



INDEX

S. No.	Chapters	Page No.
	Unit-1: Human Body	
1.	Our Internal Organs	5
2.	Living and Non-living Things	9
	Unit-2: Basic Needs	
3.	Our Food	14
4.	Water	20
	Revision Test Paper -I	26
5.	Shelter	27
	Unit-3: Clothing	
6.	Our Clothes	33
	Unit-4: Living Things	
7.	Plant World	39
8.	Animal World	44
	Revision Test Paper -II	51
	Model Test Paper-I	52
	Unit-5: Recreation	
9.	Our Festivals	54
	Unit-6: Travel and Communication	
10.	Transport System	60
11.	Safety Rules	64
12.	Means of Communication	68
	Revision Test Paper -III	73
	Unit-7: Protection of The Environment	
13.	Natural Resources	74
14.	Water in our life	81
	Revision Test Paper-IV	86
	Model Test Paper-II	87

1

Our Internal Organs



LEARNING OBJECTIVE

- Internal organs and their uses
- Sensing the world

Each one of us looks different in some way or the other. We have **external** organs and **internal** organs. We can see and touch some parts such as feet, hair, hands, nose, etc. These are external organs.

Internal Organs and Their Uses

Some parts of the body are inside the body. We cannot see them such as brain, lungs, kidneys, stomach etc. These are called internal organs.



Let Me Answer

How many times does a heart beat in a minute?



Brain

Brain

Our brain helps us to think. It controls all our sense organs and the way we think. It is located inside our head.

Heart

Heart is located inside our chest (on the left side). The heart pumps blood to the whole body.



Heart



Lungs

Lungs

Our lungs help us to breathe. There is a pair of lungs located inside our chest.

Stomach

The food that we swallow goes to the stomach. It churns the food and helps in digestion.

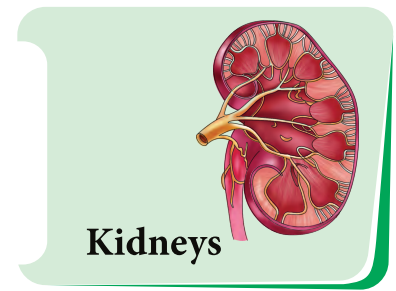
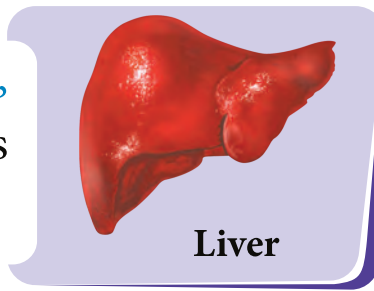


Stomach

TEACHER'S NOTES

Tell the students about the various types of internal organs. Use the models and pictures of these organs to explain their functioning and importance in the body.

Besides these, we have **liver**, **kidneys** and many other organs inside our body.



My **eyes** help me to see different things.



My **nose** helps me to smell things.



My **ears** help me to hear different sounds.



My **tongue** helps me to taste sweet, sour, salty and bitter things.



I feel hard, soft, cold, hot, smooth and rough things using my **skin**.



Sensing the world

Eyes, ears, nose, tongue, and skin are our sense organs.

infobits

- Every person in the world has unique and unmatchable fingerprints, toe prints and tongue-prints.

Kids IQ

Which is the largest internal organ in the human body?

Fact Finder

- The human liver can regenerate lost tissue, often restoring itself to its original size and function.



Summary

- ✦ Brain controls our sense organs.
- ✦ The heart pumps blood to the whole body.
- ✦ Lungs help us to breathe.

Exercises

A. Tick (✓) the correct option.

- a. Which of these is an internal organ?
 Skin Eyes Lungs
- b. Which of these is an external organ?
 Stomach Kidneys Ears
- c. Our tongue helps us to
 See Taste Smell
- d. Which one of these is located on the left side of our chest?
 Nose Tongue Heart

B. Fill in the blanks.

- a. Our _____ helps us to think.
- b. Our _____ helps us to breathe.
- c. The food that we swallow goes to the _____.
- d. Our lungs help us to _____.
- e. Liver and kidneys are _____ organs.

C. Match the columns.

- | | |
|----------------|----------------------------|
| a. The heart | (i) help us to breathe. |
| b. The lungs | (ii) is an internal organ. |
| c. The stomach | (iii) helps us to think. |
| d. The brain | (iv) pumps blood. |
| e. Liver | (v) helps to digest food. |

D. Answer the following questions.

- a. What do you know about internal organs?
-

b. What do you know about external organs?

c. What is the function of brain?

d. What is the function of lungs?



Activity Time

A. Drawing an outline of the body.

Perform this activity in pairs. One of the partners must lie down on the centre of a big sheet. Ask your partner to draw the outline of your body with a black crayon. Draw the different organs of your body in the outline and label them. Draw the face and fingers too. You can dress up the figure too and hang it on the wall.



