

D.A.V. Publication Division  
D.A.V. College Managing Committee  
Chitragupta Road, New Delhi-110055

# MY LIVING WORLD



1

A book on Environmental Sciences

# My living World

(Class - I)



**D.A.V. Publication Division**  
**D.A.V. College Managing Committee**  
Chitragupta Road, New Delhi- 110055

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# Foreword



D.A.V. College Managing Committee has been doing yeoman's work in the field of education for more than a century now. It has had the privilege of contributing positively to the field of education in big cities as well as in the remotest areas of India. In fact, it has become a movement with an objective of carrying the lamp of education to the doorstep of the people living in various corners of the country. If the spirit of education has been one of its objectives, the raising of quality and standard of education has become the most important purpose of this movement. We aim at the overall development of the personality of the child wherever he/she is and in whatever situations he/she grows.

With this aim in view, the D.A.V. Centre for Academic Excellence, a wing of the D.A.V. College Managing Committee, has been bringing out innovations in the curriculum of its Classes-LKG to VIII in a phased manner since 1992-93. Accordingly, the books were designed in a manner so as to make them lively, interesting and user-friendly. Text books for Classes-LKG to VIII, based on the curriculum for these age groups have been designed inhouse. These have been received well and appreciated by both the teachers and the students. The text of these books has been prepared by the expert groups comprising of practising teachers from schools and subject experts from various educational bodies of repute.

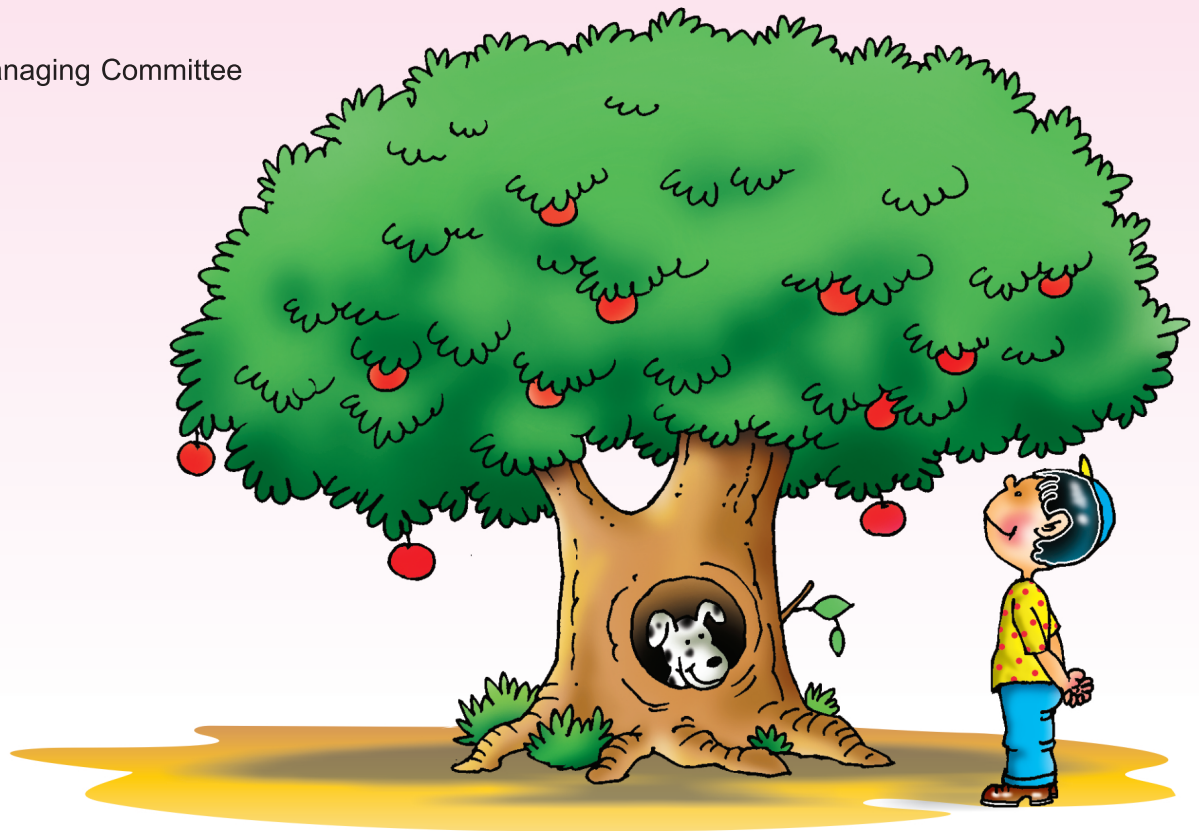
This book, titled *My Living World*, is a part of the series of EVS text books for Classes– I to V. The text of this book is within the framework of the curriculum. The book is activity-oriented where efforts have been made to incite the child for thinking and inquiry. It contains information for improving the knowledge of the child and providing the child with an opportunity to apply that knowledge.

