

## SOCIAL SCIENCE (102-152)

## Unit <br> Topic

1. LET US TRAVEL
2. THE STORY OF FOOD

117
3. PEOPLE WHO HELP US132

## 1.Let us travel

Sembian was worried. His father had not come back after collecting firewood for the week. He lived in a small village. His father had a frame of sticks to carry the firewood. He usually came back in a day or two, pulling the frame heavily loaded with fire wood.

Sembian was waiting anxiously for his father. He knew his father was a careful man. He always took the safe path used by many others. Sometimes, his father came back with a story for Sembian. He spoke about strange, beautiful or savage animals found in the forest. Sembian longed to go with his father but he was too young. Soon, Sembian heard a rumbling noise.

In the beginning, he was scared and he thought of running to his mother.

But suddenly he saw his father pulling something behind him. It moved!

This time, his father made very little effort to pull the frame. Sembian was excited. He ran to his father and asked him, "Father, what is that round thing that moves the frame?"


He looked at his father with admiration. Really, "It's amazing!", said Sembian.
he thought that there was nobody in the world like his father!

Sembian lived thousands of years ago!


Invention of Wheel made Travel Easy

The invention of wheel gave way for modern means of transport.
Today we use different kinds of vehicles with a variety of wheels to transport goods and people to any part of the earth.

Which vehicle would you use to travel to these places?


Find out the different ways in which your grandparents travelled to these places in earlier days.


Vehicles used by people 50 years ago.
$\qquad$
$\qquad$

## We like to travel to different places. We need different means of

 transport to reach different places, depending on the distance that we need to cover and the time at our disposal.Vehicles that ply fast $\qquad$
Slow moving vehicles $\qquad$
In which vehicle would you like to travel? Why?


We have four different means of travel.


## 2.By rail




## 4.By air

3.By sea

Name the vehicles that ply on these routes.



## Road Transport

Roads link many places all over the world.
Vehicles are the means of transport used on the road. We use cars, buses, vans, jeeps, motorbikes, bicycles and bullock carts to move from one place to another. Trucks, tractors and lorries are used to transport goods.

## Railways



Trains run on rails. Train travel is more comfortable for long distances than travelling by road.

We can look out of the compartment and enjoy the scenery while we travel by train. India has a large network of railway lines. In Chennai, we will be having metro rail service soon.

## Water Transport

There are passenger ships and cargo ships. We can see them in the sea and in big rivers. We use boats for ferry services to travel short distances. Fishing boats and catamarans are used for fishing in the sea, lakes and rivers.

## Air Transport

The fastest means of transport is the aeroplane.
We can cover long distances inavery short period of time, using
air transport. The helicopter is anaircraft without
wings, but has large blades on top that go round and propel it
forward. Do you know, when there is a flood or drought, or
when someone needs to be rescued, the helicopter is the vehicle that is used?

What things would you like to take with you when you go on a trip for two days?


What food would you like to take with you? Why?



Make travel eco-friendly.


Number the vehicles according to their speed.
How many persons can travel in each vehicle?
Shade the vehicles that can run without petrol or diesel, in a different colour.




Name the vehicles:
i that can carry more than 100 passengers at a time $\qquad$
P that you choose for short distances $\qquad$
P which do not cause pollution
i that carry many people
i that do not cost much to travel $\qquad$
P Vani and Rani went for a sports meet to Delhi.
Vani reached Delhi in three hours and Rani took two days. Which means of transport did they take?
Vani $\qquad$ Rani $\qquad$ .

If you are planning to go for an excursion from your school, to which place would you like to go? How many students and for how many days?


## Vehicles used in hilly regions



Cable car (rope way)
The vehicles used for emergency.


Police car


Fire engine


Ambulance

The vehicles used for essential purposes.


During your holidays, have you travelled to visit your relatives or gone on a tour? what vehicles
 have you come across? Share your experiences.

Craft Corner.


#  



## Read and enjoy.........

Meena was so excited!
"Meena, why are you so excited today?" asked the teacher.
"My uncle Sekar is coming back. He has gone on a tour to visit
 places in India. He has taken many photographs," said Meena. "Can you bring him to school tomorrow? He can talk to all of us," said the teacher.

The next day, Meena's uncle Sekar came to school and spoke about his tour to India." I started my journey from Dhanushkodi.

I travelled by jeep to Periyapattinam. I saw many small fishing
 villages and palm trees. I enjoyed travelling on the Pamban bridge from

Rameswaram, as I came by train
to Chemai, the capital city of Tamilnadu, across the sea. I went with my friend on a motorcycle to

Mamallapuram from Chennai and saw many beautiful sculptures.



