You may begin the chapter by asking, what is food? What are the types of food? Why food is important? This will create an awareness about food.

**WE NEED FOOD TO**
1. Live and grow
2. Stay healthy
3. Get energy

**SOLVE THE PUZZLES**
**Puzzle 1:** Milk
**Puzzle 2:** Hen

**FAVOURITE DISH**
FRENCH FRIES
Ingredients:
Potatoes, Salt, Oil.

The students themselves should do this activity.
This chapter gives the student an idea of why games are important for us? While playing games, some specific rules should be considered. Also explain about different games which the student likes most.

The students themselves should do this activity.

**Section -A**

Q.1: What is your favourite game?
Ans 1: The students should write the name of their own choice.

Q.2: How are games good for us?
Ans 2: Games are good for us because they keep us healthy and provide freshness to our mind.

Q.3: Who is your favourite player?
Ans 3: According to the name of favourite game, write the name of player you like best in that game.

Q.4: When did Pakistan win the World Cup of cricket?
Ans 4: Pakistan won the World Cup of cricket in 1992.

The students themselves should do this activity.
People Who Help Us

UNIT 3

Section -A

<table>
<thead>
<tr>
<th>List a</th>
<th>list B</th>
</tr>
</thead>
<tbody>
<tr>
<td>a teacher</td>
<td>Grows crops</td>
</tr>
<tr>
<td>a carpenter</td>
<td>Looks after law and order</td>
</tr>
<tr>
<td>an engineer</td>
<td>Takes care of our health</td>
</tr>
<tr>
<td>a police person</td>
<td>Teaches us</td>
</tr>
<tr>
<td>a farmer</td>
<td>Sweeps our street</td>
</tr>
<tr>
<td>a driver</td>
<td>Makes furniture</td>
</tr>
<tr>
<td>a doctor</td>
<td>Drives buses and cars</td>
</tr>
<tr>
<td>a sweeper</td>
<td>Builds houses and roads</td>
</tr>
</tbody>
</table>

The students themselves should do this activity.

Section -B

<table>
<thead>
<tr>
<th>List of people</th>
<th>Importance of their work</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Lawyer</td>
<td>The lawyer is a person who acts on behalf of another person or client in different legal matters.</td>
</tr>
<tr>
<td>2. Postman</td>
<td>Delivers parcels and letters which are send by our relatives and friends.</td>
</tr>
<tr>
<td>4. Farmer</td>
<td>Grows crops.</td>
</tr>
<tr>
<td>5. Cobbler</td>
<td>Mends our shoes.</td>
</tr>
<tr>
<td>6. Tailor</td>
<td>Stitches our suits and dresses.</td>
</tr>
<tr>
<td>7. Gardener</td>
<td>Takes care of our garden.</td>
</tr>
</tbody>
</table>
Additional Questions

Q1: why do we need help from others?
Ans 1: To live in a better way, we need help from others who are good at their work.

Q2: What is meant by “dignity of labour”?
Ans 1: Dignity of labour means doing work by ownself.
UNIT 4

Section -A

1. PROJECT WORK to be done by the students.

2. What can we do so that water is not wasted?
   (A) We should close the water taps properly.
   (B) We should use a glass of water for brushing teeth.
   (C) We should repair damaged water lines.

Section -B

Q1. How and why water important for us?
   Ans 1: Water is important because it is used for so many purposes for e.g. cooking food, washing clothes, cleaning ourselves e.t.c.

Q2. Is water important for animals and plants too?
   Ans 2: Water is important for all living things whether they are human beings, animals or plants.

Additional Questions

Write true or false.

1. Water is used for keeping our parks and playgrounds green. True
2. We should use a lot of water for cleaning our cars. False
3. Water is important only for humans. False
4. Water is a great gift of Allah. True
5. As a good citizen, we must save water. True
UNIT 5

You may start this lesson by telling rules of class and tell them what is the importance of discipline in life. Also discuss different rules.

Put the (√) mark on the correct and (x) on wrong statements.

