

SCIENCE

STANDARD THREE

TERM II

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What these **Icons** stand for!



Shall we classify!



Activity / Let us do !



Let us collect !



Let us discuss !



Let us think!



Let us write.



Let us draw/colour.

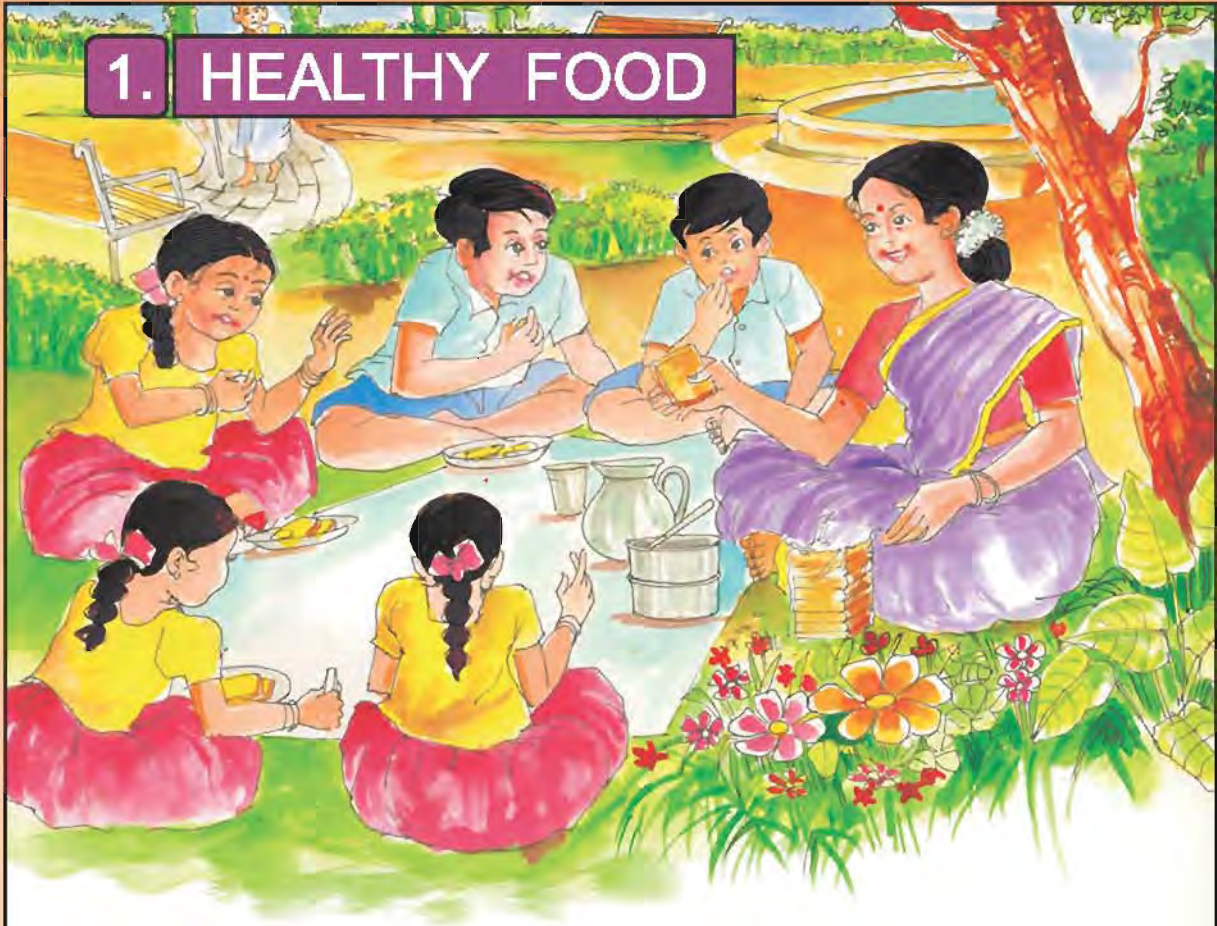


Let us find!



Fact.

1. HEALTHY FOOD



Teacher : Yesterday we went to a beautiful Park.
How did you feel?

Students : Madam, yesterday's trip was enjoyable and very useful.

Teacher : Mugila, why do you look so tired? Did you have your food?

Vaigunth : Madam, Mugilan eats only fast food items like chips, murukku, pizza, noodles, etc.,

Teacher : Mugila, don't you like fruits and vegetables?

Mugilan : Fruits! Vegetables! I don't like them at all.

Teacher : Children! Are you all of same taste like Mugilan? Okay, now tell me what did you eat this morning?



S. No.	Name	Breakfast	Ingredients
1.	Dheepak	Idly, Sambar	Rice, Black gram
2.			
3.			
4.			
5.			

Let us write:



Most of us eat _____.

Ingredients of the food _____.

The food you like to eat _____.

Items you can eat without cooking _____.

Food we must take in our daily life





Curd

Milk

Butter



Meat

Fried fish

Egg



Groundnut Oil



Sunflower Oil



Sesame Oil

We get these food from plants and animals. They give us energy, help us to grow and protect us from various diseases.

**Tabulate the food items you eat
in the column given below**

S. No.	Food from plant	Food from animal
1.	Rice, Wheat	Egg
2.		
3.		
4.		
5.		



Do we eat food only for taste and hunger? Healthy food has...

- Energy producers like carbohydrates, fats
- Body builders like proteins
- Body regulators like minerals, vitamins and water



Tapioca



Corn



Ragi



Potato



Rice

Carbohydrates give energy instantly



Wheat

Proteins help us to grow.



Lentil



Green gram



Chick pea



Fish



Black gram



Fats give energy and strength



Curd



Butter



Ghee



Oil

Vitamins and minerals protect us from diseases



Carbohydrates, proteins, fats, vitamins and minerals are the nutrients present in our food. Water also plays a vital role.

Are we eating healthy food? Will it improve our health?

Shall we collect !



Tabulate the food you are going to take for a week from today.

Name of the Student : _____

Days	Breakfast	Lunch	Dinner
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			



Shall we classify !



Tick the nutrients present in the following food items.

Food item	Carbo hydrates	Proteins	Fats	Vitamins	Minerals
					
					
					
					
					
					
					
					
					

Let us discuss !



- Discuss about various nutrients present in your food based on the tabulation done above.

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Facts



- Don't cut vegetables into tiny pieces.
- Don't overcook the vegetables. They lose the nutrients.
- Vitamins and minerals are lost when we fry our food.

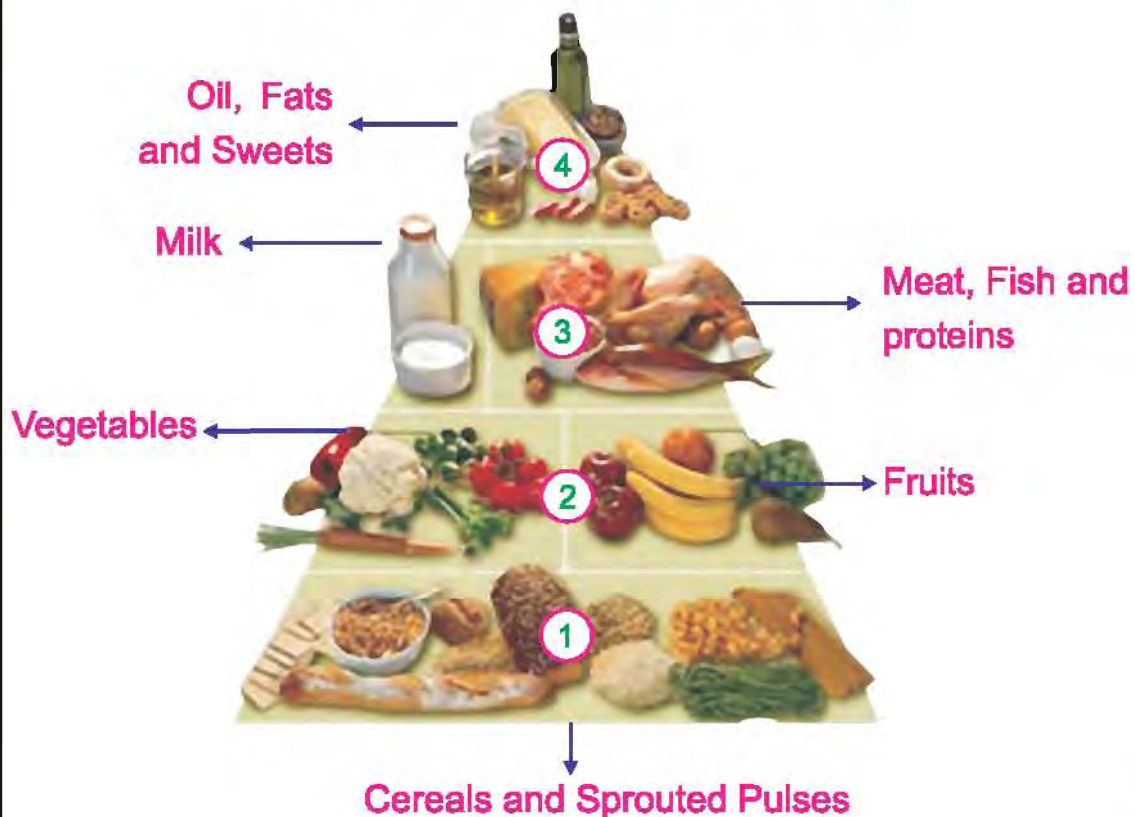
Balanced diet

The food taken by an individual should contain correct proportion of nutrients according to his age and work. This is called balanced diet.

Which is the balanced diet?



The Pyramid of the balanced diet

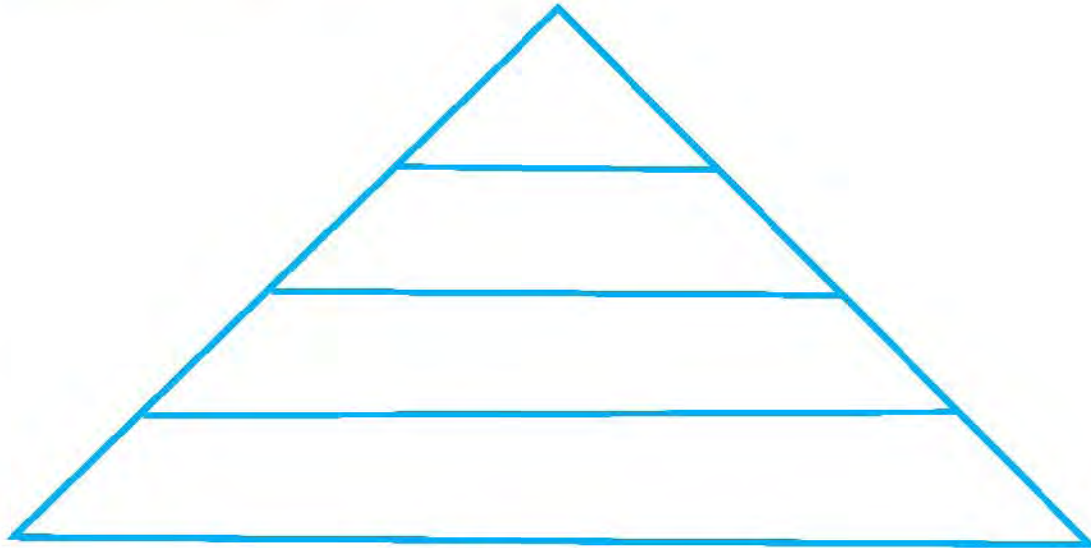


Look at the Pyramid of the balanced diet. In the lowest part of the pyramid lies the carbohydrates. We must eat more of carbohydrates than the 2nd, 3rd and 4th stage food items as shown in the picture.



Let us classify !

Classify the food items you had based on the nutrients in the pyramid.



