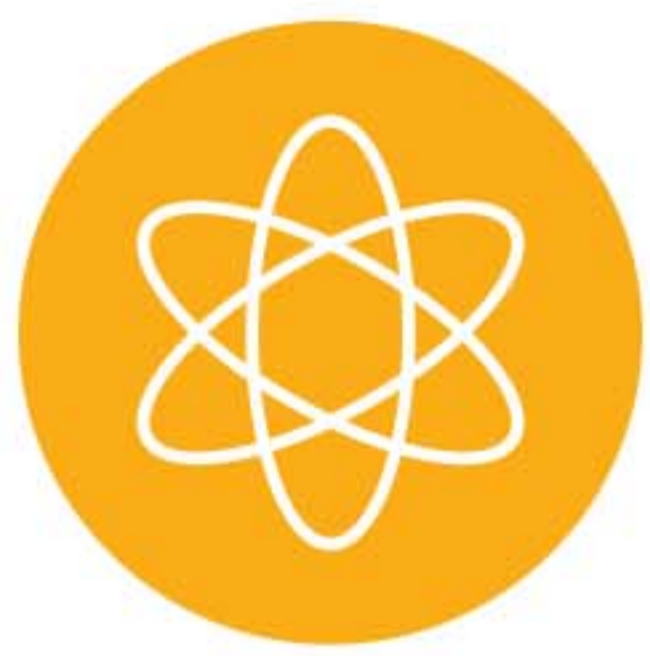


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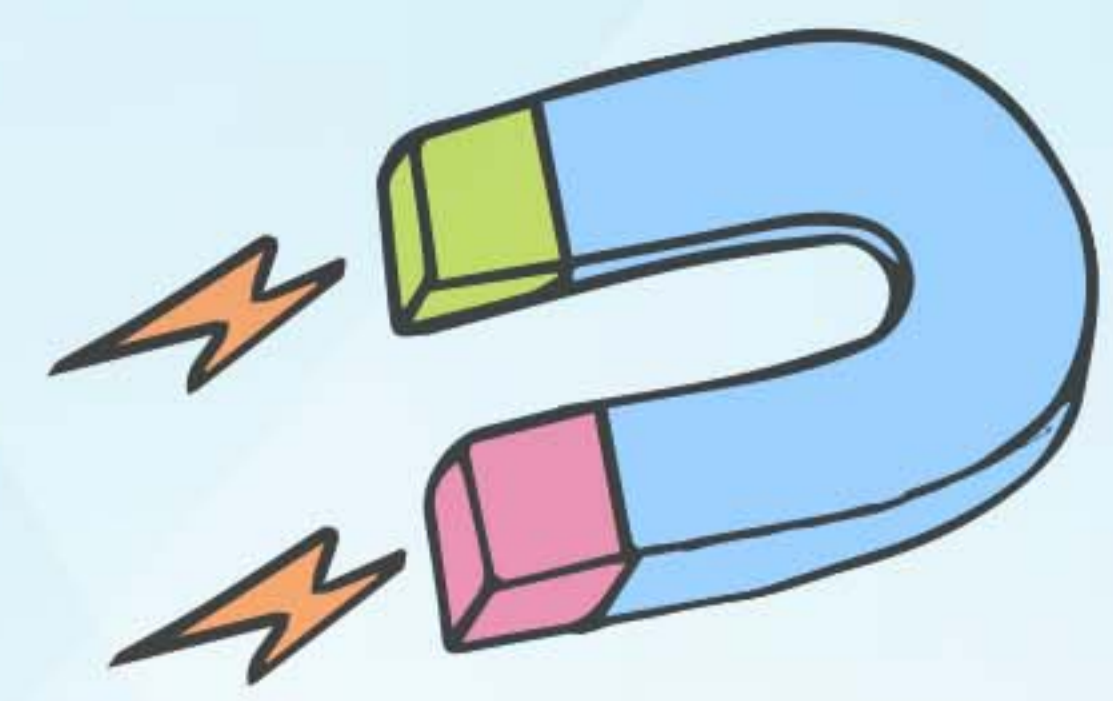
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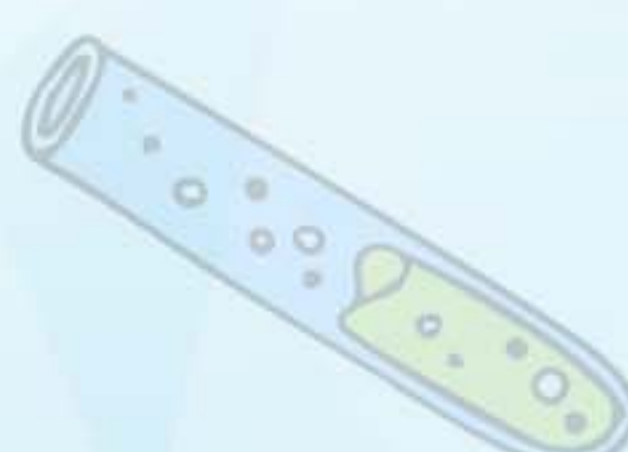
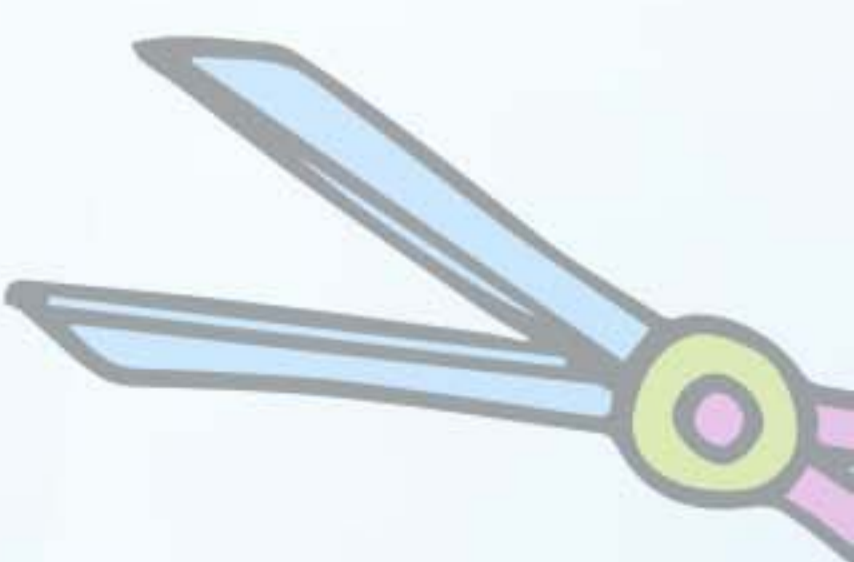
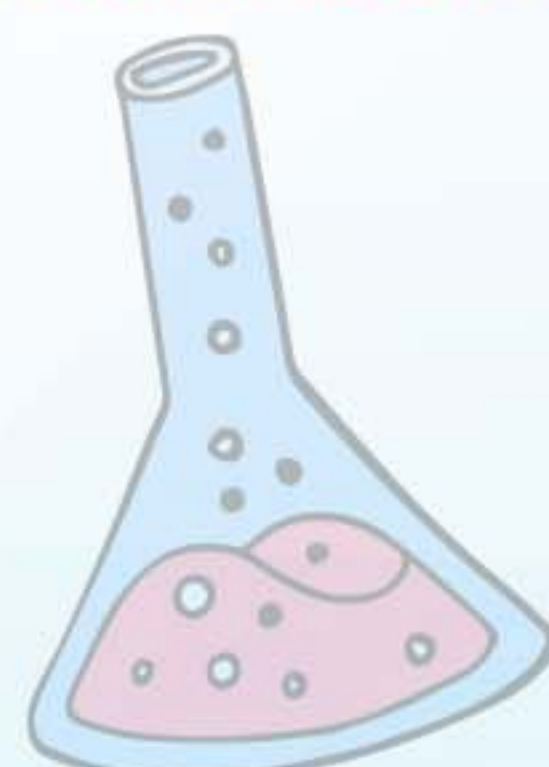
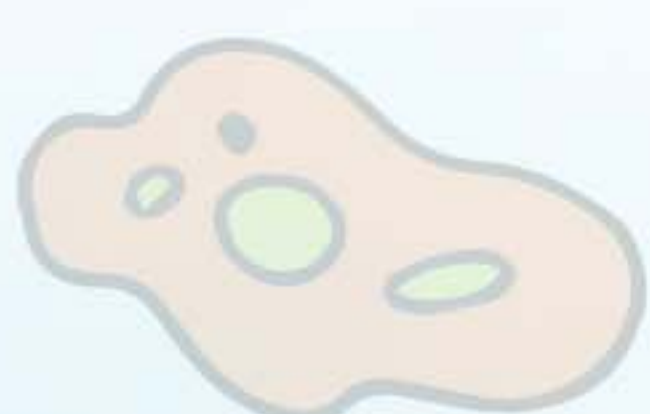
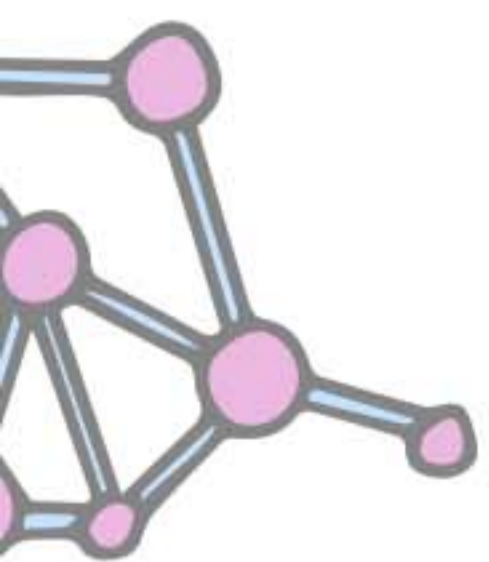
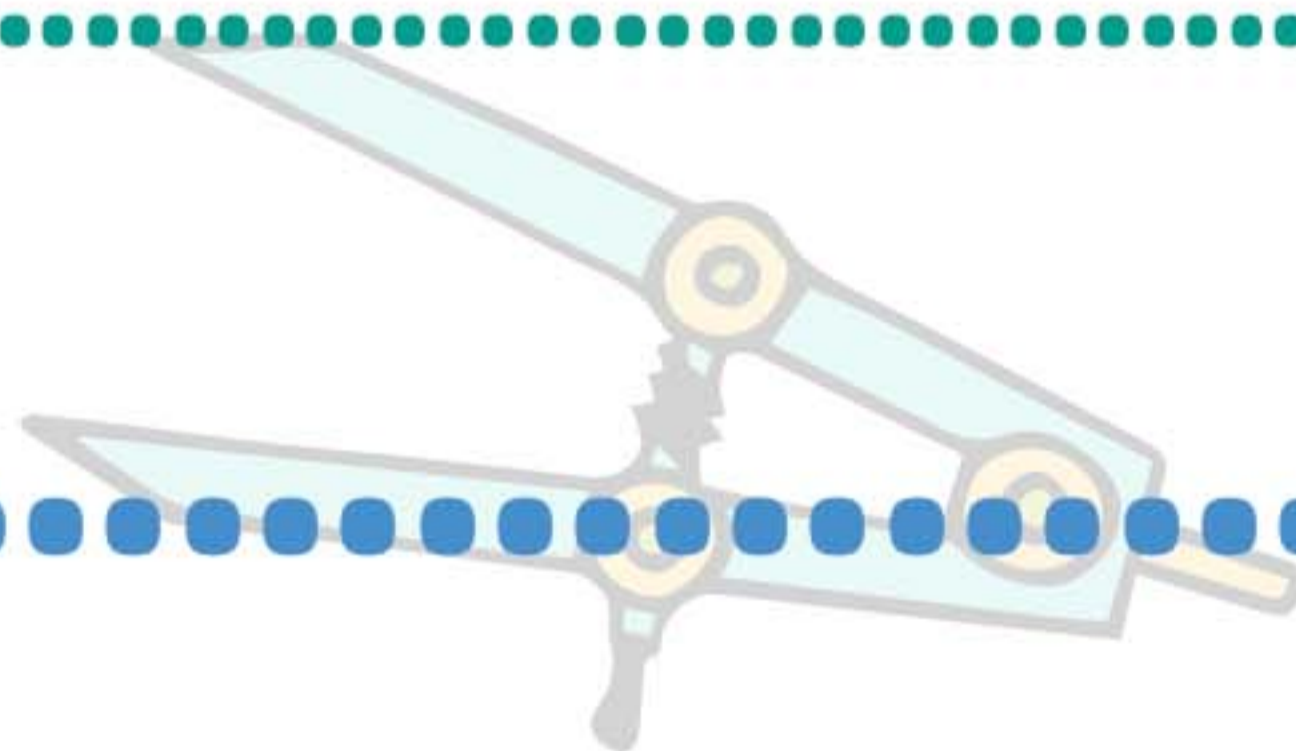
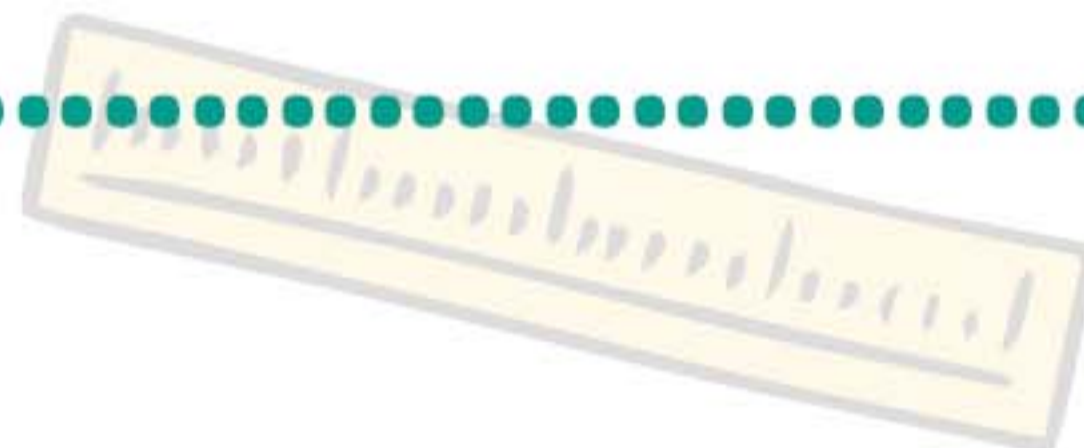
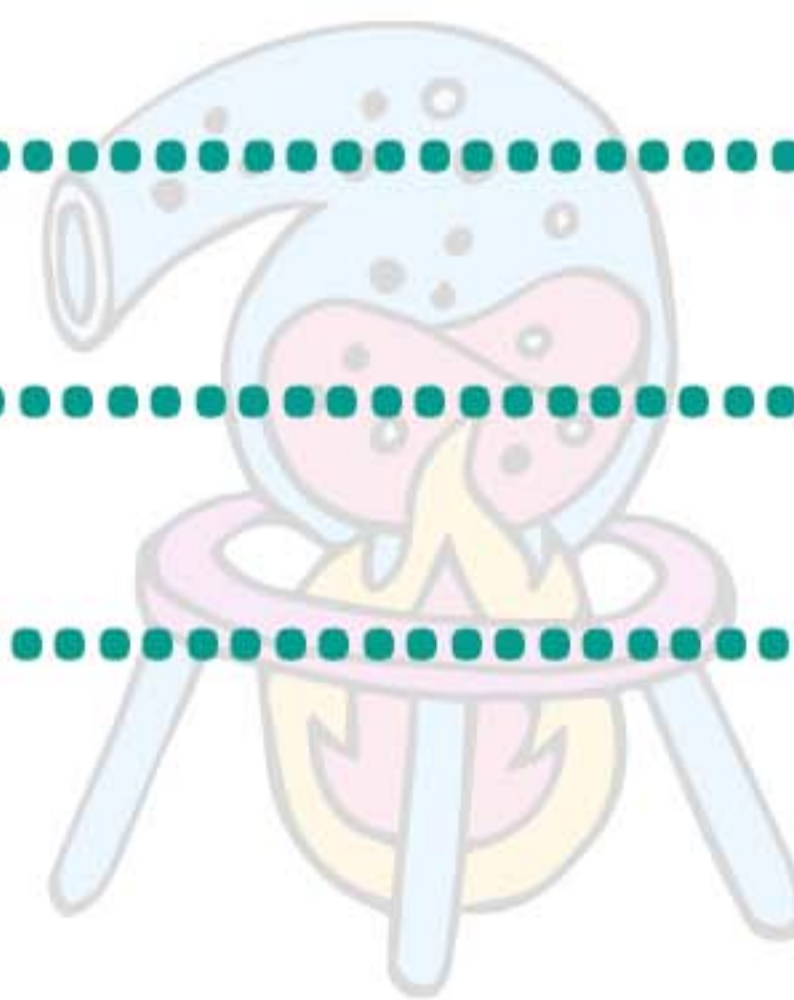
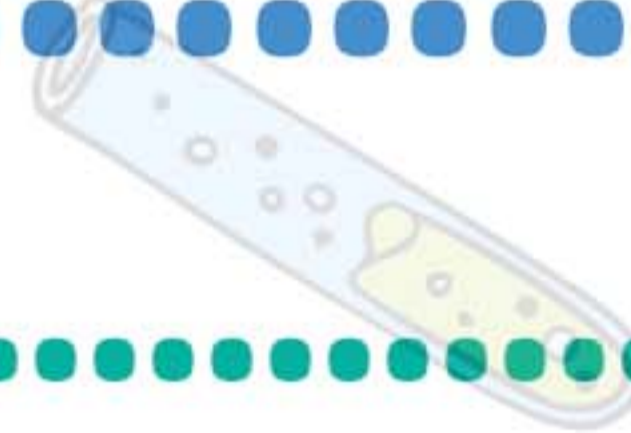
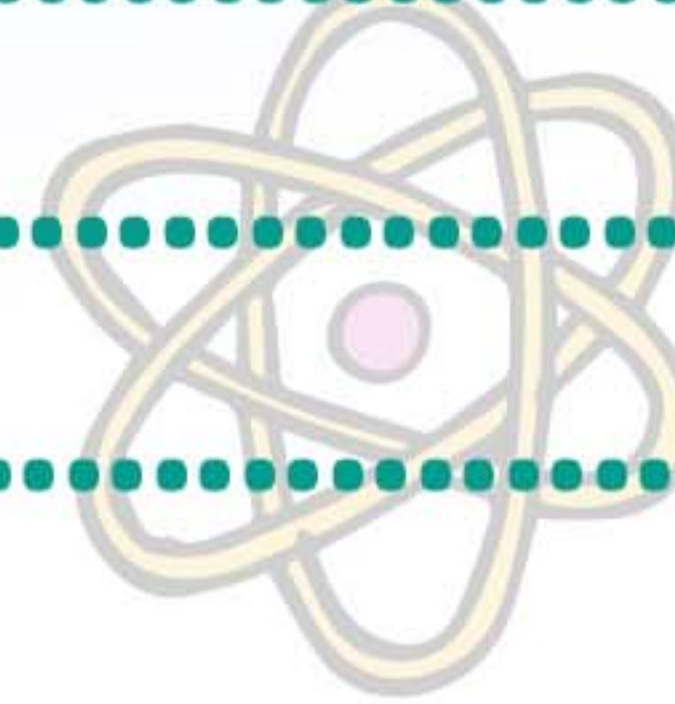
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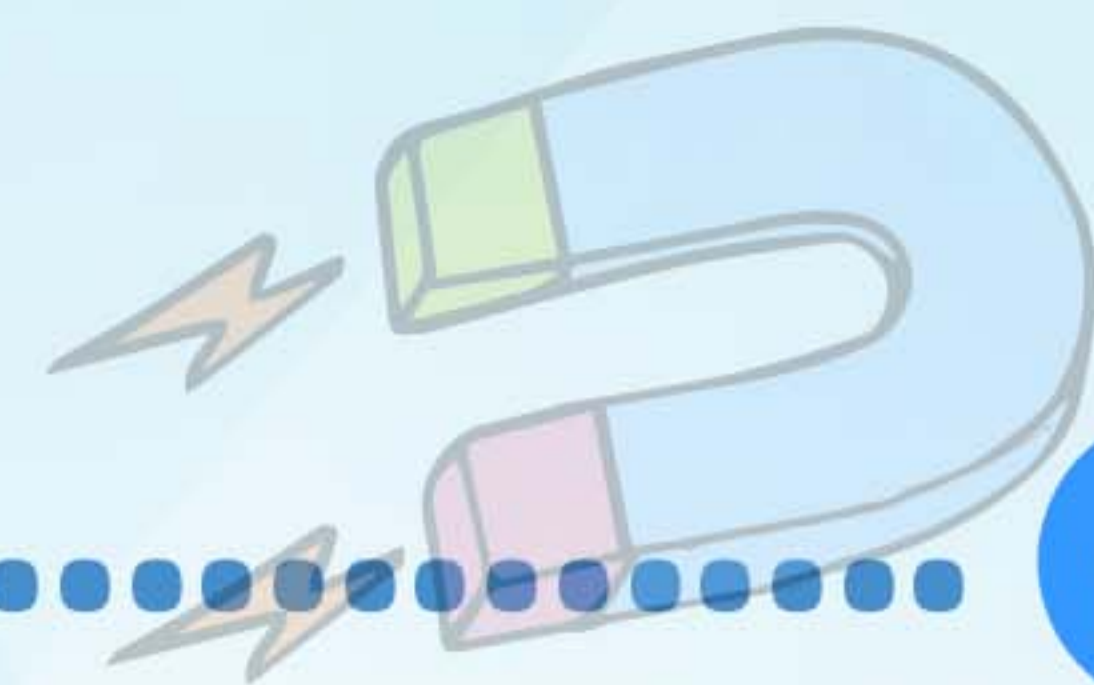
