

ACTIVE

SOCIAL STUDIES

BOOK - 2

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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*

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1. FAMILY LIFE

Do you know that some families are big and some are small? Let us first visit a small family. Rahul lives with his parents and his brother, Rohit.



His father Mr Gupta is a doctor. His mother Mrs Gupta is a teacher.



Mr Gupta



Mrs Gupta

Gupta is the family name. All the members of the family share the housework. Rahul's parents help the children with their homework. They work hard to provide the best for the family. During dinner the members discuss how they spent the day. During festivals and birthdays they have fun with their relatives and friends. They are a **small and happy family.**



Now let us visit a **joint family**.

Neeta lives with her parents,
brother Raj, grandparents,
uncle, aunt and cousins.

It is Neeta's father's birthday.



The whole family plans a surprise party for him.

Grandmother makes delicious snacks.

Grandfather helps the children blow
balloons and pack the gifts.

Everyone has a good time at the party.

A family is an important part of society.

The members of a family share each
other's happiness and sorrows.



 **Think Smart**

A. Solve the riddle.

1. I'm not your father.

I'm your father's father.

Who am I?

2. I'm not your own sister.

I'm your father's brother's daughter.

Who am I?

3. I'm not your mother.

I'm your mother's sister.

Who am I?

B. Answer the following questions.

1. Are all families small?

.....
.....

2. What is a joint family?

.....
.....

3. What is your family name?

.....
.....

C. Draw your family tree.



BE SOCIAL



Your grandparents give you good company. How do you thank them in return? Make a handicraft with your own hands and give it to them on their birthdays.



To the teacher: Teach the children the importance of family values. Tell them they should respect elders and help each other at home.

2. FACTS ABOUT FOOD

One day, Miss Rita asked all the children to open their lunch boxes. The children had brought different kinds of food. Some children had brought *roti*, rice,



vegetables, fish, eggs and some

chips, *puri* and *samosa*. Then Miss Rita told them all about food.

Food is necessary for us to live and grow.

It gives us energy to study, play and work.

It gives us strength. It keeps us healthy.

Some people like to eat eggs, meat and fish. They are called **non-vegetarians**.



People who do not eat meat, eggs and fish are **vegetarians**.

They eat fruits and vegetables.

Foods like meat, fish, eggs, and *dals* help us to grow well. They are body-building foods.



Milk makes our muscles and bones strong. We should drink milk daily. Other foods made from milk such as curd and cheese are also good for health.



Rice, *rotis*, bread, potatoes, nuts and sugar give us a lot of energy to work and play. They are energy-giving foods.



Fruits and vegetables are protective foods as they protect us from diseases.

We should eat fruits and vegetables daily.

We should wash them well and eat them fresh.

Vegetables can be eaten raw or cooked. Tomato, onion, cucumber and carrot can be eaten raw.

Potato, brinjal, cauliflower and pumpkin must be cooked.

Rice, *dal*, fish and meat must be cooked properly before eating.

All fruits but only some vegetables can be eaten raw.



Tips for healthy eating

- Never eat food that is uncovered. Food should always be kept covered and protected from insects such as cockroaches, flies and rats.
- Drink plenty of water. Boiled water is usually free from germs.
- Avoid eating fried food like cutlets, *pakor*as or *puris* every day.
- Always wash your hands before and after eating.
- Eat only as much as you want and never waste food.

Remember to eat a balanced meal at fixed times. The three main meals of the day are **breakfast**, **lunch** and **dinner**.



breakfast



lunch



dinner



Think Smart

A. Mark E (energy-giving), B (body-building) and P (protective) beside the food Mummy buys from the supermarket.



B. Answer the following questions.

1. What are people who eat meat called?

.....
.....

2. Why should we eat fruits and vegetables?

.....
.....

3. What kind of a meal should we eat and when?

.....
.....

C. Put a (✓) for true and (x) for false.

1. We must not drink any water. ()

2. We must eat plenty of fruits and vegetables. ()

3. Milk, rice and *dal* are non-vegetarian food. ()

4. Food does not give us any energy. ()

5. Milk makes our bones and muscles strong. ()

D. Circle the food that we should not eat every day.



E. Tick the food items that can be eaten raw.



F. Draw handles on a clock for balanced meal timings.



What do you drink to digest all this food?

BE SOCIAL



There are many kinds of colourful food. Some of them are colourful in a raw state and some when cooked. Make small groups in class and bring colourful cooked food like *palak paneer*, *rotis*, fried rice, vegetable *pulao*, *chana* or any other food. Others can bring raw vegetables and fruits. Place the food you bring on your desks. Go in a single file from desk to desk, observing the colour of the cooked food and the raw food. Write down the colours you see in your notebook.



To the teacher: Explain the importance of eating a balanced meal on time. Teach the children healthy eating habits too. During recess, you can make a surprise visit to see if the children are eating properly and washing their hands before a meal.