

A.G. GRIGORYANS

ATROFIMIZDAGI OLAM

**Umumiy o'rtta ta'lim maktablarining
1-sinfi uchun darslik**

12-nashri

O'zbekiston Respublikasi Xalq ta'limi
vazirligi tasdiqlagan

**Cho'lpon nomidagi nashriyot-matbaa ijodiy uyi
Toshkent – 2015**

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Mas'ul muharrir: **Akbar Bahromov**

Taqrizchilar:

Nusrat Alimqulov –

Nizomiy nomidagi TDPU dotsenti, geografiya fanlari nomzodi;

Nazira Ahmedova –

Respublika Ta'lim markazi «Boshlang'ich ta'lim» bo'limi boshlig'i;

Mazmuna Jalilova –

Olmaliq shahridagi 18-maktab boshlang'ich sinf o'qituvchisi.

Shartli belgilar:



— savollar;



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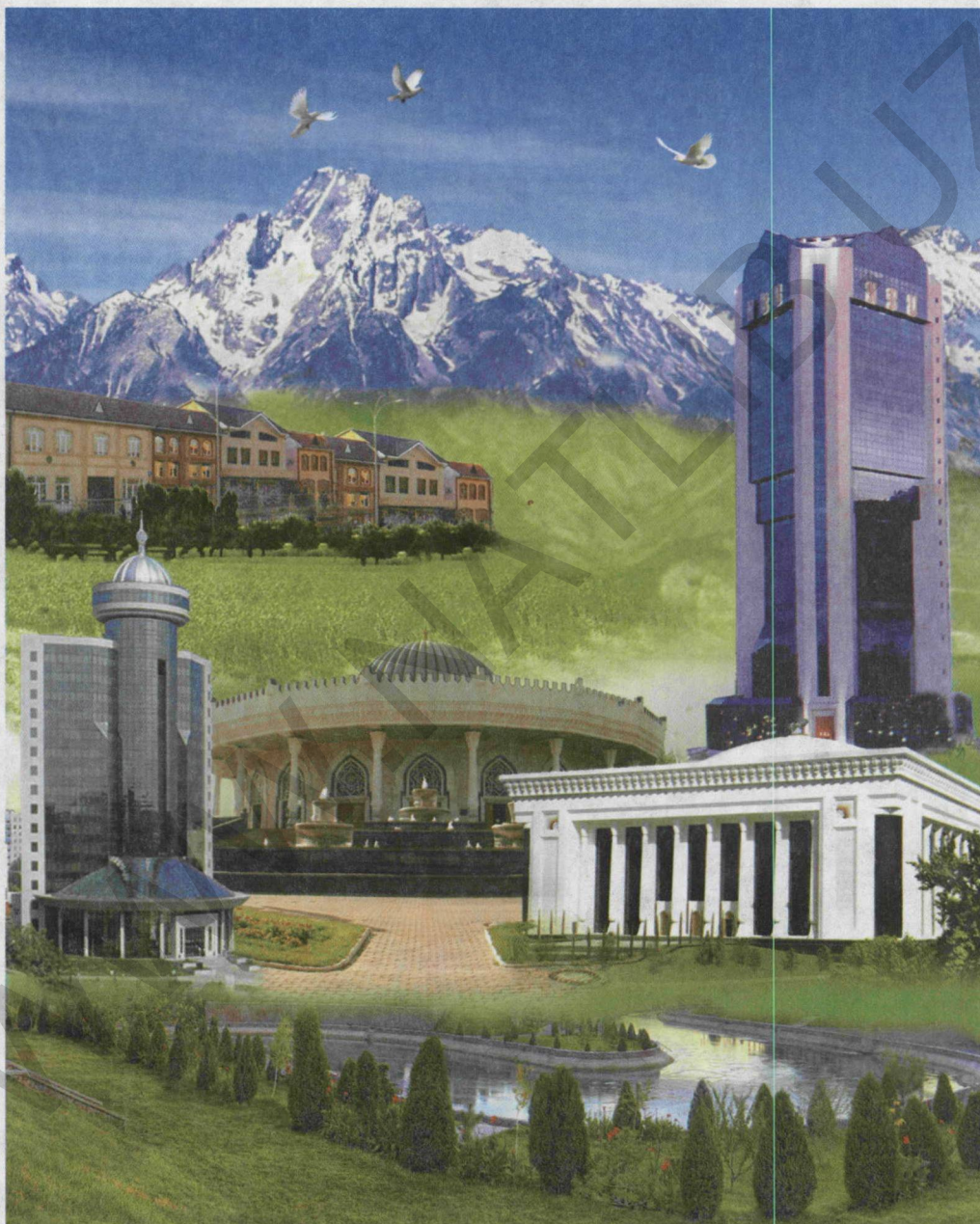
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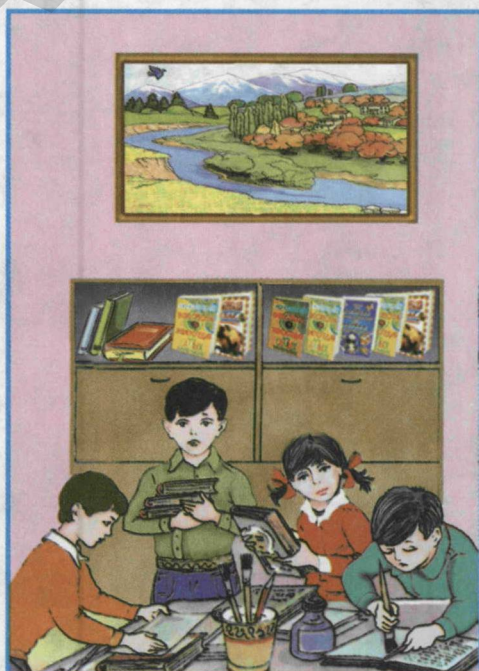
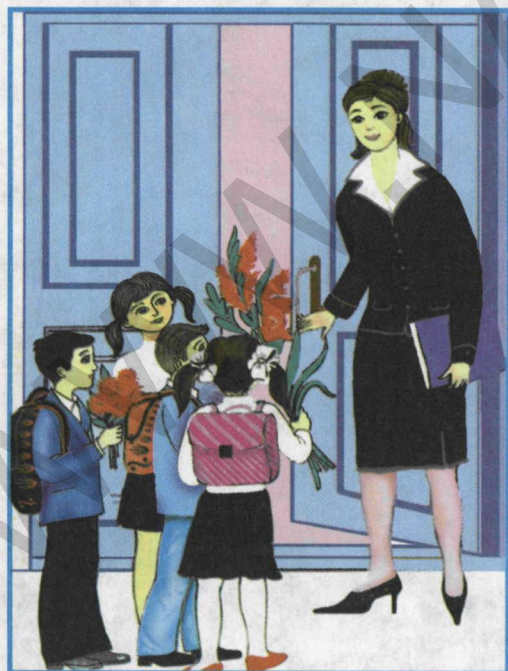


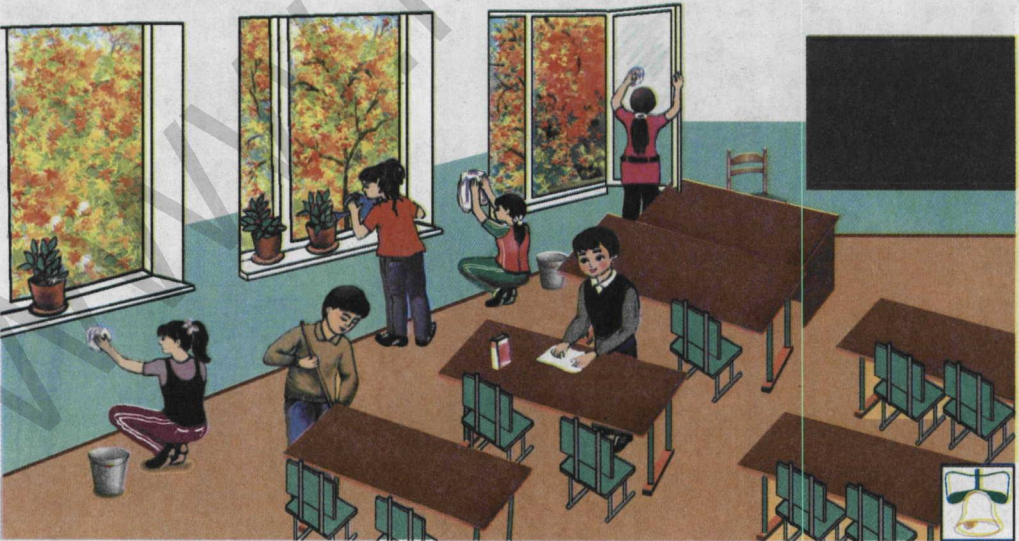
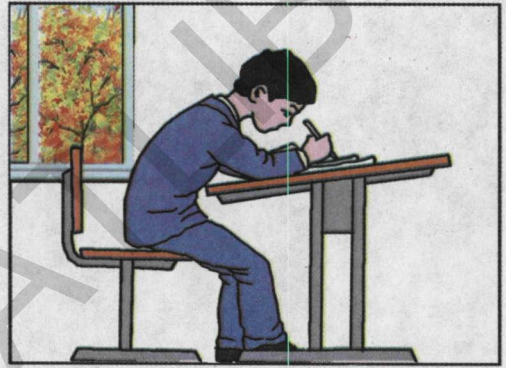
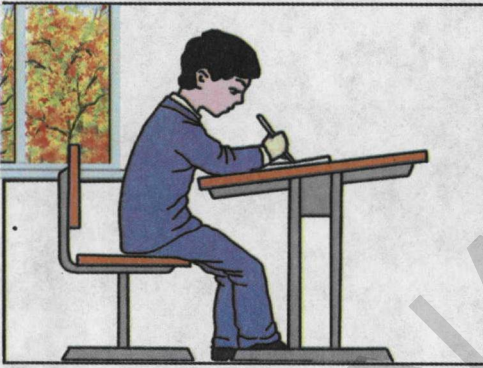
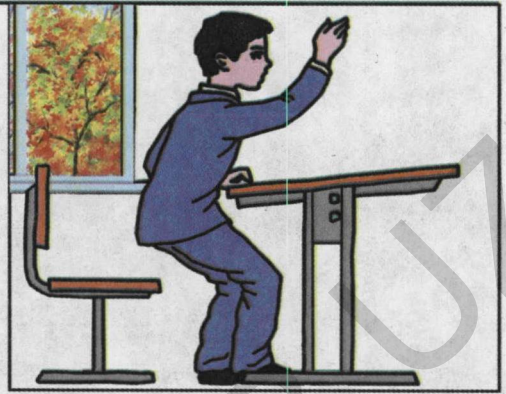
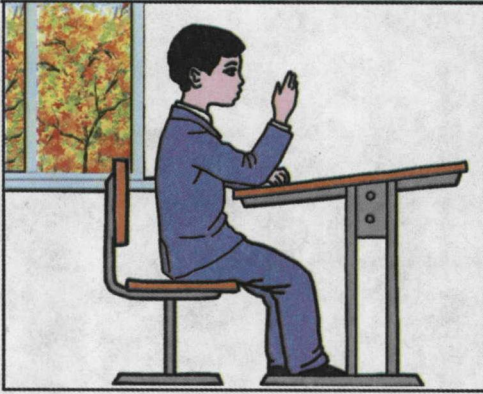
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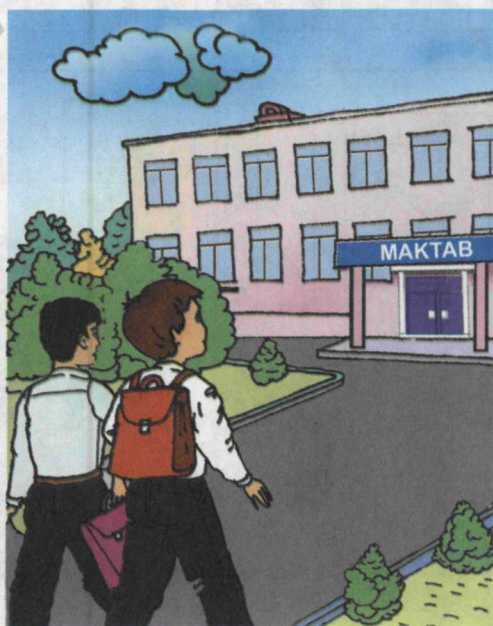