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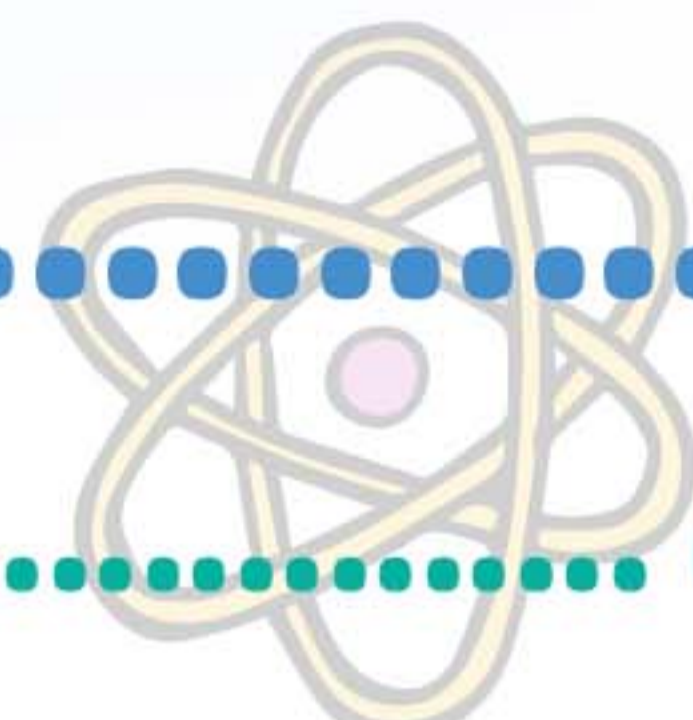
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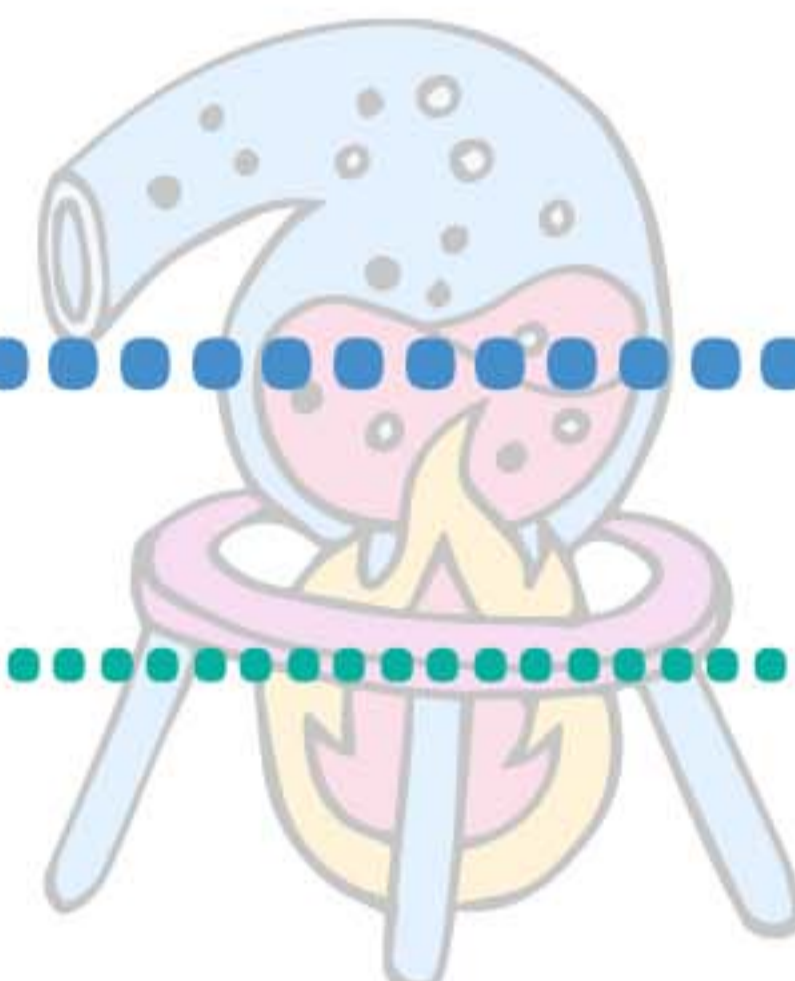
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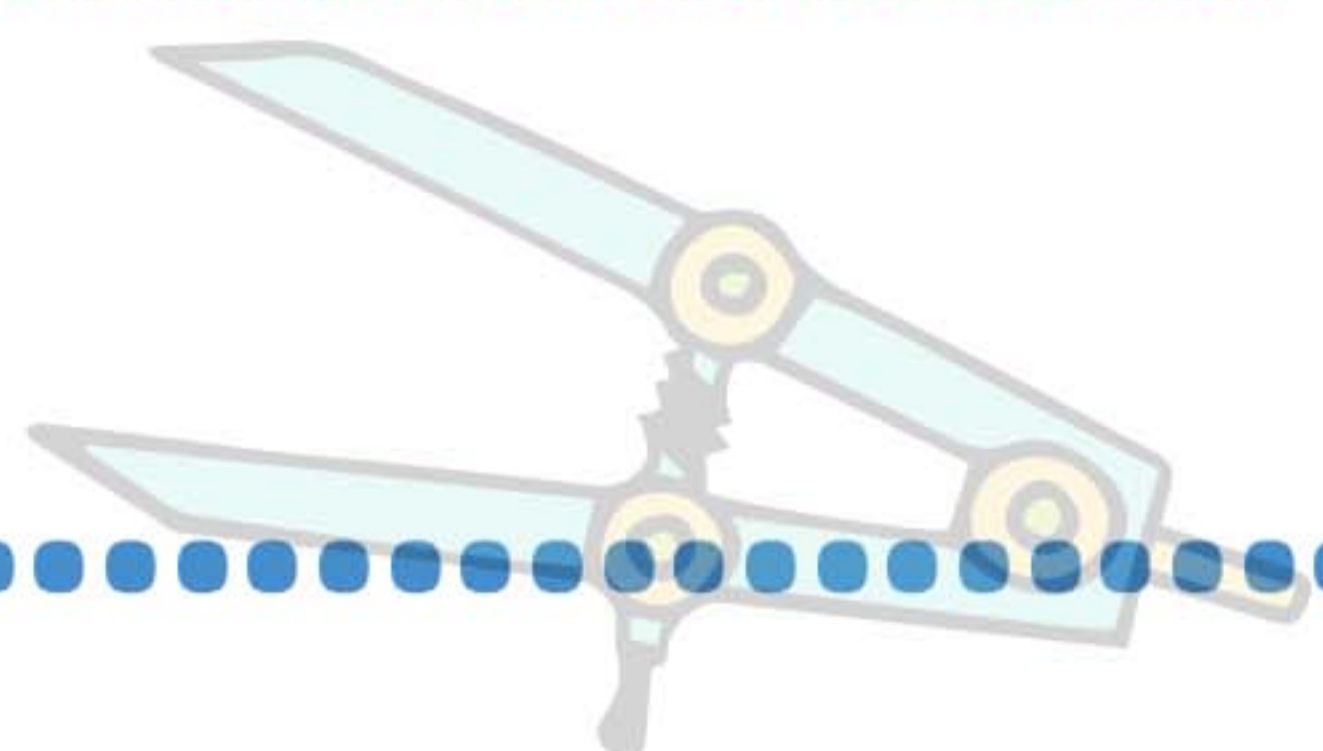
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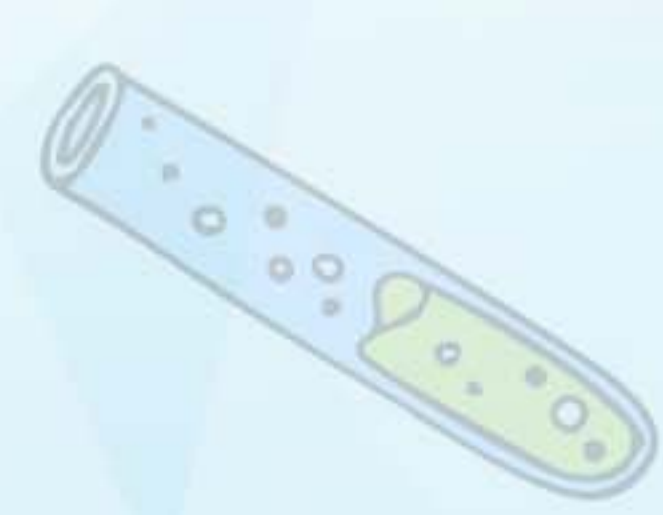
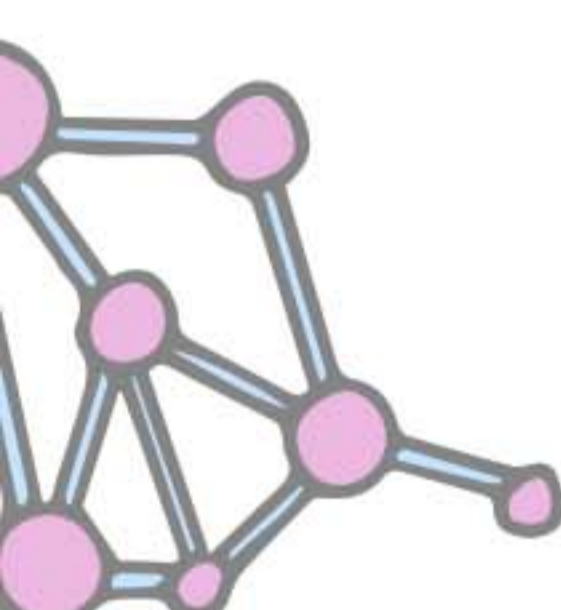
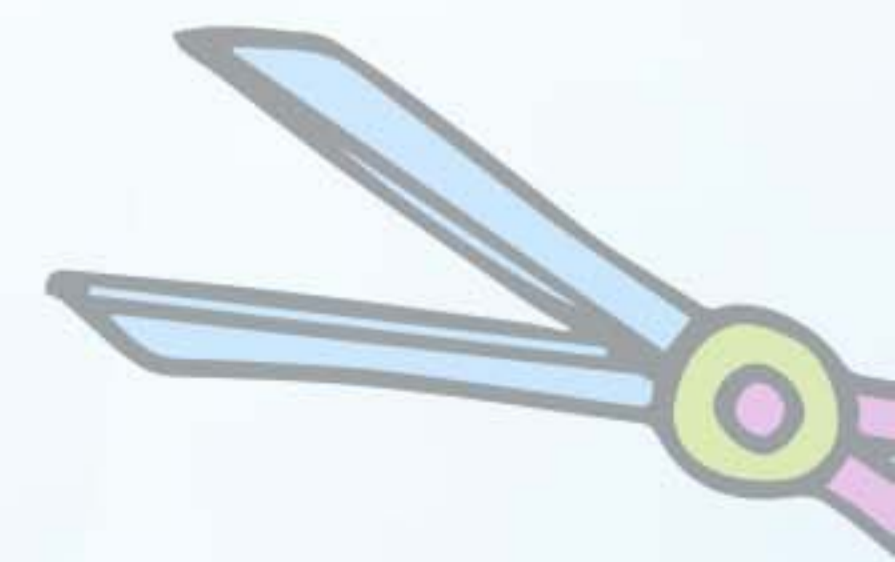
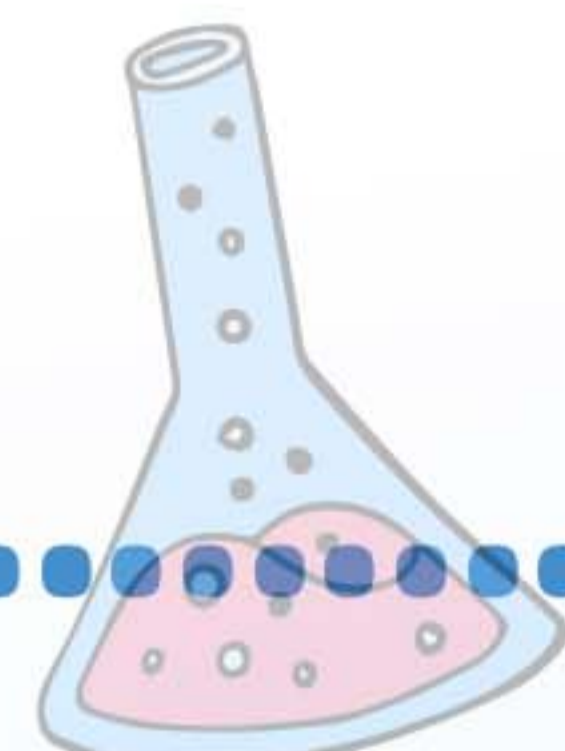
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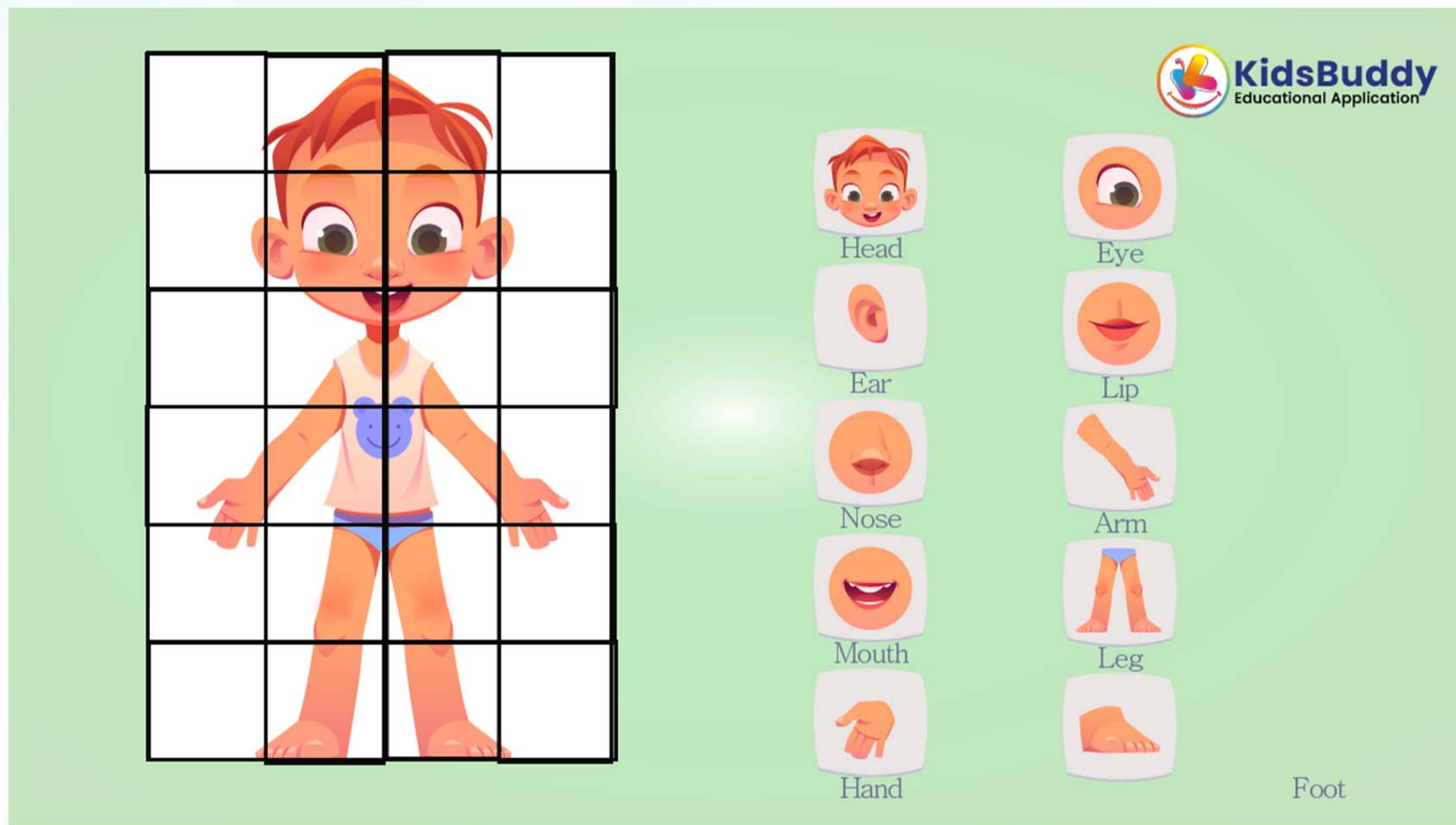
# KNOWLEDGE CARDS



