

Lesson-6: People of India

Theme 4: What Is Living Together?

11 Periods (40 minutes each)



Learn Better (Main Course Book), Stay Ahead (Workbook), Book of Holistic Teaching, Book of Project Ideas, CRM signs, Posters, Gratitude Sheet.



Animation, Animated Activity, Concept Map, Dictionary, eBook, Infographic, Quiz, Slideshow, Video.

Confirming better

I love Indian flavours.

Curricular Goals and Objectives (NCF)

To enable the students:

- to identify and Describe Traditional Clothing and Food from Various Indian States.
- to understand how clothing and food are influenced by the climate, geography, and cultural practices of different regions.
- to understand the Cultural Diversity of India.
- to explain the relationship between the climate and the types of clothing worn in different regions of India.
- to assess the importance of preserving traditional clothing and food practices in the modern world.

Methodology

Period 1

Teacher: Good morning, students. How are you all today?

Students: We are good

Teacher: Wonderful. Before we begin today's lesson, let us start by repeating an affirmation together. Repeat after me: 'I love Indian flavours.'

(The students repeat the affirmation with energy and excitement.)

Teacher: We will begin a new chapter 'People of India'. We are going to use a KWL chart to help us organise our thoughts and learning. Please take out your notebooks and draw the KWL format.

K	W	L

Teacher: The KWL chart has three columns. The first column is labelled 'K,' in which you will write what you already know about the topic. In the second column 'W,' you will write what you want to know about the topic and the third column is labelled 'L' which is what you have learnt, which we will fill in the end.

Teacher: Take a few minutes to think and write. If you have any questions, feel free to ask.

Teacher: You all did an amazing job in this activity. Let us move to Re-KAP activities. We will use Kinaesthetic, Auditory and Pictorial activities today to make our learning exciting. Let us start with the Kinaesthetic activity.

SHOULD DO

10 MIN.

Kinesthetic

Kinaesthetic

Do this fun activity in class. Touch your shirt, tie, socks, handkerchief, school bag and desk. What feels rough, soft and hard to touch? Discuss with your partner.

34

Teacher: We will now do a fun hands-on activity. Look around you and touch your shirt, socks, school bag and desk. Feel the texture. What feels rough? What feels soft? What is hard?

Teacher: Now, think about the clothes people wear in different regions of India. Some wear woollen clothes, some wear cotton. Why do you think this is so? (Encourage discussion.)

Teacher: Talk to your partner and guess which fabric is best suited for a cold place like Ladakh and which one is perfect for a hot place like Rajasthan. Let us hear your answers.

(The students discuss and share their thoughts.)

Teacher: Great thinking. Remember, every touch today represents something you have learnt. Now, let us move on to our next activity, where we will sharpen our listening skills. Before that let us end this activity with a big high-five.

MUST DO

10 MIN.

Auditory

Auditory*

Listen to your teacher carefully. Answer the questions.

34

Teacher: Now, I want you to listen carefully to some riddles. Afterward, I will ask you to write down your answers. Ready?

Teacher reads aloud:

1. As fluffy as a cloud, but grown on the ground, grown in the fields, into shirts I am made. What am I?
2. You wear me in forms of coats, socks, and hats. In wintertime, I keep you warm like a cuddly cat. What am I?
3. I'm smooth and shiny, from a small worm I'm spun, from me you get clothes that shine in the Sun. What am I?

Teacher: Let us see how well you listened. What is the answer to the first riddle?

1. What about the second riddle? What do you think keeps people warm in the winter?
2. In the third riddle, what fabric is being described?

Teacher: Fantastic. You have all done a great job listening. Now let us move on to the next activity, where we will explore some more interesting facts.


Teacher: Excellent. You all have sharp listening skills. We have learnt so much about the different regions, cultures and languages in India today just by listening carefully. Now, let us use our eyes and do a picture-based activity.

Pictorial

Pictorial

PS

See the picture. Tick (✓) the fabric that we get from this plant.



1. Cotton fabric

2. Silk fabric

3. Wool fabric

34

Teacher: Alright, class, now we are going to know more about "people of India" through pictures.

Teacher: Look at this picture given on page 34. What do you see?

Teacher: Observe carefully and try to guess where these people might be from based on their clothes. Discuss with your partner.

(The students discuss and share answers.)

Teacher: Brilliant. Now, I will show you another picture. Open your book and look at the picture on page 34, Look at this plant. Do you know what it is? (Show an image of a cotton plant.)

MUST DO

10 MIN.

Teacher: I will give you three options. Tick the correct one. What fabric do we get from this plant?

1. Cotton fabric
2. Silk fabric
3. Wool fabric

(The students tick their answers.)

Teacher: That was fantastic. Cotton is used widely in India because of the hot climate in many regions.

Teacher: Through all three activities, I am so proud of the way you embraced everything today. Keep exploring India and its people and remember, there is always something new to learn from the people around you.

Differentiated Activities

110 km/hr



Why do people in different regions of India wear different types of clothes? Can you give examples from at least three states?

80 km/hr



Imagine you are visiting a cold place like Ladakh. What kind of clothes will you pack and why?

40 km/hr



What type of clothes do you wear in summer Why do they keep you comfortable?

Home Task

Draw a traditional outfit from any one state of India and write two sentences about why people in that region wear it.

Period 2

SHOULD DO

5 MIN.

Teacher: Good morning, everyone. How are you all today?

Teacher: Fantastic. Before we start our lesson, let us have a quick discussion. Think about a festival you celebrated recently. What were special dishes that were prepared at home?

(The students share their answers.)

Teacher: That is wonderful. Food and clothing tell us a lot about different regions of India. Today, we will explore how people in different parts of India dress and eat. Let us begin with a fun discussion.

Interacting better

Interacting better

ICL

What is your favourite food that is made during festivals? Discuss with your partner.

35

Teacher: Open your books to the 'Interacting better' section given on page 35. Look at the question: What is your favourite food that is made during festivals?

