



SL. NO.	UNITS	PAGE NUMBER
01.	HEALTHY LIFE	3-13
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Lesson name- Healthy life

Student Name-	C	lass-	Date
Student Name	· · · · · · · · · · · · · · · · · · ·	1033	Date

1. Read the passage

Santhosh and Joshua are friends. They get up early in the morning. They go out for a walk. They eat varieties of food and love fruits and vegetables. They do exercises daily and enjoy walking, running and playing. so they are healthy. Eating junk food like pizza, burger, chips and ice —cream, no exercises make us unhealthy. So eat healthy food and stay healthy.

2. Read and write the words

food fruits vegetables exercises	
iou iiuits vegetables exercises	
walking, running playing junk food	
unhealthy healthy eat pizza	

3. Read and write.

- ❖ Wake up early in the morning.
- Do exercises daily.
- ❖ Go for a morning walk.
- Eat good food like fruits and vegetables.
- ❖ Do not eat junk food like pizza, burger, ice-cream
- Eat healthy food and stay healthy.

Lesson name-Healthy life

1. Look at the pictures and say the things which we can count and cannot count.



Note: Things which we can count are countable noun

Things which we cannot count are uncountable noun

Lesson name- Healthy life

1. Read and write the plural form of countable nouns.

	By adding 's'	By adding'es'
	Bag - bag <mark>s</mark>	Mango - mangoes
1	Dog - dog <mark>s</mark>	Witch - witches
F	ruit - fruit <mark>s</mark>	Box - boxes
Veget	able - vegetable <mark>s</mark>	Potato - potatoes
F	Pizza - pizzas	Bus - bus <mark>es</mark>
T	able - table <mark>s</mark>	Bench - bench <mark>es</mark>
	Pen - pen <mark>s</mark>	Watch - watches
	Bird - bird <mark>s</mark>	Wish - wish <mark>es</mark>
Boy - boy <mark>s</mark>		Pitch - pitch <mark>es</mark>
Flower - flowers		
E	By adding -ves	By adding-ies
knife	knives	Family - families
life	lives	Story - stori <mark>es</mark>
wife	wives	Baby - bab <mark>ies</mark>
calf	calves	Country - countri <mark>es</mark>
leaf	Leaves	Lady - lad <mark>ies</mark>
IGai	Leaves	

Lesson name- Healthy life

1. Listen and recite the poem [With the help of Audio clip of your teacher]

The little clock is friend with me,

It talks as plain as plain can be,

And says each morning a it raises

"Now, don't forget your exercises!

Both hands above your head you know!

Then lower them very slowly so;

Ho, don't get tired and stop that way!

I exercise like this, all day!"

Right in its face then, I say "Pooh!

I wouldn't boast of it, like you,

But I can swing my arms round, too!"

And so the clock then looks at me,

And I look back, and I and he

Each single morning, when we rise,

Just exercise and exercise!

2. Read the rhyming words

me	be, he
raises	exercises
know	so
way	day
Pooh	too

Practice activity-1	Lesson name-H	lealthy life
Student Name-	class	Date

- 1. Read the sentences and divide in to good and bad food habits.
 - Eating a variety of foods
 - ❖ Refusing to eat vegetables
 - ❖ Wake up early in the morning.
 - Do exercises daily.
 - ❖ Go for a morning walk.
 - Eat good food like fruits and vegetables.
 - ❖ Do not eat junk food like pizza, burger, ice-cream
 - Always eat junk food
 - Do not eat fruits
 - Do not do exercises daily

Good habit/ healthy life	Bad habit/ unhealthy life

Practice activity- 2	Lesson name-Healthy life
Student Name-	class Date
1. Read sonu's daily schedule and	I write your daily schedule
 ➤ Sonu get up at 6 'o' clock in the ➤ Sonu do exercises at 7 'o'clock ➤ Sonu eat breakfast at 8.30 A.M ➤ Sonu come to school at 9.30 A.M ➤ Sonu eat lunch at 1 P.M ➤ Sonu return home at 4.30 P.M ➤ Sonu study at 6 P.M to 9 P.M ➤ Sonu go to bed at 9.30.P.M 	
2. write your daily schedule	
➤ I get up at 6 'o' clock in the r	norning
>	
>	
>	

Pra	ctice	activ	ity-	3
	••••		,	_

Lesson name-Healthy life

Student Name:- class-..... Date-.....

