

Consciousness Development
Value Education

Class 3
English Exercise Book

Prayer (Vandana)

**Invocation to them with reverence,
Who are guides of the righteous path.
Salutation to them with gratitude,
Who educate and inspire for humanity.
Recognition to them with great honour,
Who help in development of consciousness.
Admiration to them with deep regards,
Who are kind, generous and compassionate.
Ovation to them with high esteem,
Who are forever engaged in universal goodness.**

Lesson 1

Human Goal

Lets understand these words and use them in sentences

Continuous Happiness, Achieves, Obey, Accept, Imitate, Fulfil, Requirements, Behave, Trust

Practice and Study

1. What does a human being want?
2. When does human being become happy?
3. Who helps me become a wise person?
4. Whom do I obey and imitate and why?
5. What do I do to make others trust me?

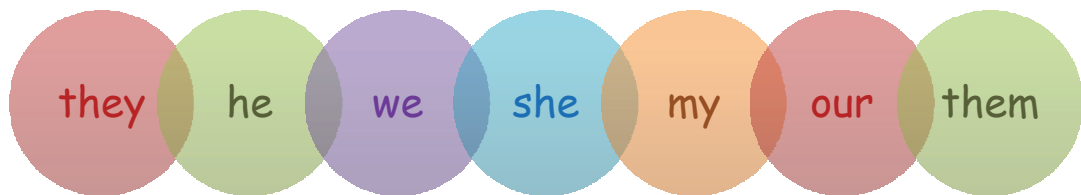
Activities

1. Ask children share with each other, the various ways in which they imitate their parents and teachers.
2. Ask children to share with each other, the various ways in which they obey their parents and teachers.
3. Ask children how they feel when they obey their elders

4. Ask children to share about the various requirements their parents take care of.
5. Find words in the chapter that rhyme with the following words and write in the blue wheel:

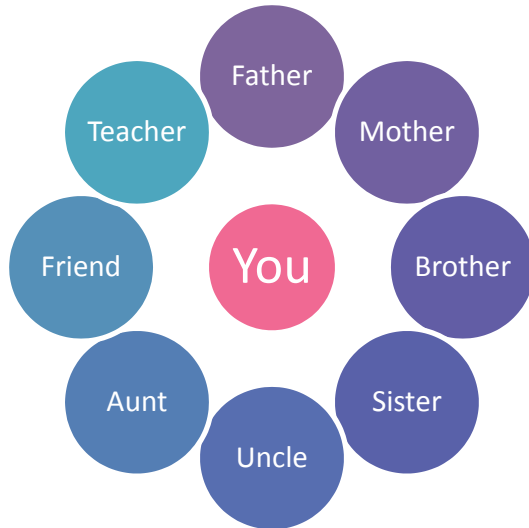


6. Fill in the blanks Using the following words



- My teachers are very wise. _____ help me to understand.
- My mother likes to cook. _____ cooks food for all of us.
- We are four sisters and two brothers. _____ family is very big .
- My friends and I go to school together. _____ study and learn together.
- _____ aunt and uncle also live with us.
- My family, friends and teachers trust me. I trust _____ too.
- My father works very hard. _____ is not a lazy man.

7. Write the following words alphabetically:



- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Lesson 2

Existence

Let's understand these words and use them in sentences

Existence, Sky, Sun, Moon, Stars, Planet,
Satellites, Space, Empty Space, Boundless,
Boundary, Border, Farther, Transparent,
Observe, Night, Day, Axis, Rotates, Seasons,
Regularly

Study and Practice

1. What is called existence?
2. What is the sky also called?
3. Where are planets, satellites and stars found?
4. How is space?
5. What does the earth revolve around?
6. Does the Earth rotate continuously on its axis?
7. What is a law in existence?

Activities

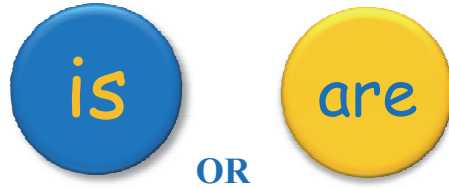
1. .a What do you see around you during the day and at night? Draw in the two boxes given below and colour the picture.

Day

Night

- b..Write 5 lines each in your notebooks, about the two pictures you have drawn.

2. . Fill the blanks with



- a. There _____ many stars in the sky.
- b. Moon _____ a satellite.
- c. Sky _____ also called empty space.
- d. Laws _____ definite.
- e. There _____ different seasons in a year.
- f. There _____ stars, sun, planets and moon in the sky.
- g. The Earth _____ a planet.
- h. There _____ many beautiful things in existence.

3. Let us join two words to form a big word . The first one has been done for you.

Word 1	Word 2	Big Word
life	time	lifetime
under	ground	
home	work	
in	side	
any	one	
day	light	

Lesson – 3

Material Order

Let's understand these words and use them in sentences

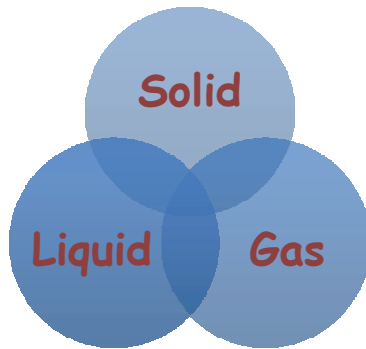
Solid, Liquid, Gas, Shape, Mould, Slope,
Distance, Towards, Upwards, Gaseous, Melts,
Boils, Evaporates, Steam, Condenses, Freezes,
Cyclic

Study and Practice

1. What is material order?
2. What do we call as solids? Give examples.
3. What do we call as liquids? Give examples.
4. What do we call as gases? Give examples.
5. Give example of a cyclic process in the material order?
6. What do you call as a law in the material order?

Activities

1. Write whether each is a



Chapatti

Milk

Smoke

Pencil

Guava

Honey

Steam

2. Circle two words which mean the same

Shape Round Mould Stone

Steam Move Pencil Evaporate

Many Finish Hot A lot

Same Together Alike Into

3. Fill the blanks using 'a', 'an' or 'the'

- Water is _____ liquid.
- Liquids take _____ shape of the vessel.
- Water is boiling in _____ pot.
- _____ incense stick fills the room with a good smell.
- When it rains, we use _____ umbrella.
- We can make ice in _____ ice tray.

4. Write sentences using the given words.

1) I

2) You

3) He

4) She

5) They

6) My

7) We

8) Them

Lesson – 4

Plant order

Let's understand these words and use them in sentences

Plant, Tree, Food, Medicine, Leaves, Root,
Absorb, Recognize, Nutrient, Prepare,
Flowers, Fruits, Seeds, Orderliness,
Definite Time, Sprouting, Flowering,
Fruiting, Manure, Species, Restraint,

Study and Practice

1. What is plant order?
2. Name some plants
3. What do plants do?
4. In what forms does human being identify vegetation?
5. How are saplings formed from trees?
6. What things are definite in a unit of the plant order?
7. What would you call as restraint in nature?

