



Updated & Enriched

comic strips • my page • fun with colours • notes for the teacher



# My Big Book of SOCIAL STUDIES

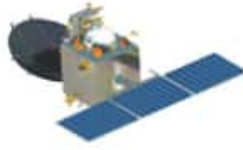
I



Rama Sagar



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# My Big Book of SOCIAL STUDIES

## I

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BLUE FISH



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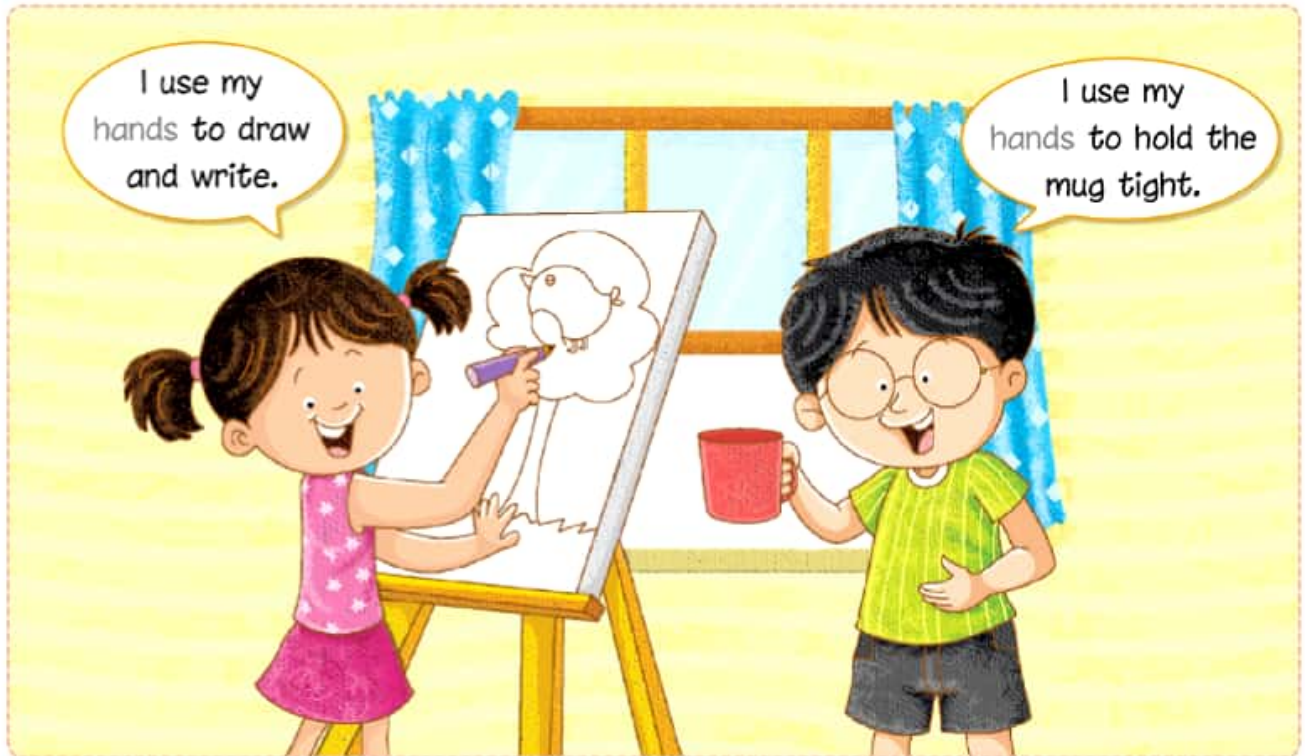
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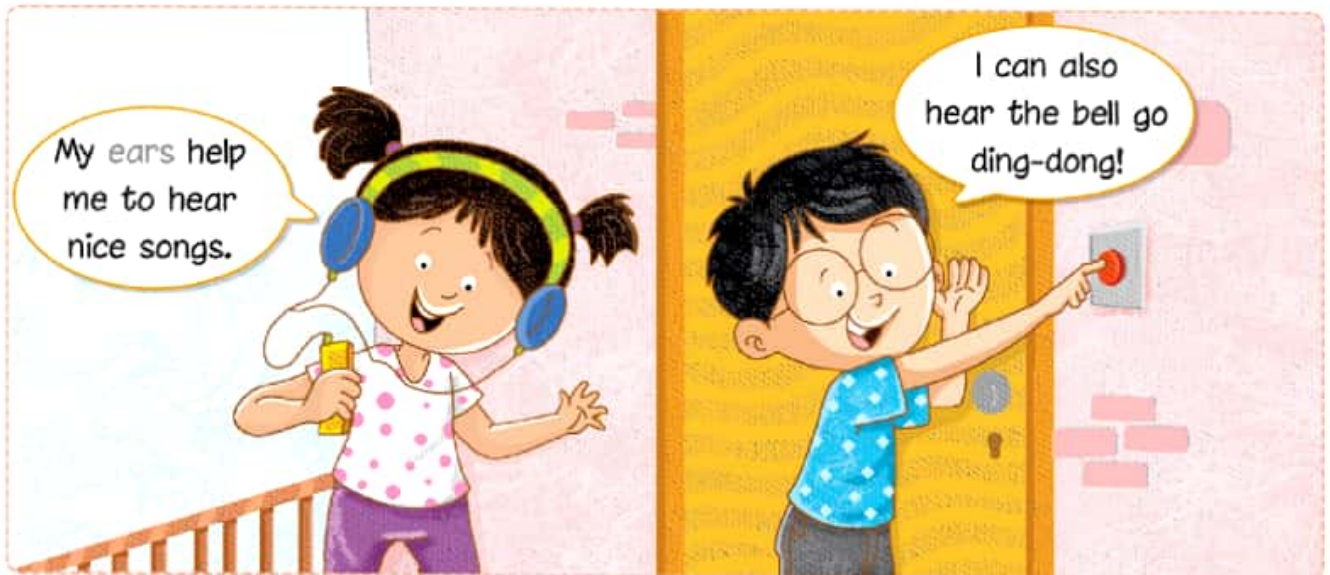
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# Thank You!