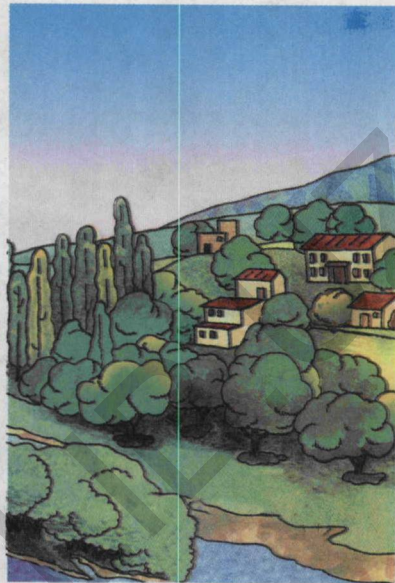
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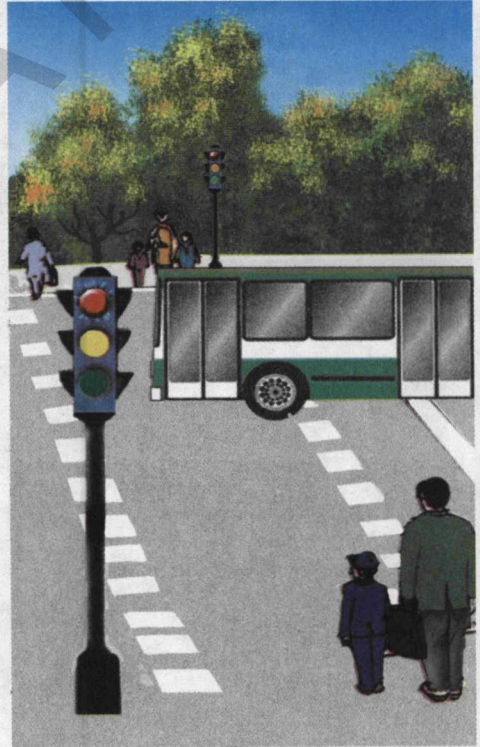
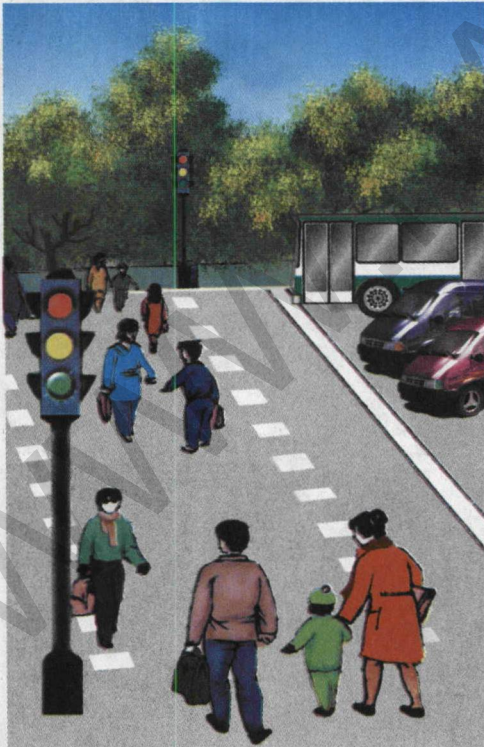


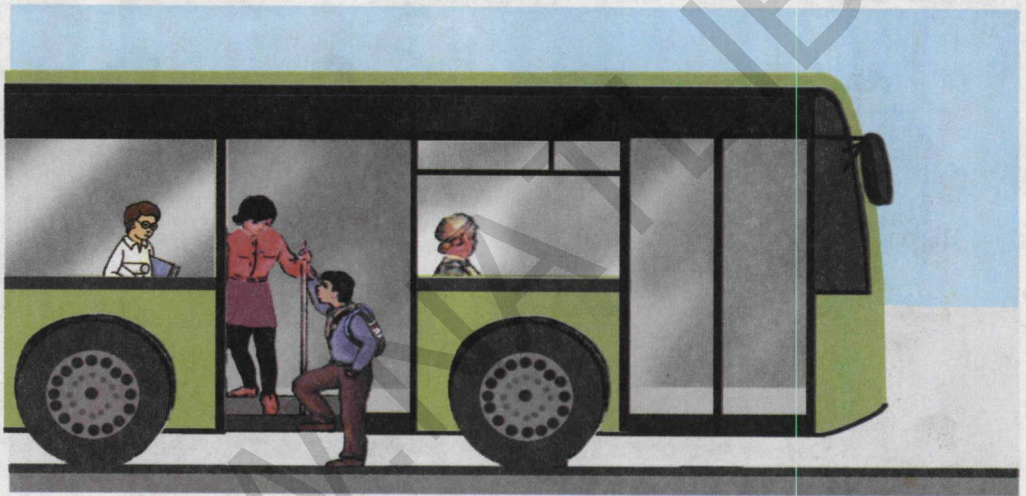
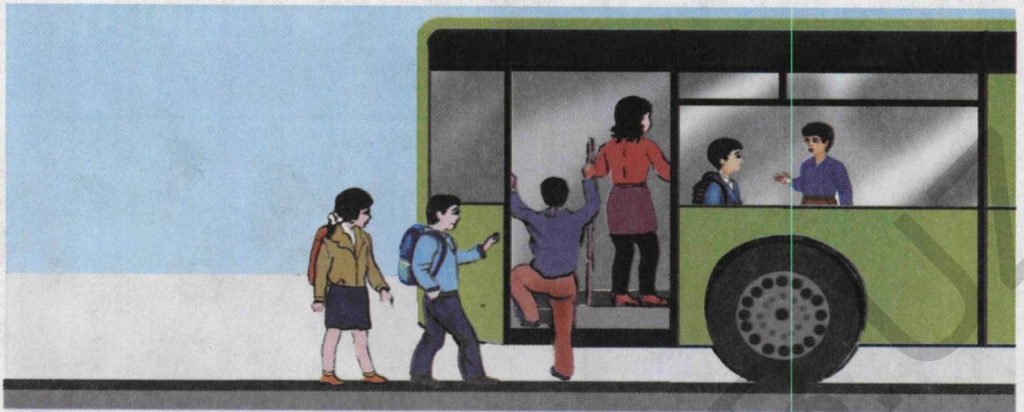
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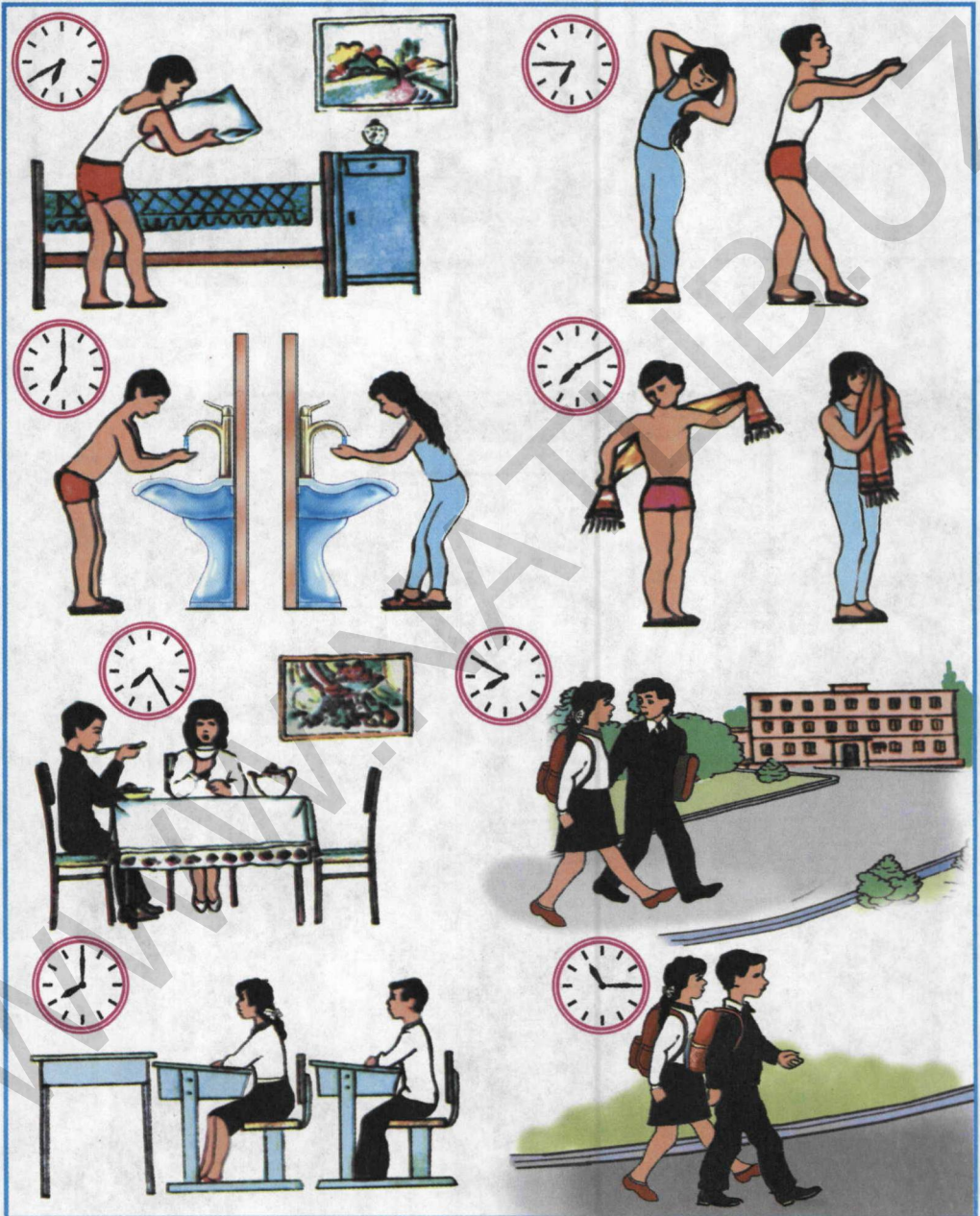


