

LESSON No. 1

MY FAMILY AND ME



Look at the picture. It is a group photograph. You see Ibohal along with others. Make a guess. Who are they?



Who all do you see in the picture ?

Ibohal

Ibohal lives with his father, mother and sister at their home.

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Who lives with you at your home ?

All the members of the family live together. Parents and their children make a family.

How many members are there in your family ?

There are _____ members in my family.

Who are they ?

They are my

Father, mother, grandfather, grandmother , uncle, aunty, brother, sister [choose the appropriate words]

How are they related to each other ?

My father is the son of my grandfather. My grandfather is the father of my father.

My uncle is _____ of my father.

My aunty is _____ of my uncle.

My brother is the son of my father and mother. My father is _____ of my brother. My mother is _____ of my sister.

My sister is the daughter of my father and mother.

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FAMILIES ARE DIFFERENT

A family having one or two children is called a small family. A family having more than two children is called a big family.



Small family



Big family

Alex lives, with grandfather, grandmother, uncle, uncles's wife uncle's son along with his parents together. Alex's family is a joint family.

Is your family a big or small or joint ?

My family is a _____ family.

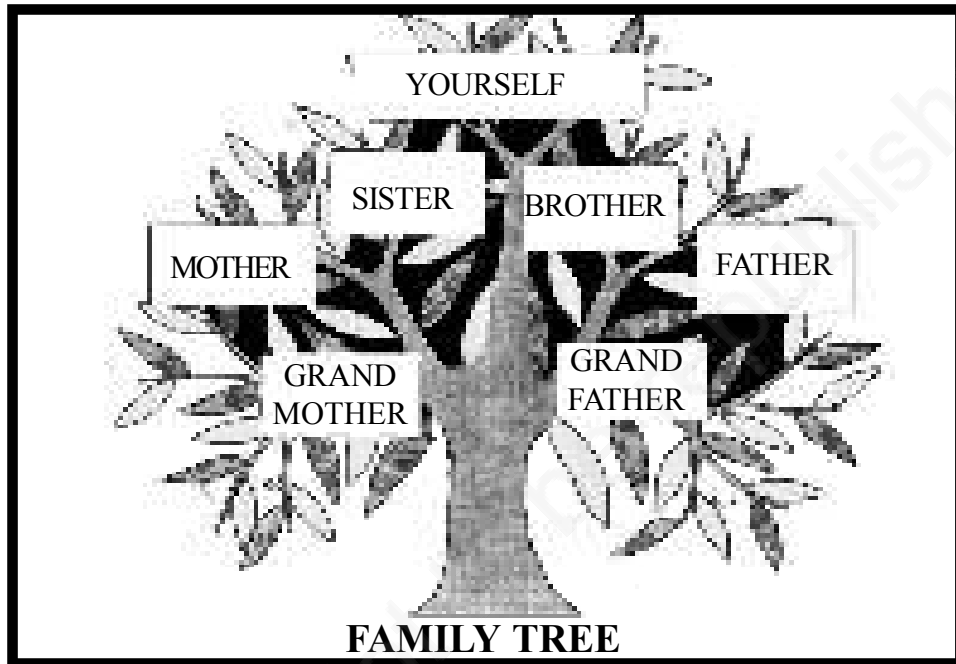
Write two families which have grandfather, grandmother, uncle, aunty together in your locality.

1.

2.

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Each and every family has a history. One way to record a family history is by drawing a family tree. It shows the family relationship between members of the family.



Is any one in your family lookalike with your father?

Which features are similar -- eyes, ears, voice, colour or height ?

[Tick the feature]

My _____ looks like father in _____.

We find similarities in some characteristics among family members and relatives.

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WORK IN THE FAMILY



Who cooks food in your family ?

My ____ cooks food in our family.

Members of the family do different works in and outside the family.

Let's answer



Who helps you in Studies in your family?

Who takes care of you when you are sick?

How do you help your family members ?

LESSON No. 2

OLD AND PHYSICALLY CHALLENGED

Tomba loves his grandparents very much. In his free time, he asks his grandparents to tell stories. Through the stories he learns a lot about his family, the land and the people. He also loves running errands for them. They also take care of him.

Write the names of your grandfather.

Write the names of your grandmother.



Find out the age of your grandparents. Are you surprised to know the numbers of their age?

Do you find that your grandparents no longer hear or see as good as you can? That is because as people become very old and aged they become physically weak. As a result they have difficulty in hearing, seeing and walking, etc. and thus, helpless.

Do you enjoy helping them as Tomba does?

Write how you help your grandparents?



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There are also people who are helpless as they do not have sight or part of hands or legs. There are also some who cannot speak or who cannot hear properly. They are generally referred to as physically challenged or physically handicapped. You will be surprised to know they are capable of doing different things just like us but with some help. They are sensitive and gifted persons.

You can show how much you love your grandparents or physically challenged persons in many ways.

- Visiting them
- Sit with them and share your daily experience
- Request them to tell stories
- Play indoor games with them
- Celebrate their birthdays

Remember that helping the old and physically challenged people is as noble as serving God.

ACTIVITY

1. *Ask your teacher how a person who do not have sight read books and write. You can request your school authority to take you to a blind school and write what you observed there.*

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Activity time :

Make family tree using family photograph



LESSON No. 3



THE GREEN WORLD

When you go for a nature walk with your parents in a garden, wood, park or a farm observe the various plants that grow there. Some bears fruits. Some have beautiful flowers. Even the ponds are covered with floating plants such as lotus, lily or water hyacinths. There also small plants that grow on trees.

It is fun to be with nature – play hide and seek (*Keku Lotpi*) hiding behind the trees, thick bushes or simply running around them. Sometimes, if you just sit quietly amongst the plants enjoying the cool breeze, you will feel as if the plants are talking to one another. It soothes you and makes you calm and peaceful. The green world is indeed amazing.

By now you must have noticed some plants are big, tall and strong. They are **trees**. Some plants are smaller than trees. They have thin hardy stems and look bushy. They are called **shrubs**.

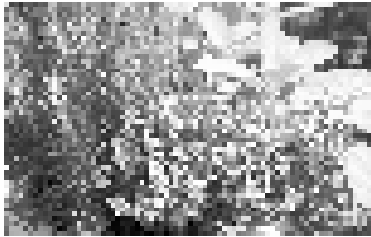
Some plants are small. They have stems and green leaves. They are **herbs**.

Some plants have weak stems. They need some supports to grow. They are **climbers**. Some plants grew along the ground. They have weak and tender stems. They are called **creepers**.

Identify the plants in the picture and mark, tree, shrub, herb, climber or creeper.

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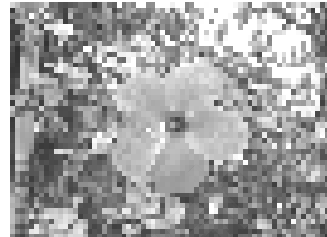
In what ways do we depend on plants?



Mint _____



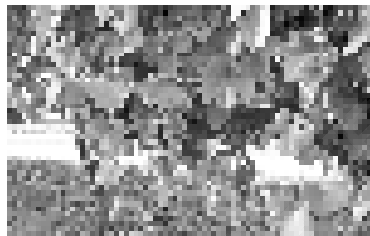
Guava _____



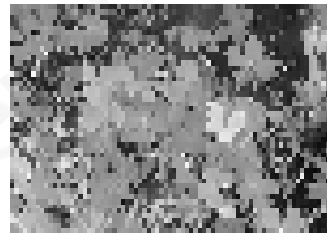
China Rose _____



Mango _____



Grape vine _____



Marsilea _____

Name two plants that give us cereals _____

Name two plants that give us pulses. _____

Name two plants that give us fruits. _____

Name two plants that give us vegetables. _____

Name two plants that give us spices. _____

Name two plants that give us medicines. _____

Name two plants that give us scent. _____

Name two plants that give us oil. _____

Name two plants that give us timbers. _____

**Do you know it is the green leaves that give us oxygen.
Oxygen is the substance needed for respiration for all life forms.**

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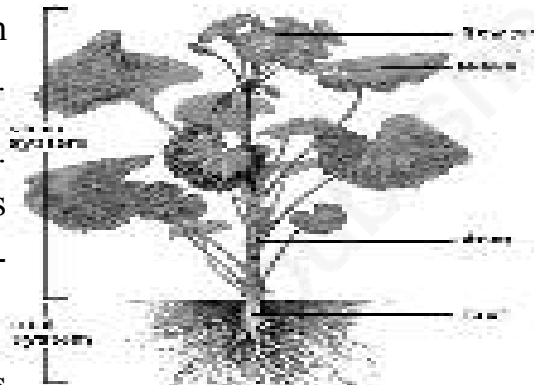
A plant has two main parts - **shoot** and **root**. The part of the plant above the ground is the shoot. It consists of stem, branches, leaves and flowers. The part of the plant below the ground is the root system. Roots hold the plants firmly in the soil.

They suck in water and minerals from the soil. They send it to other parts.

We should love trees and plants.

They make us alive in this planet. We should be the caretaker of green plants.

- * **You must have seen plants of different sizes and heights. How many of them can you name ? Write their names.**



A plant with shoot and root systems

Read the clues and give the name of the plants.

- I can serve you as a plate. _____
- I am used to make chutney _____
- I make your mouth sour _____
- I make you energetic with my juice _____

Activity

1. Take a nature walk. Observe the different plants. Compare and classify them based on simple characteristics such as height, leaves, flowers, etc.
2. Discuss in your classroom about things made of plants.

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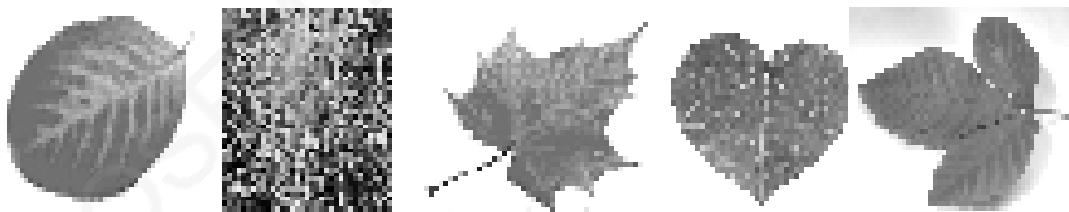
LEAVES IN OUR LIVES

You must have seen that plants are covered by leaves. Find out if all plants have similar leaves. Obviously not. Leaves have different shape, size, margin, colour and smell. Look at the different leaves given below.

Leaves of different plants are different. Leaves of some plants are broad and flat. The flat broad part of the leaf is called the leaf blade. In the middle of leaf blade, there is main vein. Many side veins arise from it. These veins bring water to the leaf.

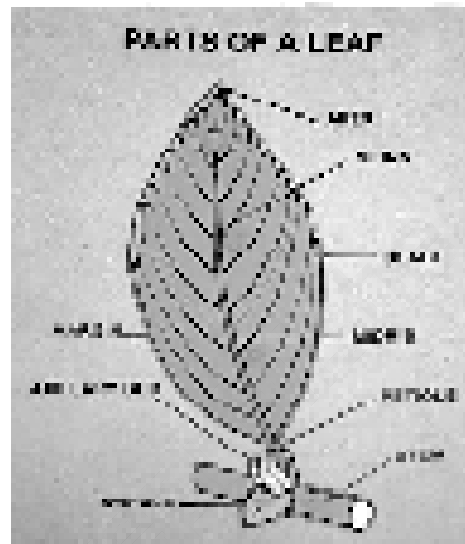
Observe different kinds of leaves. Leaves have different shapes, size, margins, colour and smell.

