

WE AND OUR WORLD

(Class-III)



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The Family

We live in our home with the members of our family. Our parents love and care for us. They cook tasty meals for us. Our grandparents are always ready to tell us stories. All our needs are fulfilled within the family.

WHAT IS A F-A-M-I-L-Y.....???

- A family is two or more people who are connected by love or kinship.
- A family may have members other than those living together.
- Each family member is important and special.
- Family members can look alike or different.
- Family members help each other.
- Family members celebrate important occasions together.

Some members of our family may not live with us. We enjoy meeting them at family functions or festivals.

Vishu's Family:

Vishu's mother took him to her parents' house in Lucknow in summer vacation. She promised to take him to all those places which she had



Do You Know?

One becomes a member of a family by being born into it, by getting married into that family, or through adoption.

loved as a child. Vishu's father could not go with them. He is a soldier in the Indian Army. He had to attend a training programme in Hyderabad.

Vishu's grandparents, Mrs. and Mr. Ajay Sharma are wonderful people. Before marriage, Vishu's mother's name was 'Manmeet Sharma'. After marriage, she is known as 'Manmeet Singh'. 'Singh' is the surname of Vishu's father.

Vishu loves his grandparents very much. His grandmother runs a training centre to teach embroidery to women from a nearby slum. She sells their goods to a handicraft centre. This helps them to earn money.



Do You Know?



A **surname** is the family name. It is used after the first name.



Do You Know?



Our mother's parents are our **Maternal** grandparents and father's parents are our **Paternal** grandparents.

Vishu's grandfather teaches *Yoga* in a park in the morning and evening. He guides the people to follow correct eating habits for a healthy life.



Vishu's mother completed her schooling and college from Lucknow. She is a trained Manipuri dancer. Now she teaches Manipuri dance to children in Jaipur. Vishu's grandparents told him that Manmeet, his mother, was a naughty child. She loved to climb on *Jamun* tree and pluck raw *jamuns* to eat with salt.



Every morning, Vishu's grandmother washes the *veranda* with a broom and then makes beautiful designs of *rangoli* on the wet floor. Vishu also learnt to make *rangoli* from his grandmother.

Do You Know?



Rangoli is the art of making beautiful designs on the floor with colours, flowers, etc.

Vishu learnt many things in Lucknow. Vishu and his parents always had their meals on the dining table. But his grandparents sit on mats and eat their food in the kitchen. His grandfather says that sitting cross-legged while eating is good for digestion. Once the meal is over, everyone puts the dirty dishes near the water tap. His grandfather rolls the mats and keeps them on a shelf in the kitchen.

Vishu learnt *yoga* from his grandfather. He also learnt to sew buttons on his shirts.

Vishu loves to visit his father's parents also. His paternal grandparents live in Kapurthala. Vishu's father's two brothers and their families also live with them. It is fun to live in a joint family. Vishu loves to play with his cousins. They all speak Punjabi. Every morning the whole family performs *havan* together. Then they have their breakfast and go to school or work.



Vishu's grandparents take the children to meet his father's sister. She lives in village Raja Kalan. Everyone enjoys a visit to her home. They ate under the shade of the trees. His uncle took the children for a ride on a tractor.

A family can be small or big. A **small/nuclear** family is one where the father and mother live with their children. In a **big/joint family**, many members of the family live together in the same house—grandparents, uncles, aunts, cousins, etc.

The important thing about a family is that the members love one another. They share their happiness and help each other in time of need.



SOMETHING TO KNOW

A. Tick (✓) the correct option:

1. Your maternal grandparents are your—
(a) Mother's parents (b) Father's parents (c) Both
2. A nuclear family generally has—
(a) Parents (b) Children (c) Both
3. Vishu's grandmother runs a training centre for—
(a) Old people (b) Poor women (c) Children
4. People should follow the correct eating habits for a—
(a) Healthy life (b) Tired life (c) Both

B. Fill in the blanks:

Help Box

help, *yoga*, *rangoli*, members, different

1. We live in our home with the _____ of our family.
2. Family members can look alike or _____.
3. Vishu learnt _____ from his grandfather.
4. Vishu learnt to make _____ from his grandmother.
5. Family members _____ each other in time of need.

