Aligned to **NCF**



Neha Garg (B.A., M.A.)

Komal Garg



Best Way Publication Pvt. Ltd. A-1/50 B, Keshav Puram, New Delhi-110035 1

Globes and Maps

Exercise

A. Tick (\checkmark) the correct answer.

- 1. A globe is a small _____ of the earth. Ans: (b) model
- 2. A map is always drawn on a _______
 surface.

Ans: (c) flat

- **3.** The world's smallest continent is ______ **Ans:** (b) Australia
- 4. There are _____ main directions. Ans: (a) four

B. Fill in the blanks with the words given in the box.

- 1. A book of maps is called a/an _____. Ans: atlas
- 2. The needle of a compass always points to the _____.

Ans: north

3. A ______ is always added to a map to show what the symbols used in a map stand for.

Ans: key

4. The world's largest continent is _____. Ans: Asia

(C). Answer the following questions.

1. Define equator.

Ans: The equator is an imaginary line that circles the Earth horizontally, dividing it into two equal halves – the Northern Hemisphere and the Southern Hemisphere. It is situated equidistant from the North and South Poles.

2. Why do we use maps?

Ans: Maps are used to represent and visualize geographical information. They help us understand the spatial relationships between different locations, features, and elements on the Earth's surface. Maps are

essential for navigation, planning, and gaining knowledge about the world.

3. Name the three types of maps.

Ans: There are many types of maps, but three broad categories are:

a. Topographic maps: Detailed maps that show physical features, elevation, and terrain.

b. Political maps: Represent borders, countries, cities, and other human-made features.

c. Thematic maps: Focus on specific themes or topics, such as population density, climate, or economic activities.

4. List two differences between a globe and a map.

Ans: a. Representation: A globe represents the Earth in three dimensions, providing a more accurate portrayal of its curved surface. Maps, on the other hand, are two-dimensional representations and may distort the Earth's features to some extent.

b. Portability: Maps are easily portable and can be carried around, while globes are generally larger and less practical for quick reference or travel.

- 5. What are the four main directions? **Ans:** The four main directions are:
 - a. North
 - b. South
 - c. East
 - d. West
- 6. What is a compass used for?

Ans: A compass is a navigational tool used to determine direction. It consists of a magnetic needle that aligns itself with the Earth's magnetic field, pointing roughly towards the magnetic North Pole. This helps people find cardinal directions (north, south, east, west) and navigate accurately.

D. Match the following. Column I

- 1. The largest ocean
- 2. Large water-bodies
- 3. Collection of maps
- 4. Scaled drawing of the earth
- 5. India lies in this continent
- e. Atlas

b. Asia

c. Maps

d. Pacific

Column II

a. Engineer

- Ans: (1) (d) Pacific
 - Ans: (2) (a) Oceans
 - Ans: (3) (e) Atlas
 - Ans: (4) (c) Maps
 - Ans: (5) (b) Asia

HOTS

1. Antarctica is covered with snow and ice all year round. Is it possible for humans, animals and plants to live there?

Ans. Antarctica's extreme conditions, including harsh weather, freezing temperatures, and limited resources, make it extremely challenging for most forms of life to thrive. While some microorganisms, certain insects, and seals are adapted to survive in the region, it is not feasible for humans, typical animals, or plants to live there permanently. The lack of liquid water, limited food sources, and severe climate make it inhospitable for most life forms.

2. If earth would be elliptical then what would happen?

Ans. The shape of the Earth, being nearly spherical, has a significant impact on its climate, gravity, and various other factors. If the Earth were more elliptical (oval-shaped), several consequences might occur:

Climate Changes: The distribution of sunlight across the planet would vary more, potentially leading to more extreme climate conditions in different regions.

Gravity Differences: The gravitational

force is affected by the shape of the Earth. An elliptical shape might result in variations in gravitational pull across the surface.

Effects on Rotation: The Earth's rotation could be influenced, affecting day and night lengths and potentially leading to changes in the planet's overall stability.

Sea Level Changes: The distribution of water on the planet's surface might change, causing variations in sea levels.

The Universe

Exercise

A. Tick (\checkmark) the correct answer.

- 1. The universe was born out of a huge explosion called the _____.
 - Ans: (b) Big Bang
- 2. The only source of heat and light in the solar system is the _____.

Ans: (c) sun

- **3.** A galaxy is a large group of _____. **Ans:** (b) stars
- **B**. Fill in the blanks with the words given in the box.

1. The Milky Way is also known as the

Ans: Akash Ganga

The path in which the planets move around the sun is called ______.
 Ans: orbit

3. The biggest member of the solar system is

the _____.

Ans: Sun

- 4. Satellites move around the _____. Ans: planet
- 5. There are _____ planets in the solar system.Ans: eight

Answer Key

3

• In

C. Write 'T' for True and 'F' for False for the following statements..

- 1. Planets reflect the light of the sun.
- **2.** Moon has its own light.
- 3. The universe contains thousands of stars. T
- 4. The planet closest to the sun is earth. \mathbf{F}
- 5. The red planet of our solar system is Mars. T

D. Match the following.

Column I

Column II

Т

F

- 1. Biggest Planet a. Saturn
- 2. Coldest Planet b. Venus
- 3. Third Planet c. Earth
- 4. Ringed Planet d. Uranus
- 5. Morning and Evening Star
- e. Jupiter
- Ans: (1) (e) Jupiter
- Ans: (2) (d) Uranus
- Ans: (3) (c) Earth
- Ans: (4) (a) Saturn
- Ans: (5) (b) Venus

E. Answer the following questions.

1. What is Big Bang theory?

- Ans: The Big Bang theory is the prevailing cosmological model that explains the origin and evolution of the universe. It proposes that the universe began as an extremely hot and dense singularity, then expanded rapidly, resulting in the formation of matter, galaxies, and the entire cosmos. The theory is supported by evidence such as the cosmic microwave background radiation and the observed redshift of galaxies.
- 2. Define rotation and revolution.

Ans: Rotation: Rotation refers to the spinning or turning of an object around its own axis. In the context of celestial bodies, like Earth, rotation causes the daynight cycle as different parts of the planet are exposed to sunlight while others are in darkness. **Revolution:** Revolution refers to the orbital motion of one celestial body around another. For example, Earth's revolution around the Sun defines the length of a year. The orbit of a planet or moon around a central body is its revolution.

What does the solar system consist of?
 Ans: The solar system consists of the Sun, planets, moons, asteroids, comets, and other celestial bodies bound together by gravity. The major components include:
 Sun: The central star.

Planets: Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, and Neptune.

Moons: Natural satellites orbiting planets.

Asteroids: Small rocky bodies.

Comets: Ice and dust-rich bodies with a tail when near the Sun.

4. Why is Mars called the 'Red planet'?

Ans: Mars is often referred to as the 'Red Planet' due to its reddish appearance. This color is attributed to the presence of iron oxide, or rust, on its surface. The iron-rich rocks and soil give Mars its distinctive reddish hue when viewed from space. The planet's surface features, such as reddish dust storms and terrain, contribute to its nickname.

HOTS

(F). How long does the sunlight take to reach the Earth?

Ans. The sunlight takes approximately 8 minutes and 20 seconds to reach Earth. This is because light travels at a speed of about 299,792 kilometers per second (186,282 miles per second), and the average distance from the Sun to Earth is around 93 million miles (150 million kilometers). The exact time for sunlight to reach Earth can vary slightly depending on the varying distance due to Earth's elliptical orbit around the Sun.

3

Our Festivals

Exercise

(A). Tick (\checkmark) the correct answer.

- 1. _____ is a national festival. Ans: (c) Republic Day
- Name the festival which is celebrated after a long month of fasting.
 Ans: (a) Eid
- **3.** Dussehra symbolises the _____ of good over evil.

Ans: (a) victory

4. _____ is known as the festival of $\frac{1}{11}$ is known as the festival of

Ans: (b) Diwali

- **B**. Fill in the blanks with the words given in the box.
 - The ______ of India takes the salute at the Republic Day Parade.
 Ans: President
 - 2. _____ is celebrated to mark Lord Rama's victory over Ravana. Ans: Dussehra
 - 3. Eid-ul-Fitr is the most popular festival of

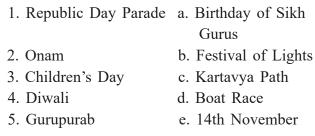
Ans: Muslims

4. Teacher's day is celebrated on _____. Ans: 5th September

Column II

C. Match the following.

Column I



Ans: (1) (c) Kartavya Path Ans: (2) (d) Boat Race Ans: (3) (e) 14th November

Ans: (4) (b) Festival of Lights

Ans: (5) (a) Birthday of Sikh Gurus

- **D**. Write 'T' for True and 'F' for False for the following statements..
 - 1. The entire nation pays homage to Mahatma Gandhi on Independence day
 - 2. People throw coloured water and powder on Eid-ul-Fitr.
 - 3. On Gurupurab people visit the gurudwara and off er prayers.