After returning to Chennai I travelled by a tourist bus to Odisha and visited the sun temple at Konark. This temple of the sun god is both scientific and artistic in its construction. I flew by aeroplane from Odisha to Dispur, the capital of Assam.

I visited the Kaziranga National Park near Guwahati, which is famous for the one - horned rhinoceros. Well, after that

I flew by helicopter to Shillong. It is the capital of Meghalaya. There I saw beautiful waterfalls called the Elephant Falls. From there I went to Srinagar, the capital of Kashmir and took a ride in a shikara in the Dal lake. I visited a few lovely flower gardens, tool From there I went by bus to Jaisalmer in Rajosthan and had a ride on the $\qquad$ the Khuri sand dunes to watch the sun set. I then went to Mumbai, the capital of Maharashtra and visited the Elephanta Caves by boat. From Mumbai I travelled by a car along the West coast to Kerala with a friend and reached Coimbatore through the Palakkad Pass. Then I came to your school by an auto,
 with a smile!

## 2. The Story of Food



Food is one of the basic needs of all living beings. Human beings cultivate the land or fish in water and use the products to make a variety of tasty food. Look at the picture Can you link the expression on the man's face to what he has tosted?


Show the changes in your face if you were to taste the things shown above!

## The story of cultivation

Early human beings were first hunters and
food gatherers. Later they closely observed nature and
understood that plants grow out of seeds. Then they
collected seeds and sowed them. To water them regularly they began to live on the banks of rivers and raised crops. Thus started the art of cultivation.



Name one food item that is
hot: salty:
sweet: $\qquad$
Name one food item that is soft: $\qquad$
hard: $\qquad$
crisp:
oily:

What kind of food do you have when you are ill?

Discuss with your friend and write how one food item is prepared at home.

Much of the food we eat in Tamil Nadu is prepared out of rice. There are many traditional varieties of rice in India. Can you name a few?

## Do you Know Who I am? I am the paddy seed.

I give you the rice that you eat every day. I flourish in a hot and humid climate. I grow in places which have high rainfall or where my field may be flooded with water from a nearby well or river. In Tamil Nadu I grow in coastal wetlands and in the fertile clayey soil along the river banks. Do you know, there are some kinds of paddy that can grow with very little water or even in salt water?

Let us see the different stages of the cultivation of rice.


1. The fields are prepared 2. by ploughing.
2.The seeds are sown on the seedling beds.

2. After some days they are transplanted by hand in the fields, and flooded by rain or river water.
3. Weeds are removed.

4. The crops are irrigated till they grow.
5. Grains are fully covered with brown husk.

6. The paddy is ready for harvest.
7. The paddy is threshed to loosen the hu sk.

8. It is taken to the mill and the husk is removed.
10.Finally it is taken to the market for sale.


## HOW DO WE GET SUGAR?

Look at this picture. With the help of your teacher discuss how we get sugar from the farm.



mimKambu

Ragi has calcium that helps in the formation of bones and teeth. It is called 'finger millet' because of the finger like branches on the plant.

Kambu is called pearl millet because the grains look like pearls.
Our country is a big producer of kambu. Foxtail millet or thinai is another ancient grain of India. It is extremely good for health.
Name the varieties of healthy food cooked from rice, wheat and millets.


## Whole grain gruel

It is very important to have nutritious food everyday. The most nutritious breakfast is whole grain gruel.
It is a mixture of many grains and cereals in semi-liquid form. It tastes good when jaggery is added to it. What are the ingredients used in whole grain gruel (sathu maavu)?

## Pulses

What can you prepare from these pulses?
Get help from your parents or grandparents to fill in the table.
Black gram

Here are some common pulses rich
in protein. We include pulses in our daily food.

Moong dal


## Ereen gram



Bengal gram

$\qquad$
$\qquad$

## Greens

## Include greens in your foodl

You might notice that all these greens have Tamil names. They are being used from ancient times. Minerals and vitamins are present in greens. They give strength and energy to our body.

| Murungai | Thuthuvalai | Sirukeerai | Manathakkali | Vallarai |
| :---: | :---: | :---: | :---: | :---: |
|  |  |  |  |  |
| Agathi keerai | Vendaya keerai | Pasalai keerai | Mola keerai | Ponnankanni |
|  |  |  |  |  |

## Spices

We use them everyday in our cookingl
Now let us look at the medicinal value of common spices.
Asafoetida (Perungayam),Pepper (Milagu), Cumin seeds (Jeeraham),
Mustard (Kadugu), and Coriander seeds (Dhania), aid digestion.
Garlic (Poondu) is good for respiratory problems. It kills intestinal worms.
Curry leaves (Karuveppilai) is good for the hair and eyes.
Turmeric (Manjal) is a powerful antiseptic. It kills intestinal worms.
Fresh ginger (Inji) is good for treating nousea.
Chillies are of various kinds, high in vitamin $C$ and minerals.