Facts



- Rice loses its nutrients when we polish it.
- Milk consists of carbohydrates, proteins, fats, vitamins and minerals.

Let us think!



Is the food you had yesterday, a balanced diet?

Food items to be avoided :

Burger, pizza, chocolate, tin and canned foods, soft drinks are not good for our health.



Food items to be included :

Milk, curd, carbohydrates, pulses, fruits, vegetables, greens, egg and fish. These strengthen our body.



1. Prepare an album with pictures of sprouted cereals and pulses.
2. Sprout green gram, millet and chick pea (chenna) at home. Eat and enjoy it.

Different places Different diet

	Tamilnadu We like rice, vegetables, greens, payasam etc.
	Kerala We like appam, puttu, coconut, nendrampalam, fish, bengal gram etc.
	Tribes We like honey, fruits, tubers etc.
	North Indians We like chappati, pulav, biriyani, sabji etc.
	China We like noodles, soup, sea food etc.



To protect our Health...

- An adult should drink **2.5** litres of water daily.
- Wash fruits and vegetables thoroughly before eating them raw.
- The seasonal fruits and vegetables like gooseberry, carrot, lady's finger, cucumber, guava, papaya and watermelon protect our health.
- The skin of fruits and vegetables are rich in nutrients.

Who is he ?



Louis Pasteur

The method of preserving milk called pasteurization was discovered by Louis Pasteur.

Evaluation:

a. Let us match

1.



Butter



Ghee

Proteins

2.



Carbohydrates

3.



Fats



b. Let us connect using lines:

1. Carbohydrates	obesity
2. Proteins	immunity
3. Fats	growth
4. Vitamins	energy

c. List out the names of the greens found in your area.



d. Activity



Divide the students into five groups. With the help of teacher prepare and present a puppet show on the importance of vegetables, fruits, greens, cereals and pulses.

e. Let us write.



1. Sugar is a _____ (protein / carbohydrate)
2. Can be eaten raw _____ (potato / cucumber)
3. Rich in protein _____ (pulses / vegetables)
4. Rich in vitamins _____ (greens / curd)
5. Instant strength _____ (carbohydrate/fat)





f. Let us find!

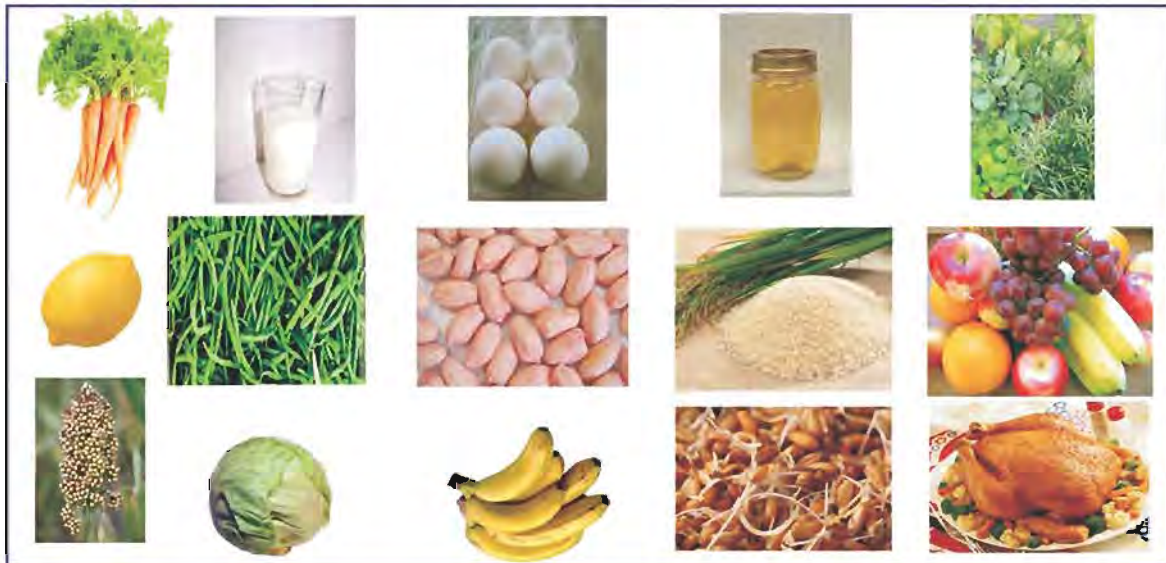
1. I am orange in colour you can eat me without cooking.
2. I am pale in colour you can cook me to eat.
3. I am green in colour you can eat me without cooking.
4. I am red in colour I add taste to food.

(Tomato, Carrot, Potato, Lady's finger, Beans)



g. Shall we classify!

Classify the nutrients I have:



Carbohydrates	Proteins	Fats	Minerals	Vitamins



h. Riddle part!

I am yellow in colour. Granny used my powder as medicine to cure cuts and wounds. I am one of the most important ingredients in daily food due to my antiseptic property. Think and tell me who am I?

i. Let us think!



- What can be done to get the nutrients fully from the legumes and pulses?



j. Let us mix and taste

We can eat raw...

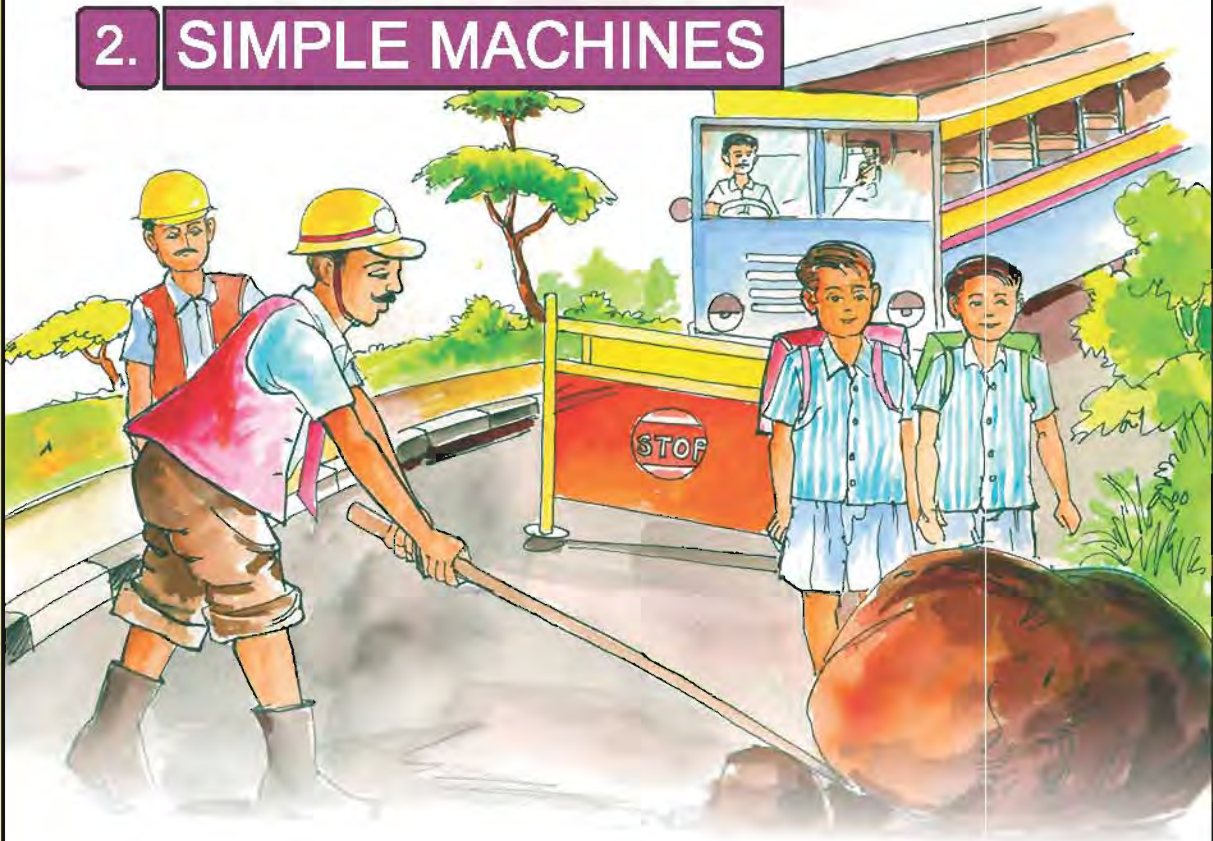
Carrot, tomato, cucumber, beetroot, sprouted pulses, lemon, curry leaves, salt, pepper.



Ask each student to bring one vegetable, wash them, cut them into pieces. (with the help of an adult) Mix them with salt and pepper in a bowl. Let us eat. How is it?



2. SIMPLE MACHINES



The children were returning home from their school. They saw workers trying to remove a huge rock lying on the road. They were using a crowbar to do the work. Children wondered how it would be possible to move such a huge rock with a small iron rod. One end of the crowbar was inserted under the rock. A small stone was kept under the crowbar. When the other end of the crowbar was pressed down, the rock moved! The children were so thrilled.

- ◆ A push or pull which stops or moves an object is called force.
- ◆ An object which helps us to do work easily is called a machine. (e.g.) lever.
- ◆ Lever helps to transfer the force applied at one end to the other end. It also changes the direction of force.



- ⊙ The point where the crowbar touches the small stone is called the **fulcrum**.
- ⊙ The object which is moved is called the **load**.
- ⊙ The force given at one end is called the **effort**.

Based on the position of **fulcrum**, levers can be classified into three types.

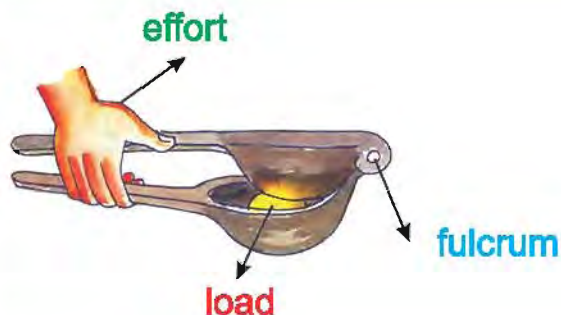
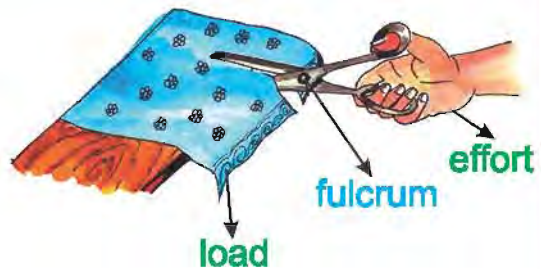
First order lever

(e.g. Scissors)

Force applied at handle - **Effort**

Cloth which is cut - **Load**

Centre point - **Fulcrum**



Second order lever

(e.g. Lemon squeezer)

Handle - **Effort**

Lemon (Centre) - **Load**

Opposite end - **Fulcrum**

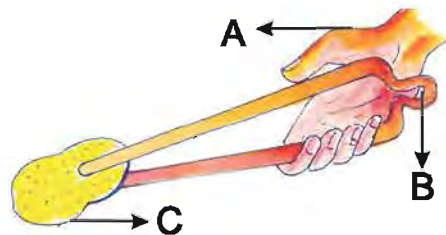
Third order lever

(e.g.) "Appala iddukki"

Effort - _____

Load - _____

Fulcrum - _____



Some more simple machines also help us to do the work easily.



Inclined plane



Screw jack



Wedge



Picture – 1



Picture – 2

Can you tell which method helps you to pull water easily? Using a pulley or without using a pulley. Why?

Can you write some other uses of pulley?

