



1



My Lifelines

ANSWERS

IN-TEXT QUESTIONS

(Page 3)

Picture A is of a nuclear family. Picture B is of a joint family.

What is the difference you notice between both the families in terms of number of members?

A nuclear family is small and has fewer number of people than a joint family.

Are there similarities in facial features? Yes.

Are there similarities in hair colour and texture? Yes.

Case Study (Page 6)

1. If Mr. Shah lived in a joint family, his children might not have learnt those bad words. This is because in a joint family, there are more elders to guide and influence the children's behaviour positively.
2. Everyone started falling sick often because the cook didn't wash her hands before cooking and didn't wash the vegetables properly. This led to the spread of germs and illnesses in the family.

EXERCISES

A. 1. (b) 2. (b)

B. 1. Do it yourself.

2. Do it yourself.

3. I do many household chores to help my parents, such as:

1. Wash the dishes.

2. Clean my room.

3. Set the table.

4. Fold clothes.

5. Water the plants.

4. An extended family includes not just parents and children but also grandparents, aunts, uncles and cousins living together. They all support and care for each other.

C. Two reasons for break-up of the joint family system are:

- 1.** More people are moving to cities for work.
- 2.** Young people want to earn their own money and live independently.

ACTIVITY

Students can do this with the help of the teacher/parents.



2

Sunrise and Sunset

ANSWERS

IN-TEXT QUESTIONS

(Page 9)

Ans. sunrise; sunset

Yes, I have seen a sunrise.

(Page 13, 14)

Ans. Do it yourself.

EXERCISES

A. 1. (a) 2. (b) 3. (b) 4. (a) 5. (b)

B. 1. It is important to get up early in the morning to exercise because exercise keeps us fit and happy. It also helps us to remain active throughout the day.

2. Two reason why birds get up before sunrise:

1. Early in the day, they can easily get insects.

2. They have special cells that can detect light. That is why they wake up at sunrise and also sleep early.

3. Predators are wild animals that hunt for food. They feed on the flesh of other animals to survive. Examples: lions, hawks and vultures.

A prey is an animal which is hunted by other animal for food. Prey is hunted by predators. Examples: insects, small animals or birds.

4. Most of the birds do not have specialised cells in their eyes to help them see clearly at night. That is why they are not able to view things clearly in the dim light. This is also one of the reasons for returning to their resting places before sunset.

5. Early in the morning birds start singing. It is their way of communication. By singing, they try to inform other birds about their territory and also to attract mates.

C. Tick (✓) 2, 3 and 4.

ACTIVITY

1 and 2: Do it yourself.

Different Seasons – Different Works

3

ANSWERS

EXERCISES

- A. 1. Small farmers work on the farms of other people, who are big farmers. These small farmers do not have a farm of their own and are very poor.
2. People are compelled to drive a rickshaw or work as a labourer at construction sites in cities because they are very poor. They are generally farmers who are hired for just a particular season and come to the city to look for an alternative source of income for the rest of the year.
3. The sugar industry provides employment from the month of October to the month of May.
4. Small farmers who do not have land of their own come to cities looking for work. They work in restaurants, ply rickshaws or e-rickshaws or work as construction labourers.
5. The children and elderly people of poor farmers have to face many problems. The children have to leave their schools when they shift from one place to another. The old members in the families mostly stay back in the villages as their health does not allow them to move around.
- B. 1. (b) 2. (c) 3. (d) 4. (a)

ACTIVITY

Do it yourself.



4

People at School

ANSWERS

IN-TEXT QUESTION

(Page 22)

1. PEON 2. SWEEPER 3. GARDENER 4. MAID

EXERCISES

- A. 1. Peon, sweeper, gardener and maid come under the category of school support staff.
2. Two duties of administrative staff:
1. They manage all the events and meetings.
2. They handle all the records.
3. Whenever any child gets hurt, the nurse is sent to the dispensary for first-aid. He/she gives the child basic first-aid. The nurse also gives general medicines to the children who are unwell.
4. The school counsellor listens to the concerns of the students. He/she resolves all the problems of children whether they are related to studies, emotions or anything else.
5. The laboratory assistant does all this to ensure safety, efficiency, effective learning and proper maintenance of the laboratory equipment.
- B. 1. (d) 2. (a) 3. (b) 4. (c)

ACTIVITY

Tick (✓) the following: 2, 6, 8, 9, 10.

United We Stand

5

ANSWERS

EXERCISES

- A. 1.** Humans and many animals live in groups and are known as social animals. There are many advantages in living in a group. Two are listed below.
- (a) At school, we make a group of friends that are helping, strong, aware and intelligent. Whenever there is a problem with any of the group members, the whole group tries to solve his/her problem.
 - (b) Animals like wolves live in groups called packs. They always go for hunting in groups. It helps them catch a bigger prey. All of them can share it and get nutrition which is necessary for their survival. Together they can also defend themselves from other bigger animals. Animals like lion also live and hunt in groups called prides.
- 2.** Leaf-cutter ants are called farmers that grows fungi because these ants cultivate fungal gardens. These fungi grow on leaves that the ants chop and bring to their colonies. The fungus provides nutrition to the larvae of the ants. It also protects them from other pests and helps clear dead and decaying matter.
- 3.** Birds make a V-shape while flying to conserve their energy during long flights. Each bird flies a little above the one in front of it. This V-shape helps them to fight against wind pressure and hence preserves their energy.
- 4.** Group behaviour is how animals, including human beings, act when they are together as a group. For example, some animals, like birds, migrate in flocks for safety and efficiency during long journeys. Others, like wolves and lions hunt in a pack and a pride, respectively, to bring down large prey. Working as a group also provides protection to individual members. In the same way, humans also exhibit group behaviour. They do this to achieve common goals such as forming friendships with people having same interests, playing as a team to win a game, etc.
- B. 1.** Pack **2.** Pride **3.** Colony **4.** Herd **5.** School
- C. 1.** Food sources; Danger; Good mates
- 2.** 1. Sardines and herrings 2. Wildebeest and zebra 3. Bees 4. Geese and ducks

ACTIVITY

Do it yourself.



