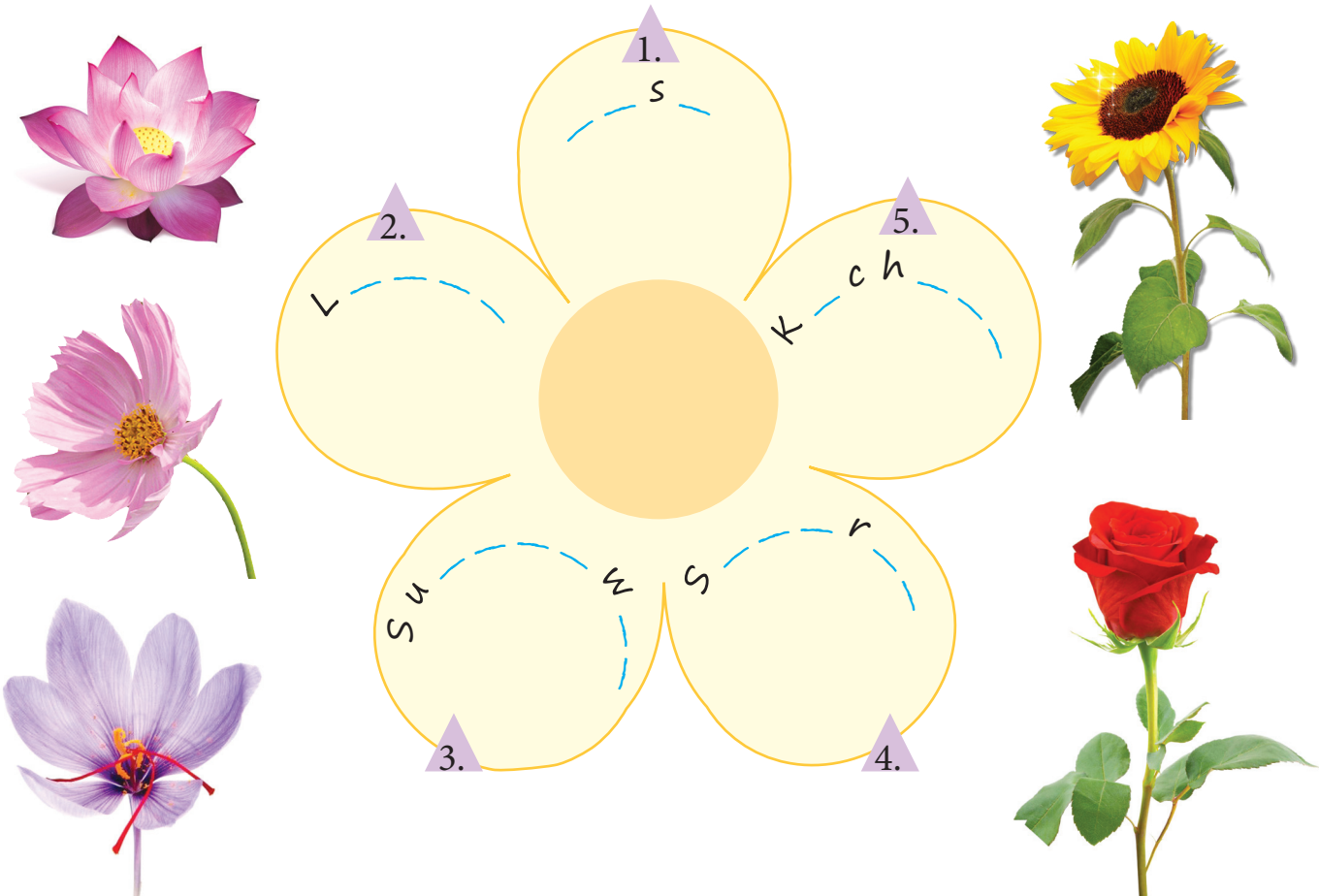


## ► Colourful Blossoms

Each petal depicts the name of a flower. Fill in the blanks with the help of the clues given.



1. A flower loved by *Chacha* Nehru.
2. The national flower of India.
3. A flower which changes its direction according to the sun's direction.
4. This flower is grown in Jammu and Kashmir. It is used for making the costliest spice.
5. This flower gives natural pink colour when soaked overnight. It is used in Holi festival.



### DID YOU KNOW?

The leaf of Giant Water Lily can support the weight of a small child.

## Kitchen Cure

Some plants possess medicinal value. They can be used as remedies for certain disorders/aches. Read the given statements carefully and name the plants using the Help Box.