1. You should make a queue when you go to the canteen. (√)
2. You should get up from the bed early in the evening. (x)
3. Those who follow rules create problems. (x)
4. You should follow the rules of the game when you play. (√)
5. Nations which observed discipline have become happy. (√)

Are there other rules? Add them to the list.

1. Stand up when a teacher enters the classroom.
2. Say “Good Morning” when the teacher enters the classroom.
3. Never make noise in the classroom.
4. Ask permission from the teacher if you want to go out.
5. Ask permission from the teacher before entering the class.
6. Raise your hand if you want to speak to the teacher.
7. Keep the class clean.

Are there any other rules? Add them to the list.

8. Don’t say bad things to your class mates.
9. Don’t fight with your friends.
10. Speak in low voice with your teachers.
Do you have specific rules when you are:

**WATCHING TELEVISION**

**Rules:**
1. Watch those programs which gives knowledge.
2. While watching television, proper distance should be kept.

**Importance:**
1. From distance watching, we protect our eyes from harmful rays.
2. Good and healthy programs increase our knowledge.

**IN THE LIBRARY**

**Rules:**
1. Never talk when you are in library.
2. Never write on library books.

**Importance:**
1. Keeping quiet in library gives time to concentrate on the book we are reading.

**COMING OUT FROM THE CLASS**

**Rule:**
1. Ask permission from the teacher when you want to go out.

**Importance:**
1. Asking permission from the teacher will maintain discipline in the classroom.

**IN THE PARK**

**Rules:**
1. Don’t pluck the flowers.
2. Don’t put garbage on floor, put it in the dustbin.

**Importance:**
1. If we pluck the flowers, the beauty of park will be ruined.
2. Park gives us freshness.
You may start this lesson by asking different means of transportation used in earlier times and modern times. Discuss different vehicles used in industries or farming.

Complete the following tables.

<table>
<thead>
<tr>
<th>VEHICLES</th>
<th>WHEEL</th>
<th>FUEL</th>
<th>NO. OF PASSENGER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aeroplane</td>
<td>ten</td>
<td>Petrol</td>
<td>So many passengers</td>
</tr>
<tr>
<td>Bi-Cycle</td>
<td>two</td>
<td>None</td>
<td>One</td>
</tr>
<tr>
<td>Truck</td>
<td>four</td>
<td>Diesel</td>
<td>Two-three</td>
</tr>
<tr>
<td>Bus</td>
<td>four</td>
<td>Diesel</td>
<td>So many passengers</td>
</tr>
<tr>
<td>Auto-Rickshaw</td>
<td>three</td>
<td>Petrol &amp; CNG</td>
<td>Two</td>
</tr>
</tbody>
</table>

Answer the following questions.

Q1. Why do people use vehicles?
   Ans 1: We use vehicles to move from one place to another in short time.

Q2. Which vehicle is the best for health?
   Ans 2: The vehicle which does not pollute our environment. For example, Bi-Cycle.

Q3. Which transportation is used for travelling on the sea?
   Ans 3: Ships are used for travelling on the sea.

Q4. Can you name any vehicle which is not mentioned in the lesson?
   Ans 4: 1. lorry 2. motor-bike 3. helicopter 4. liner 5. hovercraft

The students themselves should do this activity.
UNIT 7

**Making Plans**

Explain to the students that plans are made to look forward or plan/think before doing any work. Also explain what are the keys of plan and how they are used.

**Section -A**

The students themselves should do this activity.

**Section -B**

The students themselves should do this activity.

**Additional Questions**

Q1. **What is a plan?**  
**Ans 1:** A plan is a drawing that shows us the shape of what we see from above.

Q2. **What is bottom of plan called?**  
**Ans 2:** The bottom of plan is called a key.

Q3. **What does the symbols show?**  
**Ans 3:** The symbols show the objects in the plan.
UNIT 8

Section -A

The Earth and Our Land

Explain the students about solar system and also tell that at what number our earth stands in solar system. Also describe about the physical features of earth as mountains, valleys, plains etc.

Solve the puzzles with the help of given hints.

