

Social Studies Success

2
Book

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GOYAL BROTHERS PRAKASHAN



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EDUCATIONAL PUBLISHERS

Sales & Registered Office :

11/1903, Chuna Mandi, Paharganj, New Delhi - 110055

Post Box : 5720, Phones : 23584658 & 23582812

E-mail : info@goyal-books.com

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First Edition : 2020

Printed and Published by

Roshan Lal Goyal for Goyal Brothers Prakashan, New Delhi

INTRODUCTION

The series **SOCIAL STUDIES SUCCESS** is a set of five books for students of **Classes 1 to 5**. It is strictly according to the latest **National Curriculum Framework** (NCF) meant for schools affiliated to **CBSE** and other schools affiliated to various **State Education Boards**. Each book in the series is supplemented with **ANIMATED CD, TEACHER'S RESOURCE BOOK, ONLINE SUPPORT** and **E-BOOK** for teachers.

This innovative series opens up new vistas for the students. They are led step by step towards an understanding of themselves, their homes, families and their environment. This knowledge, in turn, leads them to understand the role they have to play in this rapidly changing and ever-shrinking world.

Salient features of the Course Books :

- u **Learner-centred and Activity-based Approach.**
- u **Captivating photographs and illustrations.**
- u **DID YOU KNOW** : Gives interesting information related to the subject matter.
- u **THINGS I HAVE LEARNT** : Summarises important points in the lesson for easy recapitulation.
- u **KEY WORDS** : Gives difficult words and their meanings.
- u **THINK AND ANSWER** : Various types of Assignments for summative Assessment.
- u **DO AND LEARN** : Various types of Assignments for Formative Assessment.
- u **LIFE SKILLS** : Includes activities and themes to help children lead a productive and fruitful life.
- u **SURF AND LEARN** : Includes various website for enhancing the knowledge of students.

Salient features of other Components :

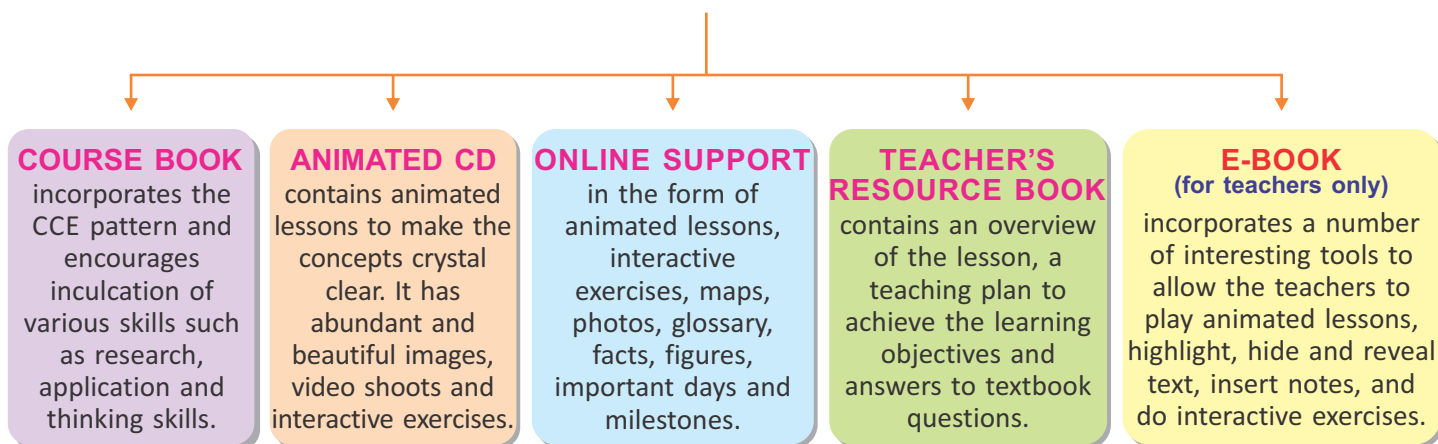
- u **ANIMATED CD** : Contains animated lessons to make the concepts and the contents easy to understand.
- u **TEACHER'S RESOURCE BOOK** : Contains an overview of the lesson, teaching plan and answers to textbook questions.
- u **ONLINE SUPPORT** : Contains animated lessons, interactive exercises, maps, photos, glossary, facts, important days and milestones.
- u **E-BOOK FOR TEACHERS**: Incorporates a number of tools to allow the teachers to play animated lessons, highlight, hide and reveal the text and insert notes.