1. Classify these nouns into countable and uncountable nouns

Apple juice money fruit water bread egg table honey bird bag grass Rice animal book salt bangle pen

Countable noun	Uncountable noun
apple	bread

Practice activity- 4

Lesson name- Healthy life

Student Name- class- Date-

1. write the plural form of these nouns.

By adding 's'	By adding 'es'
Bag - bag <mark>s</mark>	Mango - mangoes
Dog	Witch
Fruit	Box
Vegetable	Potato
Pizza	Bus
Table	Bench
Pen	Watch
Bird	Wish
Boy	Pitch
Flower	
By adding -ves	By adding-ies
knife	Family - families
life	Story
wife wives	Baby
calf	Country
	Lady
leaf	

Evaluation a	ictivity- 1	Lesson name- Healthy life
Student Name-		class Date
1. Write your da	aily schedule in sim	ple sentence
•	•	•
2.write any 3 go	ood food habits	
*		
▼		
*		
3. Write counta	ble nouns and unco	ountable nouns in the blanks.
	countable nouns	uncountable nouns

Evaluation activity- 2

Lesson name-Healthy life

Student Name- class- Date-

1. Write the plural form of these nouns.

singular	plural	singular	plural
Dog		Boy	
Fruit		Flower	
Vegetable		Bird	
Bag		Mango	
Pizza		Witch	
Table		Potato	
Pen		knife	
Вох		wife	
life	111	Bus	
Country		Bench	
Watch		Family	
calf		Wish	
Pitch		Story	
Baby	/	leaf	
Lady		room	

Evaluation activity-3

Lesson name-Healthy life

Student Name- class- Date-

1. write many sentence using this table.

Eat	fruits	regularly
Buy	vegetables	usually
Give	sweets	→ daily
Carry	a banana	purposely
Take	an apple	
Bring	grapes	

Exp: Eat vegetables daily.

**	
**	
*	
*	
*	
*	
**	
•	<u></u>

) •••	

*	

1. Write the words should begin with the last letter of the previous word.

Great
$$\longrightarrow$$
 Toast \longrightarrow Table \rightarrow Elephant \rightarrow Tiger \longrightarrow Red \longrightarrow Door \rightarrow Rabbit \longrightarrow trees \longrightarrow save \longrightarrow eagle \rightarrow eight

2. Write the words should begin with the last letter of the previous word. [only nouns]

Table - Elephant - Tiger - Red — Deer - Radha — Arm — Mangaluru - Umbrella - Apple - eagle - egg - goattamarind - delhi - India - ant - tomato -

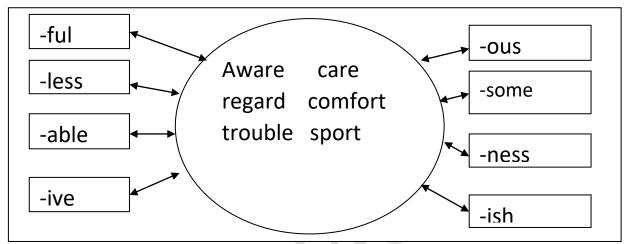
3. Write the words should begin with the last letter of the previous word. [only verbs and adjective]

Eat- taste- enjoy- yell- listen- neat- talk- kind- drink - kill- look- keep- polite- escape- excellent- took-

Lesson name - Avoid plastic

Student Name- class- Date-

1. Read the words ending with suffix.



Note: the addition of a syllable at the end of a word is called a suffix.

word	syllable	suffix
aware	-ness	awareness
care	-less	Careless
care	-ful	careful
comfort	-able	Comfortable
fool	-ish	foolish
remark	-able	Remarkable
meaning	-less	meaningless
sport	-ness	Sportness
act	-ive	Active
glory	-ous	Glorious
regard	-some	regardsome
quarrel	-some	quarrelsome
flaxy	-able	flexible
beauty	-full	beautiful
style	-ish	stylish