Some leaves are round, some are long, some are triangular and some are heart-shaped. They also possess different colours. Some are dark green,



light green and some have patches on it. Some are even yellow, red and purple. Although leaves are different, every leaf has leaf blade, main vein and veins. The veins bring water to the leaf.

How long do the leaves live?



Parts of a leaf

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Many trees shed their leaves.

In which season do the trees shed their leaves?

This occurs mostly in the autumn season. When trees shed the leaves, they are able to conserve water.

Green plants manufacture their own food. The leaves are the ‘**food factories**’ for plants. To make food, leaves need sunlight, carbon dioxide and water. Sunlight provides energy for preparing food in the leaves.

Leaves are green because of the presence of chlorophyll. Chlorophyll helps the plant to make its own food. This together with water, air and sunlight makes food for the plant. This process is called **Photosynthesis**.

We know that plants manufacture their own food. Some of the food are used by the plant for its survival and growth. The rest of the food changes to starch (carbohydrates). This starch is stored in different parts of the plant. We eat fruits like apple, mango, grapes etc, roots like radish and carrot, leaves like cabbages and mint, and stems like potato and sugarcane. All of them contain carbohydrates.

Leaves are very useful to us.

Complete the table:

Some leaves used as	Name of the leaf
Food	
Plate	
Medicine	
Decoration material	
Religious rite and ritual	
Colouring material	

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Do you know that during autumn season, lots of leaves fall to the ground? They can be collected and prepared beneficial manures for the plants. Dead and decayed leaves can be converted into more usable forms.

- Make a compost pit in your school campus with the help of your teacher. Use the compost manure for plants grown in the school.

Things required : Spade for digging, dry grass or straw.

ACTIVITY

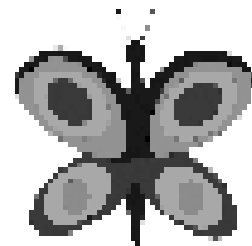
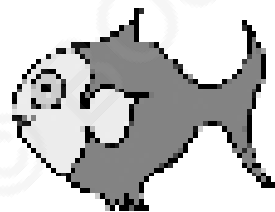
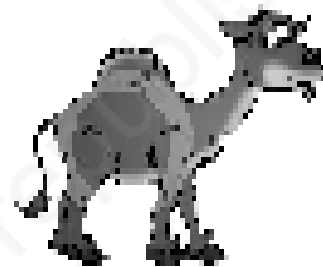
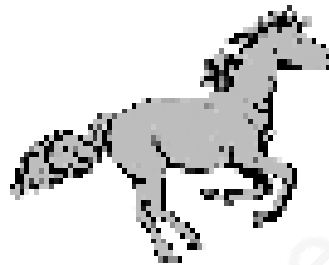
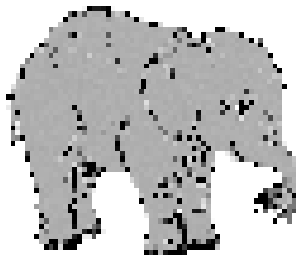
1. *Collect few leaves of plants like sacred basil (tulsi), mint (nungshihidak), lemon (champra), corriander (phadigom), mango (heinou). Crush the leaves and smell them. Do the leaves smell differently? Can you identify the leaves just by their smell?*
2. *Collect the broad and flat leaves of different shapes and sizes. Press the leaves under a heavy book for a few days. You can stick the flattened and pressed leaves on paper.*

LESSON No. 4



THE WORLD OF ANIMALS

Name the animals shown below



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Name two

➤ big animals	:	_____	_____
➤ small animals	:	_____	_____
➤ animals that live on land	:	_____	_____
➤ animals that live in water	:	_____	_____
➤ animals that live on both land and water	:	_____	_____
➤ animals that can fly	:	_____	_____
➤ animals that have tails	:	_____	_____
➤ animals that live on trees	:	_____	_____

Big and small animals :

Some animals are big. Some are small. Each animal has different body parts. There are many animals around you.

Make a list of common animals found in your locality.

Big animals:

Small animals :

Very small animals :

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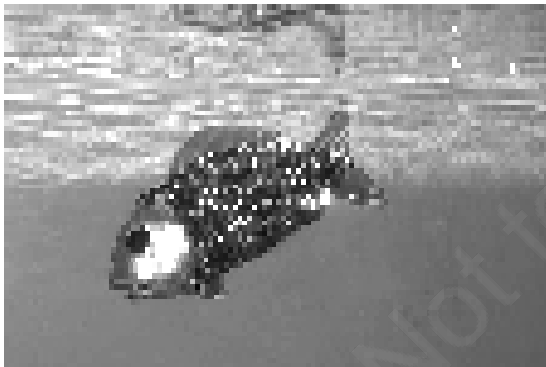
A small family has _____ or _____ children only while a big family has _____ or more children.

Where do animals live ?

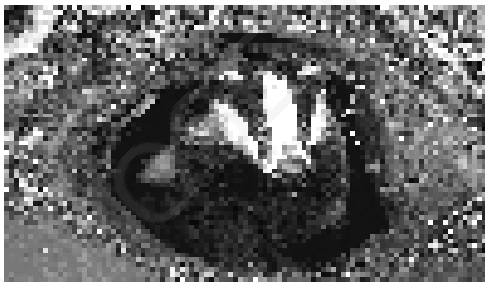
Animals are found in all kinds of places.

Some animals live on trees.

Birds have wings to fly in air.



Some live in water. Fishes have fins to swim in water.



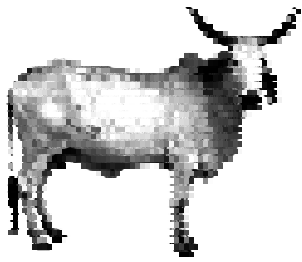
Some live on land. Cows have

legs to move on the ground. Some live under the ground. Rodents have strong claws and teeth for making burrows.

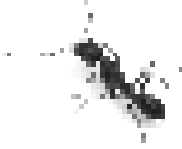
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How animals move :

Different animals move from one place to another in different ways.



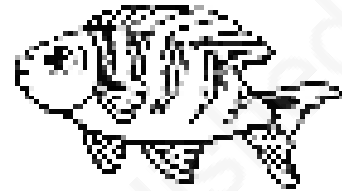
Walk



Crawl



Fly



Swim

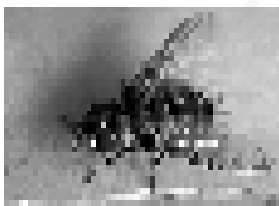
Observe how animals move and complete the sentences.

Some animals _____, some animals _____, some animals _____ and some animals _____. They do this with the help of their feet, wings or fins.

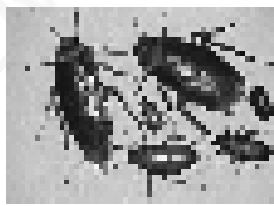
Why do animals move? Animals move in search of food and shelter. They also move to escape from enemies.

Animals in home:

Other than our pets, there are some animals in our houses. See the animals living in our houses?



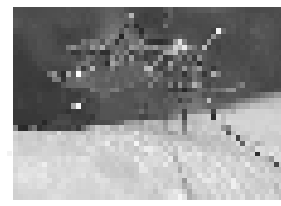
Fly



Cockroaches



Ant



Mosquito

They are _____

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Tails :

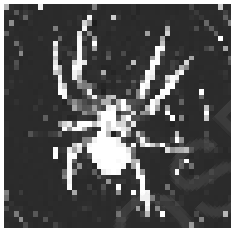
Most animals have tails. Some monkeys use their tails to hold branches so that they can move from one tree to another.



Fishes use their fins to move in water. Tails of fishes are used in making direction while swimming in water.

Crawling animals :

Most of crawling animals prefer dark and damp places. They eat left-over food and garbage. Crawling means to move slowly.



Spider



Earthworm



Cockroach



Beetle

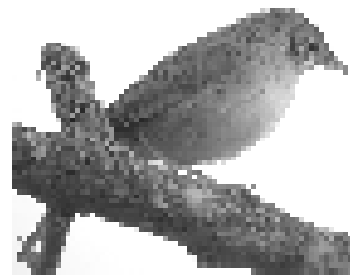
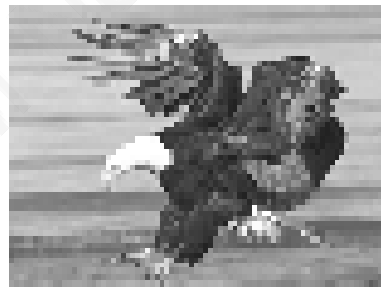
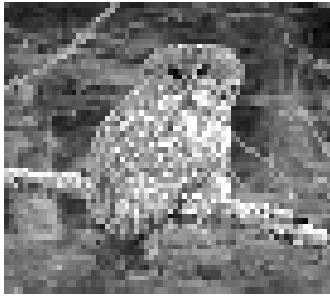
Some examples of crawling animals are _____, _____,
_____, _____.

LESSON No. 5



BIRDS

Why do you think birds can fly and we cannot ? Observe which of the following body features of birds help them to fly.



Birds are the only animals which have feathers. Birds have two legs, two wings and a beak. Birds are beautiful and interesting animals to watch. Birds have many features that help them to fly. The features are light feathers, boat shaped body, powerful wings and hollow and light bones.

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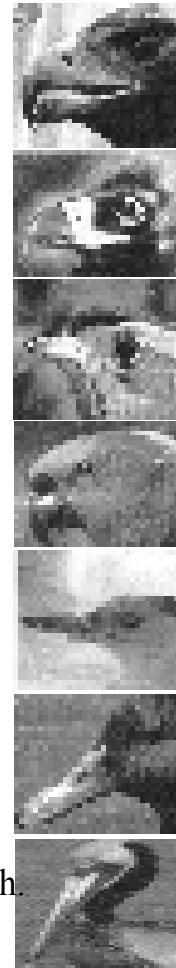
Feathers of birds are of three types :

- Flight feathers form the wings and tail of a bird.
- Body feathers cover the body.
- Down feathers keep the body warm. They are short and fluffy.

Beaks of Birds :

Have you seen the teeth of a bird ? Observe it. Birds have no teeth. So they cannot chew. They have different types of beaks that are suited to the kind of food they eat.

- Eagles have strong, sharp beak like hook to tear the flesh.
- Vultures have strong, sharp beak like hook to tear the flesh.
- Sparrows have short, pointed, strong beak used to crack seeds.
- Parrots have strong curved beak to crack nuts and seeds,
- Woodpeckers have long, sharp beak to tap the bark of tree and pull out insects.
- Ducks have broad, flat beak with holes on its sides.
- Pelicans have long scissors like beak for fetching small fish.



ENVIRONMENTAL STUDIES CLASS - III

Match the bird to its beak.

- | | |
|---------------|---------------------------------|
| 1. Woodpecker | (a) Broad and flat. |
| 2. Parrot | (b) Strong, sharp and hook like |
| 3. Eagle | (c) Strong, sharp and pointed |
| 4. Duck | (d) Strong and hook like. |

Sound of Birds :

Listen to the sound, produced by different birds around you. Do they sound the same? Identify the birds by hearing the sound. Birds make different kinds of sounds. Name the birds that make the following sounds?

“Caw Caw” _____

“Kuhu Kuhu” _____

“Gutar guan” _____

Nest of Birds :

Birds make nests when they have to lay their eggs. They mostly make their nests on trees and some on the ground also. When the nest is ready the female bird lays eggs in it. The baby birds grow inside the egg. After hatching the baby bird grew on the nest with great parental care.

Activity

(1) Look for birds on trees, in water and in and around bushes. Write the names of the birds and places where you saw them.

