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ENJOYING ENVIRONMENTAL STUDIES

Integrated with Environmental Education



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NOTE : *Chapters 24-29 are not within the scope of the syllabus of Environmental Studies. They deal with concepts related to Social Studies.
For Assessments login to www.websupportcordova.co.in



An Extended Family

Use Cordova Smart Class Software on the smart board in class to make learning enjoyable.

Vandana is very happy today. Her father is also happy. There is a great excitement in her family. Her mother has given birth to a baby boy. Vandana's grandparents (her father's parents) have come to stay with them to look after her mother. Every member of the family is overjoyed to have a baby at home. Vandana now has a brother. She has named him Ravi. He resembles her father and he smiles like her mother.



a newborn baby

Vandana loves her brother very much. She helps her mother and father in looking after him. She takes him in her lap. She helps in changing his clothes. Now, Vandana has one more family member. Her family consists of her newborn brother Ravi, father, mother and of course, Vandana herself. Vandana's family is a small family. It is a nuclear family.

In contrast, Vandana's mother lived in a big family when she was young. She had three brothers and two sisters. She lived with her relatives in a big house called *haveli*. She used to play *stappoo*, hide and seek, *langari-taang* and seven tiles with her brothers, sisters and cousins.



1. stappoo (hopscotch)



2. hide and seek



3. seven tiles

Vandana's grandparents live in Mumbai with her uncles. Vandana has two uncles. Both are her father's younger brothers. The elder uncle, Mahesh, is



married. He has a son and a daughter. They are Vandana's cousins. Her younger uncle, Ramesh, got married recently. They all live together in a big house. Their family is a joint family. A joint family is a big family.

When Vandana's uncle, Ramesh, got married in Delhi, all her relatives came to attend the wedding. Most of them wore new dresses. They ate delicious food and really enjoyed themselves. They warmly welcomed the bride into their family.



mehndi ceremony



Wedding adds a new member to the family.

Festivals bring family members together.

Name the festivals which you enjoy with your family.

During summer vacations, Vandana usually visits her cousins. She really enjoys staying in their home and playing with them.

Vandana remains in touch with her relatives by writing **letters** to them and sending them **e-mails**. She also sends **greeting cards** on their birthdays and on other important occasions. She talks to them on **telephone** as well.

Family get-togethers bring family members closer to one another. They strengthen the bonds between our relatives and us.



EXERCISES

(Use Cordova Smart Class Software on the smart board in class to do these exercises.)

A. Tick (✓) the correct answers.

- We meet our relatives during
(a) examination. ☐ (b) festivals. ☐ (c) playtime. ☐
- We keep in touch with our family through
(a) telephone. ☐ (b) television. ☐ (c) newspaper. ☐
- A family that consists of grandparents, parents, uncles, aunts and cousins is a
(a) small family. ☐ (b) nuclear family. ☐ (c) joint family. ☐

4. A nuclear family is a ☐ (a) small family. ☐ (b) big family. ☐ (c) joint family.

5. Circle the odd one in each group. Give reasons for your answers.

1. ~~supper~~ ~~larger-bazung~~ birthday seven tiles
2. father mother brother teacher

C. Fill in the blanks.

1. A small family is also called a
2. We send to our relatives on their birthday.
3. Ramesh is Vandana's uncle. His children are Vandana's
4. Family get-togethers bring members closer to one another.
5. bring family members together.

D. Look at the pictures and name the occasions.



1. 2. 3.

E. Very short answer questions.

1. Name an occasion on which we meet our relatives.
2. Name two festivals you like to celebrate the most.

F. Short answer questions.

1. What is a joint family?
2. Name any four games you like to play at home.

G. Long answer questions.

1. How do we remain in touch with our relatives?
2. How can we strengthen the bond between our relatives and us?

Value Corner



ACTIVITY/PROJECT

Collect as many pictures of your family members as you can and paste them in your scrapbook. Also write their ages at that time under each picture.



When at home, use cloth napkin for babies instead of disposable ones. They are eco friendly.



Cordova Learning Series EVS-4

Journey Of Food

Use Cordova Smart Class Software on the smart board in class to make learning enjoyable.

We all need food to live. It gives us energy to work and play. Food is essential for our growth. It helps us to stay healthy by protecting us against diseases.

Smita had cornflakes, bread and milk for breakfast. She had dosas and idlis for dinner. When she was having her dinner, she wondered how the food she was eating reached her plate. She asked her grandmother to explain the process to her. This is what her grandmother told her.

Journey Of Food – From Field To Our Plate

The food we eat goes on a long journey before it reaches our plate. Foods like fruits, vegetables, cereals and pulses are grown by farmers.

