

Evershine

Pathways

echo series

Social Studies

2

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Preface

Pathways is a series of five Social Studies books based on the latest guidelines of the various educational boards for classes 1 to 5. The series has been designed to introduce social studies in an innovative ways to young learners.

Since today's child is tomorrow's citizen, he or she must be made to realize what he or she receives from the society and what he or she is expected to contribute it. This is the main aim of understanding the subject of social studies.

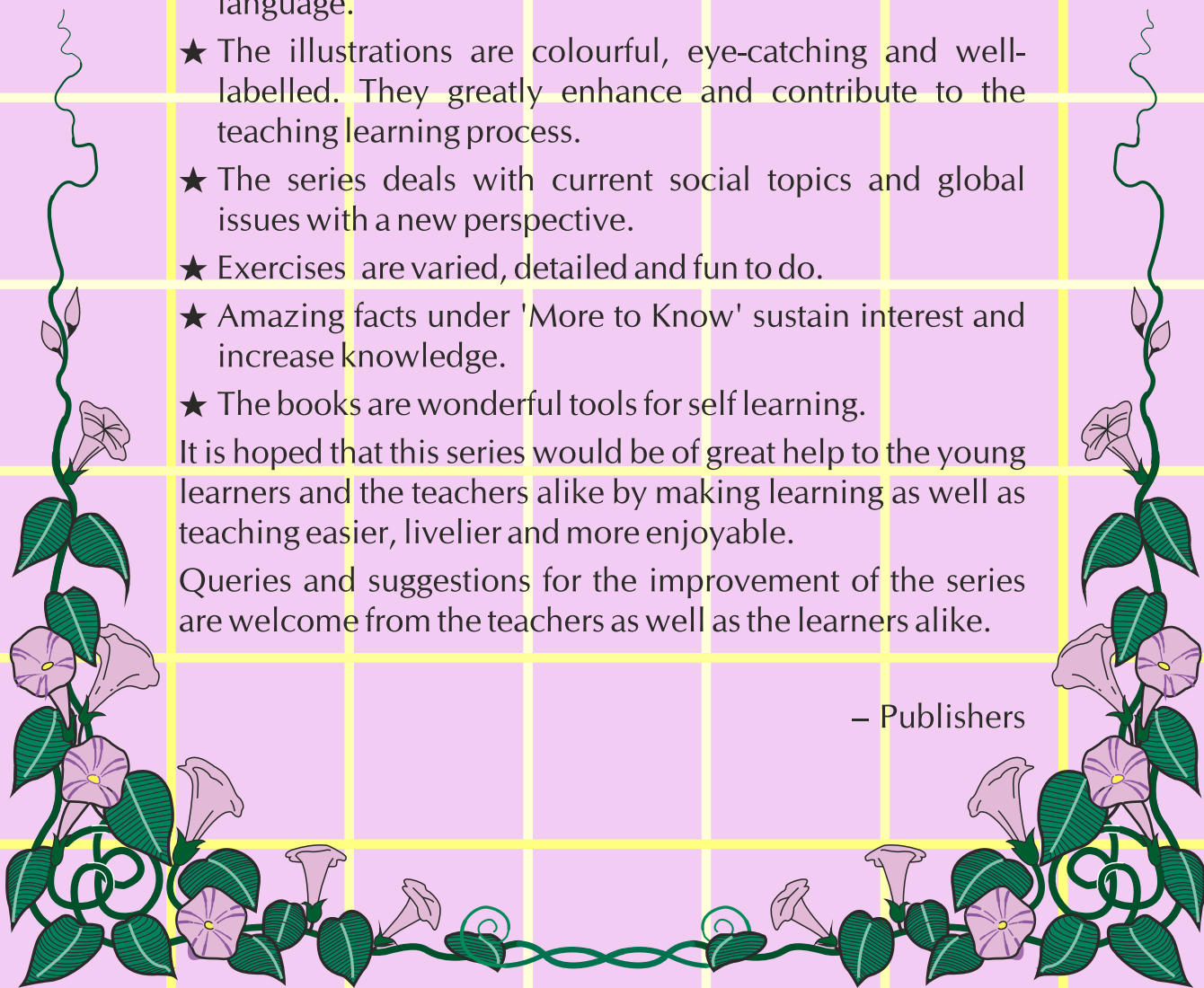
The special features of the series are follows :

- ★ The books are written in simple, easy to understand language.
- ★ The illustrations are colourful, eye-catching and well-labelled. They greatly enhance and contribute to the teaching learning process.
- ★ The series deals with current social topics and global issues with a new perspective.
- ★ Exercises are varied, detailed and fun to do.
- ★ Amazing facts under 'More to Know' sustain interest and increase knowledge.
- ★ The books are wonderful tools for self learning.