1. It is used for reducing toothaches.

C

2. It helps to reduce nausea and vomiting.

F

3. It prevents allergies.

O

4. It is a natural antiseptic and healer.

T

5. It is used during cold and cough.

B

6. It is used in mouthwashes and ointments for headaches.

M

7. It helps in digestion.

G

8. It keeps the heart healthy.

G

















### Help Box

Fennel	Turmeric	Garlic	Onion
Clove	Ginger	Basil	Mint

## Place Them Correctly

- Reptiles have scales on their bodies and they lay eggs.
- Mammals give birth to babies and they suckle their youngones.

Given below are the five groups of animals. The animals in each group can be placed under one category. Take the help from the Help Box and write the correct category.

1.  Mosquito	 Housefly	 Bee	<input type="text"/>
2.  Shark	 Sea-horse	 Star-fish	<input type="text"/>
3.  Kingfisher	 Vulture	 Sparrow	<input type="text"/>
4.  Lizard	 Tortoise	 Crocodile	<input type="text"/>
5.  Whale	 Elephant	 Bear	<input type="text"/>

### Help Box

Reptiles

Mammals

Insects

Fishes

Birds



### DO YOU KNOW?

- Rats can survive longer without water than camels.
- All snakes can swallow animals bigger than their own body because they can stretch their jaws.



# Bird Watch

A. Birds make nests at different places and with different materials. Match the birds with their nests.

- |                |   |   |   |
|----------------|---|---|---|
| 1. Tailor bird | → | a. Nest hangs down from branch of a tree. | ← |
| 2. Pigeon      | → | b. Nest in the hollow of a tree.          | ← |
| 3. Koel        | → | c. Cup shaped nest.                       | ← |
| 4. Woodpecker  | → | d. Nest made of leaves.                   | ← |
| 5. Bulbul      | → | e. Does not make nest.                    | ← |
| 6. Weaver bird | → | f. Nest of pebbles.                       | ← |



Woodpecker



Weaver bird

B. Read the clues given below and solve the following puzzle.

V			t			
H			k			
		e	l			
O			r		c	h
	e	a			c	
S			r			

## Clues

- Critically endangered bird of India.
- Flesh eating bird.
- Lazy bird.
- Flightless bird.
- Bird that flies over short distances.
- Social bird.



Ostrich



Peacock



## DO YOU KNOW?

- The newly hatched crocodile is three times larger than the egg from which it emerges.
- A little urchin fish, about a foot long, can kill a shark.



# Health Is Wealth

Pick the names of different food items from the puzzle and put them in the correct columns below.



A	P	N	T	O	X	P	L	E	M	N	O	S	P
T	O	R	A	N	G	E	S	P	S	O	M	R	N
X	T	I	Q	M	N	G	N	T	U	W	A	T	U
Z	B	C	B	U	R	G	E	R	G	A	N	X	V
N	C	E	P	R	S	T	P	M	A	B	G	Y	W
M	K	A	P	P	L	E	U	A	R	F	O	Z	N
A	R	O	Q	X	P	I	Z	Z	A	C	X	P	C
L	E	Z	Y	F	T	G	G	T	W	H	E	A	T
O	E	C	H	I	P	S	T	S	E	A	E	T	A
E	M	S	S	S	T	P	R	M	I	L	K	R	S
A	A	A	S	H	I	L	X	M	X	P	N	O	E



## A. Energy Giving Food

1. R \_\_\_\_\_
2. W \_\_\_\_\_
3. S \_\_\_\_\_

## B. Body Building Food

1. M \_\_\_\_\_
2. F \_\_\_\_\_
3. E \_\_\_\_\_

## C. Immunity Building Food

1. A \_\_\_\_\_
2. O \_\_\_\_\_
3. M \_\_\_\_\_

## D. Junk Food

1. B \_\_\_\_\_
2. P \_\_\_\_\_
3. C \_\_\_\_\_



### DO YOU KNOW?

Junk food leads to liver diseases.

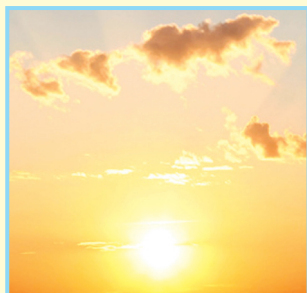
# Health Facts



1. Exercise, meditation and right breathing improves concentration.



2. Bananas boost brain power and reduces itchy mosquito bites.



3. White flour and cheese are brain blockers.

4. Poor dental health causes speech, chewing and swallowing disorder.



5. Sunlight is a rich source of vitamin D.

6. A handful of peanuts keep heart disease away.



7. Drinking one glass of water before a meal helps in digestion.

8. Vegetable juices, butter milk, lemon water helps to beat the heat in summer.



9. Go to bed early, get at least eight hours of sleep.



## BRAIN DRAIN

- You burn more calories sleeping than you do watching television.
- The brain itself cannot feel pain.
- If saliva cannot dissolve something, you cannot taste it.