Mina and Manu are friends.








## Do and learn



A Colour the  for things you do with your hands.

brush

run

clap

walk

comb

B Draw lines to match.

eye

ear

hand

nose

leg

thumb



C Write the missing letters.

1. I d r a w with my hands.

3. I use my l g s to jump.

2. I s         with my eyes.

4. I smell with my n     s e

D Write how many you have.

1. I have one nose.

3. I have        eyes.

2. I have        hands.

4. I have        ears.





# The Food We Eat



## Get Set!

What do you see in the basket?



Read the sentences. Write A, E, I or O.

1. I am a red fruit. I am an     .
2. I am a brown vegetable. I am a      .
3. I am a yellow fruit. I am a     .
4. I am a green vegetable. I am a       .

Things that we eat are called food. We eat food when we are hungry. We need food to

grow big.



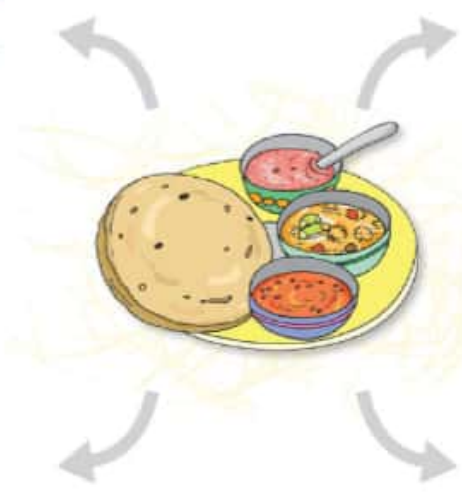
stay healthy.



become strong.



get energy to study and play.



## WHAT DO WE EAT?

We eat fruits



. We eat vegetables



We eat dal, chapatti and rice



Some of us eat eggs and meat.



We drink milk and juice.  
Mummy and Papa drink tea and coffee.  
Babies drink only milk.



Our body needs water. We must drink plenty of water every day.

### REMEMBER

- Wash your hands before and after you eat anything.
- Eat clean and fresh food.
- Do not waste food. Take only what you can finish.
- Rinse your mouth after you eat anything.



Hello!  
I am Miku.  
I eat fresh  
fruits.

Hello!  
I am Piku.  
I do not eat  
many sweets.





## Read and answer



### A Circle the correct answers.

1. We need books / food when we are hungry.
2. Babies drink milk / tea.
3. Our body needs toys / water.
4. We must never waste / eat food.



### B Fill in the blanks. Choose words from the mango.

1. Things we eat are called food.
2. Food helps us to \_\_\_\_\_
3. We must drink plenty of \_\_\_\_\_
4. We must eat clean and \_\_\_\_\_ food.



### C Think and answer.

Read the sentence. Tick (✓) the correct picture.

You cut this on your birthday.