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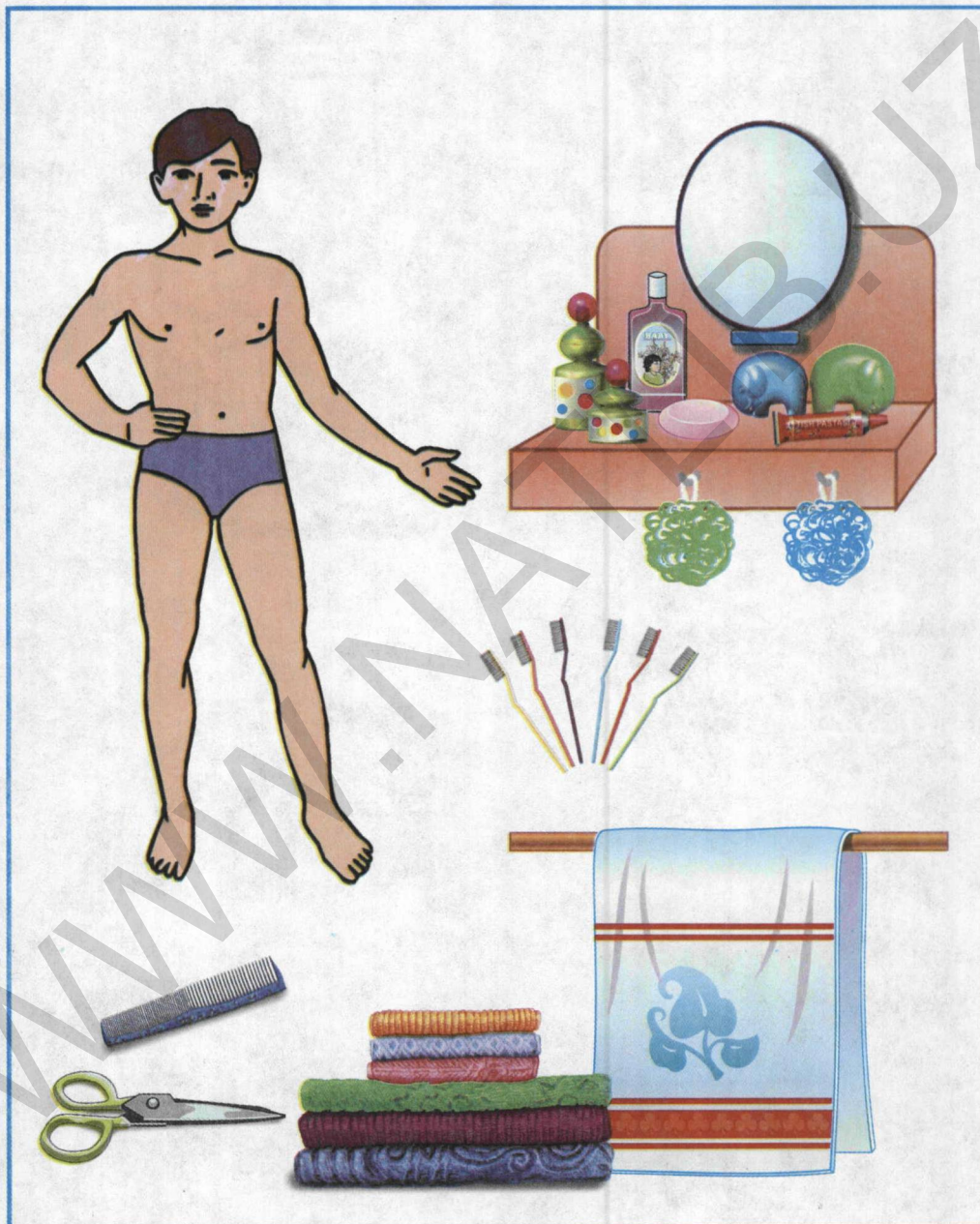


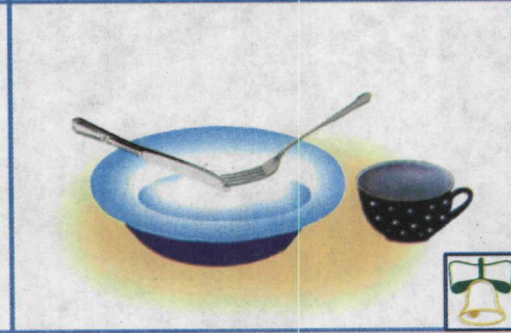
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SHAXSIY GIGIYENA





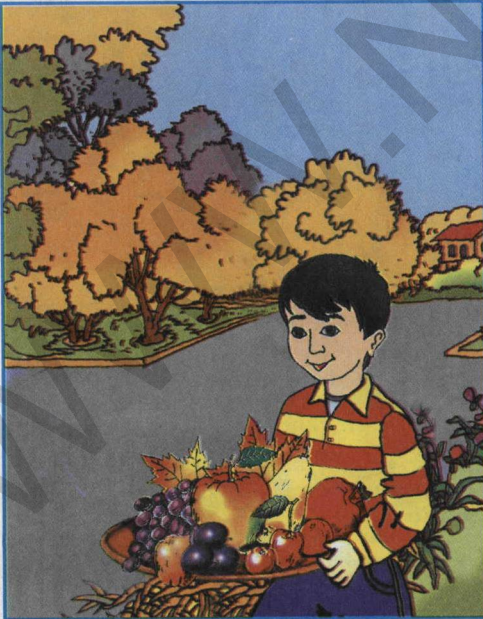
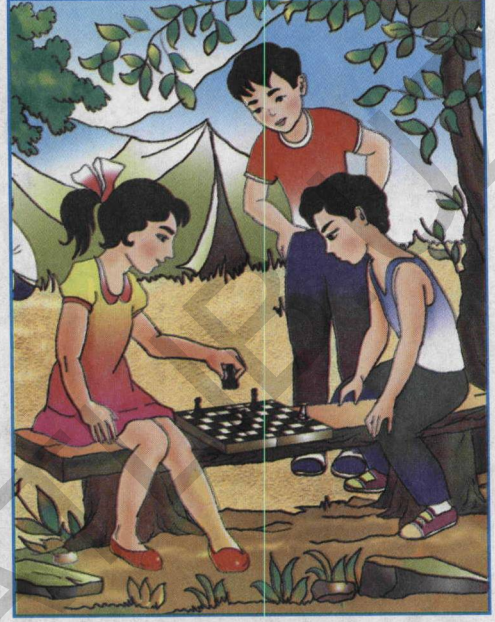
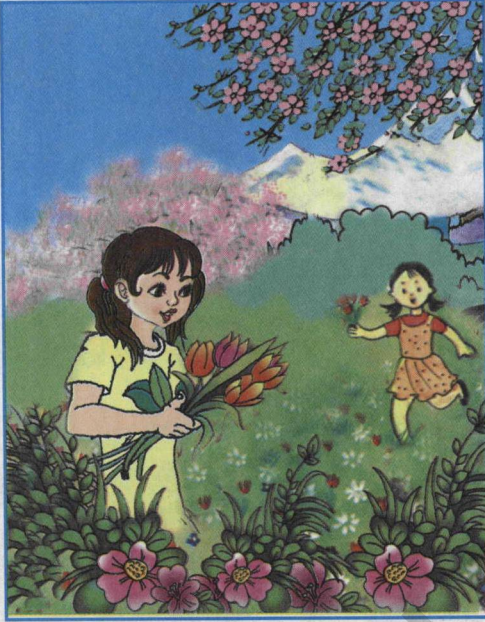


