

Teacher's Manual

Environmental Studies



Chapter 1 : Family and Friends

1. a. (ii) b. (iii) c. (ii) d. (i) e. (I)
2. (a) school (b) nuclear (c) polite (d) joyful (e) please
3. (a) ✗ (b) ✓ (c) ✓ (d) ✗ (e) ✓
4. (a) A family is a group of people who live together and care for each other. Family members are related by birth or marriage. A family gives us love and support. It teaches us good habits and values. Family helps us feel safe and happy.
(b) A joint family is a big family where many members live together. Grandparents, parents, uncles, aunts, and cousins live in one house. All family members help and care for each other. They share happiness and problems. A joint family teaches sharing and respect.
(c) Friends are people who are not related to us but are very special. We meet friends at school, park, or neighbourhood. Friends play and study with us. Good friends help us in difficult times. Friends make our life joyful.
(d) We can be good family members by behaving politely. We should help our parents and elders. We should listen to elders and obey them. Sharing things and caring for others is important. Good behaviour keeps the family happy.
(e) We should spend time with family and friends because it makes us happy. Playing and talking together builds strong relationships. It helps us feel loved and cared for. Spending time together reduces stress. It creates happy memories.

Activity : Do it yourself

Chapter 2 : Going to the Mela

1. a. (ii) b. (i) c. (ii) d. (ii)
2. (a) mela (b) wheelchair (c) trees (d) wash
3. (a) ✓ (b) ✗ (c) ✗ (d) ✓ (e) ✓
4. (a) A mela is a fair where many people come together to enjoy. There are colourful stalls, games, rides, and food. People buy toys, clothes, and sweets. Families and friends visit the mela together. It is a place full of joy and fun.

(b) Dadi was not ready to go to the mela at first because her legs were hurting. She could not walk properly. Aarav's father brought a wheelchair for her. This made it easy for Dadi to go. Then she happily agreed.

(c) The children bought toys at the mela. They bought spinning tops, wooden puppets, and paper fans. They were very happy with their toys. Buying toys made the mela more fun. They enjoyed shopping together.

(d) At the mela, the family ate many tasty food items. They ate chaat, gol gappas, samosas, jalebis, and kulfi. They washed their hands before eating. They shared the food together. Everyone enjoyed the tasty snacks.

(e) A dog was with the police officer at the mela. It was a police dog. The dog helped the police keep the mela safe. Everyone waved at the dog and the officer. The children were very excited to see it.

Activity : Do it yourself

Chapter 3 : Celebrating Festivals

1. a. (ii) b. (ii) c. (ii) d. (iii)

2. (a) Lohri (b) Phalgun (c) prosperity and wealth (d) Eid-ul-Fitr
(e) Jesus Christ
3. (a) ✓ (b) ✓ (c) ✓ (d) ✗ (e) ✓
4. (a) Lohri is celebrated in the month of January. It is a harvest festival of Punjab. People light bonfires and sing folk songs. Sweets and popcorn are offered in the fire. It is celebrated with great joy.
- (b) Christmas is celebrated by Christians. It marks the birth of Jesus Christ. People decorate churches and homes. They sing carols and exchange gifts. It is celebrated on 25th December.
- (c) Holi is known as the festival of colours. People play with colours and coloured water. It is celebrated in the month of Phalgun. Holi spreads love and brotherhood. People forgive and become friends.
- (d) Diwali marks the victory of good over evil. It celebrates the return of Lord Rama to Ayodhya. People light diyas and candles. Houses are decorated with lights. It is called the festival of lights.
- (e) Eid-ul-Fitr is celebrated at the end of the month of Ramzan. It is also called Sweet Eid. People wear new clothes and offer prayers. Sweet dishes like sewaiyan are shared. Children receive gifts called Eidi.
5. a. (iv) b. (i) c. (v) d. (ii) e. (iii)