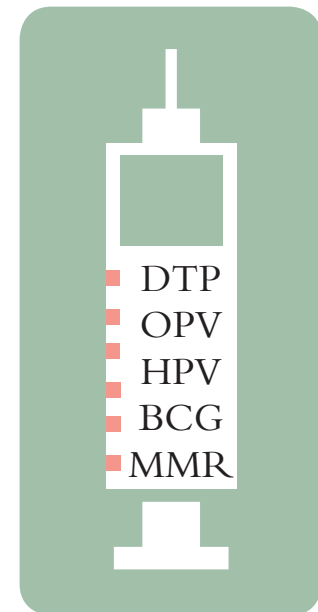
## ▶ Not at Ease

### A. Match the names of diseases with their respective description.

- |                 |   |
|-----------------|---|
| 1. Chickenpox → | ← a. Viral fever caused by Aedes mosquito.    |
| 2. Anaemia →    | ← b. Swelling of glands below ears.           |
| 3. Dengue →     | ← c. When blood count is low.                 |
| 4. Ringworm →   | ← d. Disease caused by the bite of a mad dog. |
| 5. Rabies →     | ← e. Viral fever with rashes.                 |
| 6. Mumps →      | ← f. Fungal infection.                        |

### B. Children need vaccinations and immunisation to prevent them from dangerous diseases. Complete the missing abbreviations with the help of clues given.

- |                                 |   |
|---------------------------------|---|
| 1. Tuberculosis                 | <input type="text"/> C <input type="text"/> |
| 2. Diptheria, Tetanus, Pertusis | <input type="text"/> <input type="text"/> P |
| 3. Oral Polio Vaccine           | <input type="text"/> P <input type="text"/> |
| 4. Measles, Mumps, Rubella      | M <input type="text"/> <input type="text"/> |
| 5. Hepatitis B                  | H <input type="text"/> <input type="text"/> |



#### DO YOU KNOW?

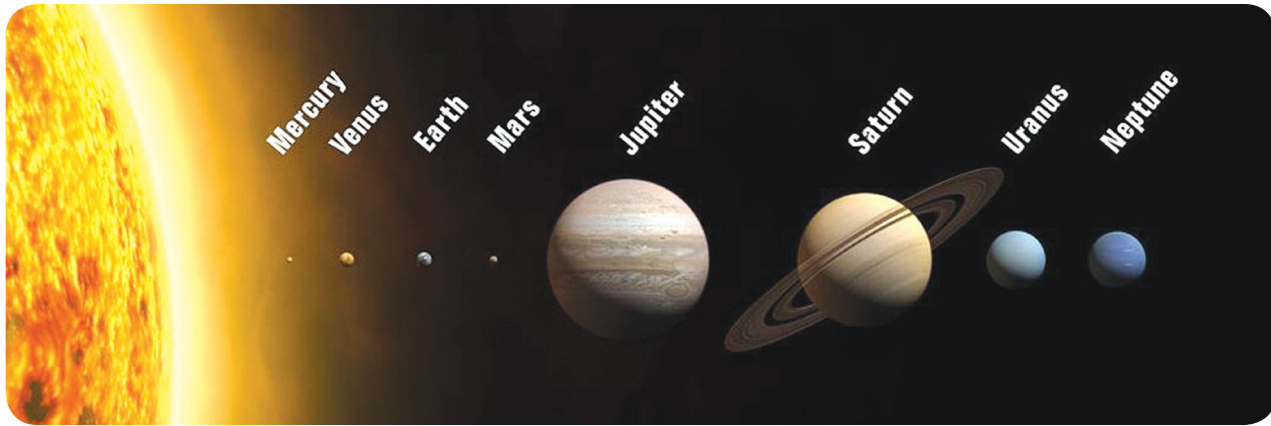
##### Some body reflexes:

- |           |                                    |
|-----------|------------------------------------|
| Sneezing  | : Clears dirt from the nose.       |
| Coughing  | : Clears mucus from the throat.    |
| Yawning   | : Brings more oxygen to the lungs. |
| Shivering | : Warms the body.                  |



# Space Territory

A. Look at the picture showing the Solar System and answer the questions that follow:



1. How many planets are there in the Solar System? \_\_\_\_\_
2. Name the largest planet in the Solar System. \_\_\_\_\_
3. Name the planet which has 67 moons. \_\_\_\_\_
4. Name the planet on which we live. \_\_\_\_\_
5. Name the planet which is known as the Red Planet. \_\_\_\_\_
6. Name the brightest planet. \_\_\_\_\_

B. Solve the following crossword puzzle.

S						
M						
S						
M			c			y
P			n			a

- Star nearest to the Earth.
- Natural satellite of the Earth.
- Glowing heavenly bodies.
- Nearest planet to the Sun.
- Full moon day.