Activities

1. Explain to the children about the process of seed to tree formation and also that the source of a sapling is its seed.

How a plant grows from a seed



2. Give examples of cyclic process in plant order and discuss in the class.

A Banyan seed forms a sapling of the banyan tree. The sapling grows into a tree. Flowers appear on the tree. Small round fruits appear from the flowers. The fruits have many banyan seeds in them. When the fruit falls to the ground the seeds get into the soil. A sapling is again formed from the banyan seed in the soil.

3. Fill in the blanks with the correct form of the word

- a. We _____ (**learning / learnt**) that plants and trees belong to the plant order
- b. We _____ (**recognising / recognise**) them as trees, shrubs, creepers and grass.
- c. All plants and trees _____ (**absorb / absorbing**) the sun's heat from their leaves.
- d. Fruits and seeds are _____ (**formed / form**) from flowers.
- e. We _____ (**provide / providing**) plants with manure for good growth.
- f. There is a definite time for the _____ (**sprouting / sprouted**) of every plant.

4. Some words sound the same but their spelling and meaning are very different. Read the sentences below and circle words that sound same but have a different spelling. Then discuss these words in class

- 1) Their class is over there near the water tank.
- 2) Adhyapikaji was not well last week, so she is feeling weak.
- 3) We read and write from left to right.
- 4) I would like to get two of those pencils.
- 5) I read the notes, which were written in red ink.

Lesson 5

Animal Order

Let's understand these words and use them in sentences

Classified, Birds, Animals, Aquatic, Terrestrial, Aerial, Herbivorous, Carnivorous, Domesticate, Protect, Provide, Food Habit, Feeds,

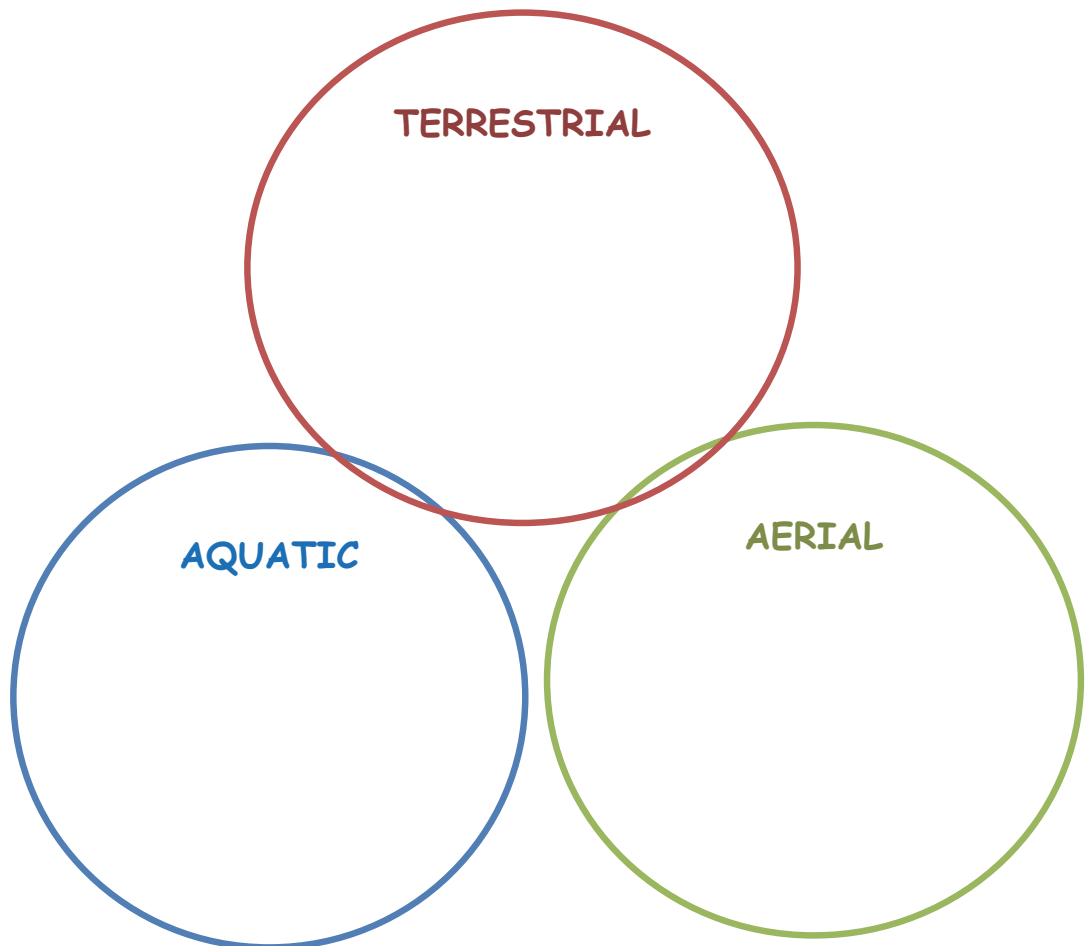
Study and Practice

1. Give some examples of the animal order.
2. Where do terrestrial animals live? Name some of them.
3. Where do aquatic animals live? Name some of them.
4. Which animals do you call aerial? Name some of them.
5. What things do you find definite in the units of the animal order?
6. What do we call as orderliness?

Activities

1. Observe five animals and birds around you and then write five lines on definite behaviour of each of those.
2. Classify these animals into their respective circles. If you think that the animal belongs to more than one circle then place them in between the two circles

Frog, Cow, Ant, Crow, Fish, Snake, Goat, Pigeon,
Lizard, Turtle, Mosquito,



Do you know any more animals? Write their names in your notebook.

3. Match the following based on animals and where you can find them

ANIMAL	LIVES IN THE
Lion	Tree
Whale	Sand
Frog	Jungle
Fish	Ocean
Earthworm	Pond
Cuckoo	Mud
Crab	River
Butterfly	Sky
Eagles	Flowers

4. Fill in the blanks with the following words



- Cow is the most useful animal _____ it gives us milk, manure, medicine etc.
- _____ donkey is a small animal, it can carry a lot of weight.
- We call an animal herbivorous _____ it eats only grass, plants, leaves etc.
- Every animal is different _____ their behaviour is definite.

5. There are words which are made by joining two words. Circle such words from the list below.

outside	table	above	somewhere
afternoon	anywhere	him	animal
them	daylight	got	teacher
today	her	anyone	without

Lesson 6

Knowledge Order

Let's understand these words and use them in sentences

Formation, Imagination, Action, Ability,
Decreases, Physical, Varied, Freedom, Nest,
Similar, Act

Study and Practice

1. Which order does human being belong to?
2. Which parts of the body does human being use to bring his imagination into form?
3. What do we call as freedom of action?
4. How is the human being different from animals-birds?

