

ACTIVE

SOCIAL STUDIES

BOOK - 1

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PREFACE

The **Active Social Studies** series is designed to inculcate a love for the subject in the minds of the young learners.

The Books I to V are carefully graded and structured to appeal to the students to make the study of Social Studies interesting and non monotonous. More emphasis is laid on practical work and activity-oriented exercises are introduced to motivate the readers to think creatively and analytically. At the end of the lesson, ‘Think Smart’, ‘Be Social’ and ‘Teacher’s Note’ have been given.

The colourful illustrations and pictorial representations make the lessons easy to comprehend. The chapters are thoughtfully planned to make the students aware of their responsibilities towards their family, school, society and the environment.

The series will not only make the learners conversant with the principles of Geography, History and Civics but also educate them to appreciate the world they live in and make them conscious of their role as students.

– *Publishers*

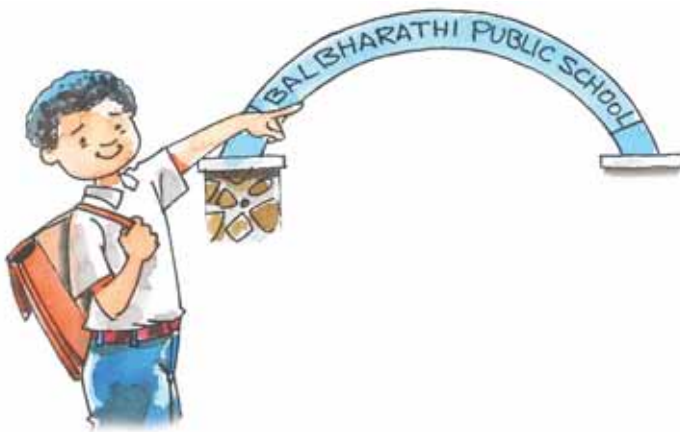
CONTENTS



1. Know About Rohan	5
2. Eat Right	9
3. Dress Up	13
Test Time - 1	17
4. At Home	18
5. A Home for Everyone	22
6. Animals Live Here	27
Test Time - 2	32
7. Family Fun	33
8. Sharing and Caring	38
9. A Day at School	42
10. Friends in Need	46
11. Celebrations in the Neighbourhood	50
12. Our National Flag	55
13. India, Our Country	58
Test Time - 3	62
14. Be Healthy	63
15. Be Safe and Secure	66
16. Good as Gold	70
Test Time - 4	74
17. Bharat, the Brave Prince	75
18. Ashoka, the Great	78
19. Father of the Nation	82
20. Life of Early Humans	85
Test Time - 5	88

1. KNOW ABOUT ROHAN

Let us meet Rohan.
He is five years old.
He is tall and thin.
He has black eyes and curly hair.



He is in Class 1 in
Bal Bharati Public School.

He enjoys playing
football with his friends.



He also likes reading.

His hobby is collecting stamps.
He has stuck them neatly in an album.
Rohan is very proud of his collection
and takes care of it.





Think Smart

A. Fill in the blanks.

1. Rohan is years old.
2. He studies in
3. He has eyes and hair.
4. Rohan enjoys playing
5. He likes reading and collecting

B. Answer the following:

1. Write your name in the blocks given below.

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

2. Circle the number of candles according to your age, and colour them.



3. What is the colour of your hair ? Tick the right colour.



4. Write down the name of your school.

.....

5. Write down your phone number.

.....



C. Complete the following:

1. My name is
2. I am a
3. I am years old.
4. I live in

D. Find out the right word with the help of the clues given.

1. They help us to see.e.....
2. I can smell a rose with this.n.....
3. These help me to run fast.l.....
4. We bite with these.t.....
5. We must keep this well combed.h.....
6. We must cut them regularly and keep them neat.
.....n.....
7. I catch a ball with these.h.....
8. I can hear with these.e.....

