



My Body

Let's Begin

Do you know a car is made up of many parts? Each part has a separate function. Our body is also made up of many parts. Let's know more about our body.

Our body is like a machine. It is made up of many parts.

Each part of our body has a special work to do.



Parts of the Body and their Work:



Fingers help you to touch things.



Mouth helps you to eat and speak.



Hands help you to hold and lift the things.



Eyes help you to see.



Legs help you to move.

Fact!

Our eyes are always the same size from birth.

Sense Organs

We have five sense organs.

You already know about the work done by your sense organs.

1. We see with our eyes.



2. We taste with our tongue.



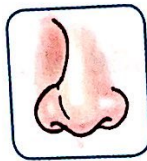
3. We hear with our ears.



4. We feel with our skin.



5. We smell with our nose.



Quick Quiz

Look at the picture and answer:



What do you like to smell at the baker's shop?

Right Posture

Posture is the way we sit, stand or move. To keep our body healthy and in proper shape, it is important to be in correct posture. Here are some ways to be in a correct posture.



1. Always sit with your back straight. ✓



2. Never lie down to read books or watch T.V. ✗



3. Always stand with your back straight. ✓



4. Always walk straight. ✓

NOW WE KNOW

- Each part of the body does a specific task.
- Sense organs help us to see, hear, smell, taste and feel.
- To keep our body healthy and in proper shape, it is important to be in correct posture.

EXERCISES

I. Fill in the blanks using the words from the box.

straight sense machine cold hot

1. Body is like a m ____ hi ____.
2. There are five se ____ e organs.
3. Ice cream is c ____.
4. I like to drink h ____ milk.
5. We should always walk s ____.

