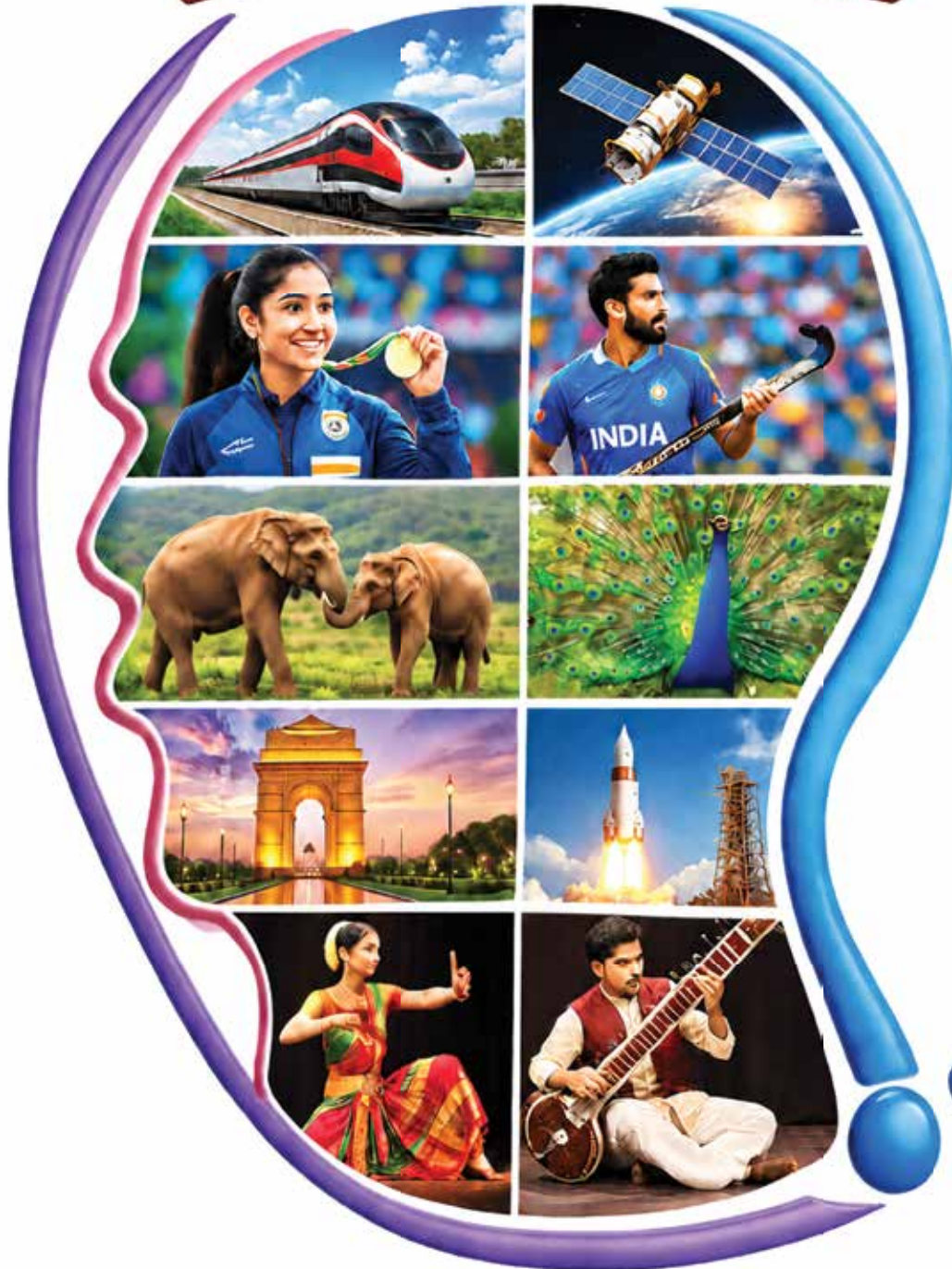


GK EXPLORER

5



Uma Publishers Private Limited

The Foundation of Global Learning Excellence.



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Our Parents

GK Explorer-5

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Preface

'GK Explorer' is a comprehensive series of eight books designed specifically for the needs and requirements of students studying in classes 1-5. The content has been created keeping in mind the National Education Policy 2020. The purpose of this series is to enhance competence, experiential, comprehensive and critical learning. This book includes enough questions in accordance with the NEP criteria. The fundamental principles of NEP which is recognising, identifying and fostering the unique capabilities of each student, respect for diversity and respect for individual aspect in all topics. While framing the book our editorial team ensured that children enjoy classroom learning to the fullest.

Key Features of the Series:

With the motto of Educate, Encourage and Enlighten this book is based on NEP criterion which promotes learning and development, and tests higher-order skills, such as analysis, critical thinking, and conceptual clarity. The book has been segregated into sections emphasising upon the comprehension of information regarding various topics, such as:

- **The Living Planet** : The information related to the uniqueness and importance of our planets. It also discusses space travellers.
- **Sports Arena** : This portion discusses different aspects of sports such as origins, tournaments, trophies, etc. It talks about different types of sports and sportsmen.
- **Incredible India** : This portion discusses the glorious past of India along with its polity, geography and legacy.
- **Awareness Plus** : The book discusses the topics of general awareness about safety and responsibility here.
- **Life Skills** : This feature of the book inculcates life skills and values in students.
- **Personality Plus** : This book also strives to be a helpful associate in the proper development of the student's personality including good manners, etiquettes and proper conduct.
- **Brainstorming** : This section consists of activity given at the end of a section urges students to apply their learning skills and helps them to retain the knowledge gained in class.
- **Let me Answer** : Discussion-oriented questions are asked to promote the students to inspire to think critically and respond with well thought out answers.
- **Teacher's Note** : A "Teacher's Note" is a set of instructions laid out for the teachers to follow in the classroom based on the worksheet, activity/exercises. It specifies how the worksheet and activities/exercises should be carried out in class.
- **Info-Bits** : Interesting facts related to the topic of the chapter are incorporated in the form of Info-Bits so as to enhance the overall learning experience of the student.

The subject of general knowledge is too broad to be covered in an eight-book series.

—Author



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Our Plants

Here are some amazing things about plants:

1. Seeds to Life

Tiny seeds can grow into big plants. With water, air, sunlight, and soil, seeds start to sprout and turn into strong plants.



2. Different Kinds

Plants come in many shapes and sizes. Some are tall like trees, some are small like grass, and some have flowers, fruits, or even thorns.



3. Plant Helpers

Plants give us oxygen to breathe, shade on hot days, tasty fruits, vegetables to eat, medicines to stay healthy, and help keep the Earth green.



4. Be Kind to Plants

Plants are living things too. We should water them, protect them, and keep our surroundings clean so they can grow well.



Encourage children to observe plants around them and talk about their uses and importance.





5. Giant Water Lily :

The giant water lily has huge round leaves that float on water. These leaves can grow as wide as 2 metres! It is found in lakes and slow-moving rivers of South America.



Think & Share

- What are the most common plants you see near your home or school?



Match the plant parts with their functions. Write the correct name from the help box.

1. I make food for the plant. :
2. I hold the plant firmly in the soil. :
3. I carry water and minerals from the roots. :
4. I help in making new seeds. :
5. I protect the tiny seed inside me. :



Help List

flower

stem

root

leaf

fruit



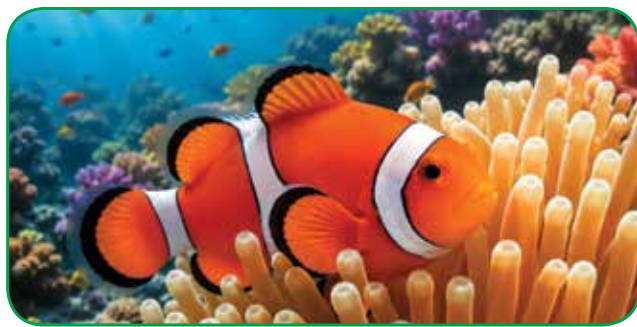


Animals and their World

Animals live all around us-in forests, rivers, mountains, oceans, and even in our homes! Each animal has special features that help it survive in its surroundings .

1. Polar Bear

Polar bears live in the icy Arctic region. They have thick white fur and a layer of blubber to keep them warm. They are excellent swimmers and hunt seals for food.



2. Clownfish

Clownfish live in warm ocean waters among sea anemones. The anemone's tentacles protect them from danger. In return, clownfish help keep the anemone clean.

3. Kangaroo

Kangaroos are found in Australia. They have strong hind legs that help them jump long distances. A baby kangaroo, called a joey, grows in its mother's pouch.



4. Hummingbird

Hummingbirds are tiny birds that can fly very fast. They feed on flower nectar using their long beaks. Their wings beat so quickly that they can even fly backward!



Teacher Note

Explain to the students some unique facts about marine mammals.





Unit-1: Nature

5. Snow Leopard

Snow leopards live in the cold mountains of Central Asia. Their thick, spotted fur helps them blend in with rocks and snow. They are strong climbers and can leap great distances.



6. Dolphin

Dolphins are intelligent marine mammals known for their playful nature. They live in groups called pods and communicate using clicks and whistles.



7. Chameleon

Chameleons are lizards famous for changing the colour of their skin. They use this ability to hide from predators and to communicate with other chameleons.

Quick Quiz

1. Which animal is known as the “Ship of the Desert”?
2. Name a bird that cannot fly but swims very well.
3. Which animal has black and white stripes?
4. Which insect is known for making honey?



Fill in the blanks.

1. The fastest land animal is the _____.
2. _____ builds large mud houses near rivers.
3. The giraffe has the longest _____.
4. _____ is the largest animal on Earth.



Amazing fact

Octopuses have three hearts and blue blood! They are excellent problem solvers.





Natural Resources and Plants

Many plants around us have amazing healing properties. Find the names of these plants in the puzzle and write them below.

T	U	R	M	E	R	I	C	N	A	N
A	L	O	E	V	E	R	A	I	P	B
A	S	H	W	A	G	A	N	D	H	A
G	I	L	O	Y	N	E	E	M	C	S
B	R	A	H	M	I	C	O	V	A	G
B	A	S	I	L	L	E	A	F	Y	W
N	O	N	I	T	U	L	S	I	C	D
A	M	L	A	F	E	N	U	G	R	E
G	U	A	V	A	L	E	A	F	R	S
F	E	N	N	E	L	S	E	E	D	O

Nature provides us with many useful resources. Plants are one of the most valuable gifts!



