



LEARNING DOMAIN  
LANGUAGE AND COMMUNICATION

# ALPHABETS, NUMBERS AND WORDS



तह १

नेपाल सरकार

शिक्षा, विज्ञान तथा प्रविधि मन्त्रालय  
शिक्षा तथा मानवश्रोत विकास केन्द्र

## हाम्रो भनाइ

सिकाइ मानव जीवनको अभिन्न अङ्ग हो । औपचारिक शिक्षा प्रणालीको संरचनाभन्दा बाहिर रहेर पनि व्यक्तिले जीवनका लागि आवश्यक ज्ञान र सिप हासिल गरिरहेको हुन्छ । यसरी जीवनपर्यन्त चलिरहने सिकाइलाई अनौपचारिक शिक्षा भनिन्छ । जीवनपर्यन्त अर्थात् आजीवन सिकाइ तो किएको निश्चित ढाँचा वा पद्धतिमा मात्र सीमित हुँदैन । मानव जीवनमा व्यक्तिले औपचारिक, अनौपचारिक तथा आफू संलग्न रहेको पेसा व्यवसाय वा कार्य अनुभवले विभिन्न किसिमका ज्ञान, सिप र क्षमता आर्जन गरिरहेको हुन्छ । अनौपचारिक माध्यमबाट सिकेका ज्ञान, सिप र क्षमतालाई उपयुक्त प्रणालीमार्फत व्यवस्थित गर्दै लैजानु जरुरी छ ।

विद्यालय शिक्षाको राष्ट्रिय पाठ्यक्रम प्रारूप, २०७६ ले गरेको व्यवस्थाबमोजिम अनौपचारिक रूपबाट शिक्षा हासिल गरेका तर प्रमाणीकरण हुन नसकेका वा विभिन्न पेसा व्यवसाय गर्दै स्वअध्ययनको माध्यमबाट सिकाइ प्रमाणीकरण गर्न तथा आफ्नो योग्यता बढाउन चाहने व्यक्तिको आवश्यकतालाई दृष्टिगत गर्दै यो सामग्री तयार गरिएको हो ।

यस सामग्रीले भाषा तथा सञ्चार, व्यवहारिक समस्या समाधान तथा हाम्रो परिवेश तथा नागरिक चेतना गरी तीनओटा विषयक्षेत्र समेटेको छ ।

यो सामग्री १५ वर्षमाथिका औपचारिक शिक्षा प्राप्त गर्न वा पूरा गर्न नसकेका अनुभवी सिकारुलाई दृष्टिगत गरी विकास गरिएको छ । यो सामग्री हाललाई परीक्षणका लागि तयार गरिएको हो । आगामी दिनमा सरोकारवालाबाट प्राप्त सल्लाहसुझाव समावेश गर्दै यसलाई अझ परिष्कृत एवम् अद्यावधिक गरिने छ ।

यो सामग्री तयार गर्ने क्रममा सहयोग पुऱ्याउने साभेदार संस्था युनिसफ तथा विश्व शिक्षा, सामग्री लेखन र भाषा सम्पादनमा सहयोग गर्नुहुने विज्ञहरू, चित्र तथा साजसज्जा कार्यमा संलग्न सबैप्रति यो केन्द्र हार्दिक धन्यवाद प्रकट गर्दछ ।

**शिक्षा तथा मानव स्रोत विकास केन्द्र**

**सानोठिमी, भक्तपुर**



## Introduction

As English is an international language, it is a widely used language in the world. The English language is taught and learned as a foreign language in the context of Nepal. Dear learners, in this learning material, you will learn the English alphabet and number names. You will also learn family members' names and their professions. Moreover, you will also learn words related to household things, dates, time, and modern technologies. Similarly, you will learn some words related to common fruits, vegetables, flowers, animals, and birds.

## Competency

After studying this learning material, you will be able to achieve the following competency:

- ▶ Identifying letters and words, understanding the meaning of the words, and using them  
अक्षर र शब्दहरू पहिचान गर्न, शब्दहरूको अर्थ बुझेर प्रयोग गर्न

## Learning Objectives

After studying this learning material, you will be able to achieve the following learning outcomes:

- ▶ To read and write the alphabet, numbers and common words used in daily life.  
वर्ण, अङ्क र दैनिक व्यवहारमा प्रयोग हुने साधारण शब्दहरू पढ्न र लेख्न
- ▶ To read common words, tell their meanings, and use them.  
साधारण शब्द पढी तिनको अर्थ बताउन र प्रयोग गर्न

## Lesson Structure

This learning material has five lessons:

S. N.	Topics
1	Alphabet
2	Number names (One -hundred)
3	Family, House, and Jobs
4	Date and Time
5	Common fruits, vegetables, flowers, animals, and birds



## Pre-learning Activity

Before studying this learning material, answer the questions below to see how much you already know about the topics in this learning material.

**Fill in the blanks with the missing letters as given in the example below.**

तलको उदाहरणमा दिइएभैं छुटेका अक्षरहरूवाट खाली ठाउँहरू भर्नुहोस् ।

*For example:*

..... B ..... C

- i) ..... H
- ii) I .....
- iii) ..... M
- iv) O .....
- v) S .....
- vi) ..... V
- vii) ..... Y

**Fill in the blanks with the missing letters as given in the example below.**

तलको उदाहरणमा दिइएभैं छुटेका अक्षरहरूवाट खाली ठाउँहरू भर्नुहोस् ।

*For example:*

a .. b...

- i) ..... d
- ii) e .....
- iii) ..... h
- iv) i .....
- v) k .....
- vi) ..... n
- vii) o .....
- viii) ..... r

Count the pictures given in each question and write the numbers of the pictures in words.

प्रत्येक प्रश्नमा दिइएको चित्रहरू गणना गनहोस् र शब्दहरूमा चित्रहरूको संख्या लेख्नुहोस् ।

**For example:**

How many apples do you seen in the picture?



Ans: Three

i) How many puppies are there in the picture?



.....

ii) How many persons are there in the picture?



.....

iii) How many balls are there in the picture?



.....

iv) How many persons are there in the picture?



.....

v) How many eggs do you see in the picture?



.....

Write the following numbers in words into digits.

निम्न संख्याहरूलाई शब्दमा अंकमा लेख्नुहोस् ।

*For example:*

Eight	=	8
-------	---	---

- i. One = .....
- ii. Sixteen = .....
- iii. Twenty five = .....
- iv. Forty = .....
- v. Fifty = .....
- vi. Eighty = .....
- vii. Hundred = .....

Match the following gadgets in column A with their uses in column B. One is done for you.

स्तम्भ A मा निम्न साना यन्त्रहरू स्तम्भ B मा रहेका प्रयोगहरू संग जोडा मिलाउनुहोस् । एउटा तपाईंको लागि गरिएको छ ।

Column A

Column B



i. For boiling waters



ii. For making phone calls



iii. For cutting clothes, papers, etc.



iv. For watching news, programmes,



v. For cooking rice

Well, how was it? Do you think you did well?

Please check your answers with the answer key given on page number 77-78.

If all your answers are correct, excellent! It shows that you already know much about the topics in this module. You may still study the module to review what you already know. Who knows, you might learn a few more new things as well.

If you could not do well, don't feel bad. It shows that this module is for you. It will help you understand some essential concepts that can apply in your daily life. If you study this module carefully, you will learn the answers to all questions and a lot more! Are you ready?

*(Note: Image/symbol of guessing/question mark in let's guess; book for let's read; pen and paper let's try; lips for let's talk; thinking bubble for let's think; pen, paper, and score for let's evaluate; book on hands for let's remember.)*

LESSON

1

ALPHABETS



Learning Activity

Read the following English alphabets.

**Aa**

**Bb**

**Cc**

**Dd**

**Ee**

**Ff**

**Gg**

**Hh**

**Ii**

**Jj**

**Kk**

**Ll**

**Mm**

**Nn**

**Oo**

**Pp**

**Qq**

**Rr**

**Ss**

**Tt**

**Uu**

**Vv**

**Ww**

**Xx**

**Yy**

**Zz**

## Let's Read:

Soni and Bhuwan are reading the following alphabet (A to Z) chart. There are two types of letters: capital (A) and small (a) with one word that begins with the same alphabet. Let's read the following alphabet chart.

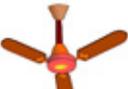
सोनी र भुवन निम्न वर्णमाला (A to Z) चार्ट पढ्दै छन्। त्यहाँ दुई प्रकारका अक्षरहरू छन् ठुलो (A) र सानो (a) जुन संग त्यही अक्षरबाट सुरु हुने एउटा शब्द पनि दिइएको छ। निम्न वर्णमाला चार्ट पढौं।



<b>Aa</b>  Apple	<b>Ba</b>  Ball	<b>Ca</b>  Cat	<b>Dd</b>  Dog
<b>Ee</b>  Elephant	<b>Ff</b>  Fish	<b>Gg</b>  Giraffe	<b>Hh</b>  Hat
<b>Ii</b>  Ice-cream	<b>Jj</b>  Jug	<b>Kk</b>  Kite	<b>Ll</b>  Lion
<b>Mm</b>  Mango	<b>Nn</b>  Nest	<b>Oo</b>  Orange	<b>Pp</b>  Parrot
<b>Qq</b>  Queen	<b>Rr</b>  Rabbit	<b>Ss</b>  Sun	<b>Tt</b>  Tortoise
<b>Uu</b>  Umbrella	<b>Vv</b>  Vase	<b>Ww</b>  Watch	<b>Xx</b>  X-mas Tree
<b>Yy</b>  Yak	<b>Zz</b>  Zebra		

Soni and Bhuwan are reading the following alphabets (A to Z) again with some words that begin from those alphabets. Let's read.

