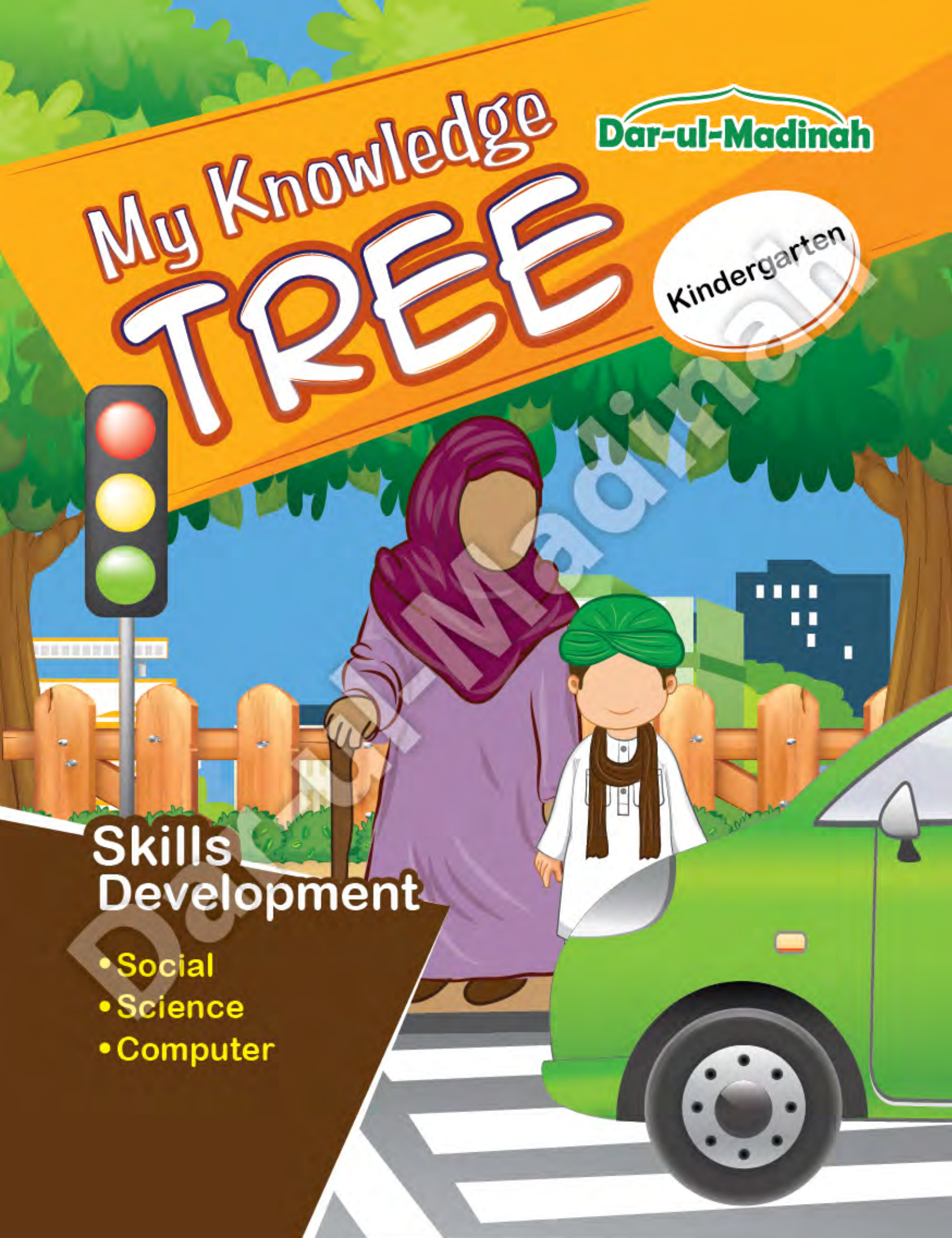
Dar-ul-Madinah

My Knowledge TREE

Kindergarten



Skills Development

- Social
- Science
- Computer

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My Knowledge TREE

Kindergarten

Name _____

Father's Name _____ Phone _____

Class _____ Section _____

Admission ID _____ G.R. No. _____ Roll No. _____

School _____

Preface

It has been a common problem of our society that the children are not socially developed. Therefore, they face a lot of problems in their practical life and for the same reason; their personality is not as much effective as is expected from them. In this technologically upgraded era, there is a plethora of basic hurdles in the development of a child's social relationships. In order to overcome these hurdles, children require education from an early age.

