

Detailed Contents

Each chapter contains lab activities and exercises for assessment which include the following:

- Answer orally
- Very short answer questions (fill in the blanks, true or false, match the columns, find the odd one, multiple choice questions)
- Long answer questions
- Short answer questions

Chapter	Contents	Do and Learn Tasks
1. Sources of Food	Food varieties Food ingredients Food eaten by animals Sources of food Plants as source of food Animals as source of food	<ul style="list-style-type: none"> • Web charts • Field trip (Life Skill) • Library research and project • Group discussion (Value) • Crossword puzzle
2. Components of Food	Components of food Nutrients or foods on the basis of their role Balanced diet Deficiency diseases	<ul style="list-style-type: none"> • Web chart and table • Laboratory experiments • Conduct a survey • Group Discussion (Life Skill) • Crossword puzzle
3. Separation of Substances— Cleaning of Food	Need for separation of substances from a mixture Methods of separation Separation using more than one method	<ul style="list-style-type: none"> • Collect information • Field trip (Life Skill) • Crossword puzzle
4. Materials of Daily Use: Clothes	History of clothing Different types of fabrics Cotton Jute	<ul style="list-style-type: none"> • Library research and projects • Field trip (Life Skill) • Donation drive (Value) • Crossword puzzle
5. Grouping Materials of Different Kinds	Grouping of materials or things Properties of materials Properties of a few commonly used materials	<ul style="list-style-type: none"> • Crossword puzzle • Group activities • Discussion (Value)
6. How Things Change	Reversible and irreversible changes Reversible change Irreversible change Physical and chemical changes Physical changes Chemical changes Expansion and contraction Physical changes in water	<ul style="list-style-type: none"> • Laboratory experiment • Investigate and analyze • Discussion (Value) • Crossword puzzle
7. Things around Us	Characteristics common to living things Differences between living and non-living things Features common between living and non-living things Differences between plants and animals	<ul style="list-style-type: none"> • Seminar (Life Skill) • Library research and project • Collect and analyze

8. The Habitat of the Living	Habitat—living place of an organism Types of habitats Components of a habitat Habitat and adaptation Adaptations in terrestrial habitats Adaptations in aquatic habitats	<ul style="list-style-type: none"> • Debate (Value) • Seminar • Pair/Group activity
9. Plants—Form and Function	Categories of plants Parts of a plant and their functions	<ul style="list-style-type: none"> • Flow chart • Project work • Fun activity • Organize a campaign (Life Skill) • Crossword puzzle
10. Animals—Form and Function	The inside of our bodies Body movements Movements in animals Movements in human beings	<ul style="list-style-type: none"> • Project works • Group discussions (Life Skill) • Discussion (Value) • Crossword puzzle
11. Motion and Measurement of Distances	Course of development of transport Measurement Motion More than one type of motion	<ul style="list-style-type: none"> • Fun activity • Conduct surveys • Web chart • Group discussion (Life Skill) • Project work (Traffic)
12. Electric Current and Circuits	Torch Electric current Electric circuit Electric switch Electric conductors and insulators	<ul style="list-style-type: none"> • Making models • Discussion (Value) • Crossword puzzle
13. Magnets	Discovery of magnets Magnetic and non-magnetic materials Poles of a magnet Make your own magnet Make your own magnetic compass A few cautions	<ul style="list-style-type: none"> • Making a model (Life Skill) • Observe and analyze (Life Skill) • Crossword puzzle
14. Rain, Thunder and Lightning	Three states of water Interconversion of states of water Formation of clouds and water cycle Thunder and lightning	<ul style="list-style-type: none"> • Group activities (Life Skills) • Making a model • Crossword puzzle
15. Light	Transparent, translucent and opaque objects Shadow Pinhole camera Mirrors, images and reflection	<ul style="list-style-type: none"> • Making a model • Group activity (Life Skill)
16. Importance of Water	Water—a natural resource Importance of water Sources of water Water as a disaster Water conservation Rainwater harvesting	<ul style="list-style-type: none"> • Making a poster (Life Skill) • Investigate and interpret (Value) • Research and project
17. Importance of Air	Atmosphere Air is matter Air—a mixture Other uses of air	<ul style="list-style-type: none"> • Web chart • Class presentations (Value) • Organize a campaign (Life Skill) • Fun activity
18. Waste	Types of wastes Methods of managing waste Steps to reduce generation of waste Recycling of paper Plastics	<ul style="list-style-type: none"> • Field trip and interview (Life Skill) • Group project • Organize a campaign (Value)