It is hoped that this series would be of great help to the young learners and the teachers alike by making learning as well as teaching easier, livelier and more enjoyable.

Queries and suggestions for the improvement of the series are welcome from the teachers as well as the learners alike.

– Publishers



CONTENTS

Unit - 1 : My Needs

- | | |
|----------------|----|
| 1. Our Food | 5 |
| 2. Our Clothes | 10 |
| 3. Our House | 14 |



Unit - 2 : My Neighbourhood

- | | |
|-----------------------------|----|
| 4. Our Neighbours | 19 |
| 5. Neighbourhood Services | 22 |
| 6. Means of Recreation | 27 |
| <i>Model Test Paper - 1</i> | 30 |
| 7. People Who Help us | 31 |
| 8. Places of Worship | 35 |
| 9. Our Festivals | 38 |
| 10. National Festivals | 44 |



Unit - 3 : Transport and Communication

- | | |
|-----------------------------|----|
| 11. Means of Transport | 47 |
| 12. Safety First | 51 |
| <i>Model Test Paper - 2</i> | 54 |



Unit - 4 : The Earth

- | | |
|--------------------------------|----|
| 13. Surface of the Earth | 55 |
| 14. Water | 60 |
| 15. Seasons | 63 |
| 16. Sides, Directions and Time | 67 |



Unit - 5 : The Early Man and Our Legends

- | | |
|-----------------------------|----|
| 17. Invention of the Wheel | 73 |
| 18. Great Indians | 77 |
| <i>Model Test Paper - 3</i> | 80 |

Chapter 1

Unit-1 : My Needs

OUR FOOD

We all need **food**. We eat food when we feel hungry.
Food gives us **energy** to work and play.
Food helps us to **grow**.
Food keeps us **healthy** and **strong**.

Learning Outcome

Learns various kinds of food, sources of food, methods of cooking food and eating manners.



We eat different kinds of food

☆ Some foods such as chapati, rice, bread, sugar, potato, ghee and oil give us **energy**. They are called **energy-giving foods**.



Teacher's Notes : Make chits with various food items. Take out one chit at a time. Let children sort out which of them can be eaten raw and which need to be cooked before eating.

- ☆ Some foods such as dal (pulses), beans, peas, eggs, meat and fish help us to **grow**. They are **body-building foods**.

Children need a lot of body-building foods because they keep on growing all the time.



- ☆ Some foods such as fruits and vegetables protect us from **diseases**. They are called **protective foods**.



Milk is a complete food. It makes our bones and teeth strong. We should drink milk everyday.

Water is also very important. We should drink six glasses of water everyday.



Vegetarians And Non-vegetarians

- ☆ People who do not eat eggs, fish and meat are called **vegetarians**.
- ☆ People who eat eggs, fish and meat are called **non-vegetarians**.

Write whether this boy is vegetarians or non-vegetarian.