6

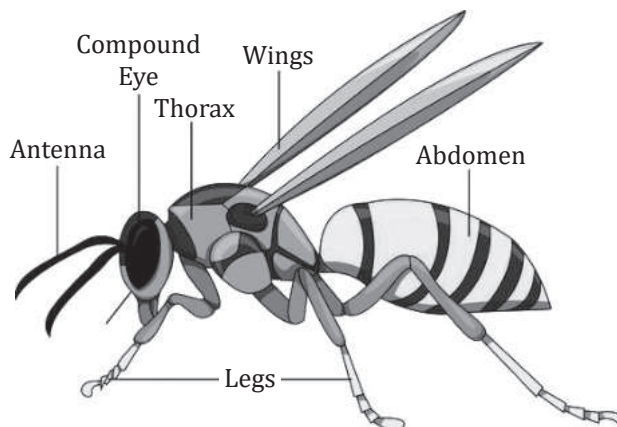
Our Six-Legged Friends

ANSWERS

EXERCISES

- A. 1. (c) 2. (b) 3. (a) 4. (b) 5. (c)
- B. 1. Insects are six-legged creatures and constitute 75 per cent of all the animals on Earth. Ant, beetle and butterfly are examples of three insects.
2. Insects can live anywhere provided food is readily available to them.
3. Four uses of insects:
- (a) Many flowering plants depend on insects like bees to help them in pollination.
 - (b) Insects like honeybee produce honey, silkworms help in the production of silk.
 - (c) Insects act as a food source for many animals. Animals like frogs, lizards, nightingales, swallows, spiders, bats, etc., get nourishment from insects.
 - (d) Some insects eat other creatures that are pests, e.g., beetles, flies, lacewings, etc.
4. The bodies of insects are divided into three segments: the head, the thorax and the abdomen.
5. Honeybees help in the pollination of plants. They also produce honey.

C.



ACTIVITY

1. Do it yourself.
2. Do it yourself.

Animals – Our True Companions

7

ANSWERS

IN-TEXT QUESTION

(Page 41)

1. MILK 1. EGGS 1. HONEY 1. SILK 1. MILK
2. MEAT 2. MEAT 2. BEEWAX

EXERCISES

A. 1. (c) 2. (b) 3. (a) 4. (a) 5. (c)

B. 1. Five uses of animals:

- ▶ In desert areas, camels are used to carry people and goods from place to place.
- ▶ Dogs like German Shepherds are used by the police to catch thieves. Some trained dogs are used to detect bombs or firearms or other harmful substances.
- ▶ Dogs kept as pets always remain loyal to their masters.
- ▶ Some insects like ladybird are the farmer's friends. They are helpful to farmers who mainly grow orange and lemon plants. They eat insects that can damage these crops.
- ▶ Earthworms are also called farmer's friends as they help to improve the quality of the soil. They are capable of converting dead and decaying matter into humus (substance that is good for the growth of plants).

2. Dogs as pets are loyal companions and they also guard the homes of their masters.

3. We get silk clothes and silk bedcovers from silkworms.

4. (a) Sheep (b) Buffalo (c) Silkworm

C. 1. (d) 2. (c) 3. (g) 4. (f) 5. (b) 6. (h) 7. (a) 8. (e)

ACTIVITY

1. Students can do this with the help of the teacher.
2. Students can do this with the help of the teacher.



8

Parts of Our Green Friends

ANSWERS

IN-TEXT QUESTION

(Page 48)

It would disrupt the food-chain because all the plants and animals are dependent on each other. This may endanger the lives of these plants and animals and also lead to their extinction. It may also affect, directly or indirectly, other plants and animals, including human beings.

EXERCISES

A. 1. (a) 2. (c) 3. (a) 4. (a) 5. (d)

B. 1. Nutrients 2. Stem 3. Plants 4. Scavengers 5. Transpiration

C. 1. Plants are necessary for the survival of all living beings as they are the source of food for many animals directly or indirectly. We also cannot live without them as they are an important food source.

Four uses of plants:

- ▶ They are a food source of many animals, including humans. They provide us with foodgrains, vegetables, etc.
- ▶ They provide the fresh air we breathe.
- ▶ They provide fodder for animals.
- ▶ They help to maintain balance in nature through the food chain.

2. The main parts of a plant are roots, stem, flower, leaf and seeds. Roots help to absorb water and nutrients for the plant. They also grip the soil, thus helping the plant to stay in an upright position.

Most leaves are green in colour. The green colour in leaves is due to the presence of a pigment called chlorophyll which traps sunlight and prepares food for the plant.

The leaf also helps in the exchange of gases between the atmosphere and the plant's body. It helps in transpiration which is loss of water from the aerial parts of the plants.

Plant parts take the prepared food from the leaves and the extra food is stored as starch.

There are many plants that store, this extra food in their leaves, e.g., cabbage, spinach, lettuce, banana, onion, etc.

Flowers carry out the function of reproduction in plants through pollination. Flowers are also used for decorative purposes. Some of the flowers change into fruits which we eat.

Seeds protect and nourish the baby plant, which grows into a fully grown plant. Many plants grow from seeds.

3. Many plants we see around grow from seeds. Each seed has a baby plant called embryo.
4. Non-leafy plants like mushrooms do not have green leaves to prepare food for them. These plants derive their nourishment from the decaying plants.
5. The two types of roots are tap roots (e.g., carrots and radishes) and fibrous roots (e.g., grass and wheat).

ACTIVITY

Do it yourself.



9

Exploring the World of Soil

ANSWERS

EXERCISES

- A. 1. (a) 2. (b) 3. (c) 4. (a)
- B. 1. Soil is basically the loose layer of earth seen around us.
2. The different types of soil are sandy soil, silt soil, clayey soil and loamy soil.
3. The factors are action of wind, water, heat and dead and decaying plants and animals.
4. Soils differ in colour and texture because of different climatic factors like temperature, rainfall, humidity, wind, etc. There are some places that receive heavy rainfall and some places that have very low rainfall. There is extreme variation in temperature at some places. Some places are very hot and some extremely cold. According to climate, the animals and plants living there also vary. They are the ones that decompose with time and get mixed with rock materials and get converted into soil after millions of years. That is the reason soils of different places have different colours, textures, properties.
5. (a) Carrot; Beetroot (b) Lettuce; Cabbage (c) Tomatoes; Daffodils
(d) Wheat; Sugarcane
- C. Do it yourself.