Names of the birds	Places you see them

(2) Find out which is the state bird of Manipur. Discuss in the classroom about it

LESSON No. 6



WORK AROUND ME

I go to school except on Sundays and holidays. My mother is very busy with her household works. She wakes up early in the morning and starts working her days work. Early in the morning she starts to clean the surroundings of our house. Then, she takes a bath and prays to the God for the welfare of the members of the family and others. After that she goes to the kitchen for cooking .



Observe the daily work of your mother. Draw a daily time chart of your mother.

The name of my mother is _____.

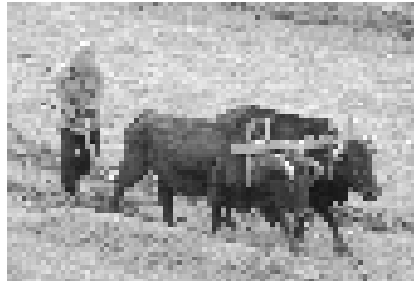
Daily routine of my mother.

Time	Activity

My father is a teacher. He always cleans our courtyard in the morning.

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We live in the village. Most of our neighbours are cultivators and labourers. They are busy with their day's work to earn their livelihood. Town and city people are mostly businessmen, government employees, shopowners, etc. They are busy with their work.



We go to school by van. The van drivers are so busy to pick up and drop the children off at the gate of their school. At school most of us are very busy. On the way to school we find the market, shops, hotels, workshops, grocery shops, pharmacies, etc. busy. A large number of people are doing their duties so attentively and compulsorily. At our school, the teachers are busy in teaching us.

One of the teachers of my class is Miss Phajabi. Today she teaches about the various types of occupations that the people of our society hold. She tells that there are doctors, engineers, lawyers, scientists, teachers, officers, clerks, peons, shopkeepers, painters, technicians, musicians, writers, poets, nurse, businessmen, contractors, labourers, chowkidars, farmers, weavers, maidservants, etc. who hold different occupations in our society. He or she may hold any of the occupations, however the service is related to the society.

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The doctors diagnose and prescribe proper medicines to the patients; the engineers, contractors and labourers build the buildings, bridges and other structures; the lawyers do legal related cases, teachers of different institutions teach the students, officers of different departments execute official work, etc.



However, it is not possible to run an office without the function of a peon. The labourers, farmers, the cart pullers, the rickshaw drivers, helpers, etc. are also one of the most important group of individuals of our society. Without them the smooth running of the society is impossible.



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* Why do we need to work?

* What do you want to be when you grow up? Write few lines.

* In what way do your brothers and sisters help your parents?

* When the members of your family are not working how do they spend their time?

* In what way do you help your parents?

* Write a few words about women market..

ENVIRONMENTAL STUDIES CLASS - III

Activity:

Draw a daily time chart of yourself in the following format.

Time	Activity

WORK IN LIFE

*Work after work, never ending work,
May be old or young , there are works,
There is nothing , more than work
May be man or woman, there are works; ,
This is the way of life,for all to work;
Life is like this,to work,
Whatever may be our destiny,there will no end for work.*

Lesson No. 7



GAMES WE PLAY

Whenever we are exhausted we want to take rest. Sometimes, we feel bored after a long study. We want to refresh, recreate, relax with something which is new and interesting. There are many things, objects, activities, acts that could help us relaxed.



* Write the names of the game which you would like to play.

* Write down the names of some local games you play.

Games and Sports have a very important role to play in the growth and development of body and mind. Indian history of sports dates back to the Vedic times when physical exercises were considered to be a mandatory part of religious rituals.

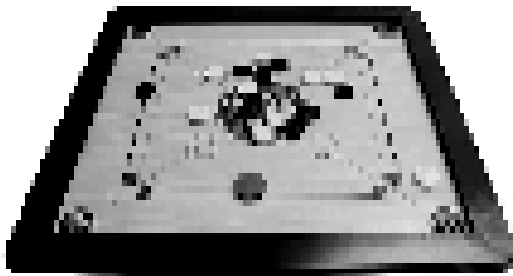
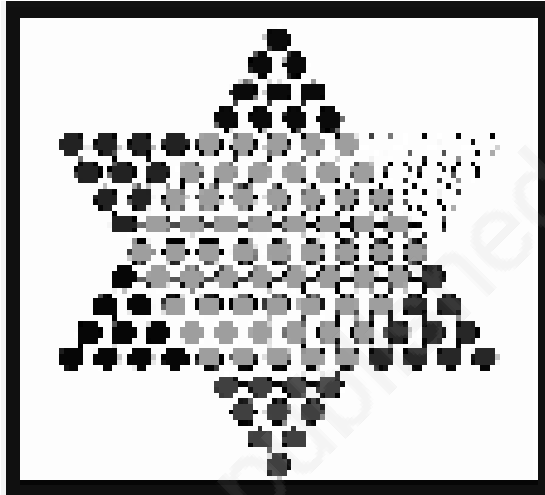
Games are basically divided into two: **indoor** and **outdoor**.

Indoor games include Ludo, Chinese Checkers and Chess. These games can be played inside the rooms.

Outdoor games include Football, Hockey, Cricket, etc.

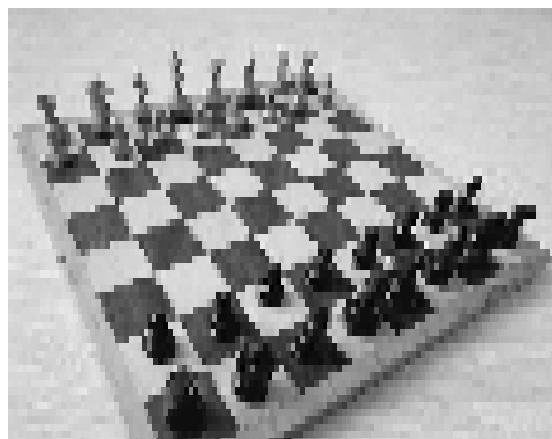
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Chinese checkers is a board game that can be played by two, three, four, or six people, playing individually or with partners. The game is a variation style of old American game Halma.



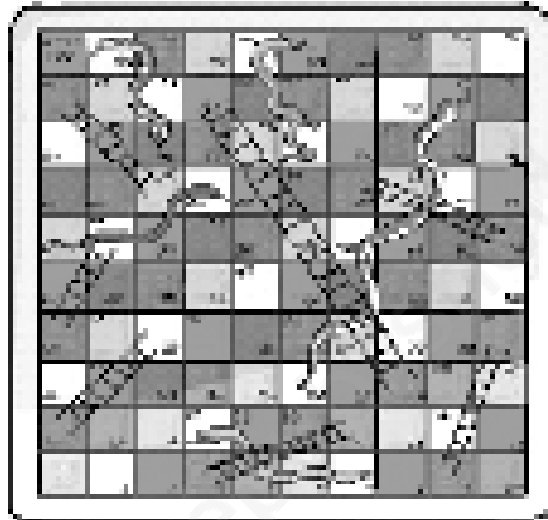
Carrom is a family of table-top games. The game is thought to have originated in India. The game and its variants are played in many countries across the world.

Chess is a two-player game played on a chessboard. It is a square-checked board with 64 squares arranged in an eight-by-eight grid. It is one of the world's most popular indoor games.



ENVIRONMENTAL STUDIES CLASS - III

Snakes and Ladders is an ancient Indian board game regarded today as a worldwide classic. It is played between two or more players on a game board having numbered, gridded squares.



Video game is an electronic game. That involves interaction with a user interface to generate visual feedback on a video device. The electronic systems used to play video games are known as platforms.

Arm wrestling is a sport with two participants. Each participant places one arm, both put either the right or left, on a surface, with their elbows bent and touching the surface, and they grip each other's hand. The goal is to pin the other's arm onto the surface, with the winner's arm over the loser's arm.



ENVIRONMENTAL STUDIES CLASS - III

Ludo (from Latin word ludo, “I play”) is a simple board game for two to four players. The players race their four tokens from start to finish according to dice rolls.



In India outdoor sporting activities have a greater mass appeal as compared to indoor ones. Cricket is by far the most popular sport in India. Apart from cricket, India has a global identity in field hockey, chess, lawn tennis, table tennis, boxing, badminton, billiards and snooker and to some extent, in football.

Moreover some games are played as entertainment programmes.

Musical chairs is a game played by a group of people (usually children), for entertainment.



Skipping rope (British English) or jump rope (American English) is the primary tool used in the game of skipping played by children and many young adults.

ENVIRONMENTAL STUDIES CLASS - III

“London Bridge Is Falling Down” is a well-known traditional nursery rhyme and singing game. It is found in different versions all over the world.



Hide-and-seek or hide-and-go-seek is a variant of the game tag. In this game a number of players conceal themselves in the environment, to be found by one or more seekers.

- * Write the names of some important children’s indoor games in Manipur.

- * What kind of games do you play with your friends in the school during recess?

- * Write the names of you friends who play games with you at your home.

Activity

1. *Talk to your parents/grand-parents/elders in the neighbourhood to know about the games played in the past. Compare them with the present games that you play.*

Lesson No. 8

FOODS WE EAT



Food gives us energy to work, study and play.

Look at the picture . Which of these is food ?



Lady finger



Apple



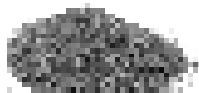
Brinjal



Tea



Cooking oil



Chilli Powder



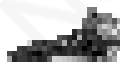
Tomato



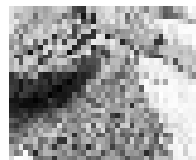
Mango



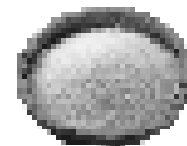
Coffee



Clove



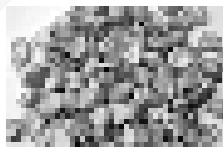
Wheat



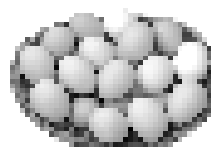
Rice



Milk



Gram



Egg



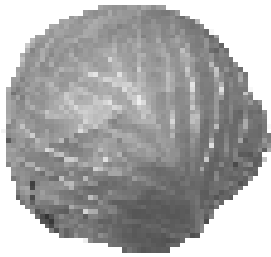
Fish

If there is anything about which you are not sure ask your teacher.

Sources of some of these things are plants.

ENVIRONMENTAL STUDIES CLASS - III

Write the names of the plants that can be eaten. Name the part of the plant you eat.



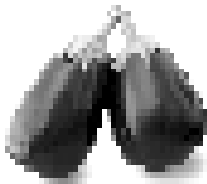
Cabbage



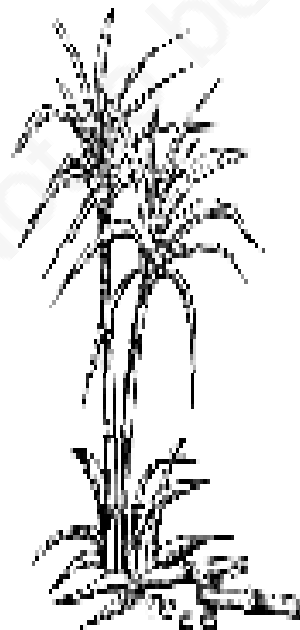
Radish



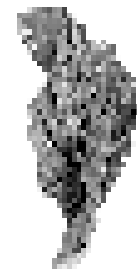
Pumpkin



Brinjal



Sugarcane



Mustard



Cauliflower

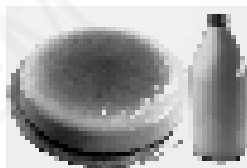
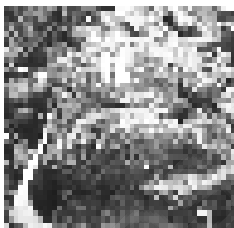


Apple

ENVIRONMENTAL STUDIES CLASS - III

Plants we eat	Parts of the plants
1. Cabbage	Leaves and flower
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____

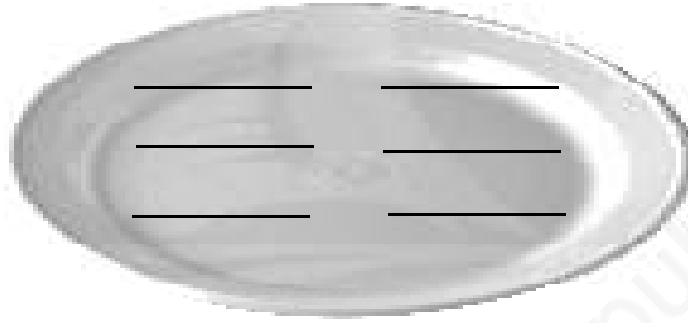
* What food do we get from animals ? Make a list of food items prepared from animals and animal products.