Lesson name - Avoid plastic

1. Using question words[interrogetive]

question words	questions	
Who	Who is your class teacher? Who is your friend? Who are you? Who is your favorite player?	Seeking person [ಯಾರು]
What	What is your name? What is your problem? What is your hobby? What is your father?	Seeking information [ಏನು]
When	When we celebrate republicday? When is your birthday? When is your exam? When we celebrate gandhijayanthi?	Seeking time [ಯಾವಾಗ]
Where	Where is your school? Where is your book? Where is her bag? Where is taj mahal?	Seeking place. [ఎల్లి]
Why	Why are you happy? Why are you sad? Why are you late? Why are you absent yesterday?	Seeking reason [ಏಕೆ]
which	Which is your favorite colour? Which is your favorite subject? Which is your favorite book? Which is your favorite game?	Seeking particular thing/information [ಯಾವುದು]
How	How are you? How is your father? How is the moive?	Seeking information [ಹೇಗೆ]

Learning activity- 4 Lesson name - Avoid plastic

1. Read slogans related to environment.

Save Environment, Save Life	Global Warming is Global Warning		
Better Environment, Better Tomorrow	Keep clean & go green.		
Save The Environment, Save The world	A Tree for peace.		
No Pollution Id The Best Solution	Environment is everything, don't spoil it.		
Let's Go Green, Make It Clean	Save the environment in present for better life in future		
Time for Nature	Say no to pollution		
Only One Earth.	Stand up for the Earth.		
If you can't reuse it, refuse it.	Waste water today, live in desert tomorrow		
Join hands to save environment.	Raise your voice not pollution.		
Save Earth to Save Life.	Our Earth, Our Habitat, Our Home.		
Don't let our future dry up.	Save Earth to Save Life.		
Keep calm & go green.	Plant trees take a pledge.		
Plant a tree today	Trees are life, don't cut them		
Wasting time is useless cleaning the environment is the best	Plant for the Planet		
Say no to pollution & Yes to Recycle	Run towards saving the environment before we have to run towards survival battle		

1. Read slogans in kannada related to environment.

"ಭೂಮಿ ನಮ್ಮ ಮನೆಯಂತಿದೆ. ಅದನ್ನು ಸ್ವಚ್ಚವಾಗಿ ಮತ್ತು

ಹಸಿರಾಗಿಡಲು ನಾವು ಪ್ರಯತ್ನ ಮಾಡೋಣ"

"ಅತ್ಯಂತ ಸುಂದರವಾದ ದೃಶ್ಯ ಪರಿಸರ .ಆದ್ದರಿಂದ ಹೆಚ್ಚು ಹೆಚ್ಚು ಬೆಳೆಯುವುದನ್ನು ನೋಡಲು ಅದನ್ನು ರಕ್ಷಿಸಿ ಮತ್ತು ಸಂರಕ್ಷಿಸಿ"

"ಉತ್ತಮ ಭವಿಷ್ಯಕ್ಕಾಗಿ ಈಗ ಜಾಗೃತರಾಗಿರಿ, ಈಗ ಉಳಿಸಿ ನಾಳೆ ಸಂರಕ್ಷಿಸಿ"

"ನಮ್ಮ ಸುತ್ತಲಿನ ಪರಿಸರವನ್ನು ಪ್ರೀತಿಸಿ , ನಮ್ಮ ಪರಿಸರವನ್ನು ಉಳಿಸಿ"

"ನಮ್ಮ ಮುಂಬರುವ ಪೀಳಿಗೆಯು ಸುಂದರವಾದ ಜೀವನವನ್ನು ಹೊಂದಲು ಆರೋಗ್ಯಕರ ಮತ್ತು ಸಂತೋಷದ ವಾತಾವರಣವನ್ನು ನೀಡೋಣ"

"ನಾವು ವಿಶ್ವದ ಕಾಡುಗಳಿಗೆ ಏನು ಮಾಡುತ್ತಿದ್ದೇವೆಂದರೆ ನಾವು ನಮಗಾಗಿ ಮತ್ತು ಒಬ್ಬರಿಗೊಬ್ಬರು ಏನು ಮಾಡುತ್ತಿದ್ದೇವೆ ಎಂಬುದರ ಪ್ರತಿಬಿಂಬವಾಗಿದೆ"