F

4. Dussehra is a harvest festival.

(E). Answer the following questions.

1. Whom do we remember on Independence Day?

Ans: On Independence Day, we remember and pay homage to Mahatma Gandhi, who played a pivotal role in India's struggle for independence. It is a day to honor all the freedom fighters and leaders who contributed to the country's liberation from British rule.

2. Describe the festival of Dussehra.

Ans: Dussehra, also known as Vijayadashami, is a Hindu festival that marks the victory of Lord Rama over the demon king Ravana. The festival symbolizes the triumph of good over evil. It is celebrated with various cultural performances, processions, and the burning of effigies of Ravana. In some regions, people enact the Ram Leela, depicting episodes from the Ramayana. Dussehra also marks the end of the nineday Navaratri festival.

3. Name some harvest festivals.

Ans: Some harvest festivals celebrated around the world include:

Thanksgiving (USA and Canada):

Celebrated to give thanks for the harvest and blessings of the past year.

Pongal (India): A Tamil harvest festival celebrated in the southern state of Tamil Nadu.



Harvest Festival (United Kingdom):

A traditional celebration of the harvest season, often involving feasting and community events.

4. What do people do aft er off ering the Eid namaz?

Ans: After offering the Eid namaz (prayer), people engage in various festive activities. One common tradition is the exchange of greetings and good wishes. Families come together to share festive meals and sweets. Many Muslims also participate in acts of charity by giving to the less fortunate, and it is customary to give Zakat al-Fitr, a form of charity, before the Eid prayer. Additionally, people often visit friends and relatives, and children receive gifts and money, known as "Eidi," as a token of blessings.

4

Our National Symbols

Exercise

(A). Tick (\checkmark) the correct answer.

1. The Chakra in the National Flag has ______ spokes.

Ans: (b) 24

- 2. 'Satyameva Jayate' means ______ Ans: (a) Truth alone triumphs
- **3.** The National Heritage Animal declared in the year 2010 was
 - Ans: (b) elephant
- 4. _____ is our national flower. Ans: (b) Lotus
- **B**. Fill in the blanks with the words given in the box.
 - 1. There are _____ bands on India's National Flag. Ans: three
 - 2. Our National Anthem was composed by

Ans: Rabindranath Tagore

3. The _____ Capital of Sarnath

is our National Emblem.

Ans: Lion

4. The three colours in our national fl ag are _____, white and dark green.

Ans: saffron

C. Match the following.

Column I

Column II

- 1. Saffron
- a. growth and progress
- 2. White b. courage and sacrifice
- 3. Green

4. Chakra

- c. purity and dignity
- d. prosperity
- 5. Lotus e. peace and truth
 - Ans: (1) (d) prosperity
 - Ans: (2) (c) purity and dignity
 - Ans: (3) (a) growth and progress
 - Ans: (4) (e) peace and truth
 - Ans: (5) (b) courage and sacrifice

D. Answer the following questions.

1. What does Indian fl ag symbolise?

Ans: The Indian flag, also known as the Tricolor, symbolizes the nation's identity and represents various aspects of India's heritage and values. The saffron color signifies courage and sacrifice, white represents purity and dignity, and green represents growth and progress. The Ashoka Chakra in navy blue at the center represents the law of dharma (duty/ righteousness) and is a symbol of the wheel of time.

2. What do you mean by 'Satyameva Jayate'?

Ans: 'Satyameva Jayate' is a Sanskrit phrase from the Mundaka Upanishad, which means "Truth alone triumphs." It is also the national motto of India and is inscribed at the base of the national emblem. This motto signifies the importance of truth and righteousness in guiding the actions and values of the nation.

3. Write a short note on our National Anthem.

Explore social studies - 3

Ans: The Indian National Anthem, "Jana Gana Mana," was composed by the renowned poet Rabindranath Tagore. It was officially adopted as the national anthem on January 24, 1950. The anthem is written in Bengali and is a tribute to the diverse culture and geography of India. It is a source of national pride and unity, and it is played on various ceremonial occasions and public events.

4. Where do you fi nd the National Aquatic Animal in India?

Ans: The National Aquatic Animal of India is the Gangetic Dolphin. It is primarily found in the Ganges and Brahmaputra river systems and their tributaries. The Gangetic Dolphin was declared the National Aquatic Animal of India in 2009 to raise awareness about its conservation.

5. Write down the features of the Indian National Bird and Flower.

Ans: Indian National Bird (Peafowl or Peacock):

Features: The male peafowl, known as the peacock, is known for its vibrant and iridescent plumage with a distinctive eyeshaped pattern. It is a symbol of grace and beauty.

Indian National Flower (Lotus):

Features: The lotus is a sacred flower in Indian culture and symbolizes purity, beauty, wealth, and the promise of new beginnings. It is characterized by its unique shape, vibrant colors, and cultural significance in various religious traditions.

HOTS

1. What do you think we should do when we sing National Anthem?

Ans. * When singing the National Anthem, it is customary to stand in a respectful posture. The following practices are commonly observed:

* **Stand Upright:** It is a sign of respect to stand upright, facing the national flag, when the National Anthem is being sung.

* **Remain Silent:** Observing silence during the anthem is a mark of reverence.

* Hand on Heart: Some people place their right hand over their heart as a gesture of respect.

Additionally, it is essential to understand and appreciate the significance of the anthem, as it is a symbol of national unity, pride, and identity.

2. Why has the government started Project Tiger?

Ans. * Project Tiger was initiated by the Indian government to address the conservation and protection of the Bengal tiger, the national animal of India. The primary objectives of Project Tiger are:

* **Conservation:** To ensure the survival and well-being of the Bengal tiger, which was facing the threat of extinction due to habitat loss, poaching, and other humaninduced factors.

* **Protection of Habitats:** To preserve and protect the natural habitats and ecosystems crucial for the survival of tigers.

* Awareness and Community

Participation: To raise awareness about the importance of tiger conservation and involve local communities in efforts to safeguard the tiger population.

* Project Tiger has played a significant role in reviving and maintaining stable tiger populations in designated tiger reserves across India, contributing to the overall biodiversity and ecological balance of the region.

India-Physical and Political Divisions

Exercise

A. Tick (\checkmark) the correct answer.

5

1. _____ is the highest peak in the Himalayan mountains.

Ans: (a) Mount Everest

2. The shape of the Southern Plateau is

Ans: (c) triangular



- 3. <u>Territory.</u> is the National Capital Ans: (a) Delhi
- 4. The _____ plateau forms most of South India.
 Ans: (a) Deccan
- **B**. Fill in the blanks with the words given in the box.
 - 1. The state government is headed by _____. Ans: Governor
 - 2. India shares its boundaries with ______ in the west.

Ans: Pakistan and Afghanistan

3. The coastal plains are stretch for about _____ km of the mainland.

Ans: 6,000 km

4. The Himalayas form a natural boundary between India and _____.
Ans: China

C. Match the following.

Column II

1. Himalayas

Column I

a. Water on all sidesb. Imphal

c. Smallest state

- 2. Peninsula
- Island
 Manipur
- d. Mountain
- 5. Goa
- e. Southern plateau
- Ans: (1) (d) Mountain
- Ans: (2) (e) Southern plateau
- Ans: (3) (a) Water on all sides
- Ans: (4) (b) Imphal
- Ans: (5) (c) Smallest state

D. Answer the following questions.

1. Write a brief note on the Northern Plains of India.

Ans: The Northern Plains of India, also known as the Indo-Gangetic Plains, are a vast, fertile region formed by the alluvial deposits of rivers like the Ganges, Brahmaputra, and their tributaries. These plains stretch from the foothills of the

Himalayas to the Thar Desert in the west. Known for their rich soil and agricultural productivity, the Northern Plains are a major contributor to India's food production. Key cities like Delhi, Kolkata, and Lucknow are situated in this region.

2. Describe the Indian Peninsula.

Ans: The Indian Peninsula is a large landmass surrounded by water on three sides. It is characterized by the Arabian Sea to the west, the Bay of Bengal to the east, and the Indian Ocean to the south. The Peninsula includes diverse geographical features such as the Western Ghats and Eastern Ghats, coastal plains, plateaus, and fertile regions. The Deccan Plateau forms a significant part of the Peninsula, and it is rich in minerals and biodiversity.

3. What is an island? Name two island groups of India.

Ans: An island is a landmass that is completely surrounded by water. Two major island groups of India are:

- * Andaman and Nicobar Islands: Located in the Bay of Bengal, this group consists of more than 500 islands, known for their biodiversity and tropical rainforests.
- * Lakshadweep Islands: Situated in the Arabian Sea, Lakshadweep is a group of coral islands known for their coral reefs and clear blue waters.
- Name the neighbouring countries of India.
 Ans: India shares its borders with several countries. The neighboring countries of India are:
 - * Pakistan
 - * China
 - * Nepal
 - * Bhutan
 - * Bangladesh
 - * Myanmar (Burma)
 - * Sri Lanka
- **5.** How many union territories are there in India? Name any four.

