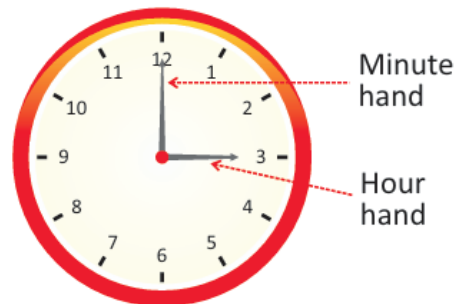


# Time and Days

## Time

- Time helps us know when something happens
- It tells us the hour and minute of the day
- A clock is used to read time
- A clock has two hands:
  - Short hand shows the hour
  - Long hand shows the minutes
- There are 24 hours in one day
- One hour has 60 minutes



## Parts of a Day

- **Morning** – When the sun rises (around 6:00 AM)
- **Afternoon** – After 12:00 PM
- **Evening** – When the sun starts to set (around 5:00 PM)
- **Night** – When it's dark (after 7:00 PM)

## Reading Time on a Clock

- When the minute hand is on 12, and the hour hand is on 3 → it's 3 o'clock
- When the minute hand is on 6 → it means half past the hour
- Time is written like: 3:00, 6:30, 7:15



## Examples with Solutions

1. What time is it if the hour hand is on 5 and the minute hand is on 12?

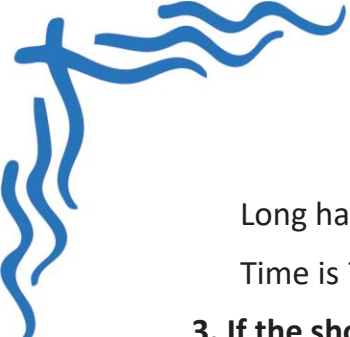
**Solution:**

Minute hand on 12 means "o'clock"

So, the time is 5:00

2. The clock shows the short hand on 7 and long hand on 6. What time is it?

**Solution:**



Long hand on 6 = 30 minutes

Time is 7:30

**3. If the short hand is on 2 and long hand is on 3, what is the time?**

**Solution:**

Each number on the clock equals 5 minutes

$$3 \times 5 = 15$$

So the time is 2:15

**4. Meena eats lunch at 1 o'clock. Write the time.**

**Solution:**

Lunch time = 1 o'clock = 1:00

**5. What is the time if the hour hand is between 9 and 10, and minute hand is on 6?**

**Solution:**

Minute hand on 6 = 30 minutes

If hour hand is between 9 and 10, it is 9:30

### Summary Points

- A clock tells us the time using hour and minute hands
- 1 hour = 60 minutes
- 24 hours make a full day
- Time helps us plan our daily routine
- Clock hands move in circles and always go forward
- When the minute hand is on 12, it is the beginning of an hour
- When the minute hand is on 6, it is half past the hour
- Time is read as Hour : Minute (e.g., 2:00 or 6:30)
- Knowing the time helps us be punctual
- Practice reading clocks helps us become better at using time