# Environmental Protection

Follow these instructions to keep your 'Mother Earth' beautiful and green.

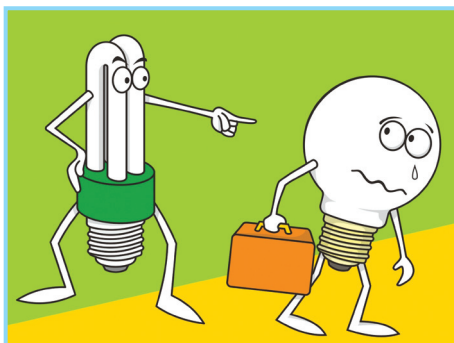
Remember three R's— Reduce, Reuse and Recycle

## SAVE PAPER



- Use self design newspaper bags.
- Use both sides of your writing and drawing paper.

## SAVE ELECTRICITY



- Change yellow light bulbs of the house to flourescent bulbs/CFL.
- When you leave a room, be sure to turn off the lights.

## STOP WATER WASTAGE

- Instead of shower, use bucket to take bath.
- Do not keep the water running while brushing your teeth.




## SAVE ENVIRONMENT

- Walk or ride a bicycle for short distances.
- Use public transport.
- Use school bus or car pool.
- Use reusable plates and cups instead of paper or thermocol ones.
- Plant trees. They are life givers.
- Participate in festivals like 'Van Mahotsav', 'Adoption of trees' and 'Plant a tree'.




# No Hunting Please!

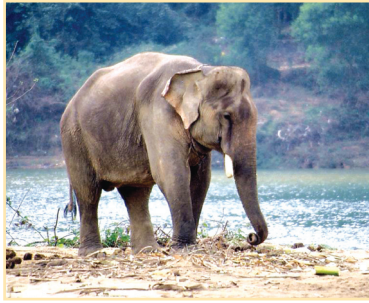
Certain animals are fast disappearing from the earth because they are hunted. These animals are protected by law and hunting them is not allowed. Pictures of some such animals are given below. Unscramble the words and find out their names.

1. 

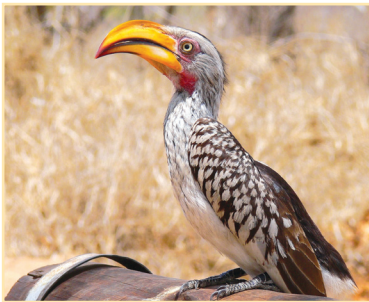
GRITE

2. 


SPILLBOON

3. 

THANPEEL

4. 


BORNHILL

5. 


LODPARE

6. 


KAY

7. 

REED

8. 

NYTHOP

9. 

FEAPOWL



## Fact File

### Animal World

- ▶ The smallest bird is humming bird. It can even fly backwards.
- ▶ Some frogs produce a strong poison to stop other animals from eating them.
- ▶ Giraffes are the tallest mammals on the Earth.
- ▶ Cheetah is the fastest of all animals.
- ▶ A whale is not a fish, but a mammal.
- ▶ The largest land animal is the elephant.
- ▶ The animal that first went into space in a spacecraft was a dog.



- ▶ The shortest snake is thread snake and the largest is anaconda.

- ▶ A new born baby kangaroo measures about 2cm, and stays inside the pouch of the mother for 6 months.

- ▶ No two zebras have exactly the same pattern of stripes. Each stripe pattern is different.

- ▶ An electric eel is a water fish and produces strong electric current.

- ▶ Giant Panda is one of the rarest animals in the world.

- ▶ Dragon fly is the fastest insect.



# Test Your Wisdom

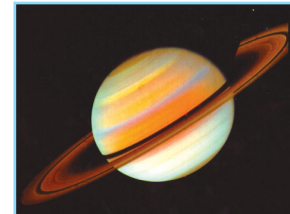
1. Find the odd one out. One has been done for you.



a.	parrot	cat	lizard	ant
b.	lotus	bamboo	marigold	rose
c.	clove	pepper	turmeric	brinjal
d.	mercury	venus	moon	mars
e.	chickenpox	malaria	cholera	yawning
f.	car	metro	bus	scooter

2. Read the following statements and tick ☒ the correct ones.

- a. Eating junk food causes many diseases. ☐
- b. Lotus is the national flower of India. ☐
- c. Anaconda is the shortest snake. ☐
- d. Saturn has life and water. ☐
- e. Giant Panda is the rarest animal in the world. ☐
- f. Our solar system has nine planets. ☐