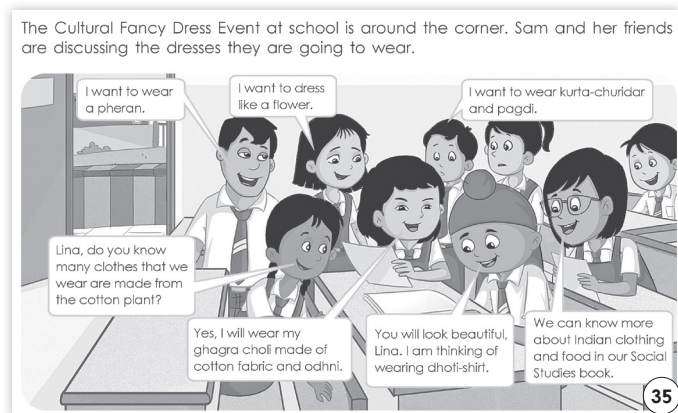
MUST DO

10 MIN.

Teacher: Turn to your partner and share your favourite festive food. Also, try to guess which state or region it belongs to.

(The students discuss with their partners.)

Teacher: Amazing. Who would like to share their partner's favourite food with the class?



(Encourage the students to share.)

Teacher: Wonderful. Just like we have different favourite foods, people from different regions of India have unique dishes and outfits. Now, let us look at a picture and see what we can learn about Indian clothing.

Teacher: Now, turn to the page 35.

Observe it carefully. Look at this picture. What do you see?

(The students observe and respond.)

Teacher: What are these students discussing in this picture?

Teacher: Yes. They are choosing outfits for a Cultural Fancy Dress Event. Can you name some of the clothes they mentioned?

Teacher: Great. Why do you think one student wants to wear a Pheran while another chooses a Kurta-Churidar?

(Encourage the students to connect clothing with climate and tradition.)

Teacher: Exactly. People wear different clothes based on weather and culture. What kind of clothes would you wear in summer? What about winter?

Teacher: Well done. Now, tell me—how are cotton and woollen clothes different? Which one do we use more in hot regions?

Teacher: Fantastic thinking. Just like in this picture, India has many cultures and traditions reflected in its clothing. If you were in this event, what traditional outfit would you choose?

Teacher: Wonderful. This shows how diverse and colourful Indian clothing and traditions are. Next time, observe the clothes people wear and think about where they might be from.

Teacher: Fantastic. You all have keen observation skills. Now, let us learn about a specific region in India – Jammu and Kashmir.

Jammu and Kashmir

Let us read more about Indian clothes and food.

NORTH INDIA

Jammu & Kashmir

Clothing: Jammu & Kashmir is famous for its pashmina wool. It is used to make shawls and sweaters. Most men and women wear a long, woollen, loose gown, called pheran.

Food: Some famous food items are kofta, kabargah, dum aloo, Kashmiri pulao, methi chaman and phirni. Spices and curd are the key ingredients used for cooking. The most widely used spice is kesar, or saffron. People drink kahwa, a traditional green tea that helps keep the body warm. Jammu & Kashmir is famous for its delicious dry fruits and juicy apples.



a woman wearing pheran 35

Teacher: Turn to the section on North India – Jammu & Kashmir given on page 35. Read the first two lines aloud.

MUST DO

10 MIN.

(The students read aloud while the teacher clarifies concepts.)

Teacher: What is the special wool that comes from Jammu & Kashmir?

Teacher: Correct. People in Jammu & Kashmir wear Pheran to keep themselves warm. What do you wear in winter?

Teacher: That is right. Now, let us talk about food. Can anyone name a famous dish from Jammu & Kashmir?

Teacher: Well done. The spices and ingredients used in different regions tell us a lot about their climate and culture. Next time you try a dish from a different state, think about how it is related to the climate and culture of that place.

Teacher: Today, we explored different clothing and food habits of India. What was one new thing you learnt today? (The students share.)

Teacher: Fantastic work, everyone. Give yourselves a big round of applause. See you in the next class for more exciting learning.

Differentiated Activities

110 km/hr



- Pick a traditional outfit from any Indian state and describe why it is worn in that region. Think about the climate and culture while answering.

80 km/hr



- Choose one state and describe its traditional attire and a popular dish from that region.

40 km/hr



- Look at the clothes and food we discussed today. Name one outfit and one dish from any Indian state that you learnt about in class.

Home Task

- Find out about a traditional dish from your own state or region. Write its name, main ingredients and when

it is usually prepared. Draw or paste a picture of the dish and bring it to class for discussion.

Period 3

Teacher: Good morning, students. How are you all today?

SHOULD DO

5 MIN.

Teacher: Wonderful. Before we begin, let us play a quick game. I will name a dish and you have to tell me which state it belongs to. Ready?

- Sarson ka saag and makki di roti (Punjab)
- Dosa and sambar (Tamil Nadu)
- Mysore Pak (Karnataka)

Teacher: Fantastic. Now, let us explore the unique clothing and food of Punjab, Karnataka and Tamil Nadu.

Punjab

Teacher: Turn to page 3 and look at the section on Punjab. Who can read the first two lines aloud?

MUST DO

10 MIN.

Punjab

Clothing: Phulkari is a famous handmade traditional embroidery from Punjab. Here, women mostly wear salwar-kameez with dupatta. The men wear kurta-pyjama, kurta-tehmet or kurta-churidar. Some men also wear a headgear called pagdi.

Food: Sarson ka saag and black dal are the two most popular dishes of Punjab. People drink lassi, a drink made using curd. Gur paare and kheer are famous desserts. People mostly use wheat, spices and ghee to make their food.



a woman wearing a salwar-kameez and a man wearing kurta-churidar and pagdi

36

(One student reads while the teacher clarifies key points.)

Teacher: What is the special embroidery style of Punjab called? (Phulkari)

Teacher: Great. What do women and men traditionally wear in Punjab?

(Encourage responses: Salwar-kameez, kurta-pyjama, pagdi, etc.)

Teacher: Now, let us talk about food. What are the two famous dishes of Punjab mentioned in the book?

Teacher: Amazing. People in Punjab also love drinking lassi. Have you ever tasted it? How does it taste?

Teacher: Well done. Now, let us move to the southern states of Karnataka and Tamil Nadu.

South India: Karnataka and Tamil Nadu



a woman wearing a Mysore silk sari

SOUTH INDIA

Karnataka

Clothing: Karnataka is famous for its cotton and silk textiles*. Women traditionally wear saris. The Mysore silk and Udupi cotton are some popular saris. Men wear shirt and dhoti also called panche. They also carry an angavastram on their shoulder.