Aloe Vera



Holy Basil (Tulsi)

Plant Uses

- Helps in boosting immunity.
- Soothes skin and helps in healing burns.
- Used as an anti-inflammatory and pain reliever.
- Good for digestion and common cold.
- Improves memory and reduces stress.
- Helps in controlling blood sugar.
- Natural antibacterial and antiseptic.
- Used in soups and helps in detoxifying body



Turmeric



Ginger



Garlic



Amla (Gooseberry)



Mint



Lemongrass



Think & Answer

Can you name any other plant that is used as medicine in your home?



Help List

Almond Garlic Turmeric Aloe Vera
Tulsi Mint Am la Ginger



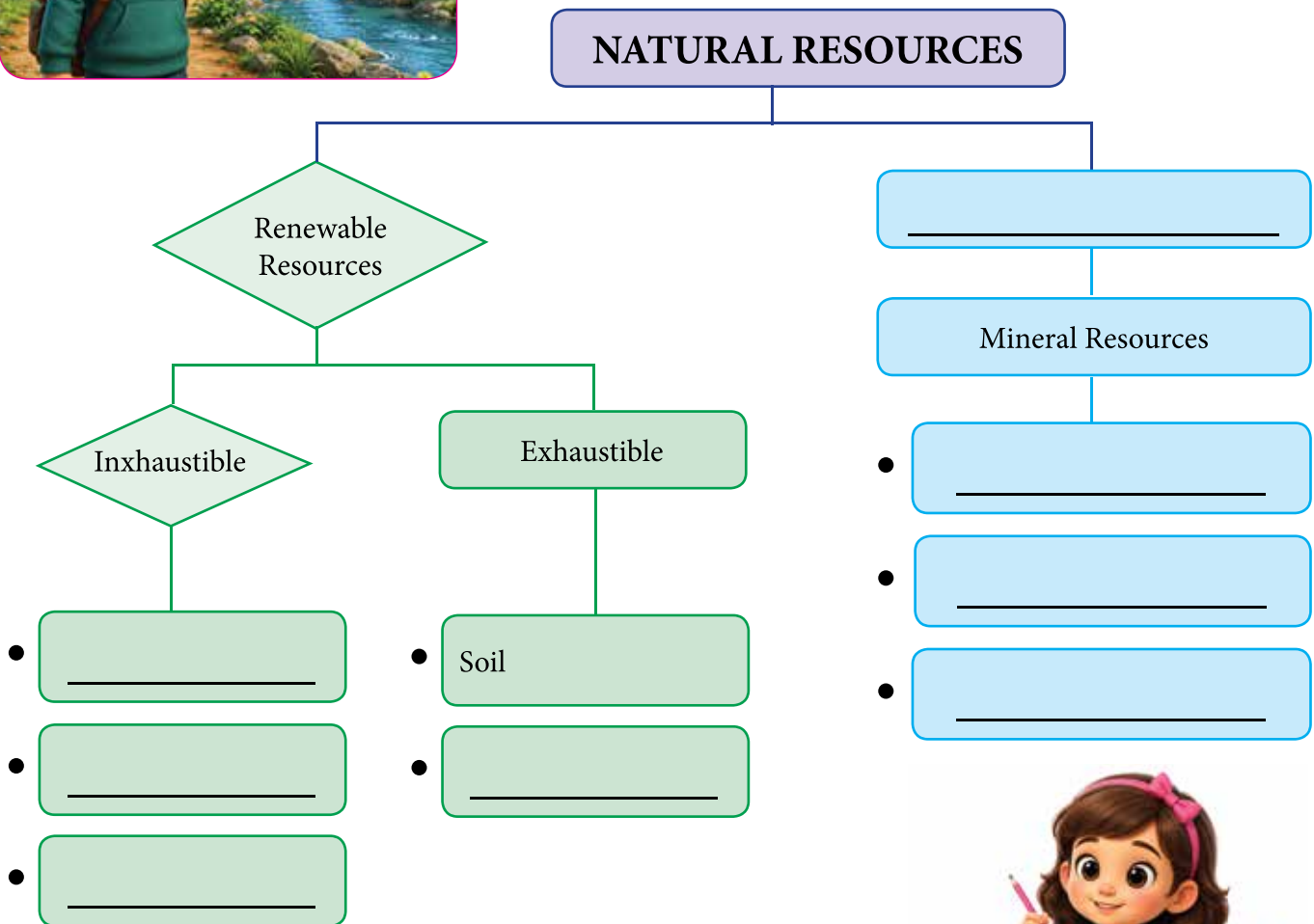
Teacher Note

Encourage students to learn about medicinal plants and how they can be grown and used safely.





Complete the flow chart using the help of the Help List:



Help List

Sunlight
Wind
Water

Non-renewable Resources
Oil
Coal

Animal products
Natural gas
Geothermal energy



Info Bit

One tree can provide enough oxygen for two people to breathe for an entire year!





Landforms on Earth

The Earth's surface is not flat. It has many natural shapes and features. These are called landforms. Let's explore some common landforms.

1. Mountains

Mountains are high, steep landforms that rise above the surrounding land. They are formed when the Earth's crust pushes upward. Many mountains have snow on their tops.



2. Valleys

Valleys are low areas of land between hills or mountains. Rivers and streams often flow through valleys. Valleys are usually rich in soil and very suitable for farming.

3. Plateaus

Plateaus are flat, elevated areas of land. They are higher than the surrounding land but have flat tops. Plateaus can be very large and are often found in dry regions.



4. Plains

Plains are wide, flat areas of land with very few trees or hills. They are usually low in height and ideal for building cities, roads and growing crops.



Encourage students to observe different landforms in their area and share their experiences in class.





Unit-1: Nature



Valley: A valley is a low area of land that lies between hills or mountains. It is usually formed by the action of rivers, glaciers or rain over thousands of years.



Think & Answer

Which landform do you find most interesting? Why?



Match the following:

- 1 A place where boiling water from deep inside the Earth comes out with steam. ●
- 2 A long, narrow valley with high sides, often formed by a river. ●
- 3 A fast-flowing part of a river that moves over rocks and creates white water. ●
- 4 A large area of ice that slowly moves over land, formed from compacted snow. ●
- 5 A low area of land between hills or mountains, often with a river flowing through it. ●



Help List

Valley Canyon Rapid Glacier Geyser



Info Bit

Did you know? The Grand Canyon in Arizona, USA is about 446 km long and up to 1.6 km deep!





Space Mission and Scientists

Space missions help us learn about distant planets, stars, and the universe. Scientists and astronauts work together to explore space and make our future better.

1. India's Mangalyaan Missions

India launched its first mission to Mars called Mangalyaan on 5 November 2013. It reached Mars orbit on 24 September 2014. This was a big achievement for India and made it the first country to reach Mars orbit in its very first attempt. Mangalyaan studies the Martian surface, its atmosphere, and its weather.



2. Kalpana Chawla

Kalpana Chawla was an Indian-American astronaut and aerospace engineer. She went to space on Space Shuttle Columbia in 1997 and again in 2003. She inspired millions of people, especially girls in India, to dream big and aim for the stars. Sadly, she lost her life in the Columbia accident on 1 February 2003 while returning from space.

3. Neil Armstrong

Neil Armstrong was an American astronaut and the first person to walk on the Moon. On 20 July 1969, during the Apollo 11 mission, he stepped onto the Moon and said, "That's one small step for man, one giant leap for mankind." His brave journey opened the doors for more space exploration.



4. Chandrayaan Missions

ISRO launched Chandrayaan-1 in 2008, Chandrayaan-2 in 2019, and Chandrayaan-3 in 2023. Chandrayaan-3 successfully landed near the South Pole of the Moon on 23 August 2023. These missions help us understand the Moon's surface, minerals, and environment better and are a proud moment for India.



Encourage children to collect information about space missions and inspiring scientists. Ask them to create a poster or model.





Space Mission and Scientists

Space missions help us explore beyond our planet. Brave scientists and astronauts have made it possible to travel in space and discover new things.

Sputnik 1 - The First Satellite

On 4 October 1957, the Soviet Union launched Sputnik 1. It was the world's first artificial satellite. This small metal sphere opened the door to the space age and changed the history of space exploration.



Yuri Gagarin

Yuri Alekseyevich Gagarin was a Soviet pilot and cosmonaut. On 12 April 1961, he became the first human to travel into space. He orbited the Earth in Vostok 1 spacecraft and made history.



Rakesh Sharma

Rakesh Sharma is an Indian Air Force officer and was the first Indian to go to space. He flew aboard the Soviet spacecraft SoyuzT-11 on 3 April 1984. He proudly said, "Saare Jahan Se Achha" when asked about India from space.



Kalpana Chawla

Kalpana Chawla was an Indian-American astronaut and engineer. She went to space on Space Shuttle Columbia in 1997. She inspired millions of people around the world with her dedication and dreams.



Answer the following question.

1. Who was the first human to travel into space?
2. Which spacecraft did Yuri Gagarin travel in?
3. When did Rakesh Sharma go to space?
4. On which space shuttle did Kalpana Chawla travel?
5. Which was the first artificial satellite launched by the Soviet Union?
6. Name the country that launched Sputnik 1.

Fill in the blanks.

1. _____ was the first man to travel into space.
2. Rakesh Sharma went to space in the _____ mission.
3. Kalpana Chawla traveled to space on _____ shuttle.
4. Sputnik 1 was launched on _____.
5. The first artificial satellite was launched by the _____ Union.



Help List

4 October 1957
Vostok 1

12 April 1961
3 April 1984

SoyuzT-11
Space Shuttle Columbi

First artificial satellite
Soviet Union





Metals and their Properties

Metals are useful materials that we use in our daily lives. They have different properties that make them suitable for many purposes.

1. Iron - Strong and Useful

Iron is one of the most important metals. It is strong, hard and malleable. It is used in building structures, making tools, machines, and vehicles.



2. Copper - Good Conductor

Copper is a reddish-brown metal. It is an excellent conductor of electricity and heat. It is used in electrical wires, utensils, coins, and many electronic devices.



3. Aluminium - Light and Rust-free

Aluminium is a lightweight metal that does not rust easily. It is used in making aircraft, kitchen utensils, window frames, and beverage cans.



4. Gold - Precious and Shiny

Gold is a precious metal. It is very soft, shiny, and does not corrode. It is used in jewellery, coins, and in some electronic devices.



5. Silver - Lustrous and Valuable

Silver is a white, shiny metal. It is used in making jewellery, utensils, coins, and in medical instruments. It is also a good conductor of heat and electricity.



6. Zinc - Anti-corrosive

Zinc is a bluish-white metal. It is used to prevent iron and steel from rusting (galvanising). It is also used in batteries and paints.