Activities

1. The words we use instead of a name of a person, place or thing Let us match the following:

Rohan

it

Mother and Father

she

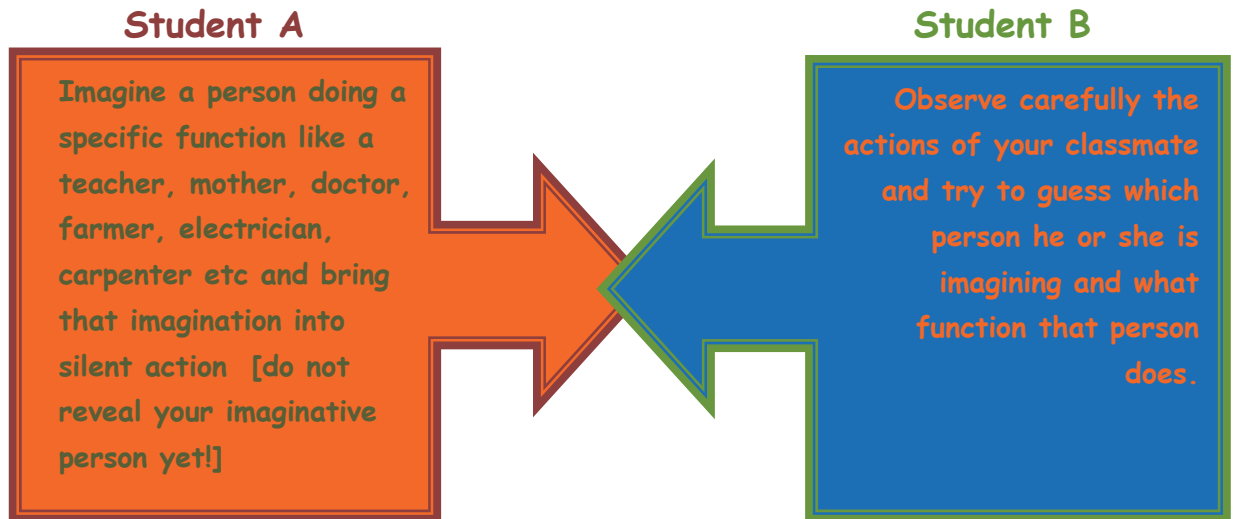
Book

he

Sonal

they

2. Guess each other's imagination!



3. Name 10 things that we do as human beings that even animals do and name 10 things that we can do as human beings that animals cannot do

We can do and animals can do too

We can do and animals cannot do

Lesson 7

Family

Let's understand these words and use them in sentences

Family, Relationships, Human beings, Elders,
Together, Nurture, Obey, Learn, Protective,
Education, Sanskar, Brother, Sister, Mother,
Father, Uncle, Aunt, Grandfather,
Grandmother, Inspire, Guests, Observe,
Behavior, Understand, Attention, Progress

Study and Practice

1. Where do we get the opportunity to live together?
2. What do we understand by living in a family?
3. Who lives in our family?
4. What do brothers and sisters learn by living together?
5. What do we do when we have guests at home?
6. Where do we learn good behaviour from?

Activities

1. Fill in the blanks with the appropriate words from the words given below



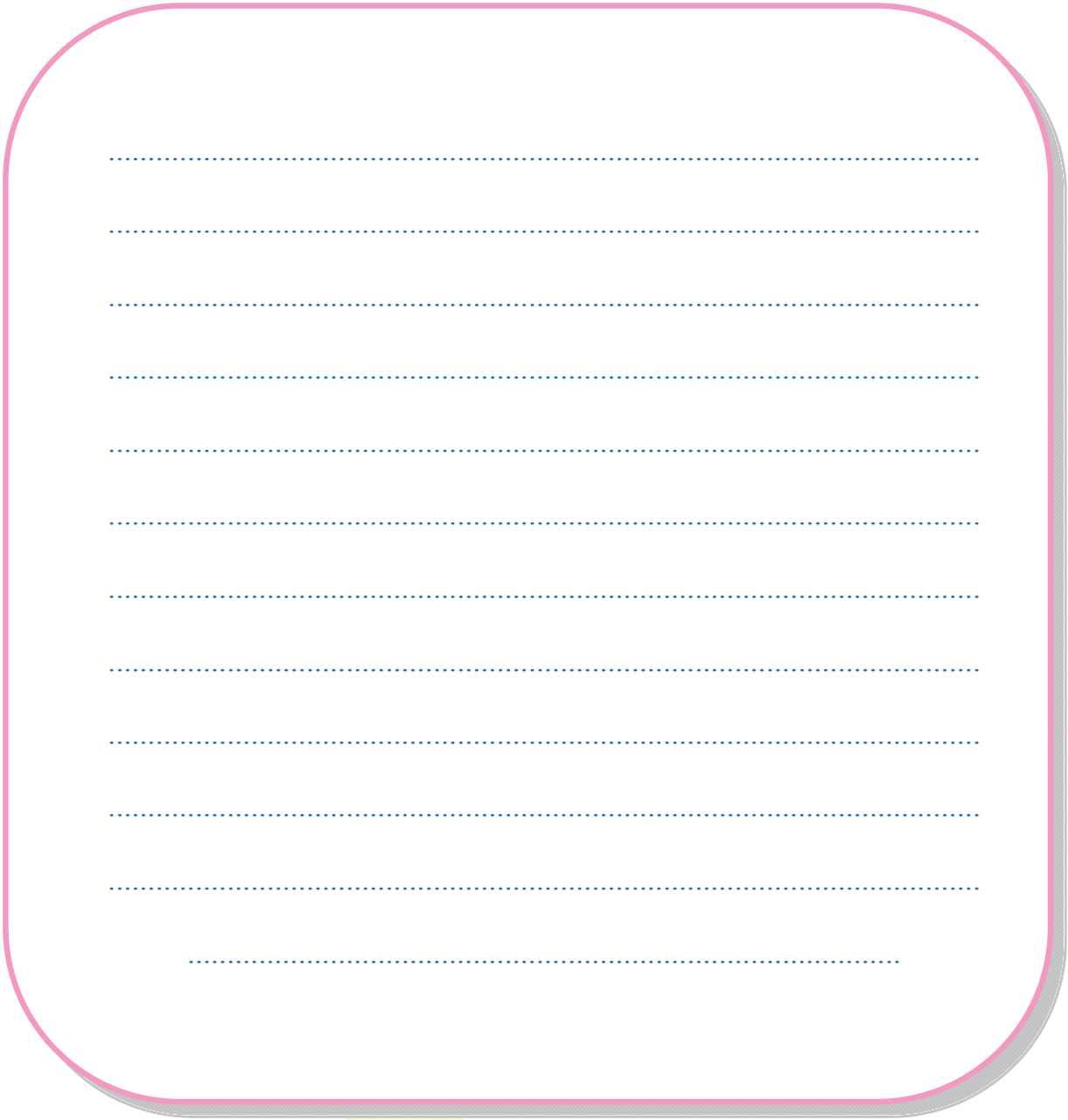
- a) We live in family
- b) We want to live the protective care of our parents.
- c) Obey elders and learn..... right way to live.
- d) work of education and right values (*Sanskaar*) happens the family.
- e) We trust our parents and every member of our family and they trust us
- f) Elders fulfil all needs of..... family.
- g) Children observe their elders and learn live and work like them.
- h) Elders in family send us..... schoollearn and understand.