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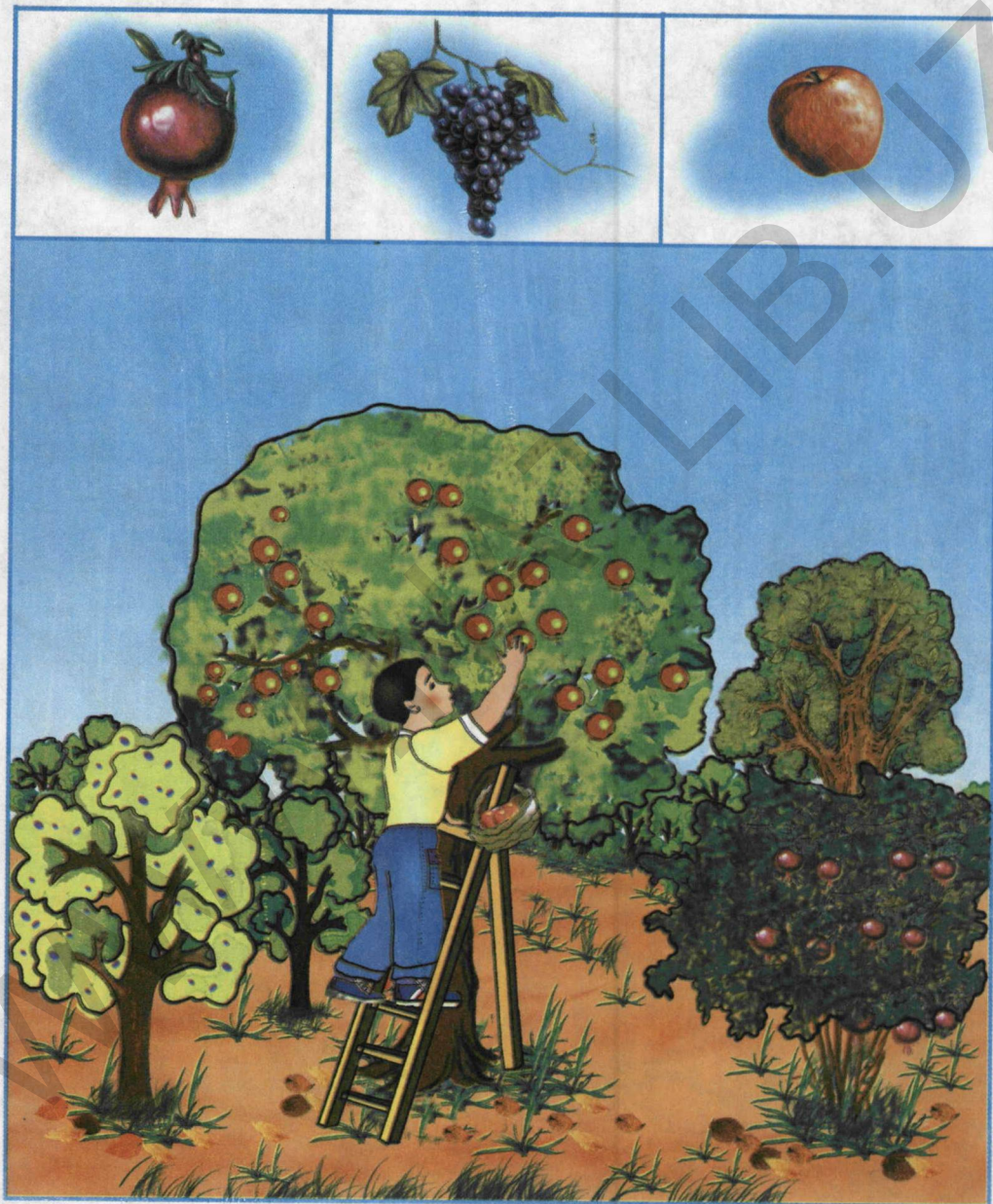




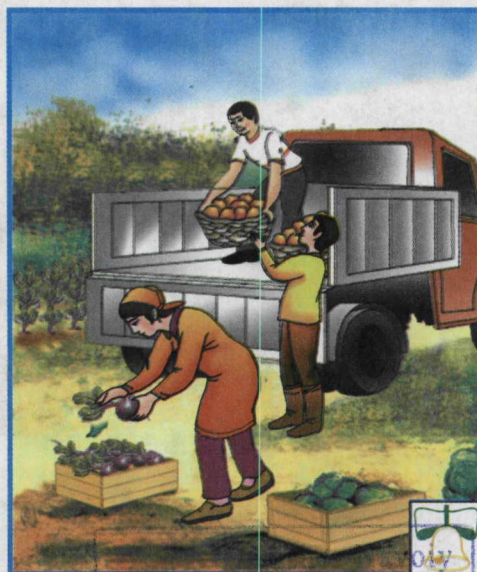
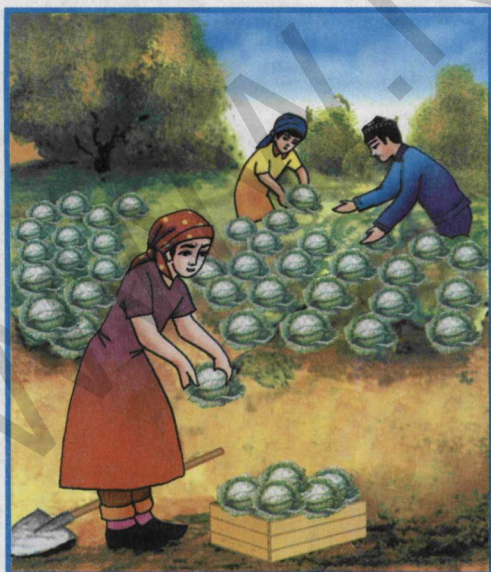
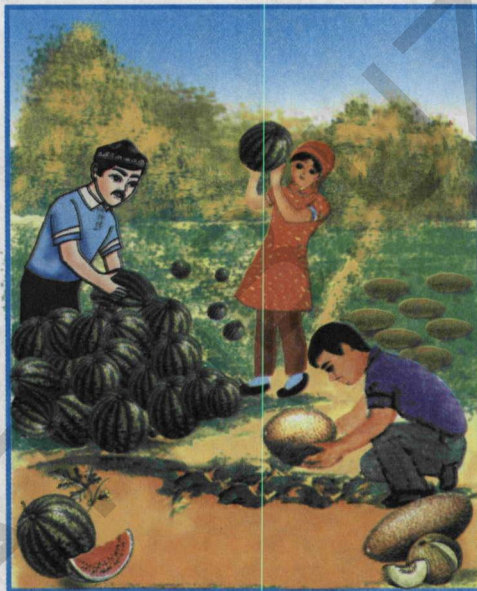
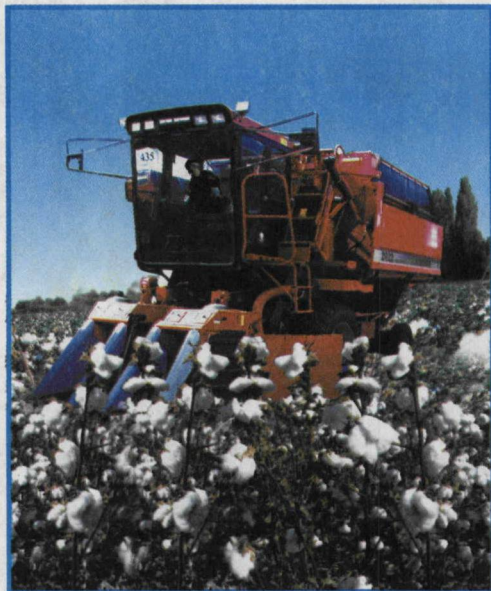
YIL FASLLARI