Puzzle 1 :
I am high and steep.
I am made up of rocks.
I am barren.
Who am I? .................. Mountains

Puzzle 2 :
Sometimes people grow crops on me.
I am the land between two mountains.
People come to me to spend their holidays.
Who am I? .................. Valleys

Puzzle 3 :
I am also made up of rocks and soil.
I am smaller then a mountain.
Sometimes there are trees on me.
Who am I? .................. Hills

Puzzle 4 :
I am like sun and moon in shape.
I am made up of water and land.
People live on me.
Who am I? .................. Earth (Our Land)

Puzzle 5 :
People live on me.
People grow crops on me.
Mostly town, cities and villages are developed on me.
Who am I? .................. Plains
Answer the following questions:

Q1. How is valley different from a mountain?
   Ans 1: A valley is a piece of land between hills or mountains, whereas a mountain is a piece of land that is steep and very high.

Q2. Why is it difficult to live on mountain?
   Ans 2: A mountain is a difficult place to live because it is steep and very high and weather of mountain is not suited for human beings.

Q3. Where would you like to live and why?
   Ans 3: I would like to live in plains, because here we have all facilities of life and it is a place which is suitable for humans to live.

Q4. What is the difference between hills and mountains?
   Ans 4:

<table>
<thead>
<tr>
<th>HILLS</th>
<th>MOUNTAINS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Hills are not too high.</td>
<td>1. A mountain is a piece of land that is steep and very high.</td>
</tr>
<tr>
<td>2. On hills, we can grow Plants and trees.</td>
<td>2. We cannot grow anything on mountains.</td>
</tr>
</tbody>
</table>

Q5. On which area of the land do most people live?
   Ans 5: Most people live on plains.

Tick (✓) in the right box.

<table>
<thead>
<tr>
<th>Place</th>
<th>Mountain</th>
<th>Hill</th>
<th>Valley</th>
<th>Plain</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lahore</td>
<td></td>
<td></td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Quetta</td>
<td></td>
<td></td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Kaghan</td>
<td></td>
<td></td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>K-2</td>
<td>✓</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Muree</td>
<td></td>
<td>✓</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Karachi</td>
<td></td>
<td></td>
<td></td>
<td>✓</td>
</tr>
</tbody>
</table>
UNIT 9

Section - A

The Water On Earth

Explain the students about solar system and also tell that at what number our earth stands in solar system. Also describe about the physical features of earth as mountains, valleys, plains etc.

Solve the puzzles with the help of given hints.

Puzzle 1:
I am deep.
I am made up of water.
I am smaller than an ocean.
Who am I?.........................
A sea

Puzzle 2:
I am deep.
I am made up of water.
I am smaller than an ocean.
Who am I?.........................
An ocean

Puzzle 3:
I am born when the snow melts into water.
I run down from the top of the mountains.
Who am I?.........................
Streams

Puzzle 4:
I am surrounded by land on all four sides.
I am a collection of water in a valley or a plain.
Who am I?.........................
Lakes

Puzzle 5:
I flow in plains.
People use me for different purposes.
Who am I?.........................
Rivers
Answer the following questions:

Q1. How many rivers are there in Pakistan?
   Ans 1: There are five rivers in Pakistan.

Q2. Which is the longest river of Pakistan?
   Ans 2: River Sindh (Indus river) is the longest river of Pakistan.

Q3. Which river falls into the sea?
   Ans 3: River Sindh falls into the sea.

Q4. Write the names of few rivers in Pakistan in the box given below?
   Ans 4:

<table>
<thead>
<tr>
<th>River Bolan</th>
<th>River Kanhar</th>
</tr>
</thead>
<tbody>
<tr>
<td>River Zob</td>
<td>River Loralai</td>
</tr>
<tr>
<td>River Swat</td>
<td>River Gomal</td>
</tr>
</tbody>
</table>
We should tell about that from where we get our food items like wheat, rice, maize? Where these areas are Villages grow food for us and helps in strengthening our economy.

Here are some items we use in our daily lives.

Cotton  
Tea  
Bread  
Sugarcane  
Rice

**Additional Questions**

**Q1. How many types of crops grow in a year?**  
*Ans 1:* We grow two crops in a year. One is summer and other in winter.

