

ARROW

ENVIRONMENTAL STUDIES

BOOK - 2

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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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1. GROWING UP

All of us are born as babies. Babies do not have teeth. They cannot eat. They only drink milk. We grow up with care and good food. I am a child now. I can walk, run,



play, speak and eat on my own. I can do many things on my own and yet there are many things which I cannot do. I cannot lift heavy things. I cannot work with a knife or a blade. I cannot cross the road. I cannot stay home alone.

I need my parents' help and care. I need help when I fall ill. I feel safe with my parents.

After a few years I will grow tall and strong. I will be an adult. I will be able to do everything on my own but yet I will need my parents' love and affection.

I need to eat well, play a lot and sleep well to grow into a strong and healthy person. I should develop good habits to become a good and helpful person.



LET US REMEMBER :

1. All of us are born as babies.
2. Babies grow into children and then into adults.
3. Babies and children need parents' care and help.
4. Food, exercise and rest help us to grow well.

EXERCISE

A. Answer the following questions :

1. What do babies need for proper growth ?

.....

2. Name four things that children cannot do.

.....

3. What do children need for proper growth ?

.....

.....

4. Why should we develop good habits ?

.....

.....

B. Fill in the blanks :

1. A cannot walk.

2. Children need parents' and

3. We should eat well and to grow well.

4. Even after we have grown up, we will need our parents'
and

5. will help us to grow into a good and helpful person.

ACTIVITY :

Look at your own photographs when you were a baby and compare them with the photographs as you grew. Notice the changes.

2. INSIDE MY BODY

I have grown into a child from a baby. I will grow tall and strong in a few years. What is inside my body that brings about these changes ?

All of us are born as babies. Babies grow with good care and food. They start to speak, walk, eat and play. They understand things around them. Now they are called children. Over the years children grow into adults.

What is inside our body that brings about these changes ?

BONES AND MUSCLES :

Our body is made up of bones and muscles. Bones and muscles work together. They help our body move, walk, run, bend, climb and many more.

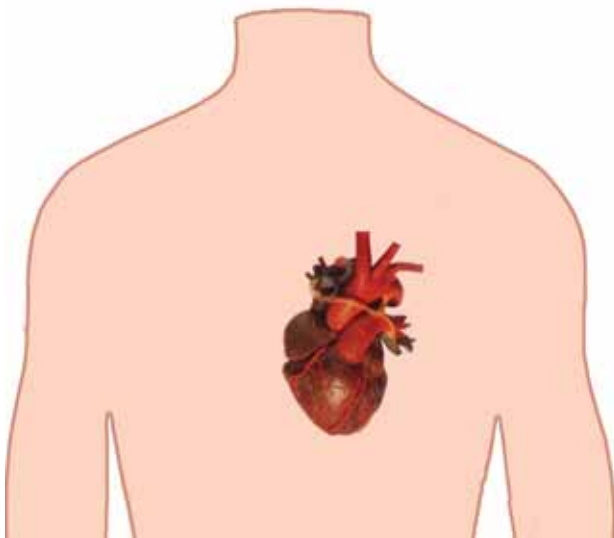
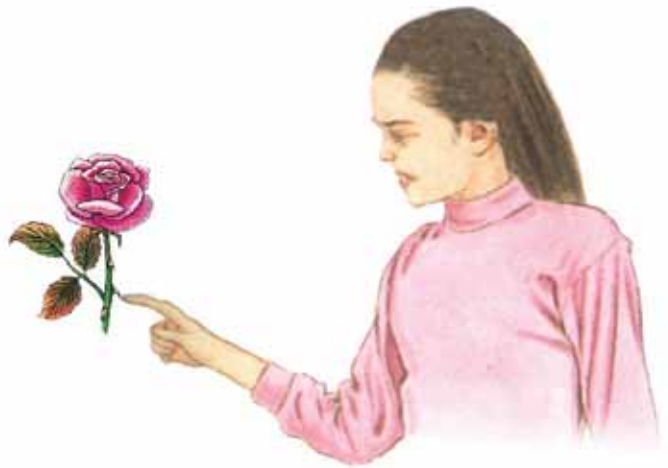
Bones are hard and strong. They give shape to our body. Some bones are big, some bones are small. All bones join to form a skeleton. The skeleton protects the inner parts of our body.

Muscles are attached to bones. As we grow, bones and muscles also grow. Regular exercise and outdoor play make the muscles strong.



THE SKIN :

The skin is the outer covering of the body. It keeps dust, dirt and germs from getting into our body. It should be washed with soap and water everyday. Washing the skin is bathing. We feel the sense of **touch** because of the skin.