ACTIVITY

Do it yourself.

Out in the Garden

10

ANSWERS

IN-TEXT QUESTIONS

(Page 64–65)

1. HERBS 2. SHRUBS 3. TREES 4. CLIMBERS 5. CREEPERS

EXERCISES

- A.**
- The two main groups are terrestrial plants and aquatic plants.
 - | | | | |
|---------------|-------------|-----------------|--------------|
| (a) Pine tree | Spruce | (b) Neem | Peepal |
| (c) Cactus | Acacia tree | (d) Rubber tree | Coconut tree |
| (e) Pond weed | Tape grass | | |
 - Plants growing in water are called aquatic plants. Three types of aquatic plants are: Submerged or underwater plants, Emergent or fixed plants and Free-floating plants.
 - (a) Small plants used for flavouring foods and for medicinal purposes are called herbs, e.g., mint and coriander. Shrubs are bushy plants with strong stems above the ground, e.g., rose and lemon.

(b) Plants growing in plains have several branches and leaves. They shed their leaves during a particular season – autumn. They mainly grow in warmer places.

The plants in hilly areas are conical in shape. They are adapted to low temperature. They are high-rising plants. They are found in areas like Himachal Pradesh and Jammu and Kashmir.

(c) Tap roots have a single main root that grows downward from the base of the stem. Side roots develop from the main root, e.g., tamarind, guava.

Fibrous roots are a bunch of thread-like roots that grow downwards. Roots develop from the base of the stem, e.g., corn, sugarcane.
- B.** 1. (d) 2. (a) 3. (b) 4. (c)
- C.** 1. Primary root 2. Evergreen 3. Thorn 4. Arial 5. Aquatic

ACTIVITY

Do it yourself.



11

Blooming Beauties

ANSWERS

EXERCISES

- A. 1. (b) 2. (c) 3. (b) 4. (a) 5. (c)
- B. 1. Floral bedsheet; vase with floral design; rose drink
2. Flowers help in carrying out sexual reproduction in plants through the formation of male and female gametes. These gametes fuse to produce seeds.
3. Two places where plants grow are mountains and deserts.
4. Jasmine is supposed to improve the mood and reduce food cravings. It is also used to add fragrance in desserts, candies, etc.
- C. 1. Tulips; Daffodils 2. Dalhias; Asters 3. Pansy; Snowdrops 4. Jasmine; Sunflower

ACTIVITY

Do it yourself.



Geographical Features

12

ANSWERS

IN-TEXT QUESTIONS

(Page 85)

1. Man-made things we see daily are buildings, roads, bridges, cars, buses, aeroplanes, chairs, tables, etc.
2. If we did not have man-made features around us, our lives would be very difficult and we would face a lot of inconvenience. Most of the things we take for granted, like cars, pens, pencils, computers, etc., would not be there.

EXERCISES

- A. 1. Environment refers to everything that surrounds us. It includes the air we breathe, the water we drink, the land we live on and all the living organisms like plants and animals. It also includes man-made things like buildings and roads.
2. Some geographical features of the Earth include continents, oceans, mountains, hills, plateaus, plains and water bodies.
3. These are seven continents (Asia, Africa, North America, South America, Antarctica, Europe and Australia) and five oceans (the Pacific Ocean, the Atlantic Ocean, the Indian Ocean, the Arctic Ocean and the Southern Ocean).
4. Mountains, hills and plateaus.
5. (a) A mountain is a landform that rises high above its surroundings. It has steep slopes and a rounded or sharp peak.
- (b) Plateaus are elevated flat lands or tablelands. They rise sharply above the surrounding area on at least one side.
- (c) Plains are a flat area of land. They do not have much variation in their height and are generally treeless. They occur as lowlands in valleys at the base of a mountain or as coastal plains near seas.
- (d) A hill is a landform that is raised from its surroundings. Hills have sloping sides. They are of different sizes ranging from small and flat to high and rolling.
- B. 1. (c) 2. (e) 3. (b) 4. (f) 5. (d) 6. (a)

C. 1. Asia 2. Australia 3. Pacific Ocean 4. Arctic Ocean

D. 1 and 2: Do it yourself.

ACTIVITY

Students can do this with the help of the teacher.

Our Rituals

13

ANSWERS

IN-TEXT QUESTIONS

(Page 89)

1. Do it yourself.
2. Do it yourself.
3. (a) Independence Day (b) Republic Day (c) Gandhi Jayanti

EXERCISES

- A. 1. Traditions are beliefs and values that are carried forward from one generation to the next.
2. Getting up in the morning is good for our health because it allows us to breathe fresh air, exercise and get vitamin D from the sunlight. It sets a good routine for the day.
3. Importance of celebrating festivals together in a society:
- (a) It builds up a special bond among people.
 - (b) People learn to respect each other's traditions and customs, which improves community life.
 - (c) We learn many good things about different communities of the world.
 - (d) People take out time from their busy lives to celebrate. Thus, it provides them a way to relax and have fun.
4. The main reason behind this is to prevent germs and dust from entering the house. Taking off shoes outside the home is also seen as a sign of respect in many cultures.
- B. Do it yourself.
- C. Across:
2. CHHATH POOJA 4. RAKSHA BANDHAN 7. ID-UL-FITR

Down:

1. DIWALI 2. CHRISTMAS 3. ONAM 5. DUSSEHRA 6. GURPURAB

ACTIVITY

Students can do this with the help of the teacher.



