

# Air and Water

## Introduction

Air and water are two of the most important things that all living beings need to survive. They are part of our environment, and without clean air and water, plants, animals, and humans cannot live happily. In this chapter, we will learn about the nature of air and water, their importance, and how we can protect them.

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## Air

Air is all around us. We cannot see air, but we can feel it when the wind blows. Air is made up of different gases like oxygen and nitrogen. Oxygen is very important because it helps all living things to breathe.

*“Every breath you take is because of the air around you. Clean air keeps your lungs healthy and helps you run and play.”*

Sometimes air can become dirty because of smoke from factories, cars, and fires. This dirty air is called **air pollution**. Breathing polluted air can make us sick.

## How can we keep the air clean?

- Plant more trees because they give us oxygen.
  - Walk or cycle instead of using vehicles for short distances.
  - Avoid burning plastic and trash.
  - Use cleaner fuels and encourage factories to reduce smoke.
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## Water

Water is everywhere – in rivers, lakes, oceans, and even in the rain. All living things need water to live. We drink water, animals drink water, and plants use water to grow.

*“Clean water is life’s best friend. Always use water carefully and do not waste it.”*

Sometimes water gets dirty because of waste dumped into rivers or because of chemicals. Dirty water can cause diseases and harm plants and animals.

### **Ways to save and keep water clean:**

- Don’t waste water; turn off taps when not in use.
- Avoid throwing rubbish into rivers and ponds.
- Use water from rain to water plants.
- Help clean water bodies in your neighborhood.

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## **Let’s Do an Activity!**

**Exercise:** Look around your home and list 3 ways in which your family uses water every day. Then, talk about 2 ways you can save water at home.

**Example:** We use water to brush our teeth, wash vegetables, and fill the water bottle. We can save water by turning off the tap while brushing and using leftover water to water plants.

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## **Summary**

- Air contains oxygen, which we need to breathe and live.
- Clean air is important for good health.
- Water is essential for all living things.
- We must keep air and water clean and avoid polluting them.
- Everyone can help by planting trees, saving water, and not littering.

**Let's protect our air and water for a healthy and green world!**