I am confident that this book will be liked by our children, teachers and parents.

Punam Suri

**President**

D.A.V. College Managing Committee



## Preface

For more than a decade now, the D.A.V. College Managing Committee (DAVCMC) has been publishing text books for its public schools. The needs of children in different age groups were assessed and programmes designed accordingly. Instructional material in the form of curriculum guidelines, teacher's manual and text books were developed for Classes—LKG to VIII in a phased manner.

The D.A.V. Centre for Academic Excellence has developed a set of text books for the Class—I. These books are completely based on the curriculum designed by D.A.V. Centre for Academic Excellence. Every year, the D.A.V. Centre for Academic Excellence reviews these books based on the feedback obtained from the schools. These efforts have made the books child-friendly and have brought uniformity in the educational standards in all D.A.V. schools.

The Publication Division of DAVCMC has endeavoured to present the text of this book in an interesting manner with colourful illustrations and layout. We hope it will be well-received by both the teachers and the students.

I am thankful to all those people who, at various stages of the development, made a significant contribution in one form or the other which made it possible to complete the book in time.

I shall certainly welcome feedback and suggestions for the improvement of the book.

**Director, Publication**



# Letter to the teachers



## Dear teacher

*My Living World* is a text-cum-work book designed to meet the specific needs of the children studying in Class-I. The child at this stage observes and interacts with the environment in its totality and as such integrated approach has been followed while preparing this book so as to provide the child an opportunity to:-

1. stimulate his/her power of observation,
2. enhance his/her ability to think,
3. help him/her to solve problems by simulating various situations from the text based on simple scientific concepts, and
4. to reinforce various facts the fun way.

The aim of this book is to encourage the child for self-study and introduce him/her to such activities which can help in his/her intellectual development. The book is divided into various units and each unit is dealing with different aspects of the environment in which the child lives and grows. The contents of the book have been so chosen as to provide the child a full opportunity to know his/her close environment. The language used has been appropriately controlled in order to make it easily comprehensible for the child of this age group. The book has been suitably illustrated making it more interesting for them.

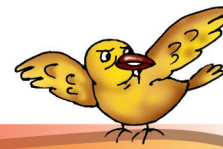
I am sure that the children and the teachers will find this book quite interesting, useful and interactive in nature.

I would welcome suggestions for its improvement from my fellow teachers and parents.

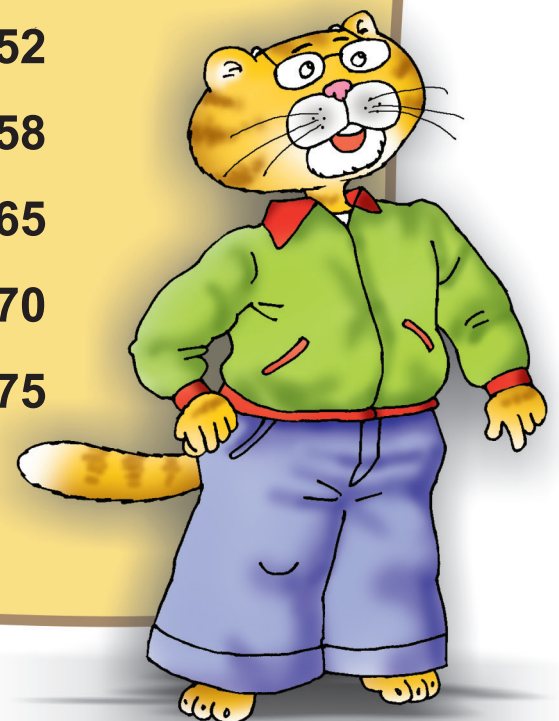
Dr Nisha Peshin  
**Director (Academics)**