14

Indian Handlooms

ANSWERS

EXERCISES

- A. 1. Traditional handlooms are a very old way of weaving cloth. Earlier, people used to weave cloth without the use of electricity. This type of weaving is done by using hands. Hand weaving is done by two methods: Using pit looms and using frame looms.
2. Looms used earlier did not use electricity. People used to weave cloth using their hands. Nowadays, people use powerlooms. Powerlooms work on electricity. They are used to make fabrics with a variety of textures and patterns. This is a faster method as compared to handlooms which are operated by hand.
3. Wooden furniture is a popular handicraft of Punjab. Pottery of dark red colour is a popular handicraft of Himachal Pradesh. Shoes, bags and leather garments are popular in Madhya Pradesh. Shell handicrafts are popular in places near the sea coast like Goa, Odisha, Tamil Nadu, etc.
4. Baluchari saree, Banarasi saree, Kanchipuram saree and Paithani saree.
- B. 1. Kerala 2. Alwar (Rajasthan) 3. Maharashtra 4. Phulkari 5. Uttar Pradesh

C.



Paithani saree



Leather jacket
Pashmina shawl



Silk carpet



Kolhapuri chappals
Shell ornaments



Bamboo basket
Wooden toys

ACTIVITY

Students can do this with the help of the teacher.

It's Festive Time

ANSWERS

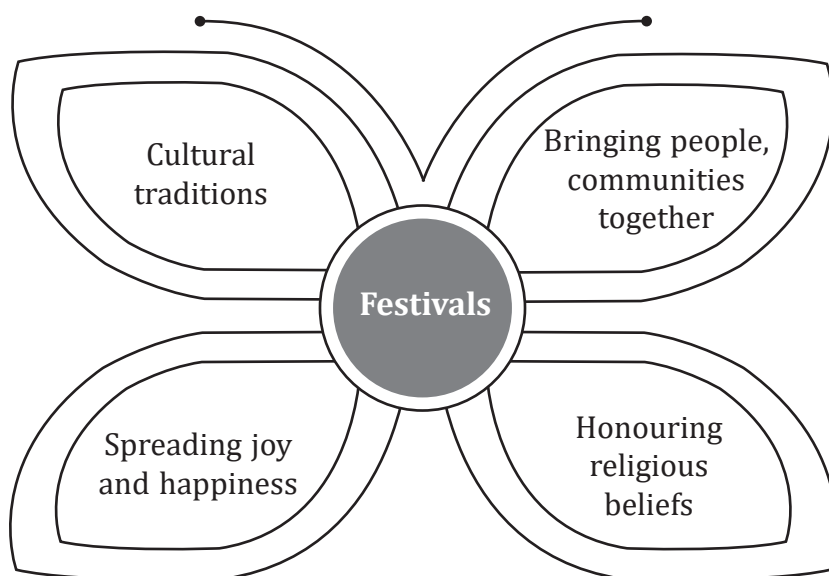
EXERCISES

A. 1. (d) 2. (a) 3. (b) 4. (b)

- B. 1. Harvesting is a time when farmers cut their ripe crops.
 2. Baisaki, Pongal, Lohri and Bihu.
 3. Karwa Chauth, Guru Purnima and Eid.
 4. The festival of Lohri is celebrated in different parts of the country with different names — Makar Sankranti in West India, Pongal in South India, Uttarayan in the cities of Varanasi and Ahmedabad (Gujarat), Khichdi in Bihar and Bihu in Assam.

C. 1. (c) 2. (d) 3. (a) 4. (b)

D.



ACTIVITY

Students can do this with the help of the teacher.



16 Me and My Neighbourhood

ANSWERS

IN-TEXT QUESTION

(Page 110)

A lady disposing waste in twin-bin system. (✓)

A lady throwing waste in front of the gate of the neighbour. (X)

After sweeping, throwing dirt and dry leaves down on the road. (X)

EXERCISES

A.

A good neighbour is kind and helpful

A good neighbour keeps his/her surroundings clean and safe.



A good neighbour is considerate and does not cause inconvenience to others.

A good neighbour works with others to solve problems and make the community better.

A good neighbour is good mannered and respectful to others.

- B.
1. A neighbour is someone who lives near or next to you.
 2. A good neighbour is someone who is friendly, helpful, respectful and kind to others in the community. Good neighbours care about the well-being of others in the neighbourhood and work together to create a safe and pleasant environment for everyone.
 3. To keep my neighbourhood clean, I make sure to put the trash in the proper bins. I avoid littering and pick up any litter I see. I participate in community clean-up events and encourage others to do the same.
 4. We should dispose of waste using a twin-bin system. It is a way of separating household wastes like peels and pips from other wastes like plastics, metal, etc.

There are two coloured bins: green and blue. The green coloured bins are for managing household wastes. The blue bins are for managing products that can be recycled or reused, such as plastics.

THINK AND ANSWER

C. 1. (a), (b) 2. (b), (c) 3. (a), (b), (c)

ACTIVITY

Do it yourself.



17

An Immediate Action

ANSWERS

EXERCISES

- A. 1. Any sudden situation of danger is called an emergency. It results in loss in terms of money, property or lives.
2. Emergencies are mainly of two types – natural and man-made.
The events that occur naturally are called natural disasters, such as floods, earthquakes and landslides.
Disasters caused by human negligence are man-made emergencies, such as train or car accidents, air crash, oil spills in sea, etc.
3. The losses incurred due to disasters include loss of property, lives and money.
4. We get updates about emergency situations from news on TV, newspapers and social media.
5. Yes, I once attended an emergency drill at school. During the drill, we practised what to do in case of a fire. The alarm sounded, and our teacher calmly guided us to quickly move out of the building in an orderly manner. We formed a line quietly, walked to the designated assembly area outside and waited for further instructions. The drill helped us understand the importance of staying calm and following procedures to ensure everyone's safety during emergencies.
- B. 1. Landslide 2. Plane crash 3. Earthquake

THINK AND ANSWER

- C. 1. I would call for help immediately and try to comfort the person until help arrives.
2. I would apply pressure to the wound using a clean cloth and call for medical assistance.
3. I would offer support and help the person to sit or lie down comfortably while seeking medical help.
4. I would check for breathing and pulse, then call emergency services and stay with the person until help arrives.
5. I would help the person to cross the road, and also ask him/her where he/she wants to go and help the person to his/her destination.