2. Find and write five 3-letter words and five 4 letter words from the word

R E L A T I O N S H I P

3. Let's write a story about family!!!

One of you start with one line saying something about your family and how they take care of guests at home (*atithi satkar*) today and every student will one by one add to that line. Your teacher will help you weave a story out of all the lines put together. Once you are done write that story down here.



Lesson 8

Human Relationship

Let's understand these words and use them in sentences

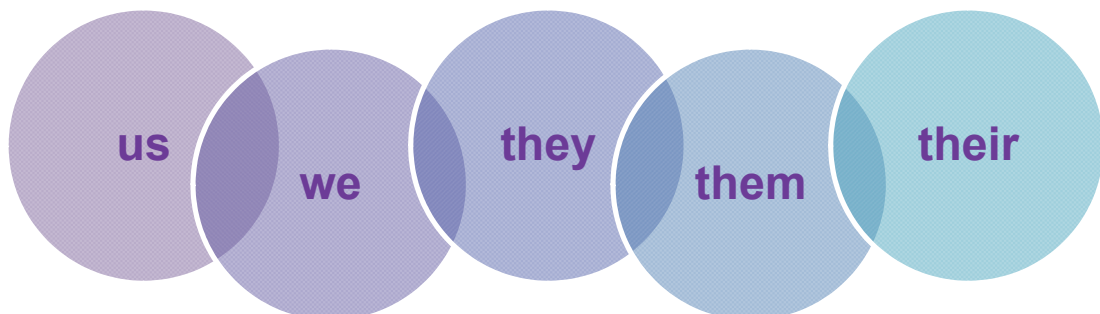
Young, Roam, Education, Classmates,
Relationship, Wise, Eagerness, Inquisitiveness,
Imitating

Study and Practice

1. What makes young children happy?
2. What does a teacher do?
3. How do we become wise?

Activities

1. Make sentences using the given words in your notebook



2. Fill in the blanks to complete the word (you will find the words in the chapter)

- a) O _ _ e _ _ i _ _ g
- b) _ _ h i _ _ l d _ _ e n
- c) I m i _ _ a _ _ I _ _ g
- d) _ l a s _ _ _ a t e s
- e) S a _ _ i s _ _ y
- f) K n o _ _ l e _ _ _ e

3. Fill in the blanks with the correct word

- 1) Adhyapikaji has asked Sunil _____ Fatima to play together.
- 2) We can read a book _____ play outside.
- 3) Reena wants to read her English book, _____ she did not get her book.
- 4) I want to listen to what adhyapikaji is saying, _____ can't hear her.
- 5) The students are very quiet in class, _____ they can hear the adhyapikaji carefully.
- 6) Sometimes it's difficult to understand what is written in the book, _____ Adhyapikaji explains it to us.

4. Make a list of at least 10 people you know or that you have met (other than your parents), including those who do not stay with you (uncle, aunty, grandparents, friend, teacher etc) and define how they are related to you and what you like about them.

For example:

Arun	➔
Chacha ji	

He is my father's younger brother. He works very hard and I want to be like him

	➔

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	➔

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	➔

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	➔

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	➔

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Lesson 9

Human Society

Let's understand these words and use them in sentences

Society, Mankind, Undivided, Group,
Sanskara, Sanyam, Treatment, Right Values,
Agriculture, Dairy Farming, Industries,
Village Council, Suggestions, Orderliness,
Discusses, Exchange, Distribution

Study and Practice

1. What is a society
2. Name the small groups of human society
3. What kind of work happens at school?
4. What is a health centre for?
5. What are the main occupations in the village?
6. What is a market?

Activities

1. **Which function of society do these people belong to? Put them in their circles** *[Discuss with children that one person could be involved in more than one function, Like a teacher is responsible for teaching and will also be involved in production activities (occupation); A farmer is involved in production activity and he/she herself can be the shopkeeper and any of these people could be in the village council]*

Teacher, Farmer, Sarpanch, Doctor, Student, Nurse,
Shopkeeper, Tailor, Vegetable seller

SCHOOL

**HEALTH
CENTRE**

OCCUPATION

**VILLAGE
COUNCIL**

MARKET

2. Discuss in the class and write two sentences each about each function block of society based on what you have observed.

SCHOOL-

.....

.....

.....

.....

HEALTH CENTRE-

.....

.....

.....

.....

VILLAGE ELDERS MEETING -

.....

.....

.....

.....

OCCUPATION-

.....

.....

.....

.....

MARKET-

.....

.....

.....

.....

3. Use the right form of the words in the brackets and fill in the blanks

(The first one has been done for you)

- 1) All the families (*family*) of the world put together is called as a society.
- 2) A _____ (*villages*) is a very small group.
- 3) All _____ (*family*) have some occupation to fulfil their needs.
- 4) Students _____ (*studies*) at school and _____ (*teacher*) do the work of teaching.
- 5) Different types of _____ (*industry*) are also found in the village.

Lesson 10

Mutually fulfilling

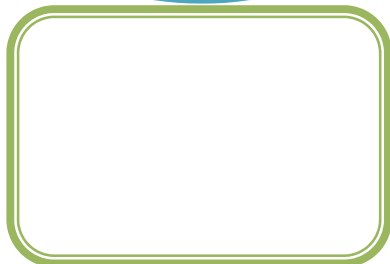
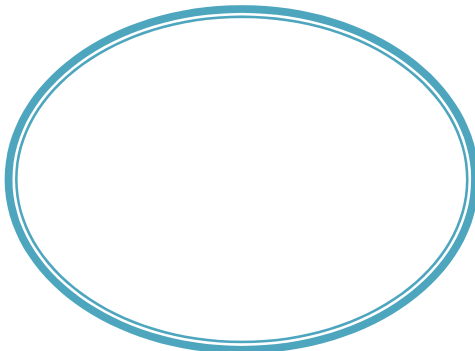
Let's understand these words and use them in sentences

Rushing, Gushing, Springs, Thirst, Quenched,
Hunger, Satiated, Healthy, Care, Glory, Mutually
Fulfilling,