सोनी र भुवनले ती अक्षरहरूबाट सुरु हुने केही शब्दहरूका साथ निम्न अक्षरहरू (A to Z) फेरि पढिरहेका छन् । हामी पनि पढौं ।

<p><b>A a</b>  Apple</p> <p> Axe  Ant  Arrow</p> <p> Airplane  Anchor  Alligator</p>	<p><b>B b</b>  Ball</p> <p> Boy  Balloon  Butterfly</p> <p> Bell  Banana  Bus</p>
<p><b>C c</b>  Cat</p> <p> Cake/Candles  Cow  Crayons</p> <p> Castle  Car  Camel</p>	<p><b>D d</b>  Dog</p> <p> Drum  Duck  Dolphin</p> <p> Deer  Dots  Doll</p>
<p><b>E e</b>  Elephant</p> <p> Engine  Envelope  Eggs</p> <p> Earth  Ear  Eagle</p>	<p><b>F f</b>  Fish</p> <p> Fan  Fruits  Flowers</p> <p> Frog  Family  Fairy</p>

G g



Grapes



Guitar



Girl



Giraffe



Gate



Green



Grass

H h



House



Hat



Helicopter



Hammer



Hands



Horse



Heart

I i



Ice-cream



Iron



Ink



Igloo



Insect



Ice cube



Infant

J j



Jug



Jeep



Jelly



Jelly fish



Jar



Joker



Jaguar

K k



Kite



Key



Kangaroo



Kettle



King



Kit



Knife

L l



Lion



Lotus



Leaf



Lock



Lamp



Ladder



Lips

M m



Mango



Monkey



Man



Moon



Mouse



Mask



Mother

N n



Nest



Nib



Net



Necklace



Nut



Nurse



Nose

O o



Orange



Octopus



Owl



Onion



Oven



Olives



Ostrich

P p



Parrot



Pig



Pan



Parachute



Plant



Panda



Penguin

Q q



Queen



Quiet



Quilt



Quarter



Question Mark



Quill



Quail

R r



Rat



Rabbit



Rose



Ring



Robot



Rhinoceros



Rainbow

S s



Sun



Strawberry



Sheep



Snake



Scissors



Shark



Ship

T t



Tiger



Tomato



Teddy



Tree



Tortoise



Tent



Table

U u



Umbrella



Urn



Uniform



Up



Undergarment



Unicorn



Unicycle

V v



Van



Vase



Vulture



Violin



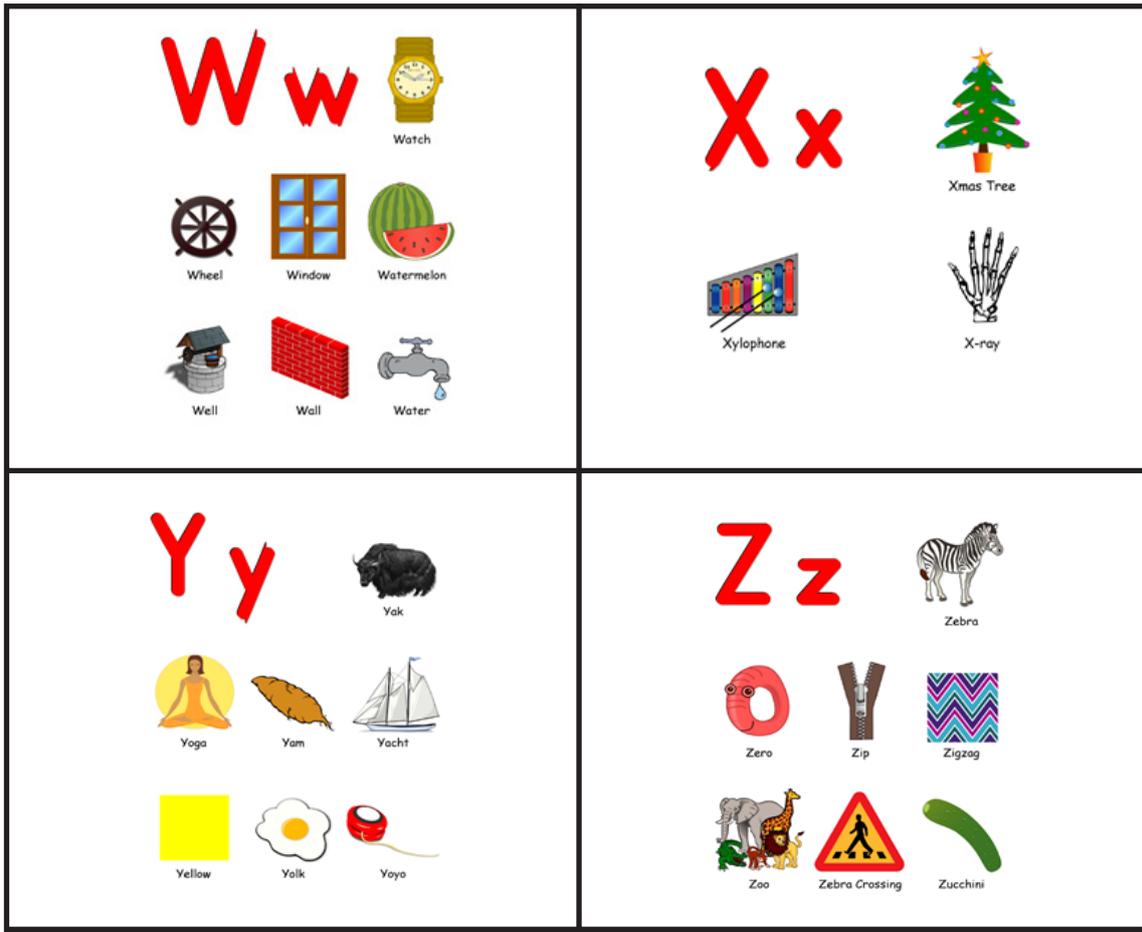
Vegetables



Vest



Vacuum Cleaner



## Let's Try This

Soni and Bhuwan are matching the following capital letters with their small letters. Let's try this.  
 सोनी र भुवन निम्न टुला अक्षरहरूलाई तिनीहरूका साना अक्षरहरूसँग मिलाउँदै छन् । हामी पनि यो प्रयास गरौं ।

T	→	e
E	→	t
L		e
E		n
P		l
H		e
O		p
N		h
E		o

Complete the following table writing the small letter respectively. The first one is done for you.

निम्न तालिकालाई क्रमशः सानो अक्षर लेखेर पूरा गर्नुहोस् । पहिलो तपाईंको लागि गरिएको छ ।

<b>A</b> a -----	<b>B</b> -----	<b>C</b> -----	<b>D</b> -----
<b>E</b> -----	<b>F</b> -----	<b>G</b> -----	<b>H</b> -----
<b>I</b> -----	<b>J</b> -----	<b>K</b> -----	<b>L</b> -----
<b>M</b> -----	<b>N</b> -----	<b>O</b> -----	<b>P</b> -----
<b>Q</b> -----	<b>R</b> -----	<b>S</b> -----	<b>T</b> -----
<b>U</b> -----	<b>V</b> -----	<b>W</b> -----	<b>X</b> -----
<b>Y</b> -----	<b>Z</b> -----		

Complete the following table by writing the capital letter respectively. The first one is done for you.

क्रमशः ठूला अक्षर लेखेर तलको तालिका पूरा गर्नुहोस् । पहिलो तपाईंको लागि गरिएको छ ।

<b>a</b> A -----	<b>b</b> -----	<b>c</b> -----	<b>d</b> -----
<b>e</b> -----	<b>f</b> -----	<b>g</b> -----	<b>h</b> -----
<b>i</b> -----	<b>j</b> -----	<b>k</b> -----	<b>l</b> -----
<b>m</b> -----	<b>n</b> -----	<b>o</b> -----	<b>p</b> -----
<b>q</b> -----	<b>r</b> -----	<b>s</b> -----	<b>t</b> -----
<b>u</b> -----	<b>v</b> -----	<b>w</b> -----	<b>x</b> -----
<b>y</b> -----	<b>z</b> -----		



## Learning Activity

### *Let's Listen:*

**Listen and watch the following alphabets with their pronunciation from the given link and answer the questions based on the video.**

दिइएको लिङ्गबाट उच्चारण सहित निम्न अक्षरहरू सुन्नुहोस् र हेर्नुहोस् र भिडियोमा आधारित प्रश्नहरूको जवाफ दिनुहोस्।

### Link to the video:

<https://www.youtube.com/watch?v=JzjjQR6U-Xk/>

**Write down the alphabets that you listened and watched in above video.**

माथिको भिडियोमा तपाईंले सुन्नुभएको र हेर्नुभएको अक्षरहरू तल लेख्नुहोस्।

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**Listen and watch the following songs from the given link and answer the questions based on the video.**

दिइएको लिङ्काट निम्न गीतहरू सुन्नुहोस् र हेर्नुहोस् र भिडियोमा आधारित प्रश्नहरूको जवाफ दिनुहोस् ।

**Link to the video:**

<https://www.youtube.com/watch?v=hq3yfQnllfQ/>

**List down the ten words that you have heard and watched in the video as in the example.**

उदाहरणको रूपमा तपाईंले भिडियोमा सुनेका र हेरेका दश शब्दहरू तल सूचीबद्ध गर्नुहोस्।

1. Apple
2. ....
3. ....
4. ....
5. ....
6. ....
7. ....
8. ....
9. ....
10. ....
11. ....



## Interactive Activity

### ***Let's Speak:***

**Tell the English alphabet to your friends or relatives around you and also request them to tell the alphabet to them.**

आफ्नो वरपरका साथीहरू वा आफन्तहरूलाई सबै अंग्रेजी अक्षरहरू भन्नुहोस् र उहाँहरूलाई पनि अंग्रेजी अक्षरहरू भन्न अनुरोध गर्नुहोस् ।

**Tell the one word for each of the alphabets to your friends or relatives as in the example and request them to tell too.**

आफ्नो वरपरका साथीहरू वा आफन्तहरूलाई सबै अंग्रेजी अक्षरहरू भन्नुहोस् र उहाँहरूलाई पनि अंग्रेजी अक्षरहरू भन्न अनुरोध गर्नुहोस् ।

*For example:*

A for Army

B for Banker



## Practical Activity

### Let's Write:

Write capital English alphabets.

.....
.....
.....
.....
.....
.....

Write small English alphabets.

.....
.....
.....
.....
.....
.....



## Experience based Activity

Based on your experience, write at least one word that begins with the given alphabet to complete the table as given in the example.

तपाईंको अनुभवको आधारमा उदाहरणमा दिइएको जसरी तालिका पूरा गर्नुहोस् ।

A	Apple
B	
C	
D	
E	
F	
G	
H	
I	
J	
K	
L	
M	
N	
O	
P	
Q	
R	
S	
T	
U	
V	
W	
X	
Y	
Z	



## Exploratory Activity

Observe the things, and objects around you and meet your family members, friends, and other relatives at your home and community. Write down the names of the things, objects, animals, and so on that, you see in your short visit which begins with the English alphabet respectively. You may not write there if you didn't observe any things, animals, or persons with particular alphabets. You are requested to write one word and only about the thing, animal, or person that you have seen. You can use the internet and dictionary in your need.