O'SIMLIKLARNING KUZGI HAYOTI



KISHILARNING KUZDAGI MEHNATI



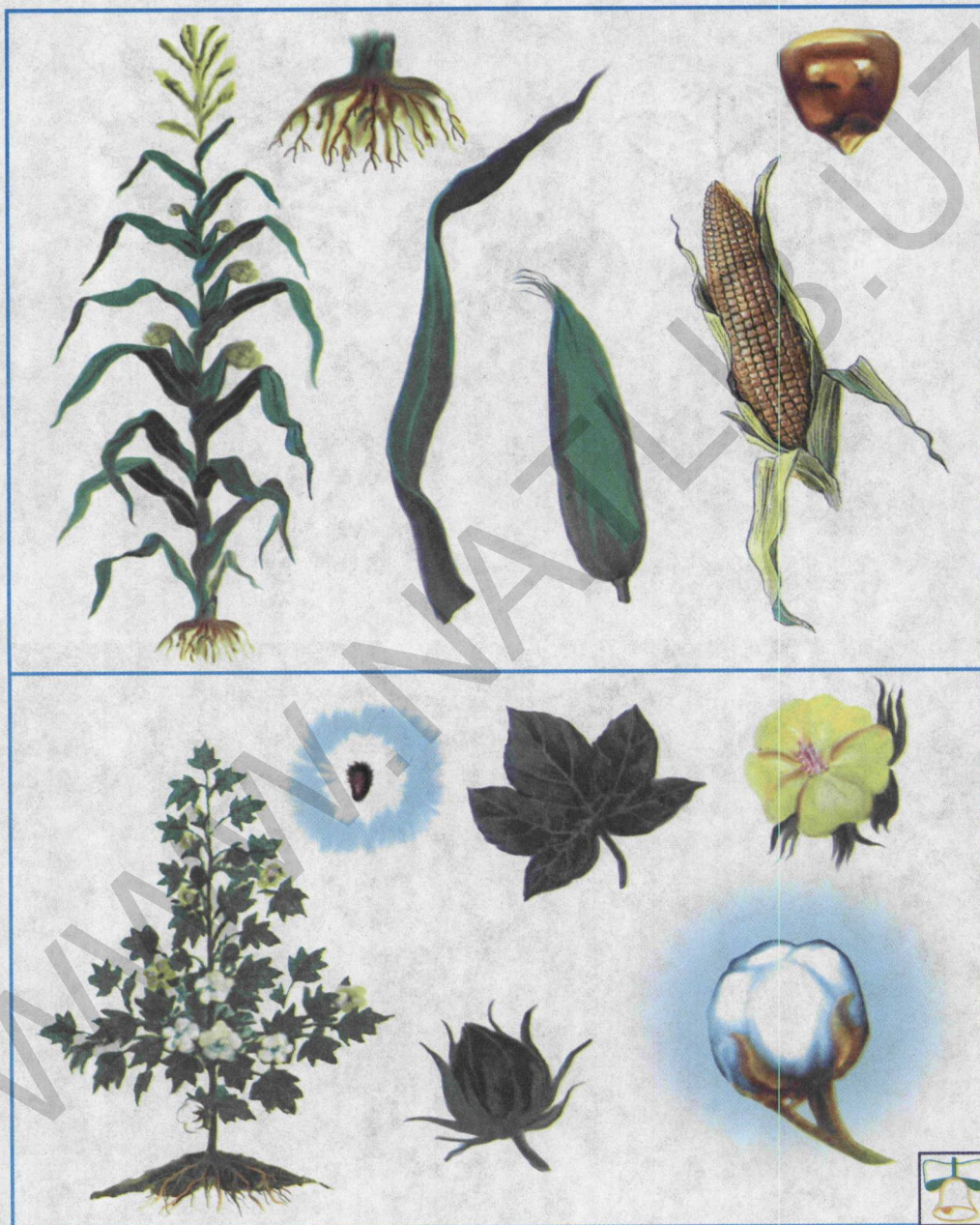
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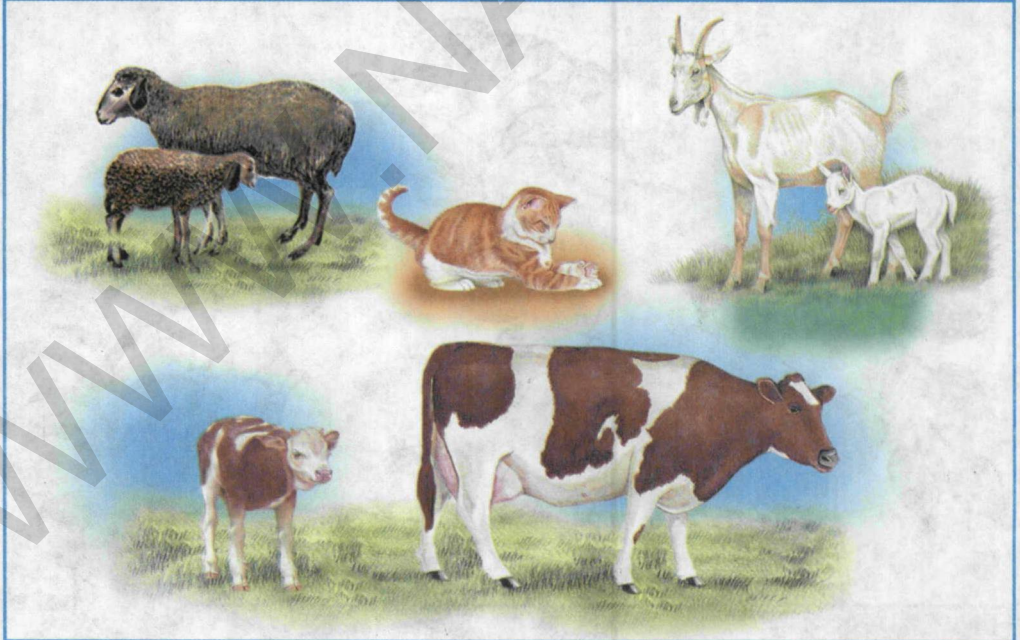
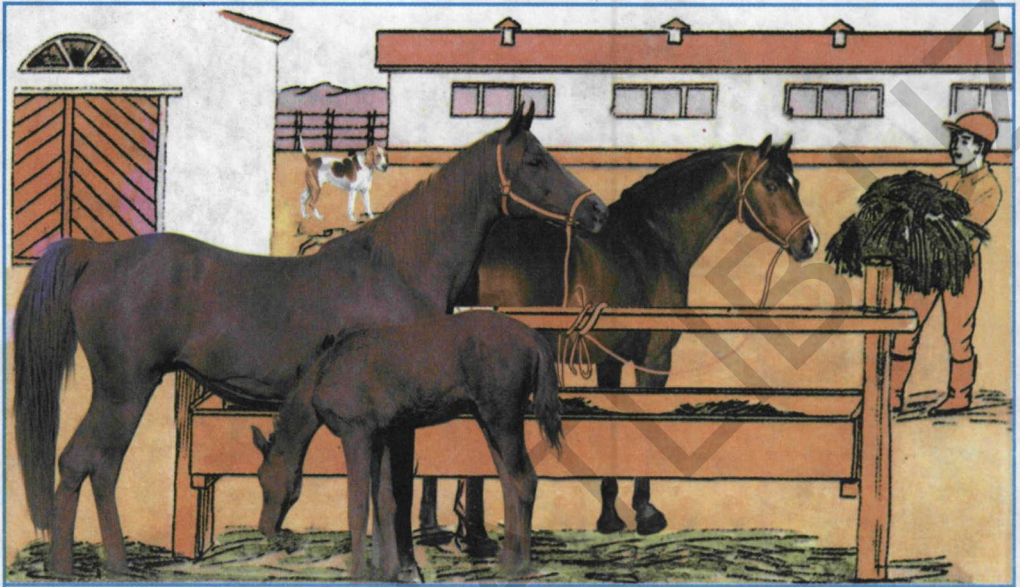


XONA O'SIMLIKLARI





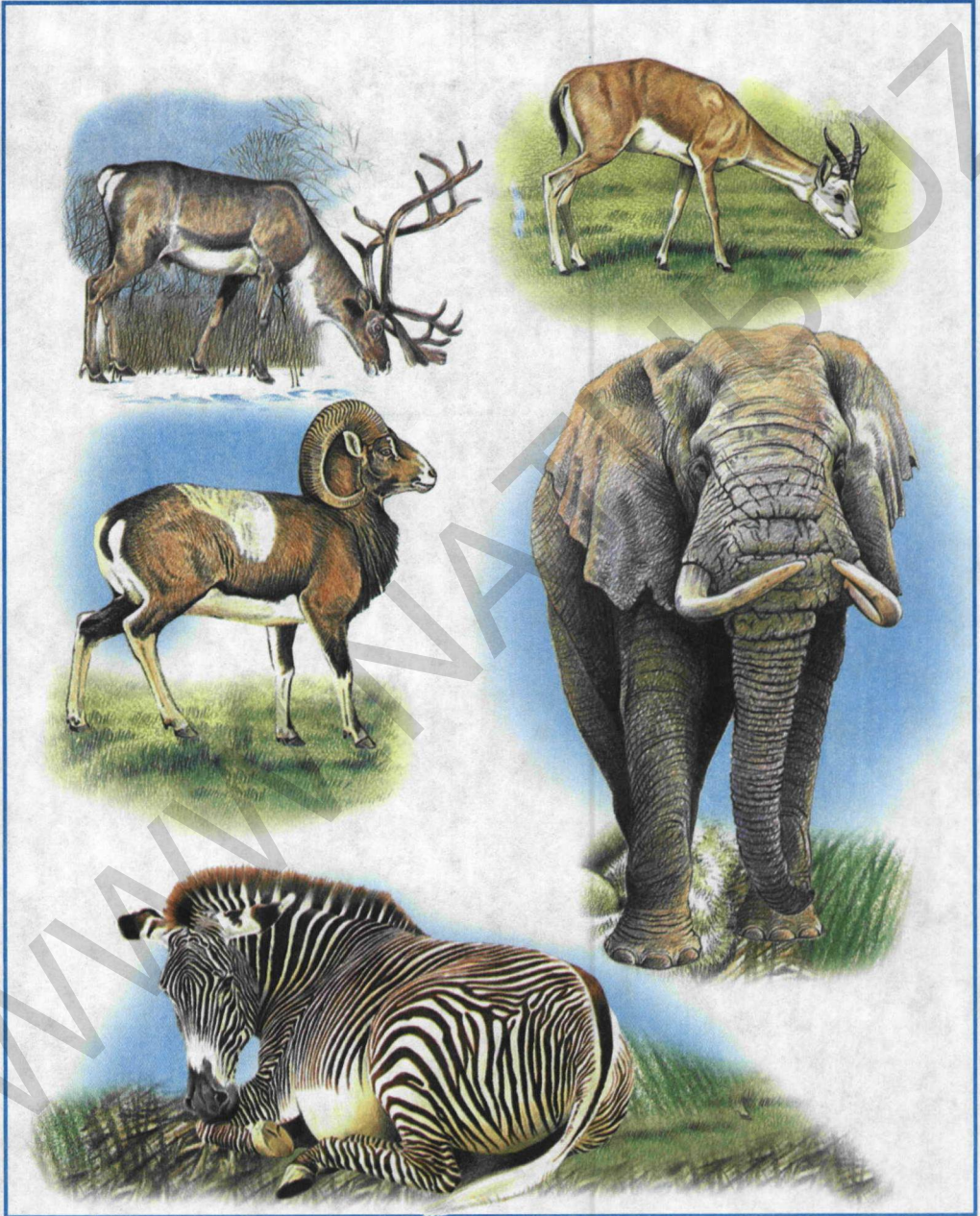
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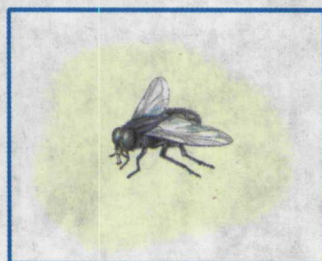
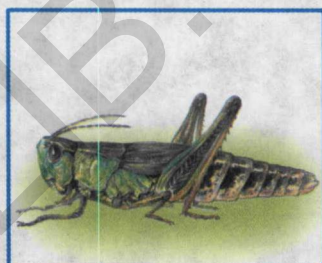
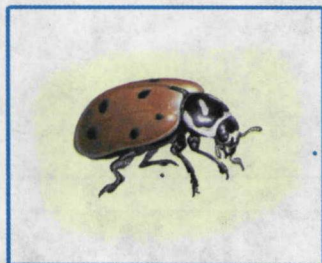
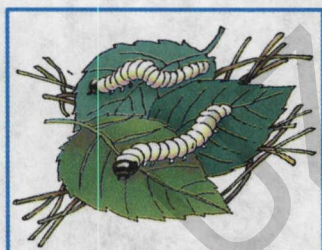


QUSHLAR





HASHAROTLAR



Hasharotlar dalalarda, bog'larda uch-raydi.