Food: Karnataka's traditional cuisine includes idli, dosa, bisi bele bhat, appam and upma. Mysore pak is a famous dessert.

36

Teacher: Open your books to the section on Karnataka. Let us read the first two lines together.

MUST DO

25 MIN.

Teacher: Karnataka is famous for its silk textiles. Can you name one famous type of silk saree from Karnataka? (Mysore silk)

Teacher: What do men wear in Karnataka? (Shirt and dhoti, also called panche)

Teacher: Now, let us discuss the delicious food of Karnataka. What are some famous dishes mentioned here?

(Encourage responses: Idli, dosa, bisi bele bhat, appam, Mysore Pak.)

Tamil Nadu

Clothing: Tamil Nadu is famous for its cotton and silk textiles. Women traditionally wear saris. The Kanchipuram silk saris are very famous. The pavadai or half-sari is usually worn by young girls. Men mostly wear dhoti with a shirt and sometimes, the angavastram.

Food: Rice is the staple food item. It is eaten with sambar, rasam and curd. Dosa, idli, poriyal, payasam and vada are other popular dishes.



a man wearing a dhoti-shirt and a woman wearing a sari

36

Teacher: Fantastic. Karnataka has a rich food culture. Now, let us learn about Tamil Nadu.

Teacher: Look at the Tamil Nadu section in your book. What type of silk saree is famous from Tamil Nadu? (Kanchipuram silk saree)

Teacher: What do men wear in Tamil Nadu? (Dhoti with a shirt)

Teacher: What is the staple food of Tamil Nadu? (Rice)

Teacher: Excellent. Apart from rice, people in Tamil Nadu enjoy dishes like dosa, idli and payasam. Have you ever tried any of these?

Teacher: Amazing. We have now explored the food and clothing of Punjab, Karnataka and Tamil Nadu. What is one new fact you learnt today?

(The students share their thoughts.)

Differentiated Activities

110 km/hr



Explain why different regions wear different types of clothing. Give one example from Punjab and one from Tamil Nadu.

80 km/hr



Name one food item from each of the three states we discussed today.

40 km/hr



Match the clothing to the correct state:

- Phulkari embroidery → (Punjab)
- Mysore silk saree → (Karnataka)
- Kanchipuram silk saree → (Tamil Nadu)

Home Task

Write the names of two dishes from any Indian state and describe their ingredients.

Period 4

Introduction

Teacher: Good morning, students.
How are you all today?

(The students respond.)

Teacher: Wonderful. Before we begin, let us play a quick game. I will say the name of a state and you have to tell me what comes to your mind first. Let us start—what do you think of when I say 'West Bengal'?

(The students respond.)

Teacher: Great. Now, what about 'Assam'?

(The students respond.)

Teacher: Fantastic. Today, we will learn about the clothing and food of these two states. Let us begin.

West Bengal



EAST INDIA
West Bengal

Clothing: West Bengal is famous for its cotton, silk and jute* textiles. Jamdani cotton saris and Baluchari silk saris are popular here. It is also famous for its kantha embroidery. Traditionally, men wear dhoti-panjabi and women wear saris.

Discovering better

staple: something very important and basic

LAD

*Check the 'Grasping better' section to learn the meaning of the word.

36

Teacher: Open your books to the section on West Bengal. Who would like to read the first paragraph aloud?

(A student reads aloud while the teacher clarifies key points.)

Teacher: What is the traditional attire of Bengali women?

(The students respond: Sari.)

Teacher: That is right. What about Bengali men? What do they wear?

(The students respond: Dhoti and kurta.)

Teacher: Excellent. Now, let us talk about food. What is the staple food of West Bengal? Look at the text and tell me.

(The students respond: Rice and fish.)

Teacher: Exactly. Bengali cuisine is known for its delicious fish preparations. Have you ever tried Bengali sweets like rasgulla or sandesh?

(The students share their experiences.)

Teacher: Great. Now, let us move to the section on Assam.

Assam

Teacher: Now, let us explore Assam. Who would like to read this section aloud?

(A student reads aloud while the teacher explains key points.)

SHOULD DO

5 MIN.

MUST DO

20 MIN.

MUST DO

10 MIN.

MUST DO

10 MIN.

Food: Rice is the main food item. Most people eat fish and rice. Mishi doi, sandesh, rasogulla and malpua are some popular sweets.

Assam

Clothing: Assam is famous for its silk textile like, paat, muga and eri. Women's traditional clothing is the mekhela chador. For men, it is dhoti, chola and gamucha.

Food: Rice is the staple food item. Dal, labra, pitika, masor fenga and meat are commonly eaten. Pittha and laroo are sweets prepared during Bihu.



37

Teacher: Assam is known for something very famous worldwide. Can you guess what it is?

(The students respond: Tea.)

Teacher: Correct. Assam is famous for its tea plantations. Have you seen tea plantations before? What do you think makes Assam a great place for growing tea?

(Encourage the students to think about climate and geography.)

Teacher: Now, let us talk about clothing. What do Assamese women wear traditionally?

(The students respond: Mekhela Chador.)

Teacher: Excellent. What about Assamese men?

(The students respond: Dhoti and Gamosa.)

Teacher: Fantastic. Now, let us move to some short questions to check our understanding.

Understanding better

Understanding better

ICT

Answer the questions:

- What do men in Assam traditionally wear?
- Dhokla is a food item from which state?

37

Teacher: Let us check our understanding of what we have learnt so far. Open your books to the 'Understanding better' section given on page 37. Name any two traditional food items of Karnataka.

Teacher: Think back to what we read about Karnataka's cuisine. Who can name two food items?

(The students respond: Idli, dosa, bisi bele bhat, appam, upma.)

Teacher: Well done. Karnataka is known for these delicious dishes. Now tell me Which silk sari is popular in Tamil Nadu?

Teacher: We read about the beautiful silk saris of Tamil Nadu. Which one is famous from this region?

(The students respond: Kanchipuram silk sari.)

Teacher: Correct. The Kanchipuram silk sari is one of the most well-known saris in India.

