



Water for Life

Water is one of the basic need for our survival. We use water for:



Drinking



Washing



Cooking



Bathing



Cleaning



Swimming

Plants and animals also need water.

Importance of Water – Life-giving liquid

Water is very important for all living things.

- ✿ It helps us to digest the food.
- ✿ It helps to remove the wastes from our body.
- ✿ It maintains the body temperature.
- ✿ Plants need water to grow. They need water to prepare food.



Teacher's Tip

Tell the students about the importance of conserving water.

Sources of Water

Rain is the main source of water. Rainwater gets collected in various sources like...



Lake



Pond



Stream



Waterfall



River



Sea



Ocean

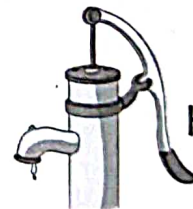
All these are **natural sources** of water. Some of the rainwater seeps under the ground. This water is called **underground water**. This is taken out from some **man-made sources**, eg. well, tubewell, handpump.



Well



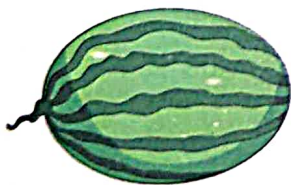
Tubewell



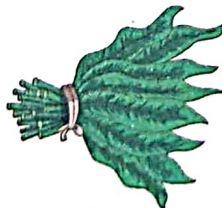
Handpump

Foods Rich in Water

Some of the food items rich in water are:



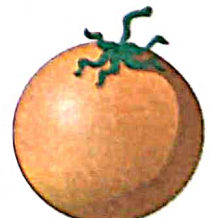
Watermelon



Spinach



Orange



Tomato

Did You Know?

We should consume these food items in summer season to keep our body cool.

Let's Recall

- * Water is the basic need for our survival.
- * We need water for many purposes.
- * We get water from various natural and man-made sources.

Let's Answer

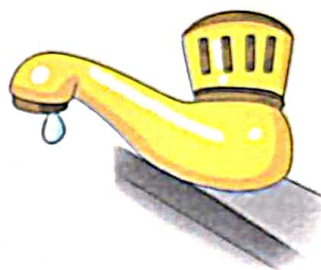
A. Name these sources of water:



River



Handpump



Tap



Sea

B. List any four points regarding the importance of water:

1. It helps to digest food.
2. It maintains body temperature.
3. It helps to remove waste from our body.
4. Plants and animals also need water.



Let's Do

Make a chart on sources of water.

Tender Heart High School

Class - II

Date - 13.5.24

Subject - Environmental Studies

Teachers - Ms. Harjit Kaur, Ms. Jyoti Arora, Ms. Rupinder Kaur

Lesson- 5, Water For Life

Q1. Fill in the blanks:

1. Rain is the main source of water.
2. Water help us to digest the food.
3. River is the natural source of water.
4. We use water for drinking and cooking.

Q2 Write true or false:

1. River is a man-made source of water. false
2. Watermelon is rich in water. true
3. Water does not maintain the body temperature. false.
4. Sea is a natural source of water. true
5. We should waste water. false
6. Plants need water to grow.

Q3. Write N for natural sources of water and M for man-made sources of water -

- | | | |
|----|----------|---|
| 1. | Stream | N |
| 2. | Ocean | N |
| 3. | Handpump | M |
| 4. | Well | M |
| 5. | River | N |
| 6. | Tubewell | M |
| 7. | Lake | N |
| 8. | Tap | M |

Q4. Answer the following questions:

Q1. Write two importance of water?

Ans 1. Water helps to digest the food.

2. It maintains the body temperature.

Q2. List some foods which are rich in water?

Ans 1. Watermelon

2. Spinach

3. Orange

4. Tomato

5. Cucumber

Q3. Give some uses of water?

Ans 1. Bathing

2. Drinking

3. Cooking

4. Cleaning