



A Book of Environmental Studies Planet

1



Solution Manual



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1 Get to Know Me!

EXERCISE

A. Do yourself.

B. Fill in the blanks with correct words.

Birthday, school, favourite, different

1. We all like to do **different** things.
2. The thing that we like doing most is our **favourite** thing.
3. Every child wears an identity card to **school**.
4. **Birthday** is the day when you were born.

C. Do yourself.

2 My Family

EXERCISE

A. Tick (3) the correct option.

1. You live in a :
(a) small family ☒ (b) big family ☐ (c) joint family ☐
2. Father and mother together are called :
(a) parents ☒ (b) siblings ☐ (c) grandparents ☐
3. Brothers of our parents are called :
(a) uncles ☒ (b) brothers ☐ (c) none of these ☐

B. Fill in the blanks with correct words.

joint family, related, siblings, Big families

1. A family is a group of people who are **related** to each other.
2. Our brothers and sisters are called our **siblings**.
3. **Big families** may have five or six members.
4. Parents, siblings, grandparents, uncles, aunts and cousins live together in a **joint family**.

C. Write the type of the family shown in the pictures given below.



Small family



Big family



Joint family

D. Do yourself.

E. Answer these questions orally.

1. Our brothers and sisters are called our siblings.
2. Small families have three or four members—father, mother and one or more children.
3. Big families have five or six members—father, mother and more than two children.
4. Parents, siblings, grand parents, uncles, aunts and cousins live together in the same house in a joint family.

3

My Body



Let's Answer

- Write down two activities which we do with the following parts of our body.

With hands

holding

writing

With feet

walking

running



A. Tick (3) the correct option.

1. _____ is the top most part of the body.
 (a) Neck ☐ (b) Head ☐ (3) (c) Trunk ☐
2. Our _____ help us to see.
 (a) eyes ☐ (3) (b) ears ☐ (c) nose ☐
3. Our _____ helps us to smell.
 (a) nose ☐ (3) (b) head ☐ (c) tongue ☐

4. The trunk has _____ main part.
(a) two ☒ (b) three ☐ (c) four ☐

B. Fill in the blanks with correct words.

skin, mouth, ears, eyes

1. Our **mouth** helps us to eat.
2. Our **eyes** help us to see.
3. Our **ears** help us to hear.
4. Our **skin** helps us to feel.

C. Write True or False.

- | | |
|---|--------------|
| 1. Our ears help us to hear sounds. | True |
| 2. Our eyes can see things in the dark. | False |
| 3. We can taste food with our tongue. | True |
| 4. We can smell with our skin. | False |

D. Answer these questions orally.

1. The top most part of our body is called head.
2. Our nose help us to smell.
3. Sense organs help us to know about our surroundings.
4. Legs and feets are used for walking, playing and running.
5. The face has different parts such as forehead, eyes, nose, ears, mouth, nose, tongue, teeth, chin etc.
6. The trunk has two main parts. Upper part is called chest and lower part is called abdomen.

4 Looking After My Body

A. Tick (✓) the correct option.

1. We must wear :
(a) clean clothes ☐ (b) ironed clothes ☐ (c) both of these ☒
2. We should wash our eyes with :
(a) cold water ☒ (b) dirty water ☐ (c) hot water ☐
3. We should keep our nails.
(a) short ☒ (b) dirty ☐ (c) long ☐

4. We should never cover our face while :
 (a) coughing ☐ (b) sneezing ☐ (c) sleeping ☒

B. Fill in the blanks with correct words.

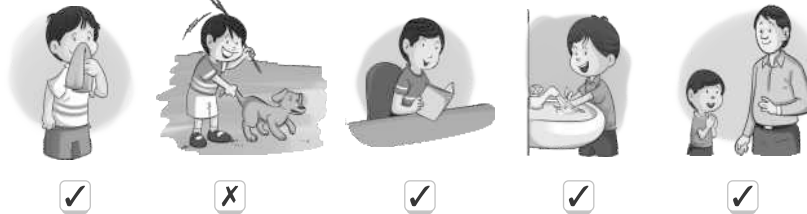
active, strong, fit, clean, fresh

1. Good health helps us to stay **active** and **fit**.
2. We should keep our nails **clean**.
3. We should eat **fresh** food.
4. Exercise makes our body **strong**.