# Chapter 1

## All about Me-Body Parts and its functions

### 1 Body Parts



Our bodies are made up of different parts that serve various purposes. The head, for instance, contains the eyes, nose, ears, mouth, and other important sensory organs.

Our legs help us to walk and move around, while our hands enable us to hold and manipulate objects.

Our bodies are made up of different parts that serve various purposes. The head, for instance, contains the eyes, nose, ears, mouth, and other important sensory organs.



1.1

Identify the body part given in the picture.

Knee

Finger

Head

Hand



1.2

Identify the body part given in the picture.

Hands

Toes

Teeth

See



1.3

Identify the body part given in the picture.

Nose

Eyes

Legs

Head





## 2 Sense Organs

Our bodies have five main sense organs, which allow us to perceive and interact with the world around us. These sense organs include the eyes, nose, ears, tongue, and skin.

The eyes are responsible for vision and allow us to see different shapes, colours, and patterns



The ears are used for hearing, enabling us to pick up sounds and vibrations in our environment



The nose is responsible for our sense of smell, allowing us to detect various odours and scents in the air.



Lastly, our skin helps us to feel sensations such as heat, cold, pressure, and touch, which enables us to perceive our surroundings in a more tactile way.



2.1

Which is the sense organ we use to taste?

Nose

Skin

Tongue

Eyes



2.2

Identify the body part given in the picture.

Nose

Skin

Tongue

Eyes



2.3

Identify the body part given in the picture.

Nose

Ear

Tongue

Eyes





## 3 HANDS

The human body is equipped with two incredibly useful tools - our hands. These appendages serve a variety of purposes, from holding objects to balancing the body. The hand is composed of 28 bones, which allow for a wide range of movement and dexterity. Interestingly, there are no actual muscles in the fingers or thumbs themselves, instead, they are controlled by muscles in the forearm.



One of the primary functions of our hands is to grasp and manipulate objects. From the simplest tasks like picking up a pencil to more complex actions such as typing on a keyboard or playing a musical instrument, our hands are essential for carrying out a wide range of activities. In fact, our hands are so important that they have their own specialized area in the brain that controls their movements and senses their surroundings.





But our hands are not just tools for manipulating the world around us. They also play a critical role in our sense of touch and proprioception - the ability to sense where our body is in space. The sensitive

nerve endings in our fingertips allow us to feel and distinguish between textures, temperatures, and shapes. Our hands are also involved in providing feedback to our brains about the weight, texture, and shape of objects, which helps us to determine how to handle and interact with them.

Moreover, the role of the hands extends beyond just physical function. They are also a means of nonverbal communication, allowing us to gesture and convey meaning without words. In some cultures, hand gestures are even considered a form of language.

In summary, our hands are incredibly versatile tools that allow us to interact with the world around us in complex and nuanced ways. Whether we are holding, grasping, manipulating, or communicating, our hands are essential to our daily lives.



3.1 Identify the image?

Hands

Legs

Ears

Nose



3.2 One hand contains \_\_\_\_ bones.

28

82

27

29

3.3 What are the uses of hands?

Holding

Grasping

Touching

All of the above

3.4 There are no muscles on the fingers and thumbs.  
State True/False.

True

False



## 4 LEGS



The legs are an essential part of the human body, responsible for supporting our weight and enabling us to move around. From walking and running to jumping and playing, the legs are involved in a wide range of physical activities. Unlike many other mammals, humans have only two legs, which places a unique set of demands on our bodies.

The human leg is a marvel of engineering, consisting of 26 bones, numerous muscles, tendons, and ligaments. These structures work together to provide stability, balance, and mobility, allowing us to stand upright and move around in our environment. The leg is divided into three main sections: the femur (thigh bone), tibia and fibula (shin bones), and the foot.



Compared to other mammals with four legs, humans are unique in their ability to walk upright on two legs, a skill known as bipedalism. This evolutionary adaptation has allowed humans to excel in a variety of activities, from running marathons to performing complex dance routines. However, walking and running on two legs also places a significant amount of stress on our bodies, particularly on our knees and lower back.

While some animals like horses, cats, and dogs have four legs, they are not necessarily more adept at physical activities than humans. In fact, the number of legs an animal has is not necessarily indicative of their athletic ability. For example, elephants may have four legs, but their body weight makes it difficult for them to jump or run quickly.

In conclusion, the legs are critical for our mobility and ability to interact with the world around us. Despite having only two legs, humans are incredibly skilled at walking, running, and performing a wide range of physical activities. With the help of our legs, we can explore our environment, engage in sports and recreational activities, and accomplish countless daily tasks with ease.



4.1 Identify the image?

- Hands
- Legs
- Ears
- Nose



4.2 One leg contains \_\_\_\_ bones.

- 28
- 82
- 26
- 29

4.3 Horses have \_\_\_\_\_ legs.

- 5
- 8
- 4
- 3

4.4 What are the uses of legs?

- Walking
- Playing
- Running
- All of the above



# Answer key

---

- |     |        |     |                  |
|-----|--------|-----|------------------|
| 1.1 | Head   | 3.1 | Hands            |
| 1.2 | Hands  | 3.2 | 28               |
| 1.3 | Legs   | 3.3 | All of the above |
| 2.1 | Tongue | 3.4 | True             |
| 2.2 | Eyes   | 4.1 | Legs             |
| 2.3 | Ears   | 4.2 | 26               |
|     |        | 4.3 | 4                |
|     |        | 4.4 | All of the above |



# **KIDS CHALLENGES**



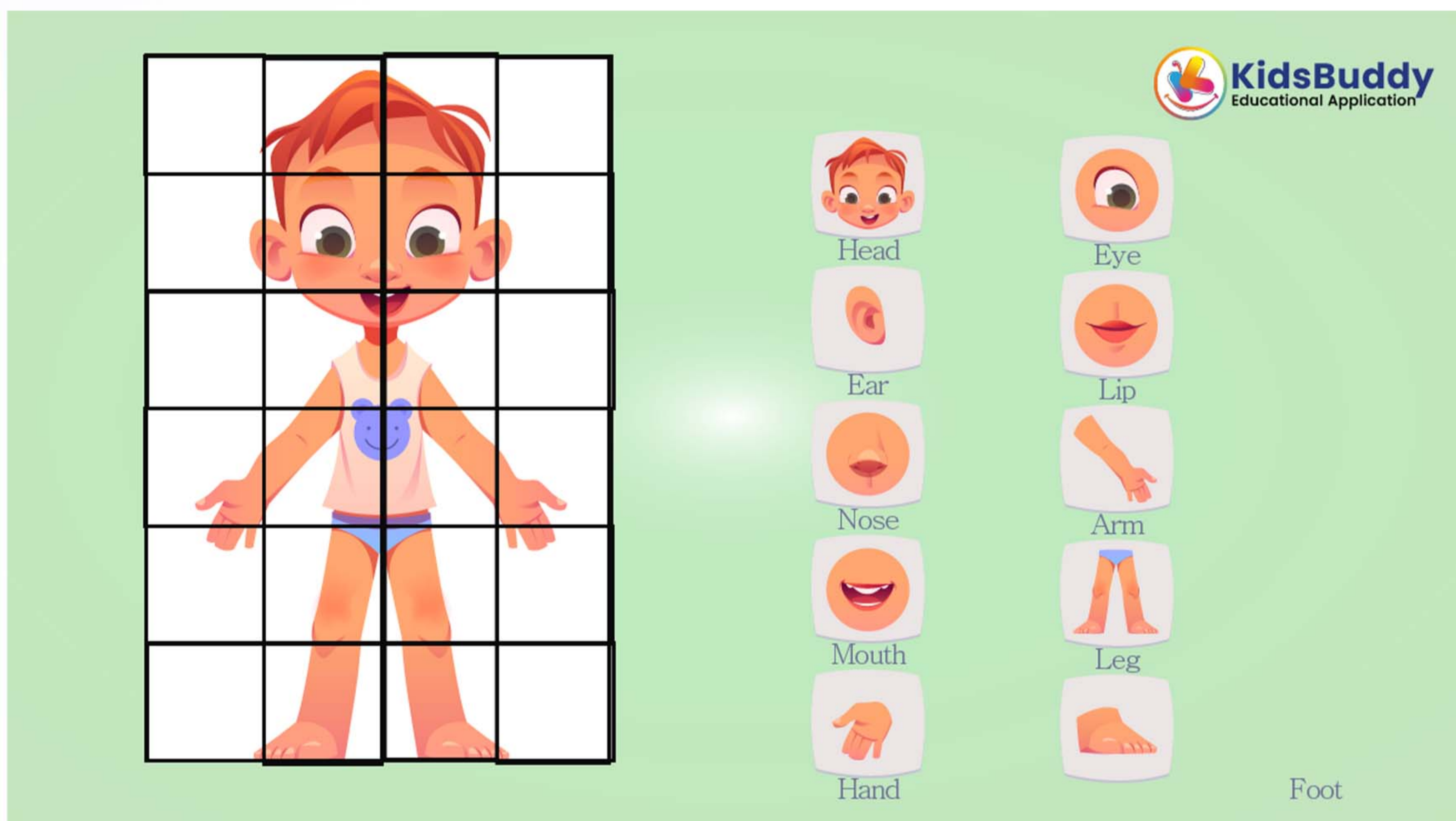
# Chapter 1

## All about Me-Body Parts and its functions

### 1 Body Parts Puzzle

#### Aim:

To rearrange shuffled images of body parts into their correct positions.



#### Materials used:

Images of body parts, computer or mobile device.

#### Procedure:

Step 1: Shuffle the images of body parts to create a puzzle.

Step 2: Rearrange the body parts by dragging and dropping them into their correct positions.



## **Result:**

To rearrange shuffled images of body parts into their correct positions.

## **Output:**

A completed image of the correctly arranged body parts.

By completing this puzzle, you can enhance your cognitive abilities, hand-eye coordination, and visual perception. This activity is an enjoyable way to improve your motor skills and keep your mind engaged.



## 2 Your senses

### Aim:

To rearrange shuffled images of body parts into their correct positions.