Think & Answer

1. Which metal is used in electrical wires?
2. Name the metal that is used to make jewellery.
3. Which metal is used to prevent iron from rusting?
4. Which metal is lightweight and used in aircraft?
5. Which metal is known for its strength and is used in building structures?

Fill in the blanks.

1. Copper is a good conductor of _____ and _____.
2. Aluminium does not _____ easily.
3. Gold is a very _____ metal.
4. Zinc is used to _____ iron and steel.
5. Silver is used in _____ instruments.



Help List

rust
electricity

jewellery
precious

heat
prevent

rusting
light

medical
strong





Metals and their Properties

B. Identify the metal and write its name.

1. This metal is used to make electrical wires because it conducts electricity well.
- _____



Copper	Iron
Aluminium	Silver
Gold	Steel



2. This metal is the most commonly used in making buildings, bridges and vehicles because it is very strong.
- _____

3. This metal is used to make containers like cans, foils and utensils because it is light and does not rust easily.
- _____



Which metal is considered the most valuable and is often used to make jewellery?



4. This metal is used to make jewellery. It is a precious metal and is known for its bright yellow colour.
- _____



Can you think of any other metal items you use in your daily life? Make a list.

5. This metal is used to make coins and ornaments. It is shiny and does not rust.
- _____



Info Bit

Metals are malleable (can be hammered into shapes), ductile (can be drawn into wires) and good conductors of heat and electricity.



Teacher Note

Encourage students to observe different metal objects around them and discuss why each metal is used for a specific purpose.





Gadgets

New inventions and modern gadgets make our lives easier, faster and more comfortable. Let's learn about some amazing gadgets.

Digital Camera : A digital camera captures photos and stores them in electronic form. It allows us to take many pictures and see them instantly on the screen.



Smart Watch : A smart watch can show time, track steps, check heart rate and even receive calls. It helps us stay healthy and organised. Wireless



Wireless Earbuds : Wireless earbuds let us listen to music and talk on calls without any wires. They are small, light and easy to carry anywhere.



Tablet Computer : A tablet is a small, flat computer with a touch screen. It can be used to read, watch videos, play games, draw pictures and do many other tasks.



Robot Vacuum Cleaner : This smart gadget cleans the floor on its own. It moves around, detects dirt and keeps our homes neat without much effort.



Teacher Note

Ask the students to share their favourite gadget and explain how it helps them in their daily life.





Braille Display : Braille is a special system of raised dots that can be read with the fingers. It helps people who cannot see to read books, labels, signs and even use computers and smartphones.



Quiz Time

1. The first telescope was made in the year
2. Two Dutch scientists, and , improved the telescope around 1608.
3. The idea of a mechanical calculating machine was given by
4. is known as the father of computer science.
5. The first electronic general-purpose computer was
6. The first personal computer that many people could afford was

Help List

1608	Gottfried Wilhelm Leibniz
Blaise Pascal	Microsoft WindowsSitar
Charles Babbage	Apple II
ENIAC	

Info Bit

Technology keeps improving our lives. New gadgets and ideas help us learn, communicate and solve problems faster and better.



Teacher Note

Encourage the students to collect pictures of different gadgets and prepare a class chart. Discuss how these gadgets help us in daily life.

Let Me Answer

- What is your favourite gadget?

- Which app or software do you use the most? Why?





Cinematography

Films are made with the combined efforts of many talented people. Let's explore some important roles in film making.

Costume Designer

A costume designer creates the clothing styles for the characters in a film, theatre play or TV show. They choose colours, fabrics and designs that match the story and help characters look perfect.



Producer

A producer is responsible for the overall production of a film. They manage the budget, hire the team, arrange locations and make sure everything is ready for shooting. Producers turn ideas into reality.

Art Director

An art director is the creative person who designs the look and feel of a film. They plan the sets, props, colours and visual style to match the mood of the story and bring the world of the film to life.



Screenwriter

A screenwriter writes the story, dialogue and scenes for films, web series or TV shows. They create the script that guides the actors and the entire team during the shoot.



Teacher Note

Encourage children to watch a film and identify the different people behind it. Discuss how each person contributes to the final film.





Stunt Performers

Stunt performers are trained professionals who perform risky and dangerous actions in films. They make the action scenes exciting while keeping the actors safe.



Film Editor

Film editors put all the pieces of a film together. They choose the best shots, arrange them in the right order, add music and sound, and make the movie smooth and interesting.



Cinematographer

The cinematographer is in charge of the camera work. They decide how each scene will look by choosing angles, camera movements, colours and lighting. Their work helps tell the story in a beautiful way.



Answer the following question.

1. Which awards honour the best films and talents in India?
2. What role did a young actor play in the movie Taare Zameen Par?
3. Which music composer won an Oscar for the song "Jai Ho" from Slumdog Millionaire?
4. Which film told the inspiring life story of Milkha Singh?

Fill in the blanks using the help box

1. The person who handles the camera and lighting is called a _____.
2. Action scenes in a film are performed by _____.
3. A film editor is responsible for _____ the final movie.
4. People who create the look and style of characters are called _____.

Help List

Cinematographer Stunt Performers Editing Costume Designers

Let' Talk

Which type of film do you like the most and why?
lit If you could be a part of a film team, which role would you like to do and why?



Teacher Note

Encourage students to watch different films and identify the people behind them. Discuss how teamwork makes a movie successful.





Food in Our Life

Food keeps us healthy and gives us energy. Mixing harmful substances with food to make it look better or to increase its quantity is called **adulteration**.

Tick (✓) the harmful substance that can be mixed with each food item.

Food Item		Possible Adulterant			Tick (✓)
1	 Rice	Broken glass	Plastic pieces	Small stones	☐
2	 Lentils (Dal)	Coloured seeds	Pebbles	Harmful chemicals	☐
3	 Turmeric	Metanil yellow	Saw dust	Chalk powder	☐
4	 Red Chilli Powder	Brick powder	Artificial colour	Sand	☐
5	 Black Pepper	Papaya seeds	Dried berries	Wood pieces	☐
6	 Mustard Oil	Argemone oil	Mineral oil	Synthetic oil	☐
7	 Milk	Water	Washing powder	Urea	☐
8	 Asafoetida (Hing)	Gum	Starch	Artificial flavour	☐
9	 Ghee	Vanaspati	Animal fat	Starch	☐
9	 Salt	Chalk powder	Sand	Chemical powder	☐



Let Me Answer

- Which food item do you enjoy the most?

- How do you make sure the food you eat is safe and clean?



Info Bit

Pure food keeps our body strong, active and healthy. Always choose fresh and safe food for a better life.



Ask students to bring examples of food items from home and discuss ways to keep food clean and safe.





Scientists and Biochemicals

Many great scientists have made important discoveries and inventions that changed the world. Let's identify these brilliant minds!

Match the scientist's name from the help list with the correct achievement.

- 1 discovered the law of universal gravitation.
- 2 discovered the phenomenon of Raman Effect.
- 3 invented the powerful explosive called dynamite.
- 4 discovered the structure of the insulin molecule.
- 5 determined the structure of the atom.
- 6 discovered and isolated inert or noble gases.
- 7 invented the steam engine.
- 8 the aviation pioneers who built the first successful airplane.
- 9 discovered X-rays.
- 10 developed the Polio vaccine.



Help List

Isaac Newton
C. V. Raman
Alfred Nobel
F. Sanger
J. J. Thomson
Sir William Ramsay
James Watt
Wright Brothers
Wilhelm Rontgen
Jonas Salk



Let Me Answer

- Which scientist do you admire the most?
- What is the most useful discovery according to you?
- If you could meet any scientist, who would you like to meet and why?



Info Bit

Science helps us understand the world and improves our lives. Many discoveries in science are the result of hard work, curiosity and never giving up!



Teacher Note

Encourage students to read short stories or watch videos about these scientists and present what they learned in class.



**A. Fill in the blanks using the help list**

- 1 The basic unit of life that contains genetic material is called a
- 2 DNA is responsible for passing from one generation to the next.
- 3 Gregor Mendel is known as the father of
- 4 When many atoms combine chemically, they form a
- 5 Every substance on Earth is made up of tiny particles called
- 6 The smallest part of an element that still has its properties is an
- 7 All organisms, including plants and animals, are made of
- 8 The empty area around an object that our senses can detect is called
- 9 All physical objects are made from tiny particles called
- 10 Matter exists in three states:, liquid and gas.

**Let Me Answer**

- Why do you think atoms are important for everything around us?

**Help List**

Genes

Heredity

Molecules

Atoms

Cells

Protoplasm

Same Compounds

Elements

Matter

G. J. Mendel

**Info Bit**

Science helps us explore, discover and understand the world. It is the key to new inventions and a better future.

**Teacher Note**

Encourage students to create a science journal. Ask them to write or draw interesting science facts they learn every day.





Scientific Instruments and Terms

Scientists use special tools and devices to observe, measure and understand the world around us. These tools are called scientific instruments.

Match the instrument with its correct use.

No	Scientific Instrument	What It Is Used For	Your Answer
1	Stethoscope	Listens to internal sounds of the body.	<input type="text"/>
2	EEG Machine	Measures and records brain wave activity.	<input type="text"/>
3	Colorimeter	Measures the concentration of coloured solution.	<input type="text"/>
4	Electrocardiograph (ECG)	Records the electrical activity of the heart.	<input type="text"/>
5	Heart-Lung Sound Analyzer	Analyses sounds produced by heart and lungs.	<input type="text"/>
6	Polygraph	Detects changes in body responses; used in truth tests.	<input type="text"/>
7	Ultrasonic Scanner	Creates images of inside parts of the body using sound waves.	<input type="text"/>
8	Lactometer	Measures the density of milk and checks its purity.	<input type="text"/>
9	Sphygmomanometer	Measures blood pressure.	<input type="text"/>
10	Altimeter	Measures height or altitude above sea level.	<input type="text"/>



Let Me Answer

Which scientific instrument do you think is the most useful in hospitals? Why?

Have you ever seen any scientific instrument in real life? Where and when?



Info Bit

Modern instruments use advanced technology to give accurate results. They help doctors, scientists and researchers in their work.