**Q2. Write down the names of Pakistan’s major cash crops?**  
*Ans 2:* Pakistan’s major cash crops are cotton, rice and sugar cane.

**Q3. Where do we grow our crops?**  
*Ans 3:* We grow our crops in fields.
Plants and our environment

UNIT 11

Section -A

Answer the following questions:

Q1. What is environment?
Ans 1: Every thing around us is called environment.

Q2. How can we improve our environment?
Ans 2: We can improve our environment in various ways:
   (i) By planting more trees
   (ii) By keeping everything clean

Q3. What causes pollution?
Ans 3: Throwing litter on ground, use of poisonous things or gases are the main causes of pollution.

Section -B

What does the following message mean.

Green environment is clean environment

The following message means that green environment is liked by all and it is a clean environment. Green environments means planting more and more trees which reduces pollution and makes our environment clean and green.

Section -C

Making pet of a plant.

The students themselves should do this activity.
Some Countries of The World

UNIT 12

Section -A

Match the countries with their capitals.

<table>
<thead>
<tr>
<th>Pakistan</th>
<th>Washington D.C.</th>
</tr>
</thead>
<tbody>
<tr>
<td>India</td>
<td>Riyadh</td>
</tr>
<tr>
<td>Bangladesh</td>
<td>London</td>
</tr>
<tr>
<td>Iran</td>
<td>Islamabad</td>
</tr>
<tr>
<td>Saudi Arabia</td>
<td>Cairo</td>
</tr>
<tr>
<td>Britain</td>
<td>Tehran</td>
</tr>
<tr>
<td>U.S.A.</td>
<td>New Delhi</td>
</tr>
<tr>
<td>Egypt</td>
<td>Dhaka</td>
</tr>
</tbody>
</table>

Section -B

Find the countries named in this lesson on a globe.
The students themselves should do this activity.

Section -C

PROJECT WORK

Section -D

The students themselves should do this activity.

Additional Questions

Fill in the blanks:

1. Iran and India are our neighbouring countries.
2. Bangladesh was a part of Pakistan before 1971.
3. United States of America is the collection of states.
4. Britain is famous for its educational institutions.
5. Muslims from all the countries go to Saudi Arabia to perform Hajj.
UNIT 13

Section -A

Guess the names of the cities.

1: Statue of Liberty, Empire Estate Building, U.S.A. New York

2: Hazrat Iberahim The Holy Prophet, Khana-e-Kaba. Makkah

3: Qutub Minar, Red Fort, India. Delhi

4: Allama iqbal, Colleges, Britain, Cambridge.

Section -B

PRACTICAL WORK

<table>
<thead>
<tr>
<th>No</th>
<th>Country</th>
<th>Capital</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>New Zealand</td>
<td>Auckland</td>
</tr>
<tr>
<td>2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Complete this family tree about your family.

The students themselves should do this activity.

Write your grandparent’s name here

Write your parent’s name here

Write your brother’s and sister’s names here.
UNIT 15

Section -A

Put a (✓) mark on the sentences that are true and (✗) on the ones that are false.

✗ Thousands of years ago people lived in buildings.

✗ The caves were in the city.

✓ Some of the early houses were built with straw and mud.

✓ The ruins of Moen-Jo-Daro and Harappa are found in Pakistan.

✓ We can still see the ruins of some of the very old houses and palaces.

Section -B

PROJECT WORK

The students themselves should do this activity.
The Holy Prophet (P.B.U.H)

Before starting this lesson, ask students what they know about the Holy prophet (P.B.U.H)? What do they read about the Holy prophet (P.B.U.H) in other subjects like Urdu and Islamiat? Tell them about different events of prophet’s life and some important points about the personality of the Holy Prophet (P.B.U.H).

Section -A

Answer the following questions:

Q1. When was the Holy Prophet (peace be upon him) born?
Ans 1: The Holy Prophet (peace be upon him) was born in 570 A.D.

Q2. How old was he when his mother Hazrat Amnah died?
Ans 2: He was six years old, when his mother died.

Q3. Who raised him up?
Ans 3: His grand father Hazrat Abdul Muttalib raised him up.