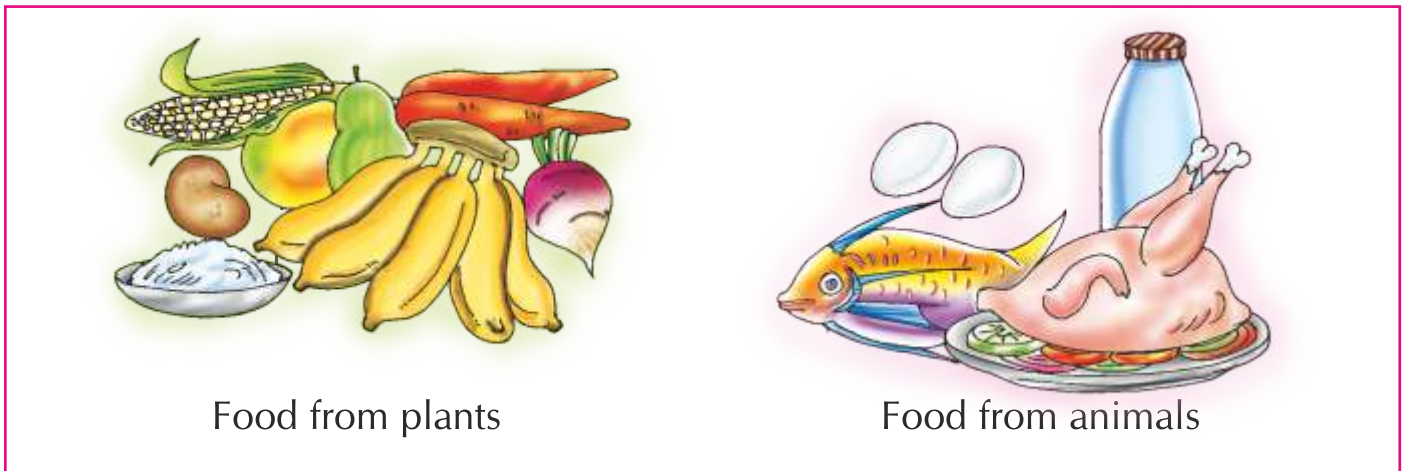
We eat **three meals** a day.



WHERE DOES FOOD COME FROM?

We get all our food from two sources : **plants** and **animals**.

- ☆ Majority of our food comes from **plants**. We get foodgrain, pulses, fruits, vegetables and oil from plants.
- ☆ Some foods such as meat, milk, honey, fish and eggs come from **animals**.



METHODS OF COOKING FOOD

We eat all fruits and some vegetables without cooking them. But most of our food needs cooking. Cooking makes food soft and tasty. We also add **spices** to make food more tasty.

Some common methods of cooking are **boiling, baking, roasting, frying** and **steaming**.

Cooking makes food tasty and soft.



EATING MANNERS

Here are a few tips you should follow at your dining table :

- ☆ Wash your hands before and after every meal.
- ☆ Always eat fresh and clean food.
- ☆ Take your meals at a fixed time.
- ☆ Eat slowly and chew the food well.
- ☆ Never eat uncovered food.
- ☆ Do not waste food.

Fast food

Fast foods taste better but they are not good for health. Avoid eating too much of fast foods. Fast foods include noodles pizzas, chips, chocolate and burgers.



NEW WORDS

Energy : ability

Avoid : ignore



RECALL

- ☆ Food gives us **energy** to work and play.
- ☆ Food helps us to **grow**.
- ☆ Food keeps us **healthy** and **strong**.
- ☆ We get all of our food from **plants** and **animals**.
- ☆ Cooking makes food soft and tasty.



THINK AND ANSWER

A. Answer the following questions :

1. How many times do you take meals a day?
2. What are the two sources of our food?
3. What do we add to make food more tasty?

B. Write two examples of each of the following :

1. Energy-giving foods

2. Body-building foods





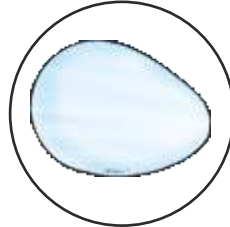




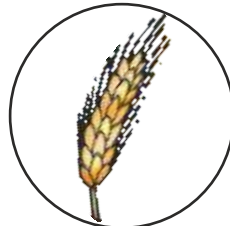
3. Protective foods



C. Complete the words :

1. Food keeps us healthy and s_____.
2. M___ is a complete food.
3. We have l_____ in the afternoon.
4. Cooking makes food soft and t_____.

D. Match these food items with their sources.

FOOD					
	Bread	Honey	Milk	Meat	Egg
SOURCES					
	Cow	Goat	Hen	Bee	Wheat

THINKING SKILLS

Make food items by joining the letters at the end of the first word to the letters at the beginning of the second word.

1.	ACRE	AMBER	CREAM
2.	HUMAN	GOAT
3.	TAP	PLEASE
4.	COME	ATTENTION
5.	NOON	IONS

ACTIVITY

Make a chart showing healthy and fast foods. Paste pictures of food items under the correct heading. Put up the chart in the classroom.