Ultrasonic Scanner



Lactometer



ECG Machine



Stethoscope



Sphygmomanometer



Polygraph



Colorimeter



EEG Machine


Heart-Lung
Sound Analyzer


Altimeter



Help List

Stethoscope
Ultrasonic Scanner

Heart-Lung Sound Analyzer
Sphygmomanometer

EEG Machine
Lactometer

Polygraph
ECG

Colorimeter
Altimeter





Fill in the blanks with the help of the help list:

1. The study of ancient life through fossils is called
2. The study of different kinds of fruits is known as
3. The study of teeth and oral health is called
4. The study of physical appearance and beauty is known as
5. The study of our surroundings and natural resources is called
6. The study of genes and how traits are passed on is called
7. The branch of science that deals with keeping us healthy is
8. The science related to the care and treatment of animals is
9. The study of harmful effects of radiation on living beings is called
10. The science involved in naming and classifying living things is called



Let Me Answer

- Which scientific term do you use commonly?



Help List

Paleontology

Pomology

Odontology

Cosmetology

Ecology

Genetics

Medicine

Veterinary science

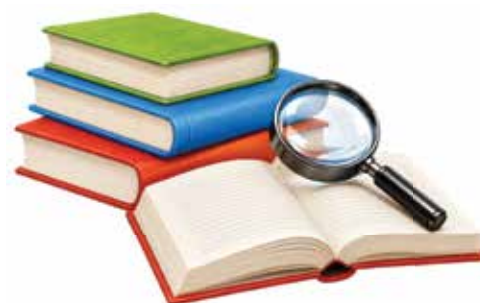
Radiology

Taxonomy



Info Bit

Many scientific terms come from Greek and Latin.
Example: "ecology" comes from "eco" (environment) and "logy" (study of).





A. I. (Artificial Intelligence)

Write the full forms of the following abbreviations with the help of the help list:

- 1 CPU → _____
- 2 RAM → _____
- 3 AI → _____
- 4 NLP → _____
- 5 GUI → _____
- 6 IoT → _____
- 7 VPN → _____
- 8 SQL → _____
- 9 OCR → _____
- 10 GPS → _____



Let Me Answer

- Do you think AI can think and feel like humans?
- Where do you see AI being used in your daily life?



Help List

Artificial Intelligence
Random Access Memory
Internet of Things

Central Processing Unit
Graphical User Interface
Virtual Private Network

Natural Language Processing
Structured Query Language
Global Positioning System

Optical Character
Recognition



Info Bit

AI helps machines learn, understand and solve problems. It is used in many things around us like voice assistants, self-driving cars, and smart apps.



Teacher Note

Encourage students to explore how AI is making our lives easier. Ask them to share any examples of AI tools they use or know about.





Different Faces

We use our face to show how we feel. Look at the pictures and understand the expressions.



Angry

Eyebrows pulled down and together. Eyes sharp and mouth tight.



Peaceful

Relaxed face, soft eyes and a gentle smile



Sad

Inner eyebrows raised. Eyes look down and mouth turns down.



Doubtful

One eyebrow raised and eyes slightly narrowed.



Surprised

Eyebrows high, eyes wide open and mouth in an 'o' shape.



Afraid

Eyebrows up and together. Mouth open and eyes wide.



Joyful

Eyes sparkle, cheeks lift up and mouth opens in a big smile.



Thinking

Eyes look up or sideways with a slight frown or pursed lips.

Fun ways to create more expressions:

- 1 Change the shape of your eyebrows.
- 2 Try different shapes of your mouth.
- 3 Open your eyes wide or squint them.
- 4 Move your head slightly up, down or sideways.
- 5 Mix and match these changes to show new feelings



Info Bit

Our face is very powerful. It can tell others how we feel without saying a word



Let Me Answer

- Which expression do you make the most often?

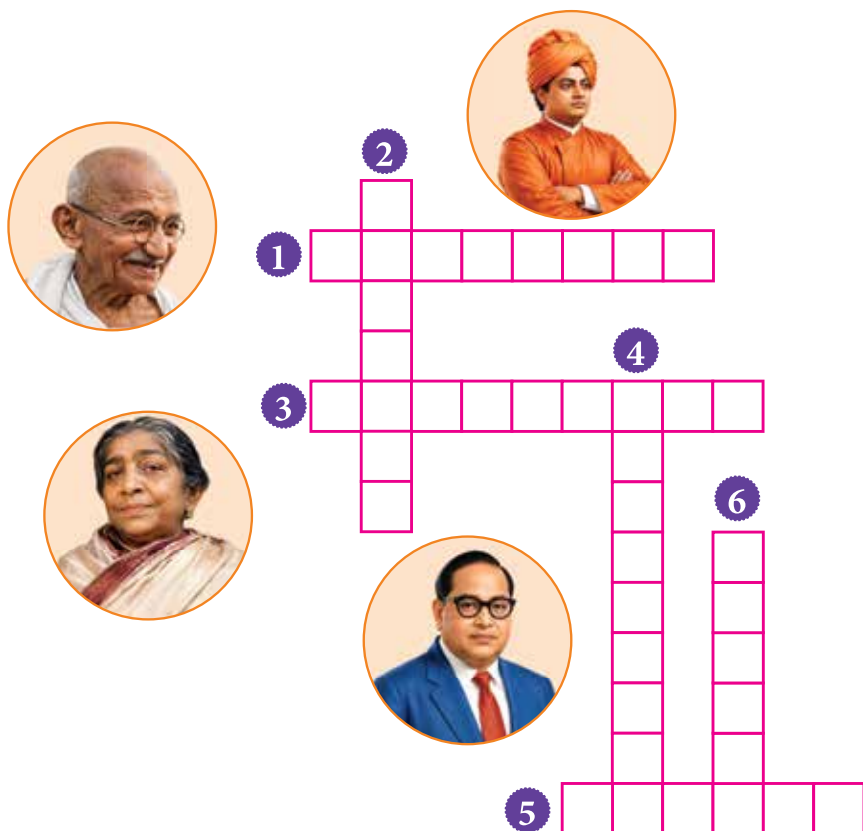
- Why is it important to understand other people's expressions?





Indian Personalities

Read the clues and complete the crossword puzzle with the help of the help list.



Let Me Answer

Which Indian personality inspires you the most and why?

CLUES

1. He taught the world the power of non-violence.
2. He was a great thinker and spiritual leader.
3. She was known as the Nightingale of India.
4. He was a scientist and the President of India.
5. He worked for equality and wrote the Constitution of India.
6. She was the first Indian woman in space.



Info Bit

India has many inspiring people who have contributed to freedom, science, education, sports, art and more.



Help List

Mahatma Gandhi
Swami Vivekananda
Sarojini Naidu

Dr. A. P. J. Abdul Kalam
Dr. B. R. Ambedkar
Kalpana Chawla



Encourage students to learn about different personalities and discuss how their work helps our country and the world.





Indian Constitution

Fill in the blanks to complete the passage about our Constitution:

We, the people of India, adopted this great document to govern ourselves with _____, _____ and _____.

It ensures to every citizen:

- the right to live with _____ and _____;
- freedom of _____, _____, _____ and _____;
- fair chances for all in matters of _____, _____ and _____;
- duty to respect our _____, our heroes and all _____;
- and to work together for the good of our _____.

Adopted by the Constituent Assembly on 26th November, 1949, this Constitution came into force on 26th January, 1950. Let us follow it in letter and spirit and build a strong, happy and _____ India.



Help List

Peace
Belief
Unity

Justice
Faith
Integrity

Thought
Equality
Democratic

Expression
Country

Info Bit

The Constitution is the supreme law of India. It guides our leaders and protects the rights of every citizen. It helps our country run smoothly and fairly.

Let Me Answer

- Why do we need a Constitution for our country?

- Which part of the Constitution do you think is the most important? Why?



Teacher Note

Help students understand the values and importance of the Indian Constitution and encourage them to respect and follow it.





Union Territories of India

India has special areas called Union Territories. These areas are directly managed by the Central Government.

Amazing Facts

- Union Territories have their own administration.
- They may or may not have a legislative assembly.
- The President of India is the head of these territories.
- Each territory has a unique culture, language and beauty



Our Union Territories



Andaman and Nicobar Islands

A group of beautiful islands in the Bay of Bengal.



Chandigarh

A planned city known for its cleanliness and beauty.



Dadra and Nagar Haveli and Daman and Diu

Small territories with a rich cultural heritage.



Jammu and Kashmir

Famous for its mountains, valleys and rivers.



Ladakh

A high-altitude cold desert, with stunning scenery.



Lakshadweep

Lovely islands in the Arabian Sea.



Puducherry

A peaceful place with French culture and charm.



National Capital Territory of Delhi

The capital city of India.

Locate and Label

Write the number of each Union Territory on the correct location.



Values we learn

Every part of India is special. Let us respect the diversity and unity of our country.



Encourage students to explore more about each Union Territory through maps, pictures, stories and projects.





social work In India

Read the descriptions given below. Write the name of the organisation, project or person in the space provided. Choose your answers from the Help Box on the next page.



1

This organisation works for the education of children in rural and tribal areas. It runs schools, hostels and training centres to help children build a better future _____

2

This initiative brings together young people who want to contribute to society by doing activities like tree plantation, cleanliness drives and awareness programmes. _____

3

This group provides help during floods, earthquakes and other natural disasters. They work to save lives and support affected families with food, shelter and medical aid. _____



Think & Share

Who is someone in your area that helps others?
What kind of help do they give?

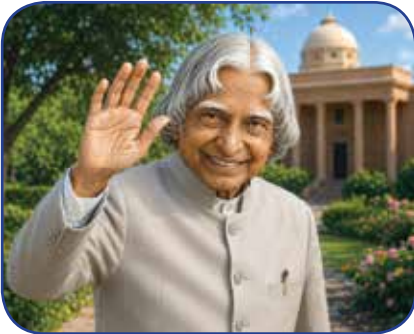
Every act of kindness makes our country stronger





Unit-3: India and The World

Look at the pictures and read the clues. Write the correct name of the person or organisation in the space provided. You may choose from the Help Box.



1 This person was widely known as the “People’s President” for his simplicity, vision and dedication to education, science and national development.

2 This Indian social worker is famous for her lifelong struggle for the rights of tribal communities, farmers, labourers and women.

3 This Kenyan environmentalist started the Green Belt Movement and won the Nobel Peace Prize for her work in sustainable development.

Help List

Vanvasi Kalyan Ashram
National Service Scheme (NSS)
National Disaster Response
Force (NDRF)

Medha Patkar
A. P. J. Abdul Kalam
Wangari Maathai

Think & Reflect

Whom do you admire the most among social workers in India? What values do they teach us?

Read each clue and choose the most appropriate option from the box. Write it in the blank.