आफ्नो वरपरका वस्तुहरू, अवलोकन गर्नुहोस् र तपाईंको घर र समुदायमा तपाईंको परिवारका सदस्यहरू, साथीहरू र अन्य नातेदारहरूलाई भेट्नुहोस् । अङ्ग्रेजी वर्णमालाबाट सुरु हुने आफ्नो छोटो भ्रमणमा देख्नुहुने चीजहरू, वस्तुहरू र जनावरहरूको नामहरू लेख्नुहोस् । यदि तपाईंले कुनै विशेष वर्णहरूबाट सुरु हुने चीज, जनावर वा व्यक्ति विशेष अवलोकन गर्नुभएन भने तपाईंले त्यहाँ नलेख्न पनि सक्नुहुन्छ । तपाईंले देख्नु भएको चीज, जनावर वा व्यक्तिको बारेमा मात्र एक शब्द लेख्नुहोस् । तपाईं आफ्नो आवश्यकता अनुसार इन्टरनेट र शब्दकोश प्रयोग गर्न सक्नुहुन्छ ।

A	Ant
B	
C	
D	
E	
F	
G	
H	
I	
J	
K	
L	

<b>M</b>	
<b>N</b>	
<b>O</b>	
<b>P</b>	
<b>Q</b>	
<b>R</b>	
<b>S</b>	
<b>T</b>	
<b>U</b>	
<b>V</b>	
<b>W</b>	
<b>X</b>	
<b>Y</b>	
<b>Z</b>	

Complete the following table using the English alphabet writing the words that begin, come in the middle, and end with the same alphabet as given in the example. You can use the help of the internet to complete the tasks as per your need. You may not find all alphabets that can come in all three places.

अङ्ग्रेजी वर्णमाला प्रयोग गरेर ति वर्णहरूबाट सुरु हुने, बीचमा आउने र अन्त्य हुने शब्दहरूलाई उदाहरणमा दिइएभन्ने लेखेर निम्न तालिका पूरा गर्नहोस् । तपाईंको आवश्यकता अनुसार कार्यहरू पूरा गर्न इन्टरनेटको मद्दत प्रयोग गर्न सक्नुहुन्छ। तपाईंले सबै वर्णमालाहरू सबै तीन ठाउँहरूमा आउने फेला नपार्न सक्नुहुन्छ ।

SN	ALPHABET	BEGINNING	MIDDLE	END
1	A	<u>A</u> nt	<u>C</u> able	Al <u>p</u> ha
2	B			
3	C			
4	D			
5	E			
6	F			
7	G			
8	H			
9	I			
10	J			
11	K			
12	L			

13	M			
14	N			
15	O			
16	P			
17	Q			
18	R			
19	S			
20	T			
21	U			
22	V			
23	W			
24	X			
25	Y			
26	Z			



## Exploratory Activity

**Listen to the following English sounds from the given video link and imitate them while listening to them.**

दिइएको भिडियो लिंकबाट निम्न अङ्ग्रेजी ध्वनिहरू सुन्नुहोस् र तिनीहरूलाई सुन्दा नक्कल गर्नुहोस् ।

**Link to the video:** <https://www.youtube.com/watch?v=JwTDPu2TE6k/>

LESSON

2

NUMBER NAMES  
(ONE-HUNDRED)

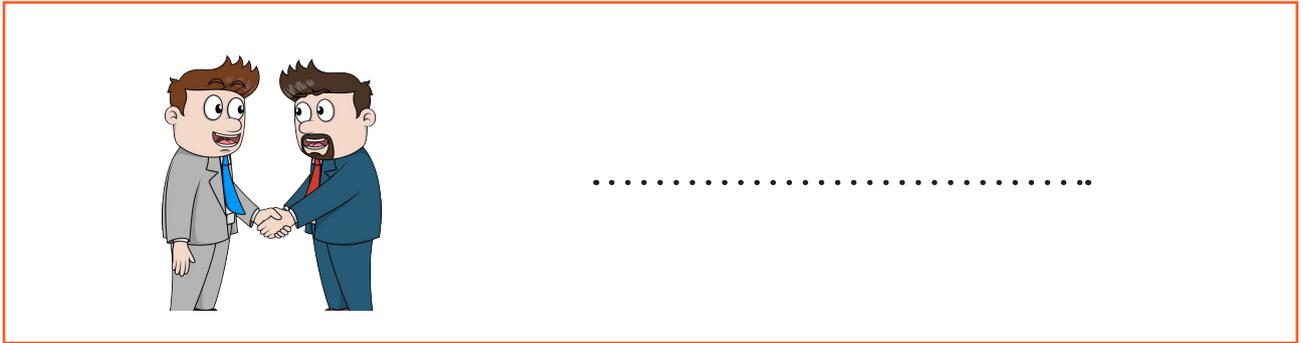


Learning Activity

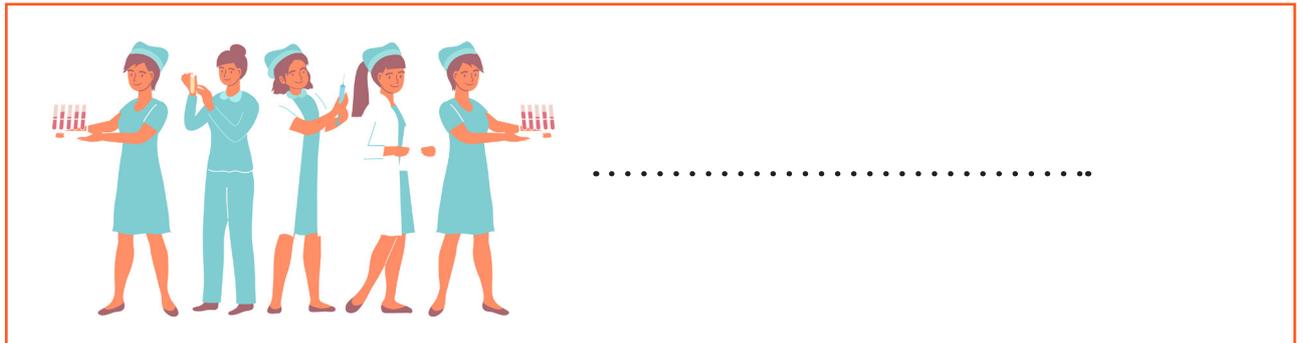
Look at the given pictures. Count and write numbers.

दिइएका तस्विरहरु हेर्नुहोस् । गन्नुहोस् संख्याहरु लेख्नुहोस् ।

i) How many people are there in the picture?



ii) How many nurses are there in the picture?



iii) How many nurses are there in the picture?



**Let's Read:**

Phurba is writing talking about her household things, family members and animals at her home.

फुर्बाले आफ्नो घरायसी कुरा, परिवारका सदस्य र घरका जनावरहरूबारे कुरा गर्दै लेखिरहेकी छिन् । हामी पनि पढौं ।

Namaste. I am Phurba Lama. I live in Gorkha. I work in a company here. We have one pet dog in our house. I have two sisters. They are Salina and Sonam. Salina reads in class four. But, Sonam reads in class five. I have three good friends. They are Prakash, Abinash, and Krishna. Krishna's sister's name is Prakriti. Prakriti is six years old. Next year, she will be seven years old. There are eight members in our family. They are my father, mother, sisters Sonam and Salina, uncle Achu, me, grandfather, and grandmother. It takes nine minutes to go to my office from my house. Sometimes, it takes ten minutes too. We have a happy family.

**Complete the following table as given in the example.**

उदाहरणमा दिइएअनुरूप निम्न तालिका पूरा गर्नुहोस् ।

<b>Number of pet dog</b>	<b>One</b>
<b>Number of sisters</b>	
<b>Number of Phurba's good friends</b>	
<b>Salina reads in class</b>	
<b>Sonam reads in class</b>	
<b>Age of Prakriti</b>	
<b>Next year's age of Prakriti</b>	
<b>Number of family members</b>	
<b>Normal time is taken to go to the office</b>	
<b>Sometimes, to go office it takes</b>	

**Answer the following questions.**

उदाहरणमा दिइएअनुरूप निम्न तालिका पूरा गर्नुहोस् ।

i. How many pet dogs do they have?

.....

ii. In which class does Salina read?

.....

iii. In which class does Sonam read?

.....

iv. Write the name of Phurba's three good friends.

1.....

2.....

3.....

v. How old is Prakriti?

.....

Let's read the numbers with their words from the given chart below.

तल दिइएको चार्टबाट तिनीहरूका शब्दहरूसहित संख्याहरू पढौं।

Number Names 1 to 100				
1 = One	11 = Eleven	21 = Twenty-one	31 = Thirty-one	41 = Forty-one
2 = Two	12 = Twelve	22 = Twenty-two	32 = Thirty-two	42 = Forty-two
3 = Three	13 = Thirteen	23 = Twenty-three	33 = Thirty-three	43 = Forty-three
4 = Four	14 = Fourteen	24 = Twenty-four	34 = Thirty-four	44 = Forty-four
5 = Five	15 = Fifteen	25 = Twenty-five	35 = Thirty-five	45 = Forty-five
6 = Six	16 = Sixteen	26 = Twenty-six	36 = Thirty-six	46 = Forty-six
7 = Seven	17 = Seventeen	27 = Twenty-seven	37 = Thirty-seven	47 = Forty-seven
8 = Eight	18 = Eighteen	28 = Twenty-eight	38 = Thirty-eight	48 = Forty-eight
9 = Nine	19 = Nineteen	29 = Twenty-nine	39 = Thirty-nine	49 = Forty-nine
10 = Ten	20 = Twenty	30 = Thirty	40 = Forty	50 = Fifty
51 = Fifty-one	61 = Sixty-one	71 = Seventy-one	81 = Eighty-one	91 = Ninety-one
52 = Fifty-two	62 = Sixty-two	72 = Seventy-two	82 = Eighty-two	92 = Ninety-two
53 = Fifty-three	63 = Sixty-three	73 = Seventy-three	83 = Eighty-three	93 = Ninety-three
54 = Fifty-four	64 = Sixty-four	74 = Seventy-four	84 = Eighty-four	94 = Ninety-four
55 = Fifty-five	65 = Sixty-five	75 = Seventy-five	85 = Eighty-five	95 = Ninety-five
56 = Fifty-six	66 = Sixty-six	76 = Seventy-six	86 = Eighty-six	96 = Ninety-six
57 = Fifty-seven	67 = Sixty-seven	77 = Seventy-seven	87 = Eighty-seven	97 = Ninety-seven
58 = Fifty-eight	68 = Sixty-eight	78 = Seventy-eight	88 = Eighty-eight	98 = Ninety-eight
59 = Fifty-nine	69 = Sixty-nine	79 = Seventy-nine	89 = Eighty-nine	99 = Ninety-nine
60 = Sixty	70 = Seventy	80 = Eighty	90 = Ninety	100 = Hundred

### Let's Try This

Match the following numbers with their words. One is done for you.

तलका संख्याहरूलाई तिनीहरूका शब्दहरूसँग मिलाउनुहोस्। एउटा तपाईंको लागि गरिइएको छ।

1	→	Five
2	→	One
3		Ten
4		Six
5		Nine
6		Two
7		Seven
8		Three
9		Four

**Tick (✓) the best answers.**

सहि उत्तरहरूमा ठिक (✓) चिन्ह लगाउनुहोस् ।

i) The number name of 68 is.....

- |                |                  |
|----------------|------------------|
| a) Fifty Eight | b) Sixty-eight   |
| c) Eighty Six  | d) Seventy eight |

ii) The number name of 70 is.....