We hope the new series **Social Studies Success** finds favour with teachers and students. Suggestions for improvement are welcome from teachers, students and other readers of the books.

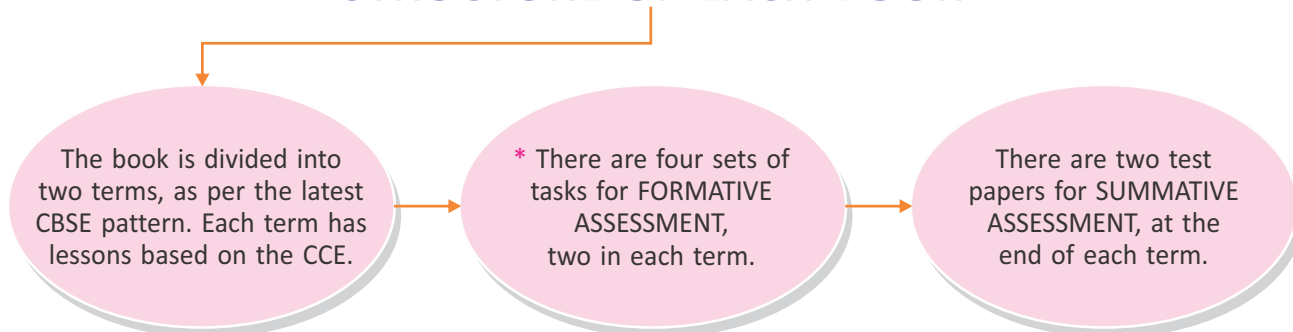
– Publisher

THE SERIES AT A GLANCE