B. Regular exercise is good for our body. Do these two simple yogasanas to stay fit and healthy.





Living and Non-living Things



LEARNING OBJECTIVE

Living things and non-living things

Features of living things

Living and Non-Living things

In this world, there are many types of living and non-living things. For example, human beings, animals, insects, plants and trees are all living things, which have some special features. All living things need air, water and food to survive. There are few similarities among various kinds of living things. Things that do not have life are called non-living things. Chair, table, book are non-living things.



Human beings breathe through their nose



Leaves breathe from stomata



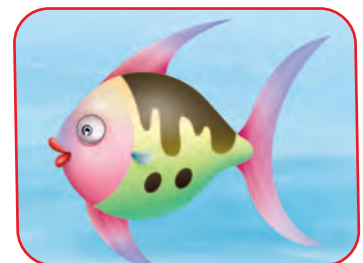
Earthworms breathe through their skin

Features of Living Things

Living Things Need Air to Live

Air is a mixture of many gases. One of them is oxygen. Oxygen is required to breathe for all living things. All living things breathe in various ways.

Human beings and animals breathe through the nose. Some animals like the earthworms breathe through their skin. These earthworms make the soil fertile. Some aquatic animals like fish, tadpole etc. breathe through their gills. They use oxygen dissolved in water.



Fish breathe through their gills

Plants breathe through, tiny openings called stomata. Stomata are found on

TEACHER'S NOTES

They emphasize on the differences between living and non-living things.



Various uses of water

leaves. Some plants also have stomata on their stems and roots.

Living Things Need Water for Different Purposes

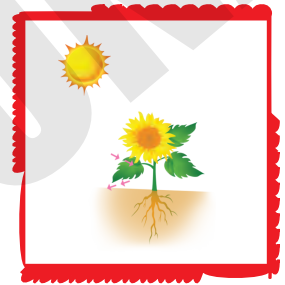
All living things need water for different purposes. Human beings need water to drink, bathe, wash etc. Animals require water to drink and bathe.

Plants require water to make food. They also require water for evaporation.

Living Things Need Food

All living things take food to get energy.

Plants are the only things that can prepare food with the help of sunlight, water, carbon-dioxide, minerals etc. Leaves prepare food for plants and process of preparing food is called **photosynthesis**. Plants also need food to grow. Sunflower turns towards sunlight and prepare



Sunflower



Let Me Answer

Can plants move from one place to another?
Which type of movement do plants show?



Human



Cow



Dog



Plant

food from sunlight.

All human beings and animals depend on plants for their food directly or indirectly.

Living Things have Movement

All living things have different types of movements. Human beings can move from one place to another place for many purposes.

Animals move from place to place in search of food and shelter. Birds have wings to fly and feet to walk.

Plants cannot move directly from one place to another, but show various types of movements.



Horse



Bird



Child

infobits

- Plants also breathe and prepare food. The plants prepare food from water, carbon-dioxide and sunlight.

All Living Things Grow

All living things are born, grow become adult, then old and die. You can note down many changes during the period of growth.

Seeds become plants and plants grow further and become trees.



All Living Things have Young Ones

All living things reproduce their young ones to maintain their race. All human beings and animals like dog, cat, horse, elephant, giraffe, cow etc., give birth to young ones. Living things that give birth to young ones are called mammals.

Birds, insects, fish, turtle etc., lay eggs. After some time (hatching), their young ones come out of the eggs.

Most of the plants grow from seeds but some plants also grow from stems, roots or branch.





Summary

- ✦ All living things need air, water and food to survive.
- ✦ Plants require water to make food.
- ✦ All living things have different types of movements.
- ✦ Living things that give birth to young ones are called mammals.



Fact Finder

Living things can grow, reproduce, and respond to stimuli, while non-living things lack these characteristics and do not exhibit life processes.

Exercises

A. Tick (✓) the correct option.

a. Plants breathe through

Nose



Mouth



Stomata



b. All living things breathe through

Same organ



Different organs



Nose



Mouth



c. Earthworms breathe through

Nose



Skins



Gills



d. Living things that give birth to young ones are called

Mammals



Reptiles



Birds



B. Fill in the blanks.

1. Human beings breathe through their _____.
2. Food is the source of _____.
3. Plants breathe through _____.
4. Plants need _____ to make food.

C. Write true and false.

- a. All living things change with their growth. _____
- b. Stems and roots of some plants also have stomata. _____
- c. Some animals reproduce by laying eggs. _____
- d. All living things have nose to breathe. _____

D. Match the columns.

- | | |
|-----------------|---------------|
| a. Leaves | (i) Nose |
| b. Human beings | (ii) Gills |
| c. Fish | (iii) Stomata |
| d. Earthworm | (iv) Skin |

E. Answer the following questions.

- a. What is photosynthesis ?

- b. What happens when living things are born?

- c. How do fish breathe?

- d. How do plants prepare their food?



Activity Time

- A. Collect different types of leaves. Dry them and paste them in your scrap-book.**
- B. Play with a dog and observe what are the similarities between dog and you.**