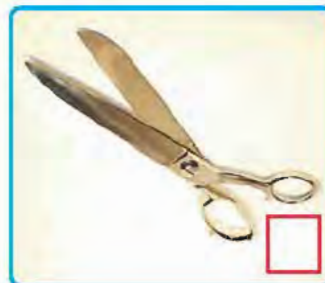
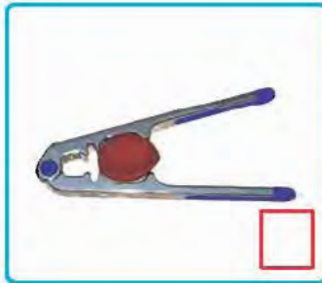
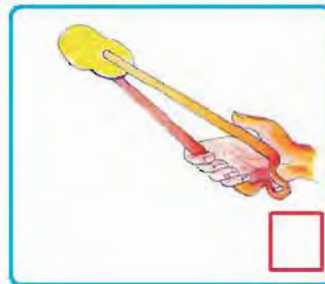
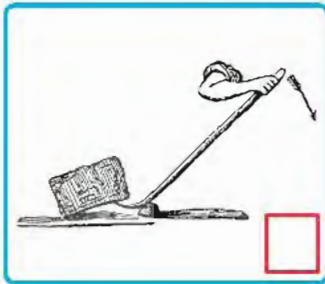


Shall we classify!



Classify the order of the lever

Just write - First order-1, Second order-2, Third order-3



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Let us find!



Write the name of the tools and machines given below :











Scissors, Spade, Wedge, Sickle, Axe, Needle, Hammer, Screw Driver, Spanner, Saw, Nail.

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Shall we classify!
Look at the picture and answer the following:



1. What is the work they are all involved in ?
2. Tabulate the tools used by them.

Worker	Work	Tool

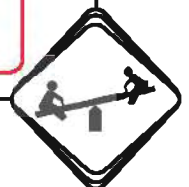
(The teacher may take the students to a construction site and explain.)

Who is he?

He found the principle of levers



Archimedes



Evaluation :



a. Let us find!

Name the simple tools hidden below :



b. Let us think!



Can you write the uses of following tools?

	
Name of the tool	Uses



c. Let us write:



Write down the names of other tools you know.



d. Let us find!



This is a _____ type of lever

Load _____

Fulcrum _____

Effort _____

Name of the tool _____

Used in _____



e. Double matching

Tools	Uses	Used in
1. Tongs	harvest	garden
2. Hoe	to draw water	textile shop
3. Scissor	to hold hot vessels	well
4. Pulley	to cut clothes	field
5. Sickle	to remove weeds	kitchen



f. Draw or paste a picture of simple machine used in your daily life.



3.

HEALTHY FOOD HABITS



There was a tug-of-war in our school today. Third standard students were so excited. The Physical Education Teacher divided them into two groups. Xavier led one team and Barath led the other team. The Teacher blew the whistle. Both teams pulled the rope with their full strength. Xavier's team won the event. The teacher congratulated the team and said that they won the event due to regular practice.

Thanking the teacher Xavier said, "We won the match not only because of regular practice but also due to our healthy food habits. We drink milk every day. We also eat egg, fish, meat, green peas along with our daily food".





“What is your daily food?”, asked the teacher. “Our daily food includes rice, wheat, greens and potatoes. They give us energy to play, work and stay active throughout the day.

We eat very little chocolates, ice-creams and sweets. We do not eat food sold open on the streets.



Activity



Based on the given example, try to complete the preparation of remaining food items.

**Banana
Milk Shake**



Papaya jam



Lemon Juice



Fruit salad





We never say no to fruits, vegetables and sprouted cereals and pulses. They help us to prevent diseases.

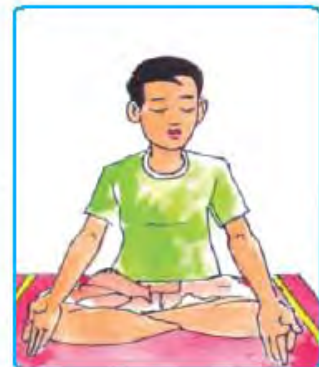


Let us find!

Which is right / Wrong.. Why ?



- ◆ We do exercise daily in the morning and evening.
- ◆ We play outdoor games atleast for an hour a day.
- ◆ We practice yoga and meditation daily.



Shall we classify !



Running



Kabbadi



Hop - scotch (stappo)



GAMES



Javelin throw



Volley ball



Carrom



Hockey



Skipping



Tennis

S. No.	Team Games	Individual Games
1.		
2.		
3.		
4.		
5.		

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Activity



Choose the correct bowl for each item and draw a colour line to match.



carrot
cucumber
guava
Curd rice
lady's finger
vairasana
sprouted pulses
padmesana
chapatli
chocolate
kabbadi
fruit juice
skipping
fried food
fruit salad
volley ball
sundal
football
pizza
chips



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We watch Television only after completing our studies. We see TV for half an hour. We finish our dinner by 8 p.m.

We go to bed by 9 p.m. Our body needs rest. After having a wholesome food and active playtime, we sleep peacefully. Next day we get up early in the morning for exercise and studies”.



After listening to Xavier, Barath's team said, "We watch TV for long hours, we eat fried foods very often. We take a lot of chocolates and ice creams. We don't drink milk much. We drink aerated cool drinks. All this reduced our strength. We will change all these habits, we will follow healthy habits and win the event next time".

Activity

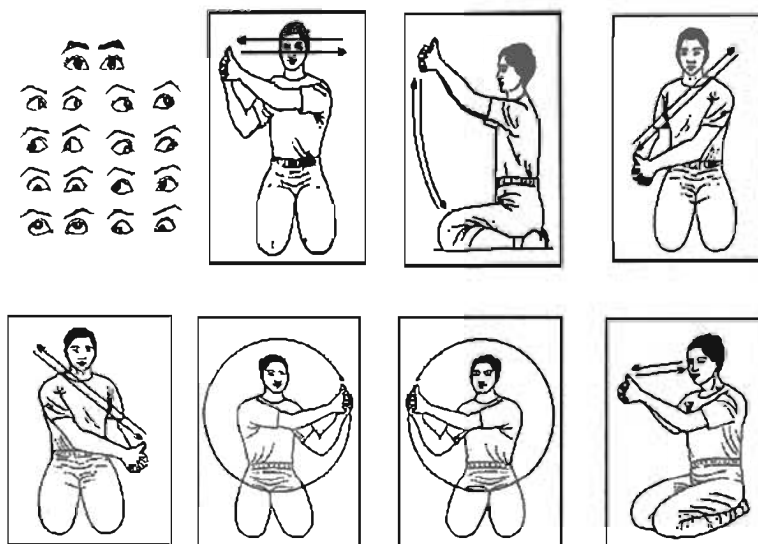
Let us do!



Eye exercise

(with parent or teacher guidance)

- ◆ Join both the hands, keep the thumb nails touching each other as shown in the picture.
- ◆ Bring them slightly below your eye level. The eye should move along with the finger.



- ◆ Take hands to your sides as shown in the picture.
- ◆ Eye should always be fixed on the thumb nails.
- ◆ During the exercise head can move slightly .

Eye protection

- ◆ Wash your eyes with clean water every morning.
- ◆ Do not see the sun directly with the naked eye.
- ◆ Do not read in dim light.
- ◆ Do not lie down while reading.
- ◆ Do not read while travelling in bus or train.
- ◆ When dust falls in the eye, do not rub your eyes with hands. Wash them with clean water.
- ◆ Eating lot of greens, orange and yellow fruits and vegetables are good for your eyes.
- ◆ Sit atleast 2.5 meters away from TV while watching it.
- ◆ Watch TV with sufficient lighting.

The Father of Yoga

Who is he?



Patjanjali Munivar

Donate blood until death!
Donate eyes after death!

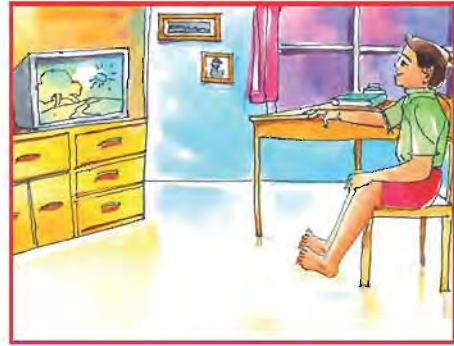


Evaluation:

a. Let us find !



Which is correct ? Which is wrong ?



b. Let us discuss!



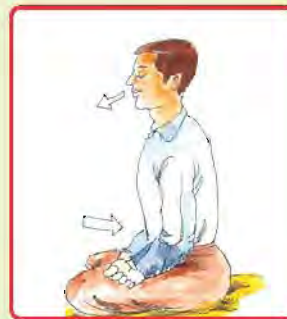
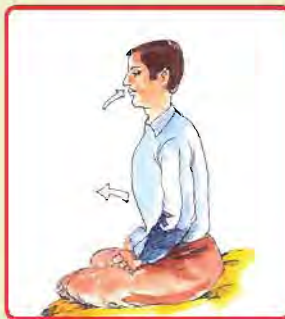
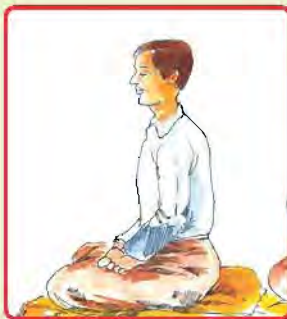
Mark the answer and discuss with your teacher.

- | | | |
|-----------------------------------|------------------------------|-----------------------------|
| 1. I am always active. | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 2. I cover my face and sleep | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 3. I get tired after playing. | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 4. I am always healthy. | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 5. I go to bed late in the night. | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 6. I get up early in the morning. | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 7. I always keep eating. | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 8. I play in the evening. | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 9. I eat a fruit daily. | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 10. I do not eat vegetables. | Yes <input type="checkbox"/> | No <input type="checkbox"/> |

c. Let us do



Breathing exercise



How do you feel when you breathe in and breathe out?

d. Make clay models of fruits and vegetables with suitable colours.



e. Let us find!



Tick the right one and cross the wrong one.

1. We should wash our hands before eating.
2. We should eat our food very fast.
3. We should eat only at proper time.
4. We should eat lots of ice-creams and toffees.
5. We should use clean vessels for cooking.
6. We should eat food sold on the streets.
7. We should always keep the food closed.
8. We should drink boiled and filtered water.
9. We should not eat fruits.
10. We should eat greens along with our food everyday.



4.

LET US DO



Teacher : Children, do you all know what we celebrate on November 14?

Velankanni : Yes. November 14 is Childrens' day.

Teacher : You are right. What day is today?

Students : February 28.

Teacher : Good. Today is the National Science Day. Let us do some simple science experiments to celebrate it.

Students : Yes, Madam.



All things around us are matter. Matter exists in solid, liquid and gaseous states.

Keep the things you have on the table.
Teacher and the students kept many things on the table.



Air filled balloon



Air filled foot ball



Empty foot ball



Vendors balance



Note books



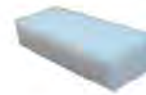
Water bottles



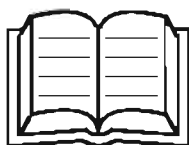
plates



Pencils



Eraser



Book



Empty balloons



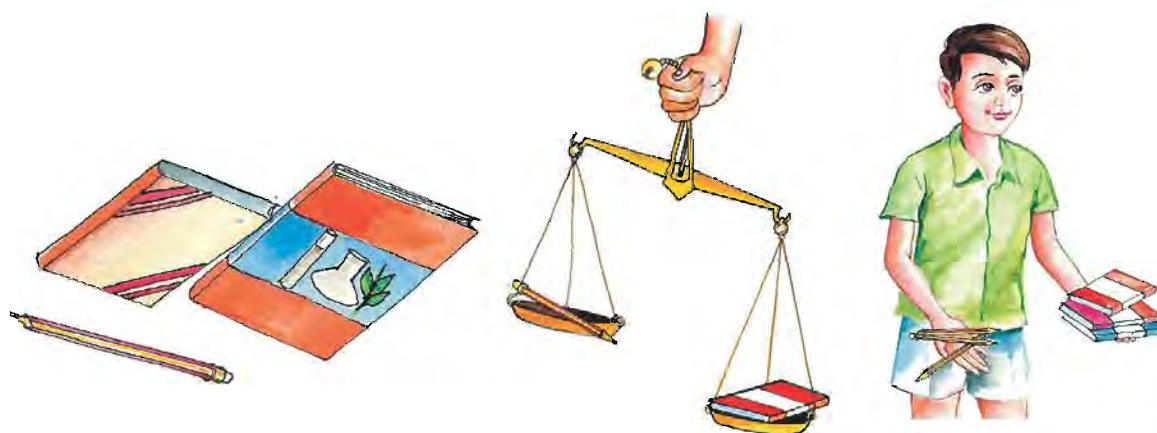
Water tumblers



Teacher : Shall we start doing our experiments right away?