## FIND OUT

Ask your grand mother to tell you all the medicinal uses of spices that she knows and make a little book let of her remedies.


## Eat Healthy Food

We work, play, think, write etc. The internal organs of our body are continuously working. We need energy. We get energy from food. It also helps us to grow. It is very important to have nutritious food every day.

It would be good for you to have at least one glass of milk every day. Cereals, like rice and wheat, millets like ragi and cholam, pulses like thuvarai (Red gram dhal) and pachai payaru (Green gram dhal) and oilseeds like Ellu (sesame)and Nilakadalai (groundnut) are used daily in our kitchen to make a healthy meal.

## How do we get our food?

The food that people ate traditionally depended on the crops that were cultivated in the place where they lived. The crops depended on the climate and soil. Today, with the growth of towns and cities many people don't grow their own crops. The flow chart given below shows how we get our food in towns and cities.




Apart from farming, people have also reared cows, goats and sheep, poultry, and caught fish. Along with rice, pulses, vegetables and fruits, milk, meat, fish, eggs and farm produce are carried by trucks and lorries to the common market. From the bazaar it is taken to small shops for sale. We buy them from the common market and also from small traders. Using these products of the farm, different varieties of food are prepared and served.

## Find the religious festivals.

On this day, sweet pongal is prepared with rice,
jaggery, ghee and cashew nut
For nine days varieties of grams or dal are soaked in water and cooked.

Cakes and pastries are made from wheat and milk products.

Biriyani is prepared with meat and eggs.
Name 3 kinds of foods that you can identify from the smell that comes from the kitchen when they are cooked.

Name 3 healthy food items that you love to eat.

## Collect information from your elders.

What kind of food did your grandparents enjoy in their childhood?

What kinds of vatthals, vadams, pickles and podis were / are made at home?

Name the food that can be eaten raw.

Name some food items which are steamed.

Name some food items which are deep fried.


Name your favourite food.

Match the food and the religious festival during which it is made.


Name any other festivals celebrated in your area and the food prepared during these festivals.
$\square$
$\square$

Shall we drink fruit juice?

Take a lemon. Cut it into two pieces.
Squeeze out the juice. Add 2-3 cups of water. Mix well with 3-4 spoons of sugar. Add a pinch of salt. Lemon juice is ready. A healthy drink
 on a hot day!

You can also prepare orange juice in the same way.

Prepare a recipe for a vegetable and fruit salad with your friends and teacher. Write down your method of preparation.

## Fruit Salad

List of fruits

Method of preparation


## Vegetable Salad

## List of vegetables

Method of preparation


## Panchayat Union Office



Do you know the places given in the picture?
Write down the names of the places in the given space.

Look at the previous page. Now, link the places by drawing lines from your home to the place you go to.
when you are sick.
to learn.
to buy sugar and rice at a fair price.
when your valuables are stolen.
to send letters to your friends.
/ to save your money.
to get water supply for your house.
to get power supply for your house.

## All the places given in the picture are very helpful for our daily lives.

Have you gone to these places? Why?

Tick ( $\checkmark$ ) the places which are near your house, (walkable distance) or far from your house (Need to use a vehicle).

| Place | Near your <br> house | Far from <br> your house | Service provided |
| :--- | :--- | :--- | :--- |
| School |  |  |  |
| Bank |  |  |  |
| Hospital |  |  |  |
| Police station |  |  |  |
| Post office |  |  |  |
| Bus stand |  |  |  |

We need the service and co-operation of all people in society, to live in peace and happiness.
In your neighbourhood,
what services do the people who wear khaki uniforms, provide?
what services do the people who wear white uniforms, provide?
What work does your father do? Where does he work?
What work does your mother do? Where does she work?
Who keeps the neighbourhood neat and clean?
What do you want to become when you grow up? Why?
Here are some services we are going to learn about.


This is a reply from him to a Class 3 student K. Janani of

Anichampalayam Panchayat Union Middle School.