Teacher: Fantastic. You all answered very well. Remember, each state in India has its own unique culture, food and clothing that make it special. Now, let us move to our recap.

Differentiated Activities

110 km/hr



Name two food items from Assam and two from West Bengal.

80 km/hr



Identify the traditional dresses of Assam and West Bengal.

40 km/hr



Match the state with its famous food item (Assam - Tea, West Bengal - Fish).

Home Task

Research one unique festival celebrated in either West Bengal or Assam. Write two sentences about it in your notebook.

Period 5

Teacher: Good morning, everyone. How are you all today?

SHOULD DO

5 MIN.

Students: Good morning, teacher.

Teacher: Wonderful. Before we begin, let us do a quick warm-up. I will name a famous dish and you have to guess the state it belongs to. Ready?

1. Dhokla (Gujarat)
2. Vada Pav (Maharashtra)
3. Mysore Pak (Karnataka)
4. Litti Chokha (Bihar)

Teacher: Well done. Now, let us explore the vibrant cultures of Gujarat and Maharashtra.

Teacher: Open your books to the section on Gujarat. I need two volunteers to read the first two lines.

(Two students read, then The teacher will explain and discuss the topic with the students.)

Teacher: Well read. Now, let us look at the picture on this page. What is the girl wearing?

(The students respond: Ghagra, choli and odhni.)

Teacher: Correct. What about the boy?

(The students respond: Dhoti-kurta.)

Teacher: Right. Now, why do you think Gujarat has these traditional clothes? Think about the climate and festivals.

(The students discuss and share answers.)

Teacher: Now, let us play a quick game. Everyone, close your eyes and imagine you are attending a festival in Gujarat. What kind of clothing do you see around you?

(The students describe what they imagine.)

Teacher: Excellent. Now, let us talk about food. Can you name a popular dish from Gujarat?

(The students respond: Dhokla, khandvi, fafda.)

Teacher: Well done. Gujarati food is mostly vegetarian and is known for its light and flavourful taste. Imagine you are at a Gujarati wedding. What foods do you think would be served?

(The students share answers.)

Teacher: Great thinking. Now, let us move on to Maharashtra.

MUST DO

15 MIN.

Maharashtra

Maharashtra

Clothing: The most popular textiles of Maharashtra are cotton and silk. Paithani silk is popularly used to make saris. The traditional dress of men is dhoti, kurta and topi. They also wear a pagdi on special occasions. Women wear the nauvari saris on festivals and other special occasions.

Food: Some famous food items are bhelpuri, vada pav, pani puri, pav bhaji and shrikhand.



a man wearing a kurta and topi

37

Teacher: Now, let us read about Maharashtra. Who would like to read the first two lines?

(Students will read and teacher will explain the topic.)

Teacher: Maharashtra is famous for its Paithani silk. Look at the image. What are men wearing in Maharashtra?

(The students respond: Dhoti, kurta, topi, pagdi.)

Teacher: Correct. How does this outfit differ from Gujarat's traditional attire?

(The students discuss differences.)

Teacher: That is right. Now, let us explore food. Who has tried vada pav or pani puri?

(The students raise hands.)

Teacher: Amazing. Maharashtra is known for its street food. If you had to choose one Maharashtrian dish to eat for a week, which one would it be?

(The students share their choices.)

Teacher: Great choices. This discussion shows how diverse and unique Indian food is. Now, let us check how well you have understood these concepts.

Understanding better

Understanding better

Answer the questions:

1. Name any two traditional food items of Karnataka.
2. Which silk sari is popular in Tamil Nadu?

37

Teacher: Open your books to the 'Understanding better' section. I will ask two questions. Discuss with your partner and write the answers.

MUST DO

10 MIN.

1. What do men in Assam traditionally wear?
2. Dhokla is a food item from which state?

(The students discuss and write answers.)

Teacher: Now, let us share our answers. Who would like to go first?

(The students share their responses.)

Teacher: Well done, everyone. Your understanding of Indian clothing and food is getting better. Let us quickly wrap up the lesson.

Teacher: Let us play a quick 'Guess the State' game. I will describe a piece of clothing or a food item and you have to name which state it is from. Ready?

COULD DO

10 MIN.

1. Paithani sari (Maharashtra)
2. Dhokla (Gujarat)
3. Mysore Silk sari (Karnataka)
4. Pheran (Jammu & Kashmir)

Teacher: Fantastic work. You have learnt so much about Gujarat and Maharashtra today. Now, let us move to our differentiated activities.

Differentiated Activities

110 km/hr



Explain why Gujarat and Maharashtra have different clothing styles.

80 km/hr



Name one food item from Gujarat and one from Maharashtra.

40 km/hr



Name one traditional outfit worn by men in Maharashtra

Home Task

Find one interesting fact about the traditional clothing or food of any Indian state and share it in the next class.

Period 6

Teacher: Good morning, students. How are you all feeling today?

(The students respond.)

Teacher: Fantastic. Today, we are going to explore another part of India—Central India. Before we start, take a deep breath and get ready for an exciting lesson.

Madhya Pradesh

Teacher: Who would like to read about Madhya Pradesh?

SHOULD DO

5 MIN.

MUST DO

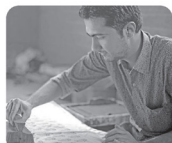
10 MIN.

CENTRAL INDIA

Madhya Pradesh

Clothing: Madhya Pradesh is famous for its silk and cotton textiles. Chanderi saris, Maheshwari saris and bagh prints are famous in Madhya Pradesh. Traditionally, men wear dhoti and kurta. Women wear saris.

Food: Wheat is the staple food. Jalebi, poha, maawa baati and bhutte ka kees are some popular food items.



bagh print in making

38

(The students read aloud from the book.)

Teacher: Well done. Now, let us discuss what we just read.

- What kind of clothes are famous in Madhya Pradesh?
- Can anyone name the traditional saris from this region?
- Why do you think cotton and silk are popular in this state?

(The students respond.)

Teacher: Exactly. The climate plays a big role in the types of clothes people wear. Now, let us talk about food.

- What is the staple food of Madhya Pradesh?
- Have you ever tried poha or jalebi?

(The students share their thoughts.)

Teacher: That was a great discussion. Madhya Pradesh has a rich culture with beautiful textiles and delicious food. Now, let us make a fun connection with science.