Students : Yes, Madam.

Teacher : Now take your books and pencils. They all have proper shapes. They do not change their shapes. We call these things as solids. Hold the notebook in one hand and pencil in the other. How do you feel?



Students : Pencil is light, whereas book is heavy.

Teacher : What else do you observe?

Students : They have different shapes.

Teacher : Do they flow like water?

Students : No, they do not flow.

Teacher : These are the properties of solids. List them out.

- Solids do not flow.
- Solids have weight.
- Solids have definite shape.
- Solids occupy space.



Teacher : Let us take a bottle of water. Pour water out. (A student pours a little amount of water on the floor). What do you see?



Students : Water flows on the floor.

Teacher : Water is a liquid. It can flow from one place to another. Let us pour the same amount of water on to a plate and into a tumbler. We see that water takes different shapes of the containers.



Teacher : I am going to place an empty water bottle on one pan and a water filled bottle on the other pan of the balance. What happens?



Students : The pan with filled water bottle comes down and the one with the empty bottle goes up. This shows that water has weight.



- Liquids flow.
- Liquids have weight.
- Liquids have no definite shape.
- Liquids take the shape of the containers.

Teacher : Let us blow a balloon and release it from our hand. See what happens?

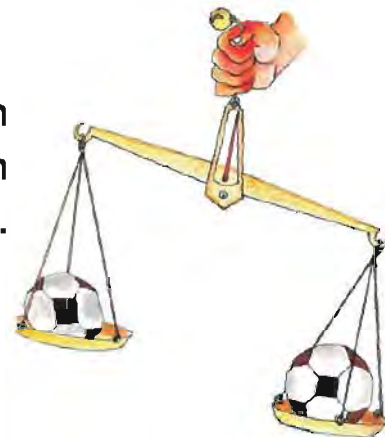


Students : Balloon falls down as air comes out.

Teacher : Could you see the air? Can you hold air as you can hold the solids and liquids?

Students : No.

Teacher : Let us keep an air filled football on one pan and an empty football on the other pan in the balance. What happens?



Students : The pan with the air filled football comes down and the one with the empty football goes up. So we come to know that air has weight.



- * Gases can flow.
- * Gases have weight.
- * Gases have no definite shape.
- * Gases occupy space.

Teacher : We celebrated The National Science Day by doing simple experiments to understand the states of matter. Thank you for your participation.

Activity : 

Find and circle the odd one

1. Fruit juice, Murukku, Chocolate, Idly.
2. Tea, Butter milk, Petrol, Stone.
3. Door, Table, Air, Chair.

Who is he?



Sir. C.V. Raman

The Indian who received Nobel Prize in Physics for the discovery of Raman effect. The day on which Raman discovered (Feb -28) "Raman effect" is celebrated as national science day.

Evaluation :



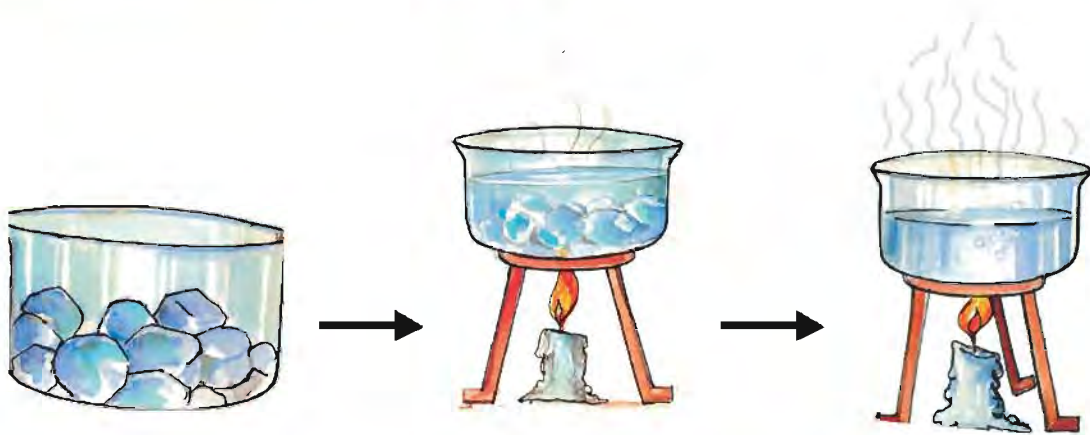
a. Let us find!

1. Liquids used for cooking _____
2. Solids used for cooking _____
3. Liquids used for washing your hair _____
4. What is filled in your cycle tube? _____

c. Compare : Use or according to the properties

Matter	Shape	Weight	Flows	Occupies Space
Solid				
Liquid				
Gas				

d. Let us do



Observe the picture and write the result.

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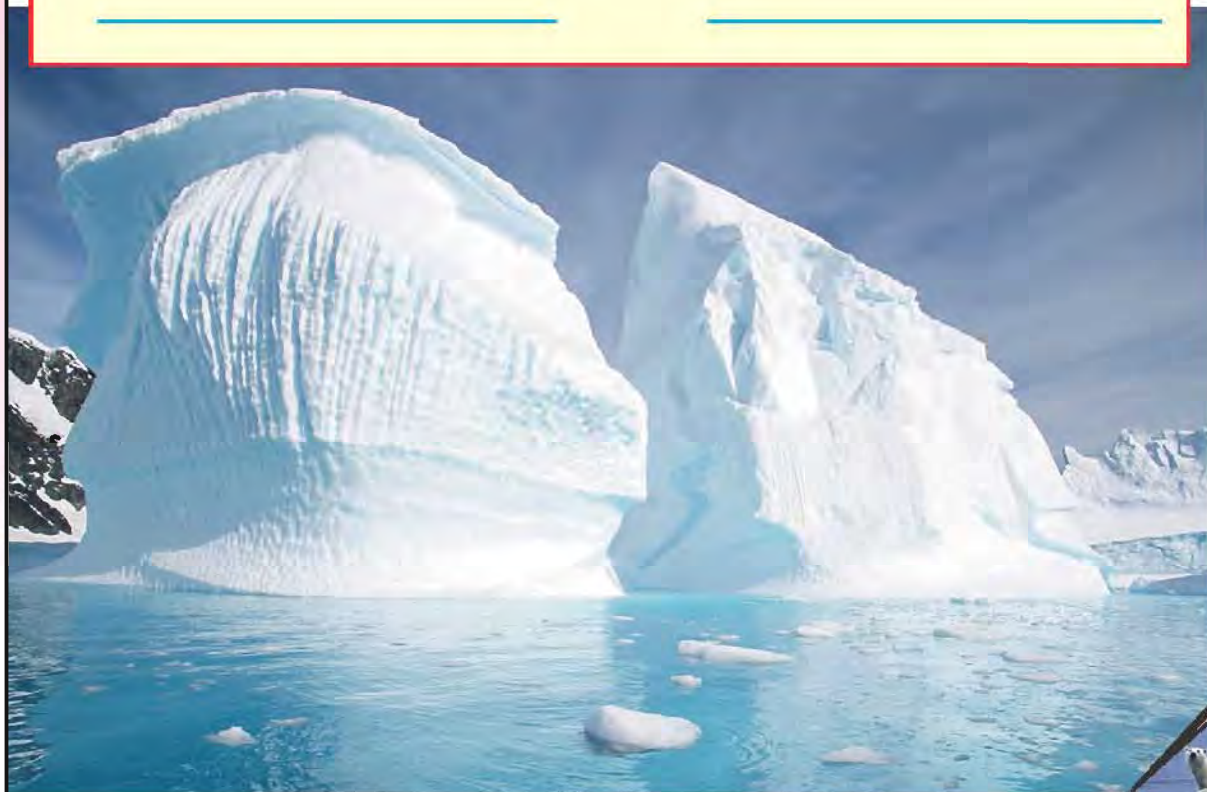
e. Shall we classify !

**A. Write the names of things you use in your daily life.
Write the state of matter of those things.**

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

B. List the solid and liquid substances in the food you eat.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____





SOCIAL SCIENCE

STANDARD THREE

TERM II



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LAYOUT DESIGN

Thiru N. SRINATH





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.

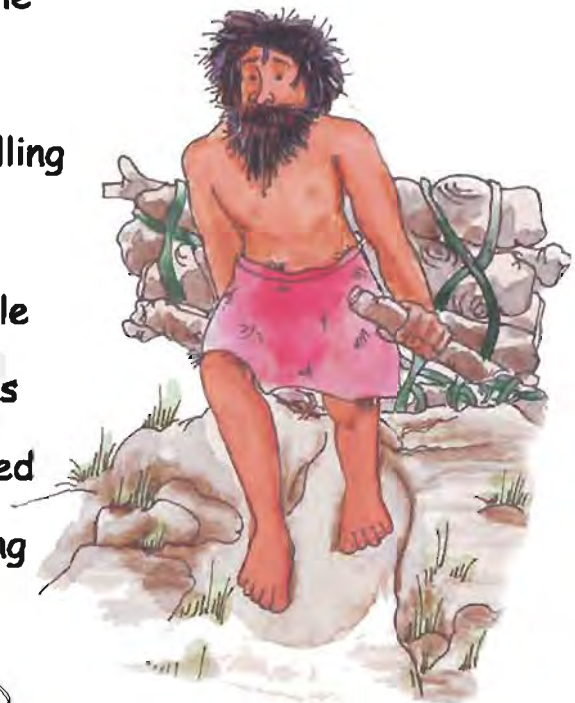
Sembian was waiting anxiously for his father. He knew his father was a careful man. He always took the safe path used by many others. Sometimes, his father came back with a story for Sembian. He spoke about strange, beautiful or savage animals found in the forest. Sembian longed to go with his father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

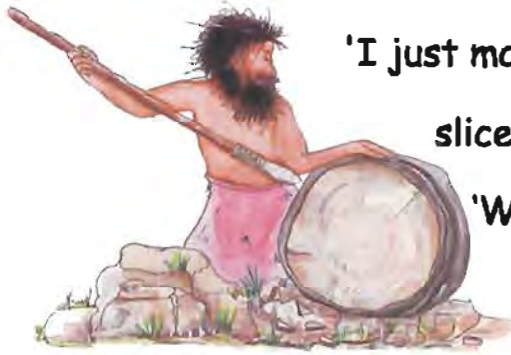
Soon, Sembian heard a rumbling noise.

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?"





'I just made it. I had this idea when I was cutting a slice of the tree trunk,' said his father proudly.

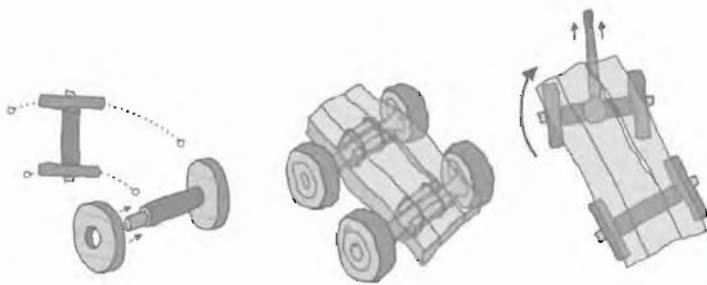
'What do you think?' asked his father.