### Procedure:

Show your sense organs and act their purpose with action.

### Result:

Learning about Sense organs and their functions

### Task Benefits :

Awareness about the sense organs.

Know about the purpose of each sense organ.

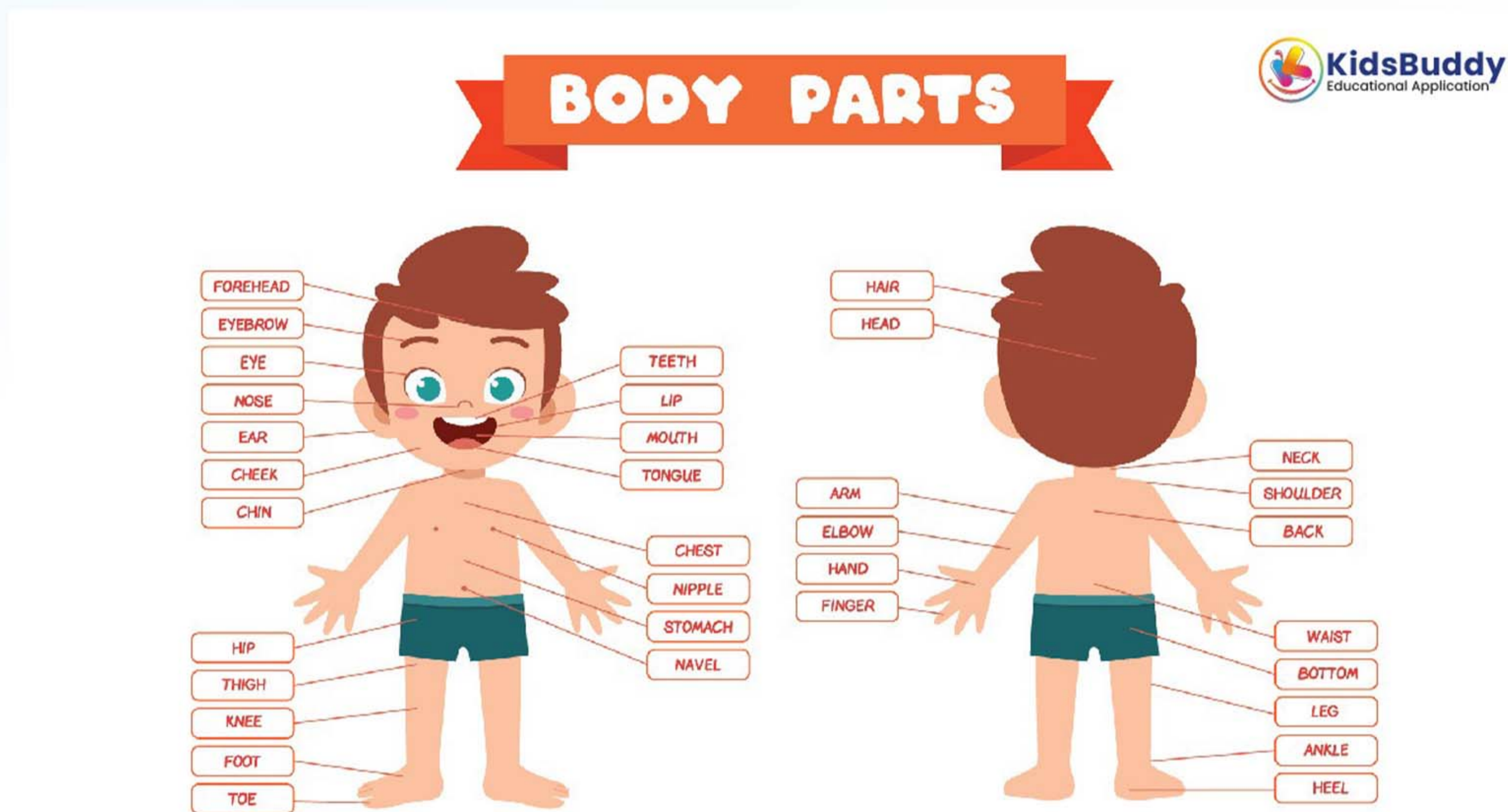
Self-awareness.



# 3 Body Parts

## Aim:

The aim of this activity is to help you understand the different parts of the human body.



## Materials used:

Paper, pen

## Procedure:

**Step 1:** Begin by gathering the necessary materials, including paper and a pen or pencil.

**Step 2:** Draw a full-body outline or a specific body part that you want to focus on.

**Step 3:** Mark each body part and label them with their proper names. For example, you might label the arms, legs, head, and torso.



**Step 4:** Take your time and make sure you accurately label each body part.

### **Task Benefits:**

This activity will help develop your knowledge and understanding of the human body.

By labeling each body part, you will learn the names of the different parts of the body and their location.

This activity promotes self-awareness as you become more familiar with your own body and its different parts.

### **Task Output:**

Sharing your results with others can be a great way to learn from each other and discuss the different parts of the body.

Remember to have fun and be creative with this activity. You can draw a detailed human body or focus on specific body parts. The important thing is to accurately label each part and have a better understanding of how the body works.



**QUIZ**



# Chapter 1

## All about Me

① How many fingers are there on a hand?

3

5

4

1

② Which organ helps us to see?

Ear

Eyes

Mouth

Skin

③ Which organ helps us to hear?

Ear

Eyes

Mouth

Skin

④ Which organ helps us to taste?

Nose

Tongue

Ears

Eye

⑤ What is the color of your teeth?

Black

White

Red

Blue



6

Identify the body part?

Knee

Finger

Head

Hand



7

We use our Hands to \_\_\_\_\_

Hear

Feel

Write

See



8

We use our legs to \_\_\_\_\_

Hear

Feel

Walk

See



9

We use our nose to \_\_\_\_\_

Hear

Breath

Write

See



10

We use our skin to \_\_\_\_\_

Hear

Feel

Write

See





11

Which body part is used to kick a ball?

Hands

Mouth

Head

Legs

12

We walk with our \_\_\_\_\_

Hands

Mouth

Head

Legs

13

What is the color of our blood?

Yellow

Black

White

Red

14

How many ears do you have?

1

2

5

4

15

How many Eyes do you have?

1

2

5

4



16 Humans can't breath\_\_\_\_\_

On mountain

Underwater

In jungle

In caves

17 Which organ purifies our blood?

Kidney

Liver

Brain

Lungs

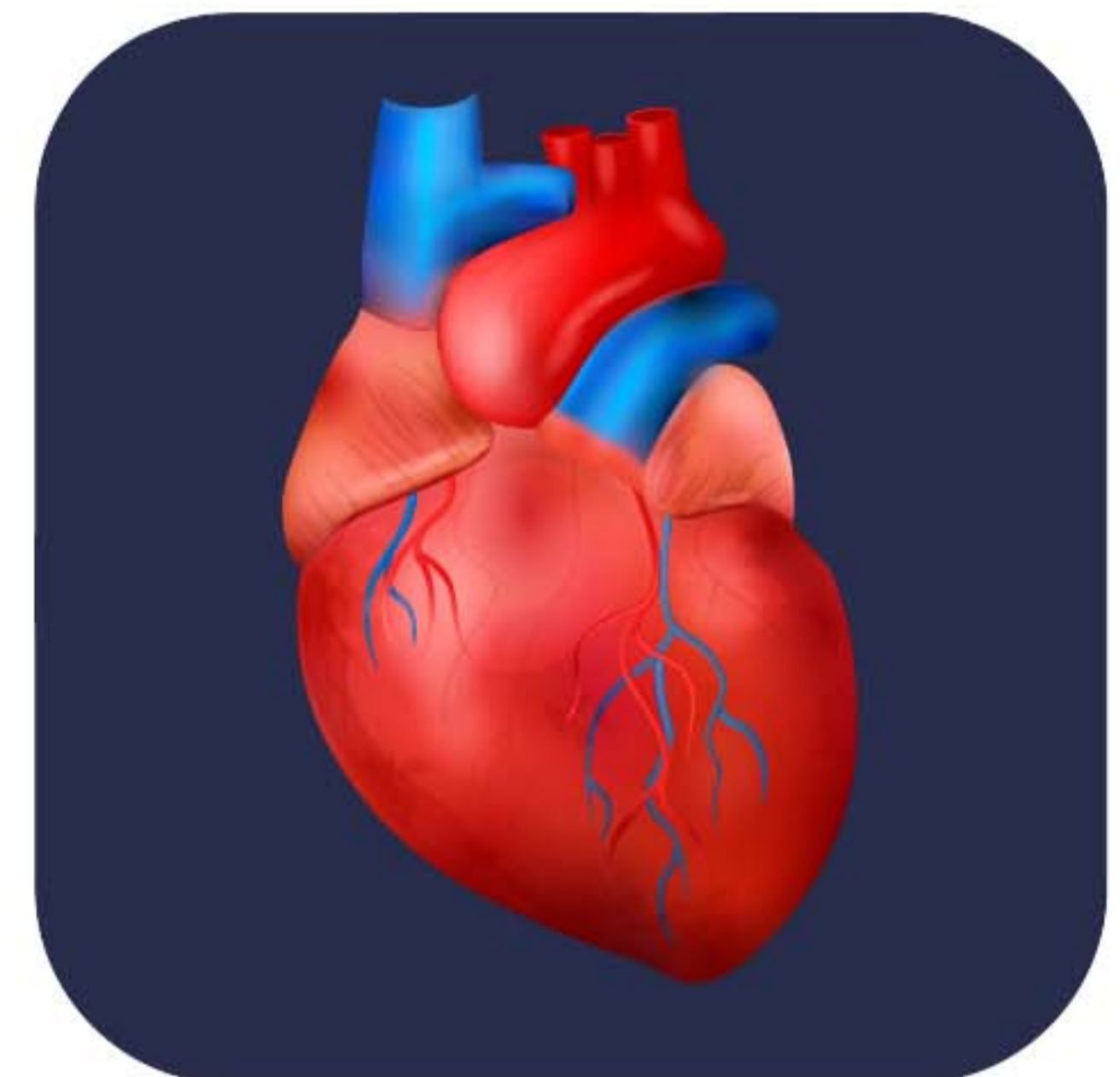
18 Identify the following?

Heart

Liver

Brain

Lungs



19 Identify the following?

Heart

Liver

Brain

Lungs



20 We use our eyes to\_\_\_\_\_

Hear

Feel

Eat

See





21

We use our ears to\_\_\_\_\_

Hear

Breath

Write

See



22

Which is the most sensitive organ in our body?

Skin

Eyes

Ears

Leg



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# Answer key

---

- |   |        |   |            |
|---|--------|---|------------|
| ① | 5      | ⑬ | Red        |
| ② | Eyes   | ⑭ | 2          |
| ③ | Ear    | ⑮ | 2          |
| ④ | Tongue | ⑯ | Underwater |
| ⑤ | White  | ⑰ | Kidney     |
| ⑥ | Knee   | ⑱ | Heart      |
| ⑦ | Write  | ⑲ | Brain      |
| ⑧ | Walk   | ⑳ | See        |
| ⑨ | Breath | ㉑ | Hear       |
| ⑩ | Feel   | ㉒ | Skin       |
| ⑪ | Legs   |   |            |
| ⑫ | Legs   |   |            |



# KNOWLEDGE CARDS



# Chapter 2

## Cleanliness

### 1 Cleanliness



It is important to take care of our bodies by keeping them clean and healthy. Here are some ways to do that: Brush your teeth twice a day to keep them healthy and clean. Take a bath every day to keep your body clean and fresh. You can use soap and shampoo to wash your hair at least once a week. Wear clean and ironed clothes to keep yourself looking tidy and presentable. Comb your hair neatly to keep it from getting tangled. Trim your nails once a week to keep them short and clean. It is also important to keep your surroundings clean, including your room, home, and school. You can do this by picking up



after yourself and throwing away any trash or litter you see. By following these simple steps, you can help keep yourself and your surroundings clean and healthy

1.1 What is the child in the image doing?



Cleaning

Washing hands

Sleeping

Walking

1.2 What should we do before and after having food?

Go for shopping

Go to sleep

Wash our hands



## 2 Cleanliness



Proper handwashing is an essential part of maintaining good personal hygiene and preventing the spread of harmful germs and bacteria. Follow these steps for effective handwashing:

Wet your hands with clean, running water. The water temperature can be warm or cold.

Apply soap to your hands. Make sure to cover all surfaces, including the backs of your hands, in between your fingers, and under your nails.

Rub your hands together to create a lather. Be sure to scrub all surfaces of your hands for at least 20 seconds. You can sing "Happy Birthday" twice to keep track of the time.



Rinse your hands thoroughly with clean, running water. Make sure all soap is washed away.

Dry your hands with a clean towel or air dry them. If using a towel, make sure it is clean and dry.

Remember, handwashing should be done frequently, especially before eating or preparing food, after using the restroom, blowing your nose, coughing, or sneezing. It is also recommended to wash your hands after touching high-contact surfaces like doorknobs, handles, and phones. Proper handwashing can help keep you and those around you healthy and safe.

2.1 Which of the following is considered as the most important aspect of hand washing?

Soap

Rubbing

Water

All of these

2.2 What is the time duration for hand rub hand washing?.

25 Seconds

20 Seconds

10 Seconds

15 Seconds



# 3 USE HANDSANITIZER



There are germs everywhere. They can infect our hands and the items we touch on a daily basis, causing us to become ill. One of the most crucial things you can take to prevent getting sick and infecting people around you is to regularly apply your hands with hand sanitizer that has at least 60% alcohol.

Sometimes, hand sanitizer makes some health issues also, it may irritate the skin and eyes.

3.1 Germs cause to become \_\_\_\_\_

Careful

Ill

Healthy

Strong

3.2 To avoid germs use \_\_\_\_\_

Hand sanitizer

Touching

3.3 We must use hand sanitizer contained with \_\_\_\_\_ alcohol.

40%

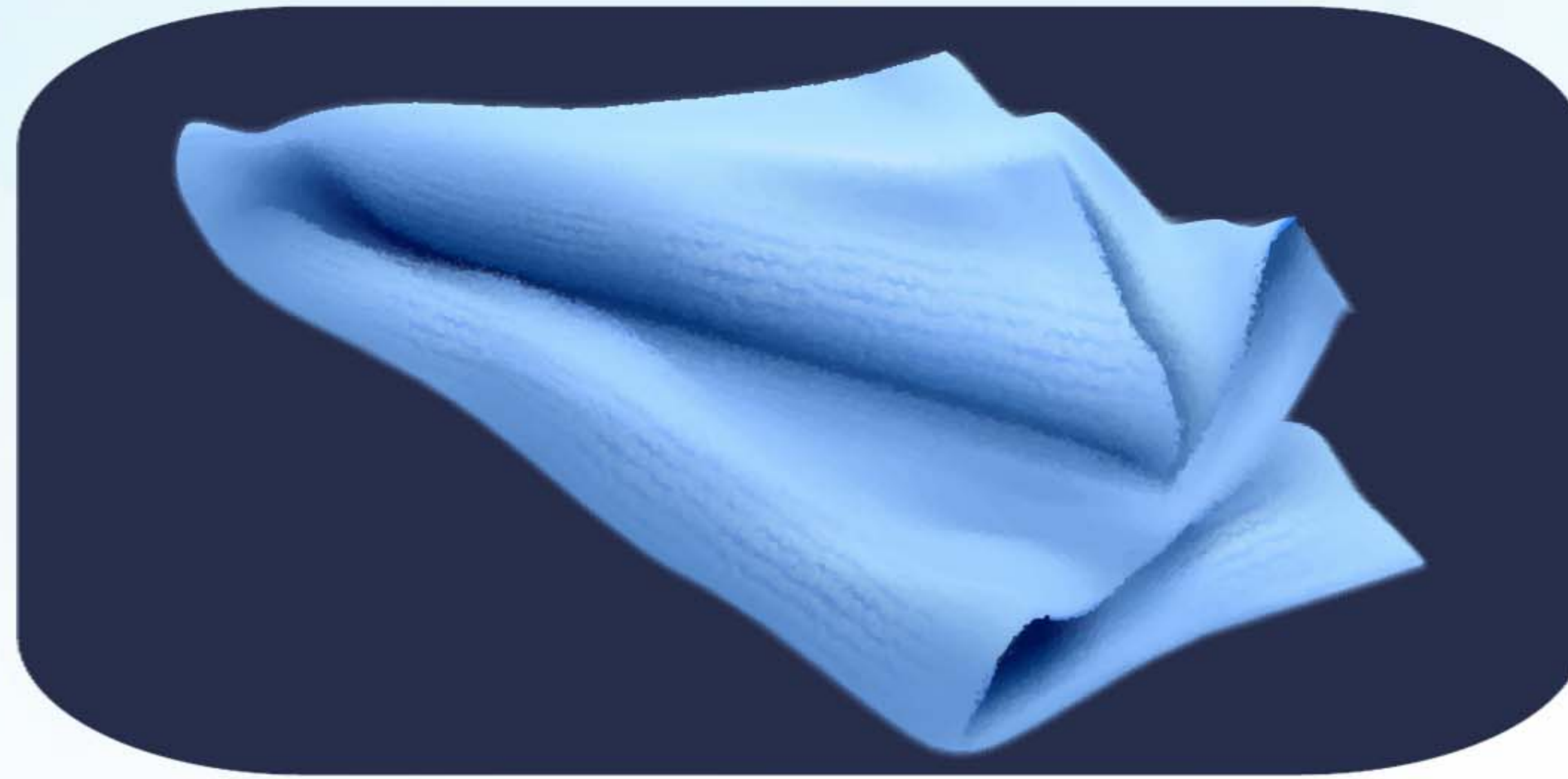
60%

10%

50%



## 4 USE HANDKERCHIEF



We should use a handkerchief while we sneeze and cough for covering our nose and mouth. Otherwise, germs are spread into the air and will breathe by a healthy person who also becomes a sick person. So the use of a handkerchief is very important.

4.1 We should use a handkerchief to avoid spread of \_\_\_\_\_

Health

Strong

Germs

4.2 Using of handkerchief help us to protection from the \_\_\_\_\_

Diseases

Health

Strong



# Answer key

---

- ①.1 Washing hands
- ①.2 Wash our hands
- ②.1 All of these
- ②.2 20 Seconds
- ③.1 III
- ③.2 Hand sanitizer
- ③.3 60%
- ④.1 Germs
- ④.2 Diseases



# **KIDS CHALLENGES**

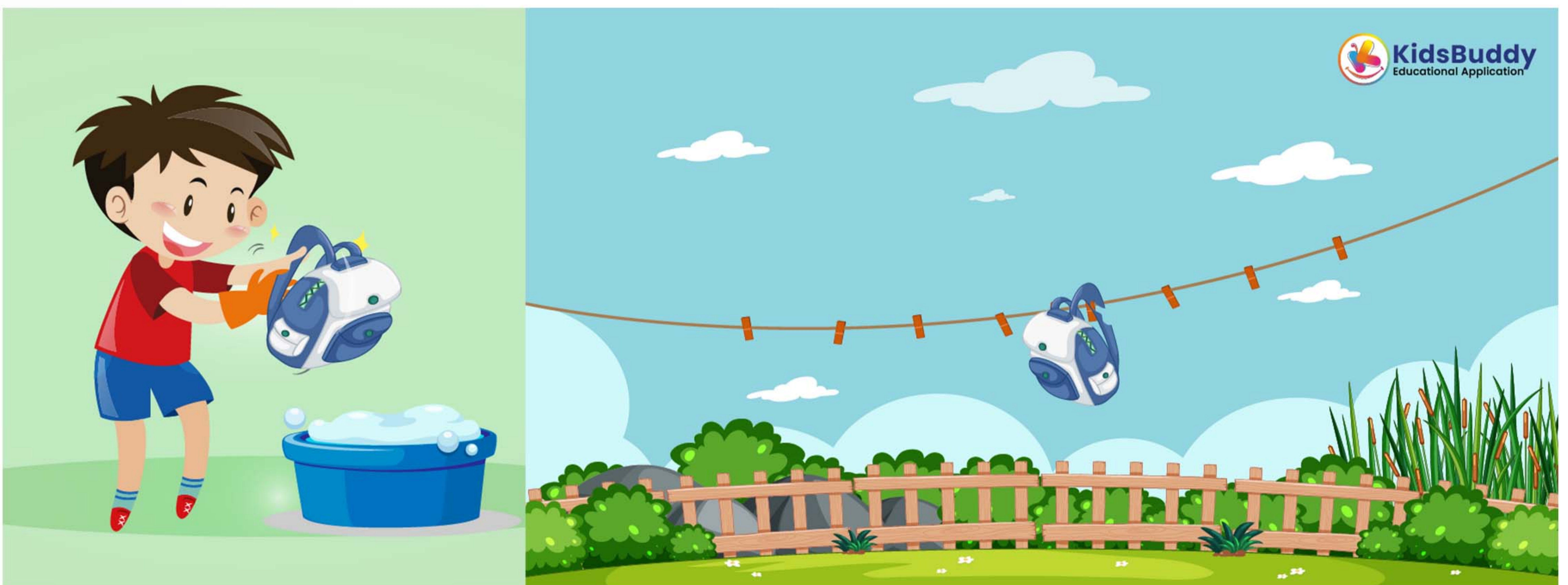


## Chapter 2 Cleanliness

### 1 Cleaning Your Bag

#### Aim:

To emphasize the significance of maintaining cleanliness and hygiene



#### Materials used:

Bag, Soap, Water, Bucket or sink, Clean cloth, Towel.

#### Procedure:

**Step 1:** Remove all the items from your bag and shake it to remove any loose debris or dirt.

**Step 2:** Mix soap and water in a bucket or sink and



Remove all the items from your bag and shake it to remove any loose debris or dirt.

**Step 3:** Rinse the bag with clean water and use a dry cloth or towel to remove any excess moisture.

**Step 4:** Hang the bag in the sun or leave it in a well-ventilated area to air dry completely.

### **Result:**

Increased awareness and understanding of the importance of cleanliness and hygiene.

### **Output:**

A clean and fresh-smelling bag that is free from dirt and germs.

Regularly cleaning your bag helps to prevent the accumulation of dirt, bacteria, and other harmful particles that can cause health problems. By following this simple procedure, you can maintain the cleanliness and hygiene of your bag and protect yourself from illnesses. This activity also promotes responsible behavior and cultivates good hygiene habits



## ② Clean your toys

### Aim:

Cleanliness is an essential aspect of a healthy lifestyle. It not only keeps us physically healthy but also mentally and emotionally sound. A clean and tidy environment can promote a positive outlook, reduce stress, and improve overall well-being.

As you mentioned, a simple step towards cleanliness can be to clean your toys. Toys often accumulate dust and dirt, which can lead to the growth of bacteria and germs. Cleaning them regularly can prevent the spread of diseases and keep them looking new and fresh





## **Materials used:**

Toys, cleaning cloth.

## **Procedure:**

**Here are some tips to clean your toys:**

**Step 1:** Gather all your toys and sort them into categories based on their material type. For example, soft toys, plastic toys, wooden toys, etc.

**Step 2:** Use a damp cloth or sponge to wipe down the surface of the toys. If the toys are washable, you can use soap and warm water to clean them thoroughly. body part that you want to focus on.

**Step 3:** For toys with small parts, such as puzzles or building blocks, you can put them in a mesh laundry bag and wash them in the machine.



**Step 4:** After cleaning, allow the toys to dry completely before returning them to their designated toy corner.

As for finding a toy corner in your home, choose a place that is easily accessible for you and away from any potential hazards such as sharp edges or electrical outlets. You can use shelves or baskets to keep your toys organized and easily visible.

### **Task Benefits:**

Create a habit of cleanliness.

Create an order for life.

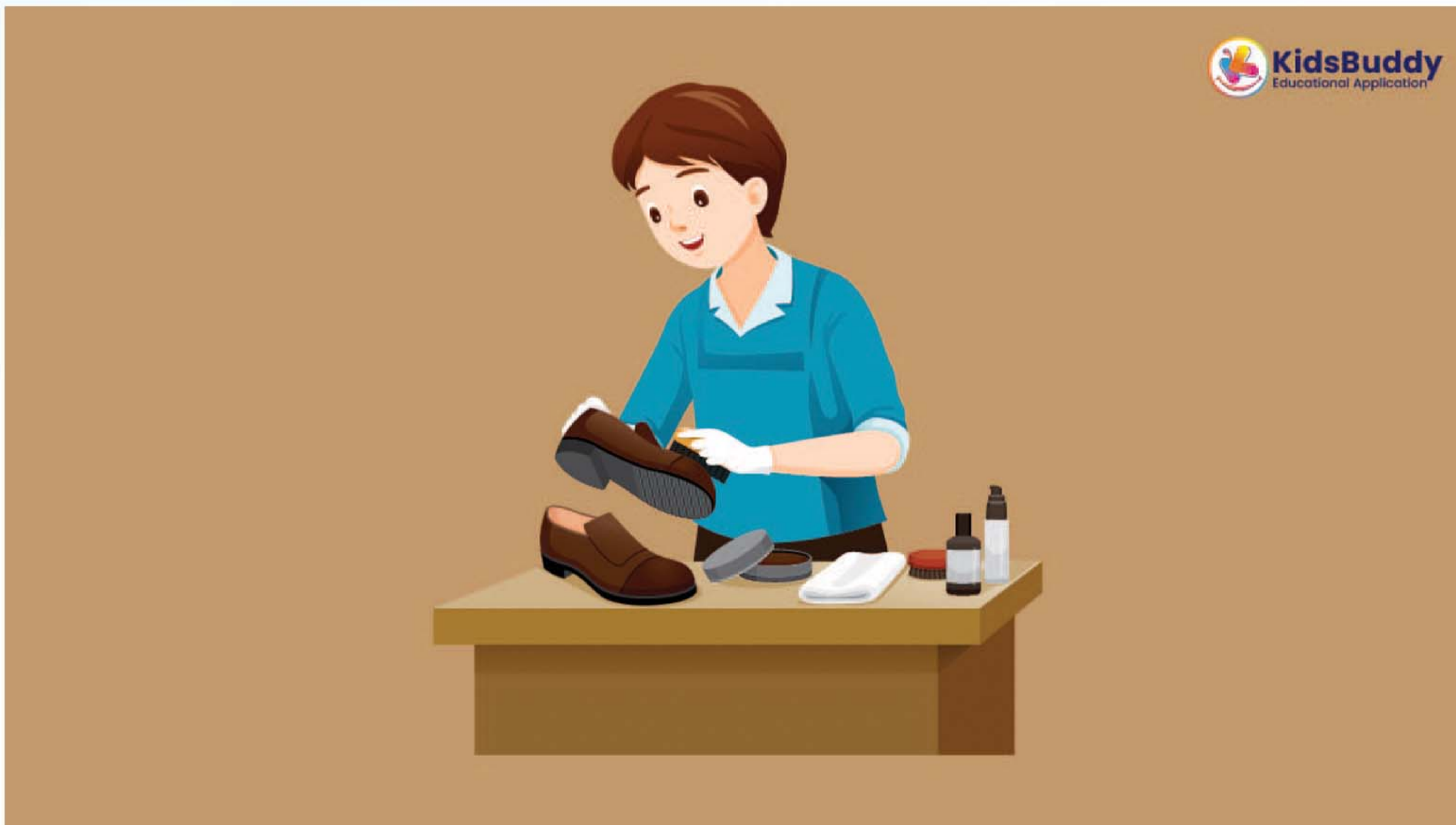
Makes energetic.



## 3 Clean your shoes

### Aim:

To become more aware of cleaning and enhance self-discipline and cleanliness.



### Materials used:

Pair of shoes, cleaning materials

### Procedure:

**Step 1:** Take out your shoes and place them on a clean surface.

**Step 2:** Use a soft-bristled brush or cloth to remove any dirt or debris from the shoes.



**Step 3:** If the shoes are made of leather, use a leather cleaner or conditioner to clean and protect the material. If they are made of other materials, use a suitable cleaner.

**Step 4:** Take your time and make sure you accurately label each body part.

**Step 5:** Allow the shoes to air dry completely before putting them away.

**Step 6:** Arrange the shoes neatly in a shoe rack or storage container.

### **Task Benefits:**

Increased engaged participation & Can learn things easily by doing.

Develop Self-hygiene

### **Task Output:**

Complete this activity and send it.



**QUIZ**



## Chapter 2

# Cleanliness

1 We should \_\_\_\_\_ before we eat.

Wash hands

Sleep

Run

Play

2 Wash your \_\_\_\_\_ before you eat.

Toys

Table

Fruits

Remote

3 Keep your food \_\_\_\_\_

Open

Close

None of these

4 We should dress \_\_\_\_\_

Neat

Untidey

unwahsed

5 Cleanliness is a part of \_\_\_\_\_

Personal hygiene

Social hygiene

Community hygiene



6

Identify the unhealthy habit?

Not washing hands

Drink clean water

Bathing twice

7

When you should clean your hands?

Before and after having food

Before preparing food

Both of them

8

Cleanliness is important for good \_\_\_\_\_

Health

Wealth

9

We should keep our surroundings

\_\_\_\_\_

Neat

Dirty

10

Cleanliness helps you to \_\_\_\_\_

keep healthy

keep sick



11

Identify the image?

Bathing

Brushing teeth

Cleaning

Driving



12

Identify following image which is an example of having good personal hygiene?

Biting nails

Take bath

Running

Eating food



13

What do we use to cut our nails?

knife

Nailcutter

Scissors

Water bottle

14

What do we use to brush our teeth?

Soap

Tooth paste

Detergent

Powder

15

Identify the following healthy habit given in the image.

Cooking food

Washing hands

Reading

Running





# Answer key

---

- ① Wash hands
- ② Fruits
- ③ Close
- ④ Neat
- ⑤ Personal hygiene
- ⑥ Not washing hands
- ⑦ Both of them
- ⑧ Health
- ⑨ Neat
- ⑩ Keep healthy
- ⑪ Brushing teeth
- ⑫ Take bath
- ⑬ Nailcutter
- ⑭ Tooth paste
- ⑮ Washing hands

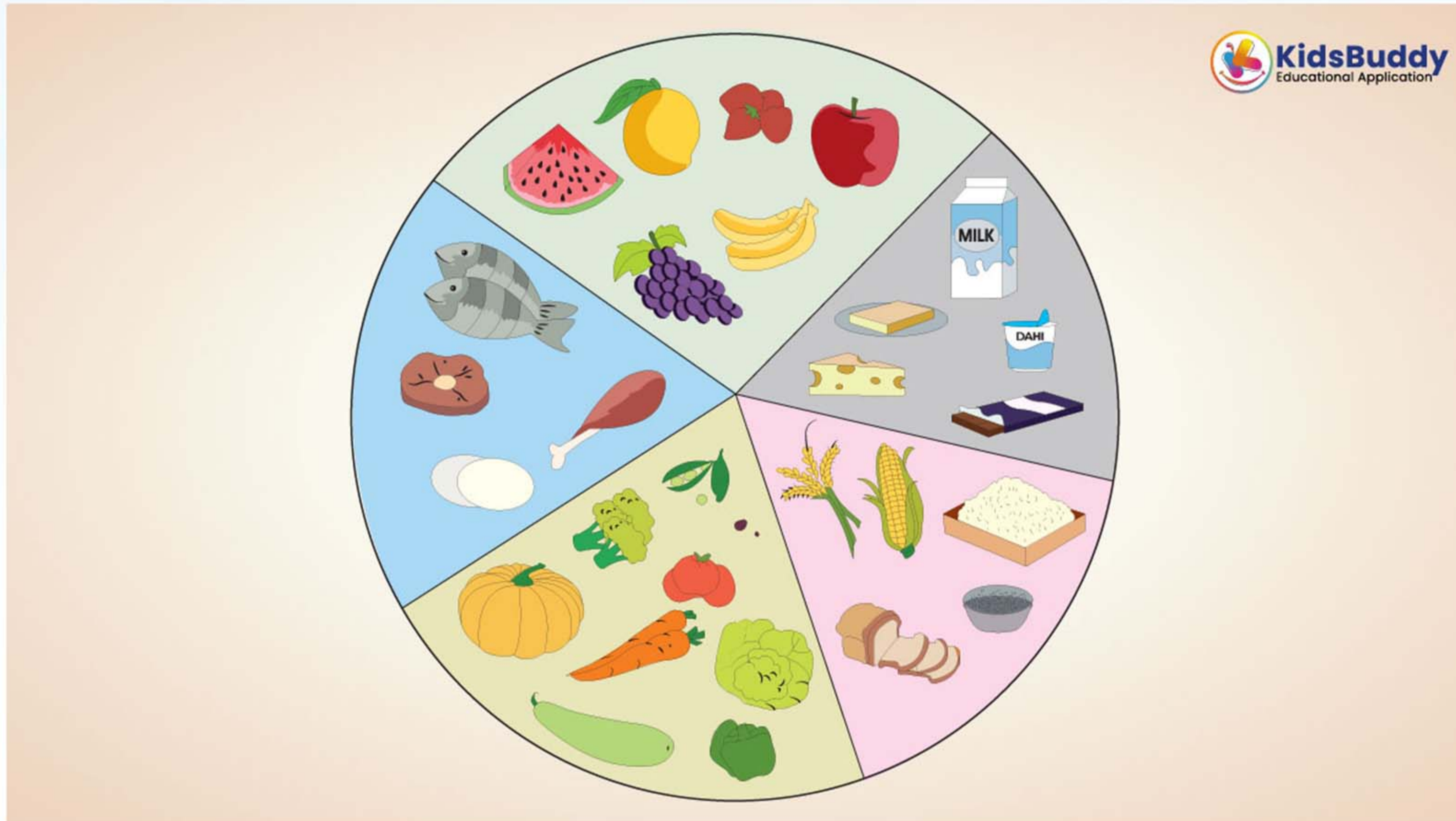


# KNOWLEDGE CARDS



# Chapter 3 Food

## 1 Balanced diet



Maintaining a balanced diet is important for our overall health and wellbeing. Here are some guidelines to follow:

**Eat most:** Cereals and whole grains, such as rice, oats, and bread, provide energy and nutrients for our bodies.

**Eat more:** Fruits and vegetables are rich in vitamins, minerals, and fibre, which are essential for our health.

**Eat moderately:** Meat, fish, and dairy products are good sources of protein and other nutrients. However, it's important to consume these in moderation and choose lean options whenever possible.



**Eat less:** Salt, sugar, fat, and oil should be consumed in small amounts as they can be harmful to our health in excess.

**1.1** In a balanced diet we should eat more?

Junk food

Fruits

**1.2** What should we eat more?

Sugar

Vegetables

Salt

**1.3** Which type of food do we use moderately?

Vegetables

Meat

Cake



## 2 Cereals



Cereals are a type of food that we can eat, and they are an important source of nutrients for our bodies. Cereals are rich in carbohydrates, which provide us with energy, as well as proteins, fat, and oil.

Some important cereals include:

**Maize:** A type of corn that is widely consumed in many parts of the world, often used in making flour for bread, tortillas, and other foods.

**Wheat:** A type of grain that is commonly used in making bread, pasta, and other baked goods.

**Rice:** A staple food in many cultures, used as a base for many meals or as a side dish.

**Barley:** Used primarily for animal feed, but also



used in making certain types of beer and as a cereal grain.

Oats: A type of grain often used in making oatmeal, granola, and other breakfast foods. Including a variety of these cereals in our diet can provide us with important nutrients to support our health and wellbeing.

2.1 State True or False  
Cereals are rich in Proteins

Ture

false

2.2 Select an example for cereals

Brinjal

Wheat

Apple

Fish

2.3 Cereals are \_\_\_\_\_ things

Edible

Non -Edible

2.4 Identify the cereal from the image

Brinjal

Wheat

Apple

Maize





# 3 YOGURT



Yogurt is a great source of calcium and protein, making it a great snack for children. Calcium is particularly crucial for children’s developing bones. Additionally, some yogurts include live bacteria that are healthy for the digestive system. One cup of yogurt contains 200-300 mg of calcium, vitamin B6, vitamin B12, Potassium, and Magnesium.

3.1 Yogurt contain \_\_\_\_\_

Calcium

Iodine

Iron

Vitamin C

3.2 One cup of yogurt includes \_\_\_\_\_ of calcium.

200-400mg

300-400 mg

200-300 mg

100-200 mg

3.3 Which vitamins are included in yogurt?

Vitamin B6

Vitamin B12

Both of them

None of these



# 4 VEGETABLES



Vegetables are parts of plants that are used as food by people and other animals. Vegetables are included with lots of fiber so they must include in our diet. Each vegetable contains different vitamins.

Carrot - vitamin A

Pumpkin, Potato, Broccoli - vitamin C

Spinach, Kale, Lettuce - Vitamin K



4.1

\_\_\_\_\_ are parts of plants that are used as food by people and other animals

Vegetables

Roots

Stem

4.2

Which vitamin contains in Carrot?

Vitamin C

Vitamin C

Vitamin A

4.3

Potato contains \_\_\_\_\_

Vitamin B6

Vitamin C

Vitamin A

4.4

Lettuce contains

Vitamin C

Vitamin A

Vitamin k



# Answer key

---

- |     |            |     |              |
|-----|------------|-----|--------------|
| 1.1 | Fruits     | 3.1 | Calcium      |
| 1.2 | Vegetables | 3.2 | 200-300 mg   |
| 1.3 | Meat       | 3.3 | Both of them |
| 2.1 | True       | 4.1 | Vegetables   |
| 2.2 | Wheat      | 4.2 | Vitamin A    |
| 2.3 | Edible     | 4.3 | Vitamin C    |
| 2.4 | Maize      | 4.4 | Vitamin K    |



# KIDS CHALLENGES



# Chapter 3

## Food

---

### 1 Food Art

---

**Aim:**

To create food-related art projects



**Materials used:**

Vegetables, paint, fabric

**Procedure:**

Step 1: Take some vegetables such as potato, okra

Step 2: Use fabric paint.



**Step 3:** Cut the vegetables and dip them into your preferred colour.

**Step 4:** Paste the painted vegetables onto a piece of cloth.

## **Result:**

This activity enhances creativity and develops fine motor skills.

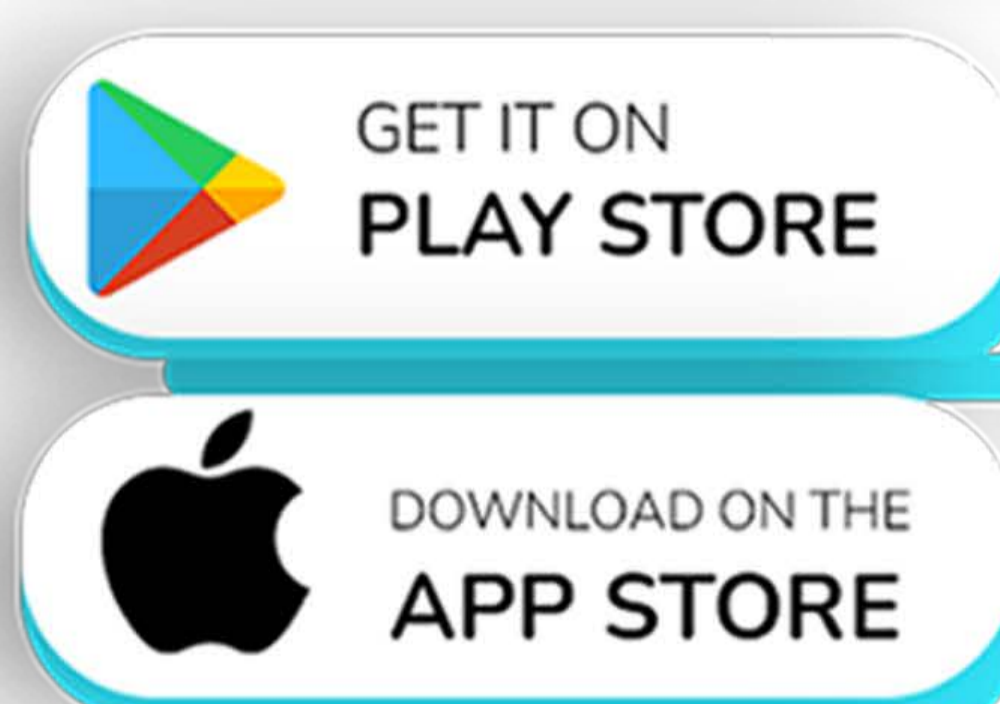
## **Output:**

Vibrant paintings ready to display.



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## 2 Food Model

### Aim:

To create art projects related to food



### Materials:

Different colours of clay

### Procedure

**Step 1:** Take clay of different colours to make a model of the noodles.

**Step 2:** Use the clay to form noodles.



## Task Benefits:

This activity helps to enhance creativity and develop motor skills.

## Task Output:

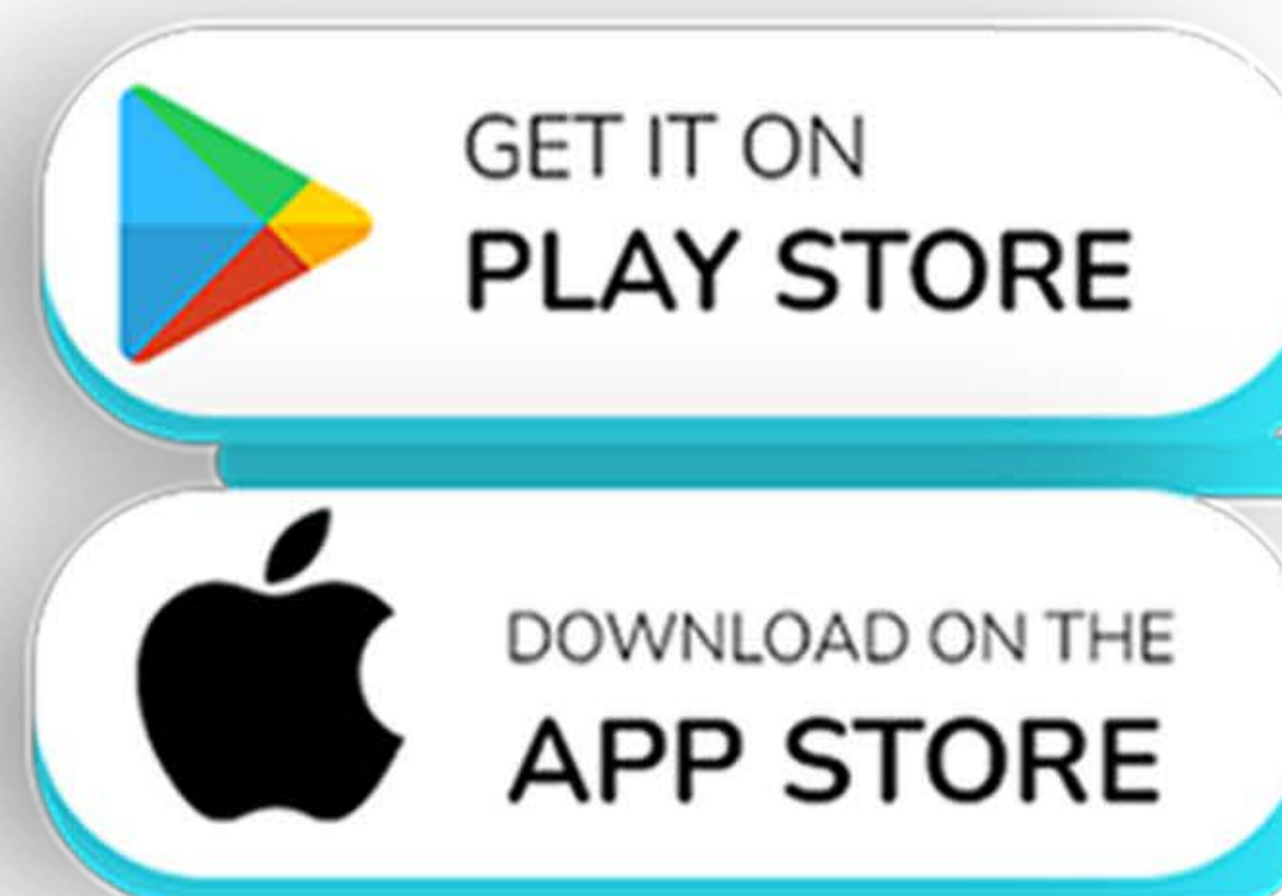
Colourful noodles are now ready.

The above text has been fine-tuned to UK English as requested.



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# 3 Vegetables

**Aim:**

To classify vegetables based on their colors.



**Materials used:**

Vegetables.

**Procedure:**

**Step 1:** Gather a variety of vegetables of different colors.

**Step 2:** Examine and discuss the colors of each vegetable.

**Step 3:** Sort the vegetables into groups based on their colors.



**Step 4: Sort the vegetables into groups based on their colors.**

## **Task Benefits:**

**Gain knowledge about different vegetables and their colors.**

**Develop classification skills by sorting the vegetables into groups.**

**Develop observation skills by examining the colors of each vegetable.**



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**QUIZ**



# Chapter 3

## Food

1 Which of the food item is made up of milk?

Jam

Jelly

Honey

Cheese

2 Pick out the healthy food from the following?



3 How does sugar taste?

Sweet

Sour

Bitter

Tasteless



4

What is cheese made of?

Milk

Honey

Water

Ice

5

In which food group does the milk belong to?

Dairy

Fruit and vegetables

Carbohydrate

Protein

6

Which food gives us energy?

Nuts and seeds

Whole grains

Fruits and vegetables

All of these

7

Identify food group given in the image

Carbohydrate

Dairy

Fruit and vegetables



8

What makes people dehydrated?