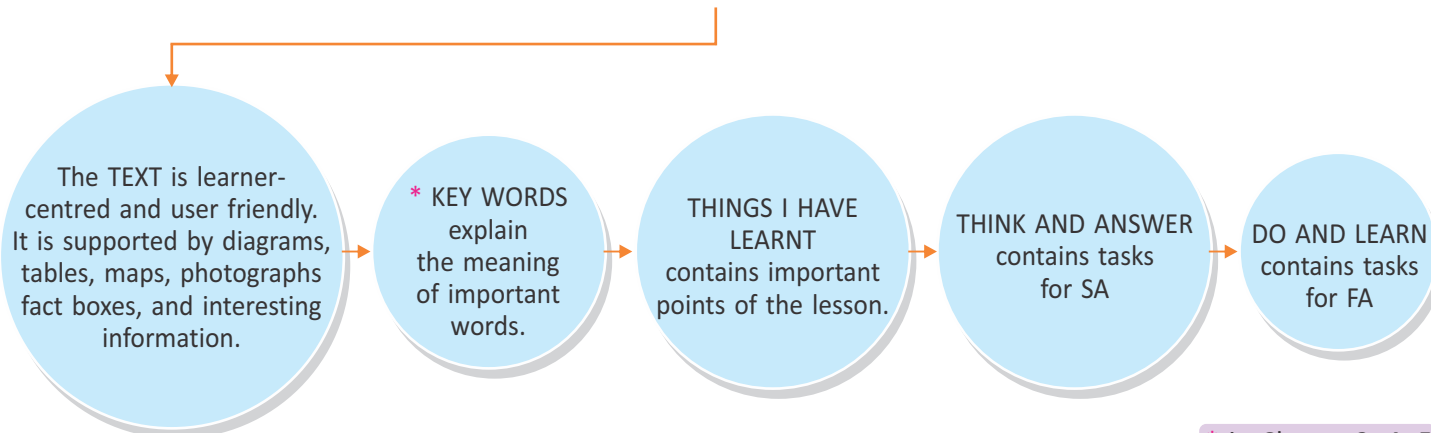
COMPONENTS OF THE BOOKS IN THE SERIES



STRUCTURE OF EACH BOOK

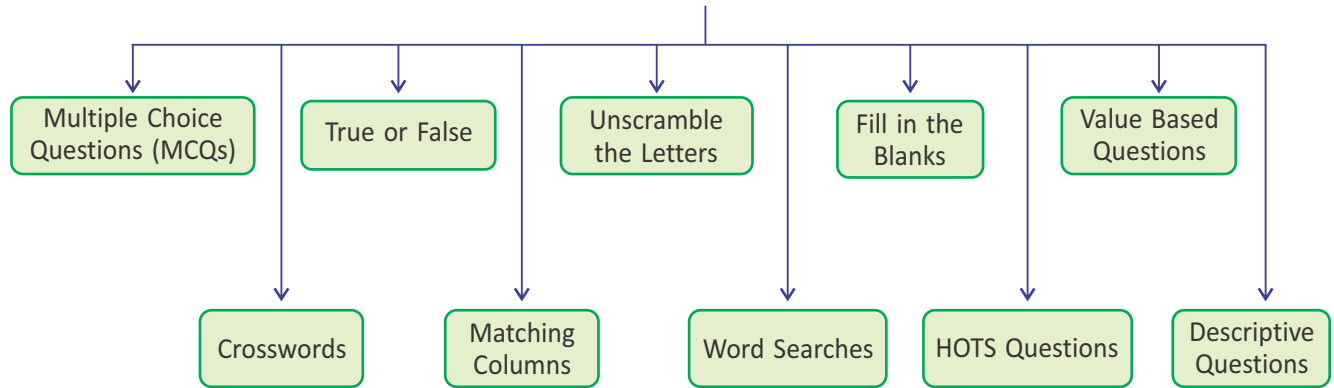


STRUCTURE OF EACH LESSON



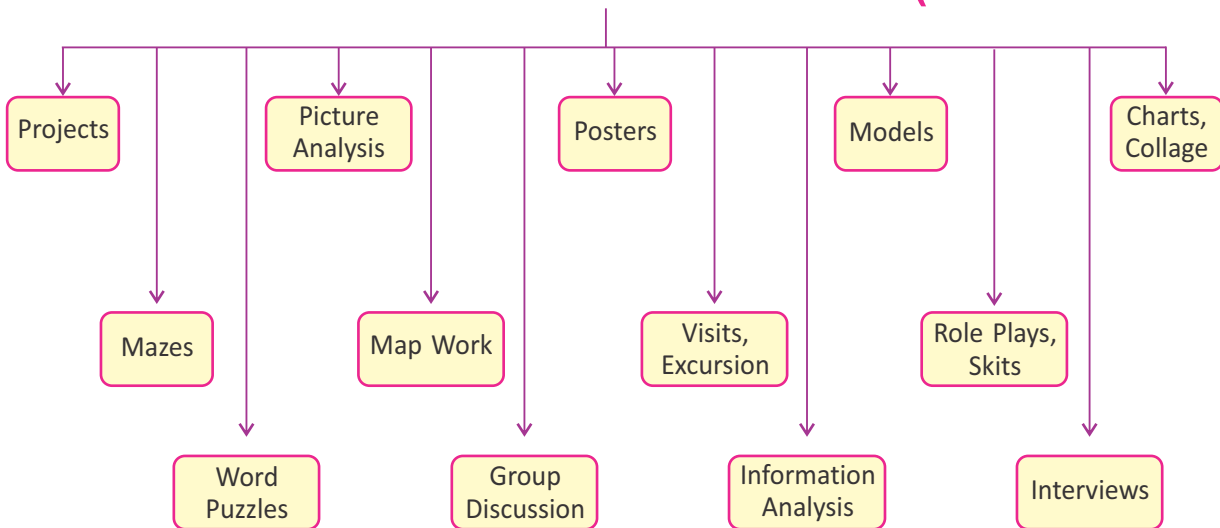
* in Classes 3, 4, 5

TASKS FOR SUMMATIVE ASSESSMENT (THINK AND ANSWER)