Ans: As of my knowledge cutoff in January 2022, there were eight Union

Explore social studies - 3

Territories in India. Four of them are:

- * Delhi
- * Puducherry
- * Jammu and Kashmir
- * Lakshadweep

HOTS

1. Find out diff erent aspects of the culture of the state you belong to. Discuss in the class.

Ans. Research: Begin by researching and gathering information about various aspects of the culture of the state you belong to. This can include traditions, festivals, cuisine, clothing, language, music, dance, art, history, and more.

Compile Information: Create a comprehensive list or presentation highlighting the unique features of your state's culture. Include visuals, anecdotes, and interesting facts to make the presentation engaging.

Class Discussion: During the class discussion, present your findings to your classmates. Encourage questions and interactions to foster a better understanding of the cultural diversity within the class. Consider incorporating multimedia elements or inviting guest speakers to enhance the presentation.

2. Why are deserts dry?

Ans. Understand Desert Climate: Deserts are characterized by arid climates with extremely low precipitation. The primary reasons for deserts being dry are:

Rain Shadow Effect: Deserts often occur on the leeward side of mountain ranges. When moist air is blown over mountains, it cools, and moisture is released on the windward side, leaving dry air to descend on the leeward side, creating arid conditions.

Subsidence: Deserts are often located in areas where air descends in the atmosphere. As air descends, it warms, and its ability to hold moisture increases, leading to reduced cloud formation and precipitation. **Proximity to Oceans:** Deserts situated far from oceans may receive less moisture. Coastal deserts, like the Atacama Desert, are exceptions and are dry due to cold ocean currents inhibiting moisture-laden air from reaching the coast.

Class Discussion and Further

Exploration: Engage students in a class discussion about the mechanisms that contribute to desert dryness. Encourage students to explore specific examples of deserts worldwide and understand the unique climatic conditions that characterize each. Discuss the adaptations of flora and fauna in desert ecosystems to survive in such challenging environments.

How We Travel

Exercise

A. Tick (\checkmark) the correct answer.

6

- People travelling in a car, bus, train, etc. and not driving them are called _____.
 Ans: (b) passengers
- 2. Camel drawn cart is a means of ______ transport.
 - Ans: (b) land
- **3.** The fastest means of transport is _____. **Ans:** (c) aeroplane
- 4. This vehicle can move on the water. Ans: (c) cruise

B. Fill in the blanks with the words given in the box.

1. Vehicles that move on land, are means of ______ transport.

Ans: land

- 2. _____ transport is helpful during calamities and natural disasters. Ans: Air
- **3.** transport plays an important role in India's trade with other countries. **Ans:** Water



4. People in villages use _____ and _____ for travelling from one place to another.
 Ans: bullock corts and tractors

Ans: bullock carts and tractors

C. Write 'T' for True and 'F' for False for the following statements..

- 1. Trains and buses are public transport. T
- **2.** Air transport is used to travel short distances.
- 3. Most people travel on land by cruises. **F**
- 4. Tongas are commonly used in cities.

F

D. Answer the following questions.

Name the diff erent means of transport.
 Ans: Different means of transport include:
 Land Transport: Cars, buses, trains, bicycles.

Water Transport: Ships, boats, ferries. Air Transport: Airplanes, helicopters. Animal Transport: Horses, camels, bullock carts.

2. How do people travel in villages? Ans: In villages, people often use traditional means of transport such as bullock carts, bicycles, and on foot. In some cases, tractors may also be used for agricultural purposes and transportation.

Agricultural Runoff: The use of fertilizers and pesticides in agriculture can lead to runoff, carrying pollutants into rivers and lakes, causing water pollution.

3. Write down the diff erent means of transport with two examples each.

Ans: 1. Land Transport:

Example 1: Cars
Example 2: Bicycles **2. Water Transport:**Example 1: Ships
Example 2: Boats **3. Air Transport:**Example 1: Airplanes
Example 2: Helicopters

4. Animal Transport:

Example 1: Horses Example 2: Camels

4. When do you think air transport is most helpful?

Ans: Air transport is most helpful when there is a need for fast and longdistance travel. It is especially useful for international travel or in emergencies and situations requiring swift transportation of goods, services, or people. Airplanes can cover large distances in a short time, making them crucial in situations where time is a critical factor, such as medical emergencies, business travel, or disaster relief operations.

E. Match the following.

Column II

Column I 1. Ships 2. Metro

3. Ropeways

5. Tractor

- a. Mountain regions
- b. Villages
 - c. Water transport
- 4. Helicopter d. Underground train
 - e. Air transport
 - Ans: (1) (c) Water transport
 - Ans: (2) (d) Underground train
 - Ans: (3) (a) Mountain regions
 - Ans: (4) (e) Air transport
 - Ans: (5) (b) Villages

HOTS

F. What would happen if there were no transport system?

Ans. If there were no transport system, it would have profound and far-reaching consequences on various aspects of society, economy, and daily life. Some of the significant implications include:

1. Economic Impact:

Trade Disruption: The movement of goods between regions and countries would be severely hampered. This would impact trade, leading to shortages of essential commodities and reduced economic growth.

2. Social Impact:

Isolation: Communities and individuals would be isolated, limiting social interactions, cultural exchanges, and access to essential services.

3. Healthcare:

Limited Medical Access: People would face challenges in accessing medical facilities, resulting in delayed or no medical care during emergencies.

4. Education:

Restricted Learning Opportunities:

Without a reliable transport system, students would face difficulties in commuting to educational institutions, limiting their access to quality education.

5. Employment:

Reduced Job Opportunities: Lack of transportation would limit job opportunities, especially for those residing in rural areas or areas without sufficient local industries.

6. Agriculture:

Market Access Issues: Farmers would face difficulties transporting their produce to markets, impacting their income and livelihoods.

7. Urbanization:

Impeded Urban Development: Cities and urban areas heavily rely on transportation for the influx of goods and services. The absence of a transport system would hinder urban development and growth.

8. Emergency Services:

Delayed Emergency Response:

Emergency services such as fire, police, and medical services would face delays in reaching critical locations, jeopardizing public safety.

9. Innovation and Technology:

Limited Technological Advancements: Many technological advancements and innovations rely on the efficient movement of people, goods, and information. The absence of a transport system would slow down technological progress.

Means of Communication

Exercise

A. Tick (\checkmark) the correct answer.

1. The cheapest means of communication is

Ans: (c) internet

2. The fastest means of communication is

Ans: (c) telephone

3. Which of these is not a means of communication?

Ans: (a) Table

4. We can see live telecast of events because of _____.

Ans: (b) satellites

- **B**. Fill in the blanks with the words given in the box.
 - 1. In older days, messages are carried by

Ans: pigeons

2. Artificial _____ help in communication.

Ans: satellites

3. Newspapers and magazines are examples of _____.

Ans: mass communication

 4. _______ helps us to send messages, images and videos to our family and friends.
 Ans: WhatsApp

C. Match the following.

Column I

Column II

- 1. www a. Fax machine
- 2. SMS b. Electronic mail
- 3. E-mail c. World wide web
- 4. Fax d. Short message service
 - Ans: (1) (c) World wide web

Ans: (2) (d) Short message service



Ans: (3) (b) Electronic mail **Ans:** (4) (a) Fax machine

D. Answer the following questions.

- What do you mean by communication?
 Ans: Communication is the process of exchanging information, ideas, thoughts, or feelings between individuals or groups. It can occur through various mediums such as verbal (spoken words), non-verbal (body language, gestures), written (letters, emails), and visual (images, symbols). Effective communication is essential for conveying messages accurately and fostering understanding.
- 2. Write down the diff erent means of communication with two examples each.

Ans: 1. Verbal Communication:

Example 1: Face-to-face conversations

Example 2: Telephone calls

2. Written Communication:

Example 1: Letters

Example 2: Emails

3. Non-Verbal Communication:

Example 1: Body language

Example 2: Facial expressions

4. Visual Communication:

Example 1: Charts and graphs

Example 2: Infographics

5. Modern Communication:

Example 1: Social media platforms (e.g., Facebook, Twitter)

Example 2: Instant messaging apps (e.g., WhatsApp, Telegram)

3. Write a short note on the means of mass communication.

Ans: Mass communication refers to the dissemination of information to a large and diverse audience through various media channels. Examples of mass communication include:

Television: Broadcasting news, entertainment, and educational programs to a wide audience.

Radio: Transmitting audio content, news, and music to a broad listenership.

Newspapers: Distributing printed news articles, features, and advertisements on a daily or periodic basis.

Magazines: Publishing periodicals covering diverse topics for a mass readership.

4. What is an e-mail?

Ans: An e-mail (electronic mail) is a method of exchanging digital messages between people using electronic devices, typically computers or mobile phones. It allows individuals to send text messages, files, images, and other attachments over the internet. Email has become a widely used and convenient means of communication for both personal and professional purposes.

