



# Growth

We'll cover the following key points:

- Growth
- How to Grow Well?



Hi, I'm EeeBee

Still curious?  
Talk to me by  
scanning  
the QR code.



## Learning Outcomes

By the end of this chapter, students will be able to:

- Understand that living things grow over time.
- Learn that plants, animals, and humans all grow in different ways.
- Recognize that babies grow into children, then adults.
- Understand that plants grow from seeds to big plants.
- Know that living things need food, water, and air to grow.



## Let's Start

My T-shirt has become short this year. My teddy's shirt is okay.



Yes, my daughter. You have grown up but your teddy is not a living thing. It doesn't grow.



EVS-2



## GROWTH

All living things grow.

**A puppy grows into a dog.**

Puppy



Dog

**A boy grows into a man.**

Boy



Man

**A girl grows into a woman.**

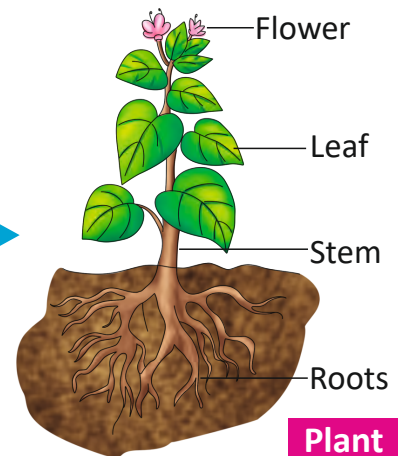
Girl



Woman

**A seed grows into a plant.**

Seed



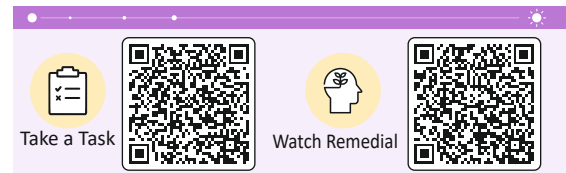
Plant

We can see that a baby is grown into a **boy** or a **girl**.

A boy or a girl grows into a **man** or a **woman**.

All grown ups are called **adults**.

After some years, adults grow and become old.





Fill suitable words in the blanks :

As I have grown up,

1. I have become ..... (taller/shorter)
2. My legs and arms have become ..... (longer/shorter)
3. I have become ..... (strong/weak)



Baby



Boy



Man



Old Man

When a boy or a girl becomes a man or a woman, he/she becomes stronger. But when they grow old, their eyes and body become weak. Their hair also turn grey.



Complete the table given below and see the difference. You can take the help of your parents.

Person	Height (in cms.)	Weight (in kg.)	Shoe Size
Myself			
Father			
Mother			

We learn many new things when we grow up.



Reading



Writing

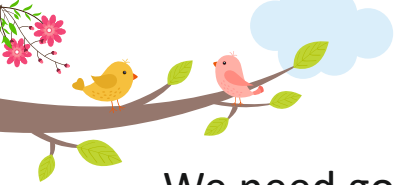


Cycling



Swimming





We need good food to grow well.



**Eating good food**

We also need to do regular exercise to grow well.



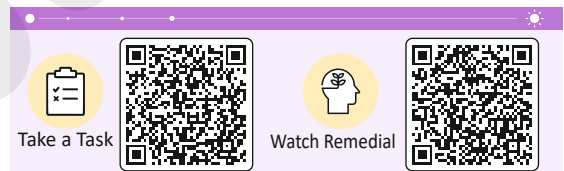
**Exercising regularly**

A healthy body is a happy body. We should take proper care of our body.



## Word Treasure

- **Adult** : Grown-up person.



## Let's Revise

- All living things grow where as non-living things do not grow.
- We need good food and regular exercise to grow well.

## Clean and Green Exercises



Gap Analyzer..  
Take a Test

### A. Answer the following quesons: `

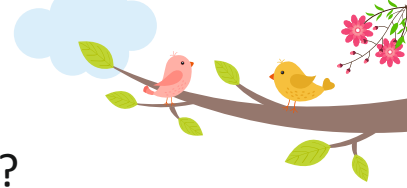
1. What does a baby become when he grows?

.....

2. What does a boy or a girl become when he/she grows?

(a) ..... (b) .....





3. What does a man or a woman become when they grow?

.....

4. What do you need to grow well?

.....

### B. Fill in the blanks :

1. I sleep for ..... hours daily.

2. I like to play .....

3. My favourite fruit is .....

4. My favourite vegetable is .....

5. ...., ..... and ..... make us grow faster.

### C. Tick (✓) the correct answer :

1. My father is taller/shorter than me.

2. My mother is heavier/lighter than me.

3. My shoes are bigger/smaller than my father's shoes.

4. My father is younger/older than me.

5. My grandfather is younger/older than my father.



### D. Tick (✓) the things that you can do and cross (✗) those which you cannot:

1. Cycling

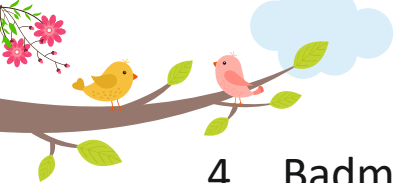
☐

2. Swimming

☐

3. Skipping

☐



4. Badminton
5. Read story books
6. Eat on your own
7. Pack your own school bag
8. Tie shoe laces
9. Keep your room clean
10. Dancing

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**What will you like to become when grow up like your father or mother?  
Tick (✓) the right answer and cross (✗) the wrong one :**

Field to Enter	
Engineer	<input type="checkbox"/>
Doctor	<input type="checkbox"/>
Businessman	<input type="checkbox"/>
Social service	<input type="checkbox"/>
Scientist	<input type="checkbox"/>
Pilot	<input type="checkbox"/>
Other field (Name of the field)	<input type="checkbox"/>



What is a boy or a girl called when they grow up?

(a) Boy : ..... (b) Girl : .....

# Wonder Explorers



## Growth

STEM

Let's learn about growth and how living things, including ourselves, grow over time.

### Activity: Growth Chart

1. **Task:** Create a table with "Age" and "How I Grew."
2. **Steps:** Write down your age (e.g., 1 year, 2 years, 5 years) and describe one thing you learned or achieved (e.g., walking, talking, going to school).
3. **Activity:** Share your chart with your classmates and discuss how you've grown.

### Learning

Understand what growth means and how it happens in living things. Learn that growth includes physical, mental, and emotional changes.

**Skills Covered:** Observation, Creativity, Communication

## Little Techies

Artificial Intelligence

### Ask an AI device like Alexa or Siri:

1. What is growth, and why is it important?
2. What are the best ways to stay healthy and grow well?

**Skills Covered:** Logical thinking, Digital literacy, Curiosity

## Colors and Creations

Art

Draw a picture of yourself now and how you imagine yourself in the future (e.g., taller, learning new skills). Label your drawing with your goals and dreams. Share it with the class and talk about how you plan to grow.

**Skills Covered:** Creativity, Expression, Collaboration

## Language Links

Learn and write the names of healthy habits (e.g., eating, exercising, sleeping) in your mother tongue and one other language. Discuss how people from different cultures stay healthy and grow well.

**Skills Covered:** Language awareness, Social skills

