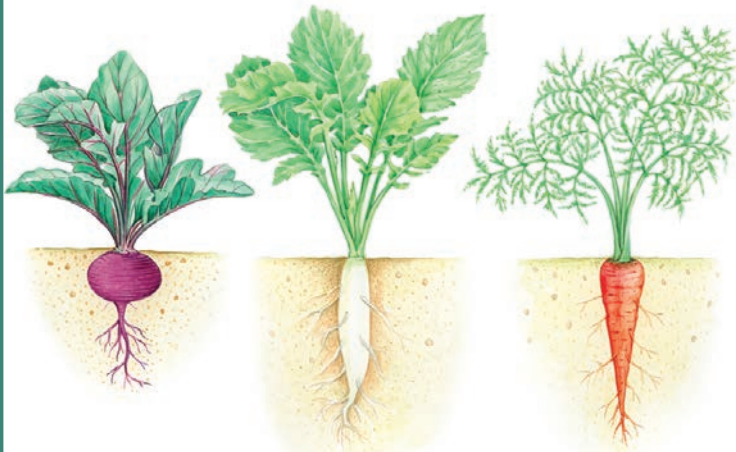


Plants give us food.

We eat different parts of the plant.

- Here are some **vegetables**.

We eat the roots of these plants.



beetroot

radish

carrot



mint

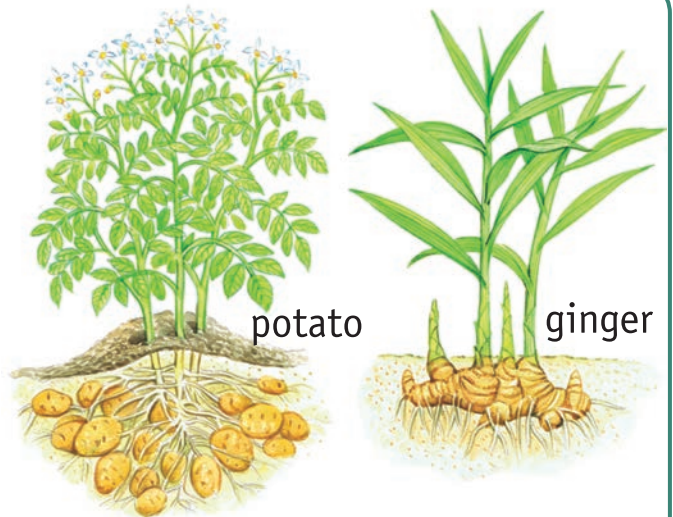


cabbage



spinach

We eat the leaves of these plants.



potato

ginger

We eat the stems of these plants. They are special stems. They grow underground.

- Do you eat these? They are actually the **fruit** of the plant. But we call them vegetables.



lemon



tomato



lady's finger

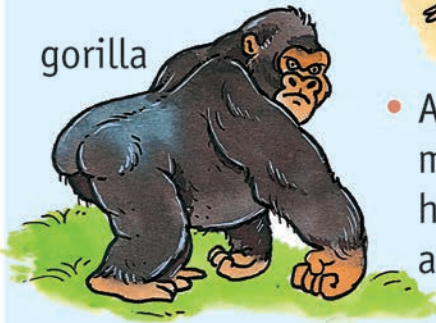


DID YOU KNOW?

chimpanzee



gorilla



- The rhino's horn and your nails are made of the same thing. The Indian rhino has one horn. The African rhino has two.



- Apes are different from monkeys. An ape does not have a tail. Chimpanzees and gorillas are apes.



- Killer whales are good hunters. They hunt in groups.



Just for fun!