HOTS

1. Your uncle wants to sell his car, which means of communication will he use?

Ans. Your uncle is likely to use a combination of modern means of communication to sell his car efficiently. This may include:

Online Classifieds: Posting advertisements on websites or apps dedicated to buying and selling vehicles.

Social Media: Utilizing platforms like Facebook, Twitter, or Instagram to reach a broader audience.

Email: Communicating with potential buyers and sharing details about the car.

2. Why do you think pigeons were used to send messages in earlier times?

Ans. In earlier times, pigeons were used to send messages because of their homing instinct and ability to navigate long distances back to their home lofts. Pigeons were reliable messengers, especially in situations where other means of communication were limited or unavailable. They were employed during wars, for urgent messages, and in areas where physical barriers like mountains or forests made traditional messengers challenging.

Explore social studies - 3

Mass communication has made the world smaller. How?

Ans. Instantaneous Information: Mass communication technologies, such as the internet, television, and social media, enable the rapid transmission of information across the globe. News, events, and developments are instantly accessible to people worldwide.

Global Connectivity: Mass

communication tools facilitate realtime communication, connecting people regardless of geographical distances. Video calls, emails, and social media platforms enable instant interaction.

Cultural Exchange: Mass media allows for the widespread sharing of cultural content, including music, movies, literature, and art. This fosters a global awareness and appreciation of diverse cultures.

Business and Trade: Mass communication plays a vital role in international business and trade. Companies can advertise and market products globally, fostering economic interdependence.

Political Awareness: Mass communication channels contribute to global political awareness. People worldwide can stay informed about international events, policies, and developments, fostering a sense of shared global citizenship.

8

(3).

Weather and Seasons

Exercise

(A). Tick (\checkmark) the correct answer.

1. In our country, the year is divided into seasons.

Ans: (b) four

- 2. Summer is the _____ season. Ans: (a) hottest
- 3. ______ are the farmer's friend and seen crawling out of the soil in rainy season.

Ans: (b) Earthworms

- 4. Which of the following are always covered with snow?Ans: (c) Mountain peaks
- **B**. Fill in the blanks with the words given in the box.
 - 1. Summer has _____ days and _____ nights.

Ans: longer, shorter

2. The rainy season in India is called the

Ans: monsoon

- 3. Trees look barren without _____. Ans: leaves
- 4. The winter is the _____ season. Ans: coldest

C. Write 'T' for True and 'F' for False for the following statements..

- 1. Weather can change every month.
- 2. Seasons are caused by the revolution of the earth.

T

T

F

- 3. People wear light cotton clothes in summer.
- **4.** In autumn, the trees get new leaves and beautiful flowers.

D. Match the following.

Column I

- 1. Watermelons a. autumn
- 2. Janmashtami b. spring
- 3. Holi c. winter
- 4. Diwali d. summer
- 5. New Year e. rainy
 - Ans: (1) (d) summer
 - Ans: (2) (b) spring
 - Ans: (3) (e) rainy
 - Ans: (4) (a) autumn
 - Ans: (5) (c) winter



Column II

E. Answer the following questions.

1. Diff erentiate between weather and season.

Ans: Weather: Refers to the atmospheric conditions at a specific place and time, including elements like temperature, humidity, precipitation, wind speed, and atmospheric pressure. Weather can change rapidly and is more localized.

Season: A more extended period characterized by certain prevailing weather conditions and temperatures. Seasons are typically divided into spring, summer, autumn (fall), and winter, and each season has distinct features and temperature ranges.

2. Explain briefl y the causes of seasons.

Ans: Seasons are caused by the tilt of the Earth's axis and its orbit around the sun. The key factors include:

Axial Tilt: The Earth's axis is tilted at an angle of approximately 23.5 degrees concerning its orbit around the sun. This tilt causes different parts of the Earth to receive varying amounts of sunlight during different times of the year.

Revolution Around the Sun: As the Earth revolves around the sun in its elliptical orbit, different hemispheres receive varying amounts of sunlight at different times, leading to the changing seasons.

3. How do seasons aff ect our lives?

Ans: Clothing and Lifestyle: People adapt their clothing and lifestyle based on the prevailing season. For example, lighter clothes in summer and warmer clothes in winter.

Agriculture: Seasonal changes impact agricultural practices, affecting crop planting, harvesting, and the availability of certain fruits and vegetables.

Recreation and Tourism: Seasonal variations influence recreational activities and tourism. Skiing in winter, beach vacations in summer, and autumn foliage tours are examples.

Health: Seasonal changes can influence health, with variations in temperature affecting susceptibility to illnesses and conditions like seasonal allergies.

- 4. Write a short note on:
 - a. Autumn season
 - b. Spring season
 - c. Rainy season

Ans: a. Autumn season:

* Autumn, or fall, is characterized by the shedding of leaves from deciduous trees.

* The temperature begins to cool, and days become shorter.

* Harvest festivals often take place during this season.

b. Spring season:

* Spring marks the renewal of nature, with the blossoming of flowers and the growth of new leaves.

* Days become longer, and temperatures gradually rise.

* Many cultures celebrate festivals and events associated with rebirth and renewal.

c. Rainy season:

* The rainy season is characterized by heavy rainfall and increased humidity.

* It is essential for agriculture as it provides the necessary water for crops.

* Some regions experience monsoons, which bring heavy and prolonged rains.

HOTS

1. How did travel and trade between countries occur before the invention of aeroplanes?

Ans. Explanation: Near the equator, the Earth's axis is almost perpendicular to the sun's rays. This means that throughout the year, the equator receives relatively consistent and direct sunlight. There is minimal variation in day length, and the intensity of sunlight remains nearly constant. This is why areas near the equator experience relatively consistent temperatures and do not have distinct seasons like those in higher latitudes.

2. How did travel and trade between countries occur before the invention of aeroplanes?

Ans. Explanation: The visibility of your breath in cold weather is due to

Explore social studies - 3

the condensation of water vapor in your breath when it comes into contact with the cold air. In winter, the air is colder, and when you exhale warm, moist air, it rapidly cools down. Cold air cannot hold as much moisture as warm air, causing the water vapor to condense into tiny droplets, making your breath visible. In summer, the air is warmer, and the temperature difference between your breath and the surrounding air is not significant enough to cause condensation, making your breath less visible.

9 My Friendly Neighbourhood

Exercise

(A). Tick (\checkmark) the correct answer.

1. The place around our house is called

Ans: (b) neighbourhood

- In case of mishappening, we can call police by dialing _____...
 Ans: (c) 100
- 3. We can get money anytime from a/an

Ans: (a) ATM

4. We buy stamps, envelops, etc. from

Ans: (b) post office

- **B**. Fill in the blanks with the words given in the box.
 - 1. _____ are the people who live near us. Ans: Neighbours
 - 2. Doctors and nurses work in _____. Ans: hospitals
 - **3.** We find students and teachers in _____. **Ans:** schools
 - 4. _____ guards us from robbers. Ans: Policemen

5. Ambulance takes the ______ to the hospital.Ans: patients

C. Match the following. Column I

Column II

- Police station

 a. safety of valuables
 Bank
 b. study
 School
 c. send and receive letters
- 4. Hospital d. security of the area
- 5. Post office e. treatment of patients
 - Ans: (1) (d) security of the area
 - Ans: (2) (a) safety of valuables
 - **Ans:** (3) (b) study
 - Ans: (4) (e) treatment of patients
 - Ans: (5) (c) send and receive letters

D. Answer the following questions.

1. Who are neighbours?

Ans: Neighbours are the people who live in close proximity to our homes, typically in the same community or residential area.

2. Why should we have hospitals in our neighbourhood?

Ans: Having hospitals in the neighbourhood is essential for providing timely medical care and emergency services to residents. Proximity to hospitals ensures quick access to medical facilities, which is crucial in emergencies and for the well-being of the community.

- 3. What do people keep in the bank? Ans: People keep various items and conduct financial transactions in banks. Common activities include depositing and withdrawing money, saving in accounts, obtaining loans, and storing valuable items in safe deposit boxes. Banks serve as financial institutions that help manage and safeguard individuals' and businesses' financial assets.
- 4. Name some places of worship.

Ans: Places of worship vary across different religions and cultures. Some common places of worship include:



- * Churches
- * Mosques
- * Temples
- * Synagogues
- * Gurudwaras
- * Pagodas
- * Shrines
- * Monasteries
- * Chapels

HOTS

1. Why do firefi ghters not catch fire? Ans. Firefighters wear specialized

protective gear, including flame-resistant suits made of materials such as Nomex or Kevlar. These materials can withstand high temperatures without catching fire. Additionally, the gear includes a helmet, gloves, and boots designed to provide complete protection against heat and flames. The self-contained breathing apparatus (SCBA) worn by firefighters ensures they have a supply of clean air, allowing them to work in smoke-filled environments without inhaling harmful substances.

2. Discuss with your friends what would happen if there are no neighbours around.

Ans. Discussion Points:

* Emergency Assistance: Neighbours often play a crucial role in providing immediate assistance during emergencies, such as accidents, medical crises, or natural disasters. Without neighbours, getting help quickly may become challenging.