Indian scientist and former President of India، Dr. A.P.J. Abdul Kalam replies to letters or greetings sent to him by school children.

Have you received a letter?
From where did you get it?
From whom did you get it? How do we get letters from distant places?

You will wonder how a letter reaches our friends and relatives. Now, let us observe the services of the postman. The post office is an important place in our neighbourhood. We buy stamps, envelopes, post cards and Money Order forms from the post office. We send and receive letters and parcels through the post office. We can also send urgent messages through telegrams and parcels through Speed Post.

## The journey of a letter



We post the letters in the letter box. The letter box is red in colour. Letters are collected in a bag from the letter box. They are sent to the main post office. The sorter separates the letters. Then the letters are sent to different places by air, land or sea. A postman or a post woman delivers the letters to the address written on the letter.

What are these? Name them.



## TRY THIS....

Collect different types of stamps and arrange them.
Write a letter to your friend and ask him or her to reply.
Discuss how the letters will reach you and your friend.

Write your friend's address on this postcard

(इस ताइन के नीवे न तो लिखें अर न ही मुदित करें Do not write or print below this line)


Watch the postbox near your house and note the timings of clearance.

Name of the postman who brings letters to your house.


Development of Information Technology has reduced the usage of letters and telegrams. Exchange of information and messages takes place mostly through E-mail using the
 internet on computers and cell phones.


## Bank

## Learn to save money.

Banks help us to save money and also get back money whenever we need it. It is safe to keep money in the bank. Banks also provide us with safety lockers to keep our valuable things. National banks and co-operative banks help us to save, borrow and repay money.

Name some of the banks that you know. $\qquad$

## Automated Teller Machine



This is the Automated Teller Machine (ATM). We can use an ATM card to withdraw money from our bank account at any time! It functions 24/7!
Women in Self Help Groups [SHGs] get
loan from the bank for many of their activities. Are there SHGs in your area? Find out how they function, and what they do.
Find out how to use pay-in slip, cheque and demand drafts.



## Our Friends



Look at this picture. What kind of work is being done by different people here? Fill in.

People work to earn money for their needs and to contribute to the society. This we call as their profession or job. The people are doing different types of work. But we live together in a society. All professions are inter-related and inter-dependent.

A tailor stitches clothes. $1 A$ mason constructs houses and other buildings. A carpenter makes doors, windows and other fittings. A plumber fits and repairs the pipes for water supply and sanitation. A welder welds metal to make grills for windows and doors.

## Fill in:

## Who

constructs houses and buildings?
makes doors and windows?
fits pipes for water supply? $\qquad$
stitches school uniforms? $\qquad$
teaches you to read and write?
washes and iron your clothes?
cleans your surroundings?

Mention the names of some other essential workers, who help you.

$\qquad$
$\qquad$

"Can you think of any other public service?"
"We need someone to give us medicine when we are sick!" said the teacher.
"My mother is an Assistant Nursing Midwife [ANM]. She visits many villages once a week to give medicines to the sick people," said Arul.
"Can nurses give medicines?" asked Meena.
"Well, they are trained to do so." said the teacher.
We find Government Hospitals in towns and cities. A small neighbourhood has a Primary Health Centre [PHC] which benefits the people of the village. Mobile dispensaries help the people who do not have hospitals or Primary Health Centres in their villages. Nurses are also trained to visit villages. "Is the treatment free?" asked Raju.
"Yes all Government Hospitals and Primary Health Centres give free treatment. Doctors and nurses take care of patients in Government Hospitals and Primary Health Centres," said the teacher.There are doctors to treat sick birds and animals. They are called veterinarians. Write down any five persons who are doing different jobs in your neighbourhood.

| Jobs they do | Name of the Job |
| :--- | :--- |
|  |  |
|  |  |
|  |  |




Who cleans your house every day? $\qquad$

Have you seen people doing jobs that serve others in your area?
Yes / No
Who cleans your area? $\qquad$
"How can we help them to help us better?"
"We can separate the waste materials into biodegradable and non-biodegradable," said Natasha.
"We must not throw the waste into gutters," said Rani.
"We must not spit or throw rubbish on the road," said Balu.
"You are good citizens! said the teacher with a smile. You help us all to think," said Natasha with a smile.

How will you keep your surroundings neat and clean?

Public sector undertakings belong to the government.
Their functions and proceedings are common to all the people.
Who maintains your surroundings and takes care of the street lights?
Who gives connections for drinking water and sewage to your house?
Water is supplied to houses in cities, towns and villages from different sources. Panchayats. Municipalities and Corporations take care of supplying good drinking water to our houses.