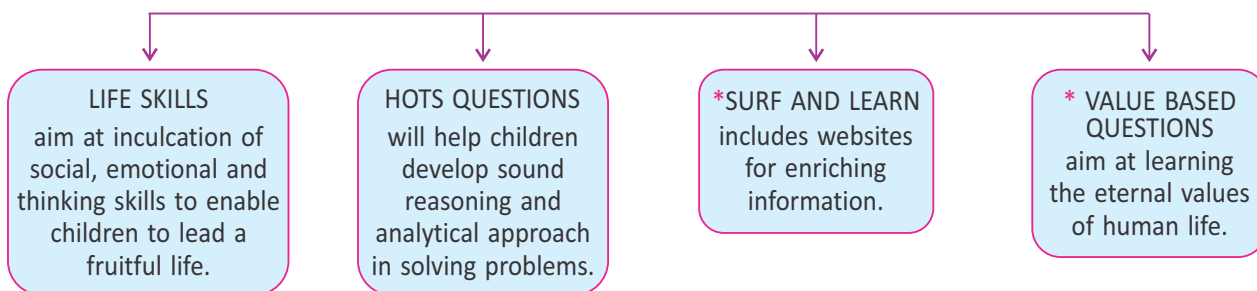
and more....

TASKS FOR FORMATIVE ASSESSMENT (DO AND LEARN)



and many other varieties of tasks....

MANY MORE.....



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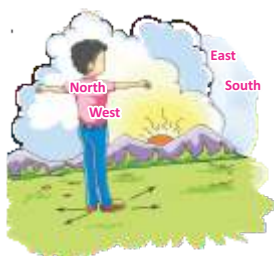


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O



ABOUT MYSELF

My name is _____.

I am _____ years old.

My birthday is on _____.

My address is _____

_____.

My telephone number is _____.

I study in _____

_____ school.

Paste your
recent
photograph
here

Paste your
best friend's
photograph
here

The name of the Principal of my school is _____

_____.

My best friend is _____.

My favourite food is _____.

My father's name is _____.

He is a/an _____.

My mother's name is _____.

She is a/an _____.

My grandfather's name is _____.

My grandmother's name is _____.

My brother's name is _____.

My sister's name is _____.

My height is _____ centimetres.

My weight is _____ kilograms.

for the teacher

- Explain to children the changes that take place in height and weight as they grow.
- Discuss how all living organisms grow.

2

MY FAMILY

Father, mother and children make a **family**. Every person in the family is known as a **family member**. Mother and father are called **parents**.

TYPES OF FAMILIES

A **small** family has mother, father and one or two children. It is also called a **nuclear family**.



A small family



A large family

A **single-parent** family has either mother or father and children.



A single-parent family



A joint family

A **joint family** has grandparents, father, mother, children, uncles, aunts and cousins.

Do you know who are uncles and aunts?

Brothers of your mother or father are called your **uncles**.

Sisters of your mother or father are called your **aunts**.

Children of your uncles and aunts are called your **cousins**.

Members of a family also have a common name or family name. It is called the surname. Some common surnames are **Singh, Sharma, Gupta, Khan**.

- | What is your surname ? _____
- | What type of family do you have ? _____
- | How many members are there in your family? _____

ROLE OF FAMILY MEMBERS

Members of a family live together. They love and help each other in times of need. Every member of the family plays an important role. **Parents** take care of the home, food, clothes and education of their children. They teach them good manners and help them become good citizens.

Father earns money. He helps children in studies. He also helps mother in the household work.

Mother looks after the household. She cooks food for the family. She helps children in studies. Some mothers also work.