- |            |                  |
|------------|------------------|
| a) Fifty   | b) Seventy one   |
| c) Seventy | d) Seventy eight |

iii) The number name of 80 is.....

- |               |            |
|---------------|------------|
| a) Eight      | b) Eighty  |
| c) Eighty Six | d) Seventy |

iv) The number name of 90 is.....

- |           |             |
|-----------|-------------|
| a) Nine   | b) Nineteen |
| c) Ninety | d) Hundred  |

v) The number name of 100 is.....

- |          |            |
|----------|------------|
| a) One   | b) Ten     |
| c) Fifty | d) Hundred |

**Complete the following table as given in the example.**

उदाहरणमा दिइएअनुरूप निम्न तालिका पूरा गर्नुहोस् ।

1	One
5	
10	
12	
20	
24	
29	
33	
35	
40	
47	
51	
57	
60	
64	
68	
70	
72	
76	
80	
84	
85	
87	
89	
90	
93	
94	
96	
98	
100	

**Complete the following table as given in the example.**

उदाहरणमा दिइएअनुरूप निम्न तालिका पूरा गर्नुहोस् ।

<b>Two</b>	<b>2</b>
<b>Seven</b>	
<b>Fourteen</b>	
<b>Twenty</b>	
<b>Twenty-three</b>	
<b>Thirty</b>	
<b>Thirty-five</b>	
<b>Forty</b>	
<b>Forty-six</b>	
<b>Forty-nine</b>	
<b>Fifty</b>	
<b>Fifty-three</b>	
<b>Fifty-eight</b>	
<b>Sixty</b>	
<b>Sixty seven</b>	
<b>Seventy</b>	
<b>Seventy-four</b>	
<b>Seventy-seven</b>	
<b>Eighty</b>	
<b>Eighty-three</b>	
<b>Eighty-five</b>	
<b>Ninety</b>	
<b>Ninety-two</b>	
<b>Ninety-seven</b>	
<b>Hundred</b>	



## Practical Activity

### Let's Listen:

Listen and watch the video of one to hundred from the given link and fill the missing number names in the blanks.

दिइएको लिङ्कबाट एक देखि सय सम्मको भिडियो सुन्नुहोस् र खाली ठाउँमा छुटेका नम्बरहरू भर्नुहोस् ।

### The link to the video:

<https://www.youtube.com/watch?v=jQMUa2zIchs&t=29s/>

One	.....	Three	.....	Five
Six	.....	Eight	.....	Ten
Eleven	.....	Thirteen	.....	Fifteen
Sixteen	.....	Eighteen	.....	Twenty
Twenty-one	.....	Twenty-three	.....	Twenty-five
Twenty-Six	.....	Twenty-eight	.....	Thirty
Thirty-One	.....	Thirty-three	.....	Thirty-five
Thirty-Six	.....	Thirty-eight	.....	Forty
Forty-one	.....	Forty-three	.....	Forty-five
Forty-six	.....	Forty-eight	.....	Fifty

**Listen and watch the above video from the given link again and fill the missing number names in the blanks.**

दिइएको लिङ्कबाट माथिको भिडियो सुन्नुहोस् र हेर्नुहोस् र खाली ठाउँमा छुटेका नम्बरहरू भर्नुहोस् ।

.....	Fifty-two
.....	Fifty-four
.....	Fifty-six
.....	Fifty-eight
.....	Sixty

Sixty one	.....
Sixty-three	.....
Sixty-five	.....
Sixty seven	.....
Sixty-nine	.....

.....	Seventy-two
.....	Seventy-four
.....	Seventy-six
.....	Seventy-eight
.....	Eighty

Eighty-one	.....
Eighty-three	.....
Eighty-five	.....
Eighty-seven	.....
Eighty-nine	.....

.....	Ninety-two
.....	Ninety-four
.....	Ninety-six
.....	Ninety-eight
.....	Hundred



## Interactive Activity

### Let's Speak:

- Tell the number of your family members your friends at the office or outside and ask about the numbers of their family members.
- Tell 1-100 numbers to your friends or relatives around you and have a discussion as per the need.
- Tell one-hundred number names to your friends or relatives around you.



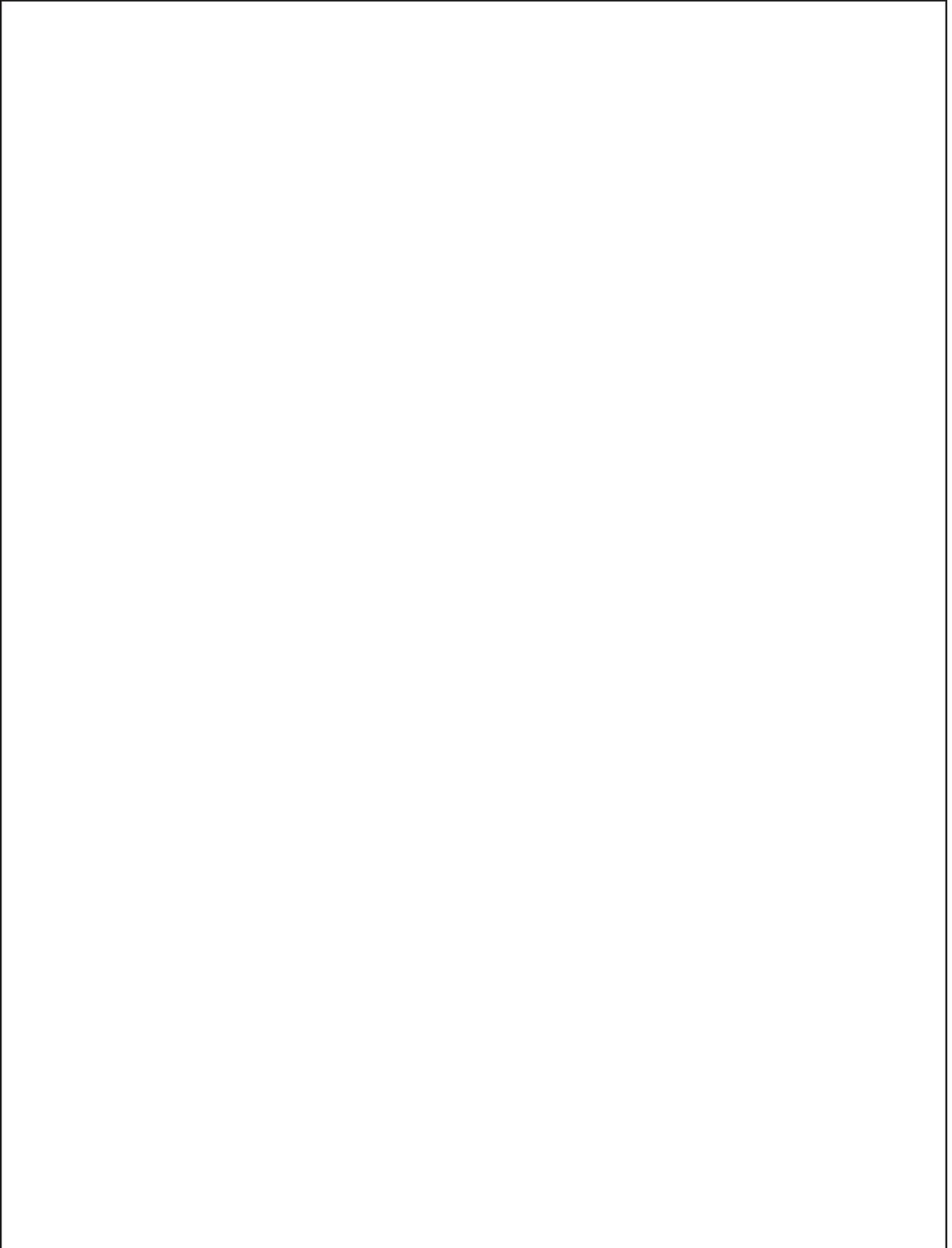
## Learning Activity

### Let's Write:

Write 1-100 numbers in the blanks given below.

.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....

**Write one-hundred number names in the blanks given below.**





## Exploratory Activity

**Let's play the game of snake and ladders. Go to your nearest market and bring the following equipment to play this game. Or, alternatively you can play the game using the same snakes and ladders board in your book managing other equipment.**

सर्प र सीढीको खेल खेलौं । तपाईंको नजिकको बजारमा जानुहोस् र यो खेल खेलन निम्न उपकरणहरू ल्याउनुहोस् । वा, वैकल्पिक रूपमा अन्य उपकरणहरू प्रबन्ध गर्ने र तपाईंको पुस्तकमा भएको बोर्ड प्रयोग गरेर खेल खेलन सक्नुहुन्छ ।