## Do and learn



### D ACTIVITY Draw lines to put the fruits in the correct baskets.



**E** Circle these food items.

D	O	S	A	C	C
Z	N	U	T	S	H
J	A	G	J	K	E
K	J	A	M	R	E
L	M	R	Z	T	S
X	D	R	I	C	E

dosa

cheese

jam

rice

sugar

nuts

**F** Join the dots from 1 to 20. What did you get? Colour it.

Wash it well before you eat.

**G VALUE** Tick (✓) if you do these.

- \* I wash my hands before eating.
- \* I finish everything on my plate.

Two ticks mean 😊

One tick means 😐

Zero tick means ☹️



## The Clothes We Wear



### Get Set!

Tick (✓) the pictures of the things we wear.



Which dress would you like to wear on your birthday?  
Tell your partner.

We wear clothes to cover our body.  
Clothes keep us safe from



We wear cotton clothes in summer.  
Cotton clothes keep us cool.



We wear woollen clothes in winter.  
Woollen clothes keep us warm.





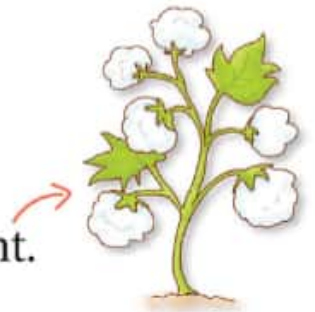
We wear a raincoat when we go out in the rain.  
A raincoat keeps us dry.



Clothes are made from cloth.  
Cloth comes from plants and animals.



We get cotton from the cotton plant.  
We get wool from sheep.



We wear a uniform to school.  
Some other people also wear a uniform.

Name two such people. \_\_\_\_\_

I love my uniform.



### Read and answer



#### A Draw lines to match.

1. cotton clothes
2. school dress
3. woollen clothes
4. raincoat

- a. uniform
- b. the rain
- c. summer
- d. winter

I am a nurse. This is my uniform.



**B Tick (✓) the correct pictures.**

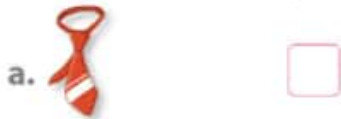
1. Clothes keep us safe from this.



2. We wear this to keep warm in winter.



3. This keeps us dry in the rain.



4. We get wool from this animal.



**C Answer these questions.**

1. Name two things that clothes keep us safe from.

Clothes keep us safe from \_\_\_\_\_

2. Where do we get cloth from?

We get cloth from \_\_\_\_\_

3. What do you wear to school?

I wear \_\_\_\_\_

**D Think and answer.**

It is a hot day. What will Tia  wear? Tick (✓) the correct picture.



**HOTS**  




## Do and learn

1. skirt
2. t-shirt
3. socks
4. pants

**E ACTIVITY** Write the correct numbers in the . Choose from the tree.



**F** Write the missing words.

We get cloth from plants and animals.

We get \_\_\_\_\_ from the cotton plant.

Cotton clothes keep us \_\_\_\_\_. We wear them in summer.

We get \_\_\_\_\_ from sheep.

Woollen clothes keep us warm. We wear them in \_\_\_\_\_.

**G LIFE SKILL** Tick (✓) what you will wear first.







# Clean and Healthy



Get Set!

**Read this poem. Have fun!**

Each day we have a bath,  
Fill a bucket with water fast.  
Use soap for body and face,  
Clean hard under the nails,  
Pour water to rinse the hair  
And wipe ourselves with care.  
Each day we have a bath  
For a fresh and healthy start.



We must take care of our body.  
We must stay clean and healthy.



### KEEP CLEAN

We must do the following.



Brush our teeth  
\* in the morning, and  
\* before going to bed at night.



Wash our hands  
\* before and after eating, and  
\* after using the toilet.

Bathe every day with soap and water.







Cut our nails and keep them clean.



\* Use a clean towel to wipe ourselves.

\* Wear clean clothes.

\* Never share our toothbrush , comb , towel  and hanky  with anyone.

It can make us ill.



## STAY HEALTHY

We must exercise every day.

Running, swimming and playing keep us healthy.



## Rest and sleep

We must rest when we are tired. We must sleep for eight hours every night. Our body gets rest when we sleep.



This is Kuhu.

Kuhu eats fresh and clean food.

She drinks clean water.

Kuhu is a healthy girl.