# Contents



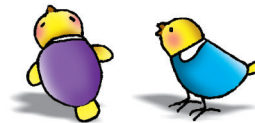
TOPIC	PAGE NO.
1. More about me	1
2. Keeping clean	11
3. Our food	15
4. Keeping healthy	22
5. Clothing	25
6. A house is a must	30
7. Who are they?	35
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# MORE ABOUT ME

1

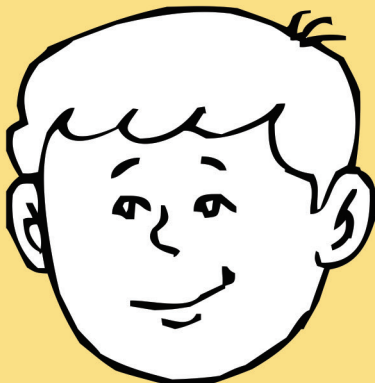
This is how I look.



1. My name is \_\_\_\_\_.
2. I am \_\_\_\_\_ years old.
3. I study in Class \_\_\_\_\_.
4. The name of my school is \_\_\_\_\_.

**Are you a boy or a girl?**

Colour the right picture.





We all have different body features. So, we all look different.

This is Ravi.



This is Ravi's baby sister.



**Let's see the difference in them:**

Ravi is tall and the baby is short.

Ravi's weight is more and the baby's weight is less.

Ravi has teeth but the baby has no teeth.

***For the teacher :** The teacher can explain that as children grow older, changes take place in their body parts.*

**Find out how you have changed:**

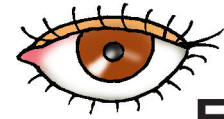
	When Born	Now
Weight		
Height		
No.of teeth		



## OUR BODY PARTS

Our body has different parts. Each part has a name. Let us learn the names of our body parts.