• Sardar Sarovar Dam • Greta Thunberg • Jane Goodall • Ecosystem

1 A major dam project on the Narmada River that benefits millions of people.

2 A young climate activist from Sweden who speaks up for our planet.

3 A scientist who has devoted her life to studying wild chimpanzees.

4 The natural surroundings where plants, animals and humans live together.





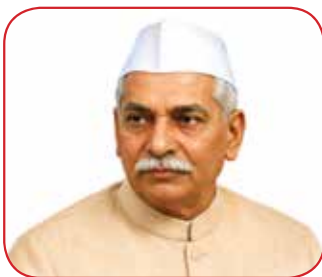
Important Personalities

These great people have made our country proud. Match each role with the correct name from the list.

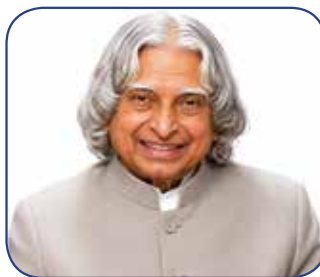
Apostle of Peace



First President of India



Missile Man of India



Architect of the Constitution



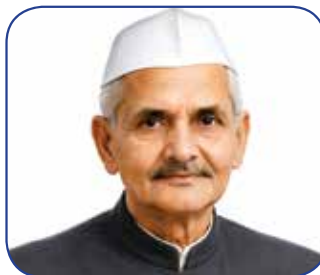
Nicknamed 'Iron Man'



Great Freedom Fighter



Former Prime Minister



Indian Nationalism



Help List

Mahatma Gandhi
A. P. J. Abdul Kalam
Sardar Vallabhbhai Patel
Lal Bahadur Shastri

Dr. Rajendra Prasad
B. R. Ambedkar
Subhas Chandra Bose
Dadabhai Naoroji

Think & Discuss

Who is your favourite personality and why?
What quality do you want to learn from them?



Teacher Note

Encourage students to research more about these personalities and their contributions to India.





Union of India and National Days

India is a union of states and union territories. It works together as one nation with a strong government and a shared vision for progress.



Fill the blanks with the correct word from the help box.

- 1 The highest law-making body in India is called the _____ .
- 2 The President of India is the head of the _____ .
- 3 The _____ is the head of the Union Government.
- 4 The state with the highest number of seats in the Lok Sabha is _____ .
- 5 The _____ is the capital of India.
- 6 The _____ is the largest state in India by area.
- 7 The _____ is the head of the state in India by area.
- 8 January 26 is celebrated as _____ Day.
- 9 August 15 is celebrated as _____ Day.
- 10 October 2 is celebrated as _____ .

Help List

New Delhi
Rashtrapati Bhavan
Parliament

Uttar Pradesh
Ladakh
Rajasthan

Prime Minister
Republic Day
Independence Day

Gandhi Jayanti



Think & Answer

1. Which day is celebrated as Republic Day?
2. Name the largest state of India.
3. Why do we celebrate National Days?



Teacher Note

Encourage students to learn about the Constitution, the Union of India and the importance of National Days.





Special Days Around the World

Different countries celebrate important days to honour their history, freedom, culture and values.



	DATE	DAY	COUNTRY	WHAT IT CELEBRATES
	15 August	Independence Day	India	Freedom from British rule in 1947.
	1 July	Canada Day	Canada	Marks the formation of Canada in 1867.
	26 January	Australia Day	Australia	Celebrates the arrival of the First Fleet in 1788.
	25 March	Independence Day	Greece	Freedom from Ottoman rule in 1821.
	17 May	Constitution Day	Norway	Commemorates the adoption of its constitution in 1814.
	27 April	Freedom Day	South Africa	Marks the end of apartheid in 1994.
	2 June	Republic Day	Italy	Celebrates the birth of the Italian Republic in 1946.
	6 June	National Day	Sweden	Commemorates Sweden's declaration as a kingdom in 1523.
	12 June	Russia Day	Russia	Marks the adoption of the Declaration of State Sovereignty in 1990.
	4 July	Independence Day	USA	Independence from British rule in 1776.
	18 December	National Day	Qatar	Commemorates the unification of Qatar in 1878.
	2 December	National Day	UAE	Celebrates the unification of the Emirates in 1971.



Think & Share

Why do you think countries celebrate special days?
Which national day do you celebrate with great pride?





Land and River Valley

Look at the pictures of different places given below. Read the clues and fill in the names of the places in the help box.

S. No.	Picture	Clue	Place Name
1		A fertile valley in Kashmir, known for its beautiful gardens and lakes.	_____
2		A river valley in Rajasthan, which is famous for its ancient temples and forts.	_____
3		A valley in Himachal Pradesh, known for its apple orchards and scenic beauty.	_____
4		A major river valley in Uttar Pradesh, famous for its ghats and cultural heritage.	_____
5		A valley in Meghalaya, famous for its living root bridges and waterfalls.	_____

Help List

New Delhi
Rashtrapati Bhavan
Parliament

Uttar Pradesh
Ladakh
Rajasthan

Prime Minister
Republic Day
Independence Day

Gandhi Jayanti

Think & Share

Which valley would you like to visit the most? Why?





Rivers are very important for our life. Many projects have been built on rivers to provide water for farming, electricity and drinking.

Write the names of the rivers on which the following projects are located :

1



Tehri Dam Project
(Uttarakhand)

2



Tehri Dam Project
(Uttarakhand)

3



Tehri Dam Project
(Uttarakhand)

4



Tehri Dam Project
(Uttarakhand)



Brahmaputra	Bhagirathi
Cauvery	Periyar



- Which river flows near your hometown?
- How can we save and protect our rivers?



Encourage the students to collect information and pictures about river projects in their state.





Unit-3: India and The World

Different Flags Different Countries

Every country has its own flag. Look at the flags below and write the names of the countries.

1  _____	2  _____	3  _____	4  _____
5  _____	6  _____	7  _____	8  _____
9  _____	10  _____	11  _____	12  _____

Help List

Australia	Brazil
Japan	New Zealand
Singapore	Italy
USA	UK
Germany	China
France	South Africa

Think & Share

- Why do you think each country has a different flag?
- What do the colours in a flag usually represent?



Encourage students to explore more flags and learn about the countries.
Display a world map in class and locate these countries.





Music Instruments

Read the list of famous musicians and match them with the musical instrument they are best known for playing. Write the name of the instrument in the space given.

Musician	Instrument			
1. Bismillah Khan	_____			
2. Hariprasad Chaurasia	_____	Shehnai	Flute	Voice
3. Lata Mangeshkar	_____			
4. A. R. Rahman	_____	Keyboard	Santoor	Tabla
5. Shivkumar Sharma	_____			
6. Zakir Hussain	_____	Voice	Voice	Sitar
7. Pandit Jasraj	_____			
8. M. S. Subbulakshmi	_____	Kathak (Dance)	Violin	Violin
9. Ustad Vilayat Khan	_____			
10. Pt. Birju Maharaj	_____			
11. R. K. Nagamani	_____			
12. T. N. Krishnan	_____			

Help List

Shehnai	Voice
Flute	Voice
Voice	Sitar
Keyboard	Kathak (Dance)
Santoor	Violin
Tabla	Violin



Info Bit

Bhaskara-I was a 7th century Indian mathematician and astronomer. India's second satellite was named in his honour.



Teacher Note

Encourage students to listen to different instruments and identify their sounds. Discuss how music brings peace and happiness.





All About India

The President of India is the constitutional head of our country. He is the first citizen of India and the Supreme Commander of the Indian Armed Forces.

Look at the portraits of the Presidents of India. Write their names with the help of the help list.

1950-1962



1962-1967



1967-1969



1969-1974



1974-1977



1977-1982



1982-1987



1987-1992



1992-1997



1997-2002



2002-2007



2007-2012



2012-2017



2017-2022



2022-till date



Help List

R. Venkataraman
Dr. Shankar Dayal Sharma
Neelam Sanjeeva Reddy
K. R. Narayanan
Pratibha Patil

Pranab Mukherjee
Ram Nath Kovind
Droupadi Murmu
Dr. Zakir Hussain
V. V. Giri

Fakhruddin Ali Ahmed
Giani Zail Singh
Dr. A. P. J. Abdul Kalam
Dr. Rajendra Prasad
Dr. Sarvepalli Radhakrishnan



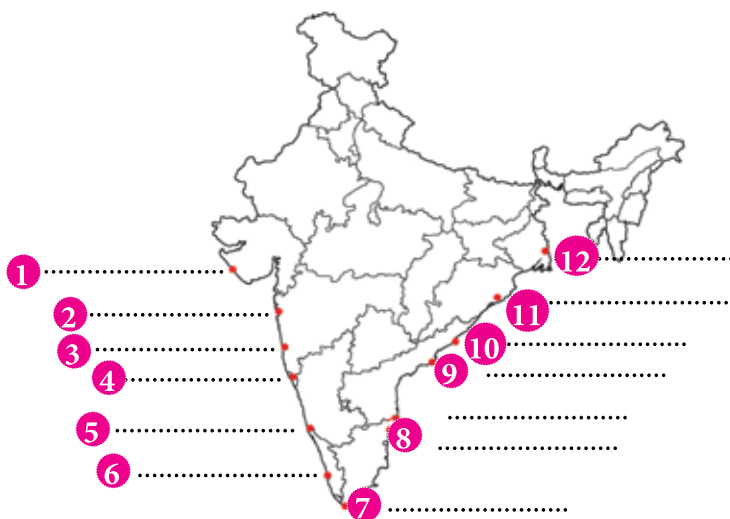
Encourage students to learn about the Presidents of India and their contributions to the nation.



Ports are gateways for international trade. They handle cargo and containers and help in the growth of our economy.

S. No.	Port Name	State	Cargo Handled		Container Traffic	
			Million Tonnes	% change (2022-23)	(000TEYs)	% change (2022-23)
1.	Deendayal Port Authority	Gujarat	110.10	4.42%	117	95.73%
2.	Paradip Port Authority	Odisha	102.01	14.68%	7	71.43%
3.	Jawaharlal Nehru Port Authority	Maharashtra	66.00	6.20%	4,833	6.89%
4.	Visakhapatnam Port Authority	Andhra Pradesh	63.54	4.12%	389	5.66%
5.	Mumbai Port Authority	Maharashtra	62.83	-0.35%	42	-2.38%
6.	Syama Prasad Mookerjee Port	West Bengal	57.89	13.61%	796	3.02%
7.	Chennai Port Authority	Tamil Nadu	51.88	3.32%	1,549	3.49%
8.	New Mangalore Port Authority	Karnataka	42.06	5.28%	115	17.39%
9.	V.O. Chidambaranar Port Authority	Tamil Nadu	36.58	-4.91%	698	8.02%
10.	Kamarajar Port Limited	Tamil Nadu	30.45	1.42%	3	100.00%
11.	Cochin Port Authority	Kerala	32.02	16.52%	620	11.69%
12.	Mormugao Port Authority	Goa	26.90	-18.94%	32	6.25%

Write the names of the ports on the correct location in the map.