"It's amazing!", said Sembian.



He looked at his father with admiration. Really, he thought that there was nobody in the world like his father!

Sembian lived thousands of years ago!



**Invention of Wheel
made Travel Easy**

Today, we have many kinds of vehicles, using different kinds of wheels and we use these vehicles to travel anywhere on earth.

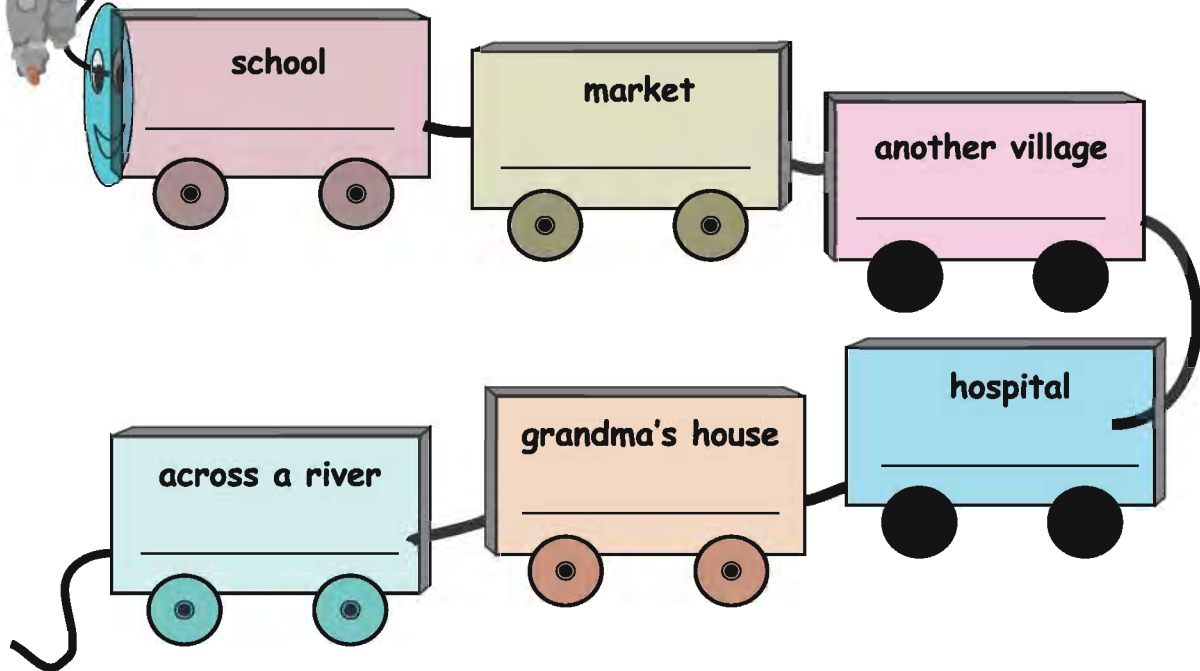
The invention of the wheel gave way for modern means of transport.

We also use vehicles for transportation of goods.





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.

Then

Now

Vehicles used by people 50 years ago.

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 _____

➤ Slow moving vehicles _____

➤ In which vehicle would you like to travel? Why?

Both have their advantages!





for fun



for visiting religious places



Travel is..



for learning and work



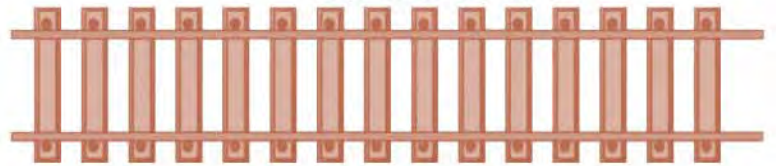
to meet friends and relatives



We have four types of routes:



1. Road route



2. Rail route







3. Sea route



4. Air route

Name the vehicles that ply on these routes.

Type of route	Type of transport
Road route	
Rail route	
Sea route	
Air route	



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 in a very short period of time, using air transport. The helicopter is an aircraft 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?

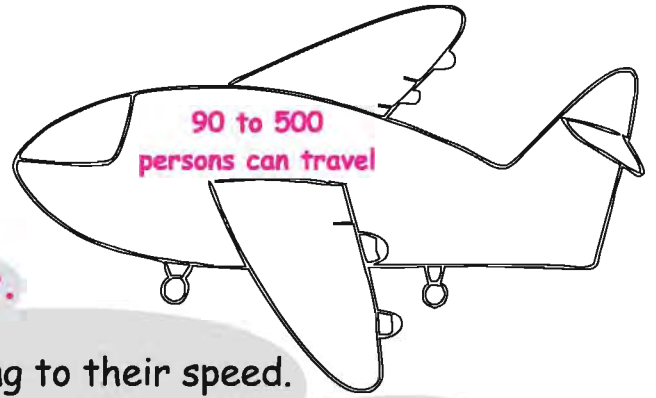
What things would you like to take with you when you go on a trip for two days?





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

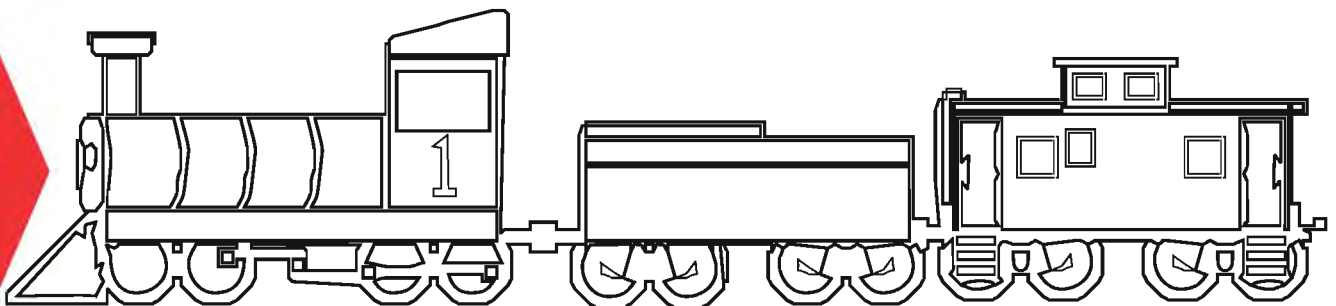
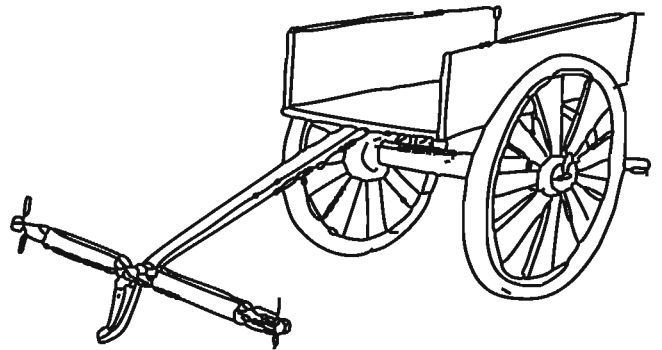
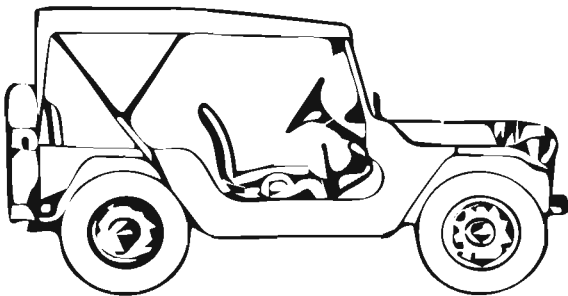
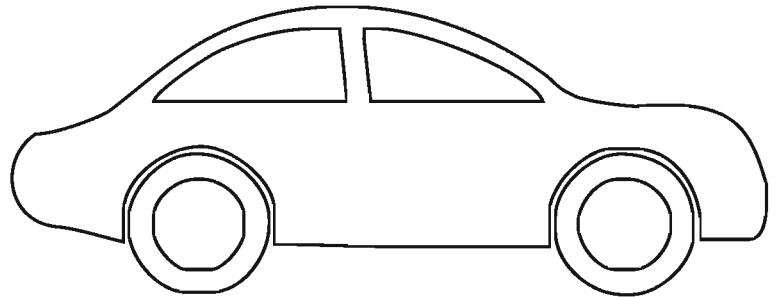
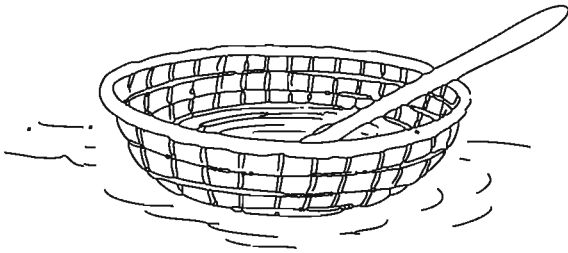