## Read and answer



### A Fill in the blanks. Choose words from the box.

1. We use a clean \_\_\_\_\_ to wipe ourselves.
2. \_\_\_\_\_ keeps us healthy.
3. We \_\_\_\_\_ for eight hours every night.
4. We drink \_\_\_\_\_ water.



sleep  
towel  
Swimming  
clean

### B Write Y for Yes. Write N for No.

1. We must comb our hair every day. Y
2. Exercise makes us sick. \_\_\_\_\_
3. We get tired when we sleep. \_\_\_\_\_
4. We must eat fresh food. \_\_\_\_\_



### C Answer these questions.

1. When should we brush our teeth?  
We should brush

2. Write the names of two things that we must never share.  
We must never share our

3. What does Kuhu do to stay healthy?  
Kuhu

### D Think and answer.

Number the pictures from 1 to 4.





## Do and learn



**E ACTIVITY** Colour the clouds that have the correct answers.

1. This keeps your hair clean.

shampoo

toothpaste

2. Mummy uses this to cut your nails.

toothbrush

nail cutter

**F** Tick (✓) your answers. You can tick more than one .

1. How many times a day do you brush your teeth?

a. once

b. twice

c. every time you eat something

2. When do you have a bath?

a. after coming back from school

b. in the morning

c. before going to bed at night

3. How many meals do you have in a day?

a. one

b. two

c. three

4. How many glasses of water do you drink in a day?

a. four

b. six

c. eight

**G VALUE** Tick (✓) what you do.

1. You

a. go to bed early and wake up early.

b. go to bed late and wake up late.

2. When you brush your teeth, you

a. let the tap water flow.

b. turn off the tap.

I wake up  
early in the  
morning.





# Me and My Friends



## Get Set!

Read this story.

There was a big lion. One day he caught a mouse.



The lion felt sorry for the mouse. He let him go.



After some days, the lion was caught in a net.



The mouse and his friends cut the net. The lion was free.



We learn good manners at home and in school.  
We greet our elders.



## Some magic words that I SAY



**PLEASE**  
when  
I want  
something.

**SORRY**  
if  
I hurt  
someone.

**THANK YOU**  
when  
someone  
gives me  
something.

**IT IS ALL  
RIGHT**  
when  
someone says  
'sorry' to me.

**WELCOME**  
when  
someone says  
'thank you'  
to me.

**EXCUSE ME**  
when  
I sneeze.



## THIS IS WHAT I DO



I walk in a line in school.  
I do not push others.



I wait for my turn to speak.  
I never shout in class.



I share my things with others.  
I help my friends.



I throw waste in the dustbin.  
I keep my house clean.

Read what these children are saying.



I do not waste paper.

I keep my classroom clean.



I save water.

I love plants and animals.







## Read and answer



### A Circle the correct answers.

1. When Papa gives me sweets, I say thank you / welcome.
2. If I hurt someone, I say please / sorry.
3. I throw orange and banana peels in the cup / dustbin.
4. I save / waste water.

### B Colour the for children who have good manners.

1. Joy greets his elders.
2. Alia shares crayons with her sister.
3. Bobby shouts in the class.
4. Niru helps Papa to keep the house clean.
5. Bittu wastes paper.



### C Answer these questions.

1. Where do we learn good manners?  
We learn good manners
2. What should we say if someone says 'sorry' to us?  
We should say
3. Write any two magic words.  
\_\_\_\_\_

### D Think and answer.

You need your elder sister's help to learn cycling. Which magic word will you use to ask for her help? Circle your answer.

SORRY

PLEASE

WELCOME



HOTS  
?

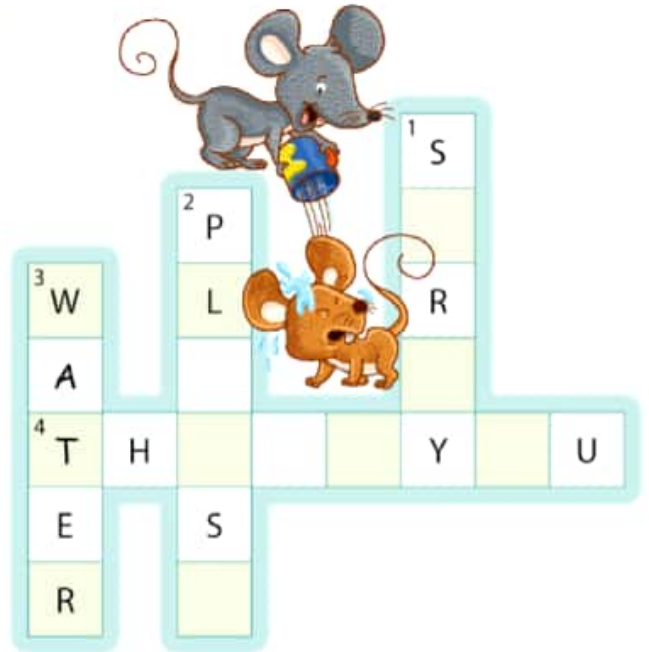


## Do and learn



**E ACTIVITY** Read the clues.  
Write the missing letters.

- 1 Say this if you hurt someone.
- 2 Say this if you want something.
- 3 \_\_\_\_\_ the plants to show that you love them.
- 4 Say this if someone gives you something.