Help List

Deendayal Port
Mumbai Port
Jawaharlal Nehru Port
Mormugao Port
New Mangalore Port
Cochin Port
V.O. Chidambaranar Port
Kamarajar Port
Paradip Port
Syama Prasad Mookerjee Port
Visakhapatnam Port
Chennai Port



Encourage students to research more about these ports and their contribution to India's trade and economy.





Yoga and Good Health

A healthy body and a peaceful mind help us live a happy life. Yoga is an ancient practice that keeps us fit, calm and strong.

Why Yoga Is Important?

- Improves Physical fitness and flexibility.
- Boosts concentration and memory
- Reduces stress and anxiety.
- Helps in overall well-being.
- Strengthens immunity.



Some Common Yoga Poses

Tadasana



Bhujangasana



Vrikshasana



Paschimottanasana



Simple Tips for a Healthy Life



Drink plenty of water



Drink plenty of water



Drink plenty of water



Drink plenty of water



Drink plenty of water

Healthy Habits, Happy Life



Say No to Smoking



Avoid Alcohol and Drugs



Avoid Junk Food



Keep Yourself Clean



Limit Screen Time



Encourage students to practice simple yoga exercises and adopt healthy habits for a better lifestyle.





Yoga is a wonderful gift from our ancient culture. It helps us stay healthy, happy and peaceful.

Identify the asanas shown below and write their names in the boxes. Read the clues to know how each asana helps our body.



This asana improves the flexibility of the spine. It tones the waist and helps in digestion.



This asana strengthens the back and improves posture. It is good for the stomach and chest.



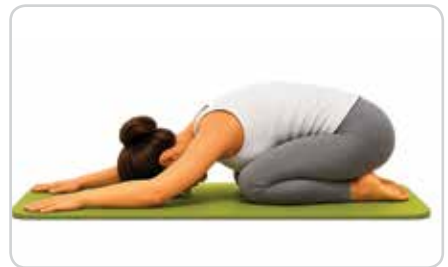
This asana is good for the side waist and increases the power of concentration.



This asana opens the chest and improves breathing. It also strengthens the spine.



This asana strengthens the stomach, thighs and legs. It helps in reducing belly fat.



This asana calms the mind and reduces stress. It is very relaxing for the body.

Help List

Dhanurasana
Bhujangasana
Vasisthasana

Naukasana
Pawanmuktasana
Ardhamatsyendrasana

Let Me Answer

What are some simple ways we can include yoga in our daily routine?



Discuss the importance of yoga in maintaining a balanced lifestyle. Encourage students to share their favourite asana and its benefits.





The World of Dance

Dance is a universal language of joy and expression. Different cultures have their own beautiful dance forms.

A. Match the dance forms with the correct descriptions from the help box.

1. A couple dance that originated in Europe in the 18th century, known for its graceful turns and steps. _____
2. A vibrant dance from China performed during the Spring Festival to bring good luck. _____
3. A traditional Japanese dance-drama performed to slow music, telling ancient stories. _____
4. A colourful Thai performance where dancers wear elaborate masks and costumes. _____

Help List

- A. Kabuki
- B. Dragon Dance
- C. Waltz
- D. Khon

B. Here are two word grids of Indian classical dances.

Find the dances by combining the first half from Grid X with the second half from Grid Y.

Grid X (First Half)

BHA	KATHA	KUCHI
MOHI	MANI	ODI
SATTRIYA	KA	BHARATA



Grid Y (Second Half)

KALI	PUDI	NATYAM
NIATTAM	KATHAK	SANA
YAM	DANCE	M

1. _____ + _____ = _____
2. _____ + _____ = _____
3. _____ + _____ = _____
4. _____ + _____ = _____





Indian classical dances are a beautiful blend of rhythm, expressions and traditions. Many talented artists have worked hard to keep these dance forms alive and popular.



Match the dance forms in Column A with the names of artists in Column B.

Column A (Dance Form)



Kathak



Bharatanatyam



Odissi



Kuchipudi



Mohiniyattam



Manipuri

Column B (Artist)

Guru Bipin Singh

Rukmini Devi Arundale

Kanak Rele

Birju Maharaj

Vempati Chinna Satyam

Kelucharan Mohapatra



Teacher Note

Encourage students to explore regional and folk dances of India and other countries. Organize a class activity or dance presentation.



Info Bit

Dance improves physical fitness, confidence, coordination and creativity.





Modern Author and Books

Books take us to new worlds and great authors inspire us through their ideas and stories.

A. Match the following books with their authors using the help list.

1. The Alchemist _____
2. Wings of Fire: An Autobiography _____
3. The Discovery of India _____
4. Harry Potter and the Philosopher's Stone _____
5. The God of Small Things _____
6. Train to Pakistan _____
7. Pride and Prejudice _____
8. Five Point Someone: What Not to Do at IIT _____



Help List

Arundhati Roy
Chetan Bhagat
A.P.J. Abdul Kalam

Jane Austen
Paulo Coelho
Jawaharlal Nehru

J.K. Rowling
KhushwantSingh



Info Bit

Arundhati Roy won the Booker Prize for her novel "The God of Small Things".



Encourage students to read different kinds of books and write short reviews about their favourite ones.



Let Me Answer

Which author would you like to meet and ask questions?

Why do you think reading books is important in our life?





Great books guide us, teach us and inspire us.
Match each book with its author from the help list.

1. The God of Small Things _____

2. Wings of Fire _____

3. Gora _____

4. The Discovery of India _____

5. The Alchemist _____

6. Pride and Prejudice _____

7. The Panchatantra _____

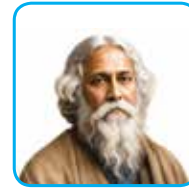
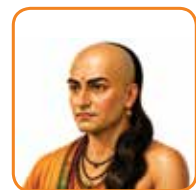
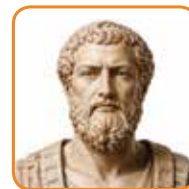
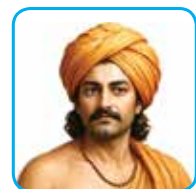
8. Arthashastra _____

9. Geet Govind _____

10. Republic _____

11. Buddha Charitam _____

12. Kadambari _____



Help List

A. Rabindranath Tagore
D. Paulo Coelho
G. Vishnu Sharma
J. Plato

B. Jawaharlal Nehru
E. Jane Austen
H. Chanakya (Kautilya)
K. Ashvaghosha

C. A.P.J. Abdul Kalam
F. Arundhati Roy
I. Jayadeva
L. Banabhatta



Encourage students to explore different genres of books and learn about their favourite authors. Organise a book review activity in the class.





Famous Firsts by Indian Women

Read each statement carefully.

Write the name of the correct person from the Help Box.

- _____ was the first woman President of the Indian National Congress.
- _____ was the first woman Ambassador of India to another country.
- _____ was the first woman to become Chairperson of the National Stock Exchange.
- _____ was the first Indian woman to climb Mount Everest.
- _____ was the first Indian woman to scale Mount Everest twice.
- _____ was the first Indian woman to be appointed as the Police Advisor to the UN.
- _____ was the first woman to become a three-star officer in the Indian Armed Forces.
- _____ was the first woman to swim across all seven oceans.
- _____ was the first woman judge of the Supreme Court of India.

Help List



Annie Besant



Vijaya Lakshmi Pandit



Chitra Ramkrishna



Kiran Bedi



Punita Arora



Bachendri Pal



Bula Choudhury



Santosh Yadav



M. Fathima Beevi



Let Me Answer

Which of these achievements inspired you the most? Why?





Popular International Women

Match each description with the correct name from the Help List.

1. She was a pilot and the first woman to fly solo across the Atlantic Ocean. _____
2. She became the first female leader of a country in Europe. _____
3. She dedicated her life to helping the poor and sick people. _____
4. She is known for her work in science and discovered radioactivity. _____
5. She was an educational reformer and fought for women's rights. _____
6. She was a brave warrior and led an army to protect her country. _____
7. She wrote the famous diary during World War II. _____
8. She is a young activist for education and won the Nobel Peace Prize. _____



Info Bit

Women from all over the world have achieved amazing thing in different fields. Their courage, hard work and kindness continue to inspire millions of people.



Help List

Amelia Earhart	Mother Teresa
Savitribai Phule	Anne Frank
Angela Merkel	Marie Curie
Rani Lakshmi Bai	Malala Yousafzai



Let Me Answer

Which of these women do you admire the most? why?
What qualities do these women have in common?



Teacher Note

Encourage students to explore different genres of books and learn about their favourite authors. Organise a book review activity in the class.





All About Sports



- 1 Hit the shuttlecock over the net to score points. _____
- 2 Score goals by kicking the ball into the opponent's net. _____
- 3 Hit the ball with a bat to score runs. _____
- 4 Swim from one end of the pool to the other. _____
- 5 Use a stick to hit the ball and score a goal. _____
- 6 Pass the ball to teammates over the net. _____
- 7 Bounce and throw the ball to score in the basket. _____
- 8 Run fast and tag the opponent to get them out. _____
- 9 Grapple and pin your opponent on the mat. _____

Help List



Badminton



Football



Cricket



Swimming

Hockey

Volleyball



Basketball

Kabaddi

Wrestling



Let Me Answer

What sport do you think helps to build the best team spirit? Why?



Info Bit

Playing sports regularly improves fitness, reduces stress and teaches discipline and confidence.



Teacher Note

Encourage students to explore different sports and motivate them to choose activities that keep them active and healthy.





Match each sportsperson to the sport they are known for.

Choose the correct sport from the Help List and write it on the line.

1. Neeraj Chopra

2. Mary Kom

3. P.V. Sindhu

4. Virat Kohli

5. Sunil Chhetri

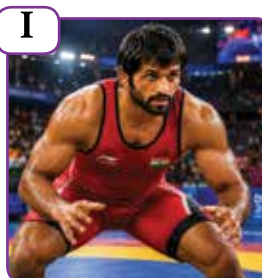
6. Sania Mirza

7. Saina Nehwal

8. Sachin Tendulkar

9. Yogeshwar Dutt

10. Gagan Narang



Help List

Badminton
Cricket
Tennis
Shooting
Football

Boxing
Wrestling
Athletics(Javelin)
Cricket
Badminton





Game: Football



Football is a fast and exciting game played by two teams. It builds fitness, teamwork and confidence.