Activity : Do it yourself

Chapter 4: Getting to Know Plants

1. a. (ii) b. (i) c. (ii) d. (ii) e. (ii)
2. (a) Grasses (b) herbs (c) air (d) Climbers (e) fruits

3. (a) ✓ (b) ✗ (c) ✓ (d) ✗ (e) ✓
4. (a) Trees are the biggest and strongest plants. They have hard and thick trunks. Trees grow very tall and live for many years. They give us shade, fruits, and wood. Trees also provide shelter to birds and animals.
- (b) Herbs are small plants with soft and green stems. They usually live for a short time. Many herbs are used in cooking and medicines. Herbs grow quickly and are easy to grow. Examples are mint and coriander.
- (c) Climbers have weak stems and need support to grow upward. They climb with the help of sticks, walls, or other plants. Creepers also have weak stems but spread on the ground. Climbers grow upward while creepers spread along the soil. Both give fruits and flowers.
- (d) Plants are very useful to us in many ways. They give us fresh air to breathe. Plants provide food, fruits, and vegetables. They give us wood, shade, and medicines. Plants make our surroundings green and beautiful.
- (e) Grasses are small plants with soft and narrow leaves. They grow close to the ground like a green carpet. Grasses are food for animals like cows and goats. Some grasses are used to make mats and baskets. Wheat and paddy are also grasses.
5. a. (v) b. (iv) c. (i) d. (iii) e. (ii)

Activity : Do it yourself

Chapter 5 : Plants and Animals Live Together

1. a. (ii) b. (i) c. (ii) d. (ii) e. (i) f. (ii)
2. (a) shade (b) fruits (c) grass (d) soil (e) food
3. (a) ✗ (b) ✓ (c) ✓ (d) ✗ (e) ✓

4. (a) Plants help animals in many ways. They give fresh air to breathe. Animals eat plants, fruits, and seeds as food. Trees provide shade and shelter. Without plants, animals cannot survive.
- (b) Earthworms live in the soil and dig tunnels in it. They make the soil soft and rich. This helps plants grow better. Earthworms mix nutrients in the soil. That is why they are called farmers' friends.
- (c) Some animals eat only plants and are called herbivores. Examples are cows, goats, and deer. Elephants and rabbits also eat plants. These animals depend on plants for food. They stay healthy by eating plants.
- (d) Animals help plants to grow in many ways. Birds and squirrels spread seeds. Bees and butterflies carry pollen from one flower to another. This helps flowers turn into fruits. In this way, animals help plants reproduce.
- (e) Soil is very important for plants. It gives plants food, water, and support. Many small animals live in the soil. Soil helps roots hold the plant firmly. Healthy soil helps plants grow well.

5. a. (v) b. (iii) c. (i) d. (ii) e. (iv)

Activity: Do it yourself

Chapter 6: Living in Harmony

1. a. (ii) b. (ii) c. (ii) d. (iii) e. (ii)
2. (a) air (b) nests (c) space (d) family (e) hurt
3. (a) ✗ (b) ✓ (c) ✓ (d) ✓ (e) ✗
4. (a) Harmony means living together peacefully. It means helping and caring for one another. People, animals, and plants live

without fighting. Harmony brings happiness and safety. It makes life peaceful.

- (b) At school, we live in harmony by sharing things. We should follow rules and respect teachers. Helping friends is important. We should not fight or tease others. This makes school a happy place.
- (c) Animals help us in many ways in daily life. They give us milk, eggs, and wool. Some animals help in farming. Pets give us friendship and joy. Animals are very useful to us.
- (d) When trees are cut or animals are harmed, nature becomes unhappy. Air and water become dirty. Animals lose their homes. The balance of nature is disturbed. This is harmful for everyone.
- (e) We should care for plants because they give us air and food. Plants make our surroundings clean and green. They give shade and beauty. Plants help animals and humans. Caring for plants keeps Earth healthy.