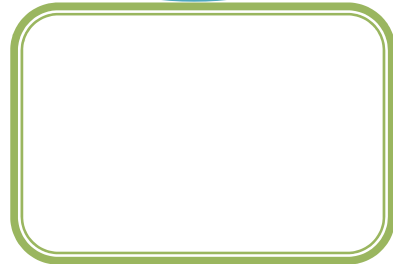
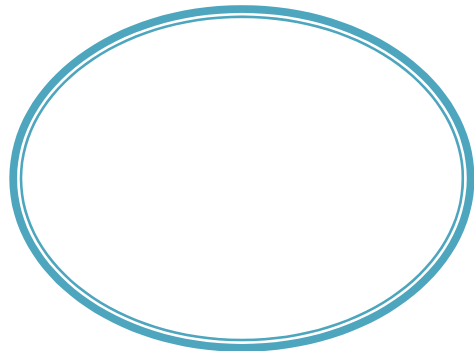
Activities

1. Discuss about how the four orders in nature are mutually fulfilling to each other. Fill in each circle with what it contains or what we get from it & Fill in each square with how we help or with what we give to that order.

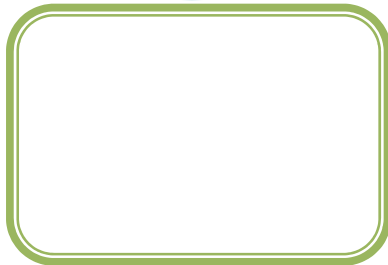
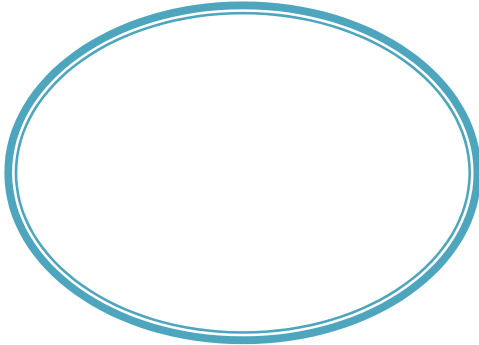
MATERIAL ORDER



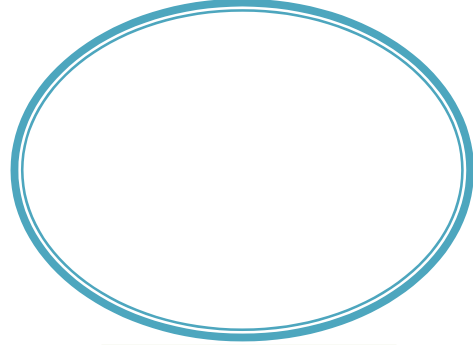
PLANT ORDER



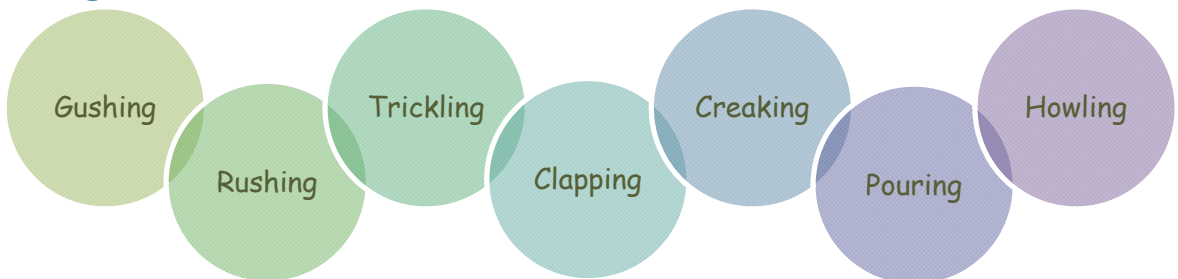
ANIMAL ORDER



KNOWLEDGE ORDER



1. Read aloud and learn their meaning. Fill in the blanks below with the right word.



1. What is that sound with the rain? It must be the _____ of thunder.
2. The spring came _____ down from the mountain.
3. Here comes the rain!! I can hear it _____ outside.
4. I can hear the river _____ on the rocks.

5. There is going to be a storm, which is why the wind is

_____.

6. The water is _____ down the window pane.

7. That tree branch might break any time now. You can hear it

_____.

Lesson 11

Protection

Let's understand these words and use them in sentences

Protection, Familiar, Similarly, Regularly,
Repellent, Throughout, Utilization, Fit, Tear,
Cementing, Varnishing, Painting

Study and Practice

1. What do we mean by protection?
2. What are the ways in which we protect our body?
3. How do we protect our clothes?
4. How do we protect our house?

Activities

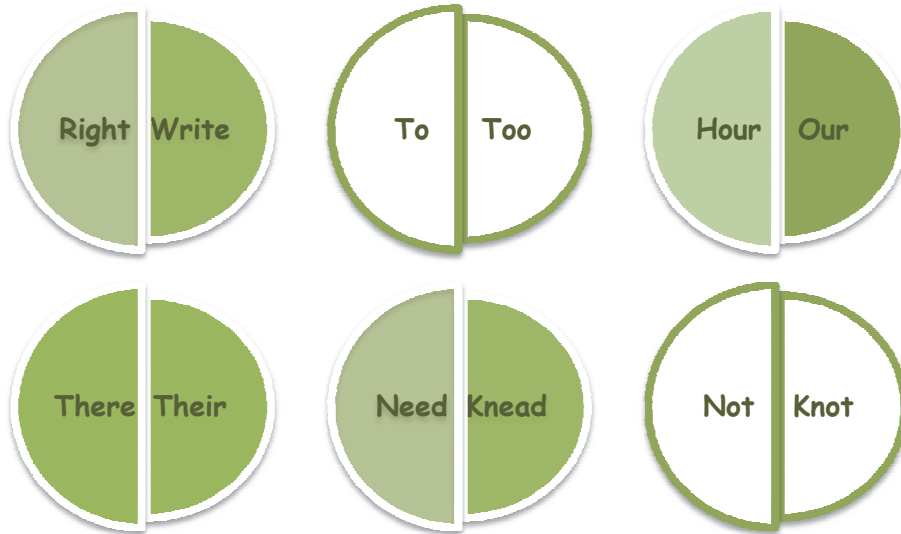
1. Discuss this with the children: Right utilization is in itself protection. Discuss this at length with children.
2. Find and write five 2-letter words and three 3 letter words from the word

P R O T E C T I O N

3. Use the correct form of the words in the sentences below

- a. Eating cooked food is it's _____ (*right, write*) utilization as it provides nutrition to the person eating it.
- b. We protect the things that are useful _____ (*to, too*) us. Hence we protect our body _____ (*to, too*).
- c. We air out _____ (*hour, our*) bed spreads, bed sheets and pillow covers in the sun to protect them.
- d. If we build a new house and do not live in it for a long time, then insects and bugs will make _____ (*there, their*) home _____ (*there, their*).
- e. The house will _____ (*knead, need*) repair, cementing, varnishing and painting.
- f. Any work that we learn, if we do _____ (*knot, not*) rightly use it then we start to forget it.