II. Answer the following questions.

1. Name the five sense organs.

2. List three parts of the body.

3. Which organ helps you to eat and speak?

4. How do you smell?

5. Write four things you can do with your hands.

a. _____

b. _____

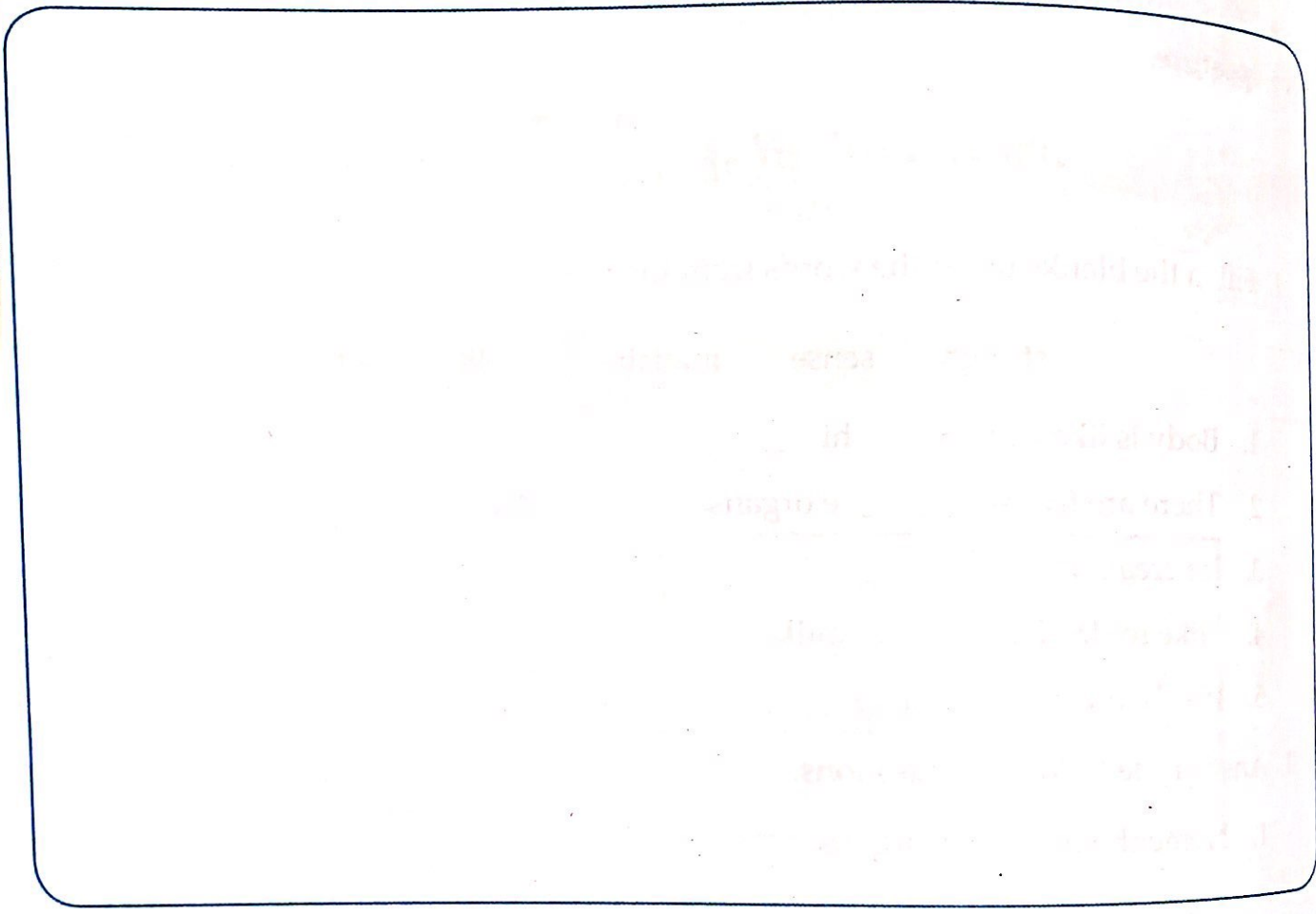
c. _____

d. _____

LET'S DO MORE

Activity

Put your palm in the box given below and trace the outline. Now inside each finger, write the name of one sense organ and the task it performs.



Explore

The tongue helps in tasting sweet, sour, bitter and salty.

- What tastes sweet? _____
- What tastes sour? _____
- What tastes bitter? _____
- What tastes salty? _____



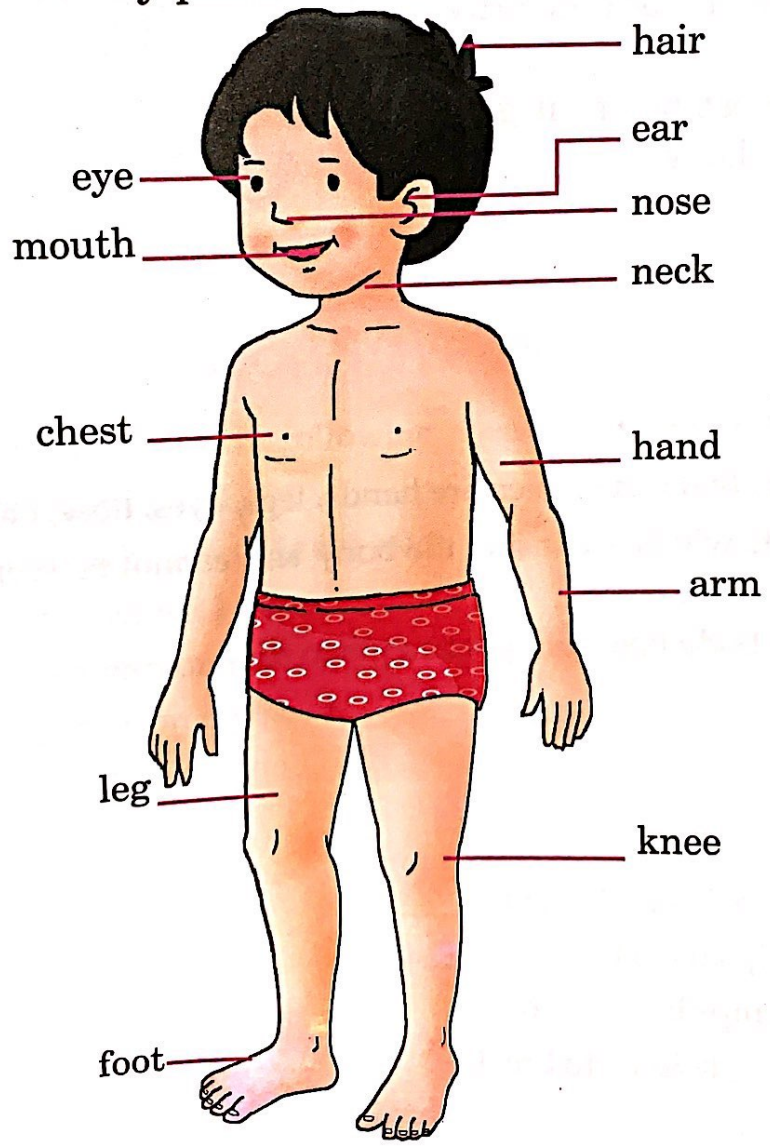
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Other Body Parts

Let's Begin

Name the part of your body you use to walk, run and dance. Can you use these body parts to eat food? No! This is because each part has a different role.