C. Match the following:

- | | |
|---|---------------------------------------|
| 1. Vishu's grandmother runs | (a) connected by love or kinship. |
| 2. Vishu's grandfather | (b) Manipuri dance. |
| 3. A family is two or more people who are | (c) a training centre for poor women. |
| 4. Manmeet teaches | (d) of a family live together. |
| 5. In a big/joint family, many members | (e) teaches <i>yoga</i> in a park. |

D. Answer the following questions:

1. Where do Vishu's maternal grandparents live?
2. What is the difference between a nuclear and a joint family?
3. How does Vishu's grandmother help the poor women?
4. Mention three important things that make a family.
5. Name three things that the members of a family do together.



ALUE Based Questions:

Mother, My Best Friend

Mother, you taught me to care
From you I learnt to share,
Scold me whenever I am wrong
But never remain angry for long.

Mother, do not hold my hand
But guide me to understand,
Good and evil, the world unknown,
Help me to recognise on my own.



It shows 29 states and 7 Union Territories. Each state has a capital, many cities, towns and villages. Locate the—

- Capital of India
- Uttar Pradesh
- Andhra Pradesh
- Manipur
- Rajasthan

SOMETHING TO DO

1. The mother of your grandmother or grandfather is your **great-grandmother**. The father of your grandmother or grandfather is your **great-grandfather**. If you go back one more generation, the grandmother of your grandparents is your **great-great-grandmother**. The grandfather of your grandparents becomes your **great-great-grandfather**.

Ask your parents to show you old albums.