4. Read aloud and learn to spell these words



5. Write in a few sentences how these actions are performed and what is being protected by that action.

*Brushing
Teeth*

*Washing
Hands*

*Washing
clothes*

<i>Polishing, shoes</i>	
<i>Painting house</i>	
<i>Wrapping books</i>	
<i>Wearing warm clothes</i>	
<i>Storing food in dry containers</i>	

Chapter 12

I desire to become good

Let's understand these words and use them in sentences

Desire, Language, Listen, Learn, Sweet, Nice,
Path, Advice, Attention, Correctly

Practice and Study

1. How do I become good in my speech?
2. How do I become good in learning

Activities

1. Add **ly** to form new words

a. I _____ **ful** agree with you.

b. I wrote the poem _____ **correct**

c. I always try to eat _____ **clean**

d. My brother was happy with my _____ **time** help.

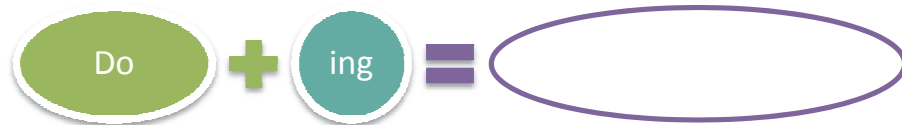
e. Always ask for what you want _____ **nice**

f. Shoes help to protect our feet in winter and _____ **similar**

a cap helps protect our head from the heat.

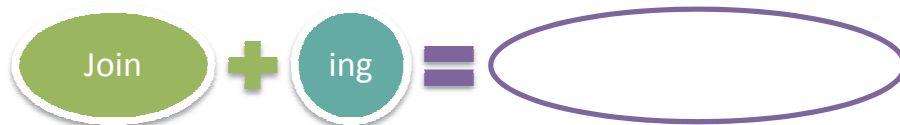
g. To protect our clothes we wash and dry them _____ **regular**

3. Add 'ing' to the word and use the word in a sentence

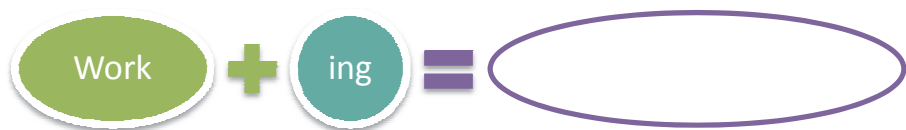
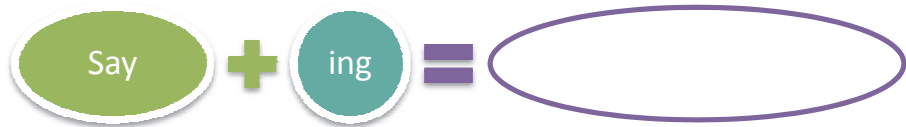
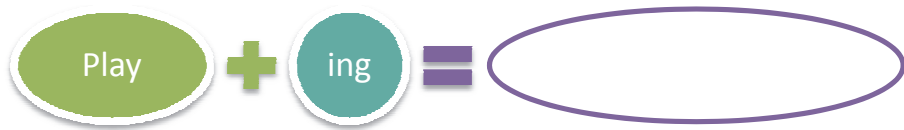




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Lesson 13

Celebration

Let's understand these words and use them in sentences

Happiness, Pleasure, Celebration, Expressing,
Opportunities, Together, Anniversary,
Preparation, Invited, Discuss, Skills, Behavior,
Obedience, Guardian, Guidance, Blessings,
Prosperous, Future, Encourage

Study and Practice

1. What do we call as celebration?
2. When do we feel happy and pleased?
3. How is the annual function of the school celebrated?

Activities

1. Fill in the blanks with *for, by, or of*
 - 1) Mummyji took some sweets _____ bhaiyaji and bhabhiji
 - 2) All _____ us join together to cook good food
 - 3) We all celebrate the annual function of the school together
 - 4) The ladoos for any celebration are made by my dadiji

2. Read Aloud and learn similar words (synonyms)

Tell	<i>Say</i>	<i>Utter</i>	<i>Recite</i>
Pleased	<i>Delighted</i>	<i>Satisfied</i>	<i>Thrilled</i>
Help	<i>Assist</i>	<i>Aid</i>	<i>Serve</i>
Happy	<i>Glad</i>	<i>Joyous</i>	<i>Blissful</i>
Tell	<i>Say</i>	<i>Utter</i>	<i>Recite</i>
Good	<i>great</i>	<i>nice</i>	<i>wonderful</i>

1. Add 'full' to make a word

- I am _____ **thank** to my parents and teachers.
- All of us brothers and sisters are _____ **help** to each other.
- Every celebration is a _____ **joy** occasion.
- All students joined together to make a _____ **colour** drawing.
- Our annual day at school was a _____ **sucess** celebration.
- All the children were in a _____ **play** mood.
- Being together with family and friends is a very _____ **peace** feeling.

2. Fill in the blanks with A, E, I, O, U to complete the word

C _ l _ b r _ t _ _ n

H _ p p _ n _ s s _ _

P l _ _ s _ r _ _ _

T _ g _ t h _ r _ _ _

_ x p r _ s s _ _ _

F _ m _ l y _ _ _

P r _ g r _ s s _ _ _

B _ h _ v _ _ _ r _ _

Lesson 14

Four dimensions of a human being

Let's understand these words and use them in sentences

Dimension, State, Business, Behavior, Thought,
Realization, Effort, Work, Occupation

Study and Practice

1. What do we mean by dimension?
2. How many dimensions of living does a human being have?
3. What do we mean by occupation?
4. What do we call as behaviour?
5. What do we call as thought?
6. What do we call as realization?

Activities

Fill in the blanks with – *this, that, these, those*

- 1) _____ shirts are made of cotton. (*that / these*)
- 2) Is _____ notebook yours? (*this / these*)
- 3) I made _____ drawings. (*this / those*)
- 4) Is _____ your mother? (*these / that*)
- 5) Are you reading _____ books? (*this / those*)

1. Organize the words given below into the appropriate boxes.

Stitch clothes

Help sister

Build dams

Make computers

Repair Machines

Respect everyone

Think well

Doctor

Become happy

Take right decision

Affection for all

Make all happy

OCCUPATION

BEHAVIOUR

THOUGHT

REALIZATION

2. Write in your own words describing the picture given below.



3. Talk time

- a. Share with your classmates and Adhyapikaji, in a few sentences what work you like to do and why?
- b. Describe in your own words what kind of person you would like to be?