Connecting better

Connecting better

On reaching Sam's home, the children meet Sam's Nana* and Sam's Ajoba*. Ajoba is wearing a dhoti and a kurta. The children recognise it as the traditional Maharashtrian attire. Ajoba tells the children that his dhoti and kurta are made of cotton. Cotton grows well in sandy-loam soil. The children are curious and ask Ajoba to tell them a little more about the soil. He tells the children that sandy-loam soil is a mixture of sand, clay and silt. It can hold plenty of air and water which is important for growing cotton.

Science

HoLL

38

Teacher: Open your books to the 'Connecting better' section given on page 38. Read the first few lines aloud.

MUST DO

10 MIN.

Teacher: Great reading. Can anyone tell me what sandy-loam soil is?

(The students respond.)

Teacher: That is right. It is a mix of sand, clay and silt and it is great for growing cotton. Why do you think cotton is grown in this type of soil?

(The students answer.)

Teacher: Well done. Soil plays an important role in agriculture, through which we get different plants. As you already know, we get fibre, that is used to make clothes, from plants as well. Now, let us move on to an exciting discussion about how we can help our environment.

Helping better

Helping better

Decorate a cotton bag with designs that you see on different clothes. These bags can be used as an alternative to plastic bags for shopping.

OL

38

Teacher: Look at the 'Helping better' section in your book. It talks about decorating a cotton bag. Why do you think using a cotton bag is better than using a plastic bag? (The students share their ideas.)

MUST DO

5 MIN.

Teacher: Great answers. Plastic harms the environment, but cotton bags are reusable and eco-friendly. Let us think—if you had to design a cotton bag, what patterns would you choose?

(The students respond with creative ideas.)

Teacher: Wonderful creativity. Now, let us talk about another way to care for our surroundings.

Caring better



Caring better

Collect old toys that you no longer use and donate it to a children's home. Take the help of an adult.

Seva

38

Teacher: Open your books to the 'Caring better' section. It says we should donate old toys. Why do you think this is important?

(The students share their thoughts.)

Teacher: Yes. Sharing with others brings happiness. If you had to give away one item to help someone, what would it be?

(The students respond.)

Teacher: That is so thoughtful. Caring for others makes the world a better place. Now, let us quickly learn two new words before we wrap up.

Grasping better



Grasping better

textile: material created by knitting or weaving

jute: thin plant threads used to make clothes, ropes, sacks, doormats and so on

DING

38

Teacher: Turn to 'Grasping better' and read the words aloud.

(A student reads.)

Teacher: What does the word 'textile' mean?

Teacher: Yes. It is a material made by knitting or weaving. What about 'jute'? Where do we use it?

Teacher: Well done. We learnt so much today about Madhya Pradesh, soil, eco-friendly bags and new words. What was your favourite part of today's lesson?

Teacher: Fantastic. Give yourselves a round of applause. See you in the next class.

MUST DO

5 MIN.

Differentiated Activities

110 km/hr



Name two types of soil and explain which crops grow in them.

80 km/hr



List two ways to reduce plastic waste at home.

40 km/hr



Name one eco-friendly item that can replace plastic.

Home Task

Write about one new thing you learnt today about Madhya Pradesh and how it is different from your state.

Period 7

Teacher: Good morning, everyone. How are you today?

SHOULD DO

5 MIN.

Students: Good morning teacher, we are well.

Teacher: Excellent. Let us get our brains warmed up with a quick activity. Raise your hand if you agree with these statements Ready?

Teacher: 'Kashmir is famous for Pashmina wool.'

Teacher: 'Rice is a staple food in Tamil Nadu.'

Teacher: Wonderful. Now that we are all warmed up, let us get into today's topic.

Recalling better

Recalling better

CING

- Jammu & Kashmir is famous for pashmina wool. Kabargah, kofta and dum aloo among others are some of the popular food items.
- Punjab is known for its traditional phulkari embroidery.
- Karnataka is famous for its cotton and silk textiles.
- The Kanchipuram silk saris of Tamil Nadu are popular all over the world.
- West Bengal is known for its cotton, jute and silk textiles. People mostly eat fish and rice.
- Assam is famous for its silk textiles. Dal, labra, pitika and masor tenga are commonly eaten there.

38

Teacher: Now, let us recall what we have learnt so far. Open your books to the 'Recalling better' section on page 55. Here are the short questions to recall:

MUST DO

10 MIN.

1. Which wool is famous in Jammu & Kashmir?
2. What is the traditional embroidery style of Punjab called?
3. What textiles are popular in Karnataka?
4. Which silk sari is famous in Tamil Nadu?
5. What are some popular food items in West Bengal?
6. What food is commonly eaten in Assam?
7. What are some food items popular in Gujarat?
8. What is the traditional dress of men in Maharashtra?
9. What is the staple food of Madhya Pradesh?

Teacher: Well done, everyone. We have refreshed our memory on 'People of India- their clothes and food', You all shared wonderful insights and actively participated in our discussion.

Learning better

Exercise A

A. Fill in the blanks with the correct answers.

1. _____ is a traditional tea consumed in Kashmir.

2. The _____ silk saris are famous in Tamil Nadu.

3. _____ is a traditional dress worn by women in Assam.

4. The most popular textiles of Maharashtra are _____ and silk.

5. _____ is the staple food of Madhya Pradesh.

CBA

39

Teacher: Now, let us look at learning better exercise on page 39 Let us challenge ourselves with this exciting exercise. You will fill in the blanks with the correct answers based on what we have learnt about the textiles and food of different Indian states.

Teacher: Take a moment to think carefully before writing your answers. If you get stuck, do not worry. Try your best and I will guide you if needed.
(Allow the students to complete the activity.)

Teacher: Wonderful effort, everyone. Now, let us go over the answers together. Who would like to share their response for the first question?
(Encourage different students to read out their answers. Praise them for correct answers and gently correct any mistakes with positive reinforcement.)

Teacher: Fantastic teamwork, everyone. This activity helped us recall key facts in a fun way. Now, let us move forward with our lesson.