Asalari, chumoli, ipak qurti, xonqizi foydali hasharotlardir. Foydali hasharotlarga ziyon yetkazmaslik kerak.

Mart qo'ng'izi, pashsha, chivin, chigirtka – zararli hasharotlar.



QISH



Qish keldi. Sovuq tushib, qor yog'di. Daraxtlar uyquga ketdi.

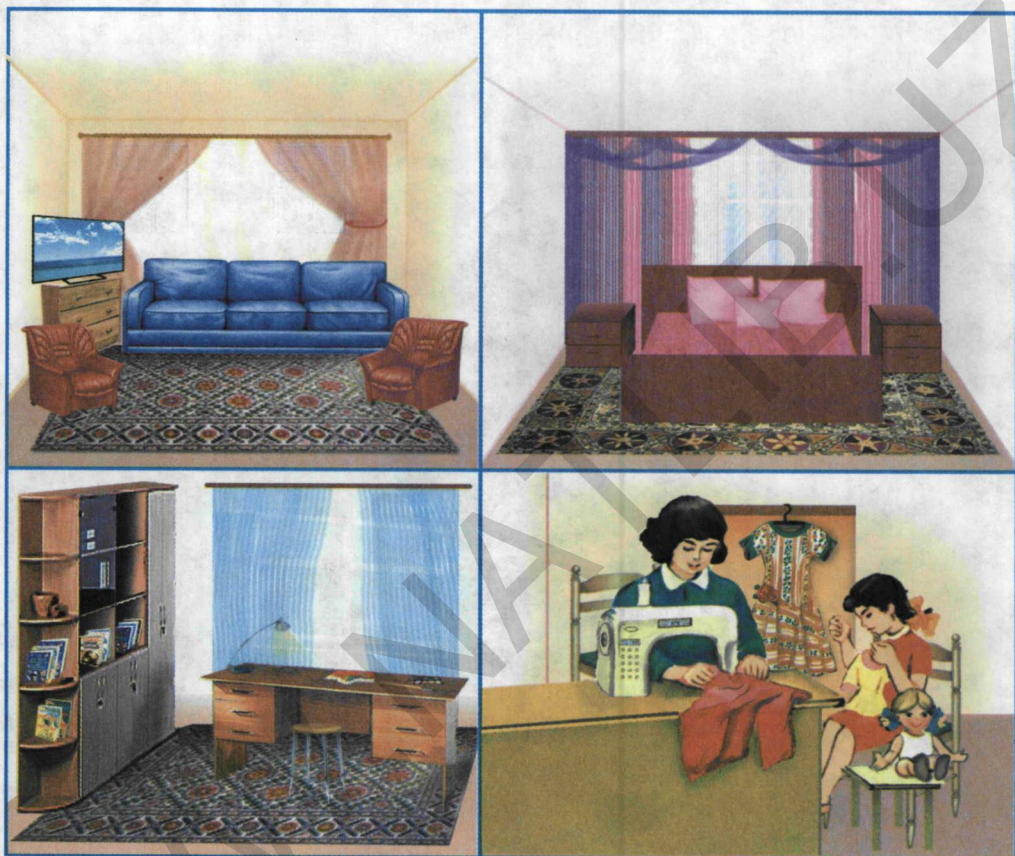
Qishda kunlar qisqa bo'ladi. Hamma is-siq kiyim kiyadi.

31-dekabrda yangi yilni kutib olamiz.

YANGI YIL




BIZ FOYDALANADIGAN JIHOZLAR



Bizning uyda stol, stul, divan, kursi, kiyim va kitob javonlari bor.

Kiyim javoniga kiyim-kechaklar osib qo'yilgan. Kitob javonida turli xil kitoblar turadi.

Uy jihozlarini ehtiyot qilish kerak. 



OSHXONADA



Bizning oshxonada turli idish-tovoqlar bor. Qozonda ovqat pishiriladi. Choygumda choy qaynatiladi. Ovqat pishirishda gazdan foydalanamiz. Biz gazdan ehtiyot bo'lib foydalanamiz.

Men oshxonada onamga yordam beraman.





ELEKTR JIHOZLARI



KOMPYUTER



Kompyuterda yoziladi, rasmlar chiziladi va turli o'yinlar o'ynaladi.

Kompyuter orqali yangiliklarni bilish va xabarlashish mumkin. Men ham kompyuterda ishlashni o'rganaman.





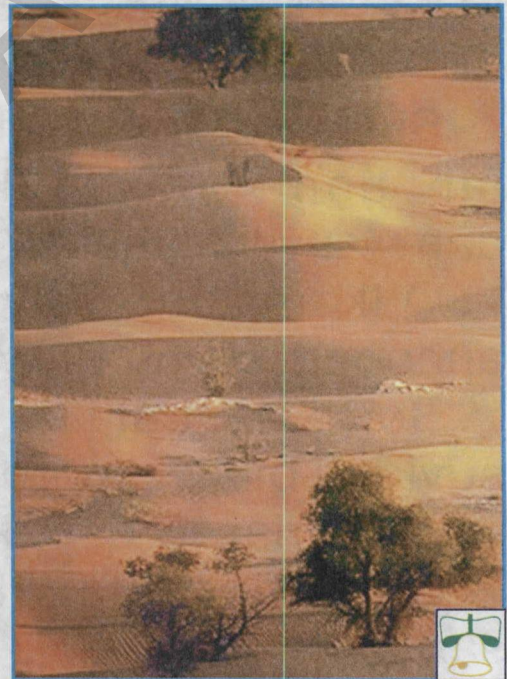
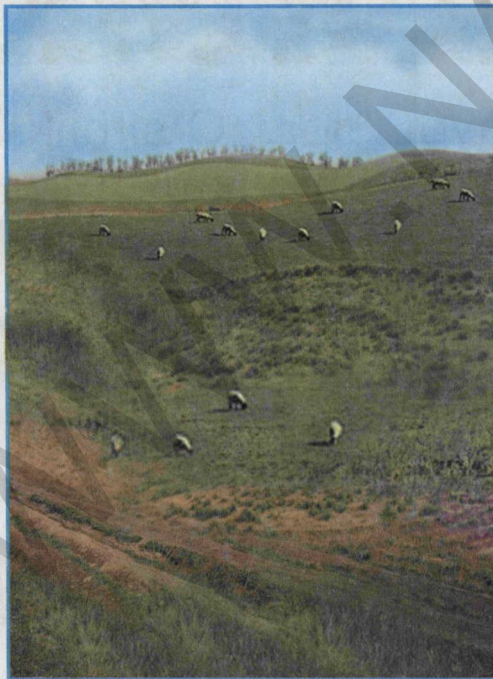
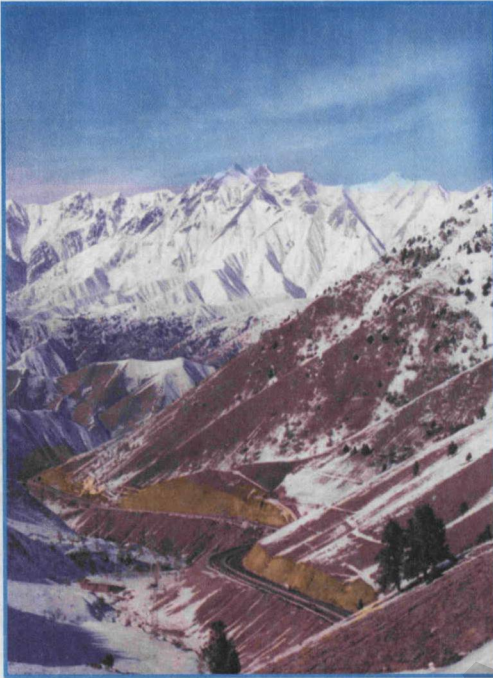
Biz O‘zbekistonda yashaymiz

Bizning Vatanimiz – O‘zbekiston. Uning tabiati juda go‘zal. O‘zbekistonda bog‘lar, dalalar va yaylovlar ko‘p. Daryolar to‘lib oqadi. Tog‘ yonbag‘irlarida o‘rmonlar bor.

O‘zbekistonda cho‘llar ham bor. Cho‘llarning bir qismi o‘zlashtirilgan. U yerlarda paxta, bug‘doy ekiladi. Bog‘larda turli-tuman mevalar, dalalarda paxta, sabzavot, shirin-shakar qovun va tarvuzlar yetishtiriladi. Yaylovlarda qo‘y-qo‘zilar, mollar boqiladi.

Biz Vatanimiz tabiatidan zavqlanamiz.