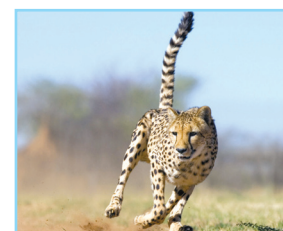
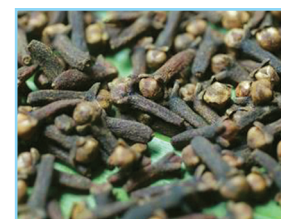


3. Unscramble the name of the flowers.

a.	O C R H I D S	State flower of Arunachal Pradesh	<input type="text"/>
b.	A M R I G L O D	State flower of Gujarat	<input type="text"/>
c.	T W A E R    L L I Y	State flower of Andhra Pradesh	<input type="text"/>
d.	T L O U S	State flower of Punjab	<input type="text"/>

4. Read the following clues and solve the given puzzle.

- It boosts brain power.
- The largest land animal.
- A bird that can fly even backwards.
- The fastest animal.
- Fever which one gets due to mosquito bite.
- Keep it in the mouth and your toothache goes away.
- Rich source of vitamin D.



a.	B									
b.	E						t			
c.	H			m			g	b		
d.		h		e			h			
e.				a			a			
f.	C				e					
g.			n			g				

# Group Names

Different types of groups are given below. Add one more name to each group.

## 1. Religions

- Hinduism
- Jainism
- \_\_\_\_\_



## 5. Memorials

- Rajghat
- Shakti Sthal
- \_\_\_\_\_



## 2. Religious Festivals

- Holi
- Diwali
- \_\_\_\_\_



## 6. National Festivals

- Republic Day
- Independence Day
- \_\_\_\_\_



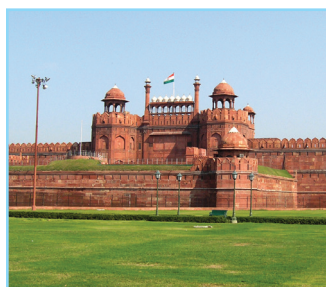
## 3. Harvest Festivals

- Pongal
- Onam
- \_\_\_\_\_



## 7. Forts

- Red Fort
- Agra Fort
- \_\_\_\_\_



## 4. Languages

- Hindi
- Tamil
- \_\_\_\_\_



## 8. Religious Places

- Dwarka
- Amarnath
- \_\_\_\_\_



# Puzzle It Out

Given below are the pictures of some hill stations with their jumbled names. Unjumble the names and write them in the space provided. The first one has been done for you.



HIEOSDLAU

DALHOUSIE



KNGTOAG

G \_ \_ \_ \_ K



OTYO

\_ \_ T \_



ULUKMAIANL

K \_ \_ M \_ \_ \_ \_



DRGLINJEEA

D \_ \_ J \_ \_ \_ \_ G



ALMSHI

S \_ \_ \_ \_ \_



# Quiz Yourself

Match the landmarks with states and capitals.

Landmarks		States		Capitals
1. Howrah Bridge	<input type="radio"/>	<input type="radio"/> Kerala	<input type="radio"/>	<input type="radio"/> Lucknow
2. Dal Lake	<input type="radio"/>	<input type="radio"/> Maharashtra	<input type="radio"/>	<input type="radio"/> Kolkata
3. Kovalam Beach	<input type="radio"/>	<input type="radio"/> West Bengal	<input type="radio"/>	<input type="radio"/> Srinagar
4. Marine Drive	<input type="radio"/>	<input type="radio"/> Rajasthan	<input type="radio"/>	<input type="radio"/> Mumbai
5. Anand Bhawan	<input type="radio"/>	<input type="radio"/> Uttar Pradesh	<input type="radio"/>	<input type="radio"/> Jaipur
6. Victory Tower	<input type="radio"/>	<input type="radio"/> Jammu & Kashmir	<input type="radio"/>	<input type="radio"/> Thiruvananthapuram



**DO YOU KNOW?**

At one time, Kolkata was the capital of India.

# Map Search

Complete the boxes with the help of given clues and then colour the states according to the numbers given.