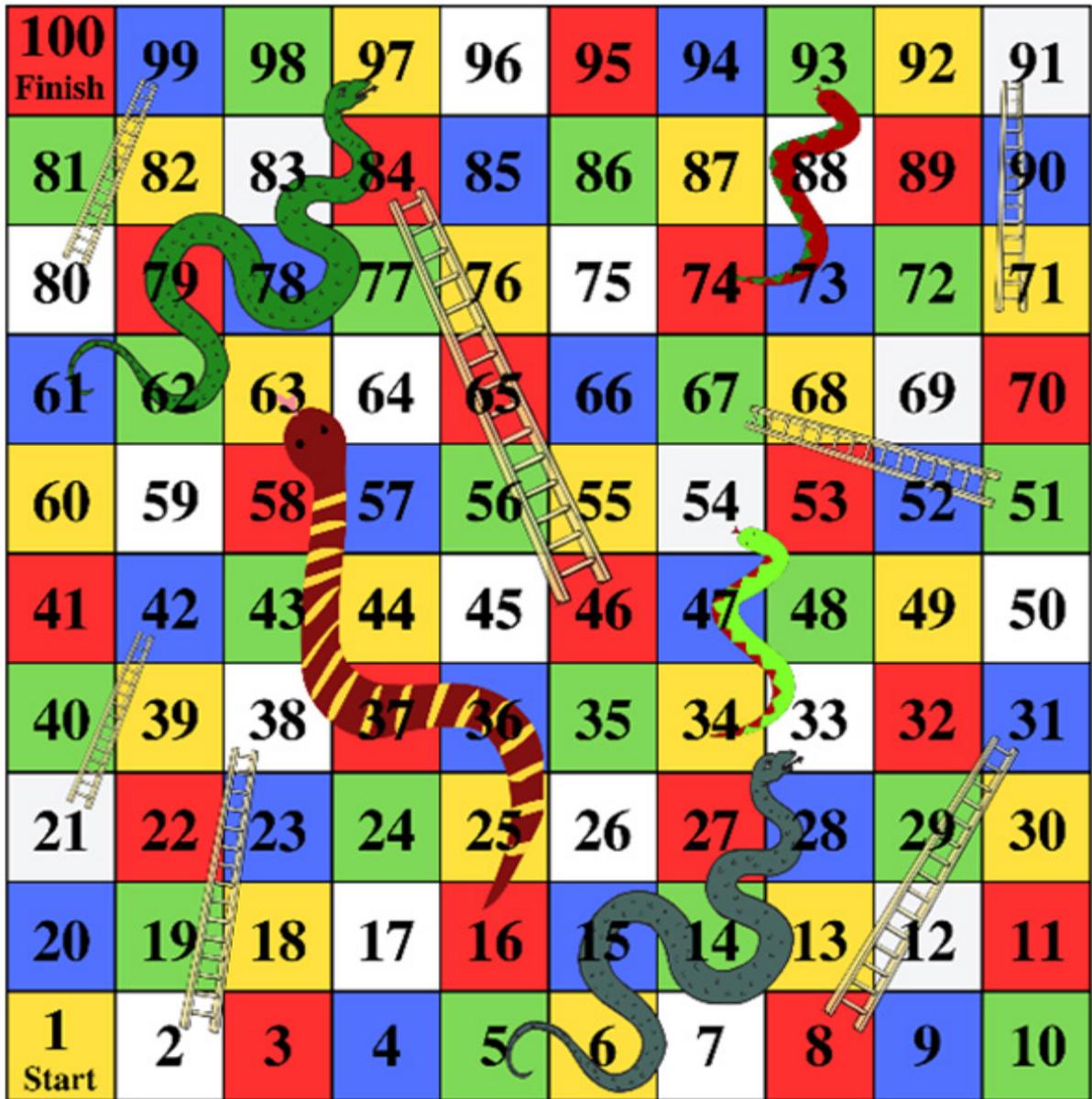
### Required Equipments

- Snakes and Ladders board
- 1 Dice
- Playing pieces

### Rules of Game:

- To start the game, everyone rolls a dice, and the player with the highest number goes first.
- Players move their game pieces on the board based on the number they roll on the dice. If they roll a 4, they move their piece four spaces.
- If a player lands on the top of a snake, they go down to the bottom of the snake. If they land at the bottom of a ladder, they go up to the top of the ladder.
- The first player to reach the final space (position 100) on the board wins the game, but they must roll the exact number to reach that space.
- In a variation of the game called “Bounce Back,” if a player rolls a number higher than what they need to reach the final space, their piece moves to the final space but then bounces back a few spaces. For example, if they need to move four spaces to reach the final space and they roll a six, their piece moves to the final space and then bounces back two spaces to position 98.

Now Let's Enjoy the Game



# Board



## Experience-based Activity

**Listen to the following number-related song from the given link, and share your experience of the song with your friend circle and family members as well.**

दिइएको लिङ्कबाट निम्न नम्बर-सम्बन्धित गीत सुन्नुहोस्, र आफ्नो साथी सर्कल र परिवारका सदस्यहरूसँग पनि गीतको अनुभव साझा गर्नुहोस्।

**Link to the song**

<https://www.youtube.com/watch?v=e0dJWfQHF8Y/>

LESSON  
3

# FAMILY, HOUSE, AND JOBS

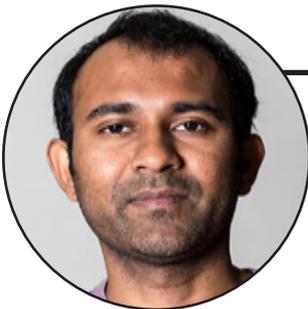


## Learning Activity

### Let's Guess:

Look at the following pictures of Manila's family. She is 12 years old and guesses who other family members might be.

मनिलाको परिवारको निम्न तस्वीरहरू हेर्नुहोस्। उनी १२ वर्षकी छिन् र परिवारका अन्य सदस्यहरूको हुन सक्छन् भनेर अनुमान लगाउनुहोस्।



Look at the following pictures below and write the names of household things in the given blanks.

तलका चित्रहरू हेर्नुहोस् र दिइएको खाली ठाउँमा घरायसी वस्तुहरूको नाम लेख्नुहोस् ।





## Learning Activity

### Let's Read:

#### My family and my house

Greetings of the day. I am Florence from the USA. Let me tell you about my family. There are seven members in our family. I live with my grandfather, grandmother, mother, father, and brother. We live in California. My grandfather's name is John. He is seventy years old. My grandpa is a retired officer. Likewise, the grandmother's name is Emma. She is sixty-eight years old. She is also a retired nurse.

My mother's name is Carmen. She is Mexican and she speaks English and Spanish. She is a Spanish teacher. She is short and slim, she has got long, brown hair and brown eyes. My father's name is David. He is tall and a little fat. He has got short brown hair and blue eyes. My father works as a banker. My brother James is 20 years old. John loves listening to music. He listens to music all the time. My brother James is a student. He has got brown hair and black eyes, like me. I've got long hair. We have got a pet dog, Brandy. He is black and white and very friendly.

My family lives in a house. Our house is very beautiful. It has six bedrooms. We cook and eat food in the kitchen. We have a refrigerator in our kitchen. We watch TV in the living room. My favorite room is my bedroom. I like to read books. I also play badminton. I take bath in our bathroom. We wash our clothes with a washing machine. I love my family and my house very much.

## Glossary

### Words

### Meanings

1. greetings : a polite word or sign of welcome or respect (अभिवादन)
2. members : individuals belonging to a group (सदस्यहरु)
3. retired : having left job (जागिरबाट अवकाश लिएको)
4. officer : a person who has a position of authority in a organization (अधिकृत)
5. slim : thin (पातलो)
6. brown : having the color of earth or coffee (खैरो)
7. pet : an animal kept at home for pleasure (पालेको प्राणी)
8. friendly : behaving in a pleasant, kind way (मित्रवत)

## Let's Try This

Fill in the blanks choosing the suitable words from the box below.

तलको बक्सबाट उपयुक्त शब्दहरू छानेर खाली ठाउँहरू भर्नुहोस् ।

short	USA	beautiful
Spanish	TV	

- Florence is from.....
- Florence's mother is a ..... teacher.
- Her father's got ..... brown hair.
- Our house is very.....
- We watch .....in the living room.

Write 'T' for true and 'F' for false statements as in the examples.

दिइएको उदाहरणहरूमा जस्तै सहि वाक्यका लागि 'T' र गलत कथनहरूको लागि 'F' लेख्नुहोस् ।

- James is her brother.  T
- I am Florence from Canada.  F
- Her grandfather is seventy years old.
- Brother James is thirty years old.
- The house has six bedrooms.
- Her favorite room is my bedroom.
- Her father works in a hospital.

**Answer the following questions.**

तलका प्रश्नहरूको उत्तर दिनुहोस ।

a. Where is Florence from?

.....

b. How many family members are there in Florence’s family?

.....

c. How is her father?

.....

d. Who loves listening to music?

.....

e. Which games does she play?

.....



**Practical Activity**

**Let’s Listen:**

**Listen to the following conversation through the given link. And answer the questions given below.**

दिइएको लिङ्क मार्फत निम्न कुराकानी सुन्नुहोस् र तल दिइएको प्रश्नहरूको जवाफ दिनुहोस् ।

**Link of the video:**

<https://youtu.be/FA73wRg4zpo/>

## Questions.

a. How many people are there family?

.....

b. Who are in the family?

.....

c. What does father do?

.....

d. How old is mother?

.....

e. Where does father work?

.....



## Interactive Activity

### Let's Speak:

**Go to the house or room of your good friend and talk with him/her about your family. Also, ask him/her about his/her family.**

आफ्नो असल साथीको घर वा कोठामा जानुहोस् र उहाँसँग आफ्नो परिवारको बारेमा कुरा गर्नुहोस् । साथै उहाँको परिवारको बारेमा पनि सोध्नुहोस् ।



## Practical Activity

### Let's Write:

Complete the following table based on your family. You can write 'No' if you do not have that member asked in the box.

आफ्नो परिवारको आधारमा निम्न तालिका पूरा गर्नुहोस् । तपाईंले बक्समा उल्लेखित सदस्य हजुरको घरमा हुनुहुँदैन भने 'No' लेख्न सक्नुहुन्छ ।

1.	The number of family members	
2.	Grandfather's name	
3.	Grandmother's name	
4.	Father's name	
5.	Mother's name	
6.	Brother's name	
7.	Sister's name	
8.	Your name	





## Exploratory Activity

Go to the five houses of your community which are near to you. Fill in the blanks given in the table.

आफ्नो समुदायका पाँचवटा घरमा जानुहोस् जुन तपाईं नजिक छन्। तालिकामा दिइएको खाली ठाउँहरू भर्नुहोस् ।

What is your name?	Do you have a.....?	What does.....do?	Where does..... live?	What does he like to do at home?
	brother			
	sister			
	father			
	mother			
	uncle			
	aunt			
	grandfather			
	grandmother			



## Self-initiated activity

Write an essay on 'My family'. You can click on the following youtube link to get more ideas to write an essay.

<https://www.youtube.com/watch?v=cBdeZDojf58&t=749s/>

## *Script of Audio/ Listening Text*

A: How many people are there in your family?

B: There are 5 people in my family: my father, mother, brother, sister, and me.

A: Does your family live in a house or an apartment?

B: We live in a house in the countryside.

A: What does your father do?

B: My father is a doctor. He works at the local hospital.

A: How old is your mother?

B: She is 40 years old, 1 year younger than my father.

A: Do you have any siblings? What's his/her name?

B: Yes, I do. I have 1 elder brother, David, and 1 younger sister, Mary.

A: Are you the oldest amongst your brothers and sisters?

B: No, I'm not. I'm the second child in my family.

A: What does your mother/father like?

B: My father likes playing football and my mother likes cooking.

A: Do your parents let you stay out late?

B: Of course not. They always ask me to get home before 10 pm each night.

A: Do you stay with your parents?

B: Right now, no, but I used to.

A: Does your family usually have dinner together?

B: Yes, we do. My mom always prepares delicious meals for us

LESSON

4

DATE AND TIME



Learning Activity

Complete the table what you do in the given time below. One is done for you.

तल दिइएको समयमा तपाईंले के गर्नुहुन्छ तालिका पूरा गर्नुहोस् । एउटा तपाईंको लागि गरिइएको छ ।

Morning	Activities
5 a.m.	Get up
7 a.m.	
9 a.m.	
Afternoon	
1 p.m.	
2 p.m.	
4 p.m.	
Evening	
6 p.m.	
7 p.m.	
8 p.m.	
10 p.m.	



## Experience-based Activity

Let's read the following seven days a week.

हप्ताको निम्न सात दिन पढौं ।

1.	Sunday
2.	Monday
3.	Tuesday
4.	Wednesday
5.	Thursday
6.	Friday
7.	Saturday

Let's read the following twelve months of a year.