Meat

ENVIRONMENTAL STUDIES CLASS - III

* What did you eat yesterday ? Write on the plate below.



Prepare a list of food items that you and your friends had taken yesterday along with the name of your friends.

.....

.....

.....

.....

.....

* Now on the blackboard write the names of all the food items that you have written on your plate.

* Did all the children in the class eat the same food items yesterday?

.....

* If no food is cooked in your family, what will happen to you ?

.....

ENVIRONMENTAL STUDIES CLASS - III

* How do you feel when you are hungry ?

.....

From which sources do we get our food?

We get food from both plants and animals. Do all the members of your family eat the same food? Not always. Observe a three or four month old baby child in your locality. What food does she eat ? Three or four month baby can have only her mother's milk.

Can your grandfather or grandmother eat everything you eat ? Can they eat hard nuts ?

Do you eat *rice* or *chapati*? Some of us eat rice, while some of us eat chapati made of wheat flour. Some of us eat both chapati and rice. Chapatis are also made from maize, bajra and gram flour. Rice, wheat, maize, bajra etc are called **Cereals**.

Ghee, oil, sugar and gur also are parts of our food. All these food items provide energy to the body and are called **energy giving foods**. This energy enables us to work and play.



Potato



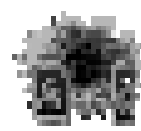
Rice



Sugar



Bread



*Sunflower
oil*



Butter

There are also several food items such as pulses, milk, curd, cheese, etc. Some food items are also prepared from egg, meat and fish. They all help our body to grow. They are called **body-building foods**.



ENVIRONMENTAL STUDIES CLASS - III

All of us eat vegetables and fruits also. They protect us from diseases and make us fit and healthy. They are called **protective foods**.



Vegetables



Fruits

Different foods are eaten at different places depending on what grows easily at which place. Also people have different likes and dislikes. Let us talk about it.

Write the names of three food items you like to eat and three that you dislike.

Like:

Dislike

* Are your likes, and dislikes similar to that of

Your family members ?

Your friends ?

ENVIRONMENTAL STUDIES CLASS - III

Let us talk to some people and know what they like to eat.



Lichen

I am Lichen.

I live in Tamu. My brother and I both eat snakes. Wherever we feel like eating snakes, we go to a nearby hotel and eat 'Ling - hu - fen'.



Juni

I am Juni

I live in Kolkota. I like fish cooked in mustard oil. Once we had gone to Goa. We ate fish curry there but it tasted different. My father said that it was sea fish cooked in coconut oil. So it had to be different.



Thomas

I am Thomas

I live in Kerala. I like to eat kappa made from cassava. Curry made using coconut also tastes very good.

ENVIRONMENTAL STUDIES CLASS - III

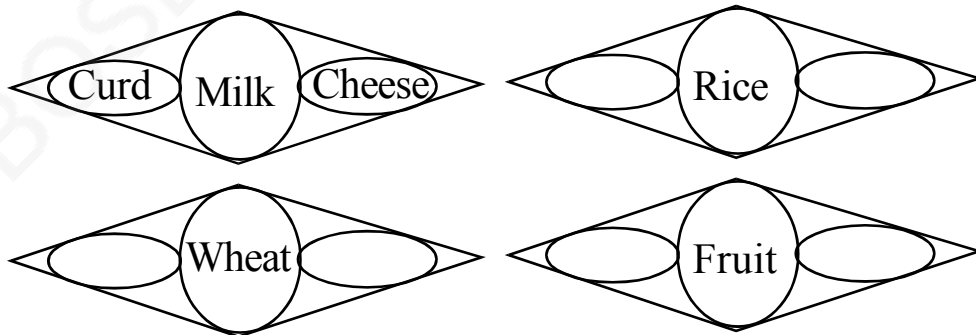
Name of some things are given below. Put a tick mark '✓' on the things that can be eaten. If there is anything about which you are not sure ask your teacher.

Mushroom	<input type="checkbox"/>	Hen's egg	<input type="checkbox"/>	Pebble	<input type="checkbox"/>
Snail	<input type="checkbox"/>	Fish	<input type="checkbox"/>	Cactus	<input type="checkbox"/>
Frog	<input type="checkbox"/>	Amla	<input type="checkbox"/>	Oxalis	<input type="checkbox"/>
Meat	<input type="checkbox"/>	Lotus stem	<input type="checkbox"/>	Earthworm	<input type="checkbox"/>
Onion seeds	<input type="checkbox"/>	Coconut oil	<input type="checkbox"/>	Castor	<input type="checkbox"/>
Crab	<input type="checkbox"/>	Black head rice	<input type="checkbox"/>	Bajra	<input type="checkbox"/>
Red ants	<input type="checkbox"/>	Cauliflower	<input type="checkbox"/>	Buffalo's milk	<input type="checkbox"/>

* Draw a picture of the following parts of a plant which can be eaten.

(a) Leaves (b) stem (c) root (d) seed

* Think and write at least two things we can prepare from wheat, rice, fruit and milk. One is done for you.



LESSON No. 9

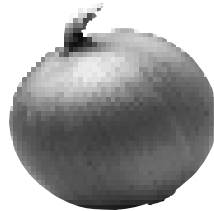
COOKING OF FOOD



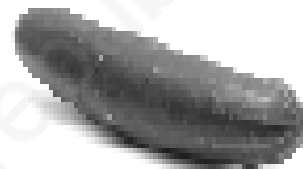
Look at the picture. Encircle the foods which can be eaten raw. Encircle twice the foods which can be eaten raw as well as cooked.



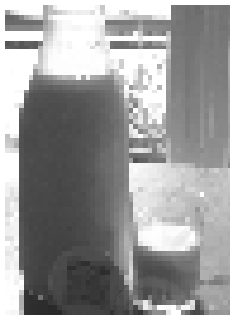
Maize



Onion



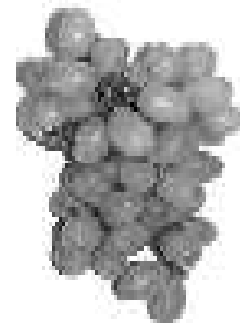
Cucumber



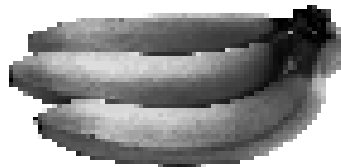
Milk



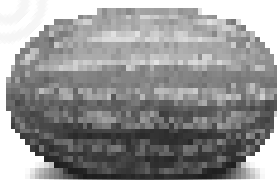
Brinjal



Grape



Banana



Watermelon



Pumpkin

ENVIRONMENTAL STUDIES CLASS - III



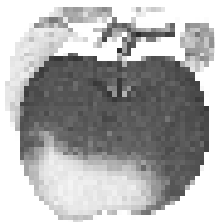
Turnip



Rice



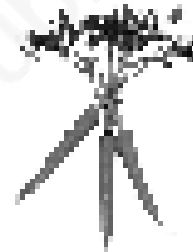
Potato



Apple



Papaya



Radish

Name three more foods that are eaten raw and three more foods that are eaten only when cooked.

Foods that are eaten raw

.....

Foods that are eaten when cooked

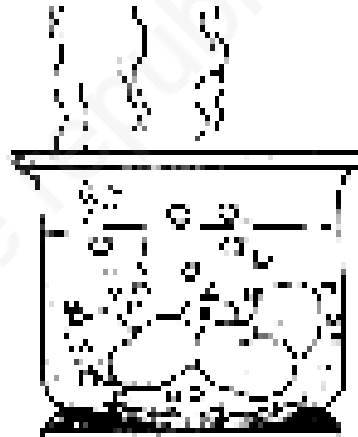
.....

Observe how your mother prepares **rice** or **chapati**.

ENVIRONMENTAL STUDIES CLASS - III

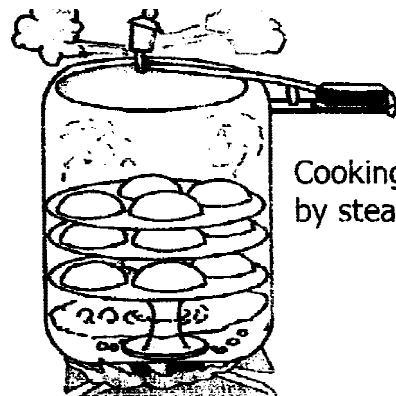
Write the sequence in which rice or chapati is made.

Foods are cooked in different ways. Some foods are boiled.



What are they? Name them.

Some foods are steamed and some are fried.



Cooking idli by steam

Name some foods that are steamed.

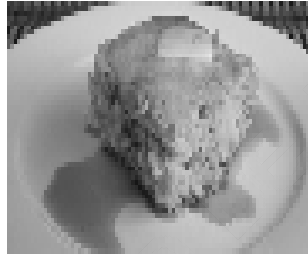
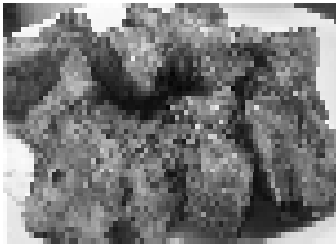
ENVIRONMENTAL STUDIES CLASS - III

Puris are fried.

Name some more food items which are fried.

.....

Some foods are baked. Cakes and breads are baked.



Some foods are roasted. Have you eaten roasted fish ? List some roasted food items.

.....

Our food includes another very important item. Do you know what it is ?

It is **water**.

Water is very important part of our food. Everyday we should drink a lot of water. Our body gets water from fruits and vegetables too.

You know that water is also essential for cooking. Can we cook rice without water ?

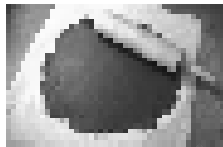
ENVIRONMENTAL STUDIES CLASS - III

Is water used in all forms of cooking ?

List the food items which are cooked with or without water.

Food cooked using water	Foods cooked without water
.....
.....
.....
.....
.....
.....
.....

See the different kinds of vessel used for cooking.