A. Complete the sentences using words from the Help Box.

1. Football is played between _____ teams.
2. Each team has _____ players on the field.
3. The main aim is to _____ goals and win the match.
4. The person who protects the goal is the _____.
5. Football is played on a green _____.
6. The world football body is called _____.
7. The biggest football event is the _____ Cup.



Help List

Eleven
Field
Score
Goalkeeper
Two
FIFA
World

B. Answer the following questions.

1. What are the basic skills needed to play football?
2. Why is passing the ball important in a football game?
3. Name any two football tournaments.
4. How can we show good sportsmanship on the field?
5. What equipment do we need to play football?





Game: Cricket

Look at the Help Box and name the winners of the Cricket World Cup.

No.	Year	Venue / Host	Winner
1	1975	England	_____
2	1979	England	_____
3	1983	England	_____
4	1987	India/Pakistan	_____
5	1992	Australia/New Zealand	_____
6	1996	India/Pakistan/Sri Lanka	_____
7	1999	England	_____
8	2003	South Africa	_____
9	2007	West Indies	_____
10	2011	India/Sri Lanka/Bangladesh	_____
11	2015	Australia/New Zealand	_____
12	2019	England	_____
13	2023	India	_____

Help List

India,
Australia,
Australia,

England,
West Indies,
India,

India,
Australia,
Australia.

Australia,
Pakistan,

Australia,
Sri Lanka,



Let Me Answer

Have you ever watched a cricket match live?
Who is your favourite cricketer and why?





Game Facts

Sports have a rich history and many interesting facts. Let's explore!



Table Tennis

Table tennis was once called “whiff-whaff”. The ball is very light and weighs only about 2.7 grams!



Tennis

The longest tennis match ever played lasted 11 hours and 5 minutes in the year 2010!



Olympics

The Olympic rings have five colors to represent the five continents coming together in peace and unity.



Chess

Chess is more than 1500 years old and is still one of the most popular board games in the world.



Snooker

The fastest maximum break in snooker is just 5 minutes and 20 seconds!



Athletics

Usain Bolt can run faster than 27 miles per hour! That's super fast!



Let Me Answer

Which sport do you like the most?
Do you prefer team sports or individual sports?





Popular International Games

Many exciting games from around the world have a rich history and are loved by millions of people.



Learn about these famous international games.



Kho-Kho (India)

Kho-Kho is a fast-paced team sport from India. It is one of the oldest games still played today. Players try to chase and tag opponents while running and dodging.



Polo

Polo is a thrilling game played on horseback. Teams use long mallets to hit the ball and score goals. It is known as the “Game of Kings”.



Muay Thai (Thailand)

Muay Thai is a traditional Thai boxing sport. Fighters use punches, kicks, elbows and knee strikes. It is known as the “Art of Eight Limbs”.



Sumo (Japan)

Sumo is Japan’s national sport. Wrestlers try to push or throw their opponent out of the ring. Only the soles of the feet cannot touch the ground.



Taekwondo (Korea)

Taekwondo is a Korean martial art famous for its powerful kicks, quick punches and spectacular moves. It promotes discipline and respect.





Croquet

Croquet is a fun outdoor game played on grass. Players hit balls with a mallet and try to send them through metal hoops in the right order to score points.



Chaturanga

Chaturanga is an ancient Indian strategy game that spread to many parts of the world. It is believed to be the ancestor of chess.



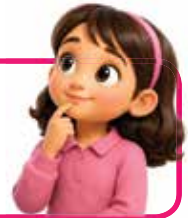
Info Bit

A study in 2013 found that playing educational games regularly can improve learning results by encouraging teamwork, problem-solving and thinking skills in children.



Let Me Answer

Do you enjoy learning new games?
Which game do you like the most and why?



A. Quiz Time

- 1 Which game is known for fast and powerful kicks?
- 2 What kind of sport is Sumo?
- 3 Which game is played with mallets and hoops on grass?
- 4 Which ancient Indian game is the predecessor of chess?

B. Fill in the Blanks

- 1 A combat sport where players use fists, elbows, knees and feet is called _____
- 2 _____ is a game where players hit balls using a mallet through hoops.
- 3 The ancient Indian strategy game that is the origin of chess is called _____
- 4 A Sumo wrestler belongs to _____



Help List

Croquet
Martial Arts

Japan
Chaturanga





Food Pyramid Activity

Different foods give us different nutrients.

Fill in the pyramid by writing the nutrients each group provides.



Let Me Answer

Which food group helps you grow strong and healthy? Which food would you like to eat more of?

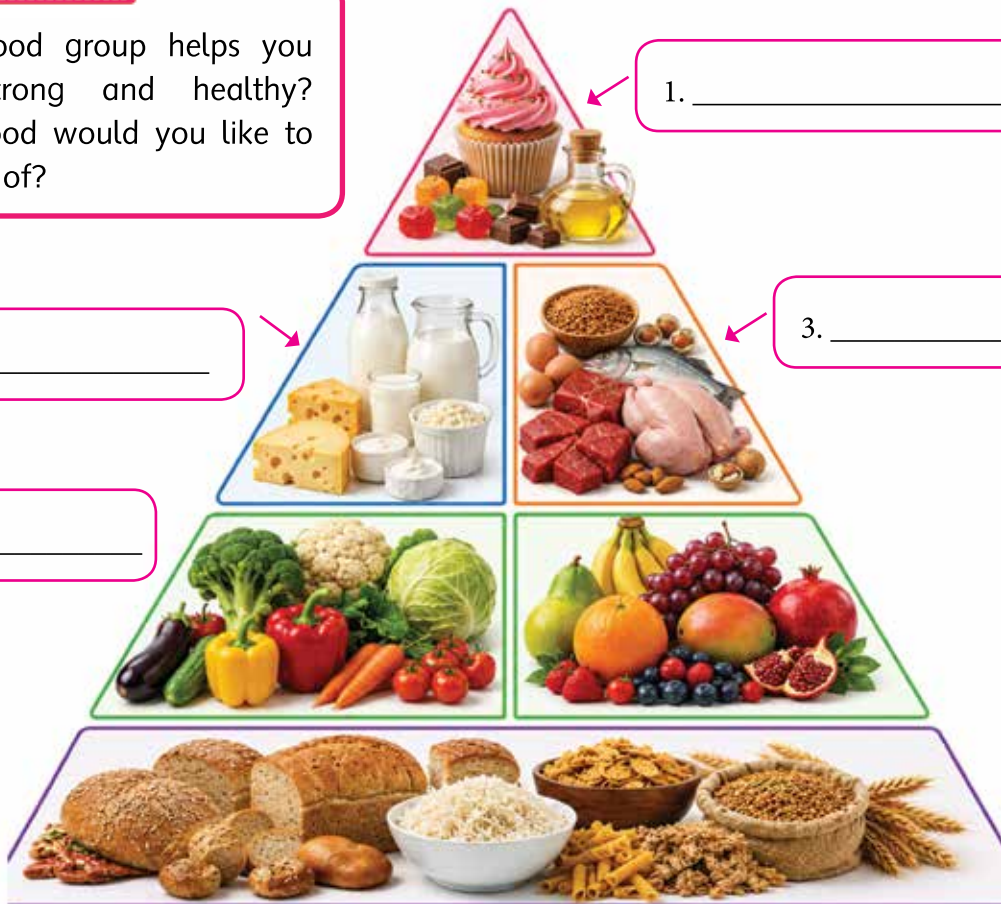
2. _____

4. _____

1. _____

3. _____

5. _____



Help List

Gives us energy
Helps in body functions

Helps in growth and repair
Use in small amounts

Protects us from illness



Teacher Note

Discuss with children how different foods help the body. Encourage them to make healthy food choices every day.





Health Facts

A healthy lifestyle helps us feel good, stay active, and enjoy life to the fullest.

01

Stretching in the morning makes your muscles flexible and keeps you full of energy.



02

Healthy meals with grains, vegetables and proteins give you the right nutrition.



03

Outdoor activities like cycling and sports strengthen your body and mind.



04

Drinking herbal teas and fresh juices keeps your body detoxed and refreshed.



05

Good hygiene, like bathing daily, keeps you clean and protects you from illnesses.



06

Manage stress by practicing hobbies, meditation or spending time with family.



Let Me Answer

What healthy habit do you follow every day?





Matching Pairs

Let's find the hidden connection! Choose the word that stands in the same relationship with the third word as the first word does with the second word.

Example 1



Map is to directions as thermometer is to _____

- A. heat
- B. cold
- C. temperature
- D. weather

Answer: (C) temperature

Why? A map shows directions, while a thermometer shows temperature. Heat, cold and weather are related, but they don't match the main idea.



Example 2



Library is to books as garage is to _____

- A. cars
- B. tools
- C. machines
- D. tires

Answer: (A) cars

Why? A library is a place where books are kept. In the same way, a garage is a place where cars are kept. The other options are not the main things kept in a garage.



Try These!

1. Pen is to writing as brush is to 1
A. erasing B. painting C. drawing D. cleaning
2. Chef is to kitchen as teacher is to
A. class B. school C. students D. books.



Let Me Answer

Can you make your own matching pair question for your friends?





Series

A series is a list of numbers that follow a pattern. Find the pattern, understand how the numbers are changing and then choose the correct next number.



Example 1

Consider the series:

3, 6, 12, 24, What number comes next?

A 36 B. 48 C 60 D 72

Answer:(A) 36

Explanation:

Each number is multiplied by 2 to get the next number.

$3 \times 2 = 6$, $6 \times 2 = 12$, $12 \times 2 = 24$, so $24 \times 2 = 36$.



Example 2

Consider the series:

5, 9, 13, 17, ...What number comes next?

A 36 B. 48 C 60 D 72

Answer:(A) 36

Explanation:

Each number increases by 4 to get the next number.

$5+4=9$, $9+4=13$, $13+4=17$, so $17+4=21$.



Try These!

1 2, 4, 8, 16, ... What comes next?

A 20 B 24 C 28 D 32

2 1, 3, 5, 7, ... What comes next?

A 8 B 9 C 10 D 11

3 100, 90, 80, 70, ... What comes next?

A 60 B 50 C 40 D 30

4 7, 14, 21, 28, ... What comes next?

A 32 B 35 C 40 D 42

5 1, 4, 7, 10, ... What comes next?

A 12 B 13 C 14 D 15





Ranking Test

In ranking problems, we arrange people or objects in order from a particular direction (left or right) and find the position of each.

Example 1

Ten friends are sitting in a row facing north.