My Knowledge Tree not only fulfils the need for personal and social development, it also makes the younger children well-aware of the world around them along with providing them with sufficient knowledge about health, hygiene and safety. This series includes helpful and practical exercises which are easy-to-follow. Children, if involved in each activity, can grow up to have self-identity, well-built character and greater awareness of technologically upgraded era. It is highly significant for children at this stage to have adequate knowledge about the things in their surroundings. Therefore, **My Knowledge Tree** aims at developing early concepts of science and computer which help children learn and lead.

My Knowledge Tree for Kindergarten helps children grasp the concepts introduced to them in previous levels. It also offers a number of new topics which benefit them in their social life. Children will learn about means of transport and communication, classification of animals, kinds of plants, central processing unit and a lot more. We hope that **My Knowledge Tree** would help children develop awareness of their relations, society, and culture, and enable them to lead an active social life.

This humble effort has been accomplished by the grace of Almighty Allah عَزَّوَجَلَّ, favour of His Noble Prophet Muhammad صَلَّى اللهُ تَعَالٰى عَلَيْهِ وَاٰلِهٖ وَسَلَّم and the spiritual support of our great Shaykh, the founder of Dawat-e-Islami, 'Allamah Maulana Abu Bilal Muhammad Ilyas Attar Qadiri Razavi دَامَتْ بَرَكَاتُهُمُ الْعَالِيَة. This series is presented to young learners and their teachers with the realisation of our weaknesses and limitations, yet we expect the series to be welcomed by the concerned audience. Suggestions or recommendations from teachers, educationalists and professionals to improve the material will be gladly appreciated.

Department of Pre-primary
Curriculum Department
Dar-ul-Madinah

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Healthy Food

The food which helps us grow and gives us energy is called healthy food.

Fresh fruit

Bread, eggs and milk

Fresh juice

Fish and chicken

Pulses

Meat and vegetables

Fruits

- Fruits have vitamins, calcium and minerals.
- They help our bones grow.
- They help our body fight against diseases.
- Eat fresh fruit to keep yourself healthy and active.

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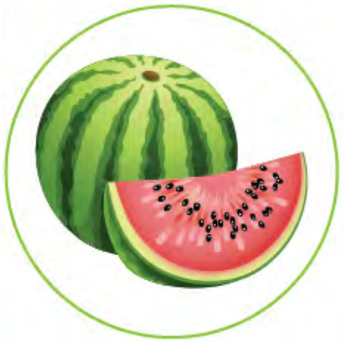
Our Holy Prophet ﷺ liked these fruits.



These fruits are mentioned in the Holy Quran.

Olives

Figs

Banana

Dates

Pomegranate

Grapes

Vegetables

Carrot keeps our teeth strong.

Yam keeps our eyes fresh.

Beetroot makes our blood.

Spinach helps digest food.

Garlic keeps us smart.

Okra improves function of lungs.

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Pulses

- Pulses improve our digestive system.
- They have vitamins, minerals, proteins and carbohydrates.
- They reduce fats from our blood.

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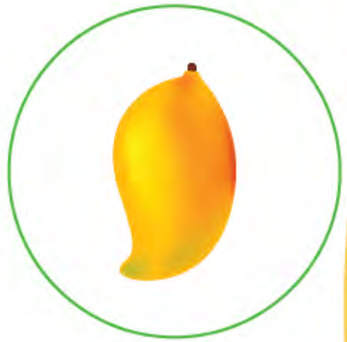
Exercise

(a) Tick (✓) the fruits you like eating.



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