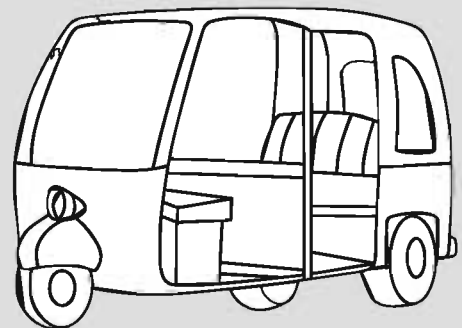
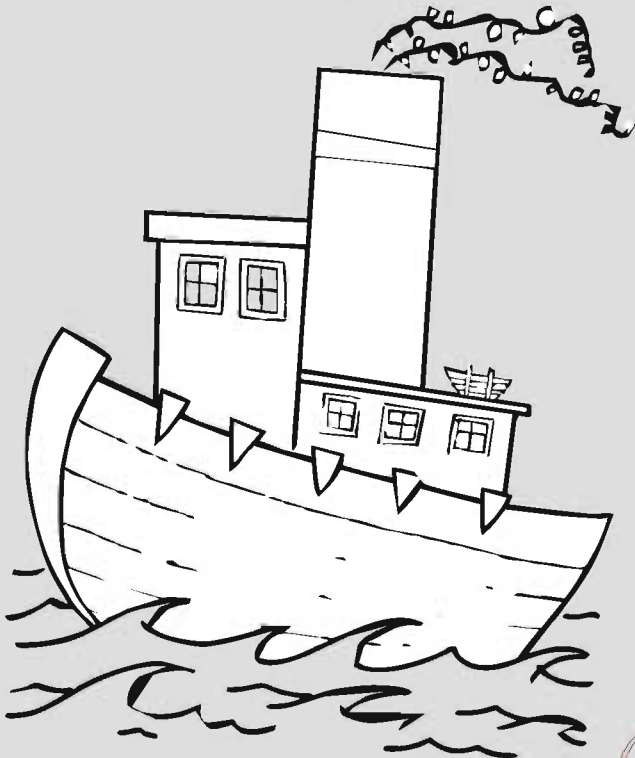
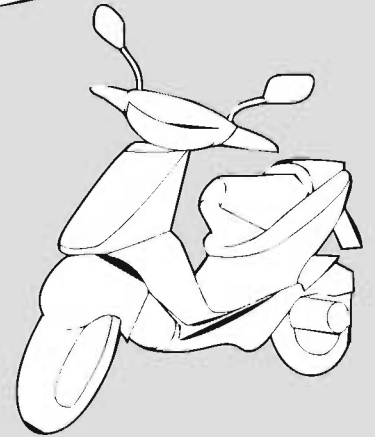
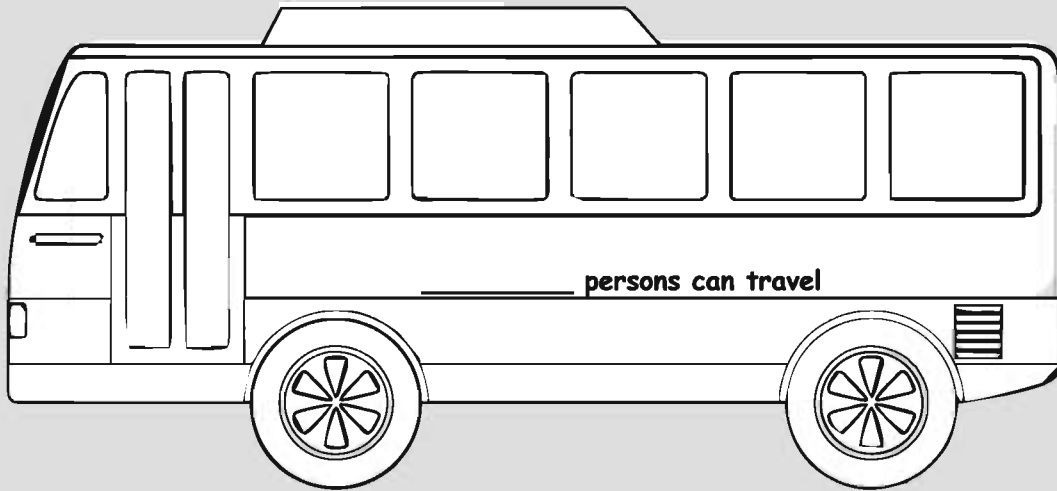
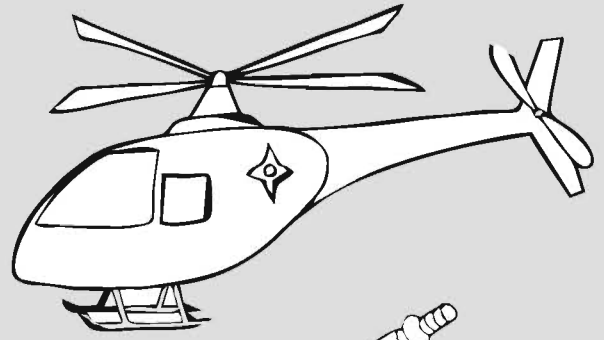
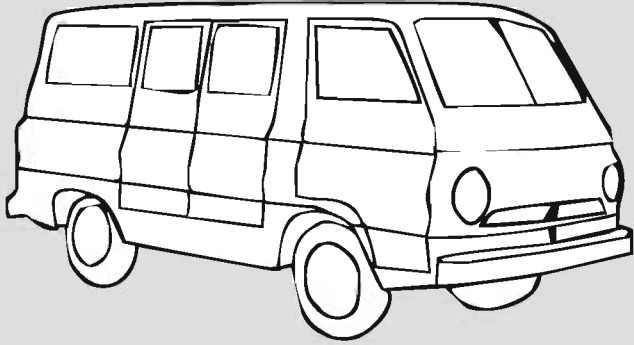


Make travel eco friendly.

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:

1 that can carry more than 100 passengers at a time _____

2 that you choose for short distances _____

3 which do not cause pollution _____

4 that carry many people _____

5 that do not cost much to travel _____

6 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 _____. Rani _____.

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?



For the teacher

Divide the class into small groups. Help them to discuss and find out how we can make travel eco-friendly.

Vehicles used in hilly regions



Winch train



Cable car (rope way)

The vehicles used for emergency.



Police car



Fire engine



Ambulance

The vehicles used for essential purposes.

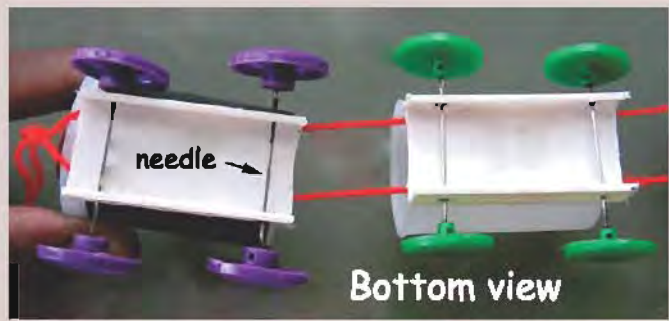
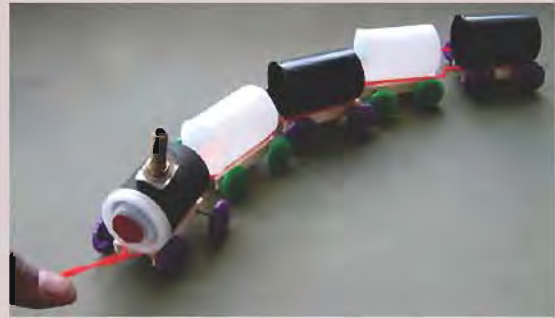
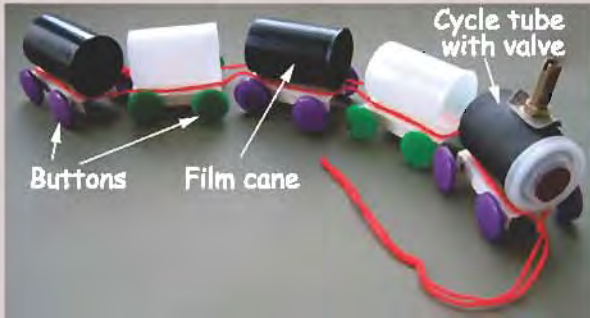


During your holidays, have you travelled to visit your relatives or gone on a tour? what vehicles have you come across? Share your experiences.

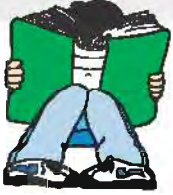




Craft Corner.



SOCIAL SCIENCE



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 Chennai, 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, too! From there I went by bus to

Jaisalmer in **Rajasthan** and had a ride on the  **camel** to

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**,  said Sekar uncle

with a smile!





7. The Story of Food



Food is one of the basic needs of all living beings. Human beings cultivate the earth and make a variety of interesting and tasty foods. Look at this picture. Can you link the expression on the man's face to what he has tasted?



hot



sweet



sour



bitter



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

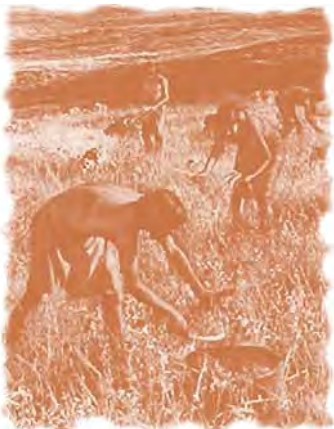
The story of cultivation



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.

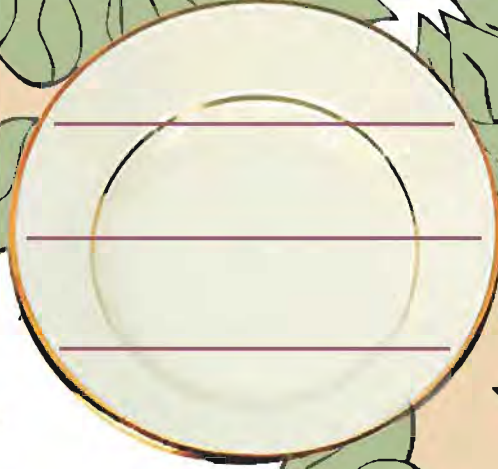




Name the food you like.

A circular plate with three horizontal lines for writing.A circular plate with three horizontal lines for writing.

Name the food your friend likes.



Name one food item that is

hot: _____

salty: _____

bitter: _____

sweet: _____

Name one food item that is

soft: _____

crisp: _____

hard: _____

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.



1. The fields are prepared by ploughing.

2.



2. The seeds are sown on the seedling beds.

3.



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

4.



4. Weeds are removed.

5.



5. The crops are irrigated till they grow.

6.



6. Grains are fully covered with brown husk.

7.



7. The paddy is ready for harvest.

8.



8. The paddy is threshed to loosen the husk.

9.



9. It is taken to the mill and the husk is removed.

10.



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.





Ragi



Kambu



Millet

Maize



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



Green gram



Bengal gram



Tuvar dal



Greens

Include greens in your food!

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 cooking!

Now let us look at the medicinal value of common spices.

Perungayam (asafoetida), Milagu (Pepper), Jeeraham (Cumin seeds),

Kadugu (Mustard), and Dhania (Coriander seeds) aid digestion.

Poondu (Garlic) is good for respiratory problems. It kills intestinal worms.

Karuveppilai (Curry leaves) is good for the hair and the eyes.

Manjal (Turmeric) is a powerful antiseptic. It kills intestinal worms.

Inji (Fresh ginger) is good for treating nausea.

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 thuvurai (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.



Cattle farming or rearing



Fishing



Farming



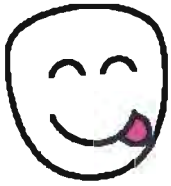
Poultry





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.

Biryani 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 vattthals, 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.

Three horizontal orange-colored boxes for writing answers.



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

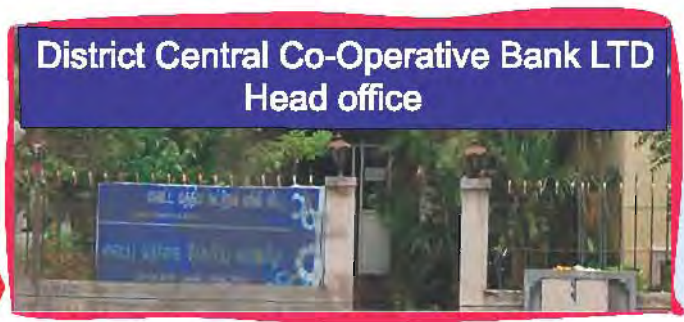
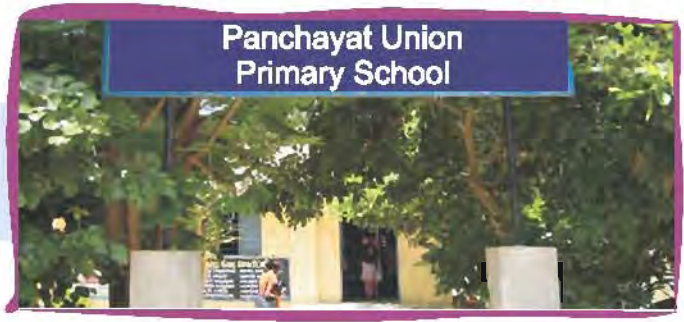
List of vegetables



Method of preparation



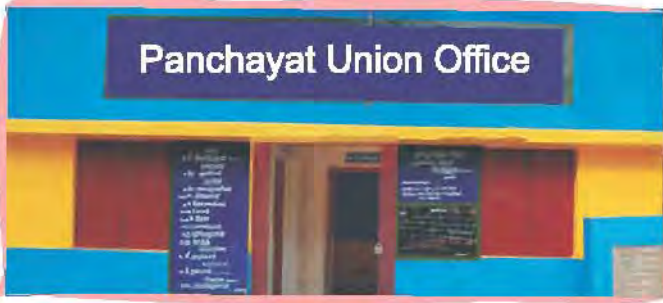
8. People who help us



SOCIAL SCIENCE

Do you know the places given in the picture?

Panchayat Union Office



Government general Hospital



My Home



அனைத்து மகளிர் காவல் நிலையம்
ALL WOMEN POLICE STATION











தமிழ்நாடு மின்சார வாரியம்
TAMILNADU ELECTRICITY BOARD



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

Place	Near your house	Far from your house	Service provided
School			
Bank			
Hospital			
Police station			
Post office			
Bus stand			

We need the services 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.