5. a. (iii) b. (iv) c. (i) d. (v) e. (ii)

Activity: Do it yourself

Chapter 7: Water – A Precious Gift

- 1. 1. a. (ii) b. (i) c. (i) d. (ii) e. (I)
- 2. (a) precious (b) wells (c) salty (d) rivers (e) off
- 3. (a) ✗ (b) ✓ (c) ✗ (d) ✗ (e) ✓
- 4. (a) Water is important for us because all living things need it to live. We need water for drinking, cooking, and cleaning. Plants need water to grow. Animals also need water to survive. Without water, life on Earth is not possible.

- (b) Some sources of water are rain, rivers, lakes, ponds, and wells. Rainwater fills rivers and lakes. Wells give us underground water. These sources provide fresh water. Water from these sources is used in daily life.
- (c) Water found in oceans is salty. It cannot be used for drinking or cooking. Oceans are very big water bodies. Many sea animals live in oceans. Ocean water is useful for transport and fishing.
- (d) We can save water at home by turning off taps when not in use. We should turn off the tap while brushing teeth. Leaking taps should be fixed. Plants should be watered using a mug. Saving water helps everyone.
- (e) Rainwater is the water that falls from clouds as rain. It is the purest form of water. Rainwater fills rivers, lakes, and ponds. It helps plants grow. Rainwater is very important for life.

5. a. (v) b. (i) c. (iv) d. (iii) e. (ii)

Activity : Do it yourself

Chapter 8 : Food We Eat

- 1. a. (iii) b. (i) c. (i) d. (ii) e. (ii)
- 2. (a) balanced (b) water (c) Vitamins (d) vitamins (e) diet
- 3. (a) ✗ (b) ✗ (c) ✓ (d) ✓ (e) ✗
- 4. (a) Carbohydrate-rich foods give us energy to work and play. Rice, wheat, and potatoes are rich in carbohydrates. Bread and chapati also give energy. These foods help us stay active. We should eat them daily in proper amount.
- (b) Protein-rich foods help our body grow and repair itself. Milk, eggs, pulses, and fish are rich in proteins. Proteins help in

building muscles and blood. Children need more protein for growth. Proteins keep our body strong.

- (c) A balanced diet is food that contains all nutrients in right amounts. It includes carbohydrates, proteins, fats, vitamins, minerals, and water. A balanced diet keeps us healthy. It helps us grow properly. It also protects us from diseases.
- (d) Roughage is important because it helps in digestion. It removes waste from our body. Roughage keeps our stomach clean. It prevents constipation. Fruits and vegetables give us roughage.
- (e) We should drink about eight glasses of water every day. Water keeps our body cool and healthy. It helps in digestion and circulation. Water carries nutrients in the body. Drinking enough water keeps us active.

5. (a) Vitamins and minerals (b) Proteins (c) Fats (d) Vitamins
(e) Carbohydrates (f) Proteins

Activity: Do it yourself

Chapter 9: Staying Healthy and Happy

- 1. a. (ii) b. (i) c. (i) d. (ii) e. (ii)
- 2. (a) bath (b) strong (c) Outdoor (d) rules (e) air
- 3. (a) ✓ (b) ✗ (c) ✗ (d) ✗ (e) ✓ (f) ✗
- 5. (a) We should keep our body clean to stay healthy. Cleanliness keeps germs away from our body. It prevents diseases and infections. A clean body makes us feel fresh. Clean habits help us stay active and happy.
- (b) In our daily routine, we should wake up early and brush our teeth. We should take a bath and eat a healthy breakfast. Going to school on time is important. We should play and

study regularly. A routine keeps us fit and cheerful.

- (c) Playing games is important because it keeps our body strong. Games make our mind fresh and happy. They teach us teamwork and sharing. Playing improves our thinking skills. Games help us stay active.
- (d) One indoor game is chess. One outdoor game is cricket. Indoor games improve our thinking. Outdoor games make our body strong. Both games are good for us.
- (e) One safety rule while playing is to wear proper shoes. Shoes protect our feet from injury. We should also follow game rules. Playing safely avoids accidents. Safety keeps everyone happy.