* **Community Support:** Neighbours form a support system, providing social, emotional, and practical support. The absence of neighbours may lead to a sense of isolation and limited social interactions.

* Security Concerns: Neighbours contribute to the overall security of an area by keeping an eye on each other's homes and reporting suspicious activities. The absence of neighbours may result in reduced community security. * Sense of Community: Neighbours contribute to a sense of community and belonging. Without neighbours, individuals may miss out on the communal aspects of shared events, celebrations, and neighborhood activities.

* Shared Resources: Neighbours often share resources, exchange information, and collaborate on local initiatives. The absence of neighbours may limit these opportunities for cooperation and mutual benefit.

Early Humans

Exercise

A. Tick (\checkmark) the correct answer.

10

- Tools helped early humans in _____.
 Ans: (a) hunting animals
- 2. Early humans used _____ as clothing. Ans: (b) leather
- **3.** Early human lived in ______ **Ans:** (c) forests and caves
- 4. The discovery of _____ was a major turning point in the life of early humans.Ans: (c) fire

B. Fill in the blanks.

- 1. Early human used to eat _____ food. Ans: raw
- 2. Early human lived in _____. Ans: caves.
- By rubbing two stones early humans produced ______.
 Ans: fire
- 4. Early humans tamed goats for

Ans: milk and meat

Explore social studies - 3

C. Match the following.

Column A	Column B
1. Fire	a. Nomadic
2. Skin of animals	b. For milk and meat
3. Taming animals	C. Used for clothing
4. Life of early humans	d. Striking two stones
	together

Ans: (1) (d) Striking two stones together

- Ans: (2) (c) Used for clothing
- Ans: (3) (b) For milk and meat
- Ans: (4) (a) Nomadic

D. Answer the following questions.

1. What did early humans eat before they started farming?

Ans: Before they started farming, early humans primarily ate wild plants, fruits, nuts, seeds, and hunted animals for meat. Their diet consisted of what they could gather and hunt in their natural environment.

2. Describe in brief how early humans discovered fire.

Ans: The discovery of fire by early humans is believed to have occurred through a natural process of observing and harnessing natural events. Early humans likely discovered fire by observing lightning strikes or wildfires caused by lightning. They might have then learned to control and utilize fire by keeping it alive and starting it deliberately through methods such as rubbing two stones together or using other friction-based techniques.

3. Why do you think early humans tamed animals? Name the animals tamed by them.

Ans: Early humans tamed animals for various purposes, including a steady food supply, companionship, and assistance in various tasks. Animals were tamed for their products, such as milk and meat,

and some were used as work animals for tasks like transportation and agriculture. Examples of animals tamed by early humans include goats, sheep, dogs, and cattle.

4. Why do you think early humans settled near rivers and lakes?

Ans: Early humans settled near rivers and lakes for several reasons. Water sources provided a constant supply of freshwater for drinking and irrigation for crops. The fertile soil near water bodies was ideal for agriculture. Additionally, rivers facilitated transportation and trade, making these areas attractive for human settlement. The availability of fish and other aquatic resources further contributed to the appeal of settling near rivers and lakes.

HOTS

E 1 During winter many people sit around the fire. Why?

Ans. Sitting around the fire during winter serves multiple purposes. First, fire provides warmth, which is crucial for maintaining body temperature in cold weather. Additionally, gathering around a fire promotes social interaction, fostering a sense of community and shared warmth. Fire also serves as a source of light during dark winter evenings. Overall, sitting around the fire during winter is a practical and social activity that addresses both physical and emotional needs.

2 During winter many people sit around the fire. Why?

Ans. After transitioning to a settled life, early humans experienced significant changes in their lifestyle. Some key aspects include:

Agriculture: Settled life allowed early humans to engage in agriculture, cultivating crops for sustenance. This shift from a nomadic hunter-gatherer lifestyle to settled agriculture marked the beginning of civilization.

Permanent Dwellings: Instead of constantly moving in search of food, early humans built permanent dwellings, such



as houses or huts. This provided stability and security.

Specialized Roles: With settled communities, people could engage in specialized roles beyond hunting and gathering. This specialization led to the development of various skills and professions.

Social Structures: Settled life gave rise to more complex social structures and communities. People formed relationships, established rules, and developed systems of governance.

Cultural Advancements: With the stability of settled life, early humans had the opportunity for cultural advancements, including the development of art, language, and other forms of expression.



Dresses of India

Exercise

A. Tick (\checkmark) the correct answer.

1. What is the national dress of Indian women?

Ans: (c) Sari

- Phiran is worn by women of Ans: (c) Jammu & Kashmir
- **3.** In several states of India, men cover their heads with a
 - Ans: (b) turban or pagadi
- In Kerala, the lungi is called Ans: (b) mundu
- **B**. Fill in the blanks.
 - 1. _____ is a long traditional dress worn by women of Sikkim. Ans: Bakhu
 - 2. _____ is a long woollen kurta worm by men and women of Kashmir. Ans: Phiran
 - 3. In _____ part of India, men wear kurtapyjama.

Ans: northern

18

4. In festival and occasions women wear a lot of ______
Ans: jewellery

B. Write 'T' for true and 'F' for false statements.

1. Clothes protect us from heat, cold and dust.

- **2.** Odhni is worm on the feet.
- 3. In Tamil Nadu, dhoti is called Veshti.
- 4. Nagas, Mizos wear colourful Lehenga-Choli.

F

Т

F

D. Answer the following questions.

1. Which is the most common attire worn by women in India?

Ans: The most common attire worn by women in India is the sari.

2. Describe Phiran.

Ans: Phiran is a traditional, loose-fitting woollen kurta worn by both men and women in the Kashmir Valley. It is often knee-length, with wide sleeves and is designed to provide warmth in the cold climate of the region.

3. Write the names of pagadi worn in different parts of India.

Ans: In different parts of India, the headgear known as pagadi or turban takes various forms. Some examples include:

Safa: Worn in Rajasthan.

Peta: Worn in Maharashtra.

Dastaar: Worn in Punjab.

- 4. How are the clothes worn by men in north India different from eastern India?
 - Ans: In general, traditional attire for men in North India, such as Punjab and Rajasthan, may include garments like kurta-pajama with a specific style of turban. In Eastern India, particularly in states like West Bengal, traditional attire for men may include dhoti-kurta or panjabi with a distinctive style of draping the dhoti.
- 5. In which part of India Gamcha is popular? Ans: Gamcha, a traditional thin towel

Explore social studies - 3

often used as a scarf or head covering, is popular in the eastern part of India, particularly in states like West Bengal and Assam.

HOTS

E 1 Why do you think people of Kerala wear white and cream-coloured clothes while in the desert region of Rajasthan, people wear colourful clothes?

> **Ans.** The choice of clothing color in different regions can be influenced by various factors such as climate, culture, and tradition. In Kerala, where the climate is generally warm and humid, people might prefer lighter colors like white and cream to reflect sunlight and stay cool. These colors also align with the cultural aesthetics of the region. In contrast, the desert region of Rajasthan experiences extreme temperatures, and the vibrant and colorful clothing worn by the people serves multiple purposes. Bright colors are culturally significant and are believed to provide protection against the harsh sunlight, as well as add vibrancy and reflect the lively cultural heritage of the region. In essence, the choice of clothing color is a reflection of the local environment, climate, cultural practices, and traditions.

2 What does our dress reflect about us?

Ans. Our dress reflects various aspects of our identity, including cultural, social, economic, and personal attributes. Here are some points to consider:

Cultural Identity: Clothing often reflects our cultural background and traditions. Traditional attire can convey information about the wearer's cultural roots and heritage.

Social Status: The type of clothing we wear can indicate our social and economic status. In many societies, certain styles or brands may be associated with specific social classes.

Personal Style: Individual choices in clothing reflect personal preferences and style. Clothing can be a form of self-expression and a way to communicate

one's personality.

Occasion and Role: The type of clothing worn for different occasions or roles (formal, casual, work attire) reflects societal norms and expectations.

12 Houses

Exercise

A. Tick (\checkmark) the correct answer.

- 1. Kutcha house is generally found in _____ Ans: (b) villages
- **2.** Inuits live in which of the following house?
 - Ans: (a) Igloo
- **3.** A floating house is also called a _____. **Ans:** (c) Houseboat
- 4. A good house is one that is free from____.
 Ans: (a) dust

B. Give one word for the following.

- 1. A house on wheels ______ Ans: Caravan
- 2. A house of snow _____ Ans: Igloo
- 3. A house that floats on water ______ Ans: Houseboat
- 4. A house that is movable and portable

Ans: Mobile Home

B. Write 'T' for true and 'F' for false statements.

- 1. Kutcha houses are very strong.
- **2.** Bungalows are Pucca houses.
- **3.** A shikara is a houseboat found in Dal lake, Kashmir.
- 4. A good and healthy house should be well ventilated.