(a) Find out the names of your great-grandparents—

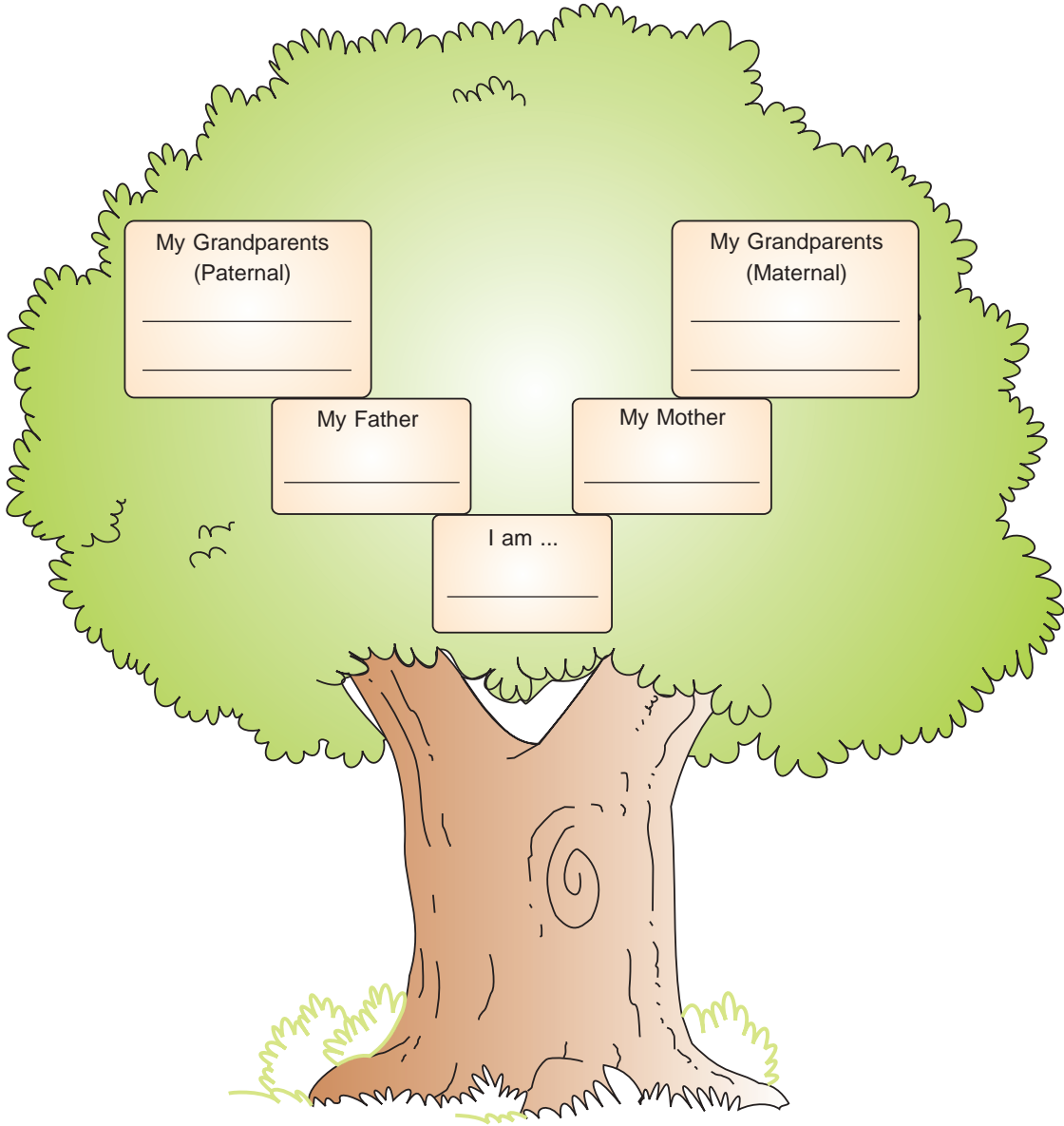
(i) _____

(ii) _____

(b) Where did they live?

(c) What was their occupation?

2. Complete your family tree by filling the names.



(a) What do you call your mother's father? _____

(b) What do you call your father's father? _____

(c) What do you call your mother's brother/sister? _____

(d) What do you call your father's brother/sister? _____

Family Similarities

Tapas was looking through the family album. He was surprised to see an old photograph of a boy who looked exactly like him. His mother told him that it was his father's photograph when he was eight years old.



How could two people look so much alike? It happens! Members of a family often resemble each other. Sometimes the resemblance is very little. It can be seen only in the colour of the skin, shape of the nose, forehead, etc. But sometimes the features of a child are very much like the mother, father, sister or brother.

Most tall parents have tall children and short parents have short children. But many a times, both parents may be tall but their child may be short.

In some cases, the type and the colour of hair of the children are similar to the hair of either the father or the mother. If the father has brown hair then one child may have brown hair. Many children resemble their grandparents, uncles, aunts or cousins. Sometimes a girl may not look like her mother but she may walk or talk like her mother.

Your one special feature	Who is it similar to?	Your two physical features which are unlike any other family member
<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>

Family members do not only look similar but sometimes they may have even similar voices. You may not be able to make out whether you are talking to the mother or the daughter on the phone. The features, colour of skin, type of hair, habits, likes and dislikes of family members may be similar or different.

Many twins look different but some twins look exactly alike. They are known as **'identical twins'**. Sometimes even the parents of the identical twins find it difficult to tell who is who!



Identical twins



Do You Know?

Some senior members of family may wear spectacles or hearing aid, if their sight or hearing becomes weak. Some children have weak eyes or hearing, right from childhood.

In some families, the food habits or style of dressing of some of the members are similar. Some members of a family may not like some dish or the whole family may be fond of *kheer* (rice pudding). In the same manner, many children follow the occupations of their parents or relatives like the son/daughter of a sports person wants to follow the same sport. The children of singers, artists, actors, builders, goldsmiths or doctors may follow the footsteps of their parents or they may want to take up some other work.



Pt. Shiv Kumar Sharma and his son Rahul Sharma

The following news report makes it clear that the members of a family may live together or far away, but they all share their joys and sorrows. Sunita Williams and her family live in United States.

Their relatives in Gujarat were sharing their fear and relief at Sunita's journey of 195 days to space.

Do You Know?



Prakash Padukone was an international level badminton player. His daughter, Deepika Padukone is a film actor.

As Sunita Williams ended her space journey in United States, her relatives back home in Gujarat could not stop their tears of joy. 'She has landed safely by the grace of God. It is a moment of great joy for all of us,' said Sunita's uncle. Her relatives came out on the streets and danced till daybreak, bursting crackers and beating drums!



Sunita Williams coming out of spaceship



Sunita Williams with her relatives



Do You Know?

The word FAMILY stands for "Father and Mother I Love You!"

SOMETHING TO KNOW

A. Tick (✓) the correct option:

1. The twins who look same are—
(a) Identical twins (b) Non-identical twins (c) Fraternal twins
2. Family members can have similarity in—
(a) Eating habits (b) Voice (c) Both
3. Sunita Williams is a famous—
(a) Sports person (b) Astronaut (c) Singer
4. A famous personality who has followed the footsteps of his parents—
(a) Sachin Tendulkar
(b) Milkha Singh
(c) Rohan Gavaskar

B. Fill in the blanks:

Help Box

action, grandparents, similar, different, resemble

1. Members of a family often _____ each other.
2. Many twins look _____ but some twins look exactly alike.
3. The _____ of one family member affects the other members.
4. Many children resemble their _____, uncles, aunts or cousins.
5. In some families, the food habits of the members may be _____.