Every family member has a role in the family

Children also help the parents in the house. They study and obey their elders.

You can all make your parents happy if you—

- | | |
|--------------------|--------------|
| Obey them | Respect them |
| Love them | Help them |
| Do well in studies | |



Things I have learnt

- * Parents and their children make a family.
- * A family is of many types — small, large, single parent and joint.
- * Brothers of father or mother are called uncles.
- * Their sisters are called aunts.
- * Every family has a surname.
- * Every member of the family plays an important role.
- * Parents take care of the children's needs.
- * Children should respect, love, obey and help their parents.



Think and Answer

Tasks For SA

A. Circle the correct words.

MULTIPLE CHOICE QUESTIONS

1. Mother and father are called **parents** / **family**.
2. Children should **help** / **trouble** their parents.
3. Father **should** / **should not** help mother in household work.
4. Brothers of your mother or father are called **uncles** / **cousins**.
5. Members of a family have a common name called **surname** / **sirname**.

B. Rearrange these letters to name family members.

1. T F A R E H _____

2. O T E H M R _____

3. N O C U I S _____

4. S T I E S R _____

5. R O T H B E R _____

6. T U A N _____

C. Answer the following questions.

1. What is a nuclear family?
2. Who live together in a joint family?
3. Who are called uncles?
4. Who are called aunts?
5. What is a surname?



Do and Learn

Tasks For FA

D. Paste your family photograph.

E. Match the names and surnames of these famous people.

1. Gandhi

(a) Vallabhbhai



2. Nehru

(b) Sachin



3. Tendulkar

(c) Jawaharlal



4. Patel

(d) Mahatma



F. Divide children into three groups. Let each group act out a nuclear/ large / joint family. Each child comes dressed as a family member and does a role-play.



Life skills (Thinking and EMOTIONAL)

Read it, understand it and colour it.

PARENTS AND CHILDREN
MAKE A HOUSE HEAVEN

for the teacher

- The 'World Family Day' is celebrated every year on May 15. Talk about it.
- Ask children to respect, obey and help their parents and grandparents.

3

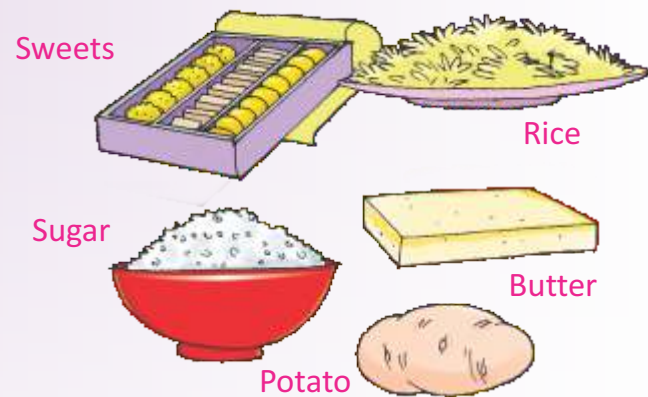
FOOD

Your mother gives you different types of food to eat. Food helps you to grow and become strong. It gives you energy to work and play. To remain fit and healthy we need different kinds of food. There are three main kinds of food.

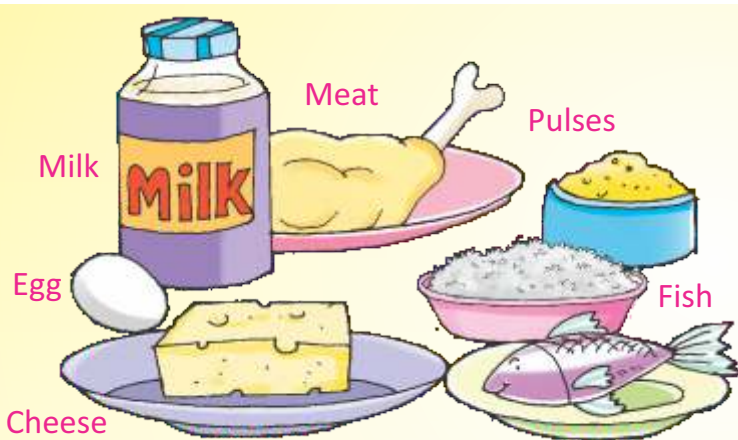


ENERGY-GIVING FOODS

Foods like sugar, potato, rice, butter and sweets give you a lot of energy. They are energy-giving foods.