C. Write True or False.

1. We should wash our hands with soap and water. **True**
2. Healthy children often fall ill. **False**
3. We should never oil our hair. **False**
4. Listening to music and reading stories make our mind fresh. **True**

D. Tick (3) the pictures showing good habits and cross (7) the ones which shows bad habits.



E. Answer these questions orally.

1. Four ways to keep ourselves clean are—brush our teeth regularly, take a bath daily, wash our hair with shampoo and we should keep our nail short and clean.
2. We should reading stories, listening music and playing indoor games to feel refresh.
3. We should go to bed early at night and get up early in the morning.
4. We should brush our teeth twice a day, in the morning and at night before going to sleep.
5. We should wash our eyes with clean and cold water.

5 Our Clothes



A. Tick (3) the correct option.

1. Clothes protect us from :
 (a) heat ☐ (b) cold ☐ (c) both of these ☒
2. We wear cotton clothes in :
 (a) summer ☒ (b) winter ☐ (c) none of these ☐
3. Woollen clothes keep our body :
 (a) cool ☐ (b) warm ☒ (c) wet ☐
4. We wear uniform to :
 (a) party ☐ (b) picnic ☐ (c) school ☒

B. Fill in the blanks with correct words.

warm, Gumboots, cool, cover

1. We wear clothes to **cover** our bodies.
2. Cotton clothes keep us **cool**.
3. Woollen clothes keep our body **warm**.
4. **Gumboots** keep our feet dry.

C. Write True or False.

1. Clothes protect us from heat, cold and rain. **True**
2. We wear woollen clothes in summer. **False**
3. We wear a raincoat when it rains. **True**
4. People wear uniforms to their work places. **True**

D. Answer these questions orally.

1. Because clothes protect us from heat, cold, wind and rain.
2. We wear shorts, T-shirt and cotton shirt during summer.
3. We wear sweater, jacket and woollen cap during winter.
4. When it rains, we use umbrella and raincoat.

6 Our House



A. Tick (3) the correct option.

1. The house in which we live is our :
 (a) home ☒ (b) school ☐ (c) hospital ☐

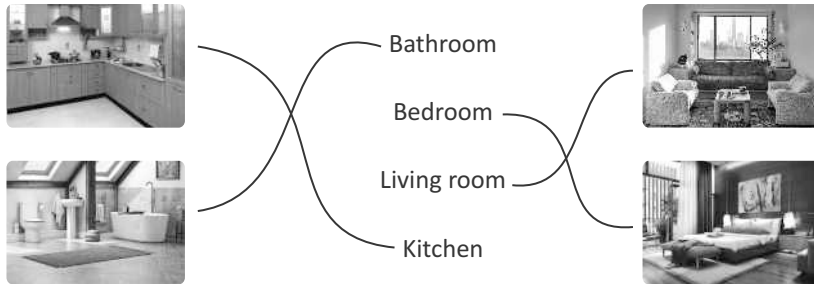
2. They are made of mud, straw, wood, bamboo etc.
 (a) hut ☒ (b) flat ☐ (c) bungalow ☐
3. Houses on the mountains usually have :
 (a) flat roofs ☐ (b) sloping roofs ☒ (c) none of these ☐

B. Fill in the blanks with correct words.

Kutchra, safe, dining room, Pucca

1. A house keeps us **safe**.
2. **Pucca** houses are mostly found in cities and towns.
3. **Kutchra** houses are mostly found in villages.
4. We eat meals in the **dining room**.

C. Match the rooms with their names.



D. Answer the following questions.

1. A house is a place where we live in.
2. Bricks, cement, iron are used to make pucca house.
3. Mud, straw, bamboo are used to make kutchra house.
4. Living room, bedroom, dining room in our house.
5. Different types of rooms are—living room, bathroom, kitchen, bedroom and dining room.

7 Plants

A. Tick (3) the correct option.

1. Rose is an example of a :
 (a) tree ☐ (b) shrub ☒ (c) creeper ☐
2. _____ grow along the ground.
 (a) Shrubs ☐ (b) Herbs ☐ (c) Creepers ☒

3. Big and strong plants are called :
 (a) shrubs ☐ (b) herbs ☐ (c) trees ☒
4. Cactus is an example of a :
 (a) thorny plant ☒ (b) herb ☐ (c) tree ☐
5. Grapevine is a :
 (a) climber ☒ (b) creeper ☐ (c) both ☐

B. Fill in the blanks with correct words.

climber, Cactus, green, stem

1. Trees have hard and woody **stem**.
2. Herbs are soft and **green** plants.
3. Money plant is an example of a **climber**.
4. **Cactus** is a thorny plant.

