

**ACTIVITY - 1**

A science fair is going to be held in Gandhinagar for children of your age. Asmi would like to participate in it. She decided to take with her a self-prepared herb booklet.

Dhruvi was trying to sharpen a pencil with a blade when she cut her finger and it started bleeding. Immediately her mother brought a pinch of turmeric powder, applied it over the wound, and pressed it hard. The bleeding was controlled.

Dhruvi asked her mother why she applied turmeric powder to the wound.

Her mother replied, "My mother used turmeric powder whenever we were hurt. Later on, I read in magazines that turmeric powder acts as a good antiseptic."

"What is an antiseptic, mother?"

"Well I think, an antiseptic is something that heals a wound."

**ACTIVITY - 2**

Dhruvi meets a doctor.

"Hello, Dr. Kalyani! How are you?"

"What a pleasant surprise, Lakshmi! We are meeting after a long time. It is nice Dhruvi has also come with you."

"My mother says turmeric is an antiseptic. Is that so?" was Dhruvi's next question.



"Yes, it is, "Dr. Kalyani had no hesitation in replying.

"Doctor, can you tell me more about the turmeric plant? Which are its other uses?

Which science deals with the study of medicinal plants?" Dhruvi listed her queries.

"Nowadays botany is dealing with the study of a few medicinal plants.

There is also the Indian system of medicine .... "

"You mean Ayurveda?" Dhruvi intervened.

"Yes Ayurveda means the 'science of life'. Ayurveda deals with prevention and cure of diseases. Through Ayurveda, one can learn about the action of different herbs on various diseases. Such study of herbs is a part of our science.

"How does turmeric act on cold?"

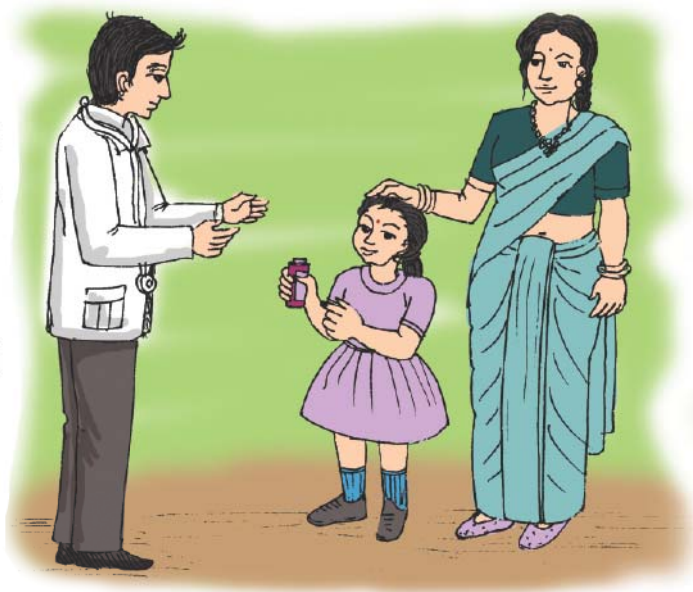
"You know that cold is a viral infection. Turmeric has an anti-viral effect."

"Indian women apply turmeric on their feet. Is there any reason behind this habit, too?"

"Yes, there is. Most of the women work in water for a long time. This can lead to infection of the feet. Turmeric prevents infections. Hence women apply it on their feet."

"Now I understand why some advertisements talk of turmeric in creams."

"Thank you, doctor. You have given me so much information about common herbs and why they are used in our daily life."



**Key Words :**

hesitation - to speak slowly because you feel nervous

query - a question that one asks when he/she has doubt about something

intervene - to interrupt a person when he/she is speaking

prevention - stopping something bad from happening

### ACTIVITY - 3

Say whether the following statements are "True" or "False":

1. A science fair will be held in Ahmedabad.
2. Dhruvi's mother applied sugar to her wound.
3. Turmeric is antiseptic.
4. Dhruvi is a curious student.
5. Dhruvi wants to buy a booklet about herbs.
6. Ayurveda is the 'Science of life'.

---

---

---

---

---

---

### ACTIVITY - 4

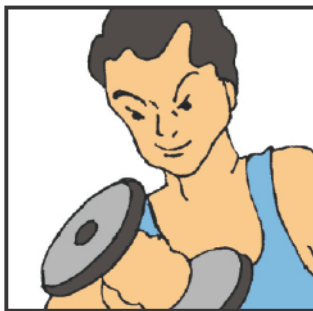
#### A breathing exercise

- Close your right nostril with your right thumb.
- Inhale slowly through your left nostril till your lungs are filled with air.
- Now close your left nostril with your second and third fingers.
- Remove your finger from the right nostril and exhale through it.
- Repeat this exercise slowly in the beginning and with practice increase your speech.



### ACTIVITY - 5

This is Rajiv's family. They are a healthy family. See what each one does to remain healthy. Write a sentence about each member of Rajiv's family.



Father



Mother



Sita



Grandpa



Grandma



Rajiv

### ACTIVITY - 6

**Herbs are good to eat. It is easy to grow herbs. Here is a great way to start.**

Plant a herb in a paper cup. You can plant different herbs in a window garden. Herb that is easy to grow from seeds to basil. Sprinkle the seeds on top of the soil and lightly sprinkle soil on top (only about  $\frac{1}{4}$  inch). Keep it watered and place it in a sunny window. Bring it to your school and show it to your friends.

### ACTIVITY - 7

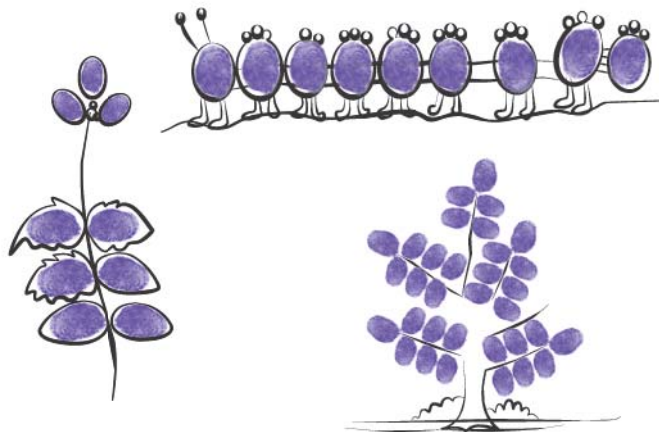
**Collect four to five types of leaves and paste them on a chart paper. Write the name of the plant and display it on the bulletin board.**

### ACTIVITY - 8

**Collect wrappers of different herbal products such as beauty creams, tablets and syrups. Paste them on a chart paper with their names and display them.**

### ACTIVITY - 9

**Observe the pictures drawn here. They are drawn using a thumb print. What other things can you draw with your thumb print? Draw them in your notebook.**



### ACTIVITY - 10

**Your school wants you to join Gardening club, planting seeds and watching them grow.**

Plant a variety of herbs, from onion, garlic and sweet-scented mint and basil. Observe the growth of the herbs and write three sentences on them.