiful house.



### I KNOW

- \* A house protects us from heat, cold, rain and wind.
- \* Houses which cannot be moved from one place to another are called permanent houses.
- \* Houses made of mud, wood and straw are called kutcha houses.
- \* Pucca houses are hot in summer.
- \* We find kutcha houses in villages.
- \* In hilly areas, people build houses with sloping roofs.
- \* Houses made of ice are called igloos.
- \* Houses on wheels are called caravans.
- \* Houses made of strong cloth are called tents.
- \* House boats are wooden houses made on boats.

## EXERCISES

### 1. Fill in the blanks.

1. A house protects us from ..... and  
wind.
2. We feel safe and comfortable in our .....
3. We find ..... houses in towns.
4. A permanent house can be a ..... house or ..... house.
5. In plains and dry areas, people build houses with ..... roofs.

6. .... houses are built in areas with heavy rains due to floods.
7. .... live in igloos.
8. Houses that can be folded and carried from place to place are called .....

## II. Match the following.

pucca house

caravan

houseboat

tents

igloos

made of ice

floats on water

made of canvas

made of brick and cement

house on wheels

## III. Name the type of house.



## IV. Answer the following.

1. Why do we need a house?

.....

2. What is a pucca house?

.....

3. What is a temporary house?

.....



4. Write briefly about a caravan?

.....

5. What is a tent? How is it used?

.....

6. What is a stilt house?

.....

7. How should we keep our house?

.....



### THINK ABOUT IT

*Who am I?*

1. I protect you from heat, cold and rain.

.....

2. I allow you to enter.

.....

3. I am built of mud and straw.

.....

4. I am built of ice.

.....

5. I am a house on wheels.

.....



### LET'S DISCUSS

Encourage the students to discuss the types of houses they live in and how they keep their houses neat and clean.



### TEACHER'S NOTE

*The teacher draws a house on chart paper. Students collect different materials like straw, leaves, hay, stones, twigs and paste them on the picture of the house.*



# FESTIVALS

India is called the land of festivals as many festivals are celebrated here. Different people celebrate different festivals. Festivals are time for joy and celebrations.

## National Festivals

The festivals that are celebrated by the whole nation are called national festivals. Independence Day, Republic Day and Gandhi Jayanti are our national festivals.

### INDEPENDENCE DAY

Our country got its freedom from British rule on 15th August, 1947. We celebrate this day every year as Independence day. On this day, the Prime Minister hoists our national flag at the Red Fort in Delhi. On this day, we remember those people who struggled for our freedom and lost their lives.



### REPUBLIC DAY

Our country became a republic on 26th January, 1950. We celebrate this day as Republic Day every year.

The President unfurls the national flag and takes the salute of the parade at Rajpath in New Delhi.



## GANDHI JAYANTI

We celebrate Gandhi Jayanti on 2nd October every year. It is the birth anniversary of Mahatma Gandhi. He is also known as the 'Father of the Nation'. Prayers are held all over the country. People visit his samadhi at Raj Ghat to pay their respects to him.



## Religious Festivals

We celebrate different religious festivals in our country.

### DIWALI

Diwali is the most important festival of the Hindus. It is called the 'festival of lights'. People clean and decorate their houses. They worship Goddess Lakshmi. On Diwali night, they light candles and diyas. They distribute sweets and gifts to relatives and friends. Some people burst crackers and fireworks on diwali night.



### ID

Id is the main festival of Muslims. It is celebrated after Ramzan. Ramzan is the month of fasting. People break their fast when they see the moon on the last day of Ramzan. People go to a mosque to offer prayers. After prayer, they greet each other 'Id

Mubarak'. A special sweet dish called 'seviyan' is prepared. People wear new clothes and eat sweets. They give money and clothes to the poor.



## CHRISTMAS



Christmas is the main festival of Christians. It is celebrated on 25th December every year. It is the birthday of Jesus Christ. On Christmas, churches are beautifully decorated. People go to a church and sing hymns. They decorate their houses with Christmas trees. They give gifts to relatives and friends. A special cake is made. Children believe that Santa Claus comes on Christmas Eve and gives them gifts.

## GURUPURAB

Gurupurab is the religious festival of Sikhs.

It marks the birthday of ten Sikh Gurus.

Sikhs go to gurudwaras to pray. They take out processions. A holy book called Guru Granth Sahib is read. They organize langar on this day.



## PONGAL

It is the harvest festival of Tamil Nadu. It is a three-day festival celebrated in the month of January. People worship the Rain God, the Sun God and cattle. A special dish called 'Pongal' is made on this day.





## ONAM

Onam is the harvest festival of Kerala. People decorate their houses with rangoli made from flowers. Boat races are held during this festival. A special dish called 'payasam' is made.



We also celebrate special days like our birthdays and anniversaries. Festivals bring us together. We have lots of fun and enjoyment during festivals.

### I KNOW

- \* Festivals are time for joy and celebrations.
- \* Different people celebrate different festivals.
- \* The festivals that are celebrated by the whole nation are called national festivals.
- \* Independence Day, Republic Day and Gandhi Jayanti are our national festivals.
- \* Mahatma Gandhi is known as the 'Father of the Nation'.
- \* Diwali is called the 'festival of lights'.
- \* A special dish called 'seviyan' is made on Id.
- \* The holy book of Sikhs is called the 'Guru Granth Sahib'.
- \* Pongal is the harvest festival of Tamil Nadu.
- \* Boat races are held during Onam.

# EXERCISES

## I. Fill in the blanks.

1. Independence day, Republic day and Gandhi Jayanti are our ..... festivals.
2. The Prime Minister hoists our national flag at .....  
Delhi.
3. .... is called the festival of lights.
4. Id is celebrated after .....
5. People decorate their homes with ..... on Christmas.
6. .... marks the birthdays of Sikh Gurus.
7. People worship ..... and cattle in Pongal.
8. .... races are held during Onam.

## II. Match the following.

Diwali  
Id  
Christmas  
Pongal  
Onam

Christmas tree  
pongal rice  
boat race  
festival of lights  
seviyan

## III. When are these festivals celebrated?

1. Independence Day .....
2. Republic Day .....
3. Gandhi Jayanti .....
4. Christmas .....

## IV. Answer the following questions.

1. What are national festivals?  
.....
2. How do muslims celebrate Id?  
.....



3. What are harvest festivals?

4. What do Sikhs do on Gurupurab?

5. How is Pongal celebrated?



### THINK ABOUT IT

*Write the name of the festival.*

1. The Prime Minister hoists the national flag:
2. People burst crackers and fireworks:
3. People each other greet Eid Mubarak :
4. People decorate their houses with Christmas trees:
5. People have boat races:

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### LET'S DISCUSS

Encourage the students to discuss their favourite festival and also talk about what is common to each festival.



### TEACHER'S NOTE

*The teacher draws the pictures of diyas. Encourage the students to decorate the diyas with glitters and chamkis and write five sentences about Diwali. Display the artwork in the classroom.*