ACTIVITY

Students can do this with the help of the teacher/parents.

Neha's School Trip

18

ANSWERS

EXERCISES

A. 1-3. Do it yourself.

4. We should always keep a first-aid box ready to quickly treat minor injuries or illnesses. This is particularly important while travelling because medical aid may not be readily available.
5. When travelling alone, it is important to follow some protocols:
 - ▶ Let someone know your travel plans, including where you're going and when you expect to return.
 - ▶ Take necessary items like a mobile phone, identification, money and a first-aid box. Also, remember the emergency phone numbers.
 - ▶ Be aware of your surroundings and avoid talking to strangers or sharing personal information.
 - ▶ Take care of your belongings.
 - ▶ Wear clothes according to the weather.
 - ▶ Never accept any eatables from strangers.
 - ▶ Choose well-lit and populated areas for travel, especially at night.
 - ▶ If something doesn't feel right, trust your instincts and seek help if needed.

B. Sweater, Jacket, Woollen socks, Muffler, Gum boots

THINK AND ANSWER

- C. 1. If I do not carry clothes according to the weather while going on a trip, I might fall ill. As a result, I won't be able to enjoy my trip.
2. Talking to strangers and accepting eatables from them can be unsafe because we don't know their intentions or if the food is safe to eat. It's important to stay safe and only accept things from people we know and trust, like family and friends.

ACTIVITY

Students can do this with the help of the teacher.



19

Food Hygiene

ANSWERS

IN-TEXT QUESTION

(Page 121)



Person selling fruits (✓)



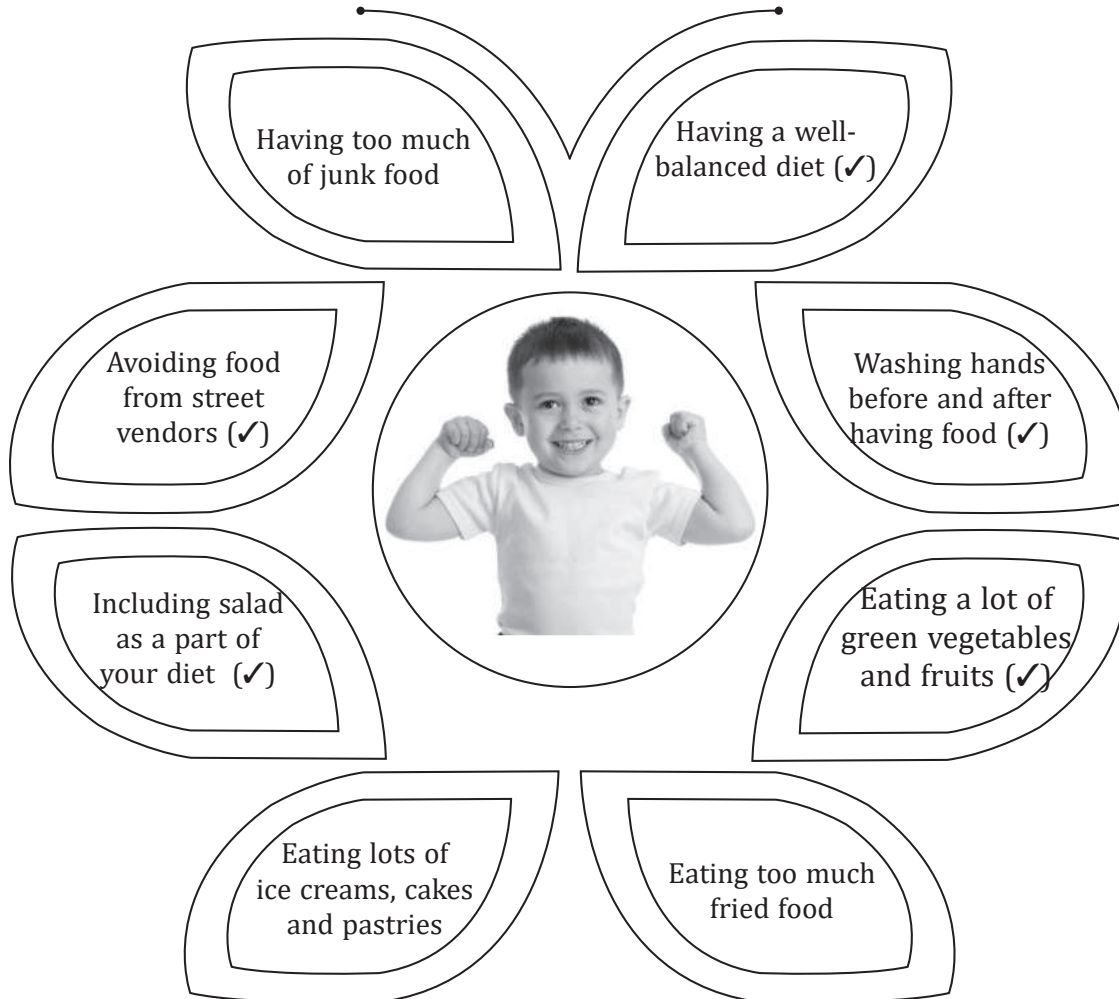
Lady selling coconut water (✓)

EXERCISES

- A. 1. Food hygiene means making sure that the food we eat and cook is handled and stored in a way that makes it safe to eat.
2. The food we eat should have proper amounts of nutrients. Nutrients are the substances that are present in our food. They provide us with energy to grow, develop and reproduce.
3. Roughage is the fibre content needed by our body. It is very important for the digestion of food. Our stomach gets cleared easily. Roughage also helps to retain water in our body and keeps away constipation.
4. (a) Water is an essential part of our diet as it helps in digesting the food we eat. It also helps to excrete the waste out of our body.
- (b) Roughage is very important for digestion of food. Roughage also helps to retain water in the body and keeps away constipation.
- (c) Minerals like calcium and phosphorus make our teeth and bones strong. Iron helps in the formation of blood.
- Vitamins are also called protective foods as they protect us from many diseases. Vitamins are needed by our body to develop and function properly.
5. Stale food is food that is not fresh and hence not fit to eat.