F

T

T

D. Answer the following questions.

1. What are Kutcha houses? What are they made up of ?

Ans: Kutcha houses are traditional dwellings that are less durable and often made of temporary or makeshift materials. They are typically constructed with materials such as mud, thatch, bamboo, or other locally available organic materials.

2. What are Pucca houses? What are they made up of?

Ans: Pucca houses are permanent and well-constructed dwellings made of durable materials. They are typically built with materials like bricks, concrete, cement, and other stable components. Pucca houses offer better resistance to weather conditions and are more structurally stable than Kutcha houses.

3. What is a houseboat? Where do you find them in India?

Ans: A houseboat is a floating dwelling that serves as both a home and a means of transportation on water. In India, houseboats are commonly found in places with water bodies like lakes and rivers. One notable location is Dal Lake in Kashmir, where shikaras and houseboats are popular among locals and tourists alike.

4. What do we call the house that stands on wooden poles? Why these houses are built above the level of the ground?

Ans: The house that stands on wooden poles is often called a stilt house or pier house. These houses are built above the level of the ground to address various concerns such as flooding, dampness, or the presence of animals. Elevating the house helps protect it from water damage, especially in areas prone to flooding, and provides ventilation while minimizing contact with the ground.

5. What are the features of a good and healthy house?

Ans: A good and healthy house should have the following features:

Proper Ventilation: Well-ventilated spaces ensure fresh air circulation and prevent

the buildup of pollutants.

Adequate Lighting: Sufficient natural and artificial lighting for a well-lit living environment.

Safe and Durable Construction: The house should be structurally sound and built with durable materials.

Sanitation Facilities: Adequate provision for sanitation, including clean water supply and proper sewage disposal.

Comfortable and Insulated: The house should be comfortable, with insulation against extreme weather conditions.

Safety Measures: Implementation of safety measures to protect against natural disasters and accidents.

HOTS

Why do the houses on mountains and in the places of heavy rainfall have sloping roofs?

E

Ans. Houses in mountainous regions and areas with heavy rainfall often have sloping roofs for several practical reasons:

Rainwater Drainage: Sloping roofs help facilitate the efficient drainage of rainwater. In regions with heavy rainfall, a sloping roof prevents water from pooling on the roof's surface, reducing the risk of leaks and water damage.

Snow Accumulation: In mountainous areas, where snowfall is common, sloping roofs prevent the accumulation of heavy snow on the roof. The slope allows snow to slide off, preventing excessive weight that could lead to structural damage.

Structural Stability: The slope of the roof provides additional structural stability, especially in areas prone to natural disasters like heavy rains, snow, or avalanches. A sloping roof design helps shed excess weight and reduces the risk of collapse.

Prevention of Moisture Buildup: Sloping roofs contribute to better ventilation and airflow. This design helps prevent moisture buildup in the attic or upper portions of the house, reducing the risk of mold and rot.

Heat Regulation: Sloping roofs can contribute to better heat regulation. In mountainous regions, where temperatures can vary significantly, a sloping roof allows for efficient ventilation and insulation, helping maintain a more comfortable interior temperature.

13 Food we Eat Exercise

A. Tick (✓) the correct answer.
1. For instant energy, we may drink Ans: (c) fruit juices

- Vegetables and fruits help us to stay Ans: (b) healthy
- 3. Cheese and butter provide us Ans: (a) energy
- 4. Which of these is a protective food?Ans: (c) Fruits

B. Give two examples for each of the following.

- 1. Food that gives energy:_____, _____ Ans: Rice, Banana
- 2. Food that helps you to grow: _____, _____, Ans: Milk, Eggs
- 3. Sweets prepared in Bengal :____, ____ Ans: Rasgulla, Sandesh
- 4. Delicious dishes of Kerala:____, Ans: Appam with Ishtu (Stew), Kerala Sadhya (Traditional feast with a variety of dishes)

C. Fill in the blanks.

1. Food gives us _____ to work and play.

Ans: energy

- 2. Green vegetables are _____ food. Ans: protective
- Along the coastline of Mumbai, a wide variety of _____ is available.
 Ans: fish

4. The staple food of the ______ is the combination of rice and fishAns: Bengalis

D. Answer the following questions.

1. Why do we need food?

Ans: We need food for several reasons, including providing the energy necessary for bodily functions, supporting growth and development, maintaining overall health, and sustaining various physiological processes.

2. What are energy giving foods?.

Ans: Energy-giving foods are those that provide the body with the fuel it needs to carry out daily activities. Carbohydrates and fats are primary sources of energy. Examples include rice, bread, fruits, vegetables, and nuts.

3. What are body-building food? Give two examples.

Ans: Body-building foods contain nutrients essential for the growth and repair of tissues. Proteins are the key components. Examples include:

- * Eggs
- * Milk and dairy products
- 4. Write a short note on food in India.

Ans: Indian cuisine is diverse, reflecting the country's rich cultural and regional variations. It encompasses a wide range of flavors, spices, and cooking techniques. Staples include rice and wheat, and the cuisine incorporates an array of vegetables, lentils, and legumes. Regional specialties, such as dosa in the south, biryani in the north, and various curries and sweets, contribute to the vibrancy of Indian food.

5. List a few healthy eating habits.

Ans: * Eating a balanced diet with a variety of fruits, vegetables, whole grains, and lean proteins.

* Drinking an adequate amount of water throughout the day.

* Limiting the intake of processed foods, sugars, and saturated fats.



* Eating in moderation and paying attention to portion sizes.

* Including a mix of colorful vegetables to ensure a range of nutrients.

* Practicing mindful eating by paying attention to hunger and fullness cues.

HOTS

Why are sick people given bodybuilding food?

 (\mathbf{E})

Ans. Sick people are often given bodybuilding food, primarily because these foods are rich in nutrients, especially proteins, that are essential for the growth, repair, and maintenance of tissues in the body. Here are some reasons why sick individuals might be prescribed bodybuilding foods:

Tissue Repair: Illness or medical conditions may lead to damage or breakdown of tissues in the body. Bodybuilding foods, which are high in proteins, provide the necessary building blocks for the repair and regeneration of damaged tissues.

Immune System Support: Proteins play a crucial role in the functioning of the immune system. During illness, the body's immune response is often heightened, and adequate protein intake helps support the immune system in its efforts to fight off infections and diseases.

Preventing Muscle Wasting: Many illnesses and prolonged periods of bed rest can lead to muscle wasting or atrophy. Body-building foods help prevent this by supplying proteins that are essential for maintaining muscle mass.

Energy Provision: While energy-giving foods like carbohydrates provide the immediate energy needed for daily activities, body-building foods contribute to a sustained and steady energy supply. This is particularly important for individuals who may have increased energy requirements due to illness or recovery.

Nutrient Density: Body-building foods not only contain proteins but also other

essential nutrients, including vitamins and minerals, that support overall health. Ensuring a nutrient-dense diet is crucial for individuals who may have compromised nutritional status during illness.

14 Dur Helpers

Exercise

A. Tick (\checkmark) the correct answer.

- 1. A _____ delivers letters and parcels. Ans: (b) postman
- 2. A bakes biscuits and cakes. Ans: (a) baker
- **3.** A/An ______ fixes the problems related to electrical goods.
 - Ans: (a) electrician
- 4. A _____ fits pipes and taps. Ans: (c) plumber

B. Fill in the blanks.

1. A person who repairs the taps and pipes is called _____.

Ans: plumber.

A person who helps in case of fire is called _____.

Ans: firefighter.

3. A person who grows crop for us is called

Ans: farmer.

4. person who builds houses and other buildings is called _____.Ans: mason

C. Answer the following questions.

- Who are helpers? Name a few helpers.
 Ans: Helpers are individuals who assist others in various capacities. Examples of helpers include:
 - * Firefighters
 - * Teachers
 - * Doctors

- * Plumbers
- * Police officers
- 2. What does a firefighter do?

Ans: A firefighter is a first responder who is trained to combat fires and rescue people in emergency situations. Their duties include extinguishing fires, conducting rescue operations, and providing assistance during accidents or disasters.

3. What does a mason do?

Ans: A mason is a skilled worker who is involved in the construction of buildings and structures. Their work includes laying bricks, stones, or concrete blocks to build walls, foundations, and other components of a structure.

4. Write the names of some tools used by different people.

Ans: Tools used by different professionals include:

Plumber: Pipe wrench, plunger, pipe cutter.

Electrician: Wire stripper, multimeter, pliers.

Carpenter: Hammer, saw, screwdriver.

Gardener/Farmer: Shovel, rake, hoe.

Mechanic: Wrench, screwdriver, socket set.

Chef: Knife, cutting board, measuring cups.

HOTS

D How would life be if we didn't have people like the postman, doctor, farmer, etc. to help us?

> Ans. Communication Breakdown: Without postal services and delivery personnel like the postman, there would be a breakdown in communication. People might struggle to send and receive important letters, packages, and information.

Healthcare Crisis: The absence of doctors and healthcare professionals would lead to a healthcare crisis. Routine checkups, medical treatments, and emergency services would be severely compromised, impacting the overall well-being of the population.