C. Match the following.

- | | | |
|-----------------|---|---------------------|
| 1. Shrub | — | a. Mint |
| 2. Climber | — | b. Cactus |
| 3. Herb | — | c. Sunflower |
| 4. Creeper | — | d. Grapevine |
| 5. Thorny plant | — | e. Watermelon plant |

D. Answer the following questions.

1. Trees are big and strong plants.
2. Rose and sunflower are shrubs.
3. Herbs are very small plants with soft and green stems. Name of two herbs are mint and tulsi.
4. Creepers can not stand straight. They grow along the ground.
5. Cactus and roses are thorny plants.

8 Plants Give Us Food

A. Tick (3) the correct option.

1. Most of our food comes from :
 (a) plants ☒ (b) mountains ☐ (c) seeds ☐
2. We eat the roots of :
 (a) radish ☐ (b) turnip ☐ (c) both of these ☒

3. We eat the leaves of :
 (a) potato ☐ (b) cabbage ☒ (c) carrot ☐
4. It is a cereal :
 (a) kidney beans ☐ (b) black gram ☐ (c) rice ☒

B. Fill in the blanks with correct words.

cereals, plants, stems, carrot, turnip

- Most of our food comes from **plants**.
- Wheat and rice are **cereals**.
- We eat the roots of **carrot** and **turnip**.
- We eat the **stems** of potato and ginger.

C. Match the following.

- | | | |
|---------------|---|--------------------|
| 1. Fruits | — | a. Peas and potato |
| 2. Vegetables | — | b. Kidney beans |
| 3. Cereals | — | c. Apple and mango |
| 4. Pulses | — | d. Wheat and corn |

D. Write True or False.

- | | |
|---|--------------|
| 1. Banana and apple are fruits that we get from plants. | True |
| 2. Kidney beans, black gram and white gram are cereals. | False |
| 3. We eat the leaves of spinach and cabbage. | True |
| 4. Cauliflower and broccoli are stems that we eat. | False |

E. Answer the following questions.

- Some food items that we get from plants are : fruits, vegetables, cereals and pulses.
- Two parts of a plant that we eat as a vegetable are : roots and fruits.
- Three cereals are : wheat, corn, rice.
- Three pulses are : Black gram, white gram, kidney beans.
- Fruits mostly grow on trees.

9 Animals



A. Tick (3) the correct option.

1. Fishes live on/in _____.
 (a) land ☐ (b) water ☒ (c) forest ☐
2. Frogs live on/in _____.
 (a) water ☐ (b) land ☐ (c) both ☒

3. Parrot is a/an _____ .
 (a) bird ☒ (b) water animal ☐ (c) amphibian ☐

B. Write True or False.

- | | |
|--|--------------|
| 1. All animals are of the same size and shape. | False |
| 2. Animals who live in forest are called wild animals. | True |
| 3. Tiger is a pet animal. | False |
| 4. Cat is a water animal. | False |

C. Circle the odd one out.

- | | | | |
|------------|---------------|---------|------------------|
| 1. Dog | Cat | Cow | <u>Fish</u> |
| 2. Lion | Tiger | Dog | <u>Zebra</u> |
| 3. Fish | <u>Rabbit</u> | Octopus | Turtle |
| 4. Peacock | Pigeon | Parrot | <u>Cockroach</u> |

D. Give two examples for each of the following.

- | | | | |
|-----------------|---|------------|----------|
| 1. Land animals | : | Deer | Ship |
| 2. Amphibians | : | Crocodiles | Tortoise |
| 3. Reptiles | : | Snake | Lizard |
| 4. Pet animals | : | Rabbit | Dog |

E. Answer the following questions.

- Wild animals live in forest.
- Pet animal live in or around our homes.
- Animals that live both on land and in water are called amphibians.
- Crawling animals are called reptiles.
- Birds have two legs while insects have six legs.
- Four domestic animals are : buffalo, cow, horse and goat.

10 Animals In Our Life

A. Tick (3) the correct option.

- | | | | |
|-------------------------|---|------------------------------------|---|
| 1. _____ gives us eggs. | (a) Hen <input checked="" type="checkbox"/> | (b) Cow <input type="checkbox"/> | (c) Goat <input type="checkbox"/> |
| 2. _____ gives us milk. | (a) Rabbit <input type="checkbox"/> | (b) Horse <input type="checkbox"/> | (c) Cow <input checked="" type="checkbox"/> |
| 3. _____ gives us wool. | (a) Cow <input type="checkbox"/> | (b) Fish <input type="checkbox"/> | (c) Sheep <input checked="" type="checkbox"/> |

4. _____ gives us silk.
 (a) Sheep ☐ (b) Goat ☐ (c) Silkworm ☒
5. _____ guard our houses at night.
 (a) Dogs ☒ (b) Cows ☐ (c) Horses ☐

B. Fill in the blanks with correct words.

wool, Cow, goat, cloth, plough

1. **Cow** and **goat** give us milk.
2. Sheep gives us **wool**.
3. Some animals are used to **plough** the fields.
4. Silk is used for making **cloth**.