वर्षको निम्न बाह्र महिना पढौं ।

1.	January
2.	February
3.	March
4.	April
5.	May
6.	June
7.	July
8.	August
9.	September
10.	October
11.	November
12.	December



## Learning Activity

### Let's Read:

Read the following daily routine of Karin.

करिनको निम्न दैनिक दिनचर्या पढ्नुहोस् ।

### Karin's Daily Routine



“You can say a lot of things about me, but you can't say I don't work hard. I don't sing. I don't dance. I don't act. But I am not lazy.”

Karin is an American boy. He lives in Los Angeles, California. He lives with his family in a modern house. He is fifteen years old. He has got an older brother, David, and a younger sister, Emma.

Karin gets up at six am. He goes to bathroom and takes a shower. He brushes his teeth and gets dressed. Then, he has breakfast at half past six. He has his lunch at quarter past ten. At quarter to eleven, he leaves home for outing. He visits some friends who do not go to school like him. They left their school because of some problems at their home. Now, they are thinking of continuing their study through alternative way. Talking about their study has been one of the parts of their daily routine. At three o'clock, he returns home.

Karin is a very helpful boy. He has dinner at eight pm. He helps his mother cleaning up everything after dinner. He brushes teeth again. He usually watches TV for a while after dinner. About ten pm, he goes to bed.

## Glossary

Words	Meanings
1. modern	: new, of the present time and recent times (आधुनिक)
2. older	: having lived for a long time (बुढो वा जेठो)
3. younger	: having lived for only short period (सानो वा कान्छो)
4. shower	: bath (नुहाउनु)
5. dressed	: put clothes upon (कपडा लगाउनु)
6. alternative	: available in place of something else (वैकल्पिक)
7. routine	: normal order and way in which you regularly do things (दिनचर्या)
8. returns	: comes back (फर्किन्छ)
9. usually	: generally (सामान्यतया)
10. continuing	: persisting (निरन्तरता)
11. visits	: meets (भेट्छ)
12. thinking	: considering (सोचिरहेको)

## Let's Try This

Match the following times with activities of Karin. One is done for you.

करिनका गतिविधिहरूसँग निम्न समयहरू जोडा मिलाउनुहोस् । तपाईंको लागि एउटा गरिएको छ ।

- |                           |                             |
|---------------------------|-----------------------------|
| 1. gets up                | i. 10 pm                    |
| 2. has breakfast          | ii. 8 pm                    |
| 3. leaves home for outing | iii. Six am                 |
| 3. returns home           | iv. Half past six (6:30)    |
| 4. has dinner             | v. Quarter past ten (10:15) |
| 5. has lunch              | vi. Three o'clock           |

**Fill in the blanks with suitable words or phrases from Karin's daily routine above.**

माथिको करिनको दैनिक दिनचर्याबाट उपयुक्त शब्द वा वाक्यांशहरूसँग खाली ठाउँहरू भर्नुहोस् ।

- a. Karin is an .....boy.
- b. He lives with his family in a ..... house.
- c. He has got an older brother..... .
- d. He has .....at half past six.
- e. Karin is a very ..... boy.

**Write 'T' for true and 'F' for false statements.**

सहि कथनका लागि 'T' र गलत कथनहरूको लागि 'F' लेख्नुहोस् ।

- a. Karin is fifteen years old.
- b. Karin gets up at half past six am.
- c. At three o'clock, he returns home.
- d. He brushes his teeth two times a day.
- e. He usually watches TV for a while after dinner.

**Answer the following questions.**

तलका प्रश्नहरूको उत्तर दिनुहोस ।

a. Where does Karin live?

b. What is the younger sister's name?

c. Why did they leave school?

d. What does he usually watch TV for a while after dinner?

e. When does he go to bed?

f. At what o'clock do you get up?



## Self-initiated activity

### Let's Listen:

Listen to the conversation between Tom and his father talking about Tom's daily routine. Scan the given QR code and tick the best answer.

टमको दैनिक दिनचर्याको बारेमा कुरा गर्दै टम र उनका बुबा बीचको कुराकानी सुन्नुहोस् । दिइएको QR कोड स्क्यान गर्नुहोस् र सही उत्तरमा ठिक चिन्ह लगाउनुहोस् ।



1. What time does Tom usually get up?  
(A) 7:30 (B) 7:00 (C) 8:30
2. When does Dad leave for work?  
(A) 6:45 (B) 7:30 (C) 9:00
3. What does Tom usually have for lunch?  
(A) noodles (B) sandwiches (C) nothing
4. How does Tom get to school?  
(A) bus (B) walk (C) walk or bus
5. When does Tom do his homework?  
(A) at 3:00 (B) before dinner (C) after dinner
6. What do Tom and Dad want to do now?  
(A) go out (B) watch TV (C) play a game



## Interactive Activity

### Let's Speak

- a) Have a conversation between you and your father about both of your daily routines.
- b) Have a conversation between you and your mother about both of your daily routines.
- c) Have a conversation between you and your brother or sister about both of your daily routines.



## Practical Activity

### Let's Write:

Write the seven days of a week.

हप्ताको सात दिन लेख्नुहोस् ।

1. ....
2. ....
3. ....
4. ....
5. ....
6. ....
7. ....

**Write the twelve months of a year.**

वर्षको बाह्र महिना लेख्नुहोस् ।

1. ....

2. ....

3. ....

4. ....

5. ....

6. ....

7. ....

8. ....

9. ....

10. ....

11. ....

12. ....

**Write your daily routine in a couple of paragraphs. One sample of your daily routine has been given to you for reference.**

आफ्नो दैनिक दिनचर्या केही अनुच्छेदमा लेख्नुहोस् । दैनिक दिनचर्याको एउटा नमूना तपाईंको लागि दिइएको छ ।

My working day starts very early. From Monday to Friday, I get up at half past three and I have a shower and a cup of coffee. I usually leave the house at ten past four because the car always arrives a few minutes early. I get to the studio at about five o'clock and start work. My programme Good Morning Britain starts at seven o'clock and finishes at nine o'clock. Then I leave the studio at a quarter past ten. After that, I go shopping and visit some friends. I get home at three o'clock. A woman helps me with the housework and the ironing. I read a newspaper and do some work.

Then my husband gets home at half past five in the evening and I cook dinner. We stay at home in the evening. We don't go out because I go to bed very early. We usually watch television and then I go to bed at half past eight, I'm usually asleep by nine o'clock.

I think my job is very interesting but I don't like getting up very early.

Source: [www.esl-lounge.com](http://www.esl-lounge.com)



## Exploratory Activity

**Visit five people in your locality and ask them to tell you about their daily routine, note down their major activities, and prepare their daily routine in paragraphs. Also, share your daily routine with them orally.**

तपाईंको समुदायमा पाँच जना व्यक्तिहरूलाई भेट्नुहोस् र उनीहरूलाई उनीहरूको दैनिक दिनचर्याको बारेमा सोध्नुहोस्, उनीहरूका प्रमुख गतिविधिहरू नोट गर्नुहोस् र अनुच्छेदहरूमा उनीहरूको दैनिक तालिका तयार गर्नुहोस् । मौखिक रूपमा तिनीहरूलाई आफ्नो दैनिक दिनचर्या पनि साझा गर्नुहोस् ।

## Script of the audio of Tom's daily routine:

- Dad: So, hey Tom . . . What's up? Tell me, now that we live in Vancouver, what's it like? What do you do every day?
- Tom: Oh, nothing much . . . .
- Dad: What? Nothing much? Come on, tell me a little bit about what you do every day.
- Tom: You mean, like what time I get up every day, and stuff like that?
- Dad: Yes! Exactly! Yes!
- Tom: Well, okay. I usually get up at . . . I don't know. Maybe . . . around 7:30 every morning.
- Dad: And that's why I don't see you in the mornings.
- Tom: Because you leave for work at 7:00, right? You're already gone when I get up.
- Dad: Uh-huh, that's right. I leave for work quite early, at 6:45. So what time do you leave for school?
- Tom: I get out the door at about 8:30. My first class starts at 9:00. I guess I'm lucky, because I don't have to take a bus to school, I can walk. It only takes about 20 minutes. I don't like taking the bus very much.
- Dad: That's great! But when it rains, do you still walk?
- Tom: No. Then I catch a bus. And then it just takes a few minutes to get to school. It's not so far.
- Dad: And what time do you have lunch? You eat lunch, right?
- Tom: Of course, I eat lunch! I eat lunch at noon. I always eat with my friends, and I usually have sandwiches. My best friend, Omar, likes to eat rice. But we only have 20 minutes for lunch. It's not very much time.
- Dad: No, it's not. And then what time do you finish school?
- Tom: At three. And I'm usually home by three-twenty or three-thirty.
- Dad: And then, after you get home . . . ? What do you do then? Do you just sit on the sofa and watch TV?
- Tom: Well, no. Mom makes sure I finish my homework before we eat dinner. And after dinner, well, you know – the three of us play a board game together, or watch TV, . . . or go out to the park to play.
- Dad: Hey, I've got an idea! We're already finished dinner. Let's go out to the park!
- Tom: And let's bring a ball to kick around!

LESSON  
5

COMMON FRUITS, VEGETABLES,  
FLOWERS, ANIMALS, AND BIRDS

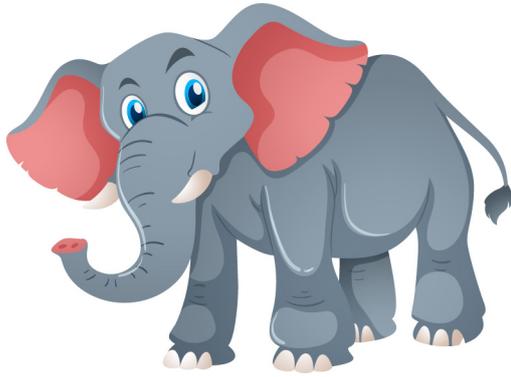


Learning Activity

Write the names of the following in the given blanks with the help of the Internet or dictionary.