Head



Eye

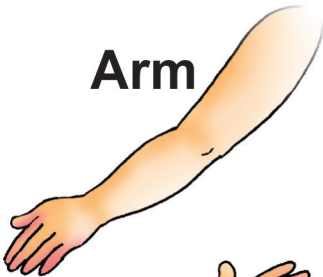
Neck



Nose



Arm



Ear

Hand

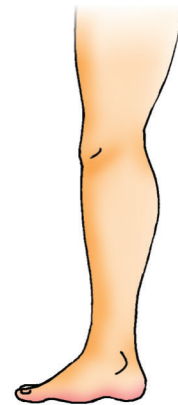


Teeth

Foot



Leg

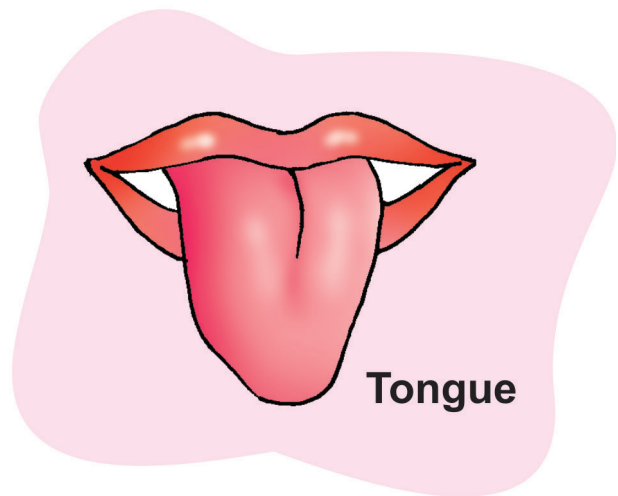
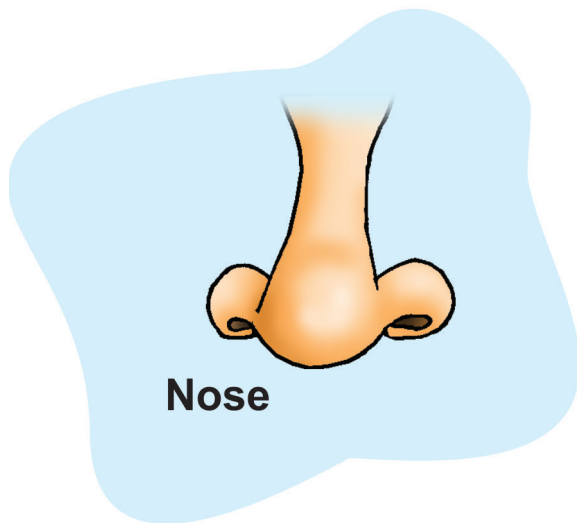
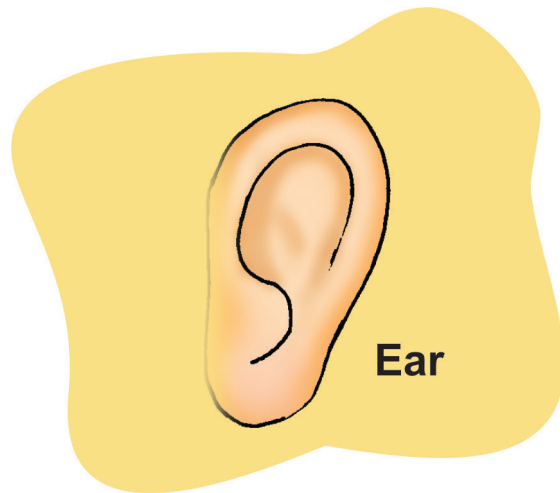
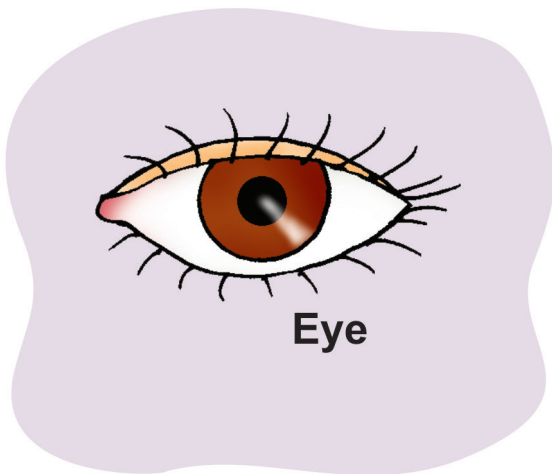


Lips



Now touch different body parts and name them.

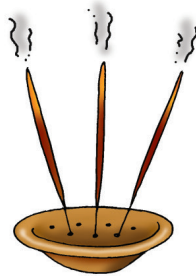
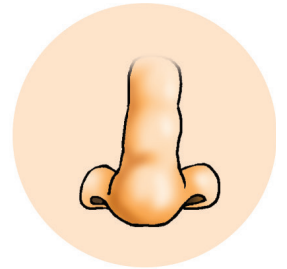
**We have five sense organs.**



**Sense organs help us to sense and understand things around us.**

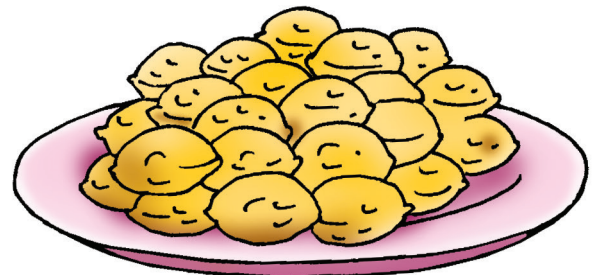
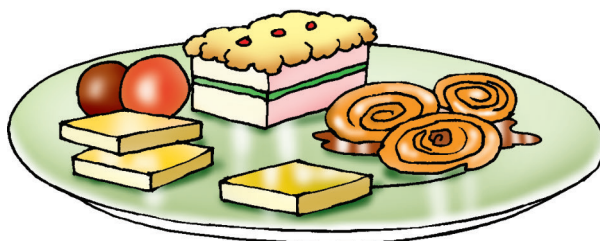
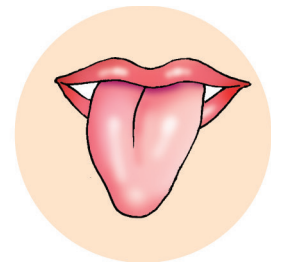
## NOSE

We have one nose. Nose helps us to smell different things. We also breathe through our nose.