- h. Write down in your own words describing how you can make others happy and you can be happy



A large yellow rounded rectangle with a double border, containing seven horizontal dotted lines for writing.

Lesson 15

Occupation

Let's understand these words and use them in sentences

Fulfill, Society, Production, Agriculture,
Aluminum

Study and Practice

1. What are the various things that we need to fulfil the necessities of our body?
2. How do we obtain these necessary facilities?
3. Point for discussion.

Activities

1. Fill in the blanks using – *in, on, at, to*

- 1) We will grow spinach _____ the winter season.
- 2) Sea water is dried _____ make salt.
- 3) The school begins _____ 9 o'clock.
- 4) Mother cooks food _____ stove.
- 5) We need steel _____ make utensils.
- 6) We will have lunch _____ School.
- 7) Medicinal plants are found _____ the forest.

2. Arrange these sentences in order of first (1) to fifth (5) and rewrite in the lines given below:

The remaining salt is again kept safely in store to be used later.

After this it is kept safely in stores.

It is then transported to various places.

Finally it is exchanged for other goods or money

Salt is first dried on the banks of the sea.

1

2

3

4

5

3. Fill in the blanks with the words which have been underlined in the previous exercise:

- a. Seeds of peas are sown in the soil
- b. The plant grows in 3-4 months and pods of peas appear.
- c. the pods are picked and taken to the market.
- d. They are exchanged for other materials that are required.
- e. Next season the seeds of peas are planted.

Lesson 16

Exchange

Let's understand these words and use them in sentences

Exchange, Transfer, Goods, Instruments,
Symbols, Aims, Obtain, Necessities, Produced,
Satisfied, Represent, Value,

Study and Practice

1. What is exchange?
2. Why do we do exchange?
3. What are the different ways in which we exchange?

Activities

1. Circle the two words that mean the same

show	display	draw
near	close	far
finish	end	second
ask	question	order
behind	back	in front
open	close	shut

1. Conversations that we have during exchange of goods. Read Aloud

a. *Student 1* : Do you have 1 kg of salt with you?

Student 2: Yes, I do

b. *Student 1* : Can you please tell me the price of wheat that you have?

Student 2: I am selling the wheat I have for Rupees 60 per Kilo.

c. *Student 1* : Do you make soap at home? If yes, I would like to buy a few bars of soap from you.

Student 2: Yes, I do make soap at home. How many do you want?

***Student 1* : Please give me five bars**

d. *Student 1* : Will you be baking fresh bread today?

Student 2: No, I will not be baking anymore today. Please come back tomorrow morning.

e. *Student 1* : Do you want some carrots? They have just come in fresh from the fields.

Student 2: Yes, thank you. I will take half a kilo of them.

2. Complete the columns [The first one has been done for you]

ONE	MANY
Field	Fields
Carrot	
Coin	
Necessity	
Grain	
Sack	
Soap	
Spinach	
Effort	
Human being	
Material	
Symbol	
Instrument	
Need	

Lesson 17

Body formation

Let's understand these words and use them in sentences

Body, Torso, Structure, Muscles, Bones, Skin,
Breath, Pure, Inhale, Exhale, Impurity,
Suffocate, Strength, Manner

Practice and Study

1. Name the parts of our body.
2. What is the structure of our body made of ?
3. What flows from our body when we get hurt or a cut?
4. What do we call the process of taking in pure air and throwing out impure air?

Activities

1. Write the following word in alphabetical order in your notebook

toes	head	muscles
chest	legs	body
torso	nose	eyes
pure	fingers	skin

2. Find these words in the maze below [one has been circled for you] and write one sentence using each word



1. Make correct sentences to describe people and places and write in your notebooks.

Example: 1: A station is a place where a train stops for people to get on or off.

2: A farmer is a person who grows crops.

1.	A post office	is a place	where	books are kept for people to read
2	<i>A station</i>			<i>Grows crops</i>
2.	A teacher			explains things to students.
3.	A library			can fix electric things like bulbs, switches, motors
4.	An electrician	is a person	who	we buy things.
5.	A kitchen garden			we grow fruits and vegetables for the family.
	<i>A farmer</i>			<i>A train stops for people to get on or off</i>
6.	A doctor			helps us get well when we are sick.

Lesson 18

Food

Let's understand these words and use them in sentences

Tender, Fruit, Flower, Raw, Grains, Pulses,
Oilseed, Roots, Stem, Leaves, Ripe, Eaten,
Consume Cooked

Practice and Study

1. What do we call as food?
2. Name some foods that we eat raw.
3. What are the different types of seeds that we use as our food?

Activities

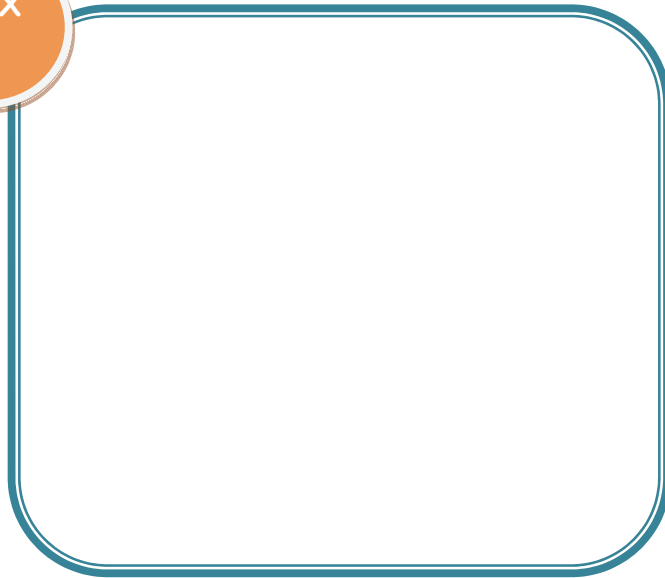
1. Circle the odd one out

Mango	Papaya	Banana	Rose	Apple
Coriander,	Spinach,	Mint	Fenugreek,	Potato
Bengal Gram Dhal	Green Gram Dhal	Red Gram Dhal	Wheat	Black Gram Dhal
Sesame	Carrot	Mustard	Linseed	Groundnut

2. Draw the picture of a vegetable/fruit in BOX 1. In BOX 2 draw the plant/tree on which this vegetable /fruit grows and label the parts of the plant. If you use any other part of the plant, write the name of the part beside the picture