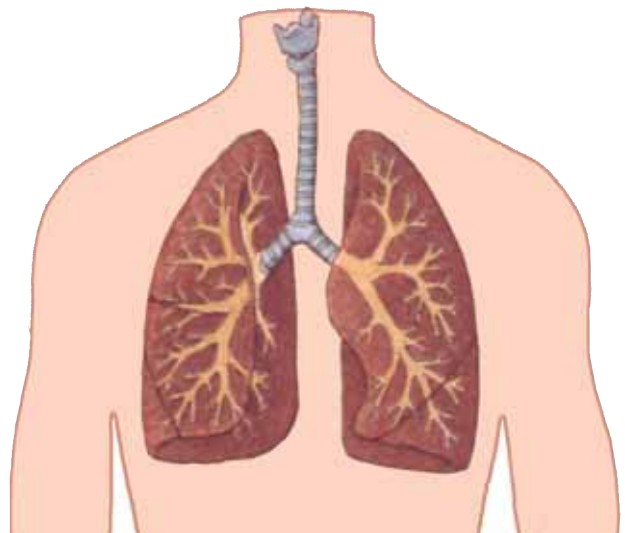


THE HEART :

The heart is inside the chest. It is like a pump which sends blood to all parts of the body. The blood carries all the important components to different parts of the body. You can feel or listen to the heart beat.

THE LUNGS :

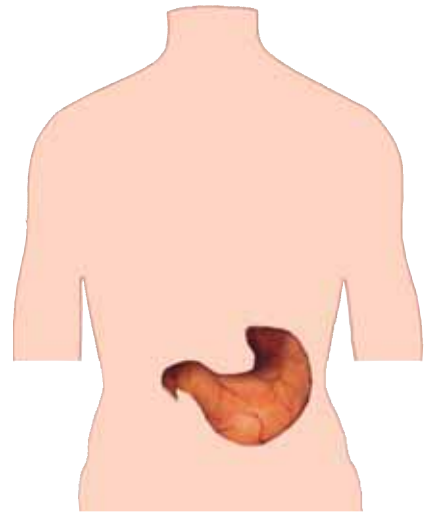
We breathe in air through our nose. It goes to our lungs. Lungs are like balloons. The oxygen which is present in the air is taken in by the lungs and the air which remains is sent out. We cannot live without air.



THE STOMACH :

The food we eat goes into our stomach. The stomach digests the food. The digested food is used -

- to grow tall and strong
- to get energy for work and play
- to fight germs and stay healthy.



THE KIDNEYS :

The kidneys help in throwing out the waste from the body.

THE BRAIN :

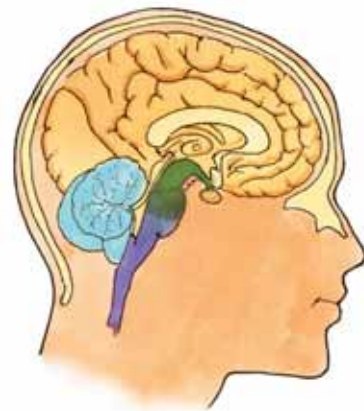
The brain controls all activities of the body. It tells all the parts of the body to do their work. Thinking, feeling, learning and remembering are all done by the brain.

The brain, the heart, the lungs, the kidneys, the stomach, the bones and the skin are all the different organs of our body. They work even when we are asleep.

Nutritious food, regular exercise, cleanliness and proper rest keep our body healthy.

Prayer, good thoughts and kind deeds keep our mind healthy.

The health of both the body and the mind is important in order to be happy.





LET US REMEMBER :

1. *Our body is made up of bones and muscles.*
2. *The heart, the lungs, the brain, the stomach and the kidneys are organs of our body.*
3. *Nutritious food, exercise and rest make our body healthy.*
4. *The health of both the body and the mind is important.*

EXERCISE

A. Answer the following questions :

1. What is our body made up of ?

.....

2. How do bones and muscles help us ?

.....

3. What is the digested food used for ?

.....

4. How does the skin protect our body ?

.....

5. Name five organs of our body.






.....

.....

B. Fill in the blanks :























1. give shape to our body.
2. The food is digested in the
3. The controls all activities of the body.
4. The help in throwing out the waste from the body.

C. Match the following :

- | | | |
|----|---|------------------------------|
| 1. |  | a) pumps blood |
| 2. |  | b) throws out waste |
| 3. |  | c) thinks, learns, remembers |
| 4. |  | d) digests food |
| 5. |  | e) fill in air |

ACTIVITY :

Write the first letter of each picture to get the words from the lesson.

| | | | | | | | |
|----|---|---|---|---|--|--|---|
| 1. |  |  |  |  |  | | |
| | <input type="text" value="H"/> | <input type="text" value="E"/> | <input type="text" value="A"/> | <input type="text" value="R"/> | <input type="text" value="T"/> | HEART | |
| 2. |  |  |  |  |  | | |
| | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | | |
| 3. |  |  |  |  |  | | |
| | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | | |
| 4. |  |  |  |  |  |  |  |
| | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | |

3. POSTURE

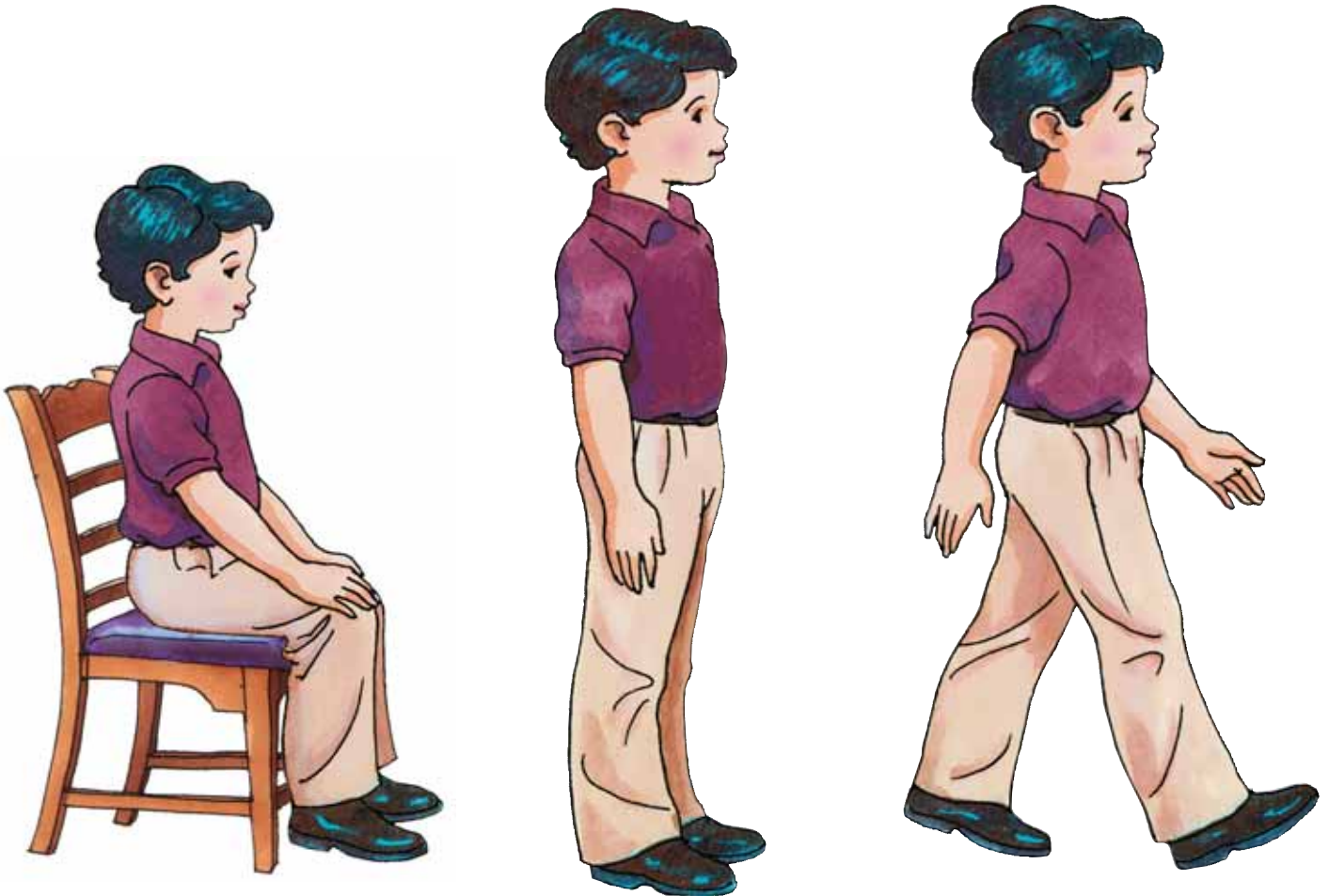
The posture is the position in which we hold our body when we sit, stand or walk.

It is important to have a correct posture.

We must **stand** erect with our shoulders thrown back. We should not slouch.

We must **sit** straight against the back of the chair.

We must **walk** with our shoulders thrown back and head held high. We must allow our arms to swing freely while walking.



Incorrect postures can lead to backache or hunch back.



LET US REMEMBER :

1. *The posture is the position in which we hold our body.*
2. *We must hold our back straight when we sit, stand or walk.*
3. *We must not slouch.*
4. *Incorrect postures can lead to backache.*

EXERCISE

A. Answer the following questions :

1. What is posture ?

.....

2. What is the correct posture when we sit on the chair ?

.....

3. What is the correct posture while walking ?

.....

4. Why is it important to have a correct posture ?

.....

.....

ACTIVITY :

Stand in front of a mirror and try different postures :

1. Stand erect with shoulders thrown back / drooping.
2. Sit on the chair with the back straight against the chair / slumped down.

Which posture makes you look smart ?