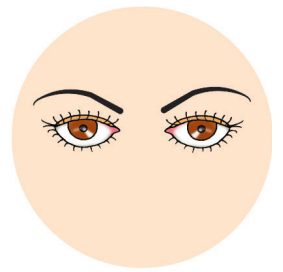
## TONGUE

We have one tongue. Our tongue helps us to taste different things.



## EYES

We have two eyes. Eyes help us to see different things.



## EARS

We have two ears. Ears help us to hear different sounds.



## SKIN

We feel with our skin. The skin covers our body.

Our skin helps us to feel the difference between hard and soft and hot and cold objects.



## A C T I V I T Y

### Guess and tell

The following things can be collected:

lemon, salt, coffee, sugar, onion, silk and jute cloth, rose and jasmine flower, whistle, bell, spoon, glass and water. The students can be blindfolded and asked to name the objects either by smelling, tasting, hearing or feeling and then confirm them after removing the blindfold. They may also be asked to name the sense organs that helped them to guess different things.



## SOMETHING TO DO

Look at Rita.

She is six years old.

She studies in Class-I.



1. Now fill the particulars of Rita in the badge given below:

Name : .....
Class : .....

2. Which sense organ is used to do the following action?  
Draw the sense organ in the given box.

1 Smell	
2 See	
3 Taste	
4 Touch	
5 Hear	



3. Fill in the blanks with the correct choice of words from the Help Box.

**HELP BOX**

feel, smell, hear, see, taste

- a. Nose helps us to \_\_\_\_\_ different things.
- b. Eyes help us to \_\_\_\_\_ different things.
- c. Tongue helps us to \_\_\_\_\_ different things.
- d. Ears help us to \_\_\_\_\_ different sounds.
- e. Skin helps us to \_\_\_\_\_ different things.



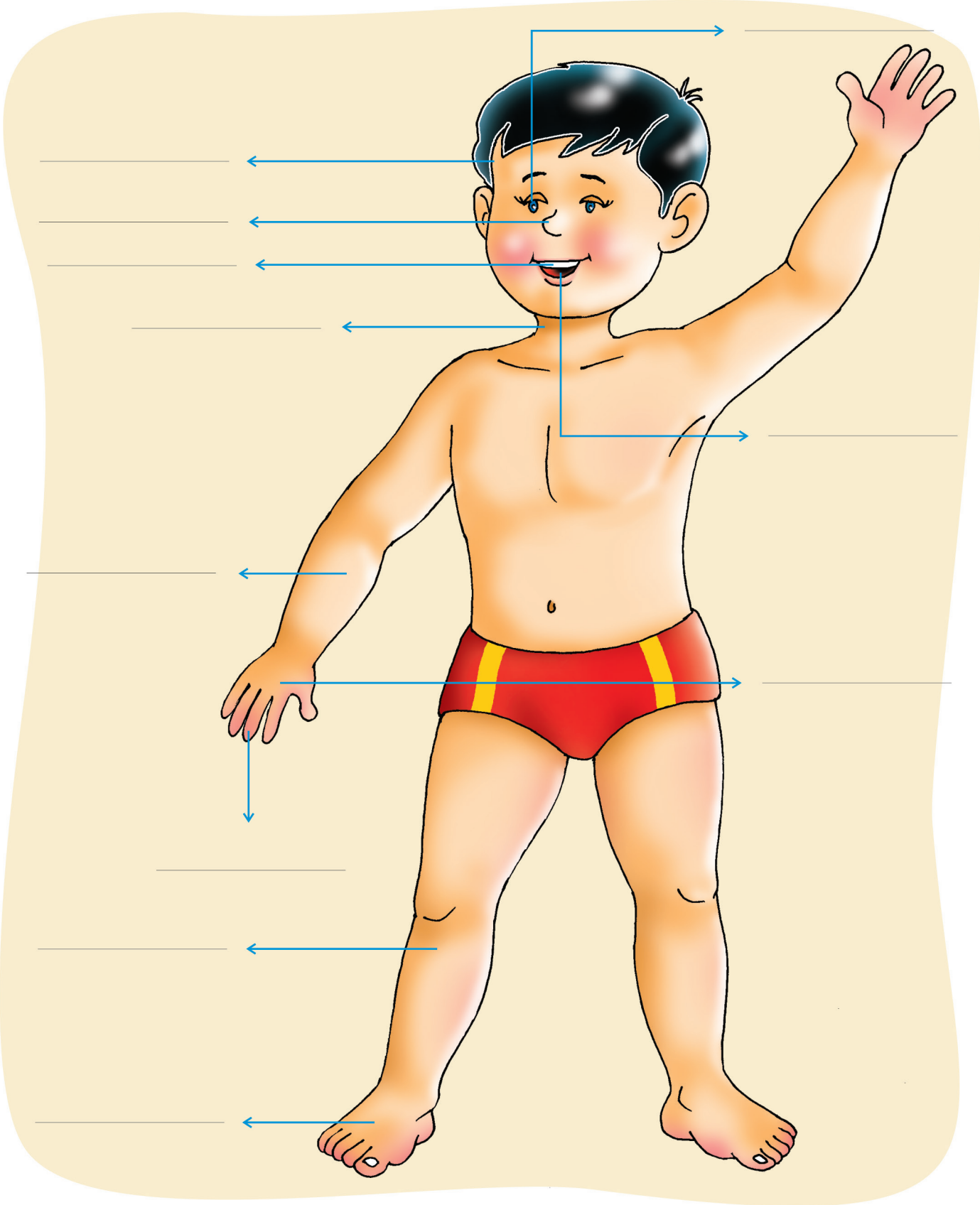
4. Match the sense organ with its function.