C. Answer the following questions.

1. Animals are useful to us in many ways. They give us milk, meat, wool and fur etc.
2. Hen, goat, cow, buffalo and fish. Give us meat and milk.
3. Yes, I am agree. Donkey and camels help us to carry heavy loads from one place to another.
4. Some animals are used by farmers to plough the fields.
5. Sheep and rabbit give us wool.
6. Dogs guard our houses at night. They also help the police in catching thieves.

11 People Who Help Us

A. Tick (3) the correct option.

1. He catches thieves :
 (a) milkman ☐ (b) postman ☐ (c) policeman ☒
2. A farmer :
 (a) grows crops ☒ (b) cures people ☐ (c) delivers milk ☐
3. He fixes taps and pipes :
 (a) teacher ☐ (b) plumber ☒ (c) soldier ☐
4. We should be _____ to our helpers.
 (a) good ☐ (b) kind ☐ (c) both of these ☒

B. Fill in the blanks with correct words.

soldier, postman, crops, patients, maid

1. A nurse takes care of **patients**.
2. A **maid** cleans the house and washes utensils.
3. A **soldier** protects the country from enemies.
4. A **postman** delivers letters and postcards.
5. A farmer grows **crops** for us.

C. Write True or False.

- | | |
|--|--------------|
| 1. A farmer catches thieves. | False |
| 2. A postman delivers letters and postcards. | True |
| 3. A doctor cures people who are unwell. | True |
| 4. A teacher teaches in a garden. | False |

D. Identify the pictures of these helpers.



Policeman



Farmer



Doctor

E. Answer the following questions.

1. People who help us and make our lives comfortable are our helpers.
2. A policeman catches thieves.
3. A doctor cures people who are unwell.
4. A soldier protects the country from enemies.
5. We should be good treat to people who helps us.

12 Air



A. Tick (3) the correct option.

1. What is all around us?
(a) Air ☒ (b) Water ☐ (c) Smoke ☐
2. Who needs air to live?
(a) Plants ☐ (b) Animals ☐ (c) Both of them ☒
3. Moving air is called :
(a) storm ☐ (b) tide ☐ (c) wind ☒

B. Fill in the blanks with correct words.

wind, burn, Air, weight, space

1. **Air** is all around us.
2. A strong **wind** can uproot the trees.
3. Air is needed to **burn** things.
4. Air occupies **space** and has **weight**.

C. Write True or False.

- | | |
|---|--------------|
| 1. Moving air is called wind. | True |
| 2. The wind has a great force. | True |
| 3. Fast moving air can move the blades of a windmill. | True |
| 4. Air has no weight. | False |

D. Answer the following questions.

1. No, we can not live without air.
2. Wind can move the blades of a windmill, a glider and a soil-boat. So we can say that wind has great force.
3. Some uses of air are :
 - Plants and animals also need air to breathe.
 - Air needed to burn things.
 - Air help us to dry clothes.
4. Yes, air is needed to burn things.

13

Water

A. Tick (3) the correct option.

1. All plants and animals need water to stay _____.
(a) weak ☐ (b) alive ☒ (c) dead ☐
2. We need _____ for putting off fire.
(a) petrol ☐ (b) oil ☐ (c) water ☒
3. Which of these is not a source of water?
(a) Rain ☐ (b) Tree ☒ (c) Pond ☐

B. Fill in the blanks with correct words.

Rain, wash, water

1. We need **water** for drinking.
2. We need water to **wash** our clothes.
3. **Rain** is the main source of water.

C. Look at the pictures and name the sources of water.



Well



River



Pond

D. Answer the following questions.

1. We need water for drinking, cooking, bath and to clean our utensils.
2. Common sources of water are : river, pond, well and stream.
3. Plants absorb water from the soil through roots.
4. Animal and birds need water to stay alive.
5. Lakes and rivers fill up with rainwater during the rainy season.