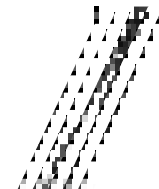
Rolling pin



Ladle



Fry pan



Fire tongs



Pressure cooker



Wok (karahi)



Saucepan



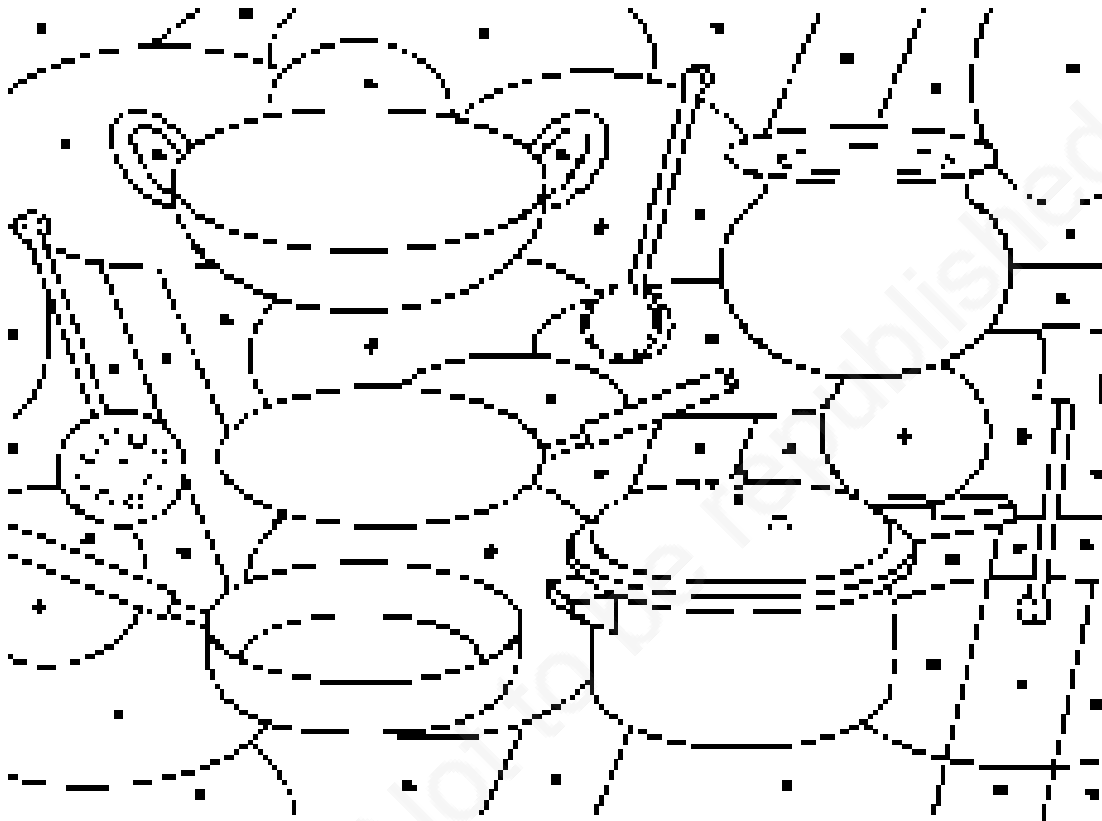
Pot

Are there any other utensil used in your house for cooking ? Name them.

.....

.....

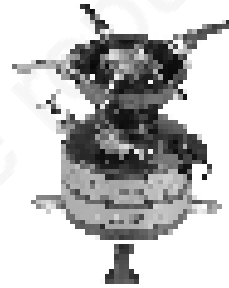
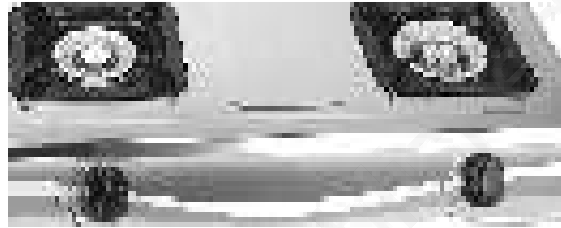
ENVIRONMENTAL STUDIES CLASS - III



Look at the picture. Colour the spaces which have dots in them. Write what you see.

ENVIRONMENTAL STUDIES CLASS - III

What fuel is used for cooking food in your kitchen ? Do you use chulha, kerosene stove or gas stove for cooking ?



In early times, vessels and utensils used for cooking were made of clay, cast iron or brass. Chulha was used to cook food. **Wood, Cowdung cakes** and **charcoal** were used as fuels.



Nowadays cooking in most families is done with the help of pressure cookers and on gas stoves. Most of the utensils used are made of stainless steel.

ENVIRONMENTAL STUDIES CLASS - III

Ask your parents and grand-parents the following questions. Note down their answers.



1. What kind of stoves were used for cooking in grandmother's time?

2. How was the kitchen at her time?

3. Which fuel was used for cooking at that time?

4. Which fuel is used for cooking now?

5. What did your grand parents use for grinding?

6. What is used for grinding now?

7. When did your family use pressure cookers?

LESSON No. 10

EATING IN THE FAMILY



During summer vacation, Thoibi went to her native village to visit her relatives and friends. She was very happy to see everyone there. She stayed there for some days. For lunch they all sat together in the kitchen. Food were very tasty. Thoibi noticed that only men and children ate first. The women cooked food and served. She ate later on.

She remembered that at home her mother cooked food. Her father and herself help her mother in preparing food. They ate with the whole family. She talked to her mother. Her mother told her that, it was a tradition that women of the house cooked food and served it. They ate after everyone had eaten.



But now things have changed. Everyone shares work, every member of the family has their roles and helps in the kitchen.

ENVIRONMENTAL STUDIES CLASS - III

Let us now talk about your family.

- * Do all the people in your family eat together ?

If not, why ?

- * Who eats more ?

- * Do all members of the family eat the same food in your family ?

- * Who buys the food and what is bought from the market ?

We love to eat various types of foods. All types of food should be taken in proper amounts. This type of meal is called a **balanced diet**.

Milk is said to be a complete food. The food of young babies is milk. It gives them the nutrients they need to grow. When the baby is six months old, she/he needs to eat cereals and fruits so that he/she grows strong and healthy.






ENVIRONMENTAL STUDIES CLASS - III

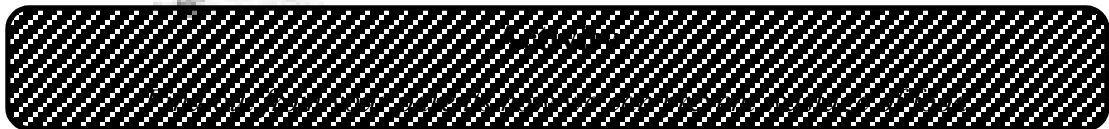
* What do babies have for food ?

* When do babies start eating ?

* What do babies eat other than milk ?

Ask your elders and fill in the table.

	What they can eat	What they cannot eat
<i>Child</i> 	_____ _____ _____	_____ _____ _____
<i>Young</i> 	_____ _____ _____	_____ _____ _____
<i>Old</i> 	_____ _____ _____	_____ _____ _____



LESSON No. 11



WHAT ANIMALS EAT

Like human beings all animals need food to grow, to get energy and to stay healthy. Different animals eat different kinds of food.

Do you have a pet at home ? What food does it eat?

Which animals have you seen eating only plants?

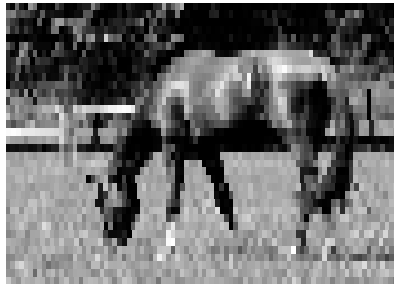
Which animals have you seen eating flesh?

Which animals have you seen eating plants and flesh?

Some animals eat only plants. They are herbivores.



Cow



Horse



Rabbits

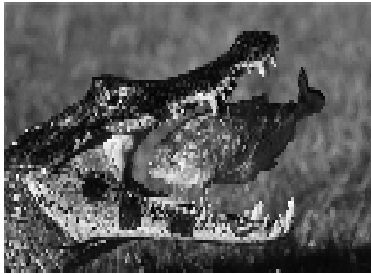
Name some herbivores _____, _____, _____

ENVIRONMENTAL STUDIES CLASS - III

Some animals eat the flesh of other animals. They are carnivores.



Tiger



Crocodile



Vulture

Name some carnivores _____, _____, _____

Some animals eat plants as well as the flesh of other animals. They are omnivores. Most birds are omnivores.



Crow



Bear



Parrot

Name some omnivorous animals. _____, _____, _____

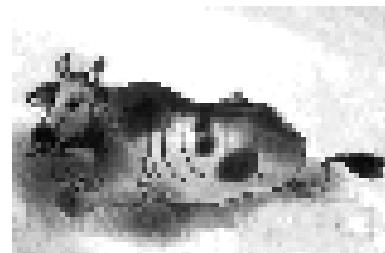
ANIMALS EAT IN DIFFERENT WAYS:

Animals like Cow, Buffaloes, Horses and Goat eat plants.

Observe how a cow eats its food.

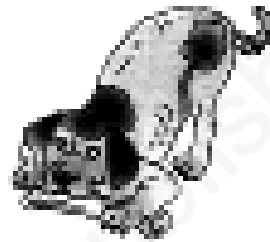
The food is first swallowed without properly chewed. Later, the half chewed food is brought back to the mouth. It is then chewed again.

This is called “chewing of Cud”.



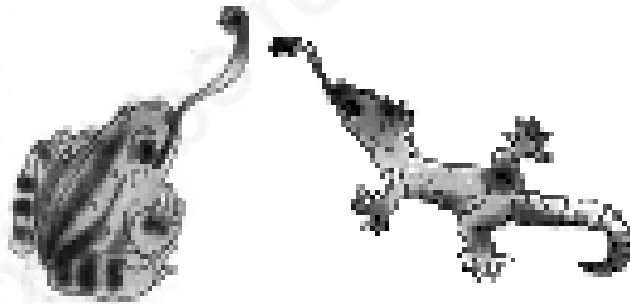
ENVIRONMENTAL STUDIES CLASS - III

Animals like Cat, Dog and Tiger eat flesh. These animals have long, sharp and pointed teeth. They tear flesh with these teeth.

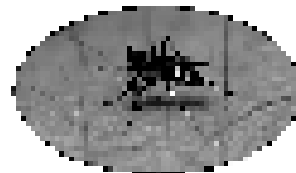


Have you seen a house lizard ? Observe how it catches and swallow the insects.

Lizards have no teeth for chewing and they swallow its food. Like a lizard a frog also swallow its food after catching the prey by its long sticky tongue.



All animals do not eat solid food. The butterfly, honey bee, the housefly and the mosquito live on liquid food. A butterfly has a long hollow tube in its mouth to suck the nectar of flowers.

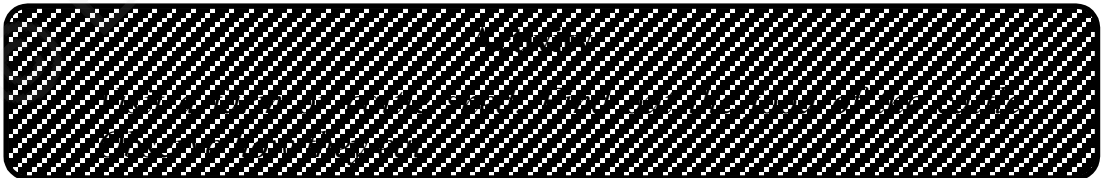
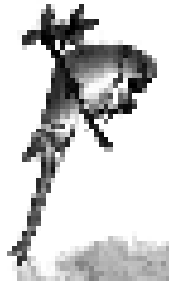


A mosquito suck the blood in the same way as butterfly and honey bee suck nectar.



ENVIRONMENTAL STUDIES CLASS - III

Some animals eat grain. Birds swallow the whole food without chewing. They do not have teeth. They have beak instead of teeth.



LESSON No. 12



HOUSES HERE AND THERE

Houses provide us shelter. We live in houses to protect ourselves from wild animals, thieves and fury of weather such as rain, storm, heat and cold. Thus, the way we build houses are influenced by climatic conditions, material availability, and culture as well as by personal choice.