4. a. (v) b. (iv) c. (ii) d. (iii) e. (i)

Activity: Do it yourself

Chapter 10: This World of Things

- 1. a. (ii) b. (ii) c. (ii) d. (ii) e. (ii)
- 2. (a) natural (b) liquid (c) wood (d) opaque (e) soft
- 3. (a) ✓ (b) ✗ (c) ✓ (d) ✗ (e) ✓
- 4. (a) Natural things are things made by nature and not by humans. They are found naturally around us. Trees, rivers, and mountains are natural things. They can be living or non-living. We cannot make natural things ourselves.
- (b) Man-made things are things made by people. They are made using materials from nature. Examples of man-made things are chair, table, and car. They make our work easier. Man-made things do not grow.
- (c) Matter is anything that has weight and occupies space. All objects around us are made of matter. Matter exists in three

forms. These are solid, liquid, and gas. Each form has different properties.

- (d) A transparent thing is one through which we can see clearly. Glass is a transparent material. Clean water is also transparent. Transparent things allow light to pass through. They help us see objects clearly.
- (e) Things feel different when we touch them. Some things feel soft and smooth. Some feel hard or rough. Cotton feels soft, while stone feels hard. This feeling is called texture.

Activity: Do it yourself

Chapter 11 : Making Things

1. a. (ii) b. (i) c. (i) d. (i) e. (ii)
2. (a) potter (b) kiln (c) clay (d) colourful (e) Bricks
3. (a) ✗ (b) ✗ (c) ✓ (d) ✓ (e) ✓
4. (a) A potter is a person who makes things from clay. He makes pots, cups, lamps, and plates. The potter uses soft clay for making pots. He shapes the clay on a potter's wheel. After baking, the pots become strong.
 - (b) First, soft clay is kneaded with water to make it smooth. Then the clay is shaped on a potter's wheel. The pot is dried in the sun. After drying, it is baked in a kiln. This makes the pot hard and strong.
 - (c) Natural patterns are used in pottery because they look beautiful. Patterns are taken from leaves, flowers, and shells. These designs make pots attractive. They show love for nature. Each pot looks special and different.
 - (d) Bricks are made from clay mixed with water. The clay is shaped into rectangular moulds. These bricks are dried in the

sun. After that, they are baked in a kiln. Bricks are used to build houses and walls.

- (e) Safety rules are important while making pots and bricks. Workers should be careful with sharp tools. They should cover their face near the kiln. Children should stay away from hot ovens. Following safety rules prevents accidents.

Activity: Do it yourself

Chapter 12 : Taking Charge of Waste

1. a. (iii) b. (ii) c. (i) d. (ii) e. (ii)
2. (a) Green (b) Recycled (c) dustbin (d) clean (e) harmful
3. (a) ✗ (b) ✗ (c) ✓ (d) ✓ (e) ✗
4. (a) Waste is the useless things that we throw away. We see waste at homes, schools, markets, and on roads. It includes food waste, plastic, paper, and broken items. Waste makes places dirty. It also causes diseases.

(b) We should manage waste properly to keep our surroundings clean. Waste attracts flies and mosquitoes. It causes air and water pollution. Proper waste management keeps us healthy. It makes our environment safe.

(c) The 3Rs of waste management are Reduce, Reuse, and Recycle. Reduce means using less things. Reuse means using old things again. Recycle means making new things from waste.

(d) A green dustbin is used for wet waste like food peels and leaves. A blue dustbin is used for dry waste like plastic and paper. Wet waste can be turned into compost. Dry waste can be recycled. Using both bins keeps waste separate.

(e) Some villages and cities keep clean by working together. People throw waste only in dustbins. They separate wet and dry waste. They follow the 3Rs rule. This keeps their place clean and healthy.

5. a. (vi) b. (i) c. (v) d. (iii) e. (iv) f. (ii)