1. First of all, the farmers prepare the soil by ploughing the fields. They use ploughs to dig furrows in which seeds are sown. Some farmers use animals to pull ploughs. Nowadays, most farmers use tractors to plough their fields.



ploughing the field



sowing seeds



a tube well

2. After the soil has been prepared, the seeds are put in the furrows made in the soil. This is called sowing.

3. Crops need water to grow. Water is supplied to the field from wells and tube wells.

4. Farmers add manure and fertilisers to the soil to make it rich in minerals.

5. They also spray pesticides and insecticides to kill harmful pests and insects.

6. To protect the crops from birds and animals, farmers put up scarecrows.



a farmer spraying pesticide



a scarecrow

7. When the crop is ripe, it is cut. This is called **harvesting**. It is done by sickles or machines.
8. Farmers pack the crops in gunny bags. These bags are then transported in trucks to the wholesale markets.



a sickle



harvesting



gunny bags transported in trucks



a wholesaler



a shopkeeper

9. Shopkeepers and vendors buy the crops from **wholesalers**.

10. Finally, we buy food crops from these shopkeepers and vendors. We buy cereals, pulses, sugar and oil from a **grocer**. We buy vegetables from a **greengrocer** and fruits from a **fruit seller**.

Now, Smita knows how food travels from the farmers to our plates.

Spices

You must have noticed that your mother flavours food with spices like ginger, cloves and chillies. Spices are parts of plants that have a **strong taste** and **smell**. They are used to give food more flavour or a special flavour. Some spices have **medicinal** value as well.

Some Common Spices

Chilli : We add chilli powder to food to make it hot and spicy. We also use chilli powder to make hot sauces and pickles.

Turmeric : Turmeric powder is used to make food look yellow. It is used as a yellow dye as well. When you get hurt,



a variety of spices



chilli



turmeric

your elders often apply yellow turmeric powder to your wounds. Turmeric heals your wounds. It is also used to make cosmetic creams.

Black Pepper : It is the world's most popular spice. It gives food a nice flavour.



black pepper



cloves

Cloves : They look like nails. Clove oil helps to relieve toothache. It is also used in perfumes and soaps.

Spices like cloves, cardamom and turmeric are recognised by their smell.

Spices like black pepper and cinnamon can be recognised by their taste.

Plants provide us with many useful things.



EXERCISES

(Use Cordova Smart Class Software on the smart board in class to do these exercises.)

A. Tick (✓) the correct answers.

1. Farmers use to plough the fields.

(a) cars

☐

(b) bicycles

☐

(c) tractors

☐

2. Cutting crops when they are ripe is called

(a) manuring.

☐

(b) harvesting.

☐

(c) irrigation.

☐

3. The spice used to heal our wound is

(a) turmeric.

☐

(b) clove.

☐

(c) black pepper.

☐

4. Farmers add manure and fertilisers to the soil to make it rich in

(a) fats.

☐

(b) carbohydrates.

☐

(c) minerals.

☐

B. Circle the odd one in each group. Give reasons for your answers.

1. turmeric cloves onion black pepper

2. ploughs tractors hammers sickles

3. pesticides medicines insecticides fertilisers

C. Fill in the blanks.

1. A farmer prepares the soil by the field.

2. Water is supplied to the fields from and

3. Farmers put up to protect food crops from bird

4. Farmers pack crops in

D. Think and tell who am I.

1. I am powdered fine to make food hot and spicy. I am
2. I look like nails. I am used to relieve toothache. I am
3. I am the most popular spice. I give food a nice flavour. I am
4. I am added to make your food look yellow. I am

E. Name the following farm equipment.



1.

2.

3.

F. Very short answer questions.

1. What do farmers use for harvesting the crops?
2. Where does the farmer sell his produce?
3. From where do you buy the following items?
(a) food grains (b) fruits and vegetables

G. Short answer questions.

1. How do farmers plough the fields?
2. Give any two uses of turmeric.
3. Why do farmers add manure and fertilisers to the soil?
4. Why do farmers spray pesticides and insecticides in the fields?

H. Long answer questions.

1. Describe the journey of food.
2. At times, when we are not hungry, we waste food. But there are so many people who don't get any food to eat. How can you, as a student, help to solve this problem?



ACTIVITY/PROJECT

Value Corner

TEST FOR FATS

You need: Food items like potato chips, groundnut, butter, uncooked rice, oil, banana and two sheets of plain white paper

Procedure: Rub each food item on the sheet of paper. Hold the sheet in front of a light source.

Observation: The sheet will have oily patch on it, if the food has fat.

groundnut
wrapped in
a paper



oily
patch



Use natural fertilisers.