Draw or paste a picture of your house in the following space.

My house

Put tick mark [] against the material or thing in the list used in making your house.

GRASS	MUD	WOOD	CEMENT
CANVAS	IRON	PLASTIC	LIME STONE
BAMBOO	BRICKS	GLASS	STONE

Which materials are used to make your house ?

To make our house, the materials used are _____

ENVIRONMENTAL STUDIES CLASS - III

Are these materials easily available in your area ? Yes. These materials are available in our area.

Easily available materials are mostly used for making our house.

Do you see other types of houses in your neighbourhood ? Look at the houses in your neighbourhood. What are the materials used to make those houses ? Make a list of the materials.

Alex's uncle was in the Indian Army. He was posted in different regions. He brought photographs of some unusual houses. One is shown for you. It is from Assam.



Look at it and find out the difference between this and your own house.

This is a house on stilts. The floor of the house is almost three metres above the ground.

The floor of our house is _____ above the ground level. Wood and bamboo are the important materials used to make the house in the photograph. To make our house the important materials used are

This house has slope roofs. Our house has _____ roofs. Alex's uncle said - 'To enter the house, they used the ladder. At night the ladder is removed from the house.' Do you know the reason ? Imagine and write the possible reasons.

ENVIRONMENTAL STUDIES CLASS - III

Wood and bamboo are available in plenty in Assam. Most easily available materials are used to make their houses. It rains heavily in Assam. So, the roofs have slope. It drains out easily. Grasses and herbs grow up rapidly during the rainy season. Most area of the ground is submerged under water during flood. Keeping the floor raised up helps to make the house comfortable.

Here is a photograph of Loktak Lake. Do you see the house on the phumdis ?



House on floating phumdi.

This is an unusual house on the floating phumdi. Grasses, reeds and bamboos are the important materials used to make these houses. Fishermen take their shelter in these houses. The houses on phumdi are dwarf. Do you know the reason ? Guess and write one reason.

LESSON No. 13

HOME SWEET HOME



One day Alex returned home from school. It was about to rain. Alex rushed to his home. He was afraid that there will be a heavy rain very soon.

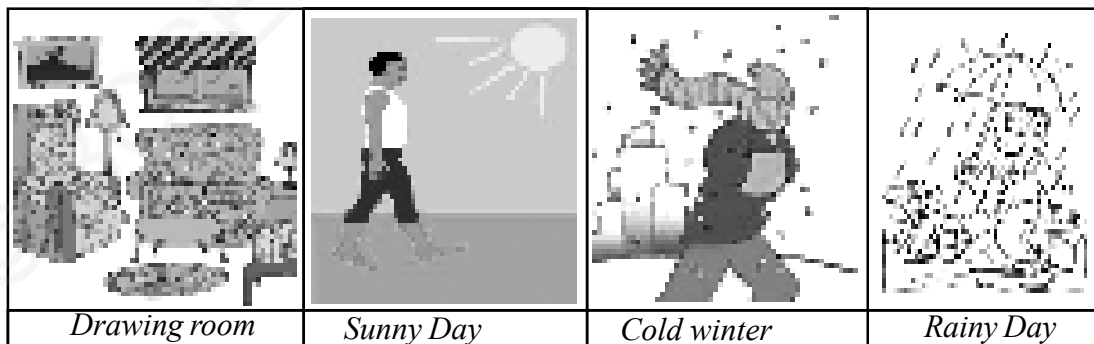


He reached home just before it rains heavily.

Alex relaxed. He felt safe at his house. What did the house provided to Alex? The house provided safety to Alex. It protected him from rain.

How do you feel yourself at your home ? Do you need a house ? Why do you need a house ?

Look at the pictures and complete the sentences as suggested by the pictures.



We need a house because it provides _____, protection from _____, _____ and _____.

(Use suitable words - cold, heat, rain, shelter)

ENVIRONMENTAL STUDIES CLASS - III

How long do you spend at your home in a day ? I spend almost _____ hours a day at my home.

We spend most of our time at home. I need to keep my house clean. I love to decorate my house.



How do you keep your house clean?

Using dustbin and sweeping the rooms regularly one can help in keeping the room clean.

[Sing the following rhyme in action.

*Piece of paper, Piece of paper,
Lying on the ground, lying on the ground,
Makes the places untidy, makes the places untidy,
Pick them up, pick them up.]*

Do you have dustbins in your class room ?
Do you like to use them in your house ?

Don't forget to clean your dustbin regularly. Throw the contents in the garbage pit. Dispose the garbage in time and properly. If you do not dispose the garbage in time what may happen ? It may help to spread diseases.



LESSON No. 14



REACHING MY SCHOOL

Raju is reading in Model School. It is a big school. The school has pucca building. It has more than 20 big rooms. The rooms have brick walls.

The picture shows the Model School. It has two main entrance gates. One is on the eastern side and second on the northern side.

The boundary of the school:

To the north - a lane.

To the south - residential area.

To the east - state highway.

To the west - a residential area.



Raju's school

Raju's school is not very far away from his house. He always goes to school on foot.

In order to reach his school, Raju crosses a bridge. A community hall, a playground, a police outpost, a health centre, a hotel are some spots found on the way.

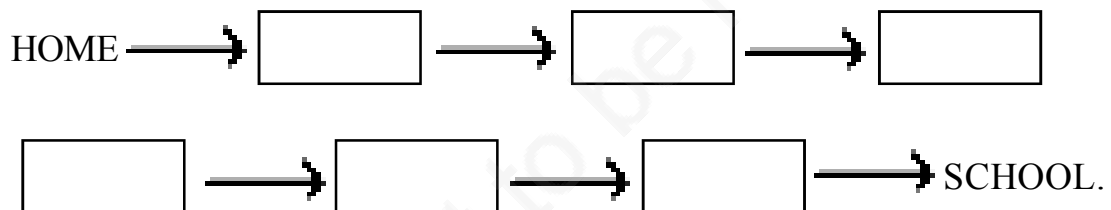
ENVIRONMENTAL STUDIES CLASS - III

In a map the top of the map shows the North.

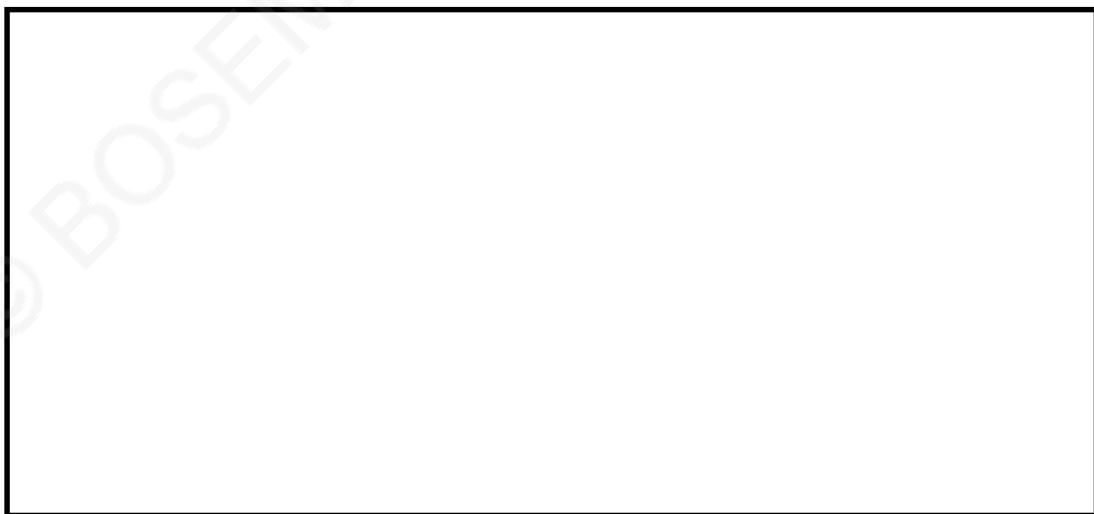
Stand in front of a map. Which side will be East in the map?

My school is towards _____ from our home. [north/east/south/west/north-east/south-east/north-west/south-west]

Write in sequence the directions you move to reach your school in the space given here.



Draw your route from home to the school.



ENVIRONMENTAL STUDIES CLASS - III

How much water is used in your family in a day?

In our family we use _____ (bucket full) of water in a day. Estimate how much water will your family require in a year. _____

Our family requires _____ of water in a year.

Do you use any available water for drinking purpose?

We should drink only clean and safe water.

* From where do you get water for your family ?

* How far do you have to go to get the water ?

* What are the main sources of water in your locality ?

* Who fetches and stores water in your house ? Your mother or sister ?

* At home, from where do you get clean water for drinking ?

* Do all the people in your locality use the same source of water ?

LESSON No. 16



DO ANIMALS AND PLANTS NEED WATER ?

One day Chaoba saw that the leaves of the mango tree in the backyard of his house were withered. It had not rained for a long time.

Chaoba thought, ' I must get a bucket of water for the mango tree'.

He took a bucket and walked towards the pond. He filled it with water and carried it towards the mango tree. He poured the water on the tree.

The mango tree got water, the leaves came alive.

* How did Chaoba know that the mango tree needed water ?

* From where do the plants growing around your house get water ?

* Have you seen animals drinking water ? Which animal ? Where ?

* Have you ever given water to a cow or a dog or a cat ? At home or elsewhere ?

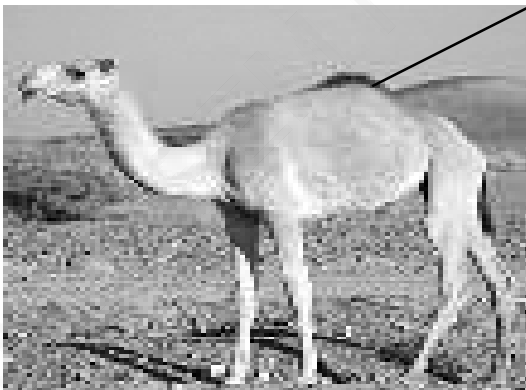
* Some animals are not given water by anyone. From where do they drink water ?

ENVIRONMENTAL STUDIES CLASS - III



- * Which of the two plants will need more water to grow ? A peepal tree or a sapling ?
-

CAMEL



hump

This is a camel. Have you ever seen this animal ? Where ? In television or somewhere else ? This animal can go several days without drinking water. The hump on its back stores food and water. Camel is used for carrying people and goods in deserts.

- * Which animal will need the least water ? A cow, a camel or a cat ?

LESSON No. 17



WATER SHORTAGE

Tomcha lives in Thangmeiband. Every year before rainy season there is water scarcity in his place. This year even the tap water runs dry. It did not rain at all.



Have you come across such situation in your area?

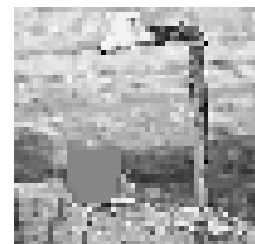
From where do you get water for your family? Tap, Pond, Stream, River, Lake, Well, Spring. [Tick appropriate source]. What is the ultimate source of water? Is rain water the ultimate source of water in your area?

Observe and find out.

Do you get water in plenty throughout the year?

In which months do you find the shortage of water?

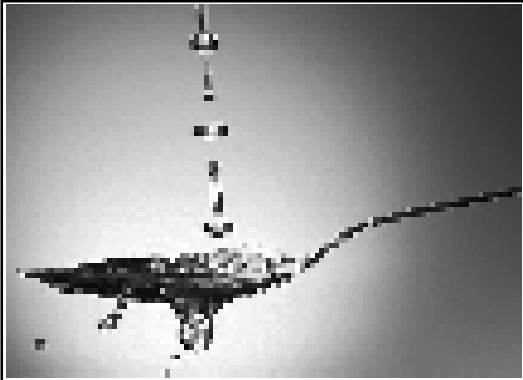



When there is shortage of water we know that even a drop of water is precious.