"ಪ್ರತಿಯೊಬ್ಬ ಮನುಷ್ಯನ ಅಗತ್ಯತೆಗಳನ್ನು ಪೂರೈಸಲು ಭೂಮಿಯು ಸಾಕಷ್ಟು ಒದಗಿಸಿದೆ ಒದಗಿಸುತ್ತಿದೆ, ಆದರೆ ಪ್ರತಿಯೊಬ್ಬ ಮನುಷ್ಯನ ದುರಾಸೆಗಳಿಗಲ್ಲಿ"

	tice	activity-	1	L	esson na	me - Av	oid plast	ic
Student I	Name	<u>)</u>	• • • • • • • • • • • • • • • • • • • •	. class-		Date-		
1. Wri word	ite th	e words s	hould be	egin wit	n the last	letter (of the pre	evious
	Εlε	ephant		····	•••••			
	••••		• • • • • • • • • • • • • • • • • • • •		•••••		•••••	
					••••••			••
word.	[only	e words s / nouns] 						
	11111		–					
			•••••				·	
 	ite th		hould be	egin wit			·	
3. Wri	ite th	e words s	hould be	egin wit		letter	of the pre	

Practice activity- 2	Lesson nar	ne - Avoid plastic
Student Name-	class	Date

1. Add suitable syllable and write suffix

word	syllable	suffix
aware	-ness	
care	-less	
care	-ful	
comfort	-able	
fool	-ish	
remark	-able	
meaning	-less	
sport	-ness	
act	-ive	
glory	-ous	
child	-ish	
quarrel	-some	
flaxy	-able	
beauty	-full	
style	-ish	
Expense	O ,	
product		
dispose		
use		
convert		
Self		
help		
sad		

Practice activity- 3	Lesson nam	ne - Avoid plastic
Student Name-	class	Date

1. Using question words [interrogative] write some questions:

question words	questions
Who	1.
What	1. 2. 3. 4.
When	1 2. 3. 4.
Where	1.
Why	1
which	1. 2. 3. 4.
How	1. 2. 3.

Evalluatoin activity- 1

Lesson name - Avoid plastic

Student Name- class- Date-

- 1. Read the sentence carefully and choose the correct question word [Who, What, When, Where, Why, Which, How]
 - 1 are you?
 - 2 are you laughing?
 - 3 colour do you like?
 - 4 do you get up?
 - 5 old are you?
 - 6 is your birthday?
 - 7 is your father?
 - 8 is your favorite food?
 - 9 is your sister name?
 - 10 Of the roads is shirter?
 - 11 Do you want from me?
 - 12 will you reach there?
 - 13 did you come?
 - 14 did the train leave?
 - 15 Is your sister crying so loudly?
 - 16 is plastic widly used today?
 - 17 does plastic cause environmental hazards?
 - 18 Invented plastic?
 - 19 do people dispose plastic everywhere?
 - 20 is your school name?

Evaluation activity- 12	Lesson nar	Lesson name - Avoid plastic		
Student Name-	class	Date		

1. Add syllable for these word and write suffix

Example: care - care + less - careless

Root word	syllable	suffix
meaning		
Glory		
sport		
colour		
noise		
joy		
green		
hope		
Aware		
count	1//	
dispose		
doubt		
end		
create		
owner		
Expense		
product		
dispose		
use		
convert		
Self		
help		

Evaluation ac	tivity - 3	Lesson nam	e - Avoid plastic
Student Name:	•••••	class:	Date:
1. Write slogan	s related to env	vironment in Engl	ish
•			
•			
.			
2. Write slogans re	elated to enviro	nment in Kannad	la
*			
*			
*			
•			
			
*			

Lesson name - Ekalavya

1. Read the story of Ekalavya and understand it.

Ekalavya was the son of a poor hunter. He wanted to learn archery to save the deer in the forest that were being hunted by the leopards. So he went to Dronacharya and requested him to teach him archery. Dronacharya was the teacher of the kings family.

In those days, as a rule, a teacher to the members of kings family was not allowed to teach the state of art to anybody else. But Ekalavya deeply desired to learn under Dronacharya. Dronacharya, bound by the state of law, could not accept him as his student.

Ekalavya in his heart had already accepted Dronacharya as his Guru. He went home and made a statue of his Guru. Over the following years, sincerity and practice, he learnt archery and became better archer. And he would hear the sound of the animal, shoot an arrow at it and calm the animal.

One day, Arjuna, the prince found out about Ekalavya was far better than him. He went to Ekalavya and asked him, 'Who taught you archery? ''Dronacharya,' said Ekalavya. Hearing this, Arjuna was furious. He went up to Dronacharya asked angrily, 'What is this? You have cheated us. you taught this man and made him more skillful than me.'Dronacharya was confused at Arjuna's allegations. He wondered who this student of his was, He could not believe, this student was better than even Arjuna.