Learning better

Exercise B

B. Match the states/Union Territories with the textiles they are famous for.

1. Punjab

2. West Bengal

3. Assam

4. Maharashtra

5. Madhya Pradesh

a. Bagh prints

b. Patthani silk

c. Phulkari embroidery

d. Baluchari silk

e. Paat silk

39

Teacher: Let us test our knowledge with another exciting matching activity on learning better 'B'. You will match each state with the textile it is famous for.

Teacher: Take your time and think carefully. You have learnt about these textiles and I know you can do it. If you are unsure, make your best guess.
(Allow the students to complete the activity.)

Teacher: Fantastic effort. Now, let us check our answers together. Who would like to match the first state?
(Encourage different students to share their responses. Write the correct answers on the board as the students participate.)

Teacher: Brilliant work, everyone. This activity helped us strengthen our memory of the textiles from different states. You all did an amazing job.

Teacher: Let's finish up today's lesson by remembering everything we have learnt. I will ask a few quick questions and you can answer by raising your hand.

Teacher: What is the staple food in Madhya Pradesh?

Students: Wheat

Teacher: Wonderful. Let us give ourselves a big round of applause

Differentiated Activities

110 km/hr



Name the different regions of India have different types of clothing.

80 km/hr



What type of clothes do people wear in Gujarat?

40 km/hr



What do people in Assam eat?

Home Task

Observe the clothes worn by your family members and write down which fabric they are made of (cotton, silk, jute, etc.). Also, find out which type of food is commonly eaten in your home and write two sentences on it.

Period 8

Teacher: Good morning, students.

Students: Good morning, teacher.

Teacher: Today, we will start with a fun game called 'Textile Twirl'. I will say the name of a textile and you have to do an action that matches it. Let us see how fast you can respond.

- If I say 'Silk', you wave your hands smoothly like flowing fabric.
- If I say 'Cotton', you puff up your arms like soft cotton balls.
- If I say 'Jute', you stand stiff and strong like a jute rope.
- If I say 'Wool', you wrap your arms around yourself like a warm woollen sweater.

Teacher: Are you ready? Let us begin. (Call out different textiles and let the students act them out.)

Learning better

Exercise C

C Write short answers in your notebook.

1. What are some of the popular dishes of Punjab?
2. What do men wear in Tamil Nadu?
3. Ananya is wearing her mother's traditional Maheshwari sari. Which region does she belong to?

39

Teacher: Open your books to page 39 and look at Exercise C. I will give you 30 seconds to read each question carefully. After that, we will discuss the answers together and you will write them in your notebooks. Are you ready?

(Encourage the students to stay focused and ready.)

Teacher: Let us start with the first question: 'What are some of the popular dishes of Punjab?' Think about what you remember. Take a moment to write your answer in your notebook. If you need help, feel free to talk to your partner.

(Allow the students time to think and write.)

Teacher: Great. Now, who can share what they have written? What are some of the popular dishes of Punjab? (Repeat the same pattern for the next questions, ensuring that the students are actively participating and engaged in the discussion.)

MUST DO

15 MIN.



Learning better

Exercise D

D Write long answers in your notebook.

1. How do Indian clothes vary from region to region?
2. Write about the textiles and traditional dresses of Karnataka.

39

Teacher: Now, let us move on to Exercise D. We will be writing long answers. I will give you 30 seconds to think about each question. After that, we will discuss them together and write the answers in our notebooks. Are you all ready?

(Encourage the students to be prepared and focused.)

Teacher: The first question is: 'How do Indian clothes vary from region to region?' Think about the clothes we have discussed and how they change in different parts of India. Take a moment to write your answer in your notebooks.

(Allow the students time to think and write.)

Teacher: Great. Who would like to share their thoughts on how Indian clothes vary from region to region?

(Encourage the students to share their answers.)

Teacher: Wonderful. Now, let us move to the second question: 'Write about the textiles and traditional dresses of Karnataka.' Remember, think about the types of clothing we have discussed and the fabrics used in Karnataka. Write your answer in your notebook.

(Allow the students time to think and write.)

MUST DO

15 MIN.



Teacher: Well done, everyone. Can anyone share what they wrote about the textiles and traditional dresses of Karnataka?

(Encourage the students to share their answers and lead a brief discussion.)

Teacher: Excellent work, everyone. You have done a great job. Now, please ensure that you have written down all the answers in your notebooks.

Teacher: Well done, everyone. You all participated so actively today. From the 'Textile Twirl' game to the thoughtful answers you shared in the Learning better exercises, I am really impressed with how much you have learnt. Keep observing the different clothes and food from various regions of India. This helps us understand the diversity of our country even more.

Teacher: Now, let us give ourselves a big round of applause for our amazing efforts today. You have all worked very hard.

Differentiated Activities

110 km/hr



What fabric is used in Punjab's traditional clothes?

80 km/hr



Name one type of clothing worn in Maharashtra.

40 km/hr



What is a famous food item from Karnataka?

Home work

Creating better



Creating Better

Collect several discarded pair of jeans. Take help of an adult to cut out shapes from the jeans. Paste them to decorate your old pillow or a cushion cover.

Art1 2LaCS



40

Complete the 'Creating better' activity on given on page 40 in which you have to create your own inspirational quote banner. Write and decorate your quote on a banner, which can then be hung in the classroom.

Period 9

Teacher: Good morning, students. Today, we will start our lesson with a fun and quick discussion challenge. Let us form two groups in the class. Each group will discuss and answer the following question:

SHOULD DO

5 MIN.



How do clothes help people adapt to different weather conditions?

Group 1, you will focus on warm and hot places. Group 2, you will focus on cold and rainy places.

You have 2 minutes to discuss with your group members and come up with reasons for your answers. Think about things like protection from heat, cold and rain, as well as comfort and tradition.

Teacher: Great answers, everyone. Clothes are not just about looking good. They help us stay comfortable and safe in different climates. Well done. Now, let us move on to today's lesson.

Thinking better

Thinking better

Think and answer in your notebook.

Design your own Indian traditional dress. What would it look like?

2L CS HOTS

40

Teacher: Now, open your books to page-40 'Thinking better' activity- It says Design your own Indian traditional dress. What would it look like?

MUST DO

10 MIN.

Teacher: Now, imagine you are a fashion designer creating a traditional Indian outfit. Think about the materials, patterns and colours you would use.