C. Write 'True' or 'False' for the statements given below:

1. Identical twins look different. _____
2. All family members have similar voice. _____
3. If parents are tall, their child is bound to be tall. _____
4. The likes and dislikes of family members are never similar. _____

D. Answer the following questions:

1. List three ways in which the family members can resemble one another.
2. In what ways are you similar to your family members?
3. What confusion can be created if the twins are identical?
4. Do you want to follow the occupation of your parents? Why?
5. How do family members share their joys together? Explain with an example.



Khushi and her sister Asmita are always fighting over something or the other. Their father brought dresses for them. One was pink and the other one was blue. Both of them liked the blue dress better. They started fighting. Brothers and sisters often quarrel with each other. This is known as **Sibling Rivalry**.

- (a) Do you have arguments with your brother or sister?
- (b) List two issues on which you have disagreement with your siblings/ cousins.

- (c) How do you solve problems with your siblings?
- (d) How do your parents guide you to solve the problems?
- (e) Mention the qualities that are needed to have good relations with others.



Map Skill

On a political map of India, label and colour—

- The state where Sunita Williams's relatives live.
- Two states where your relatives live.
- A state that your parents want to visit.

SOMETHING TO DO

1. Family Responsibility

If you understand the role and responsibility of your parents, you will understand the problem they face in bringing up the children. This will help you to become a better child.

- (a) Do you discuss your likes and dislikes with them? _____
- (b) Do you follow their advice? _____
- (c) Do you share the household chores (tasks) with them? _____

2. You are close to some of your family members. You may not be close to the other members of the family.

- (a) Is there a reason why you do not like a family member?

- (b) Has that person tried to harm you in any way?

(c) Have you discussed it with your parents?

3. Family Information:

(a) Who is the tallest member in your family? _____

(b) What is his/her height in feet and inches? _____

(c) What is his/her height in centimetres? _____

(d) What is your height in centimetres? _____

(e) What is the difference between your height
and your mother's height? _____

(f) What is the height of your best friend? _____

4. Thanks Giving: Make a card for a family member whom you want to thank.
Mention the reason for your gratitude.





Dishes from different parts of India

Makki-ki-roti and *sarson-ka-saag* from Punjab, *dosa-sambhar* from Tamil Nadu, fish and rice from West Bengal, *dal-batti-churma* from Rajasthan and *gostaba* from Kashmir. Wow! The list of mouth-watering dishes from different parts of India is endless.

There is great variety of food items available in different parts of India. Each area has its own speciality and a visit to that place is incomplete without tasting it. Can anyone visit Kolkata and not eat *rasogullas* and *misthi-dohi* or go to Nagpur and not taste *son papdi*?

There are some dishes that are cooked only on special occasions like festivals, marriages or birth of a child. *Modak* is made during the festival of Ganesh Chaturthi. No marriage ceremony is complete without *laddo* and *burfi*. In North India, the mother of a newborn baby is fed *panjiri* (wheat or green gram flour with dry fruits).

Mostly, the food habits of the people depend upon two factors—the climate and the crops grown in that area.

The people living in the desert (a dry area) of Rajasthan and Gujarat find it difficult to get fresh vegetables in the heat and hence, use a great variety of *dals*, *achars* (pickles) and *besan* (gram flour). The people living close to the sea-coast (an area where the land meets the sea) eat a lot of fish and coconut. Kashmiries drink a lot of *kehwa* (tea) to keep the cold away.



Do You Know?

All over India, people use a variety of flours to make *chappatis* from wheat, rice, corn, soyabean, *kuttu*, *singhara*, *channa*, etc. *Rotis* (Indian breads) form the backbone (main part of the meal) of the foods eaten in India.

The people of Punjab grow a lot of wheat and hence, their staple diet is *chappatis*. Rice grows well in South India, so it forms the staple diet of south Indians.

Ishmeet went to a *gurudwara* with his parents. After listening to *shabads* (prayer songs), they went for *langar*. They were served hot and tasty *dal*, salad and *chappatis* on a *pattal* (plates made of dried leaves). Ishmeet enjoyed sitting with hundreds of people in rows and having *langar*.

Now a days, the food habits and tastes of people are changing. A Punjabi family may enjoy *dosas* and a south Indian family may love eating

stuffed *parathas*. People are moving from one state to another for living, business and education. Many people even move from one country to another. They enjoy the dishes of the place where they live as well as their own traditional dishes.

Now let us find out where does the food come from? We get most food items from plants and animals.



Do You Know?

Watching TV while eating is bad for our digestion.

