

ARROW

ENVIRONMENTAL STUDIES

BOOK - 1

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ARROW PUBLICATIONS PVT. LTD.[®]

HYDERABAD - 500 040

First Edition - 2011

Reprint - 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019

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PREFACE

The books 'Environmental Studies' have been written with a view to integrate the basic concepts which are of relevance to a child's immediate environment. These books have been designed to provide the child with inputs which help him or her to relate himself or herself to real-life situations.

The lessons have been carefully selected and presented in a simple, yet innovative manner with lively illustrations. The activities at the end of each lesson have been carefully prepared so that it reinforces what has been learnt in the classroom. The books also lay special emphasis on inculcating values, creating awareness and developing social responsibility in the child from a young age.

We hope these books will make learning both meaningful and enjoyable for the child.

– *Publishers*

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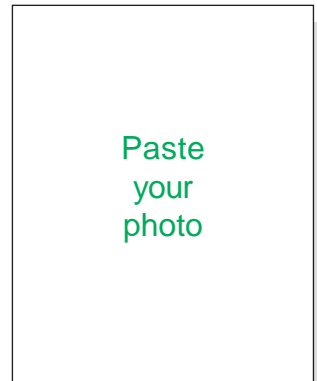
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1. MYSELF



Write about yourself.

I am(write your name)

I am a girl / boy.

I am years old. My birthday is on

I am in class

I go to school.

I live in (write the name of your town / city / village)