14

Places Of Worship

A. Tick (3) the correct option.

1. A temple is also known as :
 (a) rasoi ☐ (b) mandir ☒ (c) angan ☐
2. Muslims offer their prayers in a :
 (a) mosque ☒ (b) mandir ☐ (c) church ☐
3. The Bhagavad Gita and the Ramayana are two holy book of :
 (a) Hindus ☒ (b) Muslims ☐ (c) Christians ☐
4. Sikhs pray to their :
 (a) gurus ☒ (b) children ☐ (c) none of these ☐

B. Match these people to their places of worship.



Mosque

Gurudwara

Temple

Church



C. Write True or False.

- | | |
|---|--------------|
| 1. Hindus go to a church to worship. | False |
| 2. The Quran is the holy book of Muslims. | True |
| 3. Christians pray to Jesus Christ. | True |
| 4. The Bible is the holy book of Sikhs. | False |

D. Write the name of the places of worship.



Mosque



Gurudwara

E. Answer the following questions.

- Where people go to pray, known as places of worship.
- The Bhagwad Gita and Ramayana are the two holy books of Hindus.
- Christians go to Church offer their prayers.
- The Guru Granth Sahib is the holy book of Sikhs.

15

Staying Safe

A. Tick (3) the correct option.

- We should follow :
(a) traffic rules ☐ (b) safety rules ☒ (c) both of these ☐
- The red light says :
(a) stop ☒ (b) get ready ☐ (c) go ☐
- This light indicates to wait :
(a) yellow ☒ (b) red ☐ (c) green ☐
- Always cross the road at the :
(a) zebra crossing ☒
(b) middle of the road ☐
(c) right of the road ☐

B. Fill in the blanks with correct words.

wait, footpath, play, rubber tube

1. You should walk on a **footpath**.
2. Stand in a queue when you **wait** for a bus.
3. Do not **play** games on the road.
4. Use **rubber tube** to swim.

C. Write True or False.

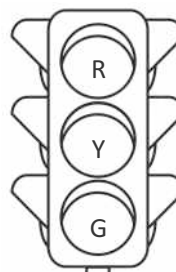
- | | |
|---|--------------|
| 1. Zebra crossings are made for children to play. | False |
| 2. You should never go for swimming alone. | True |
| 3. Children should light crackers themselves. | False |
| 4. Never go in deep water. | True |

D. Colour the picture of traffic lights and write what each colour says.

The red light says, **Stop .**

The yellow light says, **Wait .**

The green light says, **Go .**



E. Answer the following questions.

1. The medical aid given to an injured person before the arrival of a doctor is called first aid.
2. The black and white stripes on the road, from where we can cross the road called zebra crossing.
3. Two safety rules that should be followed while travelling by bus are :
 - Always wait for a bus in a queue.
 - Do not lean out of the window of the bus.
4. Two safety rules that should be followed while playing are :
 - Do not play games on the road or near an open drain.
 - Do not fly kites or run after the kites on the road or on roof-tops.
5. We should take some precautions while swimming such as learn to swim with a rubber tube and do not go in deep water.

16

Weather And Seasons



A. Tick (3) the correct option.

1. The sun shines brightly on a :
 (a) sunny day ☒ (b) cloudy day ☐ (c) none of these ☐
2. Windy day may be hot and dusty in :
 (a) winters ☐ (b) summers ☒ (c) rains ☐
3. Change in the weather is called :
 (a) cold ☐ (b) season ☒ (c) summer ☐
4. These clothes are worn in winters :
 (a) cotton ☐ (b) woollen ☒ (c) raincoat ☐

B. Fill in the blanks with correct words.

winter, sunny days, summer

1. We use fan during **summer**.
2. We wear woollen clothes in **winter**.
3. Days are hot during **summer**.

C. Write True or False.

1. The Sun does not rise on a sunny day. **False**
2. On a windy day, wind blows strongly. **True**
3. In summer season, we wear woollen clothes. **False**

D. Name the following.

1. The season when days are hot **Summer**
2. The day when the sky is full of clouds **Cloudy day**
3. The season in which we wear woollen clothes **Winter**

E. Answer the following questions.

1. Summer, monsoon and winter are main seasons in India.
2. We like to have ice cream and cold drinks in summer.
3. We use woollen clothes to protect yourself from the cold during winter season.

17 The Sky



A. Fill in the blanks with correct words.

East, light, fire

1. The Sun gives us heat and **light**.
2. The Sun rises in the **East**.
3. The Sun is a huge ball of **fire**.

B. Write True or False.

- | | |
|---|--------------|
| 1. We can count the number of stars. | False |
| 2. Human beings and plants need sunlight to grow. | True |
| 3. The Moon changes its shape every night. | True |

C. Give answer in one word.

- | | |
|--|--------------|
| 1. What gives light and heat to the Earth? | Sun |
| 2. It has no light of its own. | Moon |
| 3. We cannot count them. | Stars |

D. Answer the following questions.

1. Sun makes the day warm and bright.
2. We see stars in the sky at night.
3. Stars appears small because they are very far from the earth.