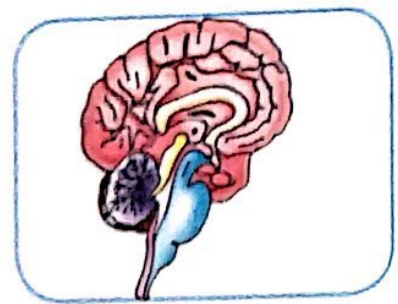
You already know, there are many parts in a body. We can see the body parts that are outside such as eyes, nose, mouth, chest, hand, etc. but we cannot see the body parts that are inside our body.



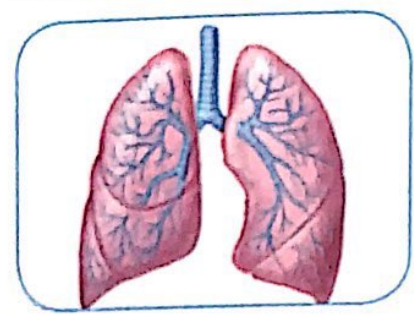
Inside Body Parts

The parts inside our body help us to do many things.

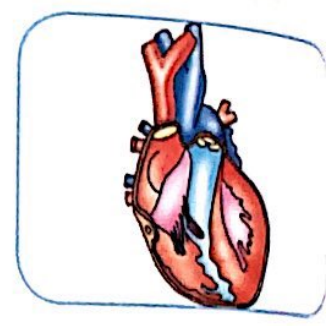
Brain is inside our head. It helps in thinking.



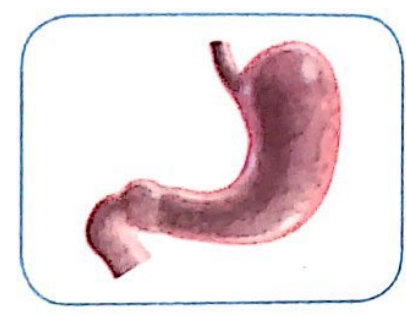
We breathe as long as we are alive. We have two **lungs**. We breathe with our lungs.



We need **blood** to live. The **heart** sends blood to the whole body.



We eat food to be strong and healthy, to work, run and play. The **stomach** digests the food we eat before it goes to other parts of the body.



Now We Know

- We have many body parts.
- Some body parts that can be seen are hands, legs, eyes, nose, etc.
- Some body parts which are inside the body and cannot be seen are heart, lungs, brain, etc.
- Each part of the body has an important job to do.

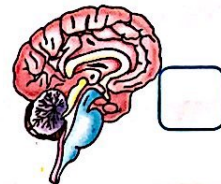
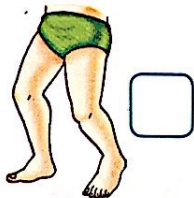
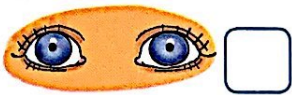
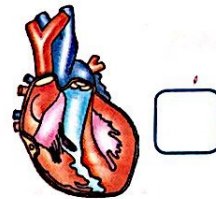
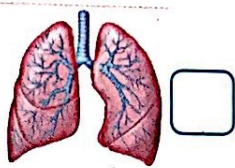
EXERCISES

- I. Fill in the missing words.
 1. The stomach helps to digest f ____ d.
 2. The brain helps us to t ____ i ____.
 3. The heart pumps b ____ o ____.
 4. The l ____ ng ____ help us to breathe.

II. Which sense organs are used in the following pictures.



III. Write I for part inside our body or O for part outside our body for the following pictures.



LET'S DO MORE

Activity

Please make the children recite the following poem with the mentioned actions.

This is the circle that is my head
 This is my mouth with which words are said
 These are my eyes with which I see
 This is my nose that's a part of me
 This is the hair that grows on my head
 And this is me in my hat all nice and red.

make large circle with both hands
point to mouth
point to eyes
point to nose
point to hair
place hands on head, fingers
pointing up and touching



Growing Up

Let's Begin

All living things (humans, plants and animals) grow. Let's know how they grow.

Body grows

We become taller as we grow.
Our hands and fingers grow.
Our legs grow.



A baby grows to become a child.