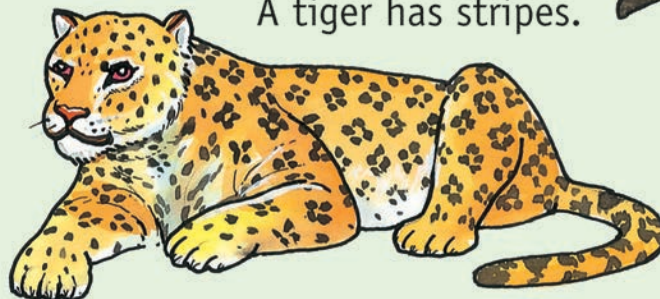


Meet the Big Cats!

Yes, these animals are also cats. But they are wild and can be dangerous if you trouble them. Do they look like the little cats you normally see? Look at their beautiful coats. Can you colour the big cats on the next page?



A tiger has stripes.



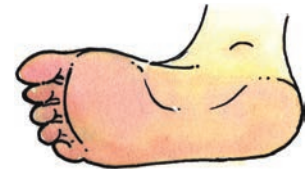
A leopard has rosettes.



DID YOU KNOW?



- The thinnest skin on your body is on the eyelids. The thickest is on the soles of your feet.



- When you frown you use more muscles than when you smile. So keep smiling — it is easier and looks nicer!



- An antiseptic (like Dettol) is something that kills germs. Neem and turmeric are also antiseptics. Garlic also helps to kill germs.



- Summer vegetables and fruit are good to eat. They have a lot of water in them. They keep you cool.



- Neem leaves help to keep your blood clean. People who eat them hardly ever fall sick.



FIND OUT

1. Where do you buy fruits and vegetables from?
Where do you buy meat or chicken or fish from?
Where do you buy eggs, bread and butter from?
Where do you buy milk from?
Where do you buy flour, rice and pulses from?
2. What does the doctor do if you break a bone?
3. What will you do if you pull a muscle?

Moving air has many names

If air moves slowly it is called a **breeze**.

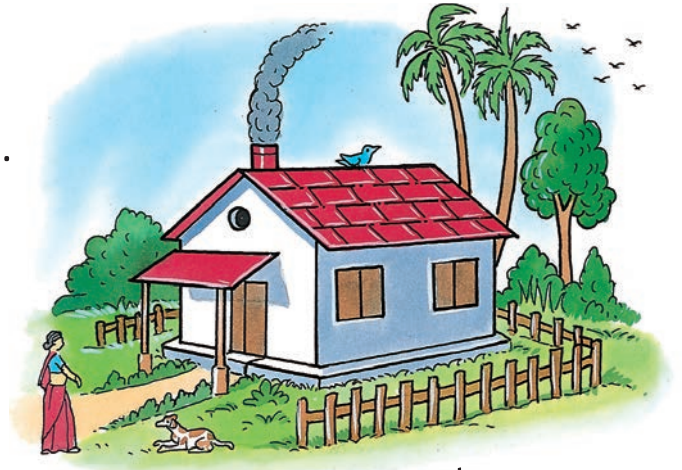
If it moves faster it is called **wind**.

Very strong and fast winds are called **storms**.

Storms can damage buildings and trees.

They can kill people and animals.

Storms at sea can sink ships.