Energy-giving foods



BODY-BUILDING FOODS

Foods like milk, pulses, meat, fish, cheese and eggs help to build up the body. They are body-building foods.

Body-building foods

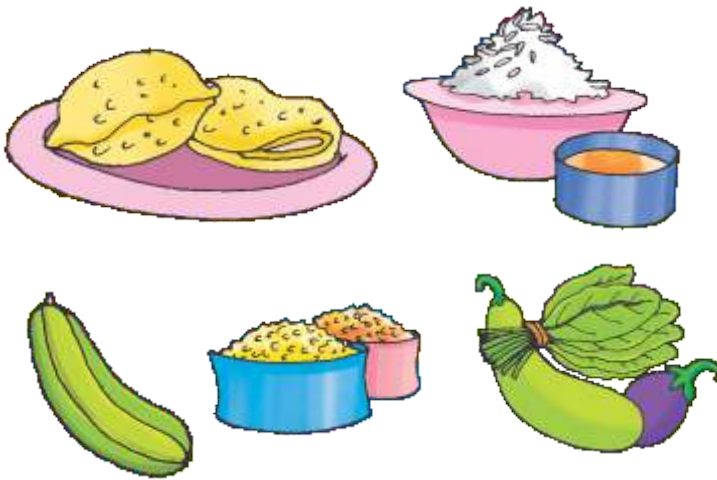
PROTECTIVE FOODS

Foods like vegetables and fruits protect you from diseases and help you to remain healthy. They are protective foods.



Fruits and vegetables are protective foods.

We get food from plants and animals.



Food we get from plants.



Food we get from animals.

We must have our food at fixed intervals of time. Breakfast, lunch and dinner are the three important meals of the day.

Breakfast is the first meal of the day.
We eat breakfast in the morning.

Lunch is the meal we eat in the afternoon.

Dinner is the meal we eat at night.



A child having a meal.

Depending on what people eat, they can be called **vegetarians** and **non-vegetarians**.

People who do not eat fish, chicken, meat and eggs are called **vegetarians**.

People who eat fish, chicken, meat and eggs are called **non-vegetarians**.

Food that we eat can be eaten **raw** (uncooked) or **cooked**. Cooking makes the food soft, tasty and easy to digest.

Water : We should drink 6-8 glasses of water every day. Water helps us to digest the food we eat. It helps us to throw out the undigested wastes from the body.

Good food habits : We must learn good food habits.



A child drinking water

- n Wash your hands before and after every meal.
- n Eat only when you are hungry.
- n Eat fresh and clean food only.
- n Do not talk while eating.
- n Do not eat uncovered food.
- n Chew the food well.
- n Eat plenty of fruits and vegetables.
- n Do not overeat.
- n Do not buy food from the street vendors.
- n Do not eat junk food. It is not good for health.



Wash your hands before
and after a meal

Do you know?

Junk food is the food which we eat because we like its taste but it is not good for health. Burger, pizza, chips and soft drinks are junk foods.



Things I have learnt

- * Food helps us to stay fit and healthy.
- * There are three kinds of food :
(a) Energy-giving foods. (b) Body-building foods (c) Protective foods.
- * We must have food at fixed intervals of time.
- * Breakfast, lunch and dinner are the three main meals of the day.
- * Food can be cooked or eaten raw.
- * We should drink 6-8 glasses of water every day.
- * We must learn good food habits.



Think and Answer

Tasks For SA

MULTIPLE CHOICE QUESTIONS

A Circle the correct words.