Both, Dronacharya and Arjuna decided to meet the boy. Ekalavya welcomed his master with great honor and love. He led both of them to the statue he had made of Dronacharya. Ekalavya had practiced archery over all the years, considering and believing the statue to be his Guru.

Dronacharya said, 'Ekalavya, you must give me some Guru Dakshina. You must give me the thumb of your right hand. Ekalavya without a second thought gave the thumb of his right hand to his Guru. Though on the outside, it seemed as if Dronacharya had done injustice to Ekalavya, actually Dronacharya uplifted Ekalavya .. So when people think of devotion, they think of Ekalavya, and not Arjuna.

Learning activity- 2 Lesson name - Ekalavya

1. Read and identify the silent letters in that word

Silent 'b'	Silent 'k'	Silent 'w'	Silent 'g'	Silent 'h'	Silent 'l'	Silent 't'
Tom b	Knoc <mark>k</mark>	Write	Light	Hour	Walk	Listen
Clim b	Knee	Wrong	Fight	Honest	Ha <mark>l</mark> f	Watch
Crum b	K nit	Wrist	Sign	Vehicle	Ta <mark>l</mark> k	Hasten
Dum b	Knob	Wrinkle	Design	Hour	Calm	Switch
Lam b	Knot	Wriggle	Assignme nt	Heir	Palm	Catch
Num b	Know	Answer	sovereign	Exhaust	Cou <mark>l</mark> d	Match
Thum b	Knew	Wrote	fori <mark>g</mark> n	Ghost	Wou <mark>l</mark> d	Patch
Tom b	Knowledge	wrap	campaign	R <mark>h</mark> yme	Should	Pitch
De b t	knack	sword	resi <mark>g</mark> n	Rhythem	Chalk	Wrestle
Dou b t	knife	wrought	consignm ent		Folk	christmas
plum b er	<u>k</u> night	wren			calf	fetch

Lesson name - Ekalavya

1. Read these sentences and understand the types of sentence

Type of sentence	example	Note
Assertive [ಸಾಮಾನ್ಯ ವಾಕ್ಯ]	 My name is Radha. we went to mysuru yesterday. Ekalavya saved animals. Sugar is bad for your teeth. Delhi is the capital of India. 	Ends with full stop. [ಪೂರ್ಣವಿರಾಮ ಚಿಹ್ನೆಯೊಂದಿಗೆ ಪೂರ್ಣಗೊಂಡಿರುತ್ತದೆ.]
Interrogative [ಪ್ರಶ್ನಾರ್ಥಕ ವಾಕ್ಯ]	 What is your name? When is your birthday? Where is your school? Why are you happy? Who is your class teacher? Which is your favorite colour? 	Ends with que stion mark. [ಪ್ರಶ್ನಾರ್ಥಕ ಚಿಹ್ನೆಯೊಂದಿಗೆ ಪೂರ್ಣಗೊಂಡಿರುತ್ತದೆ.]
Imperative [ಆಜ್ಞಾಧಾರಕ ವಾಕ್ಯ]	 Open the window. Please be quiet. Get out of my way. Clean the black board, please. switch of the T.V. 	Order Request Suggestion [ಮನವಿ, ಆದೇಶ, ಆಜ್ಞೆ, ಸಲಹೆ,]
Exclamatory [ಭಾವಸೂಚಕ ವಾಕ್ಯ]	 How hot it is! Wow.what a beautifull flower! How happy he was to see Drona! What an idea! Oh! he fell down! 	exclamatory mark. [ಭಾವಸೂಚಕ ಚಿಹ್ನೆ ಹೊಂದಿರುತ್ತದೆ]

Practice activity- 1 Lesson name - Ekalavya

1. Read these sentence and write

•••	Ekalavya was the son of a poor nunter.
*	Dronacharya was the teacher of the kings family
*	Ekalavya in his heart had already accepted Dronacharya as his Guru.
* *	He went home and made a statue of his Guru.
*	, Ekalavya learnt archery and became better
*	Dronacharya could not believe, this student was better than even Arjuna
*	Dronacharya and Arjuna decided to meet the boy Ekalavya
*	Dronacharya said, 'Ekalavya, you must give me some Guru Dakshina
*	Ekalavya without a second thought gave the thumb of his right hand to his Guru