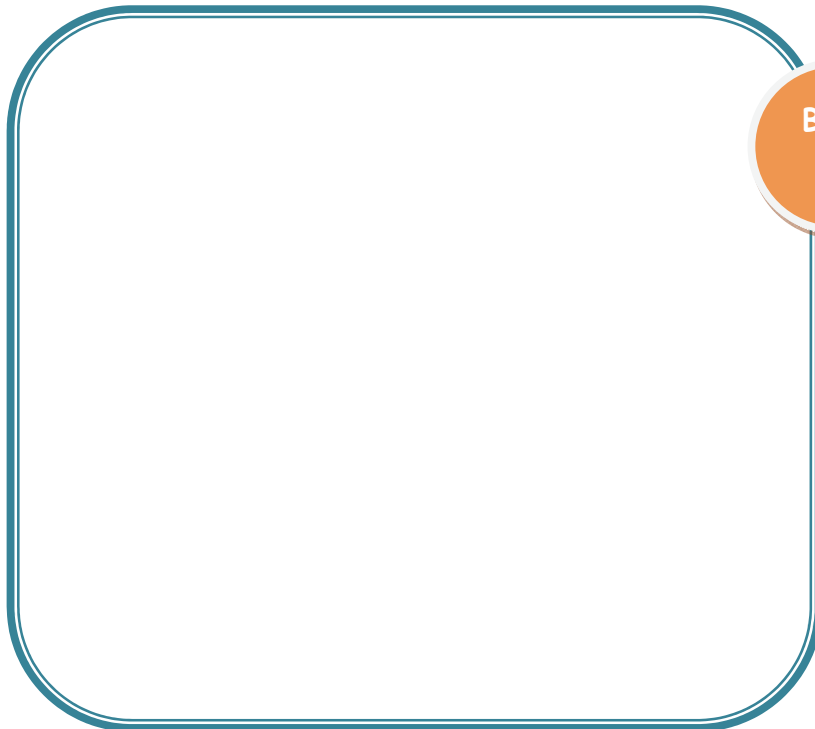
Fruit/Vegetable

BOX
1



Tree or plant on which this fruit/ vegetable grows

BOX
2

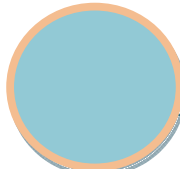
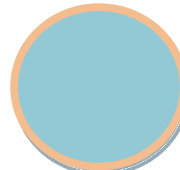
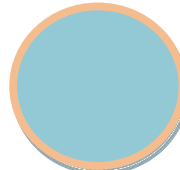


2. Make your own Salad

a. Make a list of the ingredients you want to use in the salad

- _____
- _____
- _____
- _____
- _____
- _____

b. Write down how many of them you want to use (example given below)

1.  _____ Carrots
2.  _____
3.  _____
4.  _____



- c. Wash, clean, cut your ingredients and mix them in a bowl**
- d. Add, salt, sugar, pepper as per taste. Mix Again.**
- e. Enjoy eating the Salad with your brothers and sisters in class!**

Lesson 19

Medicine

Let's understand these words and use them in sentences

Healthy, Medicine, Nutritious, Imbalance,
Unwell, Wound, Bites, Suitable, Apply, Cure,
Temperature

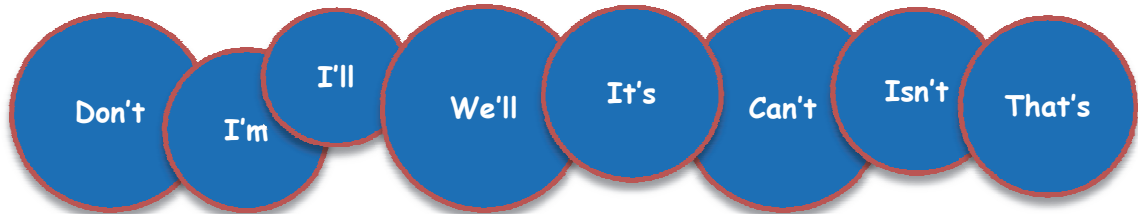
Practice and Study

1. What are the things that we need to make an unhealthy body healthy?
2. When do we use medicines?
3. What do we call as fever?
4. Name two medicines and their uses.

Activities

1. Discuss in class various times you or someone in your family has had the following illness, and how were they treated for their illness.
 - 1) Got wounded
 - 2) Had a cold
 - 3) Had fever

2. Substitute with the short form of the underlined words from the words on top



a. We require food that is suitable to the body to keep it healthy.

b. We cannot ignore the body. We will have to take good care of it.

c. Do not worry if you catch a cold. I will give you a small pinch of black pepper powder with honey twice a day and you will be cured.

d. I am good at making medicines at home. It is easy when you know what is good for your body. It is not difficult at all as most of the materials are available at home.

e. That is a glass of milk with turmeric in it. It helps cure your cold.

Lesson 20

Body Hygiene

Let's understand these words and use them in sentences

Maintain, Hygiene, Wash, Scrub, Entire, Material, Illness, Exposed, Rinse, Odour, Reduces, Deposited, Contact, Remain, Decay,

Practice and Study

1. What do we do to keep our body clean?
2. Why should we bathe every day?
3. Why should we rinse our mouth after eating?

Activities

1. Fill in the blanks with **a, an, the**

- 1) We have _____ bath every day.
- 2) We maintain _____ hygiene of our body.
- 3) _____ ill person must be kept in a hygienic environment.

2. Discuss at length about the body's hygiene and inform children about maintaining hygiene of every part of the body.

3. Learn to use some words in this paragraph during different times.

i. Read the paragraph aloud.

"Our nails grow long. Dirt gets deposited in our nails. This goes into our body with the food we eat and can cause illness. To avoid this we cut our nails regularly."

ii. If the same thing had happened yesterday how would you say these sentences? *[use the words in the table below]*

iii. If the same thing were to happen tomorrow how would you say these sentences? [use the words in the table below]

.....

If I Use the word for		
YESTERDAY	TODAY	TOMORROW
Went	Going	Will go
Gets	Getting	Will get
Grew	Growing	Will grow
Ate	Eating	Will eat
Caused	Causing	Will cause
Avoid	Avoiding	Will avoid

4. Write 4 sentences on the following

a. This is how I keep my body clean

.....

.....

.....

.....

b. This is how I keep my teeth clean

.....

.....

.....

.....

c. This is how I keep my nails and hair clean.

.....

.....

.....

.....

What am I? How am I? What do I want?

I am a human being.

I bring my imagination into action. I live with the expectation of a healthy mind. My healthy mind is evidenced in my living.

I am a unit of the knowledge order.

I am a combined form of the Self (Jeevan) and the body

I, the self (Jeevan), in natural form, have activities of knowing, assuming, recognizing and fulfilling.

I am in self-organized with humane-ness.

I want to be equipped with intellectual resolution and physical prosperity.

I, the self (Jeevan), want to be with complete awakening and its continuity and be free of ignorance, fear and problems.

I want to be an authority in participating in undivided society and universal order and want to be self-organized. I also want to see every human being become the same.

A. Nagarj

Shree Narmadanchal, Shree Bhajanashram
Post Amarkantak, Dist Annupur (M.P.), India