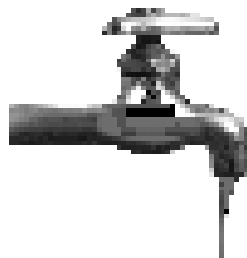
ENVIRONMENTAL STUDIES CLASS - III

Let us find out how many drops will fill a cup or a mug.

Do activities as shown in the picture and write answers in the boxes.

	
1. How many drops will fill a spoon ?	2. How many spoons will fill a cup?
	
3. How many cups will fill a mug ?	4. How many mugs will fill a bucket?

Now think if a tap leaks even drop by drop, how much water would be wasted!



ENVIRONMENTAL STUDIES CLASS - III

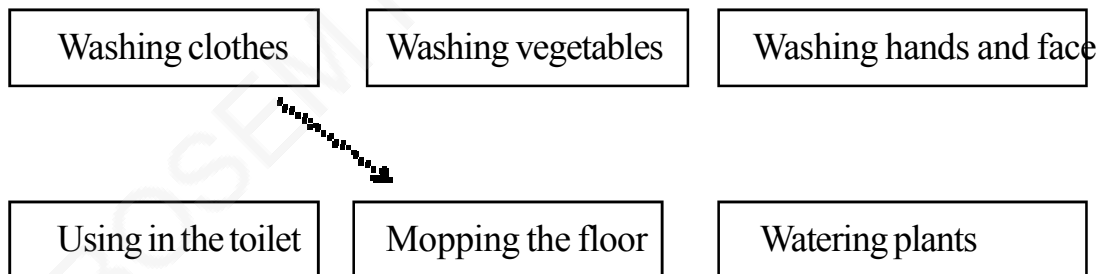


Look at these pictures. See how much water has been wasted in five or ten minutes.

- * Have you seen water being wasted ? Where ? How ?
- * How can we avoid it ?
- * Can you suggest ways of saving water ? Write your suggestions below.

Can we use the water that has been used for one purpose for something else ?

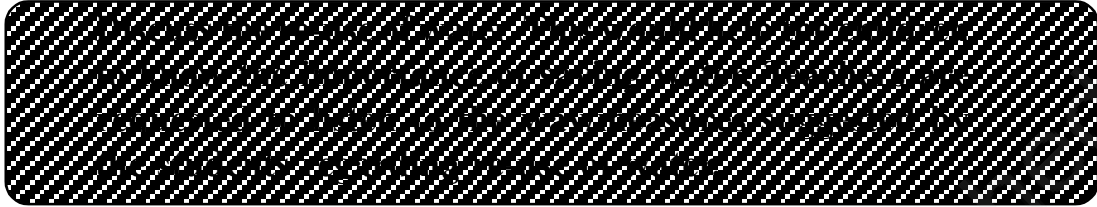
- * Draw lines to show which work will be done after the other so that the same water can be re-used. One has been done as an example.



These are some of the ways to re-use water. We do it only when there is shortage of water. One of the reasons for the shortage of water is because we waste it. We should not waste water even when we have plenty of it.

ENVIRONMENTAL STUDIES CLASS - III

* **Do you re-use water ?**

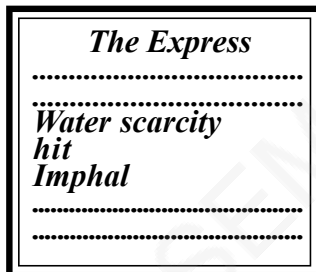


WATER HARVESTING

You must have seen people collecting rain water. It is done by using a gutter at the edge of the sloping tin roof of house. The gutter is connected to a tank through the drain pipe. During rains, the water in the gutter runs down the drain pipe and it is stored in the tank. It is a form of water harvesting.



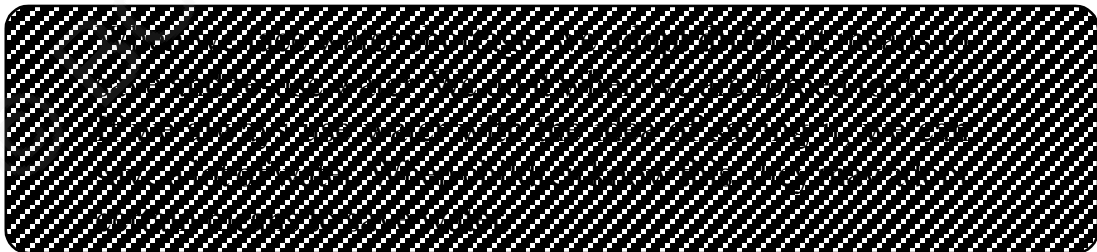
The house with gutter, drain pipe and tank



*Collect Newspaper clip-
pings about water shortage*



*Make a poster with a
message of saving
water*



LESSON No. 18



WATER IN OUR LIVES

O rain, pour down,
Let old men and women float by,
The top of the Langjing be submerged.

- * In this poem, people call out for rain to pour down till old men and women float by and the top of the Langjing be submerged.
- * Do you know any poem or song on rain ? Recite it.
- * Where does the rain come from ? The rain comes from the clouds. Have you ever seen anything in the clouds ?
- * What do the clouds do ?
- * What do you see when it rains ?
- * How do you feel when it rains ?
- * Have you seen any animal playing in the rain or enjoying the rain ? Which animal ?
- * Do you see any difference in the nature of plants before and after the rain ?
- * Have you seen any festival related to rain, water or river in your area ?

ENVIRONMENTAL STUDIES CLASS - III

Children may be allowed to sing songs and recite poems of their community related to rain or water in the class. This will bring them closer to their community.

Draw a picture of a rainy day with birds, animals, plants and yourself.



Have you ever tried to make paper boats ? It is really a fun to float them on water while it rains. Make a paper boat and float it on water.



ENVIRONMENTAL STUDIES CLASS - III

* Which of your daily activities need water ? Tick(✓) the activities for which water is needed.

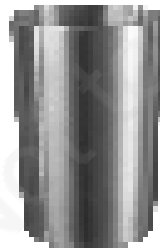
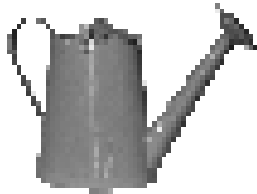
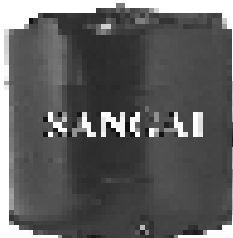
Bathing	<input type="checkbox"/>	Writing	<input type="checkbox"/>
Painting	<input type="checkbox"/>	Walking	<input type="checkbox"/>
Washing	<input type="checkbox"/>	Running	<input type="checkbox"/>
Swimming	<input type="checkbox"/>	Singing	<input type="checkbox"/>

LESSON No. 19

STORING WATER



Tick the pictures of those containers which your family uses for storing water.



Now look at the above pictures. If you fill them with water –

- which will contain the most water ?
- which will contain the least water ? How could you tell ?

* How do you store water at home ?

ENVIRONMENTAL STUDIES CLASS - III

- * How much water do you use for drinking and bathing ?

- * In what kind of containers do you store water for cooking and drinking?

- * In what kind of containers do you store water for bathing and washing?

- * In what kind of containers do you store water for animals ?

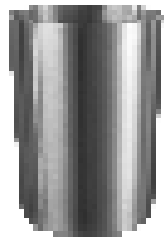
- * What are the materials from which the containers made of ?

Tomba is confused!

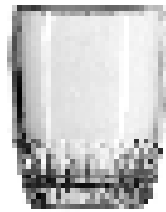
Tomba and Pishak were feeling very thirsty. Their mother gave both of them orange squash in steel tumblers. But Tomba wanted the drink only in a glass tumbler. His mother poured the squash into a glass tumbler. But Tomba was not happy. He complained - Mother, you have given me less squash.

What do you feel ? Did Tomba's glass tumbler have less squash ?

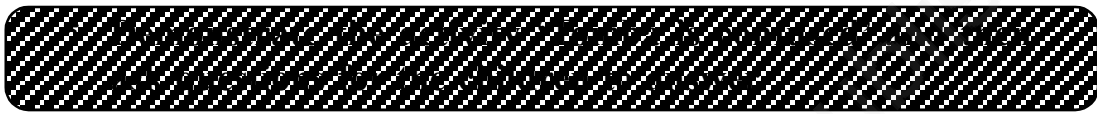
ENVIRONMENTAL STUDIES CLASS - III



Steel Tumbler



Glass Tumbler



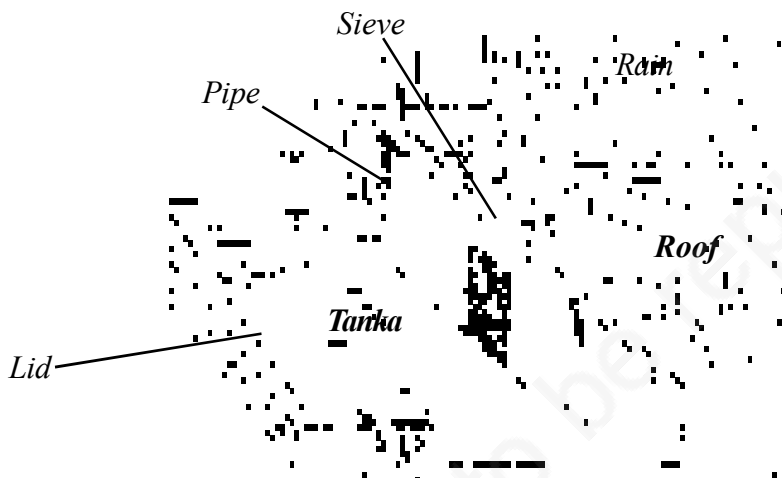
Look at the picture. The water in the two containers is at the same level. Does it mean they contain the same amount of water ?

- * Observe containers of different shapes and sizes and discuss about the materials used for making the containers. Name three materials used for making containers.

Some people collect rain water by making tanks. Let us see what a tank is and how it is built.

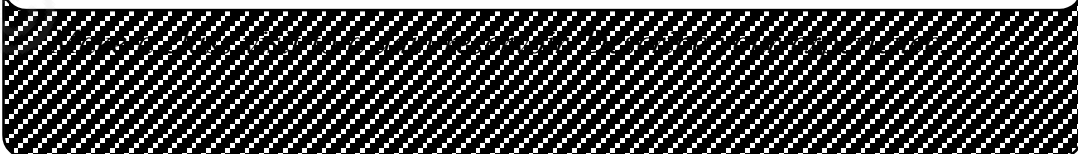
ENVIRONMENTAL STUDIES CLASS - III

To build a tank, a pit is dug in the courtyard and it is made pucca. The tank is kept covered with a lid. The roof of the house is made sloping so that the rain water collected here flows through a pipe into the tank. A sieve is attached to the mouth of the pipe so that no dirt goes into the tank. This water is used for drinking after it is cleaned.



* Do you collect rain water ? How ?

ACTIVITY



LESSON No. 20

GOING FROM ONE PLACE TO ANOTHER



Do you know what travelling means ?

Travelling means to go from one place to another.

Why do we travel to different places ?

We travel for different purposes and needs. Some people travel for migrating from one place to another. Some go for attending family occasions.

Let's see some of our friends who travelled during their vacations.



I am Thoibi .