Wheat, rice, pulses (*dals*), vegetables, fruits and spices come from plants. Some vegetables are cooked and some are eaten raw(uncooked). Most fruits are eaten when they are ripe. Dry fruits, like almonds, walnuts, pista, etc., are first dried and then eaten. Spices are an important part of Indian cooking. Some spices are eaten fresh as well as in dried form like ginger, turmeric, etc. Most spices are dried and then used like pepper, cloves and red chillies. India is the largest producer of spices in the world.



Dry fruits



Spices



Do You Know?



More and more people are giving up non-vegetarian food because vegetarian food is healthier and easy to digest as compared to non-vegetarian food.

We get milk, eggs, mutton, chicken and fish from animals. Different recipes are followed in different states of India for preparing non-vegetarian dishes.

Do You Know?



In some parts of the world, cockroaches, snakes, snails and even ant eggs are eaten!



Non-vegetarian dishes

Do Not Waste Food

Raju went to a birthday party. He picked up a plate and filled it up. He ate only a small portion and put his plate down. Suresh did not like it. He said, 'Why did you waste so much food? You should take only a small portion and then take some more, if you want!' Raju felt sorry and promised never to waste food.

Some people waste food. They are either greedy or thoughtless. Many children do not finish their tiffin that they bring to school. They should not waste food. There are many people in our country who are very poor and cannot buy food. Moreover, nature gives us food to eat, not to waste!

We must become responsible and never waste food, water or electricity. We must eat a **Balanced Diet** to remain healthy and happy!

Five Principles of FOOD

1. Always buy it with care.
2. Eat a balanced diet.
3. Cook it with love.
4. Serve it beautifully.
5. Take only as much as you need.

NEVER, NEVER WASTE FOOD!



SOMETHING TO KNOW

A. Tick (✓) the correct option:

1. What is the food speciality of West Bengal?
(a) *Dal-batti-churma* (b) Fish & Rice (c) *Gostaba*
2. The staple diet of Punjab is—
(a) *Chappatis* (b) Rice (c) Corn
3. The vegetable that can be eaten cooked as well as raw is—
(a) Carrot (b) Jackfruit (c) Brinjal
4. The spice that is commonly eaten fresh is—
(a) Pepper (b) Ginger (c) Clove

B. Fill in the blanks:

Help Box

pickles, plants, dried, climate, animals

1. Food habits of people depend on _____ and crops grown in that area.
2. We get milk from _____.
3. People of Rajasthan use a great variety of _____.
4. Most spices are _____ and used.
5. We get most food items from _____.

C. Match the following:

- | | |
|---------------------|---------------------------|
| 1. Kolkata | (a) <i>sarson-ka-saag</i> |
| 2. Ganesh Chaturthi | (b) <i>dosa</i> |
| 3. Punjab | (c) <i>gostaba</i> |
| 4. Tamil Nadu | (d) <i>rasogulla</i> |
| 5. Kashmir | (e) <i>modak</i> |

D. Answer the following questions:

1. Why are the food habits of people changing?
2. Name three food items that we get from plants.
3. List two factors that influence the food habits of people.
4. Name three food items that we get from animals.
5. Why is it important not to waste food, water and electricity? Write two points for each.



Renu is not playing with the other children on the swings. She is standing in a corner and not talking to anyone. Her friends want to know the reason of her sadness. But she does not want to tell them that no one in her family had eaten anything since morning. Her father does not have a permanent job. He is a daily wager. He has not been able to find any work for the last one week. He does not have money to buy food.

- (a) How can you help children like Renu?
- (b) What type of help can your parents provide for Renu's family?

(c) Narrate an incident where you have helped someone. How did it make you feel?



Map Skill

On a political map of India, colour and label—

- Punjab
- West Bengal
- Jammu & Kashmir
- Maharashtra
- Tamil Nadu

SOMETHING TO DO

1. List three methods by which you can avoid wastage of food, water and paper at home.
2. Organise a special lunch party where each child brings some special dish of his state/community/family.
3. Plan a menu for your family keeping in mind the needs of children as well as the grown up people.

S. No.	Time	Menu
1.	Breakfast	
2.	Lunch	
3.	Dinner	

4. Riddle:

Guess the name of the state:

- (a) You are eating *puranpoli*. You are in _____.
- (b) You are drinking *thukpa*. You are in _____.
- (c) You are eating *dhokla*. You are in _____.
- (d) You are eating *aviyal*. You are in _____.

5. List four steps that can ensure healthy eating habits in your family.

- (a) _____
- (b) _____
- (c) _____
- (d) _____