Food Shortages: Farmers play a crucial role in growing and producing the food we consume. Without them, there would be a shortage of food, leading to hunger and nutritional deficiencies.

Educational Setback: Teachers contribute to the education and development of individuals. Without them, the educational system would suffer, impacting the learning and progress of students.

Public Safety Concerns: Police officers and firefighters ensure public safety. Without their presence, there would be an increase in crime rates, and the response to emergencies, accidents, and disasters would be compromised.

Infrastructure Challenges: Masons, builders, and construction workers are essential for the development of infrastructure. Without them, there would be a lack of housing, roads, and other structures necessary for a functional society.

Loss of Specialized Services:

Professionals in various fields provide specialized services. The absence of these professionals, such as electricians, plumbers, and mechanics, would lead to difficulties in maintaining and repairing essential infrastructure and systems.

15)

Delhi: The Capital City

Exercise

A. Tick (\checkmark) the correct answer.

1. Delhi is situated on the banks of which river?

Ans: (b) Yamuna

Delhi was known as ______ in the reign of the Pandavas.
 Ans: (a) Indraprastha



3. Name the monument built by the Mughal ruler.

Ans: (a) Jama Masjid

B. Fill in the blanks.

- The government offices of other countries in a country are known as _____.
 Ans: embassies
- 2. Nehru Planetarium in Delhi is located at

Ans: Teen Murti

3. The most famous museum in Delhi is located in _____.

Ans: Chanakyapuri

4. The Prime Minister's office is in the block.

Ans: South

C. Give one word for each of the following.

- 1. The capital city of India _____. Ans: Delhi
- 2. The city built by Shahjahan ______ Ans: Agra
- 3. One of the popular market of Delhi ______ Ans: Chandni Chowk
- 4. The Samadhi of Mahatma Gandhi ______ Ans: Raj Ghat

D. Answer the following questions.

- 1. Name four metropolitan cities of India.
 - Ans: Four metropolitan cities of India are:
 - * Delhi
 - * Mumbai
 - * Kolkata
 - * Chennai
- **2.** Delhi is divided in two parts. Name them.

Ans: Delhi is divided into two parts: Old Delhi and New Delhi.

3. Name the International Airport of Delhi. **Ans:** The International Airport of Delhi is called Indira Gandhi International Airport (IGI Airport). 4. Explain in brief the culture and food of Delhi.

Ans: Culture: Delhi is a melting pot of diverse cultures and traditions. It has a rich historical background with influences from various dynasties, including the Mughals and British. The city is home to numerous historical monuments, museums, and vibrant festivals, showcasing its cultural diversity.

Food: Delhi is renowned for its diverse and delectable cuisine. Street food in Old Delhi, such as chaat, kebabs, and parathas, is famous worldwide. The city also offers a wide range of Mughlai, Punjabi, and international cuisines. The food culture of Delhi reflects the city's history and the amalgamation of various culinary traditions.

HOTS

How can you say that Delhi has a mixed culture?

 (\mathbf{D})

Ans. Delhi is considered to have a mixed culture due to its diverse and inclusive nature, shaped by centuries of history, multiple rulers, and the coexistence of various communities. Several factors contribute to the perception of Delhi as a city with a mixed culture:

Historical Influences: Delhi has been the capital of various dynasties, including the Mughals, the Delhi Sultanate, and the British. Each ruling power has left its architectural, linguistic, and cultural imprint on the city.

Religious Diversity: Delhi is home to people practicing different religions, including Hinduism, Islam, Sikhism, Christianity, and others. This diversity is reflected in the coexistence of numerous temples, mosques, gurudwaras, churches, and other places of worship.

Language Diversity: Delhi is multilingual, with people speaking Hindi, English, Urdu, Punjabi, and various regional languages. This linguistic diversity adds to the cultural tapestry of the city.

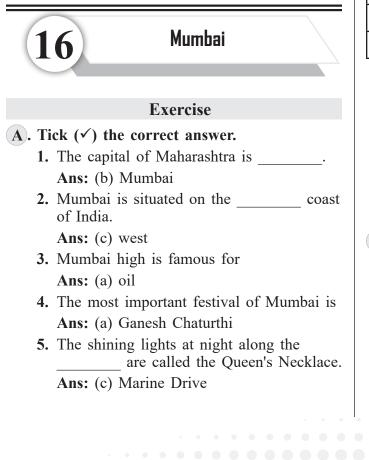
Explore social studies - 3

Culinary Fusion: The food culture in Delhi is a testament to its mixed culture. The city is renowned for its street food, Mughlai cuisine, Punjabi delicacies, and a wide range of international offerings. The culinary landscape reflects the amalgamation of different tastes and cooking traditions.

Festivals and Celebrations: Delhi celebrates a multitude of festivals from various religions and regions. Events like Diwali, Eid, Christmas, Holi, and others are celebrated with enthusiasm and participation from people of different backgrounds.

Architectural Heritage: The city boasts a diverse architectural heritage, including Mughal structures like the Red Fort and Jama Masjid, colonial-era buildings, and modern developments. This architectural mix reflects the different historical periods that have shaped Delhi.

Art and Literature: Delhi is a hub for art and literature, hosting cultural events, art exhibitions, and literary festivals that bring together artists and writers from diverse backgrounds.



- **B**. Fill in the blanks.
 - 1. The climate of Mumbai is ______ Ans: moderate
 - 2. _____ is the busiest airport in India. Ans: Chhatrapati Shivaji International Airport
 - 3. ______ is one of the most famous beaches in Mumbai.

Ans: Marine Drive

4. _____ is the official language of Maharashtra.

Ans: Marathi

and _____are two popular snacks of Mumbai.
 Ans: Vada Pav, Bhelpuri

C. Match the following.

Column A	Column B
1. Juhu	a. Bandra-Worli
2. BMC	b. Zoo
3. Shrikhand	c. Picnic Spot
4. Sea Link	d. Dessert
5. Hanging Gardens	e. Water Supply
6. Jijamata Udyaan	f. Beach

Ans: (1) (f) Beach

Ans: (2) (e) Water Supply

Ans: (3) (d) Dessert

Ans: (4) (a) Bandra-Worli

- Ans: (5) (c) Picnic Spot
- Ans: (6) (b) Zoo

D. Answer the following questions.

- What is the capital of Maharashtra state? Ans: The capital of Maharashtra state is Mumbai.
- **2.** The climate of Mumbai is moderate. Give reason.

Ans: Mumbai has a moderate climate due to its coastal location. The Arabian Sea has a moderating effect on temperatures,



leading to relatively mild and pleasant weather throughout the year.

3. What is the name of the international airport of Mumbai?

Ans: The name of the international airport in Mumbai is Chhatrapati Shivaji International Airport.

4. Write a short note on some of the interesting places in Mumbai.

Ans: Mumbai is a city rich in cultural, historical, and modern attractions. Some interesting places include:

Gateway of India: A iconic monument overlooking the Arabian Sea.

Marine Drive: A scenic promenade along the coastline.

Elephanta Caves: A UNESCO World Heritage Site with ancient rock-cut temples.

Chhatrapati Shivaji Maharaj Terminus (**CSMT**): A historic railway station with stunning architecture.

Siddhivinayak Temple: A famous Hindu temple dedicated to Lord Ganesha.

- List the names of the beaches of Mumbai.
 Ans: Some popular beaches in Mumbai include:
 - * Juhu Beach
 - * Chowpatty Beach
 - * Aksa Beach
 - * Versova Beach
 - * Madh Island Beach
 - * Manori Beach

HOTS

E Describe the factors, why Mumbai is called the Manchester of India.

Ans. Mumbai is often referred to as the "Manchester of India" due to several factors that draw a parallel between the two cities. Here are some key factors contributing to this comparison:

Industrial Hub: Both Mumbai and Manchester are known for their significant industrial and economic activities. Mumbai, being the financial capital of India, houses numerous industries, including textile mills, manufacturing units, and commercial enterprises, similar to Manchester's historical prominence as an industrial hub.

Textile Industry: The title "Manchester of India" specifically points to the thriving textile industry in Mumbai. Much like Manchester, which was historically renowned for its textile production during the Industrial Revolution, Mumbai has been a major center for the textile and garment industry in India.

Economic Importance: Mumbai and Manchester are crucial economic centers within their respective countries. Mumbai serves as the economic powerhouse of India, contributing significantly to the country's GDP. Similarly, Manchester has long been a key economic city in the United Kingdom.

Trade and Commerce: Both cities have a strong legacy of trade and commerce. Mumbai, with its bustling ports and financial district, plays a pivotal role in national and international trade. Manchester, historically known for its cotton trade, has been a significant player in the global market.

Diversity and Cosmopolitanism:

Mumbai, like Manchester, is a melting pot of diverse cultures and communities. The cosmopolitan nature of both cities contributes to their dynamic social fabric and vibrant urban life.

Infrastructure and Connectivity:

Mumbai, with its well-developed infrastructure, transport networks, and connectivity, shares similarities with the industrialized and well-connected city of Manchester.