Post office

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



This is a reply from him to a Class 3 student K. Janani of Anichampalayam Panchayat Union Middle School.



சமுதாயத்தின் நலம்



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

Philately: King Of Hobbies
COLLECT INDIA POSTAGE STAMPS
CONTACT Nearest Philatelic Bureau

भारत
INDIA
50
MAHATMA GANDHI

भारत, पु. / I.S.P.-2009 पोस्ट कार्ड POST CARD

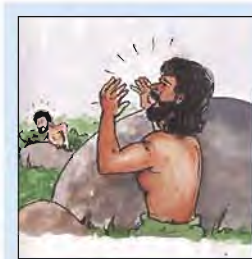
पिन PIN

(इस लाइन के नीचे न तो लिखें और न ही मुद्रित 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. _____

Automated Teller Machine



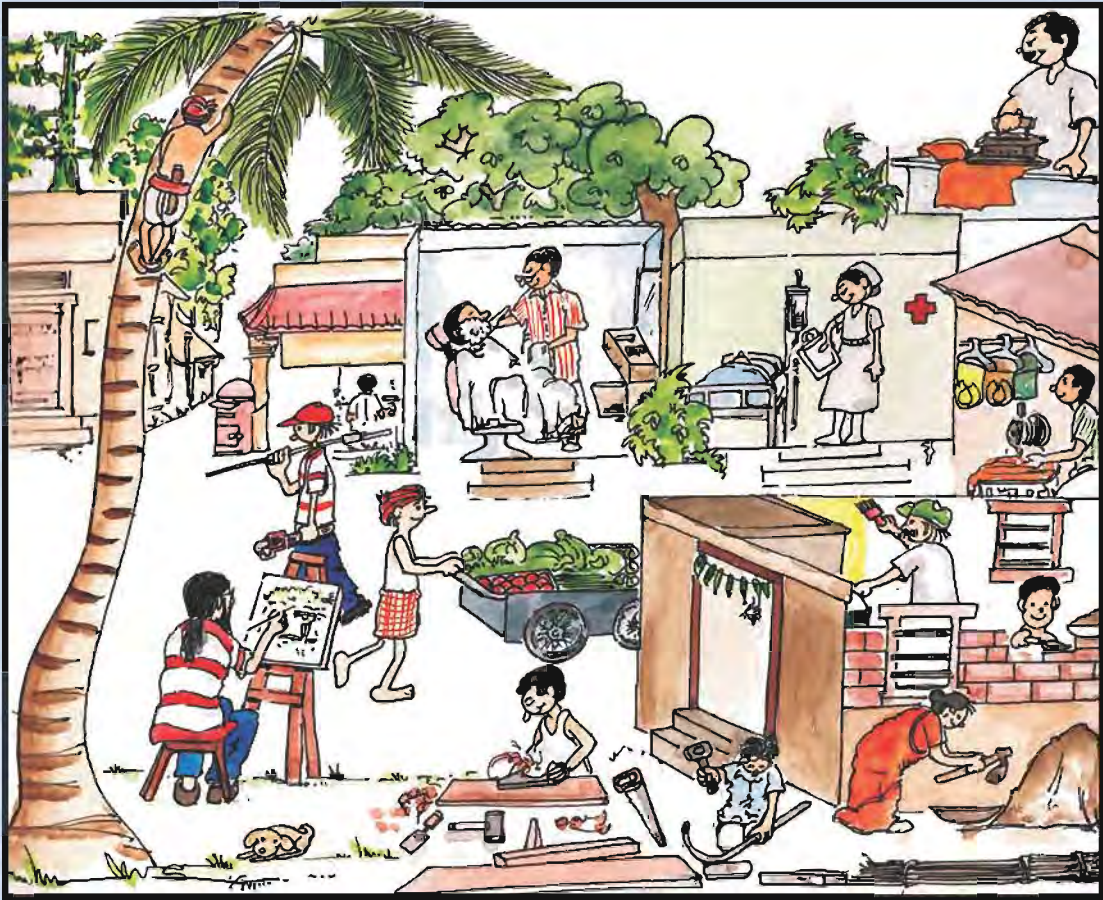
This is the Automated Teller Machine (ATM). We can use an ATM card to withdraw money from our bank account at any time! It functions 24/7!

Women in Self Help Groups [SHGs] get loans 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.

A sample of a Multi-City Cheque from SBI. The form is titled "MULTI-CITY CHEQUE Payable at Par at All Branches of SBI". It includes fields for "A/C Pay", "PAY", "₹.Rs.", and "AS No.". There is also a field for "Date /".A sample of a Demand Draft from SBI. The form is titled "DEMAND DRAFT" and includes fields for "Date", "₹.Rs.", "Pay to the order of", and "For Bank's Signature".

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.

Tailor stitches clothes. 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? _____

stitches school uniforms? _____

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.



“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.



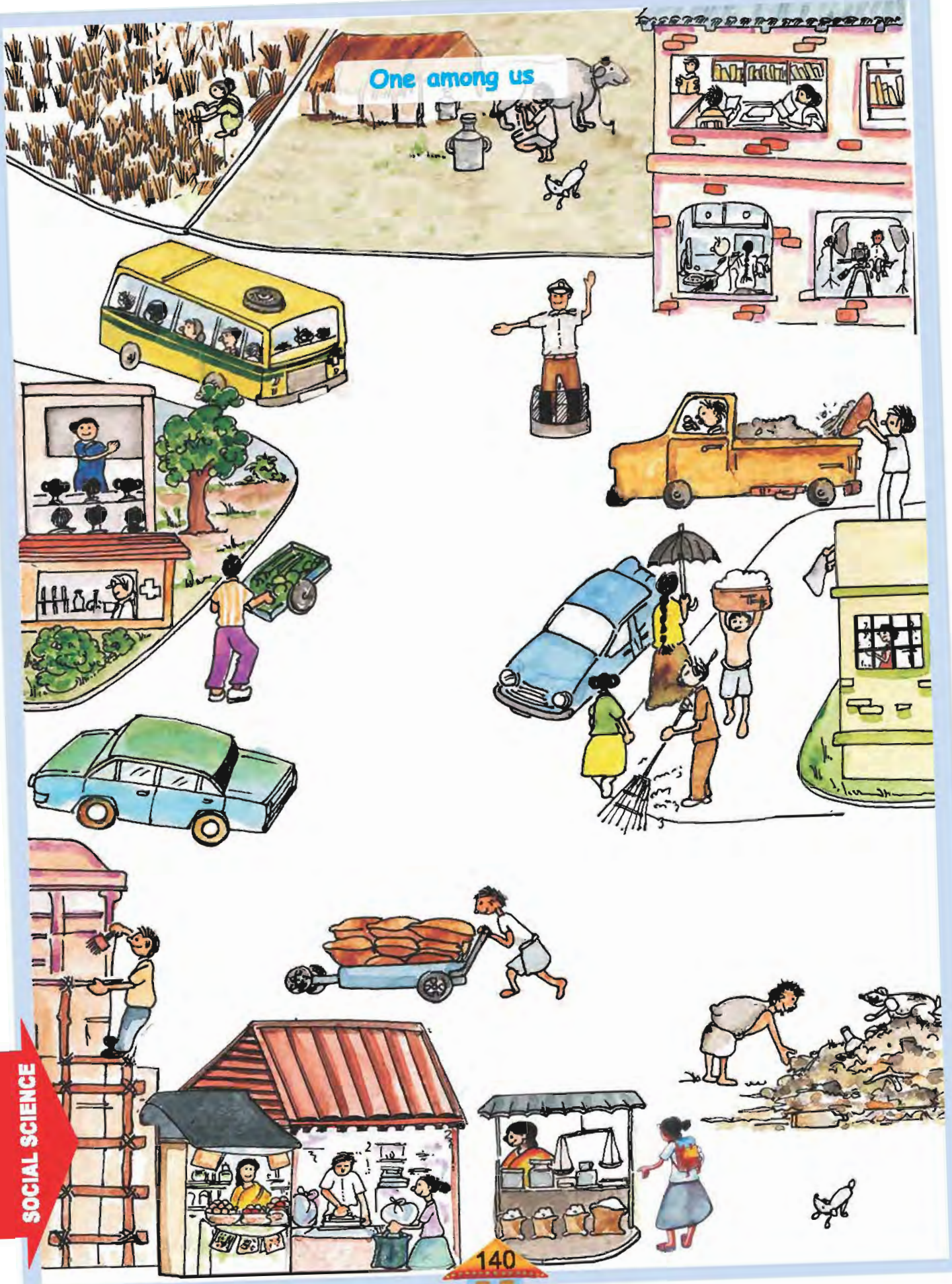
“Is the treatment free?” asked Raju.

“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

One among us



Identify and fill in what these people do from the picture given.



Who cleans your house every day? _____

Have you seen people doing jobs that serve others in your area?

Yes / No

Who cleans your area? _____

"How can we help them to help us better?"

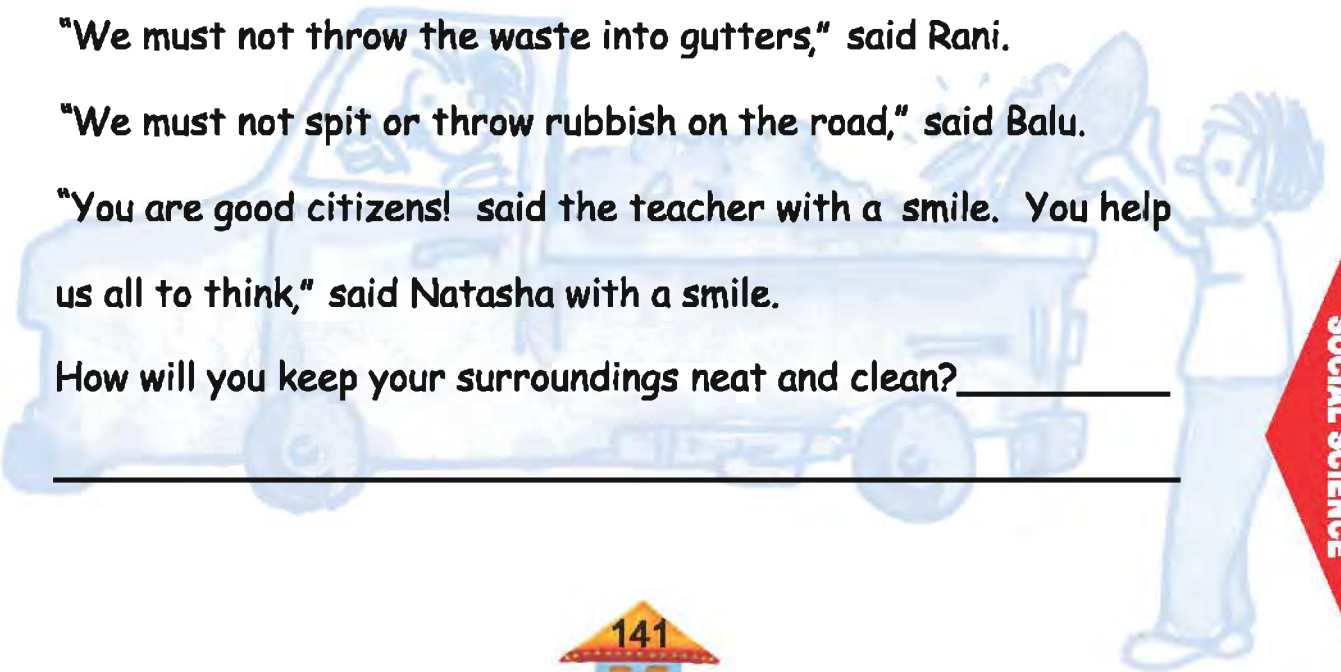
"We can separate the waste materials into biodegradable and non-biodegradable," said Natasha.

