

## What to Drink ?



Kripal was reading her book, when she heard someone at the door. She saw that there was a guest. Father welcomed the guest. He told Ruchan to bring a cold drink for him. The guest said, “I will not take cold drinks. I want a glass of water.”

Father said, “These days we are not getting water that is fit for drinking. It does not even look clean. It would be better if you do not drink this water. We do not have a choice, so we drink it.”





### Discuss :

- How does dirty or contaminated water harm our body ?
- Do you know anyone who has fallen sick because of such water ? Talk about this.
- When the guest came to Kripal's house, they offered him a cold drink, because they thought he should not drink such water. What do you think Kripal's family must be doing for their own drinking water ?
- The guest said he did not take cold drinks. Why do you think he said this ?

### Water Games

There were big water parks in North Gujarat. One day Sachin and Niru went to water park with their parents. There were many water fountains. Niru said, "Look Sachin, there are so many rides in the water."



"Look at all these big ponds", Sachin said. Splash ! Splash ! Splash ! Both turned around. They saw a long thick water hose going zoom, zoom, zoom.



Sachin went up so high on the slide. Within a second, he had landed in the water whoosh ! Neeru gave a shriek of surprise !

Just then they heard a lot of noise and loud voices from outside the park. Everyone ran towards the main gate. There







was a crowd of people, carrying empty buckets and pots. A small child carrying an empty bottle was clinging to his mother. Sachin's mother went to one of the women in the crowd. "What is the matter?" She asked.

The woman replied angrily, "You are asking, what is the matter?" Our wells have no water. We get our water only when the tanker comes once a week. Even, today that has not come. And here, there is so much water everywhere just for you to play and enjoy. Tell me, what should we do?"



### Read and Write :

- Have you ever faced scarcity of water in your house ? When ?

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- What did you do then ?

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- Have you ever played in water ? Where and when ?

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- Have you ever said no to play in water ? Why ?

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- Have you seen wastage of water in your area ? Discuss.

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- The water park had a lot of water to play in but the nearby village people did not have water even to drink. Think about it and discuss.

- If you go to a water park, find out from where the water comes to the park.

## Can We Drink This ?

Ellisbridge, Ahmedabad

The lift stopped at the 20th floor. Smit loves going in the lift. Today is a holiday in school. Smit had gone with his mother to Anju Madam's house. His mother worked there. The house was quiet, clean and shiny. Anju was reading newspaper. She smiled at Smit and asked, "Is it a holiday today ?" She switched on the TV and Smit was soon lost in the world of cartoons. At that time, Anju madam shouted, "O ! Chhaya it says in the newspaper that the gutter water has got mixed with the water in the drinking water pipes, in this area. It says that many people are sick with diarrhoea and vomiting because of this. Please throw away the water that was filled yesterday. Put some fresh water to boil, for drinking. Also take home some boiled water for your family." Smit was happy to hear this. I thought, "At least today I will not have to stand in a queue for water. It is a real holiday for me !"



### Write in your notebook :

- Why was Anju worried when she read the newspaper ?
- Anju asked that all the water that was filled the previous day should be thrown. Could this water have been used for something else ? What kind of things ?
- In what way did she plan to clean the water ?







- Do you know of the different ways to clean the water ? Describe them.
- Suppose, Anju had not read the news and everyone had drunk the water without boiling it, what could have happened ?



### Discuss :

- Where Smit lives, everyone has to stand in a queue to fill water from the common public tap. In Anju's house, water comes all day in the tap. Why is this?
- Anju read news about the water in the newspaper. Have you read any news about water in the newspapers ? What kind of news ?

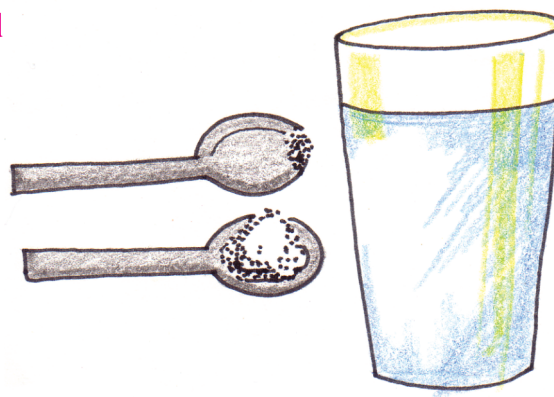
### Do yourself own and Discuss :

- Look through last one month newspapers. Look for all news-items related to water. Cut them and collect them. Stick all the cuttings together on a big paper to make a collage. Discuss in the class.

Have you ever suffered from diarrhoea and vomiting ? How did you feel ? When we have diarrhoea and vomiting, we lose a lot of water from our body. This is very dangerous for body. It is important that we make up for the water that we lose from our body. We should drink a lot of water when this happens. We should also mix some salt and sugar in the water.

### Let's make solution of salt and sugar :

Mix one teaspoon sugar and a pinch of salt in a glass of boiled water and cool it. Taste it to make sure that there is not too much salt. The water should not taste more salty than our tears.