- |           |                               |
|-----------|-------------------------------|
| a. Ears   | The pan is very hot.          |
| b. Tongue | The music is too loud.        |
| c. Skin   | This is a red balloon.        |
| d. Eyes   | This medicine is very bitter. |
| e. Nose   | The food smells good.         |





5. Label the body parts.



# KEEPING CLEAN

# 2

We must take care of our body. To keep our body clean, we should do the following things:



## We need different things to keep ourselves clean.

Bathing is the best way to keep ourselves clean.



We use soap and water to wash away the dirt on our body. Then we use clean towel to wipe our body.

We use tooth-brush and tooth paste to clean our teeth.



We use hanky to blow our nose and clean it.



We use comb and brush to keep our hair tidy.



We cut our nails short with a nail-cutter.



**This is how we can keep our body clean to stay fit and healthy.**

## SOMETHING TO DO

1. With the help of the Help Box, complete the following sentences.

### HELP BOX

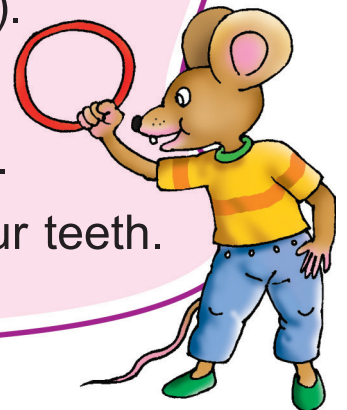
milk, towel, brushes, bath, combs

- a. Ravi \_\_\_\_\_ his teeth in the morning.
- b. He takes \_\_\_\_\_ everyday.
- c. He uses \_\_\_\_\_ to wipe his body.
- d. Ravi \_\_\_\_\_ his hair.
- e. He drinks \_\_\_\_\_ in the breakfast.

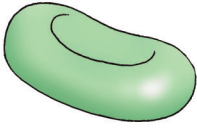


2. Circle the correct words to form meaningful sentences.

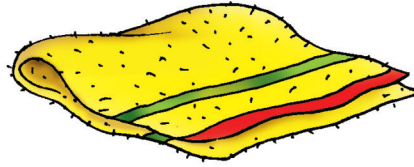
- a. To be healthy, our body must be (clean/dirty).
- b. We must wash our hands with (oil/soap).
- c. Clean teeth make us look (nice/old).
- d. We must keep our hair (untidy/combed).
- e. We use a (toothbrush/comb) to clean our teeth.



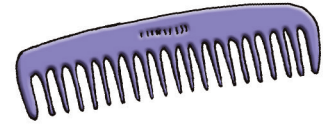
3. I help to keep you clean. Write my name below my picture.



\_\_\_\_\_



\_\_\_\_\_



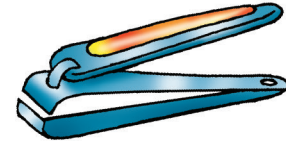
\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

4. Match the following:

