



# Science

Key Book



Class One



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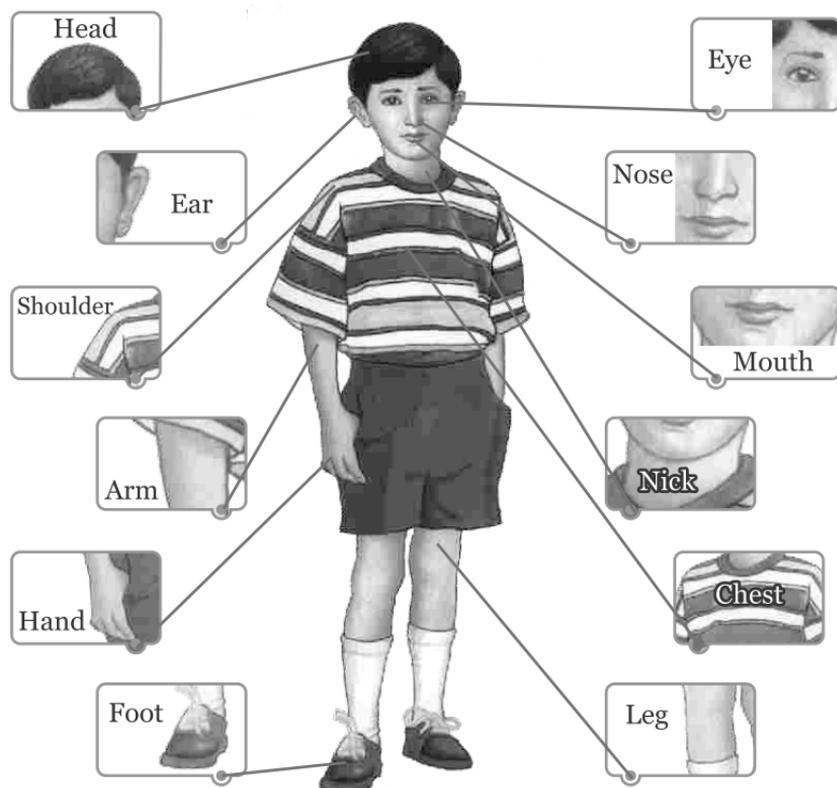
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**UNIT  
1****Human Body**

**A.** Answer the following questions.

**i).** Name the different parts of your body?

**Ans.** The names of some parts of our body are head, eyes, ears, nose, shoulders, mouth, arms, neck, hands, chest, feet and legs, etc.



ii). **How many eyes do you have?**

**Ans.** I have two eyes.

iii). **How many ears do you have?**

**Ans.** I have two ears.

iv). **Which part of your body help you in walking?**

**Ans.** I walk with my legs.

v). **Which part of your body help you in working?**

**Ans.** I do my work with my hands.

**B. Fill in the blanks.**

i). We see with our eyes.

ii). We smell with our nose.

iii). We eat with our mouth.

iv). We hear with our ears.

**C. Write "T" for true and "F" for false.**

i). We have different body parts.

**T**

ii). We have two mouth.

**F**

iii). We have one hand.

**F**

---

iv). We have two eyes.

**T**

v). We have two noses.

**F**

**ACTIVITY** Write the function of the following parts



of body.

We see every things all around us



with the help of our eyes.

We chew the food with the help of our

teeth.

**D. Write down the names of the body parts.**

i). Head

ii). Eye

iii). Ear

iv). Nose

v). Mouth

vi). Shoulder

---

**ACTIVITY**

Look at the pictures and match which one is suitable.



We hear sounds.



We taste the food.



We smell the things.



We see the things.



We work.



We walk and run.

**UNIT  
2**

# Food Energy

**A. Answer the following questions.**

**i). What do we all need to live?**

**Ans.** We need food to live and grow.



**ii). From where do we get some of our food?**

**Ans.** Usually, we get our food from animals, birds and fish.

**iii). What is milk?**

**Ans.** Milk is a complete food.

We get milk from buffalo, cow and some other animals. We also make some other foods from milk.



iv). **What do the plants need to live?**

**Ans.** Plants need food to live and grow.

v). **Where do the plants store their food?**

**Ans.** Plants store their food in roots, stems and leaves.



**B. Write "T" for true and "F" for false.**

i). We all need food to die. **F**

ii). Our body is like a big machine. **T**

iii). Milk is not a complete food. **F**

iv). Animals also need food. **T**

v). We also get our food from animals. **T**

**C. Fill in the blanks.**

i). We all need food to live.

ii). Food help us to grow and make us strong.

iii). Milk is a complete food.

iv). Plants make their own food.

v). Plants also make food for other living things.

---

**D. Tick ( ✓ ) the right option.**

i). Food is like a:

- a) gas                      b) fat  
c)✓ fuel                    d) water

ii). The food given by animals is:

- a) corn                      b) fruit  
c)✓ meat                    d) vegetable

iii). The complete food is:

- a) rice                      b)✓ milk  
c) wheat                    d) vegetable

iv). Food gives us:

- a) fire                      b)✓ energy  
c) water                    d) air

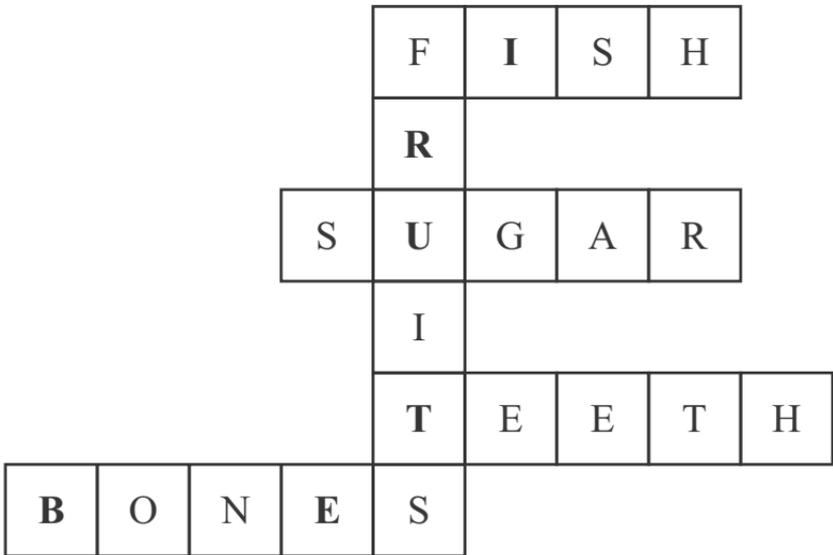
v). Plants store their food in:

- a) roots                      b) stems  
c) flowers                    d)✓ a and b
-

**Word Puzzle**

- SUGAR
- FISH
- BONES

- TEETH
- FRUITS



**UNIT  
3**

# Healthy Habits

**A. Answer the following question.**

**i). Write in your own sentences. What do we do to keep ourselves clean?**

**Ans.** We do many things to keep us neat and clean in our daily life. For example, we brush our teeth, wash our hands, take bath, comb hairs properly and always wear neat and clean clothes.



**B. Fill in the blanks.**

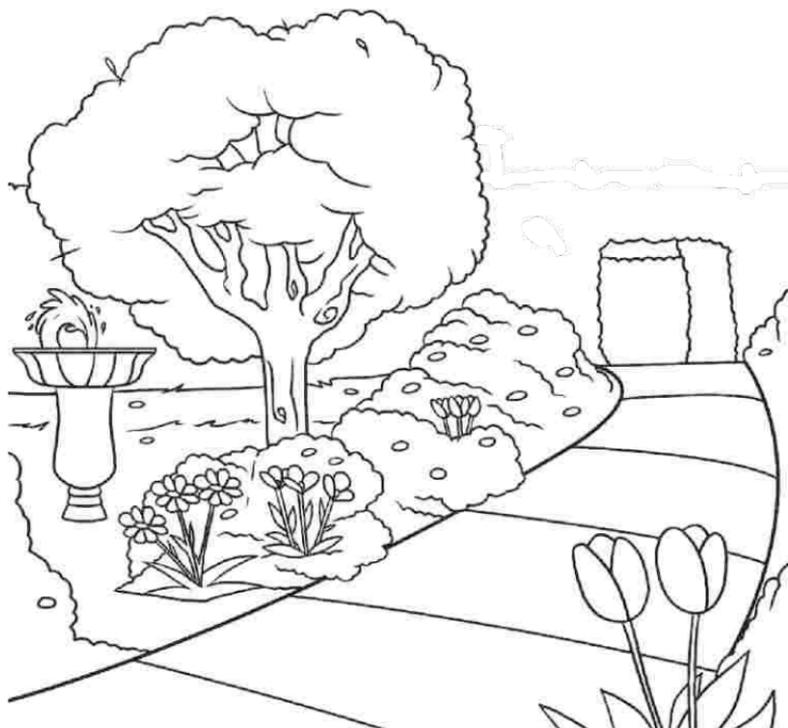
- i). Brush your teeth twice a day.
- ii). We should eat good food.
- iii). We should take a bath everyday.
- iv). Comb your hairs properly.
- v). Morning walk is a healthy habit.

**C. Write "T" for true and "F" for false.**

- i). Cleanliness is a good habit.

**T**

- ii). We must brush our teeth once a week. **F**
- iii). We must wear clean cloths. **T**
- iv). We must have good sound sleep at night. **T**
- v). Morning walk is not good for our health. **F**
- vi). Cleanliness is not necessary for good health. **F**



**UNIT  
4**

# Introduction Living and Non-Living Things

**A. Give a reason for your answer.**

**i). All animals move with legs.**

**Ans:** Animals move from place to place in search of food and shelter using their legs.

**ii). Plants do not move from place to place, but their body parts may move.**

**Ans:** Plants cannot move from place to place but they move upward and down word.

**iii). Living things get energy from food.**

**Ans:** All living things need energy to live and grow.

**iv). Air is necessary for living things.**

**Ans:** All living things need air for breathing.

**v). Plants cannot breathe?**

**Ans:** Plants also breath. They take in carbon dioxide and give out oxygen.

**vi). All plants reproduce from seeds?**

**Ans:** Many plants reproduce from seeds.

**vii). Plants do not have sense organs so they cannot feel.**

**Ans:** Plants have sense organs, so they feel.

**viii). When you feel cold you wear a sweater. but a cow cannot do this. Do you think cow is non-living? if not why?**

**Ans:** Cow have hairs. They protect him from cold.

**B. What body parts do different animals use for breathing?**

Human

Lungs

Animals

Lungs

Fish

Gills

**C. Think and answer:**

**i). Why do animals move from place to place?**

**Ans.** Animals move from place to place in search of

---

their food and shelter and sometimes they move to escape from their enemies.

**ii). Why is there no need of plants to move around?**

**Ans.** Because the plants can make their own food without moving..

**iii). Give one major difference between animals and plants.**

**Ans.** Animals can move from place to place but plants cannot move.

**D. Discuss these in class and then answer?**

**i). A car moves. It 'eats' petrol. It breathes air to burn the fuel and gets energy to move. Is car living things?**

**Ans.** No, the car is not a living thing. It is a non-living thing. Because it needs petrol to move.

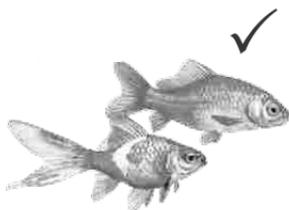
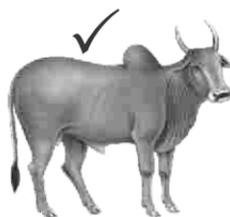
**ii). A cricket bat comes from a tree. Is it a living?**

**Ans.** No, the cricket bat is not a living thing. Because it cannot grow.

---

**ACTIVITY**

Loot at the pictures tick (✓) the living things and cross (✗) the non-living things.



**UNIT  
5****Plants**

**A. Answer the following questions.**

**i). Do plants breathe and grow?**

**Ans.** Yes, the plants breathe and grow because they are living things.

**ii). Can plants move from one place to another?**

**Ans.** No, plants cannot move from one place to another.

**iii). What do roots do?**

**Ans.** The roots of the plants suck up water and mineral from the soil.

**iv). What do plants need to grow?**

**Ans.** All the plants need sunlight, air, water and good soil to grow. Without these things they cannot grow.



Stem



Roots



Flower



Leaf



**v). From where do the flowers grow?**

**Ans.** Flowers grow from buds.

**B. Write "T" for true and "F" for false.**

**i).** Plants breathe and grow too.

**T**

- ii). Plants can move from one place to another. **F**
- iii). Flowers look beautiful because of their colour and shapes **T**
- iv). Flowers grow from buds. **T**
- v). Leaves are of the same sizes and colours. **F**

**D. Tick ( ✓ ) the right option.**

- i). Roots suck water from the:
- a) air                      b)✓ soil  
c) space                  d) atmosphere
- ii). Plants grow from:
- a)✓ seed                  b) weed  
c) flower                d) fruits
- iii). Flowers grow from:
- a)✓ buds                b) seeds  
c) roots                  d) stems
- iv). Leaves grow on:
- a) stems                b)✓ plants  
c) fruits                d) flowers
- v). The most coloured part of a plant is:
- a)✓ flower              b) root  
c) stem                  d) seed
-

**UNIT  
6****Classification of Plants**

**A.** Give a reason for your answer.

**i).** Give names of any five common trees which found in Pakistan?

**Ans.** Mango, Pear, Apple, Neem and Palm trees are commonly found in Pakistan.

**ii).** Give names of different parts of plants?

**Ans.** There are many parts of a plant such as, roots, stems leaves and flowers, etc.

**iii).** Which is the most beautiful part of a plant?

**Ans.** Flower is the most beautiful and colourful part of a plant.

**iv).** Write down the names of any five common flowers which are found in the Pakistan?

**Ans.** i) rose                      ii) sunflower  
iii) jasmine                iv) tulip  
v) periwinkles



**v).** Are the different flowers same in size?

**Ans.** No, the flowers are not same in size.

**vi).** Are the different flowers same in shape?

**Ans.** No, the flowers are not same in shape.

**vii). Are the different flowers same in colour?**

**Ans.** No, the flowers are not same in colour.

**B. Fill in the blanks.**

- i) Grass is a small plant.
- ii). Neem is a big plant.
- iii). Big plants are called tree.
- iv). Plants are of different sizes.
- v). Neem tree is one of the common tree found in Pakistan.

**C. Tick(✓) the correct statement and cross (×) the incorrect:**

- i) Grass is a big plant. ×
  - ii). Mustard is a big plant. ×
  - iii). Big plant are called trees. ✓
  - iv). Roots, stem, leaves and flowers are parts of plants. ✓
  - v). Neem trees are common small plant. ×
  - vi). Most plants have flowers. ✓
  - vii). Different flowers have different colours. ✓
  - viii). Different flowers have different sizes. ✓
  - ix). Different flowers have different shapes. ✓
-

**UNIT  
7**

# Animals

**A. Answer the following questions.**

**i). Are all animals similar?**

**Ans.** No, all animals are not similar because they all have different characteristics.

**ii). Do all animals eat same?**

**Ans.** All animals eat different things e.g. some animals eat grass and plants, such as goat rabbit, cow, horse, etc. Some other animals eat both, grass and meat of other animals such as crow, parrot, man, etc.

**iii). Do you have any pet cat?**

**Ans.** Yes, I have an Irani pet cat in my house.

**iv). Which animal do you like the most?**

**Ans.** I like rabbit very much due to its beauty.

**v). How many kinds of animals are around us?**

**Ans.** There are lots of kinds of animals found around us.

**B. Fill in the blanks.**

i) Different animals live on different places.

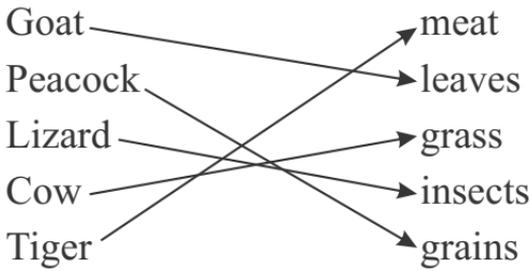
ii) Some animals eat grass and plants.

iii) Animals are different from plants.

iv) Different animals have different characteristics.

v) The fish live in the water.

**C. Match the column (Animals with their food).**



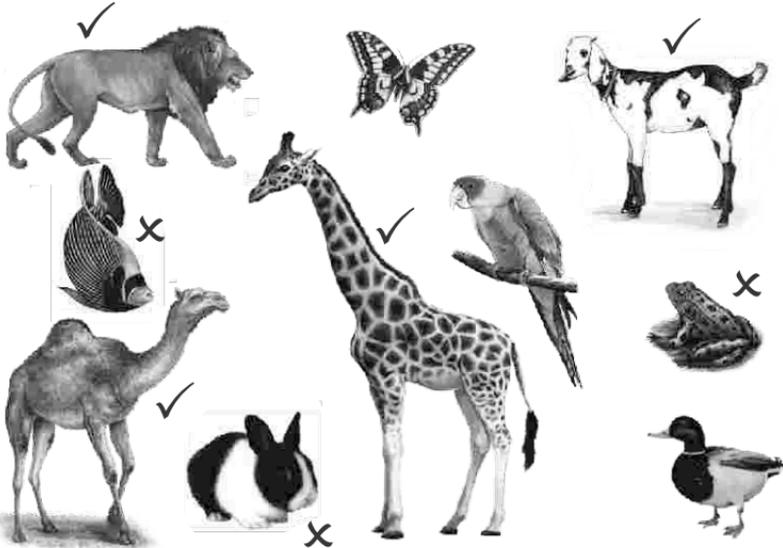
**D. Make the lists of animals living in water and land.**

**Living in water**

**Living on land**

- |             |               |
|-------------|---------------|
| I) Fish     | i) Cow        |
| ii) Dolphin | ii) Butterfly |
| iii) Whale  | iii) Lion     |
| iv) Shark   | iv) Giraffa   |
| v) Frog     | v) Horse      |

**E. Mark (✓) for big animals and (✗) for small?**



**UNIT  
8****Small Animals**

**A. Answer the following questions.**

**i). Are all the small animals living things?**

**Ans.** Yes, all the small animals are living things because they breath and move from one place to another.

**ii). What are small animals called?**

**Ans.** Most small animals are insects.

**iii). What do the insects usually have?**

**Ans.** Usually, insects have six legs and wings.

**iv). How many legs do the insect have?**

**Ans.** Insects have six legs.

**v). Can insects increase their number?**

**Ans.** Yes, Insects have ability to increase their number.

**B. Write "T" for true and "F" for false.**

i) Most of the small animals are insects. **T**

ii). The insects have six legs. **T**

iii). The spider centipede, wood louse are insects. **F**

iv). Insects usually do not have wings. **F**

v). Different animals have different sizes. **T**

**C. Fill in the blanks.**

- i). All the small animals are living things.
- ii). Most of the small animals are insects .
- iii). The insect are very small in shapes and size .
- iv). The insects usually have six legs.
- v). The spider and centipede are not insects.

**D. Write five names of insects.**

i). Bug



ii). Scorpio



iii). Cockroach



iv). Butterfly



v). Honey Bee



**UNIT  
9**

# How do Animals Eat?

**A. Answer the following questions.**

**i). What does food give?**

**Ans.** Food give energy.

**ii). Do animals prepare their own food?**

**Ans.** No, the animals do not prepare their own food.

**iii). Give two examples of herbivorous animals?**

**Ans.** Rabbit and horse are examples of herbivores.

**iv). What are carnivores animals?**

**Ans.** Those animals that eat flesh of other animals are called carnivorous such as, cat, dog, lion and wolf.

**v). What do omnivorous animals eat?**

**Ans.** Omnivorous animals eat plant as well as the flesh of other animals.

**B. Fill in the blanks with suitable words.**

(herbivorous, food, carnivorous, omnivorous, energy)

i). Some animals eat plants are called herbivorous.

ii). All living things need food.

iii). Some animals eat flesh of other animals are called carnivorous.

iv). Some animals eat plants, flesh of other animals are called omnivorous.

v). Food gives us energy.

**C. Give two examples in each case.**

i). Herbivorous :

Giraffes and cow are herbivorous animals.

ii). Carnivorous:

Cat and dog are carnivorous animals.

iii). Omnivorous:

Bears and human are omnivorous animals.

**D. Write "T" for true and "F" for false.**

i). All animals eat plants.

**F**

ii). The tiger and lion are carnivorous animals.

**T**

iii). The bears and crows are herbivores animals.

**F**

iv). The eagle eat small animals.

**T**

v). All the animals on the earth depend on plants.

**F**

**UNIT  
10**

# Using Electricity

**A. Answer the following questions.**

**i). How is electricity produced?**

**Ans.** Electricity is generated in big building which is called “power station”.

**ii). How does an electric appliance work?**

**Ans.** Electric appliances work with electricity.

**iii). How does a switch work?**

**Ans.** A switch is like a bridge or gate. Electricity, cannot flow through a gap. The bulb will not light. When the switch is down, gap is closed. Electricity flows round the circuit to the bulb. The bulb lights up.

**iv). How can electricity be saved?**

**Ans.** We can save electricity easily. If we take the following steps.

i). Turns off light and fans when no one is in the room.

ii). Turn off electric appliance when you are not using them.

iii). Close doors and windows if an air conditioner is on.

iv). Use energy savers instead of bulbs and tube lights.

**B. Write “T” for true and “F” for false.**

i). A switch is like a bridge or gate.

**T**

- iii). Electricity can flow through wood or plastic. **F**
- iv). We can get electricity from batteries. **T**
- v). Electric appliances work with electrically. **T**

**C. Fill in the blanks.**

- i). A thing which uses electricity is called an electric appliance.
- ii). Electricity is made in a big building is called a "power station".
- iii). A battery can light a bulb.
- iv). Electricity will not flow through wood or plastic.
- v). The path, the electricity takes is a circuit.

**D. Give reason and write ( ✓ ) for true and ( × ) for false.**

- i). Electricity is only produced in power station. ✓

**Reason:** Because "Power station" convert energy into electricity.

- ii). Electricity can flow through all things. ×

**Reason:** Because some objects have no path to flow electricity.

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iii). Each electric appliance has a circuit. ✓

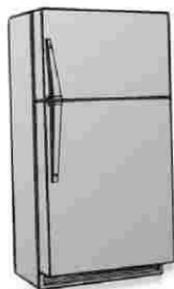
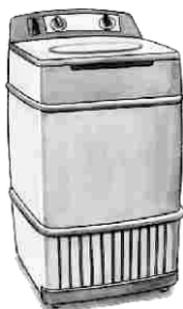
**Reason:** Yes, to work they need it.

iv). A switch is like a gate. ✓

**Reason:** Switch closes and opens the circuit of flow of electricity.

### ACTIVITY

Paste the pictures of things which work with electricity.