1. • Ranchi  
• New State  
• Rich in Minerals like Coal

J h

2. • Bhopal  
• Gwalior Fort  
• River Narmada

M

P

3. • Panjim  
• Carnival  
• Church of Saint Francis

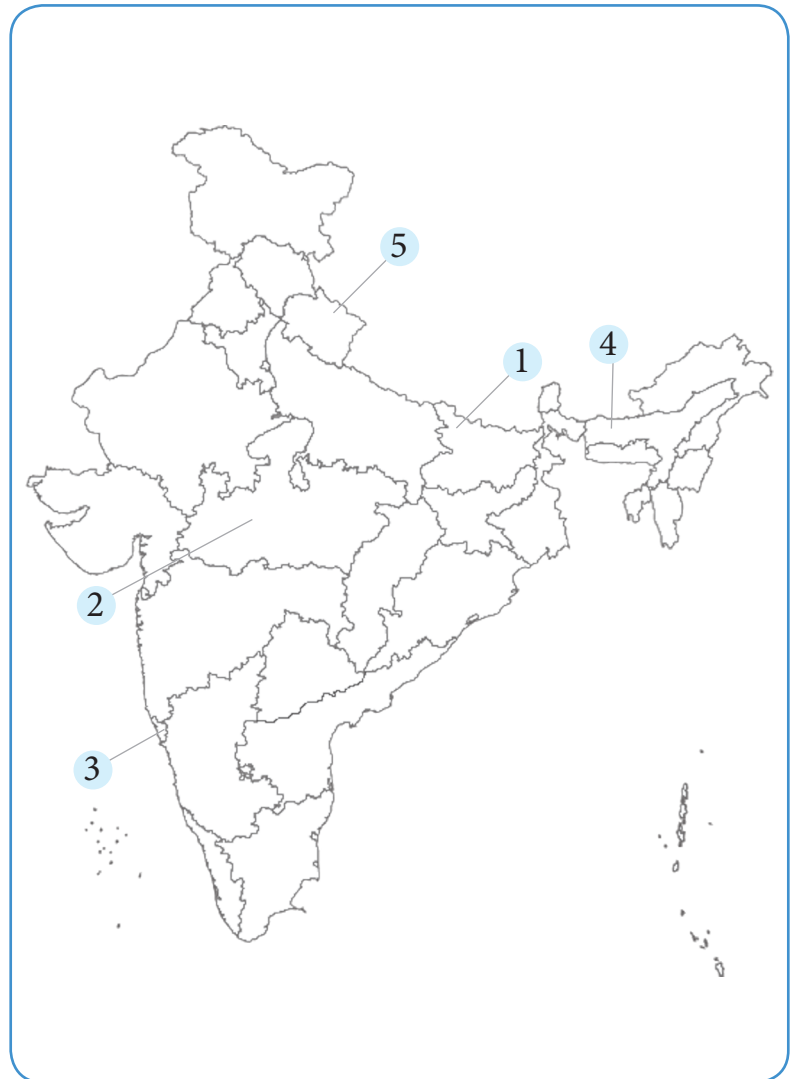
G

4. • Guwahati  
• Bihu Dance  
• River Brahmaputra

A

5. • Dehradun  
• Auli Hill Station  
• New State

U



## Abbreviations

Abbreviation is a short form of a word or a phrase made by using only the first letter of each word.

Given below are some abbreviations or short forms. Write the full form using the Help Box.

1. IAF \_\_\_\_\_
2. WWW \_\_\_\_\_
3. ATM \_\_\_\_\_
4. PIN \_\_\_\_\_
5. AMUL \_\_\_\_\_
6. RBI \_\_\_\_\_
7. LS \_\_\_\_\_
8. CPU \_\_\_\_\_
9. CNG \_\_\_\_\_
10. DMRC \_\_\_\_\_



**Amul**



### Help Box

Lok Sabha	Indian Air Force	World Wide Web
Postal Index Number	Compressed Natural Gas	Central Processing Unit
Automated Teller Machine	Reserve Bank of India	Anand Milk Union Limited
Delhi Metro Rail Corporation		



# Nicknames

Read the given clues to identify the places. Also write the name of the place in the given box.

1. The land of the five rivers.

P		n			b
---	--	---	--	--	---



2. Adobe of Clouds.

M	e							
---	---	--	--	--	--	--	--	--

3. City of Lakes.

U		a				
---	--	---	--	--	--	--



4. The state of backwaters.

K		r			a
---	--	---	--	--	---



5. Switzerland of India.

	a	s	h			
--	---	---	---	--	--	--

6. The home of one-horned rhinoceros.

A				m
---	--	--	--	---



7. Land of Temples.

T					N			
---	--	--	--	--	---	--	--	--

8. Land of Kings.

R				s	t			
---	--	--	--	---	---	--	--	--



## DO YOU KNOW?

- 'Arunachal' means Red Mountains.
- 'Himalayas' means abode (home) of snow.

# India—Largest, Smallest, Highest

Name the following. Take the clues from the Help Box. First one is done for you.