1. Food helps to grow and become **strong** / **weak**.
2. Breakfast is the **first** / **last** meal of the day.
3. Cucumber is eaten **raw** / **cooked**.
4. Do not **eat** / **overeate**.
5. **Do not eat** / **eat** junk food.

B. Match the following.

1. Breakfast

2. Lunch

3. Dinner

4. Water

5. Fruits

(a) Helps in digestion

(b) Protective foods

(c) Morning

(d) Afternoon

(d) Night

C. Answer the following questions.

1. Why do we need food ?

2. Where do we get food from ?

3. What is the difference between vegetarians and non-vegetarians?

4. Why do we cook food ?

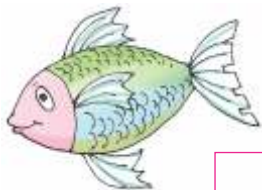
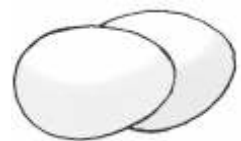
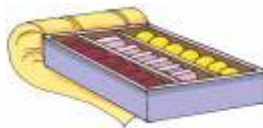
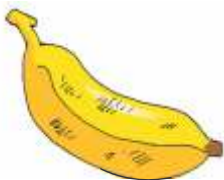
5. How is water important for our body ?



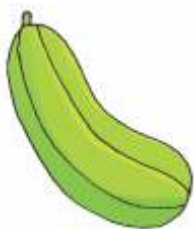
Do and Learn

Tasks For FA

D. Write 'E' for energy-giving foods, 'B' for body-building foods and 'P' for protective foods.



E. Tick (3) the food we cook and cross (7) the food we eat raw.


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F. Write P for the food we get from plants and A for the food we get from animals :


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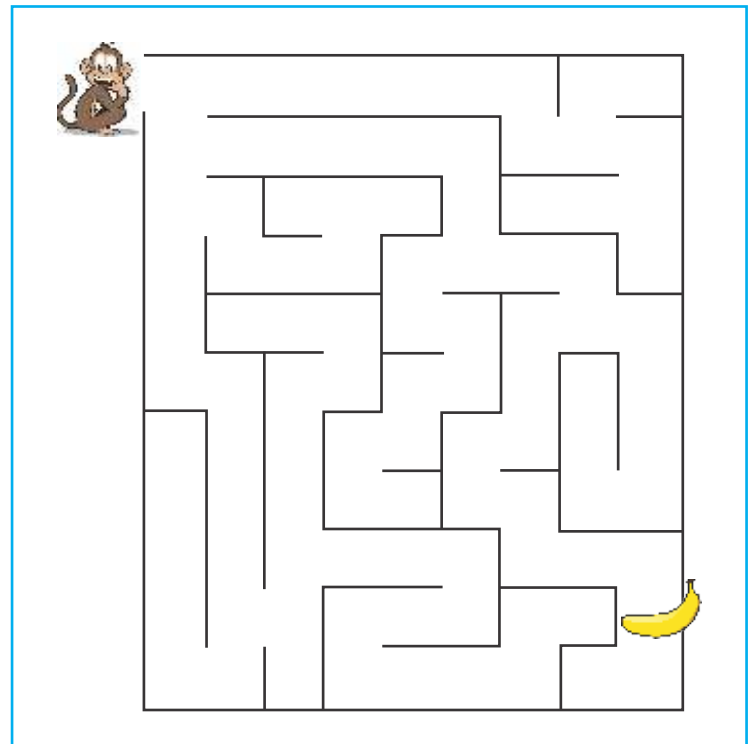
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G Take the monkey to the banana.



Life skills (Thinking)

Tick (3) the correct food habits.

- Chew the food well.
- Do not talk while eating.
- Eat whenever you like.
- Rinse your mouth after meals.
- Eat plenty of junk food.
- Watch TV while eating.
- Eat fruits and green vegetables.

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for the teacher

- Discuss why we should not miss our breakfast.
- Emphasise why we should not overeat.
- Explain how junk food is harmful.