

BASIC NEEDS

Food

Food is our basic need. We cannot live without food. Food gives us energy to work and play. Food makes us strong and healthy. Food helps us to grow it protects us from diseases.

Food from Plants

We get most of our food from plants. The food which we get from plants is called Vegetarian food.

Cereals

Pulses

Fruits

Vegetables

Food from Animals

We also get many food items from animals. The food we get from animals is called non Vegetarian food.

Q.1 Write following food items in given columns.

Wheat, green bean, milk, apple, meat, carrot,
Radish, Millet, Black gram, egg, fish, honey

Plant

Animal

.....
.....
.....
.....

.....
.....
.....
.....

Q.2 Tick (✓) the correct words given in the brackets.

1. Food makes us. (strong / weak)
2. Wheat and rice are (Cerals/ Pulses)
3. We get milk from (Cow/ lion)
4. Chick pea and green bean are (Cerals / pulses)
5. We get wheat from (animals / plants)
6. Honey bee gives us (honey/ meat)

Q.3 Colour the slogan

AN APPLE A DAY
KEEPS DOCTOR AWAY

WATER

We need water to live. All plants, Animals and living beings need water to live.

We get water from

Safe water

Clean water is fit for drinking. We say it safe water.

Unsafe water

Some water is not fit for drinking. We say it unsafe water. It is also called polluted water.

Who makes water dirty?

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AIR

Air is all around us. We need air to live. We cannot live without air. All human being animals and even plants need air to live.

Properties of Air

1. We cannot see air.
2. We cannot smell air.
3. We cannot taste air.
4. We can just feel air.

Fresh Air-

We must breathe in fresh air. We must plant more trees around our house. Tree make the air fresh and clean.

Used of air

1. Air is used in balloons.
2. Air is used in Tyers.
3. Air is used in flying kites.

Name the following

(a) Name two activities for which you need water.

1.
2.

(b) Name any two fruits which have a lot of water in them.

1.
2.

(c) Name any two containers in which you store water at home

1. 2.

(d) Name any two sources of water.

1. 2.

Q. Unjumble the names of the sources of water on these water drops.

Match with the correct pictures.

1. APT

2. AIRN

3. LLWE

4. IVERR

Q. Tick (✓) the correct word.

1. Plants make the air Pure/ impure.
2. We should always drink (safe / unsafe) water.
3. Air has a taste/ is tasteless.
- 4.

Q. Put ✓ or (X) against the given statement.

1. Trees make the air fresh.
2. Air is used in balloons.

3. Plants do not need air.

4. We can see air.

1. Draw pictures

Kite

Balloons

Tyre

Fan

Q. Name 4 liquids that you drink other than water.

- | | |
|---------|---------|
| 1. | 2. |
| 3. | 4. |

ANIMALS

Animals which people keep at home are called pet animals.

Animals that live in the jungles and forests are called Wild animals. We cannot keep them at home. We can visit a Zoo to see wild animals like lion, tiger, deer, bear etc.

Some animals like cow, buffaloes, hens etc, are kept in farms. They are known as domestic animals. They provide milk, eggs, meat, carry load and plough fields.

- We keep cows in shed.
- Birds live in nest.
- Dogs live in kennel.
- Horses live in stable.
- Lions live in Den.

Q.1 Name animals which

Give milk
Give eggs
Carry load
Are used to pull cart
Give wool

Q.2 Match the animal to its home

Pictures

Paste Pictures

1. Dog
2. Cow
3. Snake
4. Horse
5. Lion

Plants -

Plants are different in size and shapes. They make this world a beautiful and healthy place to live in.

SHRUBS- A Shrub is a small and bushy plant Shrubs are short. They have hard woody stem. eg. Rose or Cotton

HERBS - These are very small and thin plant. They have weak stem. They live for a few months. eg grass, Tulsi, Spinach

CLIMBERS- These are weak plants. They cannot stand straight and need some support to grow up wards. eg Money Plant.

CREEPERS- They too have thin and weak stem. They grow along the ground. eg water melon and pumpkin plants.

Q.1 Match the following column -

- | | |
|-------------|-----------------|
| 1. Herbs | (a) Rose |
| 2. Shrubs | (b) Water melon |
| 3. Trees | (c) Grass |
| 4. Climbers | (d) Neem |
| 5. Creepers | (e) Money plant |

Q.2 Activity

Find the names of six food items we get from plants.

B	C	A	B	B	A	G	E	K	R
N	L	Q	R	S	Z	A	P	A	U
C	O	C	O	N	U	T	O	Q	B
Y	V	P	N	D	C	P	B	S	B
T	E	A	I	M	J	K	T	L	E
X	S	U	N	F	L	O	W	E	R

GAMES

Indoor games- Players, Outdoor games players games are very important in our life, we play sports man spirit. We play different kinds of games.

- Indoor games - These games are played inside the room eg Carrom, Chess, Ludo etc.

Outdoor game - These games are played out in the field eg Cricket, Hockey, Football etc.

Q.1 Make a list of important indoor games and a list of outdoor games and a tree diagram of outdoor games, also the numbers needed from the game.

Name of the game	Number of Players
(a) Cricket	
(b) Chess	
(c) Football	
(d) Kabaddi	
(e) Carrom	

Health and exercise

Good health can be maintained by

- Playing a game
- keeping body clean
- Exercising regularly

- Eating a balanced diet.
- Taking enough rest.

Q.1 Pick out 5 things which help you to keep your body clean.

S	O	A	P	X	Z	R
R	U	P	R	S	O	A
T	B	A	T	H	X	C
A	V	Z	O	Y	Z	O
B	W	X	W	N	Q	M
W	A	T	E	R	C	B
S	T	A	L	C	M	B

Q.2 Activity -

Collect picture of a few things you need to take care of your body and paste them here (Give big Size space)