इन्टरनेट वा डिक्शनरीको सहयोगमा दिइएको खाली ठाउँमा निम्नका नामहरू लेख्नुहोस् ।





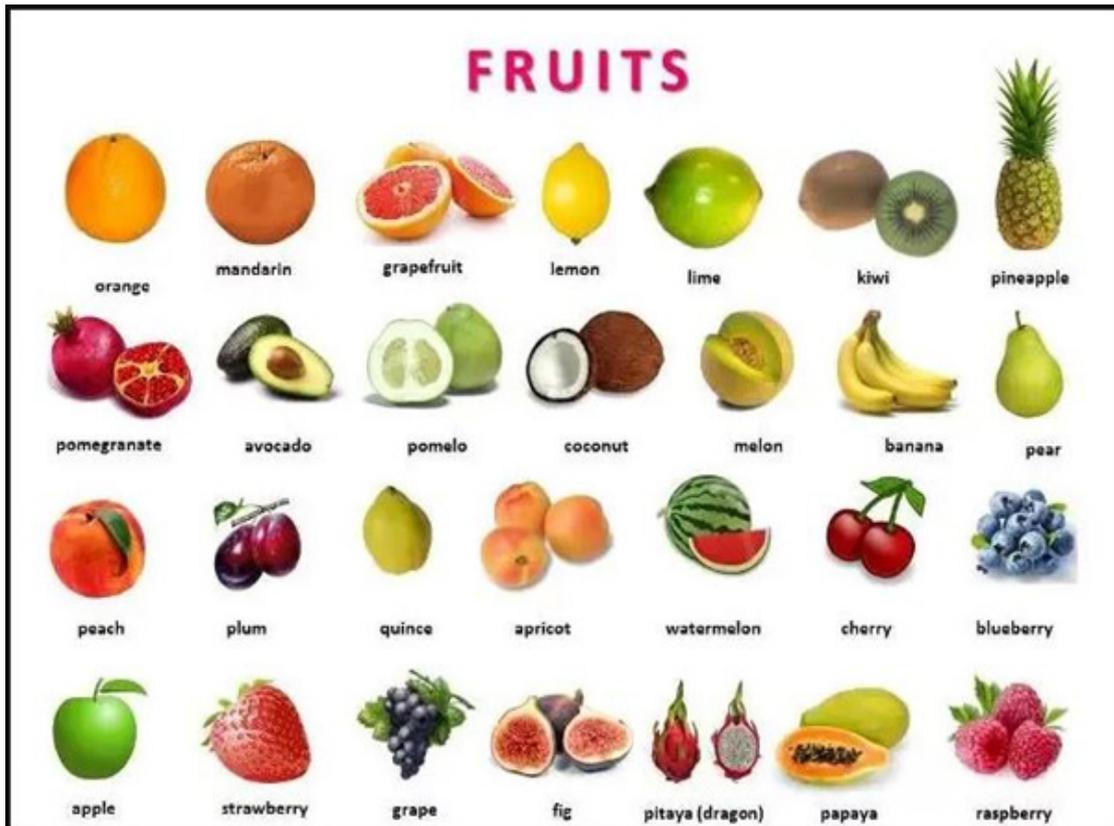


## Practical Activity

### Let's Read.

Look at the given picture and read the names of fruits.

दिइएको चित्र हेर्नुहोस् र फलफुलहरूको नाम पढ्नुहोस् ।



Look at the given pictures and read the names of vegetables.

दिइएको चित्र हेर्नुहोस् र तरकारीको नाम पढ्नुहोस् ।

 <b>Potato</b>	 <b>Tomato</b>	 <b>Cabbage</b>	 <b>Cauliflower</b>
 <b>Brinjal</b>	 <b>Cucumber</b>	 <b>Carrot</b>	 <b>Peas</b>
 <b>Radish</b>	 <b>Lady's finger</b>	 <b>Bottle Gourd</b>	 <b>Bitter Gourd</b>
 <b>Capsicum</b>	 <b>Spinach</b>	 <b>Beetroot</b>	 <b>Broccoli</b>
 <b>Green bean</b>	 <b>Corn</b>	 <b>Drumstick</b>	 <b>Pumpkin</b>
 <b>Mushroom</b>	 <b>Apple Gourd</b>	 <b>Pointed Gourd</b>	 <b>Ridged Gourd</b>

Look at the given pictures and read the names of flowers.

दिइएको चित्रहरू हेर्नुहोस् र फूलहरूको नाम पढ्नुहोस् ।



Hibiscus



Daisy



Lotus



Tulip



Rose



Sunflower



Plumeria



Orchid



Periwinkle



Cosmos



Marigold



Lavender



Lantana



Iris



Cherry blossom



Hollyhocks

Look at the given pictures and read the names of animals.

दिइएको चित्रहरू हेर्नुहोस् र जनावरहरूको नाम पढ्नुहोस् ।



Bear



Camel



Donkey



Rabbit



Zebra



Dog



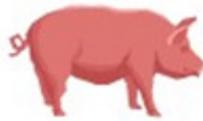
Deer



Squirrel



Fox



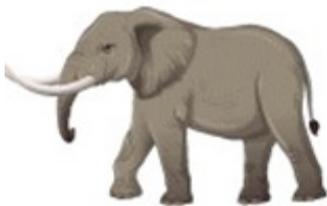
Pig



Horse



Cheetah



Elephant



Giraffe



Cow



Goat

Look at the given pictures and read the names of birds.

दिइएको चित्रहरू हेर्नुहोस् र चराहरूको नाम पढ्नुहोस् ।

 Eagle	 Rooster	 Peacock	 Crow
 Parrot	 Pigeon	 Owl	 Swan
 Bat	 Ostrich	 Woodpecker	 Dove
 Crane	 Kingfisher	 Duck	 Robin
 Hummingbird	 Gull	 Turkey	 Hornbill



## Experience-based Activity

Gita and Ganesh are two good friends. Gita has recently visited the central zoo of Jaulakhel Lalitpur. They are talking about Gita's visit to zoo. Read the following conversation and do the tasks that follow.

गीता र गणेश दुई असल साथी हुन् । गीताले हालै ललितपुरको जाउलाखेलको केन्द्रीय चिडियाखानाको भ्रमण गरेकी छन् । उनीहरु गीताको चिडियाखाना भ्रमणको कुरा गरिरहेका छन् । तलको कुराकानी पढ्नुहोस् र दिइएका कार्यहरू गर्नुहोस् ।



- Ganesh : Good morning Gita.  
Gita : Good morning Ganesh. How are you?  
Ganesh : I am fine Gita and you?  
Gita : I am also fine. Do you know? I visited zoo yesterday.  
Ganesh : Oh! Really?  
Gita : Yes.  
Ganesh : What did you see in the zoo?  
Gita : I saw many animals like lion, elephant, rabbit, tiger, bear, rhino, deer, monkey, jackal, camel and many others.  
Ganesh : Sounds great! Did you also see any birds in the zoo?  
Gita : Yes. I saw the birds like crow, dove, pigeon, peacock, parrot, cuckoo, crane, ostrich, owl and swallows, etc. Do you know? There was also a beautiful garden inside the zoo?  
Ganesh : Was it? What did you see in the garden?  
Gita : I saw some flowers in the garden.

- Ganesh : Which flowers did you see in the garden, Gita?  
 Gita : I saw some flowers like lily, jasmine, lotus, sunflower, magnolia and rose.  
 Ganesh : Wow! How long did you stay in the zoo?  
 Gita : We stayed for three hours. I had gone with my mother. At outside the zoo, my mother bought some vegetables for us.  
 Ganesh : Which vegetables?  
 Gita : They were cauliflower, yam, bean, and coriander too. She also bought some fruits like apple, banana, orange, pineapple, and grapes. It was really awesome visit.  
 Ganesh : Thank you for your wonderful sharing, Gita.  
 Gita : You are welcome, Ganesh.

## Glossary

### Words

### Meanings

1. zoo : a place where many kinds of wild animals and birds are kept for the public to see (चिडियाखाना)
2. yesterday : the day before today (हिजो)
3. animals : creatures (जिवजन्तुहरु)
4. lion : सिंह
5. elephant : हात्ती
6. rabbit : खरायो
7. tiger : बाघ
8. bear : भालु
9. rhino : गैंडा
10. deer : मृग
11. monkey : बाँदर
12. jackal : स्याल
13. camel : उँट
14. garden : बगैँचा
15. crow : काग
16. dove : दुकुर
17. pigeon : परेवा
18. peacock : मयूर
19. parrot : सुगा
20. cuckoo : कोइली

21. crane	: सारस
22. ostrich	: अष्ट्रिच
23. owl	: लाटोकोसेरो
24. swallow	: गौथली
25. flowers	: फूल
26. lily	: कुमुदिनी फूल
27. jasmine	: चमेली
28. lotus	: कमल
29. sunflower	: सूर्यमुखी फूल
30. magnolia	: चाँप किसिमको फूल
31. rose	: गुलाब
32. bought	: purchased किन्नुभयो
33. vegetables	: तरकारी
34. cauliflower	: काउली
35. yam	: तरुल
36. bean	: सिमी
37. coriander	: धनियाँ
38. apple	: स्याउ
39. banana	: केरा
40. orange	: सुन्तला
41. pineapple	: भुईँकटहर
42. grapes	: अंगुर

## Let's Try This

Complete the following table based on the conversation.

माथिको कुराकानीको आधारमा निम्न तालिका पूरा गर्नुहोस् ।

<b>Name of fruits</b>	
<b>Name of vegetables</b>	
<b>Name of animal</b>	
<b>Name of birds</b>	
<b>Name of flowers</b>	

**Fill in the blanks with suitable words from the conversation.**

कुराकानीवाट उपयुक्त शब्दहरूले खाली ठाउँहरू भर्नुहोस् ।

- a. Gita visited..... yesterday.
- b. There was also a beautiful.....inside the zoo.
- c. She saw some.....in the garden.
- d. Ganesh and.....are talking about the zoo.
- e. Ganesh thanked Gita for the wonderful..... .

**Tick (√) the best answer.**

उत्तम उत्तरमा ठिक (√) चिन्ह लगाउनुहोस् ।

- a. Which of the following is animal?  
i. Tiger      ii. Dove      iii. Banana
- b. Which of the following is bird?  
i. Grape      ii. Crow      iii. Elephant
- c. Which of the following is the fruit?  
i. Apple      ii. Lion      iii. Peacock
- d. Which of the following is vegetable?  
i. Orange      ii. Bean      iii. Swallow
- e. Where did Gita go yesterday?  
i. School      ii. Hospital      iii. Zoo

**Make a meaningful sentence using the following words as in the example.**

उदाहरणमा दिइए जसरी निम्न शब्दहरू प्रयोग गरेर अर्थपूर्ण वाक्य बनाउनुहोस् ।

a. yesterday : I went to the market yesterday.

b. zoo :

c. banana :

d. mother ;

e. went :

f. like :

g. orange :

**Answer the following questions.**

तलका प्रश्नहरूको उत्तर दिनुहोस् ।

a. Who visited the zoo?

.....

b. Where did Gita visit?

.....

c. When did Gita visit the zoo?

.....

d. Have you visited the zoo?

.....

e. Which is your favourite fruit?

.....



## Self-initiated activity

Listen to the conversation between men and woman about their likes and dislikes. Scan the given QR code and choose the best answer listening to the conversations.

पुरुष र महिला बीच उनीहरूको मनपर्ने र मन नपराउने बारेको कुराकानी सुन्नुहोस् । दिइएको QR कोड स्क्यान गर्नुहोस् र वार्तालापहरू सुनेर सहि जवाफ छान्नुहोस् ।



Tick (✓) best answer.