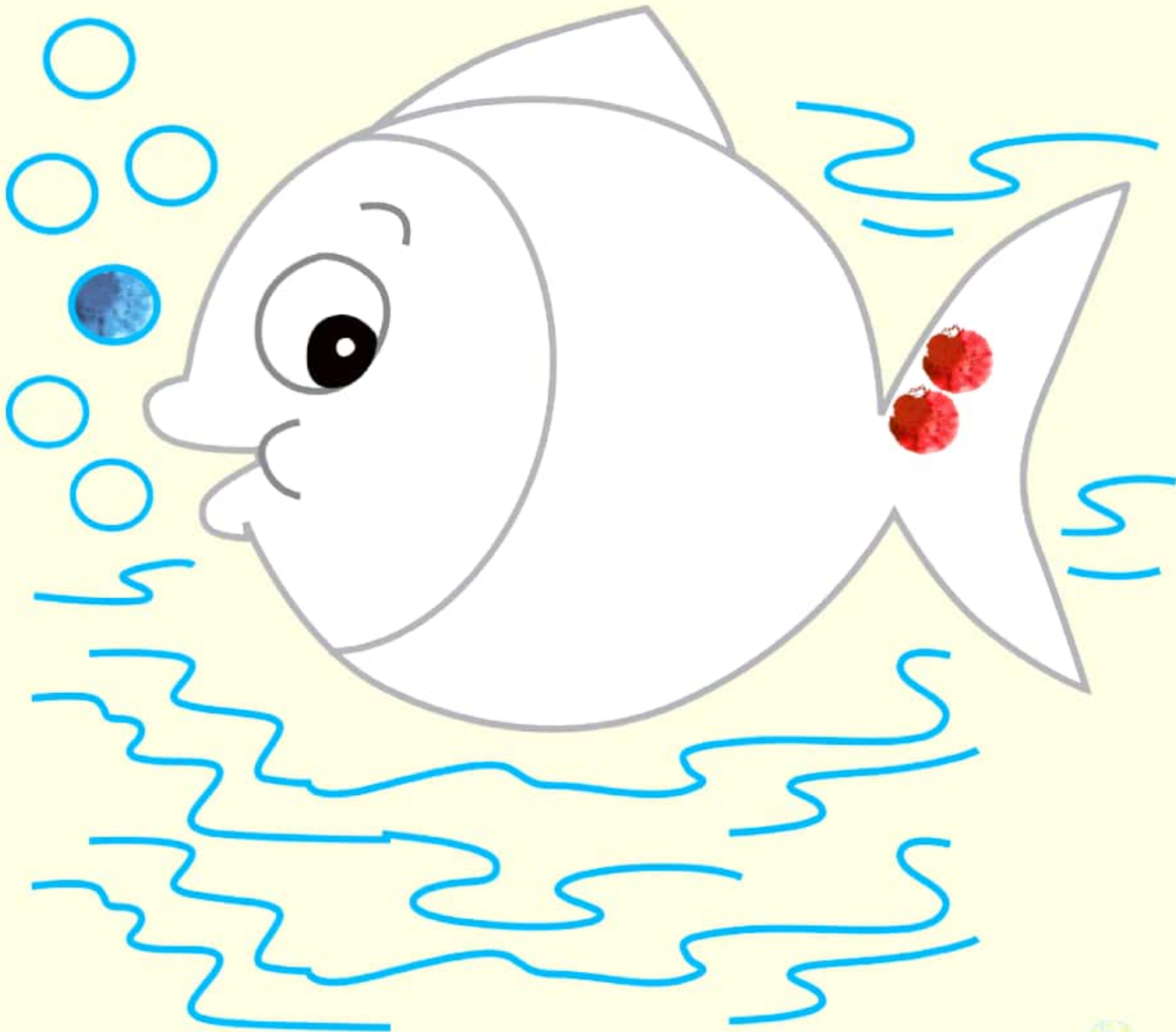
**F** Write the magic words.



# MY PAGE

for lessons 1 – 4

Take pieces of cotton wool. Dip them in different colours.  
Press them on the picture as shown.



# Fun with Colours

Trace the letters. Then colour the umbrella.