SUV – OBIHAYOT



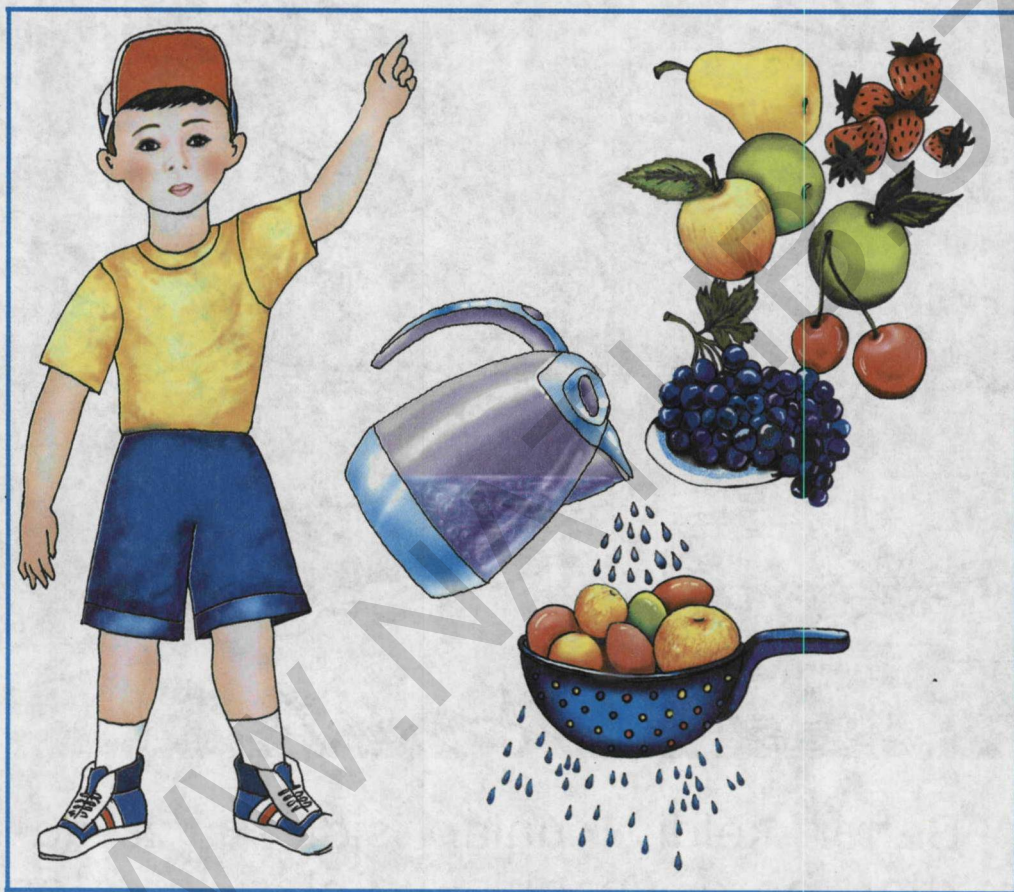
Suv bor joyda hayot bor. O'simliklar ham, hayvonlar ham, odamlar ham suvsiz yashay olmaydi.

O'lkamizda daryolar ko'p. Ariq va anhorlar suvni daryolardan oladi.

Bog' va dalalar ariq hamda anhor suvlari bilan sug'oriladi. Ichimlik suvi suvquvurlar orqali keladi.

Suv — tabiat boyligi. Uni tejab sarflash kerak.

Mevalarni qaynatilgan suvda yuvib iste'mol qiling



1. Nima uchun meva va sabzavotlarni yuvish kerak?
2. Ularni qanday iste'mol qilasiz?





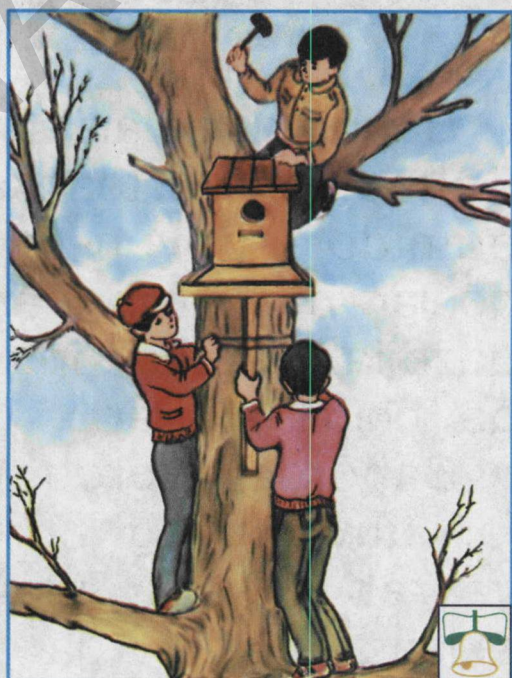
BAHOR



Bahor keldi. Kunlar isidi. Ba'zi daraxtlar barg yozdi. Ayrimlari qiyg'os gulladi. Quyosh charaqlab turibdi. Jib-lajibonlar, qaldirg'ochlar uchib kelishib, in qurishmoqda.

Dalalar yam-yashil o'tlarga burkandi. Dehqonlar dalalarda ish boshladilar.

Qushlar – bizning do‘stimiz



KISHILARNING BAHORDAGI MEHNATI



Bahorda dalalarda ishlar qizib ketdi. Dehqonlar kartoshka, karam, bodring, pomidor, qovun-tarvuz ekdilar. Bog'bonlar bog'larga daraxt ko'chatlari o'tqazdilar. Paxtakorlar keng maydonlarga chigit ekdilar.

Bahorda tuproq nam bo'ladi. Ekinlar quyoshning nuri va issiqlik tufayli yayrab o'sadi. Men ham ko'chatlarni ekishda kattalarga yordam berdim.



1. Siz bahorda qanday ishlarni bajarasiz?
2. Kishilarning bahorgi yumushlari haqida nimalarni bilasiz?



NAVRO‘Z BAYRAMI



Navro‘z — bahor bayrami. 21-mart-da kun bilan tun tenglashadi. Shuning uchun bu kun bahorgi tengkunlik deyiladi.

Qadimda yangi yil shu kundan boshlangan. Mamlakatimizda Navro‘z bayrami keng nishonlanadi.



QISHLOG'IMIZ TABIATI



Biz yashaydigan qishloq tog'ga yaqin joylashgan. Qishlog'imiz bog'larida daraxtlar gulladi. Dalalarga ekilgan ekinlar o'sa boshladi. Yaylovlar ko'm-ko'k o'tlar bilan qoplendi.

Binafsha, chuchmoma va lolaqizg'aldoqlar chaman bo'lib ochildi.

Qishlog'imiz tabiatidan zavqlanamiz.





BIZNING BOG'



Bizning bog' katta va chiroyli.
Bog'imizda o'rik, olma, shaftoli, nok,
gilos va behi daraxtlari o'sadi.

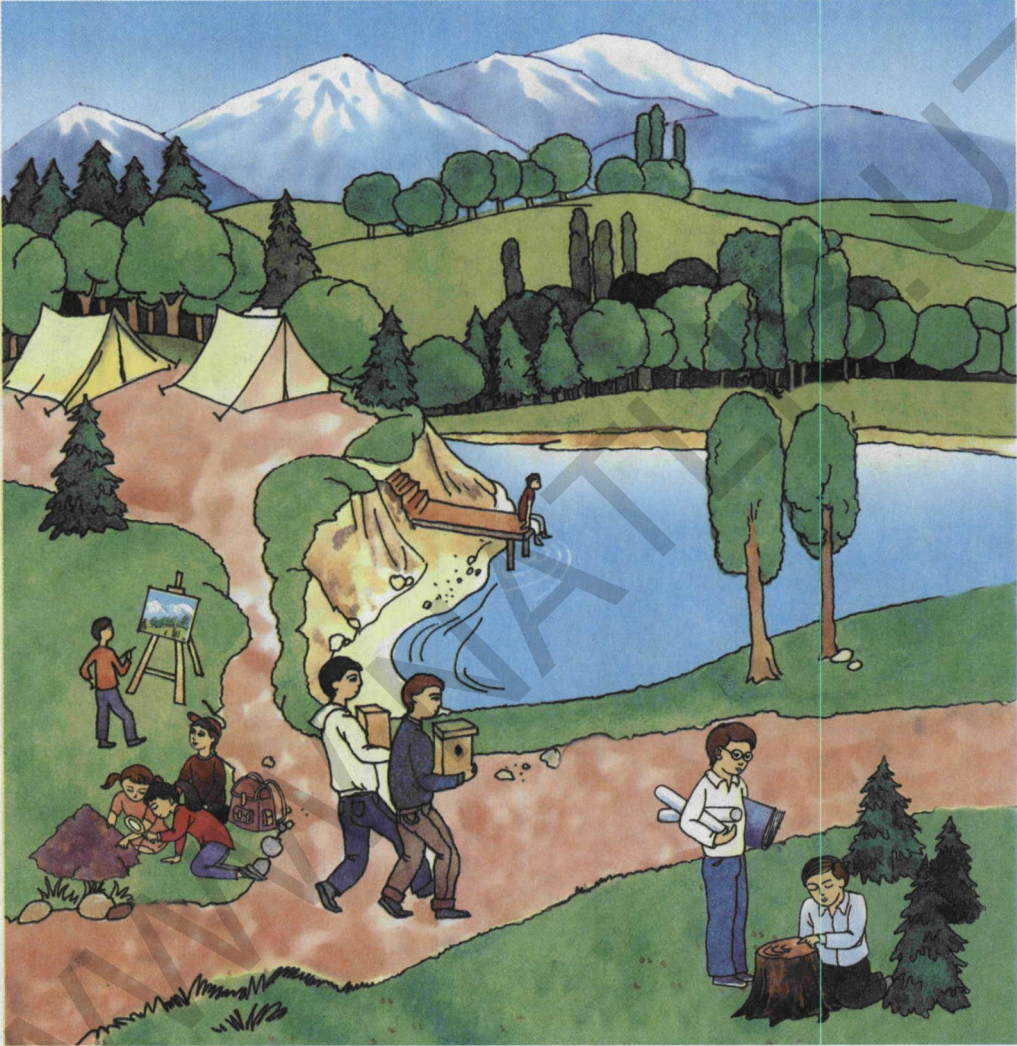
Anvar bilan Lola bog'dagi ko'chat-
larni parvarish qiladilar. Ularga suv
quyadilar, tagini yumshatadilar.

Biz bog'da do'stlarimiz bilan sayr
qilamiz.





BIZ VA TABIAT



Rasmni ko'zdan kechiring. Inson tabiatga qanday bog'langan?
Rasmga qarab hikoya tuzing.