"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?

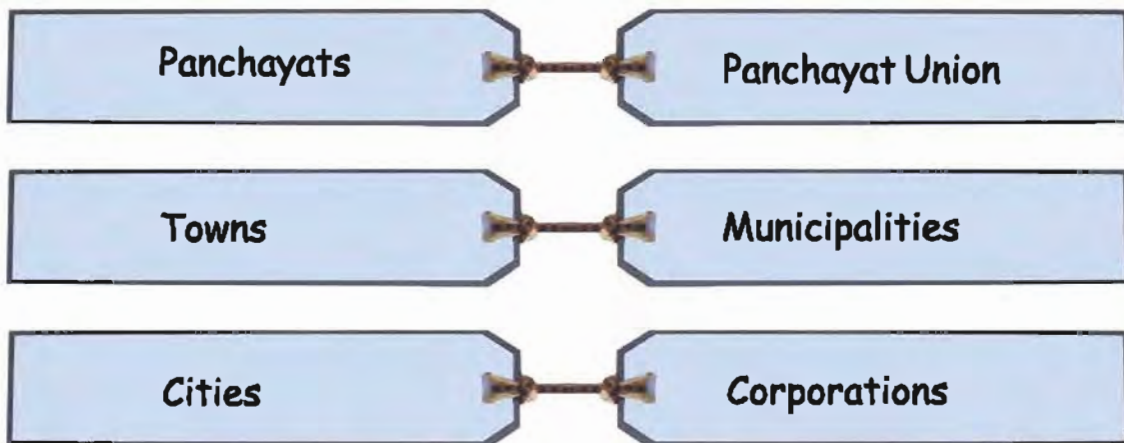
Who gives connections for drinking water and sewage to your house?

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 place belong to?

Panchayat Union Municipality Corporation

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

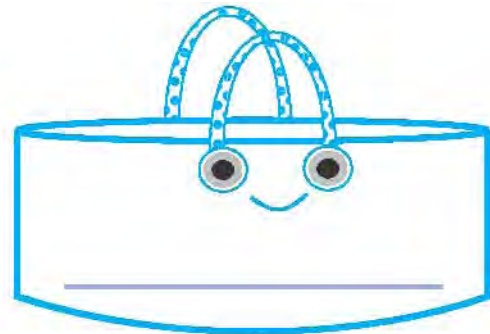
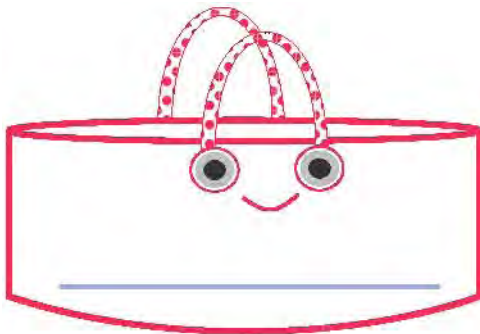
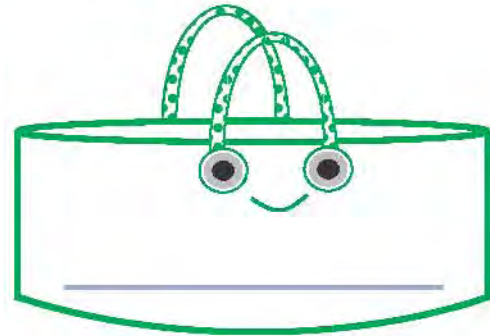
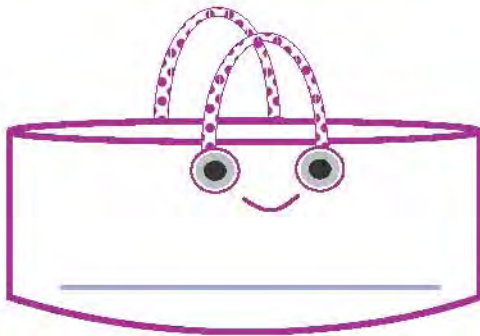
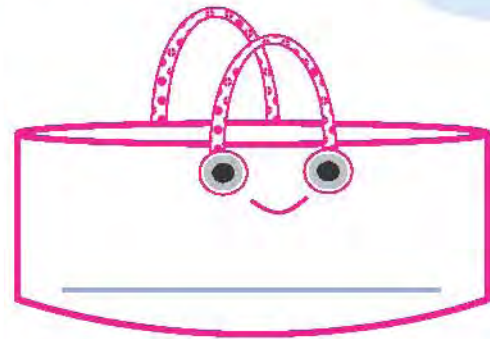
A Fair Price Shop is a Public Distribution System (PDS).

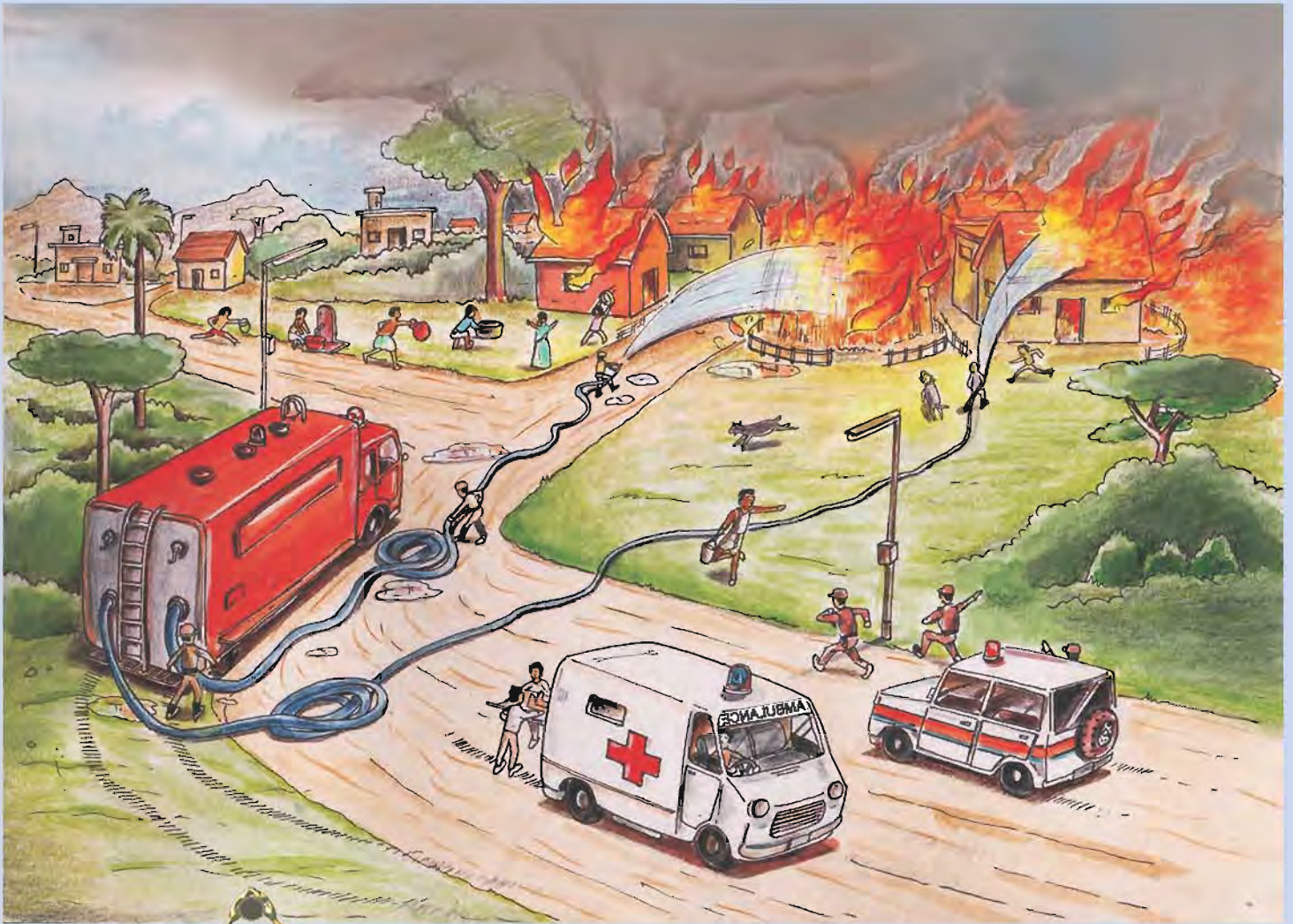
It is also called a Ration shop. We can get food grain, pulses, oil and kerosene from the ration shop at a price lower than the market price. One must have a ration card for buying these things from this shop.

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 ration shop?





Police		100
Fire Service		101
Ambulance		102 108

What do you see in this Picture?

If you are in this place what will you do?

Which number will you call first?

Trained people from the fire service will put out the fire and save people and property when there is a fire.

When there are natural disasters like cyclones, floods and earthquakes we get help from the fire service.



'Do you know who maintains law and order?'

It is the _____.

Where will you find him? _____.

What is his work? _____.



The policemen maintain law and order. They look after our property.

If we lose any valuable we make a complaint at the police station.



We feel safe because the policemen are on duty round the clock.

There are 'All Women', police stations too.



Is there a police station in your place?

People who protect our country.

Do you know any person who is in the Armed forces?




Army



Navy



Airforce



Model Question Paper
Term II
Summative assessment

Class: III

Time : 2 Hours

Sub: Social Studies

Marks : 60

I. Choose and write the correct answer (5 × 1 = 5)

1. The fastest mode of transport is _____ .
a) bicycle b) train c) aeroplane
2. When _____ are fully grown, farmers harvest them.
a) crops b) weeds c) seeds
3. Law and order is taken care of by the _____ .
a) Post Office b) Police Station c) Bus Stand
4. Which one of the following is an occupation? _____ .
a) letter writing b) coming to school c) teacher
5. We mostly eat _____ .
a) maize b) rice c) ragi

II. State true false (5 × 1 = 5)

1. Trains travel on rails. []
2. Emergency messages are sent through telegram.[]
3. When we are sick, veterinary doctors treat us.[]
4. Pepper and ginger are edibles which have medicinal value.[]
5. Coffee and tea are plantation crops.[]



III. Fill in the blanks

(5 × 1 = 5)

1. _____ is easy because of the discovery/invention of the wheel.
2. _____ transport helps us to travel long distances in minimal time.
3. Our body gets _____ from food.
4. Basic needs of villages are fulfilled by _____.
5. Gold and Silver can be safely kept at bank in _____.

IV. Match the following

(5 × 1 = 5)

- | | |
|--------------------------|----------------|
| 1. Environmental hygiene | a) Jaggery |
| 2. Flood relief | b) Cereals |
| 3. Sugarcane | c) Family card |
| 4. Ragi and Millet | d) Bus |
| 5. Ration Shop | e) Helicopter |
| | f) Cycle |

V. Circle the odd one out

(5 × 1 = 5)

1. goat hen duck horse
2. armed forces fire service naval force air force
3. ship aeroplane coracle helicopter
4. urad ragi millet corn
5. municipality monarchy corporation metropolitan



VI. Write five questions

(5 × 3 = 15)

1. Write any five food giving animals.
2. Sort the following as Water ways, Road ways, Air Ways
(Bus, boat, cycle, train, coracle, aeroplane, ship, helicopter, catamaran, bullock cart)
3. Which occupation do you like? Why?
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. Write 5 edibles which have medicinal value.

VII. Answer in detail

(4 × 5 = 20)

1. What are the requirements for a good cultivation of rice crops?
2. Name the people who work to build a house.
3. Why do we travel?
4. You are going for an excursion from your school.

Write the following:

What is your plan? Which is the place of visit?

How many days are you going to stay? How many students plan to go? Which mode of transport do you prefer?