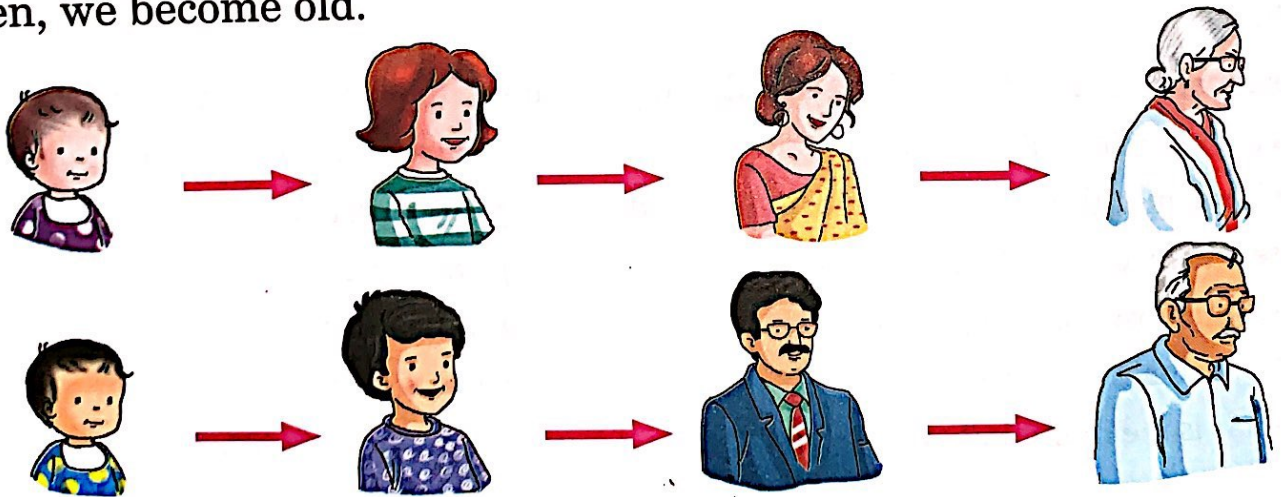
A child grows to become a young boy/girl.

A young boy/girl grows into a man or woman.

Then, we become old.

Fact!

Our brain grows up to fifteen years of age.



Quick Quiz

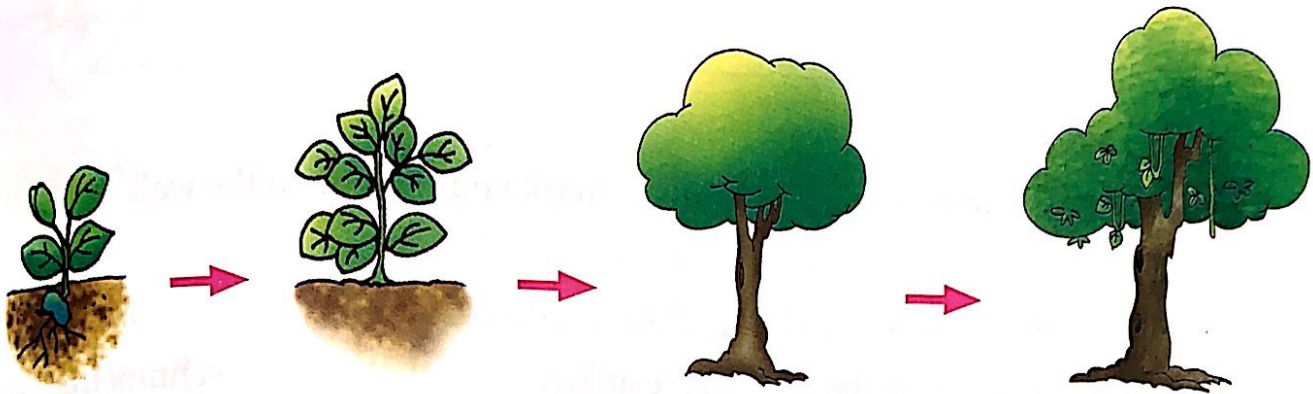
You were really small as a baby.

How old are you now?

I am _____ years old. (Write your age)

Plants grow

The picture below shows how a plant grows.

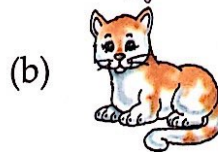
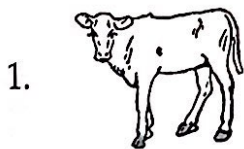


NOW WE KNOW

- All living things grow.
- As we grow, we change.
- First we are babies, then young men/women and then old men/women.

EXERCISES

I. Match the following.



II. Write three sentences about yourself.

1. _____
2. _____
3. _____

III. Measure Yourself.

Stand against a wall and ask an adult to mark your height on the wall.

Height _____ centimetres.

Measure from your elbow to the tip of the middle finger. _____ centimetres.

Measure yourself from the knee to the ankle. _____ centimetres.

Measure your waist. _____ centimetres.

LET'S DO MORE

Project

Get a photograph of yourself as a small baby. Take a chart paper and make a collage.

Activity

Learn this poem and recite in class.



I am Growing Up
 When I was a baby
 I was so small,
 Now I am older
 I am really tall!

I can pack my bag
 And bathe on my own
 I can call my friend
 On the telephone.

I can read,
 And I can write.
 My weight is more
 And so is my height.