Teacher: Draw and describe you design of Indian traditional dress. What fabric would you choose? Would it be cotton, silk or jute? What patterns or decorations would it have?

Teacher: Let us take 10 minutes to complete this. Once you are done, I will invite a few of you to share your designs with the class.

Choosing better

Choosing better

How can we show appreciation for Indian traditional clothing? Tick (✓) your answer.

- By wearing it on special occasions.
- By learning about its history and importance.
- By ignoring it.

LSV

40

Teacher: Now, let us think about how we can show appreciation for traditional Indian clothing. Look at the three options given in your book and discuss with your partner which ones demonstrate respect for our traditions.

- Wearing it on special occasions
- Learning about its history and significance
- Ignoring it

Teacher: Which of these options do you think are the right ones? (The students discuss and share their answers.)

Teacher: Excellent. Traditional clothing is an important aspect of our culture and understanding it helps us appreciate the diversity of our country.

MUST DO

10 MIN.

Revising better

Revising better

In this chapter, you learnt something about the Indian culture. People in each part of India show respect to their culture by wearing traditional clothes. What image does this value of respecting one's culture bring to your mind? Write in your Little Book.

DBL

40

Teacher: You are doing an amazing job. Now, it is time for a super creative task. We have learnt so much about Indian culture—how people from different states wear traditional clothes and enjoy different types of food. I want you to make your very own 'Little Book of Indian Culture'.

Create a small book, just like we did before. On the cover, write 'My Little Book of Indian Culture' using your favourite colours. You can decorate it with patterns, stars, stickers or anything fun that represents India's diversity. Inside the book, write or draw about one thing that represents respect for Indian culture. It could be:

- A traditional dress from any Indian state
- A famous food dish and why it is special
- A festival where people wear beautiful clothes and share delicious meals

(Take a few minutes to let the students create their book.)

Teacher: Now that you have completed your 'Little Book of Indian Culture', let us take a moment to share. Turn to your partner and show them what you have created. Tell them why you chose this representation of Indian culture. (Allow time for the students to share and discuss briefly.)

MUST DO

10 MIN.

Pledging better

Pledging better

With my whole heart, I pledge eat healthy food and drink lots of water.

SDG 3: GOOD HEALTH AND WELL-BEING

SDGs

40

Teacher: Let us end today's lesson with a meaningful pledge. Think about how small habits can lead to a healthier life. Here is our pledge:

'With my whole heart, I pledge to eat healthy food and drink lots of water'.

Teacher: Now, I want each of you to repeat this pledge with me. Remember, taking care of ourselves is an important part of our daily life.

(Encourage the students to repeat.)

Teacher: From learning about our diverse cultures to understanding the importance of food and clothing, I am proud of all the effort you have put in today. Keep up the great work.

Teacher: Remember making healthy choices is just as important as learning.

MUST DO

5 MIN.

Differentiated Activities

110 km/hr



Write about one famous Indian textile, such as Banarasi silk, Phulkari embroidery or Pashmina wool.

80 km/hr



List two reasons why people wear traditional clothes on special occasions.

40 km/hr



Name two states known for silk textiles and two for cotton textiles.

Home Task

Project Idea

Chapter 6: People of India

Theme 4:
What Is Living
Together?

PRO 2Lr CS

Make a project file on the traditional clothing of India. Use information from the Internet*. Paste pictures of traditional textiles of five different states of India and write about them. Decorate your file.

20

(For project Ideas, please refer to the book of Project Ideas, page 20 under the title "People of India." This project should be assigned to the students to work on. Ensure that the students understand the project requirements and provide any necessary guidance or materials they might need. Encourage them to explore and learn about people of India through this engaging project.)

Period 10

Teacher: Good morning, everyone.

How are you today?

(Students respond.)

MUST DO

10 MIN.

Teacher: Wonderful. Let us start today's lesson with a quick question: What are you thankful for today?

Teacher: Take a moment to think about one thing you are grateful for and then we will share.

(Students think and share briefly.)

Teacher: Great answers. Now, let's get started with today's lesson.

Gratitude Sheet



Teacher: Today, we will begin with a Gratitude Sheet.

Teacher: Please take out your Gratitude Sheet and reflect on three things you are grateful for in your life. These can be small or big things.

Teacher: Once you have written down your three things, take your Gratitude Card and cut it out carefully.

Teacher: After that, I want you to give a thank-you note to someone who has helped you—this could be a classmate, a teacher, or anyone who has supported you.

Teacher: Take a moment to express your gratitude to that person and share your thank-you note with them. (Allow students time to write, cut, and share their gratitude cards.)

Teacher: Remember, practicing gratitude helps us appreciate the good things in our lives, and expressing thanks makes the world a better place. Well done, everyone.

Worksheet 1

Theme 4: What Is Living Together?

6. People of India

Worksheet 1

A. Fill in the blanks.

- _____ is the most widely used spice in Jammu & Kashmir.
- The dhoti worn by men in Karnataka is known as _____.
- The Kanchipuram _____ saris are very famous in Tamil Nadu.
- Mishti doi and sandesh are famous food items of _____.
- Chanderi saris are popular in _____.

B. Match the columns.

Column A	Column B
1. Jammu & Kashmir ●	● a. western India
2. Karnataka ●	● b. eastern India
3. Assam ●	● c. south India
4. Maharashtra ●	● d. central India
5. Madhya Pradesh ●	● e. north India

C. Write true or false.

- Punjab and Karnataka are in north India. _____
- The pavadai or half-sari is usually worn by young girls in Tamil Nadu. _____
- Phirni is a popular sweet dish of Assam. _____
- Masor Tenga is a popular dish of Assam. _____
- Rice is the staple food of Madhya Pradesh. _____

17

Teacher: Now, let us move on to Worksheet 1 given on page 17.

Teacher: You will work on this worksheet and I will be here to help you if you need any assistance.

Teacher: Read through the questions carefully and try to complete them as best as you can.

Teacher: Take your time and don't hesitate to ask me if you have any doubts.

(Allow students to work on the worksheet, offering help as needed.)

Worksheet 2

Worksheet 2

A. Fill in the blanks.

1. Pashmina is a type of _____.
2. _____ is another name for saffron.
3. Karnataka is famous for _____ cotton saris.
4. Tamil Nadu is in _____ India.
5. Pitika and piitha are famous food items of _____.