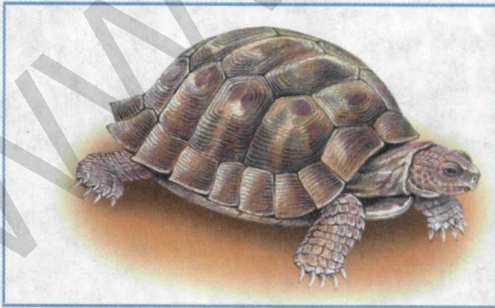
Jonli burchak



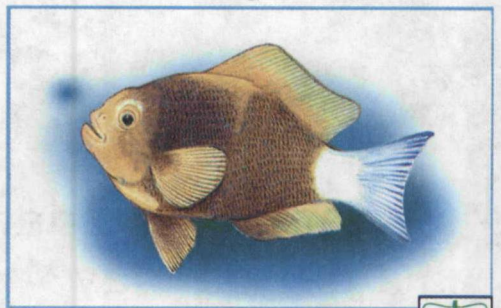
Tipratikan



Quyov



Toshbaqa



Baliq



Yashil dorixona

Dorivor o'simliklar katta ahamiyatga ega. Ular dalalarda, bog'larda, ekinzorlarda, o'rmonlarda va tog'larda o'sadi.



Moychechak



Zubtutum



Bo'znoch





Olma



Chakanda



Anor



Na'matak



Qoqio't

Mevali daraxtlar va butalar mevasi tarkibida vitaminlar ko'p bo'ladi.

Shifobaxsh o'tlarning bargi, guli va mevasidan dori sifatida foydalaniladi.

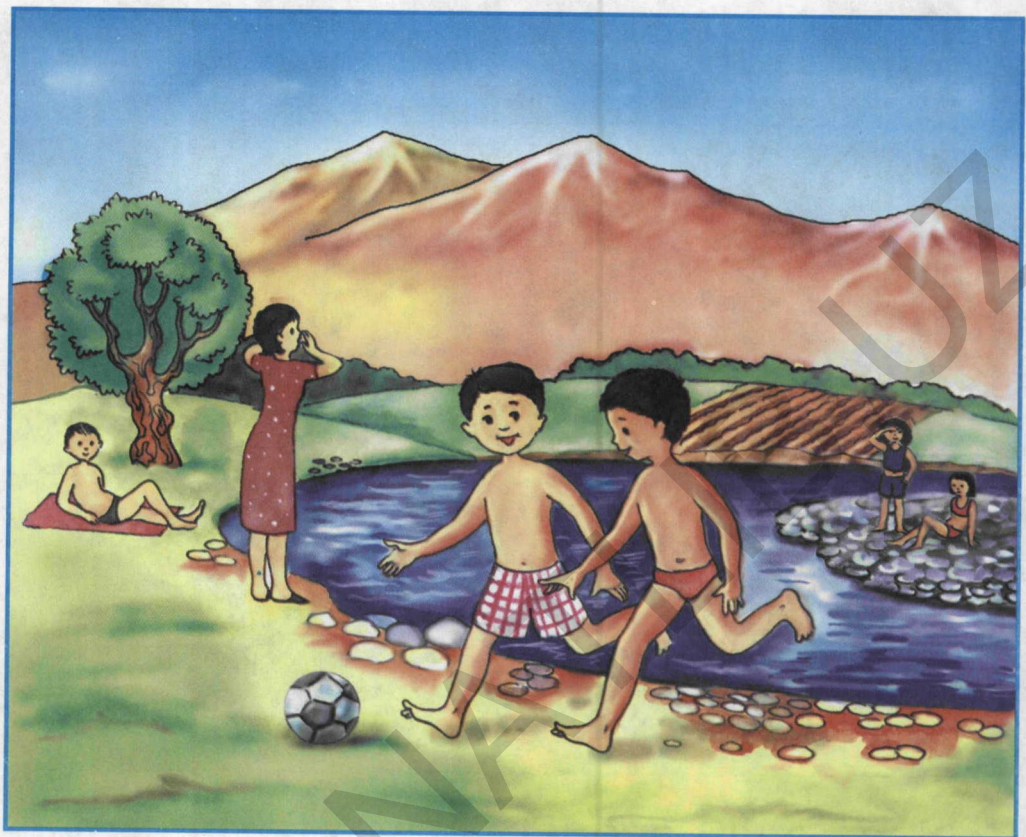


SALOM, YOZ!



Iyun, iyul, avgust — yoz oylari. Yur-timizda yoz juda issiq bo'ladi. Bog'lar-dagi mevalar pishadi. Polizlarda qo-vun-tarvuzlar yetiladi. Dalalardagi bug'doy va sabzavotlarni dehqonlar yig'ib-terib oladilar.

Biz ota-onalarimizga bog'dagi meva-larni terishda yordam beramiz. Foydali mehnatdan so'ng maza qilib dam olamiz.



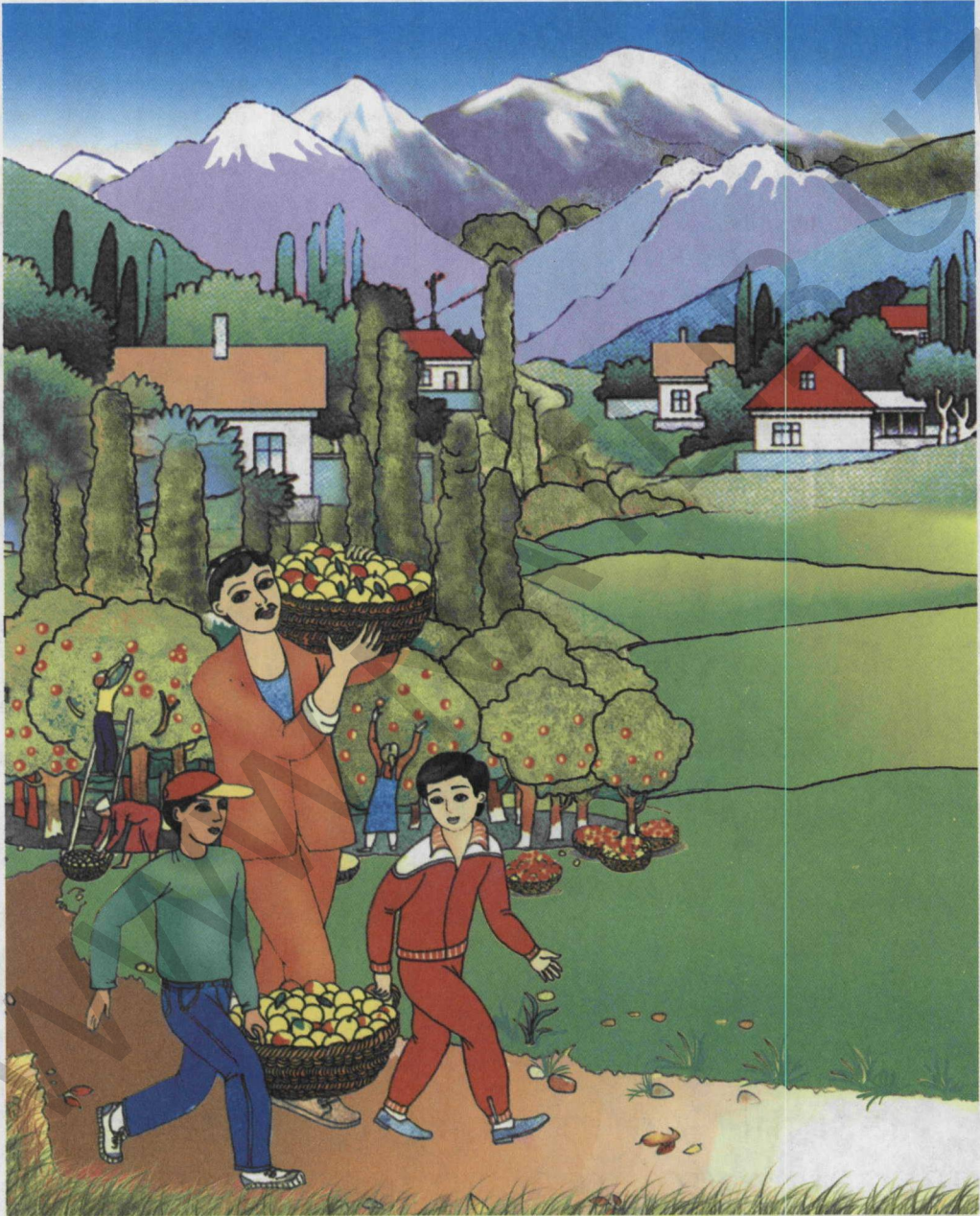
Biz yozgi ta'tilga chiqamiz. Ta'tilda o'ртоqlarimiz bilan o'ynaymiz. Hovuz va anhorlarda cho'milamiz.

Bolalar oromgohlarida dam olamiz. U yerda vaqtimizni qiziqarli o'tkazamiz. Tabiat qo'yniga sayohat qilamiz. Sport musobaqalarida qatnashamiz. Qiziqarli kitoblar o'qiymiz.

Biz yozda miriqib dam olamiz.



YOZDA KISHILAR MEHNATI



Tabiat, xayol, ijodiyot



Rasmni ko'rib chiqing. Rassom qanday xatolarga yo'l qo'ygan?



BILIB QO‘YGAN YAXSHI!

Tabiiy gaz, elektr tarmog‘i, quvurlardan oqadigan suv odam mehnatini yengillashtiradi. Biroq ularga beparvolik bilan qarash baxtsiz hodisalarga olib keladi.

Olov – insonning do‘sti. U issiqlik va yorug‘lik beradi, inson mehnatini yengillashtiradi. Lekin undan ehtiyot bo‘lib foydalanish kerak, aks holda u dushmaningizga aylanishi ham mumkin.

YODINGIZDA TUTING!

Olov – o‘yinchoq emas!

Yong‘in baxtsizlikka olib keladi.

Olov bilan o‘ynashmang!

Yong‘in sodir bo‘lganda kattalarga zudlik bilan xabar bering.

So‘ng 101 telefon raqami orqali o‘t o‘chiruvchilarni chaqiring.



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Tarjimon **Shaxrixon Mirzaxmatova**

Muharrir **Umida Sodiq qizi**

Badiiy muharrir **Sardor Qurbanov**

Texnik muharrir **Yelena Tolochko**

Musahhih **Umida Rajabova**

Matn teruvchi **Gulchehra Azizova**

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O'zbekiston matbuot va axborot agentligining «O'zbekiston» nashriyot-matbaa ijodiy uyida bosildi. 100129, Toshkent, Navoiy ko'chasi, 30.

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