**UNIT  
11****Sound**

**A. Answer the following questions.**

**i). How are the sounds made?**

**Ans.** In fact, sounds can be produced by shaking, which is called vibration. Anything which vibrates makes sound.

**ii). How do we hear sound?**

**Ans.** We hear different sounds with our ears.

**iii). Are waves produced when we throw a stone in the water?**

**Ans.** Yes, if we throw a stone into water, we will see the rings spreading outwards. These rings are called “waves”.

**iv). Write two kinds of sound?**

**Ans.** i) Some sounds are pleasant such as music.

ii) Some sounds are unpleasant such as noise of vehicles.

**v). What do the musical instrument produce?**

**Ans.** There are many kinds of music instruments that produce pleasant sounds when we play on them. Musical instruments produce sounds which are very pleasant.

**B. Write "T" for true and "F" for false.**

- i). Animals, birds and people all can make sounds. **T**
- ii). Anything which does not vibrate, makes sound. **F**
- iii). All sound are pleasant. **F**
- iv). There are many kinds of musical instruments. **T**
- v). Sounds also make waves in the air but we cannot see them. **T**

**C. Fill in the blanks.**

- i). Animals, birds and people all can produce sound.
- ii). Sounds can be high or low.
- iii). Sounds also make waves in the air.
- iv). Some sounds are pleasant .
- v). There are many kinds of musical instruments.

**D. Tick ( ✓ ) the right answers.**

- i). We hear sound with our:
- a)✓ ears   b) eyes   c) nose   d) head
- ii). Sounds make waves in the:
- a)✓ air   b) sky   c) slow   d) sharp
- iii). Sounds can be higher or:
- a)✓ low   b) dim   c) slow   d) sharp
-

**UNIT  
12****Rest and Motion**

**A. Answer the following questions.**

**i). Do all things move?**

**Ans.** No, all things don't move. Only living things can move. (Plants are also living things but they cannot move from place to place).

**ii). List the things which can move by themselves?**

**Ans.** List of moving things.

Man

Woman

Parrot

Tiger

Fish

Boy

Bear

Girl

Sparrow

Leopard

Fly

Mosquito

Cow

Rat

Cat

Dog

Parrot

Insects

**iii). What is needed for motion?**

**Ans.** Energy and legs are needed for motion.

**iv). What are stationary objects?**

**Ans.** The objects which cannot move by themselves from place to place, they remain fix any place in the state of rest are called stationary objects.

**v). What are moving objects?**

**Ans.** The object in the state of motion are called moving objects.

**C. Fill in the blanks.**

- i). Computer on the table is a non-living thing.
- ii). Teacher in a classroom is a living thing.
- iii). Cooking range in kitchen is a non-living thing.
- iv). A train on a track is a non-living thing.
- v). A piece of plastic floating on the water is a non-living thing.
- vi). A kite flying in the air non-living thing.

**D. Write "T" for true and "F" for false.**

- i). Object which cannot move are called moving  
o b j e c t s .

**F**

- ii). Things need energy to move. **T**
- iii). Non-Living things can move by themselves. **F**
- iv). Stationary things can move from one place to  
o t h e r .

**F**

- v). There are many things around us. **T**

apple **S****S** aeroplanebook **S**bird **M****M** boycar **S**



cat

M



dog

M



table

S



elephant

M



ship

S

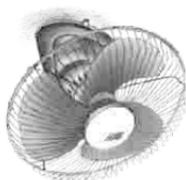


deer

M

**Activity:**

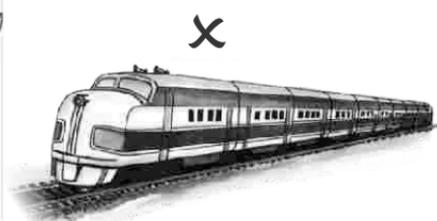
Tick (✓) for the things which can move by themselves and (✗) for which cannot move by themselves.



✗

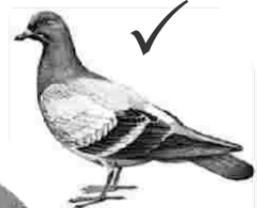


✓



✗

✗



✓

✗



✗



**UNIT  
13****Solids, Liquids and Gases**

---

**A.** Answer the following questions.

**i).** What is solid?

**Ans.** The thing which cannot change its shape easily and is hard also, is called solid. Wood, gate, iron and stones are some examples of solid.