Lack of vitamin

Lack of energy

Lack of water



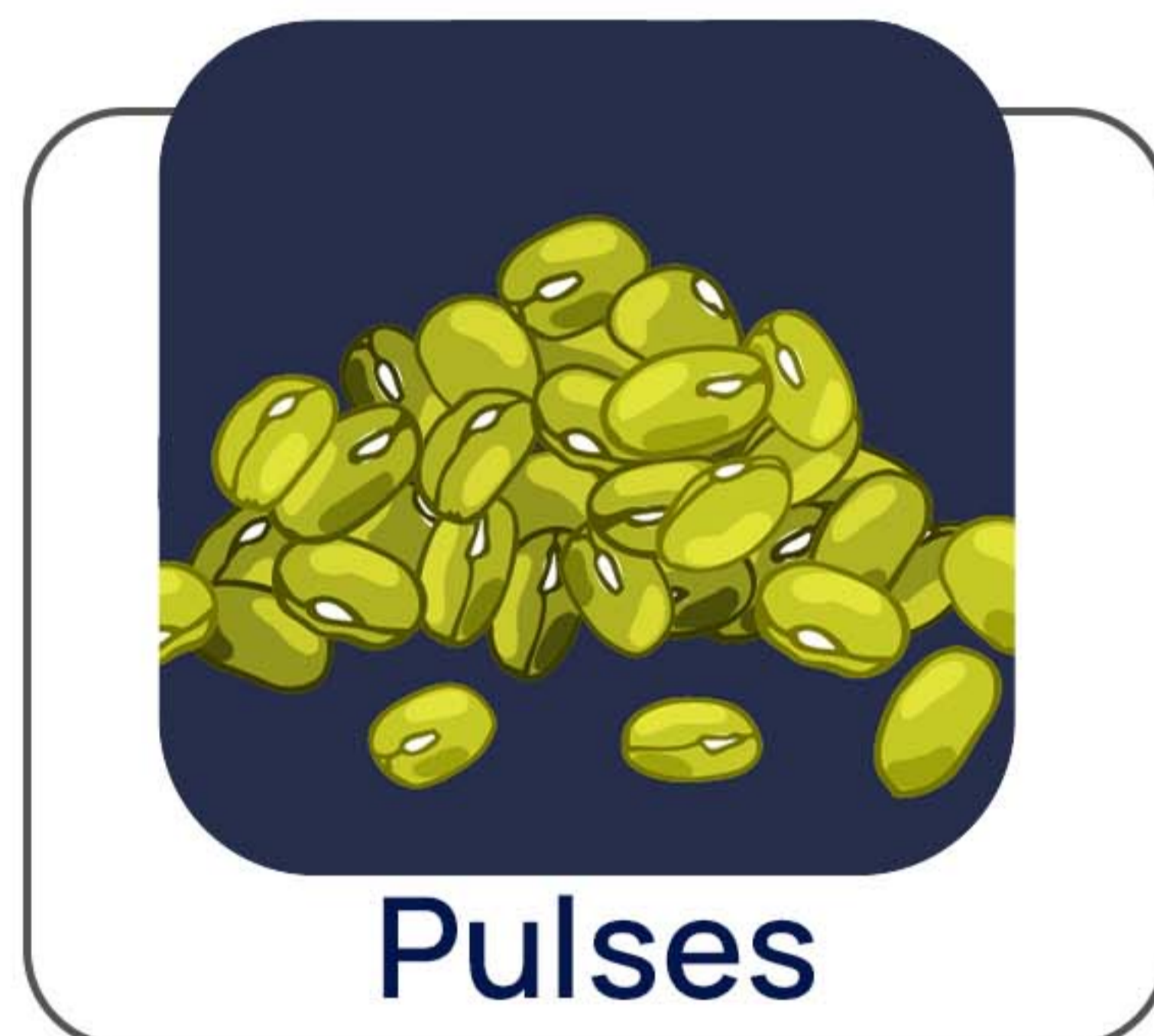
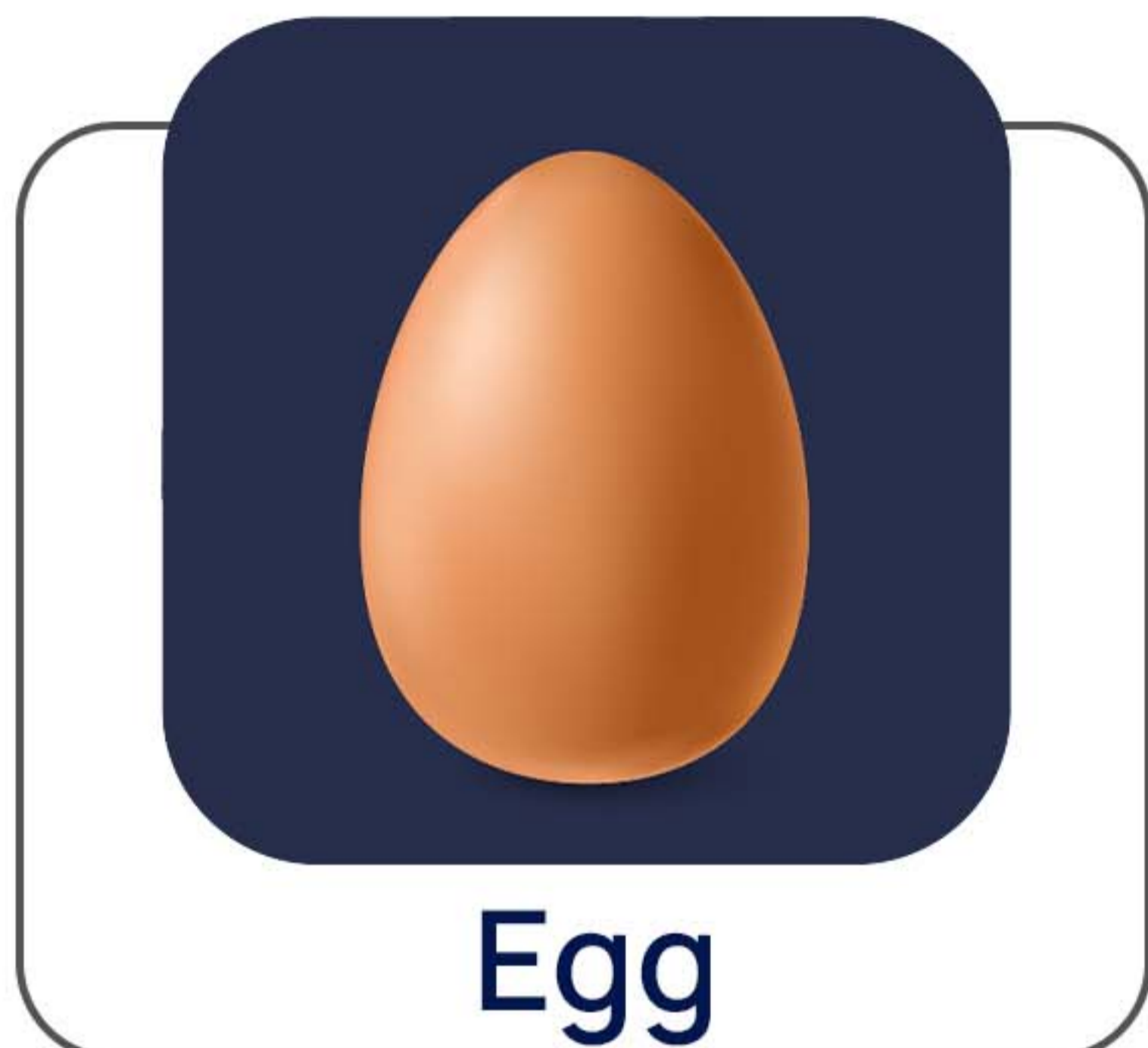
9

Identify food group that makes our teeth and bones strong?



10

\_\_\_\_\_ are good sources of protein.



All of these

11

Which of the following is a dairy product?

Walnut

Sugar

Wheat

Cheese



12

Which among the following is a dairy product?

Grapes

Curd

Water

Rice



# Answer key

---

- |                 |                |
|-----------------|----------------|
| ① Cheese        | ⑨ Milk         |
| ② Milk          | ⑩ All of these |
| ③ Sweet         | ⑪ Cheese       |
| ④ Milk          | ⑫ Curd         |
| ⑤ Dairy         |                |
| ⑥ All of these  |                |
| ⑦ Dairy         |                |
| ⑧ Lack of water |                |



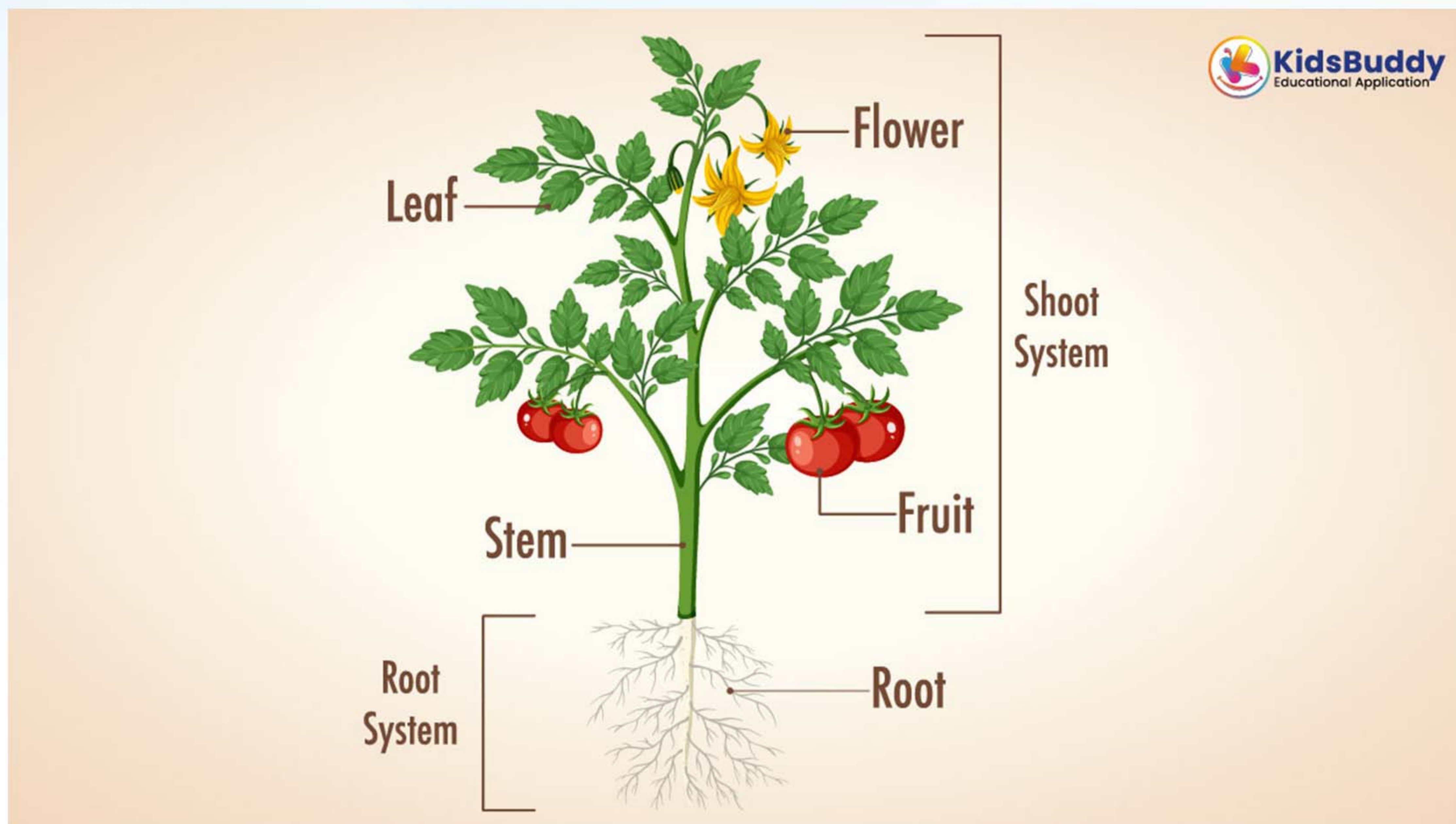
# KNOWLEDGE CARDS



# Chapter 4

## All about plants

### 1 Parts of plant



Plants are made up of different parts that serve various functions. Some of the main parts of a plant include:

**Roots:** These are the parts of the plant that grow underground and help anchor the plant in the soil. They also absorb water and nutrients from the soil that the plant needs to grow.

**Stem:** This is the main supporting structure of the plant that connects the roots to the leaves and flowers. It helps transport water and nutrients from the roots to the other parts of the plant.



**Branches:** These are secondary stems that grow from the main stem, supporting the leaves and flowers.

**Leaves:** These are the parts of the plant that grow from the stem and are responsible for photosynthesis, the process by which plants convert sunlight into energy. They also help regulate water loss from the plant.

**Flowers:** These are the reproductive structures of the plant that contain the male and female reproductive organs.

**Fruits:** These are the ripened ovaries of the flower that contain seeds. They are often eaten by animals or humans and help spread the seeds for the next generation of plants.

Understanding the different parts of a plant can help us better appreciate the natural world around us and how plants contribute to our lives.



1.1

Identify the part of plant from the image

Root

Stem

Branches

Leaves



1.2

Identify the part of plant from the image

Root

Steam

Branches

Leaves



1.3

Identify the part of plant from the image

Flowers

Fruits

Stem

Branches



1.4

Identify the part of plant from the image

Flowers

Fruits

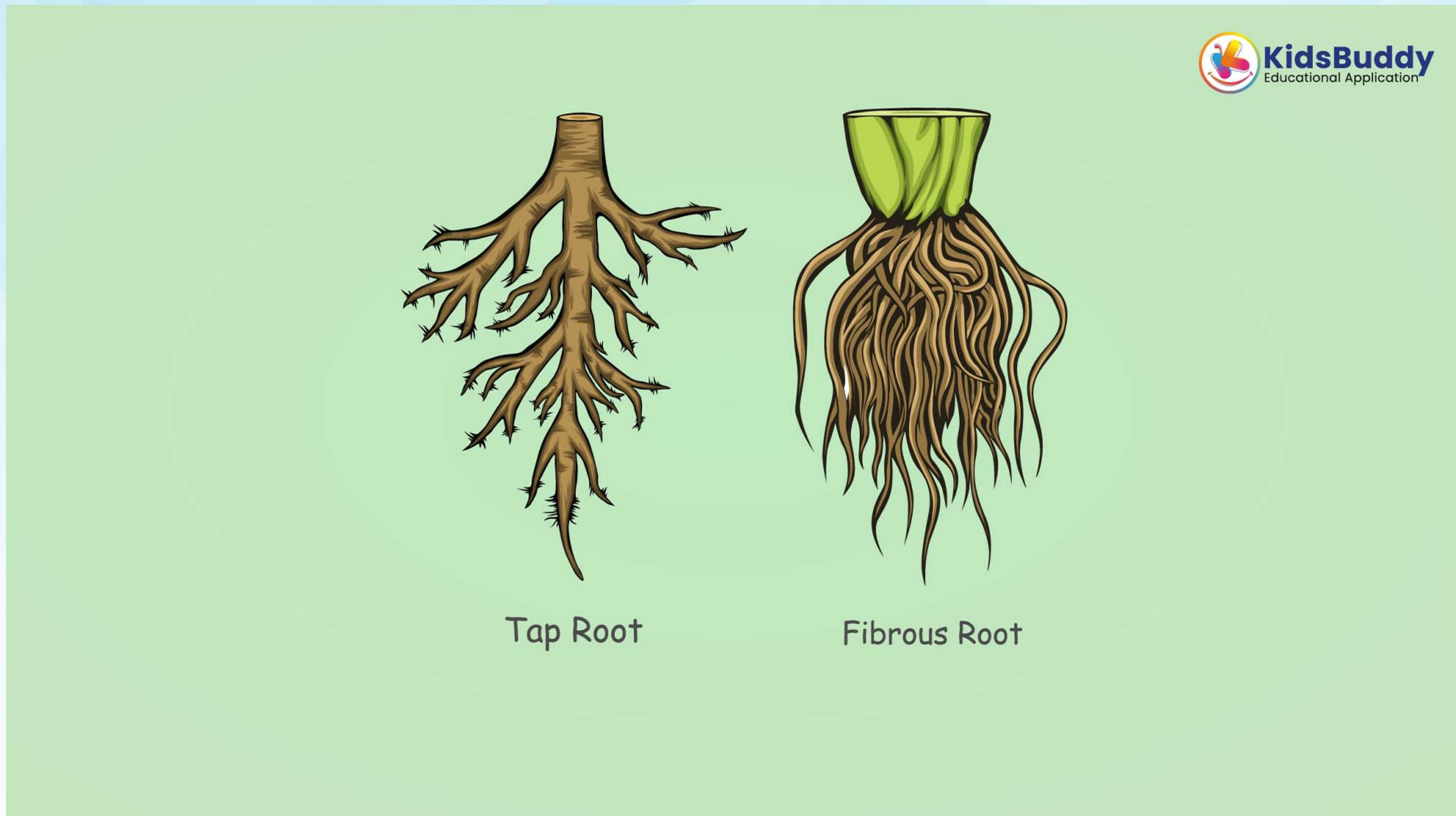
Stem

Branches





## 2 Types of roots



Roots are an important part of a plant as they help the plant absorb water and minerals from the soil, which is essential for its growth and survival. There are two main types of roots:

**Tap root:** This type of root has a main central root that grows vertically downwards, and smaller, lateral roots grow from it. Plants with tap roots include carrot, beetroot, and mustard.

**Fibrous root:** This type of root has many small, fine roots that grow horizontally in all directions. Plants with fibrous roots include rice, maize, banana, and marigold.



Both types of roots play an important role in the growth and development of plants, and understanding the different types of roots can help us better understand and appreciate the diversity of plant life around us.

2.1 Identify the part of plant from the image

Root

Stem

Branches

Leaves



2.2 Roots absorb \_\_\_\_\_ and \_\_\_\_\_ from the soil

Food and water

Minerals and Water

Minerals and food

2.3 Select an example for Tap root?

Rice

Maize

Carrot

Banana



2.4

Select an example for Tap root?