1. India's largest state Rajasthan
2. India's smallest state \_\_\_\_\_
3. India's largest fresh water lake \_\_\_\_\_
4. India's largest union territory \_\_\_\_\_
5. India's largest group of islands \_\_\_\_\_
6. India's longest river \_\_\_\_\_
7. India's longest road \_\_\_\_\_
8. India's highest dam \_\_\_\_\_



## DO YOU KNOW?

The Grand Anicut is the oldest dam built on the Kaveri river in Tamil Nadu.

## Help Box

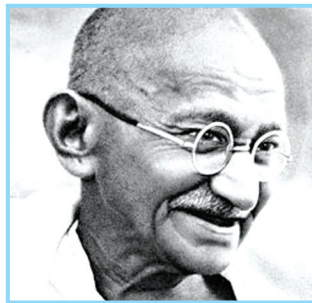
Kolleru in Andhra Pradesh	Andaman & Nicobar
Bhakra Nangal Dam	Goa
Andaman & Nicobar	Grand Trunk Road
The Ganges	Rajasthan

## Slogans

Match the pictures with the saying.



Bal Gangadhar  
Tilak



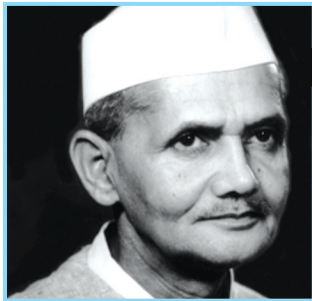
Mahatma Gandhi



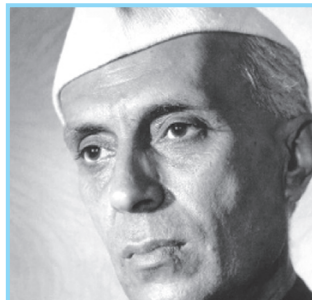
Subhash Chandra  
Bose



Bhagat Singh



Lal Bahadur Shastri



Jawahar Lal Nehru

*Swaraj is my birth right  
and I shall have it.*

*Do or Die.*

*You give me blood, I'll  
give you freedom.*

*At the stroke of  
midnight hour, when  
the whole world sleeps,  
India will awake to life  
and freedom....*

*Inquilab Zindabad.*

*Jai Jawan Jai Kisan.*



### DO YOU KNOW?

- Sarojini Naidu was lovingly called *Kokila*.
- Sardar Patel was known as the *Iron Man of India*.
- Rabindra Nath Tagore was called *Gurudev*.



# Indian Tastes

Four choices are given with each statement. Tick ☒ the correct answer.

1. Curd is sweetened and set in a special way in Maharashtra and Gujarat to make—

☐ *Lassi*                      ☐ *Shrikhand*  
☐ *Kheer*                      ☐ *Matha*



2. This special hot tea is drunk in Kashmir to beat the biting cold.

☐ *Sheera*                      ☐ *Kehwa*  
☐ *Rasam*                      ☐ *Shorba*



3. A plateful of a spicy savoury snack in Maharashtra is called—

☐ *Dhokla*                      ☐ *Chana jor garam*  
☐ *Chole*                      ☐ *Bhelpuri*



4. It is churned out of curd and is the famous drink of Punjab.

☐ *Lassi*                      ☐ *Sherbat*  
☐ *Raita*                      ☐ *Chai*



5. We may refer it as a message but actually it is the famous sweet of West Bengal.

☐ *Rasmalai*                      ☐ *Burfi*  
☐ *Sandesh*                      ☐ *Gulab Jamun*



6. It is a snack from South India which looks like a crisp roti.

☐ *Papad*                      ☐ *Rumali Roti*  
☐ *Dosa*                      ☐ *Puri*



**A. Answer the following questions.**

1. What is the cost of a postcard and an inland letter?  
\_\_\_\_\_
2. What is the slogan written on the first independence stamp?  
\_\_\_\_\_
3. What is the pincode of your area?  
\_\_\_\_\_
4. What is the name of the courier service provided by the postal department?  
\_\_\_\_\_
5. Which postal service came to an end on 15 July 2013?  
\_\_\_\_\_

**B. What does the colour of a letter box depict? Find out by matching the two columns.**

- |                      |   |   |  |
|----------------------|---|---|--|
| 1. Red Letter Box    | → | ← | (a) Collection of local mails.                           |
| 2. Green Letter Box  | → | ← | (b) Collection of mails addressed to metro cities.       |
| 3. Blue Letter Box   | → | ← | (c) Collection of mails addressed to all capital cities. |
| 4. Yellow Letter Box | → | ← | (d) Collection of mails, which are not local.            |