Practice activity- 2	Lesson name - Ekalavya		
Student Name-	class	Date	

1. Underline the silent letter in these words and practice

wrap	campaign	Rhyme	Tom b	Knock	Write	Light
Hour	Walk	Listen	Answer	sovereign	Exhaust	Could
Clim b	Knee	Wrong	Clim b	Lam b	Knot	Wriggle
Wrist	Sign	Vehicle	Talk	Dou b t	knife	wrought
Knob	Wrinkle	Design	Hour	Tom b	Knowledge	Know
Fight	Honest	Half	Thum b	Knew	Wrote	forign
Assignment	Heir	Palm	Catch	Should	Pitch	Match
Crum b	Knit	Chalk	Wrestle	Watch	Would	Patch
De b t	knack	sword	resign	Rhythem	Calm	Switch

1. Read these sentences and write the type of sentence

*	My name is Radha.	
*	Get out of my way.	
*	we went to mysuru yesterday	
*	Open the window	
*	Ekalavya saved animals.	
*	What is your name?	
*	How hot it is!	
*	When is your birthday?	
*	Sugar is bad for your teeth.	
*	Please be quiet.	
*	Whereis your school?	
*	switch of the T.V.	
*	Cleanthe black board, please	
*	Whyare you happy?	
*	Whatan idea!	
*	Who is your class teacher?	
*	Oh! he fell down	
*	Which is your favorite colour?	
*	Wow! what a beautifull flower	
**	How happy he was to see Dror	ıa

Evalluation activity- 1 Lesson name - Ekalavya
Student Name class Date
1. Read these sentence and write in correct order as a passage
a. Ekalavya was the son of a poor hunter.
b. Ekalavya without a second thought gave the thumb of his right hand to his Guru.
c. Dronacharya was the teacher of the kings family.
d. Dronacharya and Arjuna decided to meet the boy .Ekalavya
e. Ekalavya in his heart had already accepted Dronacharya as his Guru.
f. Ekalavya learnt archery and became better Archar.
g. Dronacharya said, 'Ekalavya, you must give me some Guru Dakshina.
h. He went home and made a statue of his Guru
i. Dronacharya could not believe, this student was better than even Arjuna.

Evalluation activity	- 2	Lesson name - Ekalavya	
Student Name-	class	Date	

1. Write the words that have given silent letters in that

Silent 'b'	Silent 'k'	Silent 'w'	Silent 'g'	Silent 'h'	Silent 'l'	Silent 't'
					18/	
) ,	
		11/6				
	7					

Evalluation Activity- 3 Lesson name - Ekalavya

Student Name-	class-	Date-

 Write Assertive, 	Interrogative,	Exclamatory 6	or Impera	itive in	the bl	lanks.
--------------------------------------	----------------	----------------------	-----------	----------	--------	--------

	1 Ekalavya was a hunter.	[
2.	Noble indeed! But Acharya, he is not a prir	nce. []				
3.	Really! this boy has mastered the art of Ar	chery! [[
4.	He is a humble man.	[].				
5.	Are you ready to go?	[]				
6.	Clean your room.	[]				
7.	Make sure you pack warm clothes.	[]				
8.	Who was Ekalavya?	[].				
9.	Ekalavya was the son of Hiranya Dhanush.	. []				
10).How lucky you are!	[]				
11. Teachers help us understanding the world. []						
12	2.They show us right path.	[]				
13	3.What are you doing?	[
14. Plastic causes serious damage to the environment []						

- Alex is a good baseball player.
- He plays for the Rockers club.
- He always gives his best effort in the team.
- He is a good leader.
- I like him for his intensity.
- He plays with passion.
- Alex feels awkward when someone gives a compliment to him.
- He is popular among his friends but he feels awkward with strangers.
- He has many fans in his locality.
- When he was young, his father died.
- He is a real fighter.

Mister, can you spare a dime?

Did you take your vitamin this morning?

Do you have your homework ready?

Did you go to the game Friday night?

Be there at five.

Consider the red dress.

Wait for me.

Get out!

Choose Eamonn, not Seamus.

- Please be quiet.
- Be nice to your friends.
- Play ball!