Beetroot

Mustard

Carrot

Marigold



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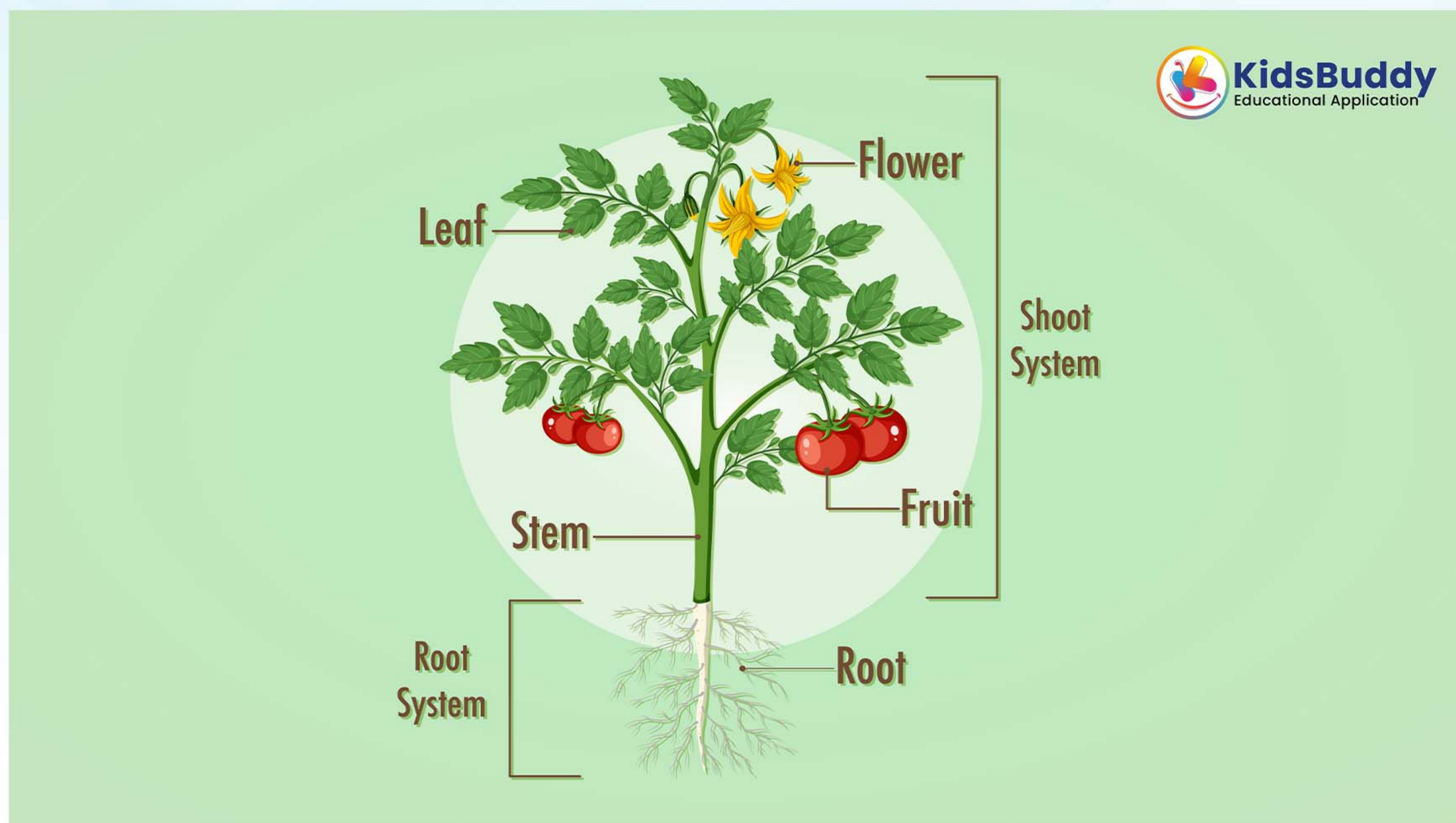
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# 3 EDIBLE PARTS OF PLANT



Six plant parts—the seed, root, stem, leaf, fruit, and flower are edible

Vegetables are made up of roots, leaves, stems, and tubers while the fruit is the mature ovary of a flower. We eat plant roots like radishes, carrots, sweet potatoes, and turnips for nutrients. After drying, edible seeds like peas and wheat can be utilized in recipes. As bees gather nectar from flowers, Cauliflower, and broccoli are edible flowers of plants.

3.1 Parts of plants are \_\_\_\_\_

Root

Stem

Leaves

All of the above



3.2

Edible parts of the plants are called \_\_\_\_\_

Vegetables

Roots

Stem

3.3

Example for an edible root of plant?

Lettuce

Cauliflower

Sweet potatoes

Spinach

3.4

Example for an edible FLOWER of plant?

Lettuce

Cauliflower

Sweet potatoes

Spinach



# 4 LEAVES



Leaves are known as the food factories of plants. Food for the plants is made from the leaves. Each plant's shape of leaves is very different. Size and color also varied in other plants. So the leaves are a significant part of the plant

4.1 Which part of the plant is known as the food factory of the plant?

Leaves

Roots

Stem

All of the above

4.2 The leaves of different plants vary widely in \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

Size

Shape

Color

All of the above



# Answer key

---

- |     |                    |     |                  |
|-----|--------------------|-----|------------------|
| ①.1 | Stem               | ③.1 | All of the above |
| ①.2 | Leaves             | ③.2 | Vegetables       |
| ①.3 | Flowers            | ③.3 | Sweet Potatoes   |
| ①.4 | Fruits             | ③.4 | Cauliflower      |
| ②.1 | Root               | ④.1 | Leaves           |
| ②.2 | Minerals and Water | ④.2 | All of the above |
| ②.3 | Carrot             |     |                  |
| ②.4 | Marigold           |     |                  |



# KIDS CHALLENGES



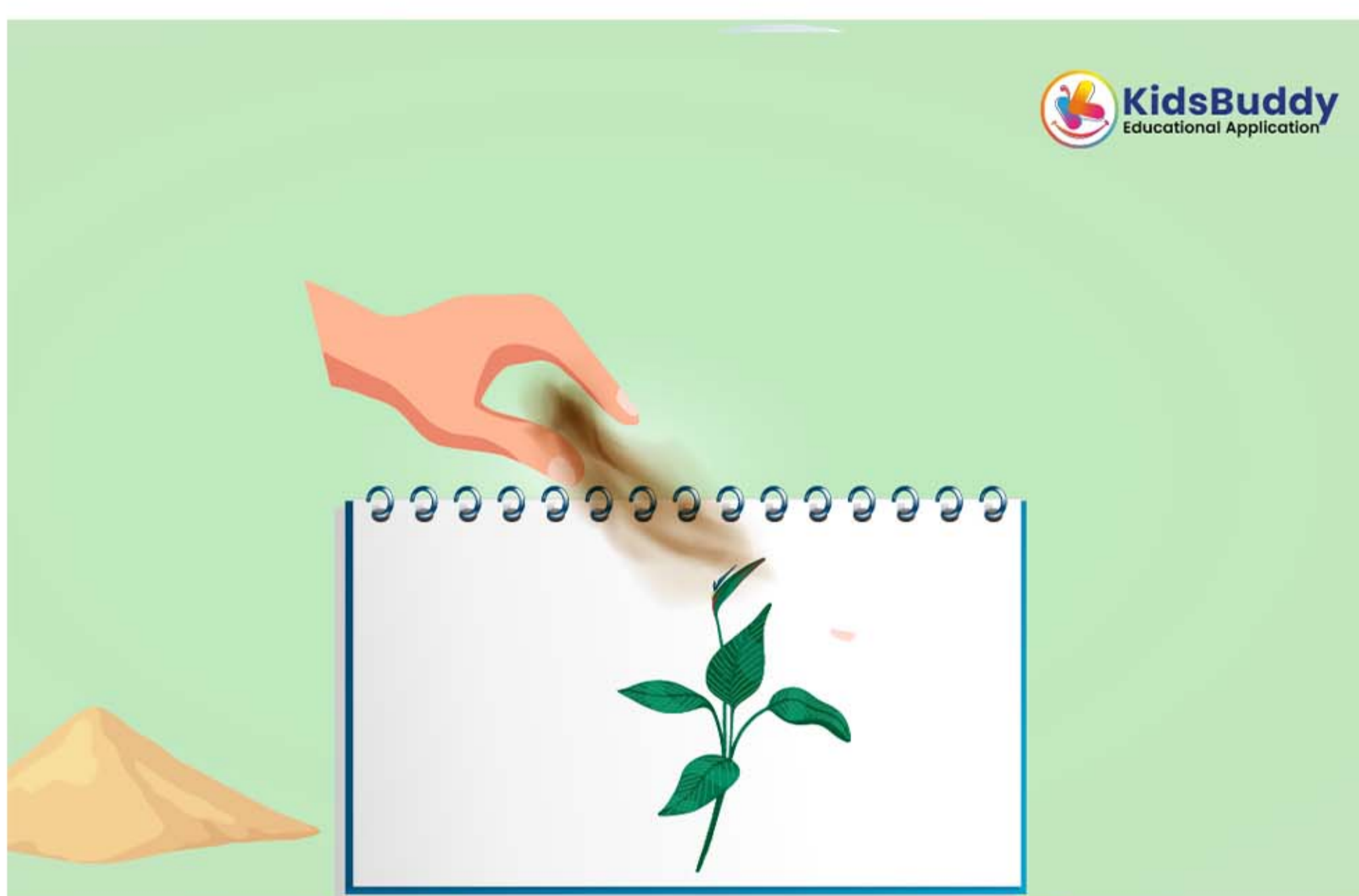
# Chapter 4

## All about plants

### 1 Sand Art

**Aim:**

To create a plant using sand art



**Materials used:**

Paper, pen/pencil, colour pencils, glue, sand

**Procedure:**

**Step 1:** Draw a plant on the paper using a pen or pencil.



**Step 2: Colour the plant with your preferred colours using colour pencils.**

**Step 3: Apply glue only on the plant portion of the drawing.**

**Step 4: Spread sand over the glued portion of the paper..**

**Step 5: After some time, tap the paper gently to remove excess sand.**

### **Result:**

This activity enhances creativity and develops fine motor skills.

### **Output:**

A colourful plant made of sand art is ready to display.

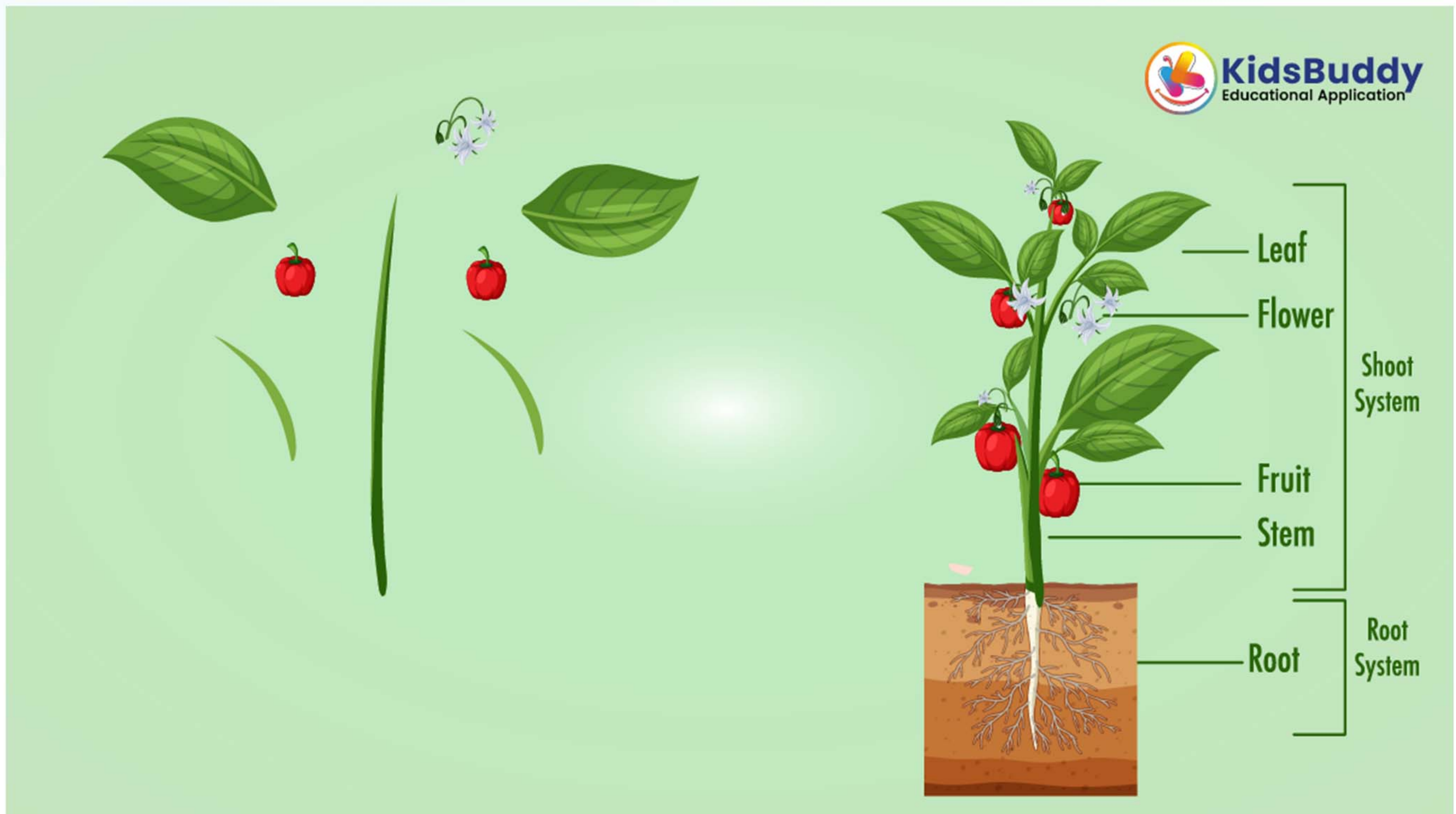
In British English, "colour pencil" is commonly used instead of "colored pencil".



## 2 Plant Puzzle

### Aim:

To rearrange the parts of a plant correctly



### Materials:

Images of plant parts

### Procedure

Step 1: Shuffle the images of plant parts.

Step 2: Rearrange the plant parts correctly to form a complete plant.



## Task Benefits:

This activity enhances creativity and develops problem-solving skills.

## Task Output:

An image of a complete plant is ready to display.



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**QUIZ**



## Chapter 4

# All about plants

- 1 Which is the creeper plant?
- Money plant      Mango
- Rose      Pine
- 2 Which is the herb?
- Cabbage      Money plant
- Basil      Carrot
- 3 Which is the medicinal plant?
- Tulsi      Money plant
- Orchid      Cactus
- 4 Which of the following is a herb?
- Tamarind      Mint
- Orange tree      Apple tree
- 5 What gives plants energy to make food?
- Sunlight      Bread
- Candy      Milk



6

Which is the greenest part of a plant?

Root

Stem

Branch

Leaf

7

Which part of the plant is shown in the figure?

Stem

Leaves

Flower

Root

8

Which plants grow in desert?

Lilly

Lotus

Cactus

Rose

9

Which part of the plant does carrot belong to?

Root

Leaf

Flowers

Branch

10

Which of the following is climber?

Money Plant

Rose

Tulsi

Basil



11

What color is a Himalayan poppy?

Green

Blue

Red

Yellow



12

Plants gives us \_\_\_\_\_

Oxygen

Nitrogen

Carbon di oxide

Hydrogen

13

Identify tree do dates grow on?

Coconut tree

Palm

Pine

Birch

14

The tree has a branch filled with green \_\_\_\_\_.

Leaves

Roots

Trunk

Hair

15

Which plant grows in desert?

Cactus

Rose

Lotus

Lilly




# Answer key

- |               |               |
|---------------|---------------|
| ① Money plant | ⑧ Cactus      |
| ② Basil       | ⑨ Root        |
| ③ Tulsi       | ⑩ Money Plant |
| ④ Mint.       | ⑪ Blue        |
| ⑤ Sunlight    | ⑫ Oxygen      |
| ⑥ Leaf        | ⑬ Palm        |
| ⑦ Flower      | ⑭ Leaves      |
|               | ⑮ Cactus      |



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+971556688495