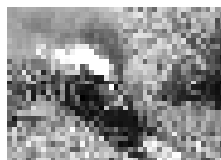
I went to Kolkota (Calcutta) with my father for sightseeing. We travelled from Imphal to Guwahati by bus. Then by train from Guwahati to Howrah, near Kolkota.

From Howrah we came to Kolkota by a taxi.

I travelled by Tram and Metro train also.



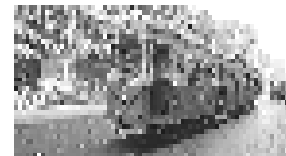
A Bus



A Train



A Taxi



A Metro Train

ENVIRONMENTAL STUDIES CLASS - III



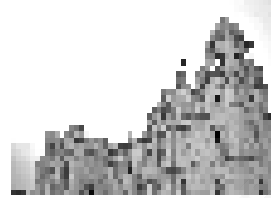
I am Elizabeth

We visited Science city, Victoria Memorial, India Museum and Zoological Garden at Kolkata.

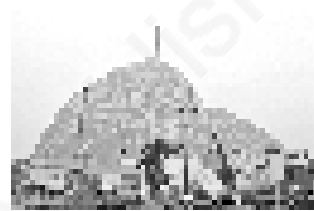
I enjoyed a horse carriage trip in the park.

*** What is the colour of a taxi ?**

*** Draw the picture of a train.**



Victoria Memorial, Kolkata



Science city, Kolkata

I am Ibohal.

I went to Moirang with my mother. We travelled to the place by our car. We went there to attend the wedding ceremony of my aunt.

We met many of our relatives at Moirang.

We went to Loktak lake before the Wedding began. I enjoyed boating on Loktak. It was like a dream.

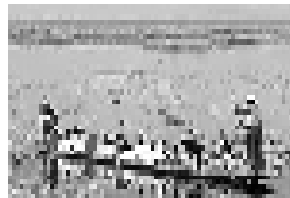
*** How far is Moirang from Imphal ?**



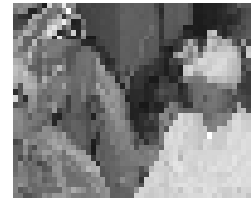
A car



Loktak Lake

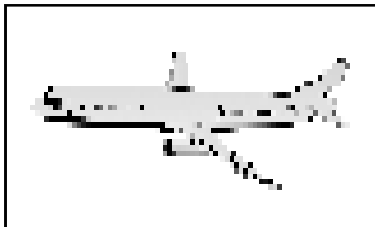


A boat



Marriage ceremony

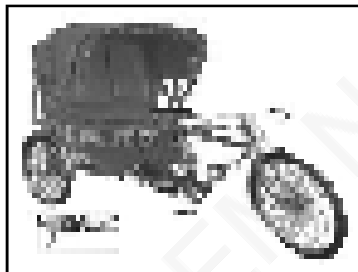
ENVIRONMENTAL STUDIES CLASS - III



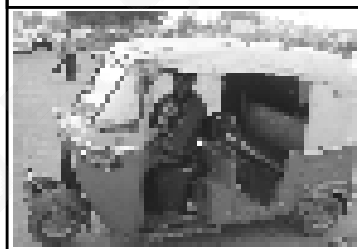
An Aeroplane



A Pilot



A Rickshaw



An Autorickshaw

I am Henry.

I went to Bangalore to meet my brother, who is working there.

I travelled there by an aeroplane. It was fun flying above the clouds. The clouds were like cotton in the sky.

*** Who flies an aeroplane ?**



I am Thoiba.

My maternal grandmother lives a little away from our locality.

I used to visit her on my bicycle. But my mother goes there by a rickshaw or an autorickshaw.

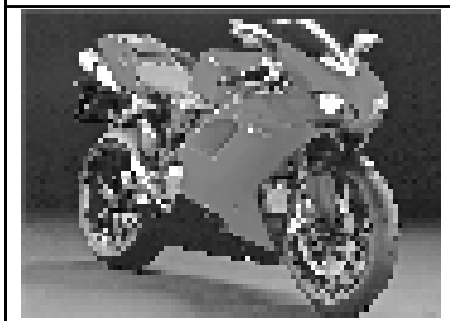
*** How many wheels does an autorickshaw has ?**



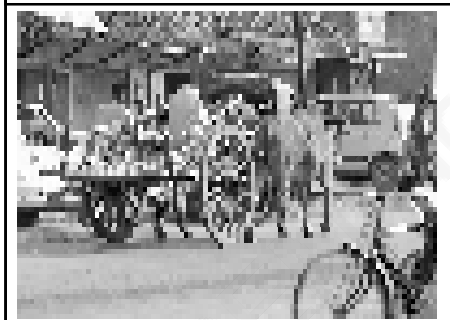
ENVIRONMENTAL STUDIES CLASS - III



A Van



A Motorcycle

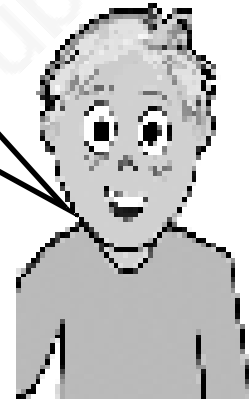


A Bullock cart

I am Hamid.

I went to Thoubal with my father to meet my uncle and his family. We took a Magic taxi (van).

My uncle was waiting for us at Thoubal Keithel (market). He was on his motorcycle. We rode on his motorcycle to reach his house. On the way we saw some bullock carts carrying men and women and some carrying goods.



Tick the correct answer.

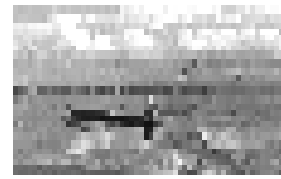
1. Petrol/Kerosene/Diesel runs a motorcycle.
2. A motorcycle has one wheel/two wheels/three wheels.

ENVIRONMENTAL STUDIES CLASS - III

* Write in the box the means of travel from your house that you would take for reaching the following places. You may choose more than one means of travel.



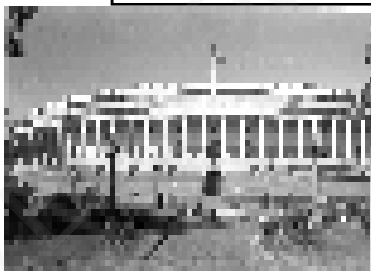
Your school



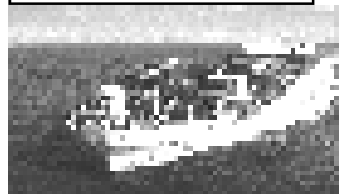
Loktak Lake



A Hill town

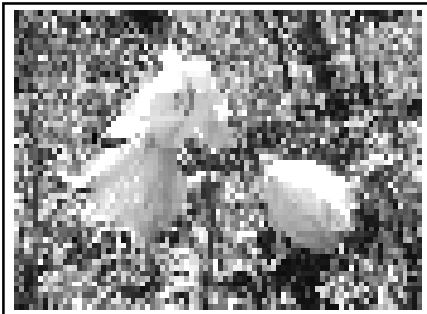


New Delhi



Across the sea

ENVIRONMENTAL STUDIES CLASS - III



Shiroy Lily

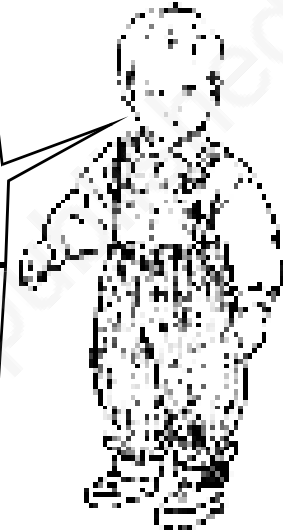
I am Shivananda.

I went to Ukhrul with my father. We went to meet my father's friend, Aleng Shimray.

We went to Shiroy Hills.

*** Draw the picture of a mountain scene.**

*** What is Shiroy Lily?**



* Name the means of transport you have travelled so far.

* Name the means of transport you want to travel.

* When your grandparents were young— how did they travel to far places ? Ask your elders and answer.

LESSON No. 21



VARIOUS MEANS OF COMMUNICATION

Nowadays, we have many means of communication.

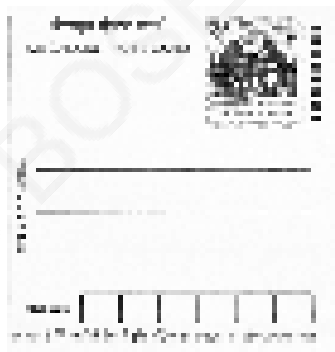
But, do you know what is meant by communication ?

Communication is exchange of information between individuals. It can be by sign, speech or writing.

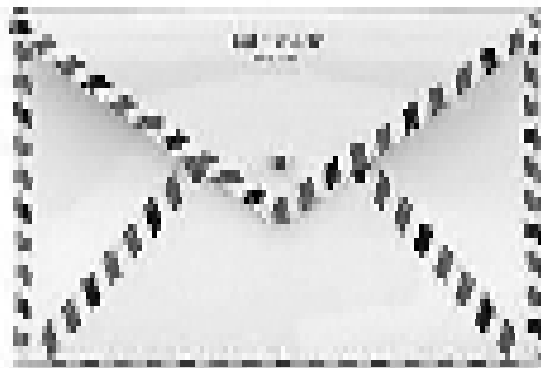
Now, let us know some means of communication.

Written messages are mainly sent by means of inland letter cards, post cards and envelopes.

Have you ever sent a letter to a friend or a relative who lives in another city, town or village ? Have you ever received a letter from a friend or a relative who lives in another city, town or village ?



Post card



Envelope

ENVIRONMENTAL STUDIES CLASS - III



An Inland letter card

Why do we send letters ?

Letters are the main means of sending messages between persons living in different places.

We send and receive letters, parcels and money orders, etc. through a Post Office.

We can write messages on an inland letter or a post card. And we may write a letter on a piece of paper and put it in an envelope. Such written letters are to be dropped in a letter box. Letter boxes are kept in the post offices and at important places.



ENVIRONMENTAL STUDIES CLASS - III

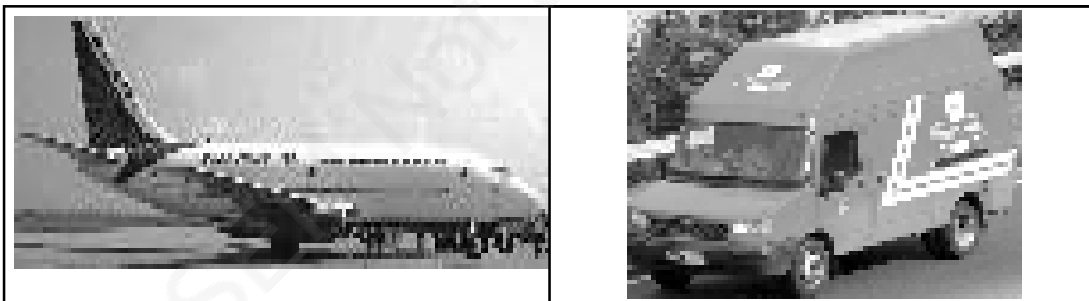
Name the location of a letter box nearest to your home?

The postman opens the letter box or boxes at a fixed time. He carries back the letters in a bag at the post office. There, the letters are stamped. Then they are sorted out according to the addresses. After this they are put in big bags. These bags are carried to the respective places by bus, train or aeroplane, etc.

Then the bags are opened at the post office and the letters are stamped again. The letters are sorted out again according to the written addresses. After this the postman delivers the letters to the respective addresses.



A Letter box



An India Post Aeroplane

A Mail Van

What is an aerogramme ?

An aerogramme is the same as an inland letter. But it is used for sending the message to another country. It is carried by an aeroplane.