Q4. What was he called before becoming the prophet?
Ans 4: He was called “Ameen” and “Sadiq”.

Q5. Give the meaning of “Sadiq” and “Ameen”?
Ans 5: “Sadiq” means ‘the truthful’ and “Ameen” means ‘the trustworthy’.

Q6. What does Islam teach us?
Ans 6: Islam teaches that all the human beings are equal and all the Muslims are brothers to one another.

Q7. When did the Holy Prophet (peace be upon him) die?
Ans 7: The Holy Prophet (peace be upon him) died in the year 632 A.D.

Section -B

Fill in the blanks:

1. Prophet means messenger Of God.
2. The Holy Quran was revealed on Holy prophet (p.b.u.h).
3. Hazrat Muhammad (p.b.u.h) is buried at Madina.
4. He taught us the difference between good and bad.
5. Followers of Islam are called Muslims.
Before starting this chapter, ask the students a question who was the first Muslim woman. Tell them about important points of her personality, also tell them that the first woman was known as ‘Tahira’ in Makkah.

**Guess the name of the personality with the help of clues.**

**Personality:** The Holy Prophet (P.B.U.H)  
**Clues:**  
1. always told the truth  
2. kept promises.  
3. received the message of god through an angel.

**Personality:** Bibi Khadija  
**Clues:**  
1. a successful business woman  
2. married the Holy Prophet (peace be upon him)  
3. became the first Muslim woman.

**Personality:** Angel Gabriel  
**Clues:**  
1. brought the message of God.  
2. an angel.

**Additional Questions**

**Q1. Who was Hazrat Khadij?**  
**Ans 1:** Hazrat Khadija was the first Muslim woman and she married Hazrat Muhammad (P.B.U.H).

**Q2. Where is she buried?**  
**Ans 2:** She is buried in the Muslim graveyard of Makkah called Jannat-ul-Mu-Allah.
UNIT 18

Section -A

Before starting this chapter, tell the students what is general. Also explain about different generals of history and their part for spread of Islam.

1. The old name of Bhabhore was **Debal**.
2. **Raja Dahir** was the ruler of Debal.
3. Raja Dahir’s men attacked some Arab **ships** and kidnapped several Arabs.
4. The first **two** armies of the Arabs were defeated by Raja Dahir.
5. **Muhammad Bin Qasim** conquered Debal.

Section -B

**Which of the following sentences are true or which are false.**

- Bhambore is near Karachi. [True]
- Raja Dahir was a weak ruler. [False]
- Muhammad Bin Qasim was an old man. [False]
- Muhammad Bin Qasim built a mosque at Debal. [True]
- Muhammad Bin Qasim could not conquer Sindh. [False]

**Additional Questions**

**Guess the name of personality with the help of clues:**

**Puzzle 1:** Powerful Raja
- Ruled Debal
- Attacked Arab Ships

**Personality: Raja Dahir**

**Puzzle 2:** A young general
- Conquered Debal
- Built a mosque

**Personality: Muhammad Bin Qasim**
UNIT 19

Section -A

Which of the following sentences are true or false:

- Muhammad Ali Jinnah spent his childhood in Lahore.  
  - False
- Muhammad Ali Jinnah did not like to play cricket.  
  - False
- Muhammad Ali Jinnah became a lawyer.  
  - True
- Muhammad Ali Jinnah always spoke the truth.  
  - True
- Muhammad Ali Jinnah was the founder of Pakistan.  
  - True

Section -B

Answer the following questions:

Q1. What does "Quaid-e-azam" mean?

   Ans 1: "Quaid-e-Azam" means "The Great Leader".

Q2. Who was playing marbles on the road side?

   Ans 2: Muhammad Ali Jinnah’s friends were playing marbles on the road side.

Q3. Why Muslims of India wanted an independent state?

   Ans 3: Muslims of India wanted an independent state because the culture, religion and habits of Muslims are different from Hindus.

Q4. Where did Quaid-e-Azam spend his last days?

   Ans 4: Quaid-e-Azam spent his last days at Ziarat.