Power supply is provided by the Tamil Nadu Electricity Board [TNEB].
Cities, towns and villages are provided with electricity.
It is also supplied to industries and factories.


All these facilities which are common to the public are made available to you.

Which category does your city/town/village belongs to? Panchayat Union $\square$ Municipality $\square$ Corporation $\square$

One of the basic needs of man is water. The Executive Officer of the Panchayats or Municipalities takes the responsibility of providing water in common tanks wherever there is water shortage.

## Ration Shop

## A Fair Price Shop is a Public Distribution System (PDS).

It is also called a Ration shop. We can get food grain, pulses, oil and kerosene from the ration shop at a do price lower than the market price. One must have a ration card for buying these things from this shop.

We go every month to the ration shop and buy our provisions.
They are called fair price shops because they do not sell to make profit.

Can you name some of the food items that you get from the



What do you see in this Picture?
If you are in this place what will you do?
Which number will you call first?

## Fire

Service

Ambulance $\quad$| 102 |
| :--- |
| 108 | 8101

## 7100 <br> Police

'Do you know who maintains law and order?'
It is the $\qquad$ .

Where will you find him? $\qquad$ .

What is his work? $\qquad$ .


The policemen maintain law and order. They look after our property.
If we lose any valuable we make a complaint at the police station.

$\square$ Novy $\square$ Airforce

## Model Question Paper <br> Term II <br> Summative assessment

Class: III
Sub: Social Studies
I. Choose and write the correct answer

1. The fastest mode of transport is $\qquad$ .
a) bicycle
b) train
c) aeroplane
2. When $\qquad$ are fully grown, farmers harvest them.
a) crops
b) weeds
c) seeds
3. Law and order is taken care of by the $\qquad$ .
a) Postman
b) Police
c) Doctor
4. Which one of the following is an occupation? $\qquad$ .
a) writing letters
b) going to school
c) teacher
5. We mostly eat $\qquad$ .
a) maize
b) rice
c) ragi
II. State true or false
$(5 \times 1=5)$
6. Trains travel on rails. [ ]
7. Emergency messages are sent through telegram.[ ]
8. When we are sick, veterinary doctors treat us.[ ]
9. Pepper and ginger are edibles which have medicinal value.[ ]
10. Coffee and tea are plantation crops.[ ]

## III. Fill in the blanks

1. $\qquad$ is easy because of the discovery/invention of the wheel.
2. $\qquad$ transport helps us to travel long distances in minimal time.
3. Our body gets $\qquad$ from food.
4. Basic needs of villages are fulfilled by $\qquad$ .
5. Gold and Silver can be safely kept at bank in $\qquad$ .
IV. Match the following
6. Environmental hygiene
a) Jaggery
7. Flood relief
b) Cereals
8. Sugarcane
c) Family card
9. Ragi and Millet
d) Bus
10. Ration Shop
e) Helicopter
f) Cycle
V. Circle the odd one out
( $5 \times 1=5$ )
11. goat hen duck horse
12. armed forces fire service naval force air force
13. ship aeroplane coracle helicopter
14. urad ragi millet corn
15. municipality monarchy corporation metropolitan

## VI. Answer any five questions.

1. Name any five animals that provide food.
2. Sort the following as Water ways, Road ways, Air Ways (Bus, boat, cycle, train, aeroplane, ship, helicopter, catamaran, bullock cart)
3. What profession would you like to take up when you are grown up? Give two reasons.
4. Which transport device will help during a drought or flood relief? How does it help?
5. How do the letters that you send travel and reach their destinations.
6. Name 5 edibles that have medicinal value.
VII. Answer in detail
7. List the requirements to grow paddy?
8. What are the different ways in which we can travel from one place to another ?
3.Your father wants to build a house , who does he need to go to help him

- get an electric connection
- get water supply
- do some wood work
- get the house built
- get the bathrooms and kitchen fitted
4.Draw pictures to show the journey of a letter from you to a friend.



# 'I can, I did' 

## Student's Activity Record

Subject:
$\left.\begin{array}{|l|l|l|l|l|l|}\hline \begin{array}{l}\text { S. } \\ \text { No. }\end{array} & \text { Date } & \text { Lesson } \\ \text { No. }\end{array} \quad \begin{array}{c}\text { Topic of the } \\ \text { Lesson }\end{array}\right)$