Entrepreneurial Spirit: Both cities have a reputation for fostering an entrepreneurial spirit. Mumbai, with its thriving business environment and opportunities, mirrors Manchester's historical role as a center for innovation and entrepreneurship.

Explore social studies - 3

17

Kolkata

Exercise

A. Tick (\checkmark) the correct answer.

- 1. Kolkata was earlier known as ______ Ans: (b) Calcutta
- **2.** Which of these describes the climate of Kolkata?
 - Ans: (c) Moderate
- **3.** The main language spoken by the people of Kolkata is _____

Ans: (b) Bengali

- 4. _____ is one of the famous sweet dishes of Kolkata.
 - Ans: (b) Rosogullah
- 5. Which one of the following is old football club?

Ans: (b) Mohun Bagan

B. Fill in the blanks.

1. Kolkata is on the banks of the river

Ans: Hooghly

- 2. provides electricity to Kolkata city.
 Ans: WBSEB (West Bengal State Electricity Board)
- **3.** Metro and ______ are the popular modes of transport.

Ans: Tram

4. Bengali women commonly wear

Ans: saris

5. <u>Kolkata.</u> is the main centre of activity in

Ans: Chowringhee

C. Match the following.

Column A	Column B
1. Belur Math	a. Monument
2. Sondesh	b. Temple
3. Shantiniketan	c. Dessert
4. Durga Puja	d. Educational institution
5. Victoria Memorial	e. Festival

Ans: (1) (b) Temple

Ans: (2) (c) Dessert

Ans: (3) (d) Educational institution

- Ans: (4) (e) Festival
- Ans: (5) (a) Monument

D. Answer the following questions.

1. Where is Kolkata located?

Ans: Kolkata is located in the eastern part of India, in the state of West Bengal. It is situated on the banks of the river Hooghly.

2. Describe the climate of Kolkata.

Ans: The climate of Kolkata is characterized as tropical wet-and-dry. It experiences hot and humid summers, a monsoon season with heavy rainfall, and cooler, dry winters. The city generally has a moderate climate throughout the year.

3. What are the main means of transport in Kolkata?

Ans: The main means of transport in Kolkata include the Metro (underground railway system), Trams, buses, taxis, and private vehicles. These modes of transport cater to the diverse and densely populated city.

4. What are the traditional dresses worn by the women and men in Kolkata?
Ans: Traditional dresses for women in Kolkata often include saris, with various styles and materials. Men commonly wear



traditional outfits like dhoti and kurta. Western clothing is also widely accepted in the cosmopolitan city.

- Name a few sweets popular in Kolkata.
 Ans: Some popular sweets in Kolkata include:
 - * Rosogullah
 - * Sondesh
 - * Mishti Doi
 - * Sandesh
 - * Kheer Kadam
- **6.** List the names of the places of tourist interest in Kolkata.

Ans: Some tourist attractions in Kolkata include:

- * Victoria Memorial
- * Howrah Bridge
- * Dakshineswar Kali Temple
- * Belur Math
- * Indian Museum
- * Marble Palace
- * Eden Gardens
- * Science City

* Shantiniketan (although a bit outside Kolkata, it's a notable attraction associated with Rabindranath Tagore)

HOTS

E 1 Why is Howrah Bridge very important for Kolkata?

Ans. Howrah Bridge is crucial for Kolkata due to its significance as a vital transportation link. It connects the city of Kolkata with its twin city, Howrah, over the Hooghly River. The bridge serves as a major transportation route for both vehicular and pedestrian traffic, facilitating daily commutes, trade, and travel between the two cities. Its strategic location and historical importance make it an iconic symbol of Kolkata.

2 How can you say that people of Kolkata are fond of sweets?

Ans. The fondness of people in Kolkata for sweets is evident through the rich culinary culture and the popularity of

sweet dishes in the region. Kolkata is renowned for its diverse and delectable range of sweets, including Rosogullah, Sondesh, Mishti Doi, and more. The sheer variety and the frequency of sweets being an integral part of daily life, festivals, and celebrations emphasize the deeprooted love for sweets among the people of Kolkata. The tradition of exchanging sweets during festivals like Durga Puja further highlights the cultural significance of sweets in the city.

18 Chennai

Exercise

A. Tick (\checkmark) the correct answer.

1. The old city in Chennai is known as

Ans: (b) George Town

- Chennai is famous for its _____.
 Ans: (a) textile
- **3.** Name the popular classical dance of Chennai.

Ans: (b) Bharatnatyam

4. An important harvest festival celebrated in Chennai is _____.

Ans: (c) Pongal

5. The famous Marina beach is located in which city?

Ans: (c) Chennai

B. Fill in the blanks.

1. Chennai is hot and _____ throughout the year.

Ans: humid

- 2. _____ is an important means of transport in Chennai. _____ Ans: Maxi cab
- 3. _____ is the staple diet of Chennai. Ans: Rice
- 4. <u>Chennai.</u> is most popular beach of

Ans: Marina

C. Match the following.

Column A	Column B
1. Bharatnatyam	a. Main languages spoken
2. Veshti	b. Classical dance
3. Luz Church	c. Dress of young girl
4. Pavadai	d. Portuguese sailors
5. Tamil and English	e. Traditional dress of men

Ans: (1) (b) Classical dance

- Ans: (2) (e) Traditional dress of men
- Ans: (3) (d) Portuguese sailors
- Ans: (4) (c) Dress of young girl
- Ans: (5) (a) Main languages spoken

D. Answer the following questions.

- Name the main road of Chennai.
 Ans: The main road of Chennai is Anna Salai, also known as Mount Road.
- 2. Describe in brief the climate of Chennai. Ans: Chennai has a tropical climate with hot and humid weather. The city experiences a distinct wet season during the monsoons, typically from June to September. Winters are relatively mild and dry, with temperatures dropping slightly. The coastal location influences the climate, making it generally warm throughout the year..
- **3.** Name some popular dishes of Chennai that you relish.
 - **Ans:** Some popular dishes of Chennai include:
 - * Dosa
 - * Idli
 - * Sambhar
 - * Rasam
 - * Chettinad cuisine
 - * Filter Coffee

- 4. Write a short note on the following:
 - a. Beaches of Chennai
 - b. Government offices of Chennai
 - c. Festivals celebrated in Chennai

Ans: a. Beaches of Chennai: Chennai is known for its beautiful beaches, with Marina Beach being the most famous. It stretches along the Bay of Bengal and is a popular destination for locals and tourists. Other notable beaches include Elliot's Beach and Covelong Beach, offering scenic views and recreational activities.

b. Government offices of Chennai: Chennai houses various government offices, including the Secretariat, which comprises key government departments. The Fort St. George complex is a historic site that houses the Tamil Nadu Legislative Assembly and other administrative offices. These government establishments play a crucial role in the governance and administration of the state.

c. Festivals celebrated in Chennai: Chennai celebrates various festivals with enthusiasm. Pongal is a significant harvest festival celebrated with traditional fervor. The city also observes religious festivals like Diwali, Navratri, and Vinayaka Chaturthi with grand festivities. Cultural events and dance festivals, such as the Margazhi Festival, showcase the rich cultural heritage of the region.

HOTS

E 1 State the importance of Coromandel coast for Chennai.

Ans. The Coromandel Coast is of great importance to Chennai due to its strategic geographical location along the Bay of Bengal. The coast provides Chennai with essential economic, cultural, and environmental benefits:

Trade and Commerce: The Coromandel Coast historically served as a significant trade route, connecting Chennai to other parts of India and Southeast Asia. This facilitated maritime trade, making the coast vital for economic activities and commerce.



Fishing Industry: The coastal waters support a thriving fishing industry, providing livelihoods for many coastal communities. Chennai's fishing harbors and markets benefit from the rich marine resources along the Coromandel Coast.

Cultural Heritage: The Coromandel Coast has been an important center for cultural exchange and historical developments. It has witnessed the rise of ancient civilizations, trade routes, and the blending of diverse cultures over the centuries.

2 Why is Chennai known as Gateway to South India?

Ans. Chennai is often referred to as the "Gateway to South India" due to its strategic location as a major entry point to the southern part of the Indian subcontinent. Several factors contribute to this designation:

Transport Hub: Chennai serves as a key transportation hub with well-developed road, rail, air, and sea connectivity. The city's international airport, central railway station, and major road networks make it a gateway for travelers entering South India.

Commercial and Industrial Significance: Chennai is a major economic and industrial center in South India, with flourishing industries in manufacturing, information technology, and trade. Its economic prominence positions it as

a gateway for business activities and

investments in the southern region. **Cultural and Educational Hub:** The city is a cultural and educational hub, hosting numerous institutions, museums, and cultural events. Chennai's significance in arts, literature, and education makes it a gateway for those seeking cultural experiences and knowledge in South India.

Administrative Importance: Chennai serves as the capital of the state of Tamil Nadu, adding to its administrative significance as a gateway to South India.