**ii).** What is liquid?

**Ans.** A liquid can change its shape. We can store liquid in bottles, pots and containers, etc. Water, oil and milk are some examples of liquid.

**iii).** What is gas?

**Ans.** A gas does not has fixed shape. It takes the shapes of the things in which it is filled. Air is a big example of gas and we cannot see gas.

**iv).** How can water be changed into ice?

**Ans.** When we keep water in the freezer or fridge then it be changed into ice. Ice is hard, solid and cold. Ice is also a form of water.

**v).** How can water be changed into steam?

**Ans.** We know if we heat water, it starts boiling if we keep on heating it gets convert into gas. On heating water changes into “Steam” or “Water Vapour”.

---

**B. Write "T" for true and "F" for false.**

- i). Solid are soft. **F**
- ii). Steam is a form of water. **T**
- iii). On heating water changes into ice. **F**
- iv). The balloons are filled with liquid. **F**
- v). We cannot see gas. **T**

**C. Fill in the blanks.**

- i). Air is gas.
- ii). A gas does not has its own shape.
- iii). A liquid can change its shape.
- iv). Ice is also a form of water.
- v). Gases can spread out everywhere.

**D. Match the columns.****Column A****Column B**

- |        |                              |
|--------|------------------------------|
| Ice    | most of them are very hard.  |
| Air    | they can be flowed           |
| Solids | most of them cannot be seen. |
| Water  | it is an example of gas.     |
| Gases  | it is a solid form of water. |

**UNIT  
14****Sun, Moon and Stars**

**A. Answer the following questions.**

**i). Do you see sun at night?**

**Ans.** No, we don't see sun at night. We can see sun at day time only.

**ii). Which of the body does rise from the east?**

**Ans.** The sun rises from the east.

**iii). Does the sun provides us heat?**

**Ans.** Yes, the sun provides us heat, and it is the biggest source of heat.

**iv). Does moon change its shape every night?**

**Ans.** Yes, the moon changes its shape every night.

**v). Which is the nearest star to the earth?**

**Ans.** The sun is the nearest star to the earth.

**B. Write "T" for true and "F" for false.**

i). We see the sun in the night. **F**

ii). The moon gives us hot light. **F**

iii). Stars twinkle in the sky at night.

**T**

iv). The sun gives as cold light. **F**



**UNIT  
15**

## Day and Night

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**A. Answer the following questions.**

**i). Why do we have day and night?**

**Ans.** We live on earth. Our earth is moving around the sun. Due to this movement of earth around the sun occur day and night.

**ii). Write few sources of light.**

**Ans.** We get light from different sources in our daily life. The sun is the biggest source of light. Electric bulb, stars, candles and moon, etc. are different sources of light.

**iii). Why is light necessary?**

**Ans.** Light is very necessary and essential for us. Because we can see all around us with light.

**iv). Can we see without light?**

**Ans.** No, we cannot see anything without light.

**v). How do we see through window?**

**Ans.** A window is made of glass. We can see through glass. As sun light pass through the window, we can see through window.

**B. Write "T" for true and "F" for false.**

**I). The sun light is dim light.**

**F**

**ii). We cannot get light from candle.**

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- iv). The sun lights up the earth.
- v). We cannot see without light.

**T**

**T**

**C. Fill in the blanks.**

- i). We live on earth.
- ii). The earth never stops its round.
- iii). The sun give us light.
- iv). The sun and the candle are sources of light.
- v). The candle light is a dim light.

**ACTIVITY**

Use these words to name the type of light and circle which produce bright light.



Candle



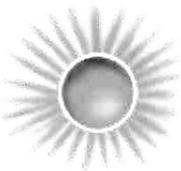
Moon



Lamp



Fire



Sun



Stars



Torch



Electric Bulb