My telephone number is

My address is

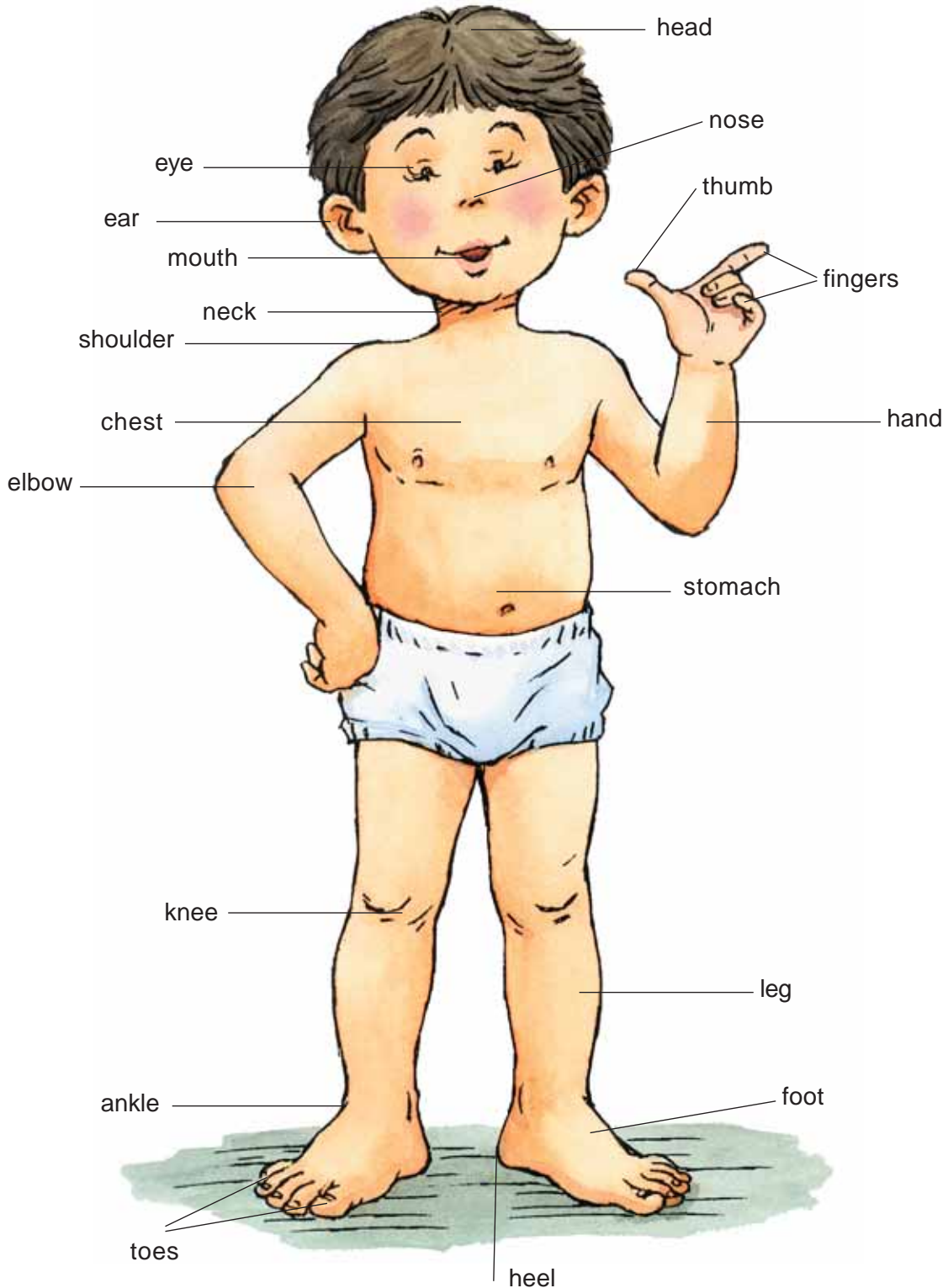
I like to eat

I like to play

I like the colour

2. PARTS OF MY BODY

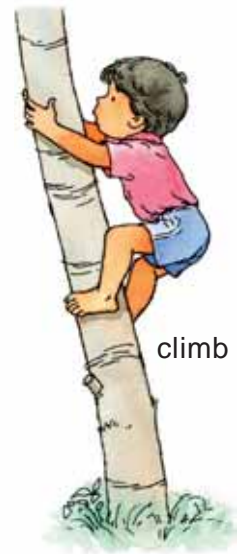
I can name the parts of my body.



Every part of my body has some work to do.
 The parts of my body do different kinds of work.
 I have two **hands**. I have ten fingers.
 My hands help me to



I have two **legs**. My legs help me to



My **neck** helps me to move my head.



LET US REMEMBER :

1. The parts of the body do different kinds of work.
2. The hands help me to write, hold, carry, catch and throw.
3. The legs help me to stand, walk, run, climb, jump and hop.
4. The neck helps me to move the head.
5. All parts of the body work together.



EXERCISE

A. Answer the following questions :

1. Which part of the body helps you to move your head ?

.....

2. How do your legs help you ?

.....

3. How many fingers do you have on each hand ?

.....

B. Match the following :



nose

eyes

hands

ears

legs

ACTIVITY :

A. Fill the blank against each with the appropriate number :

toes ears nose

thumbs mouth fingers

eyebrows lips knees

B. Colour the correct box :

1. I have two one nose.

2. I have black brown hair.

3. I have two three hands.

4. I have white cream teeth.



3. MY SENSES

All of us have five sense organs.

They are the eyes, the ears, the nose, the tongue and the skin.

This is my face.

I have two **eyes**.

I **see** with my eyes.

I can see colours and shapes, and much more.



I **look** at the pictures in the book.

I **observe** how my teacher writes on the board.

I **watch** games on TV.



I have two **ears**.

I **hear** sounds with my ears.

I hear different sounds.

I hear the ring of the telephone, the honking of the horns, the thunder, and much more.



I **listen** to my teacher.

I listen to music.

I have one **nose**.

My nose helps me to **smell**.

I also breathe through my nose.

I can **smell** flowers, soap, perfume, delicious food, ripe mangoes, paint and much more.



I can also smell when something burns or rots.

I can smell the foul smell of uncleared garbage.

My **tongue** helps me know the taste of sweet, sour, bitter or salty food. The tongue also helps me in eating and speaking.



My **skin** can feel and know whether a thing is hot or cold, smooth or rough, soft or hard.



The **eyes**, the **ears**, the **nose**, the **tongue** and the **skin** are the five sense organs. **See**, **hear**, **smell**, **taste** and **feel** are the five senses.

Our sense organs are the windows of our body through which we learn about the world around us.



LET US REMEMBER :

1. *The eyes, the ears, the nose, the tongue and the skin are five sense organs.*
2. *See, hear, smell, taste and feel are the five senses.*
3. *Our sense organs are like windows of our body.*
4. *Our senses tell us about the world around us.*



EXERCISE

A. Answer the following questions :

1. Name the five sense organs.

1 2 3 4 5

2. What do our senses tell us ?

.....

3. Which sense organ helps you to recognize the colours ?

.....

B. Name two things that you can :

1. see

2. smell

3. hear

4. feel

5. touch

ACTIVITY :

* Taste sugar and lemon.

Which is sweet ?

Which is sour ?

Which sense organ helps you ?



* Observe the traffic light.

Which colour says 'go' ?

Which colour says 'stop' ?

Which sense organ helps you ?

* You hear the bell. It's school time.

You hear the whistle. It's play time.

Which sense organ helps you ?