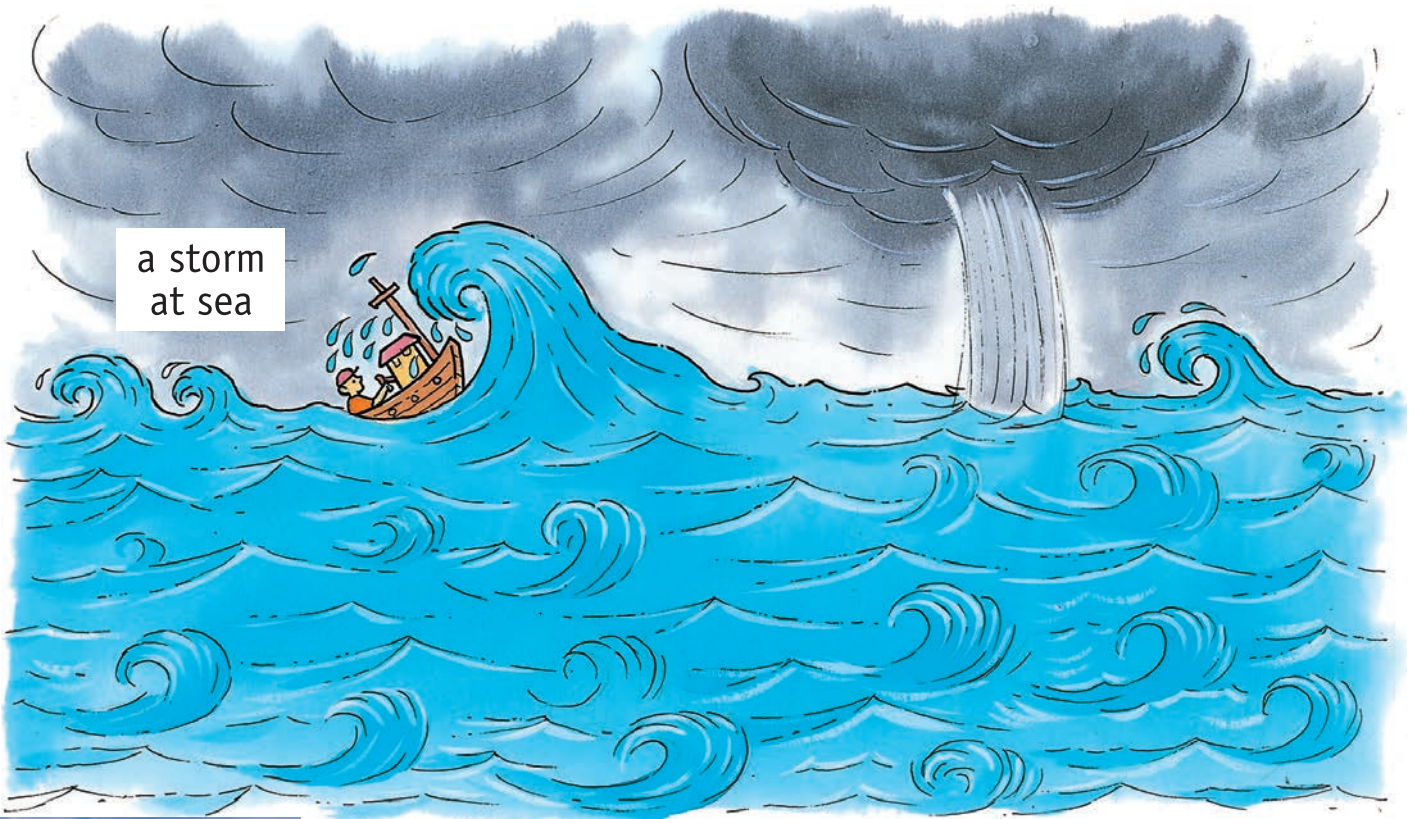
a breeze



a wind



a storm

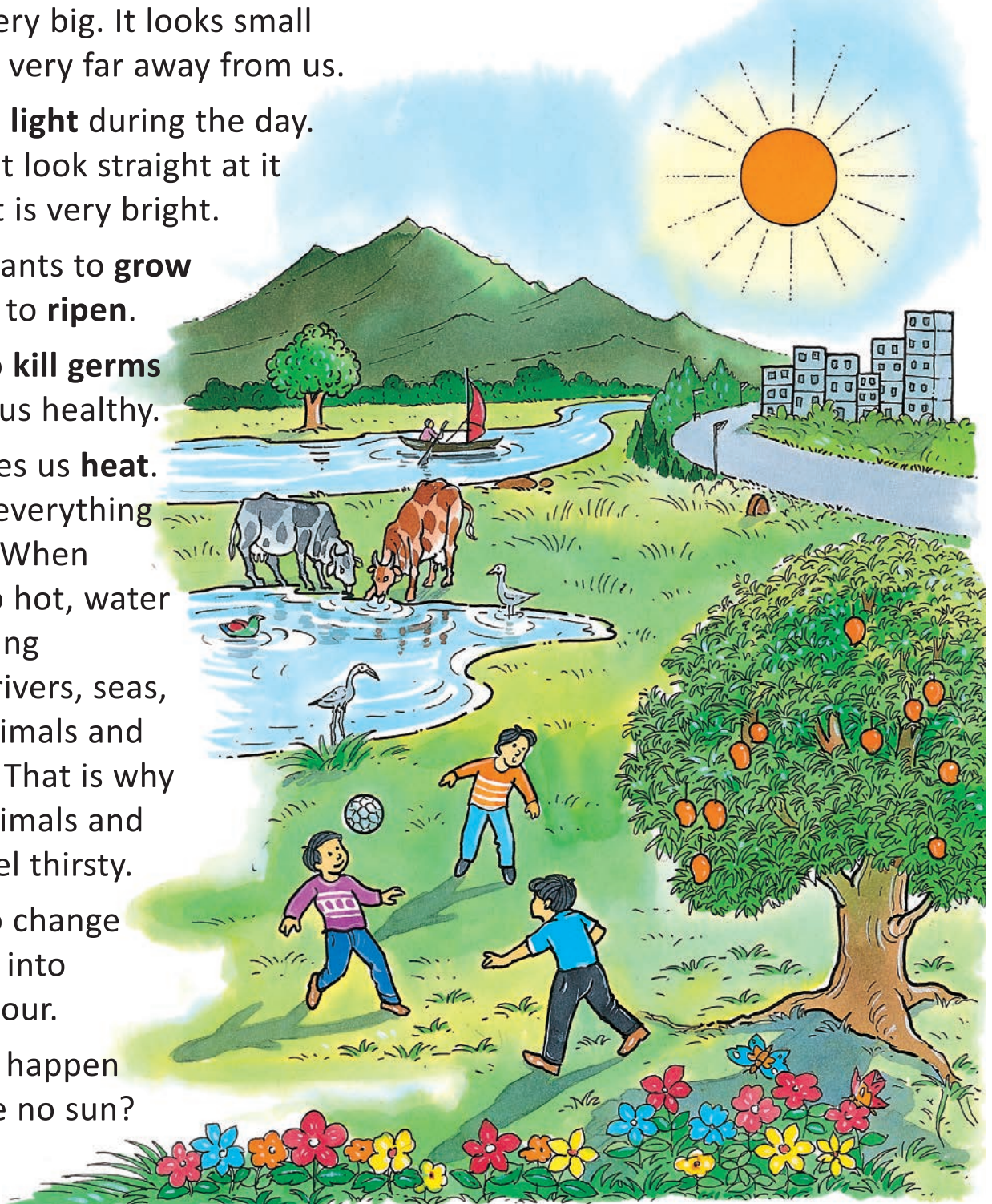


a storm
at sea

The Sun is very big. It looks small because it is very far away from us.

- It gives us **light** during the day. We cannot look straight at it because it is very bright.
- It helps plants to **grow** and fruits to **ripen**.
- It helps to **kill germs** and keep us healthy.
- It also gives us **heat**. It warms everything on earth. When it gets too hot, water starts drying up—from rivers, seas, plants, animals and our body. That is why plants, animals and people feel thirsty.
- It helps to change the water into water vapour.

What would happen if there were no sun?



Teacher's Note: (1) Emphasise that it is good to be exposed to mild sunlight. Blankets, mattresses, woollens and other things that are stored are sunned to kill germs. Sometimes food items are also sunned. (2) Make a collection of transparent, opaque and translucent objects. Shine a torch through these and let the children record which objects make a shadow, and which do not. (Translucent — some light goes through/ the shadow is lighter.) If you make a class-chart, they can add other items as they discover them.