B. 1. (b) 2. (d) 3. (a) 4. (c)

C.



THINK AND ANSWER

- D. 1. The doctor would likely advise Aarav to include more vegetables and fruits in his diet because they provide essential vitamins, minerals and fibre that help maintain overall health and prevent illnesses.
2. Aarav has put on so much weight probably because he consumes a lot of junk food. Also, his lack of exercise contributes to weight gain.
3. Not eating healthy food can lead to various drawbacks, including frequent illnesses, lack of energy, poor concentration and weight gain. It may also lead to long-term health issues such as obesity, heart disease and diabetes.

ACTIVITY

Students can do this with the help of the teacher.



20

Adapting Ourselves

ANSWERS

EXERCISES

- A. 1. Weather is the condition of the atmosphere (with respect to temperature, wind, moisture or pressure, etc.) for a short period of time.

Season is the condition of the atmosphere for a longer period, like for a few months of a year.

In India, these changes during a year are divided into three main seasons — Summer, Monsoon and Winter. These seasons tell about the general weather conditions of an area during a period of around three months.

2. This is because seasonal fruits are harvested during a particular season, thus making them much fresher, tastier and more nutritious. If we eat mangoes during winters, they would not be fresh. The fruit has to be stored in cold storage. Foodstuff in cold storage is preserved by adding certain substances (called preservatives) that make it last longer. Such food is not good for our health. So, it is always better to have fresh seasonal fruits.
3. People prefer wearing light-coloured cotton clothes during the summer season. They keep them cool during the hot weather. Cotton clothes absorb sweat by allowing proper circulation of air.

Woollen clothes are worn by the people in the winter season. They protect them from the cold by keeping the body warm. Woollen clothes trap body heat inside the clothes. That is how they keep us warm during the winter. People also wear woollen caps, mufflers, pullovers, etc. Leather jackets, overcoats, etc., are also worn.

4. Fishermen don't go out to fish during the monsoon season because during this season, the seas are very rough and the winds are strong. At this time of the year, it is dangerous to go out in boats.

- B. 2. (✓) 3. (✓)

- C. 1. (ii) 2. (i) 3. (iv) 4. (v) 5. (iii)
(c)

- D. 1. Synthetic 2. Cotton 3. nature

ACTIVITY

1. and 2.: Do it yourself.

Living Beings Depend on Each Other

21

ANSWERS

IN-TEXT QUESTIONS

(Page 139)

1. If there were no decomposers on Earth, the environment would become filled with dead plants and animals that wouldn't break down. This would lead to a build-up of waste and pollution, which would make it difficult for new plants and animals to grow and survive. Eventually, the Earth would become overcrowded with dead matter. This would disrupt the balance of ecosystems and cause widespread environmental problems.
2. Decomposers are called environment cleaners because they break down dead plants and animals, recycling nutrients back into the soil and air. This helps keep the environment clean by preventing the build-up of waste and pollution, ensuring the health and balance of ecosystems.

EXERCISES

- A. 1. Living beings depend on each for their survival. The energy transfer taking place between them for getting their food is called food chain. A food chain is basically the sequence of organisms in which each one eats the one below it and itself becomes a source of food for the organisms above it.
2. Trophic levels are different levels or steps in a food chain, at which the transfer of energy takes places between the organisms.
3. (a) Two natural sources of water:
1. Springs: They are a source of fresh water. There are many cracks inside the Earth. Sometimes, groundwater comes out of these pores in the form of steam due to the pressure inside the Earth.
 2. River: It is a large natural flow of water that comes down the mountains and drains into the sea, e.g., River Ganga.
- (b) Two man-made sources of water:
1. Well: It is a structure made in the ground by digging or drilling to draw groundwater.
 2. Tubewell: It is a deeper well in which pipes are bored into the ground. It has a pump that lifts the water up and is used mostly by farmers to irrigate their fields.

(c) Traditional methods of conserving water:

1. Stepwells: These are wells or ponds used for storing water. There are many steps which go down into the tank or pond. You don't have to draw water from there. Rather, you will have to move down the steps to draw water.

Stepwells were the way of conserving water used by people earlier.

2. Katta: It is a temporary structure made by binding mud and loose stones. It is built across small streams and rivers. This stone bund slows the flow of water and stores a large amount during the dry months. The collected water gradually seeps into the ground and increases the water level of nearby wells. Katta is made in the month of November or December after the monsoon season. It is the only water conservation method that can be made after the monsoon is over.

4. Human beings need water for various activities like drinking, bathing, cleaning, washing, etc. Water also help in digestion. Life without water is not possible.

B. 1. (d) 2. (c) 3. (a) 4. (b)

C. 1. Chlorophyll 2. Glucose 3. Reservoir 4. Glacier 5. Lake

ACTIVITY

Students can do this with the help of the teacher.

Save Water, Save Life

22

ANSWERS

IN-TEXT QUESTIONS

(Page 146)

At Home	At School
<ol style="list-style-type: none"> 1. Turn off taps tightly after use to prevent leaks. 2. Use a bucket and mug instead of a shower to take a bath. Or take shorter showers. 3. Use leftover water or water left after cleaning fruits, vegetables, floors, etc., to water plants. 4. Fix any leaking taps or pipes promptly. 5. Use a bucket and mug instead of a hose pipe to clean your car. 	<ol style="list-style-type: none"> 1. Turn off taps tightly after use in washrooms and drinking areas. 2. Encourage other students to use water judiciously while washing hands or drinking water. 3. Collect rainwater in barrels and use it for watering plants in school gardens. 4. Teachers can teach students about the importance of water conservation through educational programs and posters. 5. Students should be encouraged to report any water wastage they observe around the school premises.

(Page 147)

1. We learn about water conservation and the impact of traditional techniques like building check dams or addressing water scarcity in Rajasthan.
2. Yes. Individuals like Rajendra Singh, the 'Waterman of India', can make a significant difference in society and address community problems through their dedication and initiative.