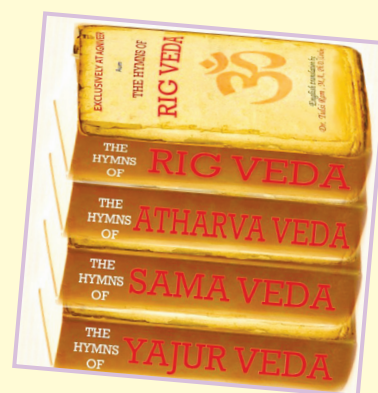
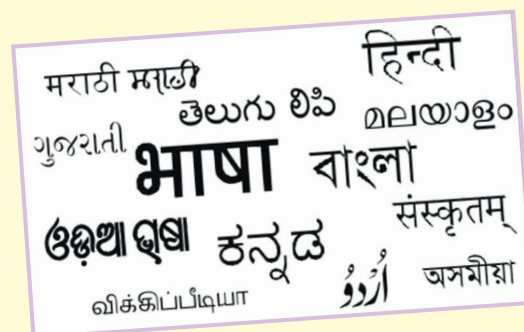

**? DO YOU KNOW?**

The highest post office in the world is situated in Hikkim in Himachal Pradesh.

## Fact File

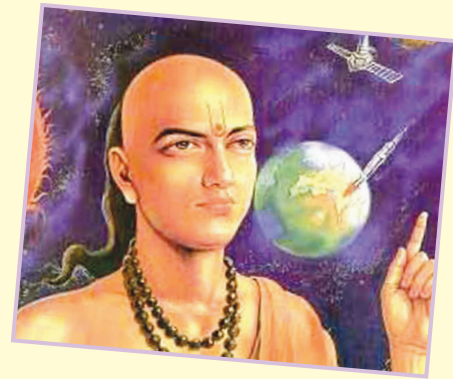
### India's Pride

- ▶ India has 325 languages and 25 scripts.
- ▶ All scripts, developed from the *Brahmi* script, are found in Ashokan inscription of the third century, i.e. 2300 years ago.
- ▶ The oldest literature are the *Vedas*.
- ▶ The oldest living language is Tamil.
- ▶ The River Saraswati, once flowed through the Thar desert.
- ▶ India is the only country after which an ocean has been named.
- ▶ Siachen glacier, one of the world's largest glacier, is in J & K state near the Indo-Pak border.





- ▶ The oldest dockyard is at Lothal, Gujarat.
- ▶ India invented the Number system. Zero was invented by Aryabhata. Decimal point was also invented by Indians.
- ▶ Sanskrit is the mother of all the European languages. Sanskrit is the most suitable language for computer software.
- ▶ The Railway bridge near the Red Fort was built over a 100 years ago. It was the first bridge built for trams in Delhi.



## Test Your Wisdom

### 1. Encircle the odd one out.

- a. Mumbai, Goa, Chennai, Bangaluru
- b. Yamuna, Gomti, Gandak, Wular
- c. Red Fort, Taj Mahal, Humayun's Tomb, Jama Masjid
- d. Assam, Sikkim, Mizoram, Kohima
- e. North, South, West, North-East
- f. Jharkhand, Chandigarh, Punjab, Haryana
- g. Pongal, Tamil, Hindi, Bengali

### 2. Read the statements and tick ☒ the correct option.

- a. Kolkata is the capital of (Odisha ☐ /West Bengal ☐.
- b. Goa is a (Union Territory ☐ /State ☐.
- c. People living in the coastal areas normally eat (fruits ☐ /fish ☐.
- d. The film city of Bollywood is in (Mumbai ☐ /Kolkata ☐.
- e. A place for a king to live (Memorial ☐ /Castle ☐.

### 3. Write one word for each set of words.

- a. Holi  
Dussehra  
Id-ul-Fitr

- b. WWW  
AMUL  
CNG

- c. Rasmalai  
Burfi  
Sandesh

4. Famous landmarks are given below. Read them and identify the city.

- a. If you can see the Hanging Gardens, Gateway of India and Marine Drive, you are in \_\_\_\_\_.



- b. If you are in Rock Garden, which is in the capital of Punjab, you are in \_\_\_\_\_.



- c. If you see the Dal Lake, you are in \_\_\_\_\_.



- d. If you see the Victoria Memorial, Birla Planetarium, you are in \_\_\_\_\_.



- e. If you see India Gate, Red Fort and Parliament House, you are in \_\_\_\_\_.



5. Fill in the blanks.

- a. Tamil Nadu is the land of \_\_\_\_\_.
- b. River \_\_\_\_\_ flows through Madhya Pradesh.
- c. Udaipur is the city of \_\_\_\_\_.
- d. The \_\_\_\_\_ are the oldest literature.