Ravi is 4th from the left and Mohan is 6th from the right.

If they interchange their places, what will be the position of Ravi from the left?

- A** 4th **B** 5th **C** 6th **D** 7th



Answer: D) 7th



Explanation:

Total boys = 10

Ravi is 4th from the left position = 4

Mohan is 6th from the right position from left = $10 - 6 + 1 = 5$

After interchange, Ravi takes Mohan's place 5th position from left.

Example 2

How many people are there in the row?

There are 8 people between P and Q.

Q is 5th from the left end.

R is 4th from the right end and sits just right to P.

- A** 14 **B** 15 **C** 16 **D** 17



Answer: B) 15

Explanation:

Q is 5th from the left.

There are 8 people between P

So, P will be at $5 + 8 + 1 = 14$ th position from the left.

R is just right to P, so R is at 15th position from the left.

R is 4th from the right end Total people $15 + 4 - 1 = 18$.





Analogy



Analogy shows a relationship between words or objects.

Two things are related in a certain way.

From the given options, choose the one that has the same kind of relationship with the third word/object.

Example 1

Honey : Bee :: Wool : ?

- A** Sheep **C** Cocoon
B Silkworm **D** Goat



Answer: **A** Sheep

Explanation: A bee produces honey, just as a sheep produces wool.

Example 2

Pen : Writing :: Brush : ?

- A** Drawing **C** Cleaning
B Painting **D** Erasing



Answer: **B** Painting

Explanation: A pen is used for writing, similarly a brush is used for painting.

Try This!

Book : Reading :: Knife : _____



Encourage students to observe relationships in everyday objects and situations.
This helps improve logical thinking and vocabulary skills.





Answers

- Ch-01.: | **Plants Around Us**
1. Stem 2. Leaves 3. Roots 4. Seeds 5. Fruit
- Ch-02.: | **Animals World**
1. Honeybee 2. Whale 3. Kangaroo 4. Ostrich 5. Butterfly
- Ch-03.: | **Natural Elements**
I. 1. Sun 2. Air 3. Water 4. Soil 5. Rock
II. **Non-renewable:** Coal, Petroleum, Natural Gas **Renewable:** Sun, Wind, Water, Biomass
- Ch-04.: | **Landforms & Water Bodies**
1. Mountain 2. Island 3. Lake 4. River 5. Ocean
- Ch-05.: | **Famous Personalities**
1. A.P.J. Abdul Kalam 2. Mother Teresa 3. Rani Laxmibai 4. Mahatma Gandhi 5. Dr. B. R. Ambedkar
- Ch-06.: | **Rocks & Minerals**
1. Sandstone 2. Slate 3. Bauxite 4. Quartz 5. Marble
- Ch-07.: | **Countries & Capitals**
1. Japan 2. Brazil 3. France 4. Canada 5. Australia
- Ch-08.: | **Inventors & Inventions**
1. Thomas Edison 2. Alexander Graham Bell 3. Wright Brothers 4. James Watt 5. Nikola Tesla
- Ch-09.: | **Light & Sound**
1. Reflection 2. Echo 3. Shadow 4. Vibration 5. Pitch
- Ch-10.: | **The Human Body**
I. 1. Heart 2. Lungs 3. Brain 4. Stomach 5. Kidney
II. 1. Red Blood Cells 2. Neurons 3. Bones 4. Muscles 5. Skin
- Ch-11.: | **Science & Lab Tools**
I. 1. Thermometer 2. Beaker 3. Microscope 4. Test Tube 5. Bunsen Burner
II. 1. Magnet 2. Telescope 3. Barometer 4. Stop Watch 5. Pedometer
- Ch-12.: | **Computers & Technology**
1. Keyboard 2. Mouse 3. Monitor 4. Printer 5. Scanner
6. Web Camera 7. CPU 8. Laptop 9. Pendrive 10. Speaker
- Ch-13.: | **Good Habits**
1. Wake up early 2. Brush your teeth 3. Bath daily 4. Eat healthy food 5. Exercise regularly
- Ch-14.: | **Festivals of India**
1. Diwali 2. Holi 3. Eid 4. Christmas 5. Gurupurab
6. Onam 7. Baisakhi 8. Pongal 9. Navratri 10. Raksha Bandhan
- Ch-15.: | **Our Nation**
I. 1. **National Animal:** Tiger 2. **National Bird:** Peacock 3. **National Flower:** Lotus
4. **National Tree:** Banyan 5. **National Fruit:** Mango
II. 1. Delhi 2. Mumbai 3. Kolkata 4. Chennai 5. Bengaluru
- Ch-16.: | **Sports & Games**
1. Cricket 2. Football 3. Hockey 4. Badminton 5. Tennis
6. Basketball 7. Volleyball 8. Table Tennis 9. Kabaddi 10. Kho-Kho
- Ch-17.: | **Means of Transport**
1. Bicycle 2. Car 3. Bus 4. Train 5. Aeroplane 6. Ship
7. Helicopter 8. Rickshaw 9. Metro 10. Scooter
- Ch-18.: | **Environment & Conservation**
1. Plant trees 2. Save water 3. Save energy 4. Reduce waste 5. Use cloth bags
- Ch-19.: | **Communication**
1. Letter 2. Telephone 3. Email 4. Newspaper 5. Television
- Ch-20.: | **Value Education**
1. Honesty 2. Kindness 3. Respect 4. Sharing 5. Helping Others
6. Discipline 7. Responsibility 8. Patience 9. Teamwork 10. Gratitude
- Ch-21.: | **Famous Places Around the World**
1. Eiffel Tower 2. Great Wall of China 3. Taj Mahal 4. Sydney Opera House
5. Mount Fuji 6. Colosseum 7. Statue of Liberty 8. Pyramids of Giza





- Ch-22.: | Flags of the World**
 1. Japan 2. Brazil 3. France 4. Canada 5. Australia
 6. Germany 7. India 8. South Korea 9. United Kingdom 10. Italy
- Ch-23.: | Indian States & Union Territories**
 I. 1. Rajasthan 2. Maharashtra 3. Kerala 4. Tamil Nadu 5. Uttar Pradesh
 6. Gujarat 7. West Bengal 8. Punjab 9. Odisha 10. Assam
 II. 1. Delhi 2. Puducherry 3. Jammu & Kashmir 4. Ladakh 5. Andaman & Nicobar
 6. Chandigarh 7. Dadra & Nagar Haveli 8. Daman & Diu 9. Lakshadweep 10. Himachal Pradesh
- Ch-24.: | Sports Stars**
 1. Sunil Chhetri 2. P. V. Sindhu 3. Sachin Tendulkar 4. Mary Kom
 5. Neeraj Chopra 6. Saina Nehwal 7. Kapil Dev 8. Milkha Singh
- Ch-25.: | Monuments of India**
 I. 1. Red Fort 2. Qutub Minar 3. Hawa Mahal 4. India Gate
 II. 1. Charminar 2. Gateway of India 3. Konark Sun Temple 4. Mysore Palace 5. Victoria Memorial
- Ch-26.: | Great Leaders**
 I. 1. Mahatma Gandhi 2. Bhagat Singh 3. Subhas Chandra Bose 4. Sardar Patel 5. B. R. Ambedkar
 II. 1. Jawaharlal Nehru 2. Lal Bahadur Shastri 3. Indira Gandhi
 4. Dr. A. P. J. Abdul Kalam 5. Rani Lakshmibai
- Ch-27.: | Rivers of India**
 1. Ganga 2. Yamuna 3. Brahmaputra 4. Godavari 5. Narmada
 6. Krishna 7. Kaveri 8. Tapi 9. Sutlej 10. Mahanadi
- Ch-28.: | Authors & Books**
 1. Rabindranath Tagore 2. R. K. Narayan 3. Ruskin Bond
 4. Chetan Bhagat 5. Premchand 6. J. K. Rowling 7. Enid Blyton 8. Roald Dahl
- Ch-29.: | Games & Activities**
 I. 1. Chess 2. Carrom 3. Badminton 4. Kho-Kho 5. Volleyball
 II. 1. Table Tennis 2. Cricket 3. Kabaddi 4. Basketball 5. Archery
- Ch-30.: | World Cups**
 1. Cricket World Cup 2. FIFA World Cup 3. Hockey World Cup 4. Rugby World Cup
 5. ICC T20 World Cup 6. Basketball World Cup 7. Shooting World Cup
- Ch-31.: | Continents & Oceans**
 1. Asia 2. Africa 3. North America 4. South America 5. Antarctica
 6. Europe 7. Pacific Ocean 8. Atlantic Ocean 9. Indian Ocean 10. Arctic Ocean
- Ch-32.: | Science Facts**
 1. Earth 2. Moon 3. Solar System 4. Oxygen 5. Gravity
 6. Photosynthesis 7. Human Body 8. Water Cycle
- Ch-33.: | Measurement & Units**
 1. Kilogram 2. Metre 3. Litre 4. Gram 5. Centimetre
 6. Second 7. Hour 8. Minute 9. Degree Celsius 10. Inch
- Ch-34.: | Computers & Internet**
 1. Computer 2. Keyboard 3. Mouse 4. Internet 5. Browser
 6. E-mail 7. Website 8. Password 9. Download 10. Upload
- Ch-35.: | General Knowledge**
 1. Peacock 2. Rose 3. Diamond 4. Saturn 5. Blue
 6. Everest 7. October 8. Beethoven 9. Pacific 10. Jupiter
- Ch-36.: | Food & Nutrition**
 1. Carbohydrates 2. Proteins 3. Vitamins 4. Calcium
 5. Iron 6. Fibre 7. Water 8. Energy

Multiple Choice Answers

- (Page 63) 1. B 2. A 3. A 4. B 5. C 6. D 7. C 8. A 9. B 10. C
 (Page 64) 1. D 2. A 3. C 4. B 5. A 6. C 7. B 8. D 9. A 10. D
 (Page 65) 1. C 2. B 3. D 4. A 5. B 6. A 7. C 8. D 9. B 10. A 11. C 12. B 13. A 14. D 15. B
 (Page 66) 1. B 2. C 3. A 4. D 5. B 6. A 7. C 8. C 9. D 10. A 11. B 12. A 13. C 14. B 15. A
 16. D 17. C 18. A 19. B 20. D
 (Page 67) 1. A 2. D 3. B 4. A 5. C 6. B 7. D 8. A 9. C 10. B 11. A 12. C 13. B 14. C 15. A
 (Page 68) 1. B 2. A 3. D 4. B 5. C 6. A 7. D 8. C 9. A 10. B 11. D 12. A 13. D 14. B 15. C
 16. B 17. A