1. What food does the woman like?

- a. pizza
- b. pasta
- c. rice

2. What does the man like?

- a. tea
- b. coffee
- c. both

3. What flavour does woman like?

- a. vanilla
- b. chocolate
- c. none

4. What snack does woman like?

- a. cookies
- b. potato chips
- c. bread

5. Man likes .....

- a. strawberries
- b. watermelon
- c. strawberries and watermelon



## Interactive Activity

### Let's Speak:

- Have a conversation with your best friend about the fruits that you like the most.
- Have a conversation with your brother or sister about the flowers that you like the most.
- Have a conversation with your mother about the vegetables that you like the most.



## Practical Activity

### Let's Write:

#### Write names of ten birds.

दश वटा चराहरूको नाम लेख्नुहोस् ।

- |         |          |
|---------|----------|
| 1. .... | 6. ....  |
| 2. .... | 7. ....  |
| 3. .... | 8. ....  |
| 4. .... | 9. ....  |
| 5. .... | 10. .... |

#### Write names of ten animals.

दश वटा जनावरहरूको नाम लेख्नुहोस् ।

- |         |          |
|---------|----------|
| 1. .... | 6. ....  |
| 2. .... | 7. ....  |
| 3. .... | 8. ....  |
| 4. .... | 9. ....  |
| 5. .... | 10. .... |

**Write the names of ten flowers.**

दस वटा फूलहरुको नाम लेख्नुहोस् ।

- |         |          |
|---------|----------|
| 1. .... | 6. ....  |
| 2. .... | 7. ....  |
| 3. .... | 8. ....  |
| 4. .... | 9. ....  |
| 5. .... | 10. .... |

**Write the names of ten fruits.**

दश वटा फलफुलहरुको नाम लेख्नुहोस्।

- |         |          |
|---------|----------|
| 1. .... | 6. ....  |
| 2. .... | 7. ....  |
| 3. .... | 8. ....  |
| 4. .... | 9. ....  |
| 5. .... | 10. .... |

**Write the names of ten vegetables.**

दस वटा तरकारीहरुको नाम लेख्नुहोस् ।

- |         |          |
|---------|----------|
| 1. .... | 6. ....  |
| 2. .... | 7. ....  |
| 3. .... | 8. ....  |
| 4. .... | 9. ....  |
| 5. .... | 10. .... |



## Exploratory Activity and Experienced Activity

**Visit your locality and observe the various animals, birds, flowers, fruits, and vegetables available there. And write down the names of animals, birds, flowers, fruits, and vegetables that you see there. You can use a dictionary, the internet, or take the help of other people to complete the work.**

आफ्नो समुदायमा जानुहोस् र त्यहाँ उपलब्ध विभिन्न जनावर, चरा, फुल, फलफुल र तरकारीहरू हेर्नुहोस्। र त्यहाँ देख्ने जनावर, चरा, फल, फलफुल र तरकारीहरूको नाम लेख्नुहोस्। तपाईं शब्दकोश, इन्टरनेट प्रयोग गर्न सक्नुहुन्छ वा काम पुरा गर्न अन्य व्यक्तिहरूको मद्दत लिन सक्नुहुन्छ।

### Name of animals:

### Name of birds:

**Name of flowers:**

**Name of fruits:**

**Name of vegetables:**

## Script of the conversation

### Conversation 1

- Man : So what foods do you like?  
Woman : I like ice cream, and pizza and apples.  
Man : Oh, I like those foods too.  
Woman : What foods do you like?  
Man : Hmm, I like fish, vegetables, and bananas.  
Woman : Together?  
Man : No, not together!

### Conversation 2

- Man : What drinks do you like?  
Woman : I like tea, and I like juice.  
Man : Ooh, hot tea or cold tea?  
Woman : Both. What about you?  
Man : I like coffee and hot chocolate.  
Woman : Ooh, I like both too!

### Conversation 3

- Man : What desserts do you like?  
Woman : I really like ice-cream.  
Man : Ooh! What flavor do you like?  
Woman : Hmm, I like strawberry. I like vanilla too.  
Man : Nice! I like cake and I like pie!  
Woman : What kind of pie?  
Man : I really like apple pie with ice cream!  
Woman : Yum!

### Conversation 4

- Man : What snacks do you like?  
Woman : I like to eat fruit.  
Man : Oh yeah? What fruits do you like?  
Woman : I like apples and oranges. And you?  
Man : I like strawberries and watermelon!  
Woman : Do you like to eat cookies?  
Man : Of course! I love chocolate chip cookies!  
Woman : Me too!

## Answer key of pre-learning activities

### A. Fill in the blanks.

i.	G	H
ii.	I	J
iii.	L	M
iv.	O	P
v.	S	T
vi.	U	V
vii.	X	Y

### B. Fill in the blanks.

i.	c	d
ii.	e	f
iii.	g	h
iv.	i	j
v.	k	l
vi.	m	n
vii.	o	p
viii.	q	r

### C. Count the pictures.

- i. 1
- ii. 4
- iii. 6
- iv. 12
- v. 30

### D. Write the following numbers in words into digits.

- i. One = .....1.....
- ii. Sixteen = .....16.....
- iii. Twenty five = .....25.....
- iv. Forty = .....40.....
- v. Fifty = .....50.....
- vi. Eighty = .....80.....
- vii. Hundred = .....100.....

## E. Matching

### Column A



### Column B

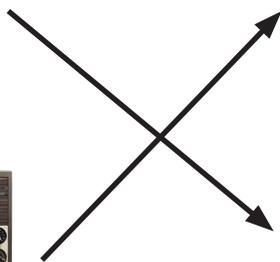
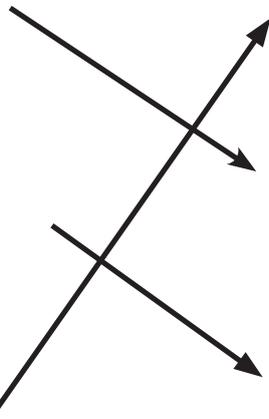
i. For boiling waters

ii. For making phone calls

iii. For cutting clothes, papers, etc.

iv. For watching news, programmes,

v. For cooking rice



## Evaluate yourself

**Write the English capital alphabet.**

A .....

.....

.....

.....

.....

.....

.....

..... Z

**Write the English small alphabet.**

a .....

.....

.....

.....

.....

.....

.....

..... z

Fill in the table by writing the following numbers in words as given in the example.

1	One	25	
2		26	
3		27	
4		28	
5		29	
6		30	
7		31	
8		32	
9		33	
10		34	
11		35	
12		36	
13		37	
14		38	
15		39	
16		40	
17		41	
18		42	
19		43	
20		44	
21		45	
22		46	
23		47	
24		48	
49		73	
50		74	

51		75	
52		76	
53		77	
54		78	
55		79	
56		80	
57		81	
58		82	
59		83	
60		84	
61		85	
62		86	
63		87	
64		88	
65		89	
66		90	
67		91	
68		92	
69		93	
70		94	
71		95	
72		96	
97		99	
98		100	

**Write the names of ten fruits.**

1. ....
2. ....
3. ....
4. ....
5. ....
6. ....
7. ....
8. ....
9. ....
10. ....

**Write the names of any ten vegetables.**

1. ....
2. ....
3. ....
4. ....
5. ....
6. ....
7. ....
8. ....
9. ....
10. ....

**Write the names of any ten flowers.**

1. ....
2. ....
3. ....
4. ....
5. ....
6. ....
7. ....
8. ....
9. ....
10. ....

**Write the names of any ten animals.**

1. ....
2. ....
3. ....
4. ....
5. ....
6. ....
7. ....
8. ....
9. ....
10. ....

**Write the names of any ten birds.**

1. ....
2. ....
3. ....
4. ....
5. ....
6. ....
7. ....
8. ....
9. ....
10. ....

**Write the names of your family members.**

**Write a short paragraph about your daily routine.**

## Evaluation Plan

क्र.स. S.N.	सिकाइ क्षेत्र Learning area	सक्षमता Competency	सिकाइ उपलब्धि एवम् मूल्याङ्कनका आधार Rubrics
1.	Language and Communication	Identifying letters and words, understanding the meaning of the words, and using them.	<p>अङ्ग्रेजी भाषाका सबै अक्षर, अङ्क र दैनिक व्यवहारमा प्रयोग हुने साधारण शब्दहरू पढ्न, लेख्न र अर्थ बताउन To read and write the English alphabets, number names and tell the meaning of common words used in daily life</p> <p>➤ अङ्ग्रेजी भाषाका सबै अक्षर र अङ्क पढेर लेखेमा Reads and writes all the letters and numbers in English</p> <p>➤ अङ्ग्रेजी भाषाका सबै अक्षर र अङ्क पढेर लेखेमा अङ्ग्रेजी भाषाका दैनिक व्यवहारमा प्रयोग हुने कम्तीमा १० ओटा साधारण शब्द लेखेर पढेमा Writes and reads at least ten common words in English used in daily life</p> <p>➤ अङ्ग्रेजी भाषाका दैनिक व्यवहारमा प्रयोग हुने कम्तीमा १० ओटा साधारण शब्द पढेर अर्थ बताएमा Reads and tells the meaning of at least ten words in English used in daily life</p> <p>➤ अङ्ग्रेजी भाषाका दैनिक व्यवहारमा प्रयोग हुने कम्तीमा १० ओटा साधारण शब्द पढेर अर्थ लेखेमा Reads and writes the meaning of at least ten words in English used in daily life</p>
2			<p>अङ्ग्रेजी भाषाका साधारण शब्द पढी तिनको अर्थ बताउन To read the common words used in English language and tell their meanings.</p> <p>➤ घरमा प्रयोग हुने अङ्ग्रेजी भाषाका कम्तीमा १० ओटा साधारण शब्द पढेमा Reads any ten common English words used at home</p> <p>➤ घरायसी वातावरणमा प्रयोग हुने अङ्ग्रेजी भाषाका कम्तीमा १० ओटा साधारण शब्द पढी तिनको अर्थ बताएमा Reads any ten common English words used at home and tells their meanings</p> <p>➤ जुनसुकै परिवेशमा प्रयोग हुने अङ्ग्रेजी भाषाका कम्तीमा १० ओटा साधारण शब्द पढेमा Reads any ten common words used in any contexts</p> <p>➤ जुनसुकै परिवेशमा प्रयोग हुने अङ्ग्रेजी भाषाका कम्तीमा १० ओटा साधारण शब्द पढी तिनको अर्थ बताएमा Reads any ten common words used in any contexts</p>



भाषा र सञ्चार



व्यावहारिक समस्या र समाधान



हाम्रो परिवेश र नागरिक चेतना

जीवन शिक्षा : शिक्षाको वैकल्पिक बाटो

अनौपचारिक तथा वैकल्पिक शिक्षा समकक्षताको लागि  
तयार गरिएको नमुना सिकाई सामग्री