When a person has diarrhoea and vomiting, this solution must be sipped slowly

Water from different places

by him or her. Light food must be taken with it. Babies should continue to take their mother's milk. It is also necessary to take some medicine-they can also have home-made remedies. If the diarrhoea does not stop, it is important to get the advice of a doctor.



### Water Survey in School :

Make three groups of students in your class.

- One group will find out about the arrangement of drinking water in the school.
- The second group will find out about the arrangement of toilet in the school.
- The third group will find out about illness affecting children in the class.

The question given below will help the groups to collect information.

#### Group 1

Observe and note :

- Put a (✓) in right box
  - Where does the water come from in your school ?  
Tap ☐ Tank ☐ Handpump ☐ Other ☐
  - From where do you take water to drink in your school ?  
Tap ☐ Tank ☐ Handpump ☐ Other ☐
- If there is no tap, *Matka* (earthen pot) or handpump, then how do you get drinking water ?  
\_\_\_\_\_
- Is there water in all the taps or handpumps ?  
\_\_\_\_\_







- What will you do if any tap is leaking or dripping ?  
\_\_\_\_\_
- Are all the *Matkas* (earthen pot) filled with water and are they covered ?  
\_\_\_\_\_
- Are the *Matkas* (earthen pot) and other water containers cleaned regularly ?  
\_\_\_\_\_
- How is water made safe for drinking ?  
\_\_\_\_\_
- What would happen, if water is taken without ladle from *matka* or any other vessels ?  
\_\_\_\_\_
- Is the place around the drinking water-taps or *Matka* (earthen pot) cleaned regularly ?  
\_\_\_\_\_

### Think and Discuss :

- Why does the area where we keep drinking water get dirty ?
- What can we do to keep these places clean ?

### Find out and write in your notebook :

- How often (once a day, once in two days etc) are the containers or *Matka* (earthen pot) and ladles cleaned ? Who cleans them ?
- How many children are there in your school ? How many taps, *matkas* or handpumps are there ? Are these sufficient for children ?
- Who cleans the places near the drinking water ?
- Where does the water that is spilt go ?

Water from different places

## Group 2

Observe and note :

- Put (✓) in the box.
- What are the toilet arrangements in your school ?

Built toilet ☐

Open area ☐

- How many toilets are there ?
- Are there separate toilets for girls and boys ? ☐ Yes ☐ No
- Is there water in the toilets ? ☐ Yes ☐ No
- Where does the water come from ?
  - ❖ The tap ☐ Yes ☐ No
  - ❖ From tank ☐ Yes ☐ No
  - ❖ has to be brought from home. ☐ Yes ☐ No
- Is there water for washing hands near the toilet ? ☐ Yes ☐ No
- Do you wash your hands after using the toilet ? ☐ Yes ☐ No
- Is there any tap that is leaking or dripping ? ☐ Yes ☐ No
- Are the toilets kept clean ? ☐ Yes ☐ No

## Find out and Write :

- How many boys and girls are there in your school ?

Girls

Boys







- How many toilets are there for girls and boys ?

Girls

Boys

- If there are not taps, who brings the water for the toilet ? Where does the water come from ?  
\_\_\_\_\_
- Who keeps the place clean ?  
\_\_\_\_\_

**Tell :**

- What can be done to keep the toilets clean ?
- What can each of us do for this ?
- Have you seen toilets at bus stands or railway station ? How are they different from the toilets at home ?

**Group 3**

Talk with the children in your class and fill in the table given below. In the last few months, how many children in the class have suffered from any of these ? Write name of these children.

| No. | Diarrhoea | Vomiting | Diarrhoea and vomiting | Yellow urine yellow (pale) skin and eyes, mild fever | Stomach ache |
|-----|-----------|----------|------------------------|--|--------------|
| 1.  |           |          |                        |  |              |
| 2.  |           |          |                        |  |              |
| 3.  |           |          |                        |  |              |
| 4.  |           |          |                        |  |              |
| 5.  |           |          |                        |  |              |

Water from different places

Discuss with your teacher what you have found out from your survey. Make a report based on your survey and the advise given by your teacher. Read your report in the assembly. Put it up on the notice board.

### Elder's Vision

This story is about thirty years ago. In Rajsamndhiyala village of Rajkot, the problem of water was raised. The '*Sarpanch*' of this village was a man with deep insight and vision. At that time he contacted District Rural Development Agencies and requested them to build a check dam. In 1985, Rural Development agencies built forty five check dams in 1090 hectre area in this village. Next year there was heavy rain in this area. So, all check dams got fill with water. The level of water rised up about 15 m deep water level was available to the people. In 2002, there was drought. However, because of the vision of the people of this village they did not have any trouble. That years also, people were able to take crops for all the three seasons. People were happy and wealthy.



**For the teacher :** The table lists common symptoms that children may know about. If these are caused by cholera, then you can discuss them with reference to this. It is not important that children should know the names of all the diseases.