EXERCISES

1. Water is a resource because it is essential for all life-forms on Earth, including humans. Water is needed for drinking, agriculture, industry and hygiene. Also, water supports ecosystems and biodiversity. Water being such an important resource, we need to use it judiciously and not waste it.
2. Life is not possible without water. But there is a limited supply of water on Earth. Therefore, it becomes the duty of every individual to save or conserve water.

3. Rajendra Singh is the 'Waterman of India'.
 4. People pollute water bodies in several ways:
 1. Dumping garbage, plastics, and other waste directly into rivers, lakes and oceans pollutes the water and harms aquatic life.
 2. Factories and industries often release chemicals, heavy metals and toxins into water bodies through untreated wastewater. This contaminate the water.
 3. Pesticides, fertilisers, etc., used in agriculture can find their way into water bodies through runoff, causing pollution and harming aquatic life.
 4. Accidental spills of oil from ships or oil rigs can contaminate large areas of water, harming marine life and ecosystems.
 5. Untreated sewage and wastewater from households and cities discharged directly into water bodies contaminate and pollute them.
 6. Throwing litter like plastic bottles, bags, and wrappers near water bodies often cause pollution and harm aquatic life.
- B.** 1. Water conservation 2. Bacteria 3. Cholera, typhoid
4. Drip irrigation 5. Aquatic animals
- C.** 1. (✓) 2. (✓) 4. (✓)

ACTIVITY

Students can do this with the help of the teacher.

Basic Needs and Desires

23

ANSWERS

EXERCISES

- A. 1.** Our family loves and takes care of us. This provides us with a feeling of security. Our family supports us in good and bad times. We learn basic values to lead a good life and become good humans from our family.

Also, our elders make all possible arrangements to provide us with good healthcare facilities and the best education. Education makes our foundation strong, which in turn makes us ready for the future. All these things gives us a sense of security.

- 2.** We share our feelings with our friends. They always motivate us when we feel low.
- 3.** Human beings have some basic needs that are essential for their survival, such as food, water, air, clothing and shelter.
- 4.** Our elders teach us to set goals for our lives. From them, we learn to work hard to achieve these goals by following a disciplined life.
- 5.** Clothes protect us from harsh climatic conditions, such as heat, cold, rain, insect bites, etc. We wear different types of clothes in different seasons.

B. Do it yourself.

C. Do it yourself.

THINK AND ANSWER

- 1.** The children are poor and beg for money so that they can buy some food for themselves or their families.
- 2.** No, their lives are not secure.
- 3.** We can help them by ensuring that they get an education so that can lead healthy, productive and secure lives.

ACTIVITY

A and B: Students can do these with the help of the teacher.



24

A Trip to Rural and Urban India

ANSWERS

IN-TEXT QUESTION

(Page 157)

- ▶ Picture 1 is of KUTCHA house.
- ▶ It is made up of MUD, STRAW and WOOD.
- ▶ Picture 2 is of PUCCA house.
- ▶ It is made up of CEMENT, ROADS, BRICKS and STEEL.

EXERCISES

A. 1. (a) 2. (b) 3. (a)

B. The picture shows a slum area in a city. Poor people who come to cities for work are forced to live in crowded slums. The houses here are very small and often lack basic facilities like electricity, proper sanitation or clean water. Many people live in slums because they cannot afford better housing.

C. 1. Rural areas are regions that are located outside cities and towns. They typically have fewer buildings and people and more open spaces. Agriculture is often a major activity in rural areas, and people may live in villages or small communities. Urban areas, on the other hand, are cities and towns characterised by a higher population density, more buildings and infrastructure such as roads, schools, hospitals and commercial centres.

2. Around 65% of India's population lives in rural areas.

3. Kutcha houses are made up of locally available material like mud, clay, wood, etc. Most of the houses have thatched roofs. The floors are made using a mixture of mud and cow dung.

Pucca houses are made up of stronger building materials like cement, iron, rods, bricks, cement, etc.

4. Farmhouses are large houses found in an agricultural environment.

5. People in villages make the floors and walls of their houses with a mixture of mud and cow dung because:

1. It keeps away insects and pests.

2. It keeps the house cool during the summers and warm during the winters. This is because mud flooring can control changes in temperature.
3. Cow dung binds the mud and also gives a smooth and fine floor finish.

ACTIVITY

1. Students can discuss in the class. The teacher can help guide the discussion.
2. Students can do this with the help of the teacher.



25

Safety for All

ANSWERS

EXERCISES

- A. 1. A pill organiser is useful as it helps people take their medicines at the right time. It also ensures that they do not miss any medicine.
2. (a)
 - ▶ Children should not use anything sharp as they can injure themselves.
 - ▶ Children should not touch electrical fittings with wet hands because they might get a shock.
 - ▶ They should not run down the stairs as they might slip and hurt themselves.
 - ▶ Children should not talk to strangers as they may harm them.
- (b)
 - ▶ Discourage the use of slippery rugs floors, etc., to prevent falls.
 - ▶ Keep the rooms well lit as with old age, the vision becomes weak.
 - ▶ Encourage the elderly to use handrails while going up or down stairs.
 - ▶ Help them take their medicine at the right time. One can use a pill organiser so that they do not miss any medicine.
 - ▶ Always keep a slip with their address and phone number in their pockets when they go out. Try to accompany them whenever possible.
 - ▶ Take proper care of their food. This is especially important as with age, the digestion process slows down. Therefore, they should be given light food like porridge, oats, etc.
3. Disability means having difficulty in doing certain things because of physical or mental challenges.
4. The method of including everyone in group activities is called inclusive participation. Everyone enjoys being a part of a group. Examples of inclusive participation include:
 - ▶ Playing games where everyone can take turns and follow the rules.
 - ▶ Making sure there are activities for people of all abilities.
 - ▶ Inviting everyone to join in, even if they are shy at first.
- B. Tick (✓) 1 and 4.

THINK AND ANSWER

1. I will welcome the new neighbour.
2. I will offer to help him/her in any way I can.
3. I will help the blind person in crossing the road.
4. I will help my grandmother by putting the thread in the needle for her.