E. Match the sentence with the right picture.

1. I had a birthday party.
2. My friend ate my chocolate.
3. I dropped my ice cream.



F. Write the name and colour of any four flowers that you like.

Name of the flower	Colour
1.
2.
3.
4.

G. Read this poem.

Hi, I am Pinky,
A small, sweet girl.
I am five years old,
With dimples and curls.
Ravi is my best friend,
A nice, quiet boy.
He is seven years old,
And shares his toys.
That is my pet Tipu,
A naughty, black cat.
He is two years old,
And chases rats.



BE SOCIAL



Collect photographs of yours since the time you were a baby until now. Paste these photographs in an album. Each of your photos must tell something about you.



To the teacher: You can help develop the social skills of the child at an early age. Encourage the children to exchange descriptions of each other's interests, hobbies and families. Allow the children to express their ideas orally and slowly get them to practise writing.

2. EAT RIGHT

Raja is a little boy. He did not like to eat **breakfast** in the morning, **lunch** in the afternoon and **dinner** at night.



He wanted to eat only chips and chocolates all the time.

Father told Raja to eat clean and healthy food.

Then he could grow big and strong and get energy to work and play.

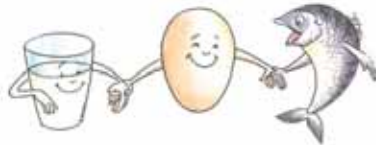


The food items in the kitchen were listening.

They did not want Raja to become weak and fall ill.

They planned to tell Raja why food was important.

Be strong.
Grow fast.
We are there
to help you.



Fight germs.
Stay fit and healthy.
We are there
to help you.

Get energy.
Be active.
We are there
to help you.



From that day Raja ate his food properly.

He never talked with his mouth full.

He remembered to chew his food and eat it slowly.





Think Smart

A. Tick the food you would choose to stay fit and healthy.



B. Read this poem.

Tomatoes and oranges are juicy and nice,
Lady's finger makes us really wise.
Red apples are so crisp and sweet,
Purple grapes are such a treat.

Among different kinds of food,
Golden butter looks so good.
Potatoes, milk, spinach and peas,
These are what our body needs.

It is food that helps us grow,
This is something you should know.
Eat well, smile and skip along,
Always singing a merry song.



C. Answer the following questions.

1. Why do we need food?

.....
.....

2. How should we eat our food?

.....
.....

D. Fill in the blanks.

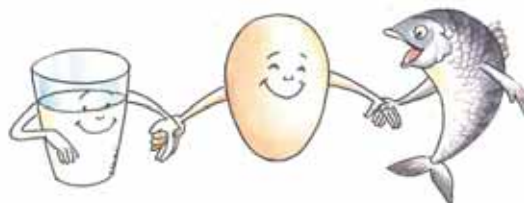
1. The first meal of the day is called

2. The afternoon meal is called

3. The meal at night is called

4. Food helps us to grow

E. Tick the food you should eat to get more energy.



F. Choose the correct answer.

- a. You are eating lunch.
 - i. You will eat very fast without chewing.
 - ii. You will chew your food and eat slowly.
- b. Your friend is buying food that is uncovered.
 - i. You will also eat food that is uncovered.
 - ii. You will eat fresh food at home.
- c. There are soft drinks in your fridge.
 - i. You will drink milk and water daily.
 - ii. You will have soft drinks daily.

G. Write down the things you have for breakfast, lunch and dinner in the table given below.

Breakfast	Lunch	Dinner
.....
.....
.....
.....



Make this healthy snack in class. Spread butter on a slice of bread. Place a few slices of cucumber and tomatoes on it. Sprinkle some pepper and salt on them. Cover this with another slice of bread.



To the teacher: Explain the importance of food and good eating habits. Make the children understand why they should not have oily snacks, soft drinks and junk food all the time. Tell the children not to waste food. Ask each child to describe the benefits of his/her lunch for the day.