B. Rearrange the letters and write the names of food items.

1. LIDI _____
2. SILAS _____
3. WAKAH _____
4. KLADHO _____
5. SAMPAYA _____

C. Write true or false.

1. Gujarat is in north India. _____
2. Kofta and kabargah are popular food items of Jammu & Kashmir. _____
3. People in Punjab drink lassi, a drink made using curd. _____
4. The dhoti worn by men in Karnataka is called panche. _____
5. The most popular textiles of Maharashtra are cotton and silk. _____

18

Teacher: Now, let us work on Worksheet 2 given on page 18.

Teacher: Just like before, take your time and work through the questions.

Teacher: I will be walking around to help you if you need any assistance.

Teacher: You can raise your hand if you need clarification or support with any of the tasks.

(Allow students to work on Worksheet 2, offering help as needed.)

Differentiated Activities

110 km/hr



How can you apply what you learned to everyday situations?

80 km/hr



Can you explain the answer to one of the questions you found tricky?

40 km/hr



Can you describe one thing that helped you understand the worksheet better?

Home Task

Write about one thing you are grateful for that you didn't mention today. Share why it makes you happy and how it impacts your life.

Period 11

Teacher: Good morning, students. How are you today? (Students respond.)

SHOULD DO

5 MIN.

Teacher: Great to hear. Before we dive into today's lesson, let's do a quick warm-up activity.

Teacher: I'm going to ask a few questions, and I want you to raise your hand if you agree with them. Ready? India is a land of diverse cultures and traditions.

We wear different types of clothes depending on the weather.

Food varies from one region to another in India.

Teacher: Wonderful. This will help get our brains ready for the exciting lesson ahead. Now, let's move on.

Worksheet 3

Worksheet 3

A. Fill in the blanks.

1. Punjab is in _____ India.
2. West Bengal is famous for Baluchari _____ saris.
3. The main food item of Tamil Nadu is _____.
4. Patola _____ are popular in Gujarat.
5. In Assam, women's traditional clothes are _____.

B. Match the columns.

Column A

1. kahwa
2. appam
3. rasogulla
4. khandvi
5. poha

Column B

- a. Gujarat
- b. Madhya Pradesh
- c. Jammu & Kashmir
- d. West Bengal
- e. Karnataka

C. Name the states.

1. The people of this state/Union Territory drink kahwa, a traditional tea. _____
2. Mithi doi and sandesh are popular sweets of Gujarat. _____
3. The Mysore silk and Udupi cotton saris are popular in this state. _____
4. The traditional cuisines of this state include idli, dosa and bisi bele bhat. _____
5. In this state, sweets, such as pitha and laddoo, are prepared during Bihu. _____

19

Teacher: Now, let us work on Worksheet 3 given on page 19.

Teacher: These worksheets will help us review and apply what we have learned so far about the different cultures, clothing, and food of India.

Teacher: You will work on worksheet today and I will be here to help if you have any questions or need support.

Teacher: Take your time and read each question carefully. If you are stuck, feel free to ask for help.

(Allow students time to complete the worksheet, providing assistance as needed.)

(Allow students time to complete the worksheet.)

Teacher: Once you have finished your worksheet, we will do a peer assessment activity.

Teacher: Pair up with a classmate and exchange your completed worksheets.

Teacher: As you review each other's work, provide constructive feedback.

Teacher: After reviewing, discuss your thoughts with each other and then make any necessary improvements to your own worksheet based on the feedback you received.

Teacher: I will walk around to ensure you are giving helpful and respectful feedback.

Holistic Development

Chapter 6: People of India

Theme 4: What Is Living Together?

A English



Fill in the blanks using the correct articles.

1. Dhokla is _____ famous food item of Gujarat.
2. Would you like to wear _____ Indian outfit for _____ next Cultural Day at school?

33

B Maths

Riya's mother is buying saris for a family function. She wants to buy 5 saris, and each sari costs ₹500. How much money will Riya's mother spend in total? Write the answer in your notebook.

C Science

Udupi cotton is famous in Karnataka. From which part of the plant is cotton obtained?

34

(Refer to the Book of Holistic Teaching, pages 32 and 33. under the title "People of India." Complete the activities mentioned in this section and ensure that the students complete them. These activities are designed to enhance their holistic understanding and engagement with the topic. Provide any necessary support and materials to help the students successfully finish the activities.)

COULD DO

15 MIN.

Differentiated Activities

110 km/hr



What is your favorite Indian state from the chapter and why?

80 km/hr



What type of clothes are commonly worn in hot places?

40 km/hr



What type of clothes do people wear in cold weather?

Home Task

Complete pending worksheet and revise whole chapter.

Learning Outcomes

The students will:

Domain	Development Area
Physical Development	<ul style="list-style-type: none"> improve their creativity by engaging in activities like drawing and designing traditional Indian clothing or food items and participating in art-based tasks like the "Create your own Inspirational Quote Banner."
Socio-Emotional and Ethical Development	<ul style="list-style-type: none"> develop an understanding and respect for the diverse cultures, traditions, and clothing styles of different Indian states, such as the importance of wearing specific attire for festivals or events.
Cognitive Development	<ul style="list-style-type: none"> identify various Indian states and their traditional textiles, clothing, and food. This knowledge will deepen their understanding of India's diversity, including recognizing how climate influences clothing choices.
Language and Literacy Development	<ul style="list-style-type: none"> read different sections about the people of India, such as West Bengal, Assam, Karnataka, and Tamil Nadu, to improve their reading skills. They will also expand their vocabulary by learning new terms related to textiles and food.
Aesthetic and Cultural Development	<ul style="list-style-type: none"> learn about the significance of textiles such as Kanchipuram silk, Phulkari embroidery and foods like dosa and poha, students will appreciate the rich cultural heritage of India.
Positive Learning Habits	<ul style="list-style-type: none"> Build responsibility and self-motivation. Through activities like completing home tasks, working on projects, and reflecting on their learning, students will develop a sense of responsibility and self-motivation in their academic journey.

Starry Knights

How was the learners' response to the freedom struggle?

Give yourself a STAR for being so considerate.