ACTIVITY

The points given below can be discussed and elaborated upon further in the class discussion.

To make a physically challenged newcomer comfortable in class, we can:

1. Greet him/her warmly and introduce yourself. Let him/her know that you are happy he/she joined the class.
2. Ask if the newcomer needs any help getting around the classroom or finding his/her seat.
3. Include him/her in class activities and group work, making sure he/she feels like a valued member of the class.
4. Respect his/her space and any special needs, such as a wheelchair-accessible desk or extra time to complete tasks.
5. Treat him/her with kindness and patience. Be understanding if he/she needs extra time or help with certain tasks.
6. Encourage other students to be friendly, inviting the newcomer to join in games or activities during break times.



26

Vacation Time

ANSWERS

IN-TEXT QUESTIONS

(Page 170)

Do it yourself.

(Page 173)

Aeroplane, helicopter, rocket.

EXERCISES

A. 1. Do it yourself.

2. Do it yourself.

3. Do it yourself.

4. Do it yourself.

B. 1. Bicycle 2. Bus 3. Bus, Car, Aeroplane 4. Aeroplane

C. 1. BICYCLE 2. BUS 3. CAR 4. AEROPLANE

THINK AND ANSWER

D. No, use of animals for travelling or recreational purposes is not good. It can be harmful for the animals' well-being and goes against their natural needs or rights. It is important to treat animals with kindness and respect. We must allow them to live in their natural habitats.

ACTIVITY

Students can do this with the help of the teacher.

Locating Places

27

ANSWERS

EXERCISES

- A. 1. A sketch is a rough drawing of a place. It tells you the location of the place.
2. A mental map it is a personal visualisation of the information of anything or any place in one's mind.
3. Landmarks are the important features of a place that can be recognised from a distance. They help to locate places.
4. Symbols are a pictorial representation of the features like buildings, roads, etc., that cannot be drawn on a map. They are made using different colours, lines, shaded areas or some signs and pictures to give the information about the place.
5. A map is a drawing or plan of a particular place. It gives all the important details of the place using symbols.

ACTIVITY

Students can do this with the help of the teacher/parents.



28

The Role of Local Institutions during Disasters

ANSWERS

EXERCISES

- A. 1. An urgent and serious situation that requires immediate action is called an emergency.
2. There are a number of people and institutions that help us during an emergency. Police organise rescue operations to search for the people stuck in a disaster and also make arrangements to provide them with relief like medicines, foods, clothes, etc.

Doctors, nurses and other medical staff provide clinical care to people affected by disasters or emergencies.

Many organisations called Non-governmental organisations (NGOs) collect funds from people to help the victims.

There is a special team called National Disaster Response Force (NDRF) that is formed by the Government of India. The NDRF is fully equipped to help people during an emergency or disaster.

During disasters, the government makes special arrangements for providing aid and assistance to the affected areas. It sends the armed forces, the paramilitary forces and the NDRF. Relief is also provided with helicopters. People are evacuated from the affected areas by helicopters to a safe place.

3. Earthquakes, floods and landslides.
4. A man-made emergency is a disaster that occurs due to carelessness of human beings. For example, a car accident caused by human error or negligence is a man-made emergency.
5. To prevent man-made disasters, we should be more careful of our actions and act responsibly. For example, we should drive carefully, we should never throw a lighted matchstick in a park, garden or forest area and we should get all electrical wires and fittings checked to prevent a fire.
- B. 1. Earthquake—Natural disaster 2. Flood—Natural disaster
3. Car accident—Man-made disaster 4. Fire—Man-made disaster
5. Tsunami—Natural disaster 6. Hurricane—Natural disaster

C.



THINK AND ANSWER

D. A few things I can do to help people during an emergency:

1. In an emergency, it's important to stay calm and not panic. Panicking can make the situation worse.
2. Listen carefully to adults or authorities and follow their instructions promptly. This could be your parents, teachers or the emergency team.
3. If someone is hurt or if there is a dangerous situation, I can find an adult nearby and ask him/her to call for help or call emergency services myself.
4. I can learn basic first aid skills like how to apply a bandage or how to perform CPR. Knowing what to do in an emergency can help save lives.
5. If someone is in trouble, I can try to help him/her if it's safe to do so. This could mean getting an adult, finding a phone to call for help or providing comfort to someone who is scared or injured.

ACTIVITY

Students can do this with the help of the teacher.



29

Local and Urban Bodies

ANSWERS

IN-TEXT QUESTIONS

(Page 191)

1. Do it yourself.
2. Do it yourself.

EXERCISES

A. 1. (b) 2. (b) 3. (a) 4. (a) 5. (b)

B. 1. Gram Panchayat 2. Passport 3. Market 4. police station 5. Passport Seva Kendra

C. 1. The main government institutions that help to run the working or rural and urban areas are:

(a) **Gram Panchayat:** It is the local institution which takes care of the working of an entire village or villages.

(b) **Municipal Committees and Municipal Corporations:** They have similar functions to perform like the Gram Panchayat in the villages. The Municipal Corporation takes care of bigger cities like Delhi, Mumbai, Bengaluru, etc., whereas the Municipal Committees take care of small towns and cities.

2. A group of people living together and sharing their duties to make each other's life comfortable is called a community. The benefits of a community include interdependence among its members for fulfilling their needs, such as access to schools, hospitals, markets, etc. This interdependence makes life for the community members easier and more comfortable.
3. Gram Panchayat is a local institution which takes care of the working of a village. It has around 7 – 31 elected members who take care of the working of the village or a group of 2 – 3 villages. The head of a Gram Panchayat is called the Sarpanch.
4. The head of the Municipal Corporation is called the Mayor and that of the Municipal Committee is called the Chairman or a President.
5. Anganwadis are rural mother and childcare centres in India. They were started in 1975 by the government. They provide a safe environment where children can learn, play and grow well. They also take care of the health of womenfolk.

The main functions of anganwadis are:

- Educating children
- Promoting healthcare
- Supporting pregnant women (Any two)

D. Farmers → Wholesalers → Retailers → Consumers → Your Parents → You