

Class – 3

Subject- Science

Chapter – 11

Information and Communication

Information – Information is knowledge that we get about someone or something. We are always getting various information like events, news, weather etc.

Sources of information: we can get information from many sources.

They are given below-

1. Television
2. Radio.
3. Newspaper
4. Books
5. Internet
6. Experienced persons etc.

Importance of sharing information: Sharing information is important for our life. Information helps us to decide what to do and how to do. For example, if we hear cyclone alert, we should tell others. This way we can save ourselves from big loss. But information should be correct.

Communication: communication means exchanging information.

Some communication technologies are mobile, telephone, internet, letter etc.

How can we communicate with others: We can communicate with others by many ways. Some ways are given below-

1. Long ago people used carrier, pigeons, smoking signals or beating drums to send message to far one.
2. We can talk with people through mobile phone or telephone.
3. We can exchange message through e-mail.
4. We can also communicate with far one by sending letter also.
5. We can also send audio and video message to others.

Class 3

Food

Food – Something that people and animals eat

Nutrition – The process of providing or obtaining the food necessary for health and growth.

Nutrients

1. Major nutrients
 - ☐ Proteins (meat, fish)
 - ☐ Carbohydrates (rice, wheat)
 - ☐ Fat (ghee, butter)
2. Minor nutrients
 - ☐ Vitamins (A, B, C, D, E, K)
 - ☐ Minerals
 - ☐ Water

Functions:

1. Proteins – Builds, repair and maintain our body
2. Carbohydrates – provide energy for doing work
3. Fat – provides energy, keeps body warm
4. Vitamins and minerals – protect us from diseases
5. Water – helps to digest food

Balance diet – A diet that contains adequate amounts of all the necessary nutrients.

Seasonal fruits:

- ☐ Summer fruits
- ☐ Winter fruits
- ☐ Fruits throughout the year

Seasonal vegetables:

- ☐ Summer vegetables
- ☐ Winter vegetables
- ☐ Vegetables throughout the year [Students will make list of fruits and vegetables according to seasons]

Ways of preserving food:

Foods

1. Drying - fruits, vegetables, fish, meat, grain, pulses.
2. Canning - fruits, vegetables, fish, meat, prepared foods.
3. Refrigeration – fruits, vegetables, meat, fish.

Other ways – pickling, salting, freezing.

Population: The number of people who lives in the same area is called its population.

Population growth: It is the increase in the number of individuals in a population.

Impact of population growth on our life: -

- Food distribution: A growing population will take up more space to build a shelter. If the population continues to grow, not enough food will be available for all people.
- Medical facilities: For growing population there is a shortage in medical facilities and services.
- Educational facilities: Many people face lack of educational facilities and services.

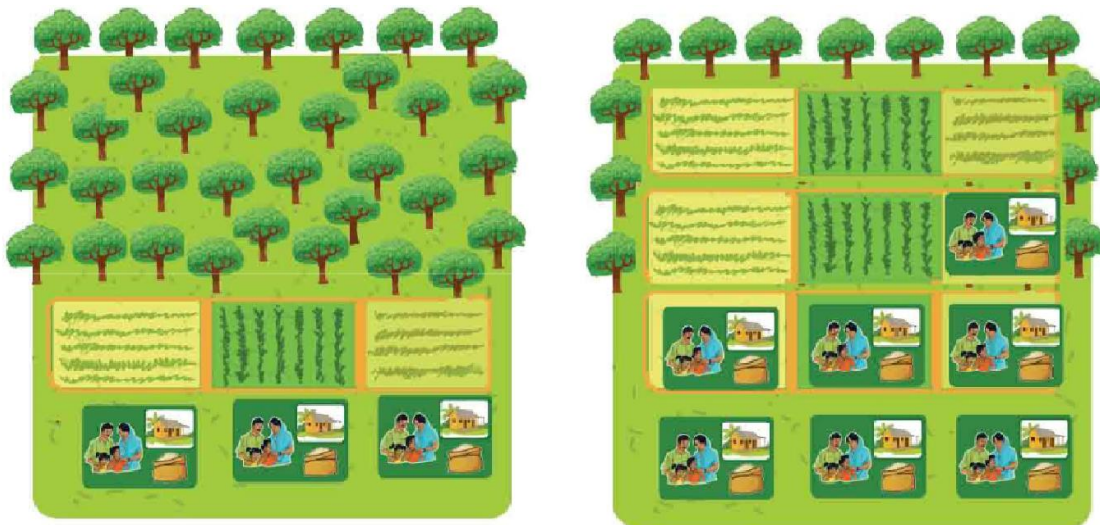


Figure: large population needs more space to live.

- Employment: The number of employment opportunities are not growing with the population.
- Development: Difficulties in the implementation of state development program.

- Natural environment: An environment having natural things like trees, water, air, sunlight etc. is known as a natural environment.
- Elements of natural environment: Water, air, sunlight, plants, soil etc. are some elements of natural environment. These things are also called natural resources.



Figure: Natural environment

Impact of population growth on the natural environment:

- Deforestation: humans have cleared forest for land to cultivate crops or livestock for food, and to build houses, roads etc.
- Air pollution: Throwing garbage or ejection of smoke from vehicles or factories causes air pollution.
- Water pollution: Large amount of waste generated and disposed into the water bodies increases the pollution in the water.



Figure: people are destroying the natural environment

- Extinction of species: population growth is also responsible for extinction of species.
- Climate change: Forest loss is both a cause and an effect of our changing climate. Human population growth and climate change have grown hand in hand as the use of fossil fuels has exploded to support industrialized societies.



Figure: climate change

Necessary steps to protect the natural environment:

- Tree plantation: We should plant more and more trees to save the environment.
- Natural resources: We should reduce using or reuse of natural sources of energy like coal, petroleum etc.
- Waste management: we should segregate the wastage so that it could be easier to recycle.
- Rain water: We should harvest rain water.
- Create awareness: we should create awareness among people so that they can understand the necessity of controlling population growth.

<p>Treeplantation and creating people awerness</p>	<p>Waste management</p>