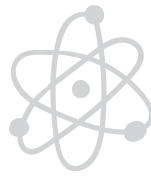


We shall learn :

- Parts of our body
- Our sense organs
- How to keep fit



# 1

# Our Body



## WARM UP

Match the given names to body parts :

eye

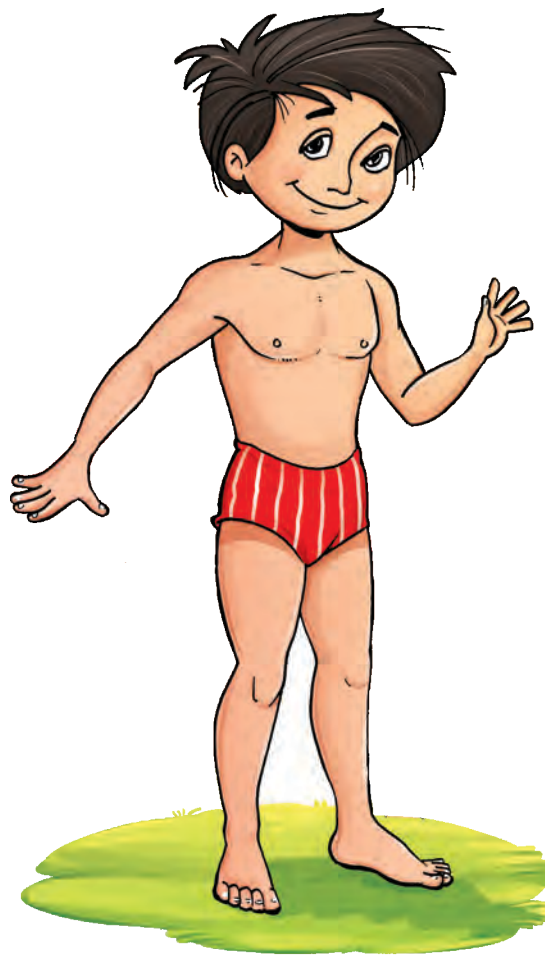
nose

lips

neck

hand

foot



head

ear

cheek

chin

elbow

leg

Our body is a wonderful machine. It has many parts. Each part has a different name.



## Parts of Our Body

Different parts of our body help us to do different things.

Different parts of our body like hands, legs and mouth help us to do different things. So, each part of our body is important. We should take care to keep them in good condition.



Our hands help us to write, draw and hold things.



Our legs help us to walk, run, jump and play.



Our mouth helps us to eat and speak.



Our shoulders help us to swim and carry things.

Find Out



Circle the things you can do with your legs :  
run, sing, jump, walk, write, hold

## Sense Organs

We have five sense organs :

Eyes, nose, ears, tongue and skin. They help us to sense things around us.



1. Eyes help us to see.



2. Ears help us to hear.



3. Nose helps us to smell.





**Wisdom Corner**

Our tongue has four taste zones. They are : bitter, sour, salty and sweat.

4. Tongue helps us to **taste**.      5. Skin helps us to **feel and touch**.

## How to Keep fit

To keep fit, we should take care of our body. We should :

- Keep clean
- Exercise and play regularly.
- Eat healthy food.
- Drink clean water.



## Glossary

|              |  |
|--------------|--|
| Body parts   | The different parts of our body        |
| Sense organs | Eyes, nose, ears, tongue and skin      |
| Sense        | The ability to think or act or realize |

## Question Hour-I



**A** Tick (✓) the correct answer :

1. Which part of your body helps you to run?  
 (a) eyes                       (b) legs                       (c) ears
2. Which sense organ helps you to smell?  
 (a) nose                       (b) tongue                       (c) ear
3. These are the end parts of your hand :  
 (a) fingers                       (b) toes                       (c) elbow



**B** Match the body parts with the things they do :

- |       |                       |
|-------|-----------------------|
| Legs  | eat and speak         |
| Hands | see things            |
| Eyes  | hear music            |
| Mouth | write and hold things |
| Ears  | walk and run          |

**C** Fill in the blanks with correct words from the box :

*important, around, many, five, different*

1. Our body has \_\_\_\_\_ parts.
2. Each part of our body has a \_\_\_\_\_ name.
3. Each part of our body is \_\_\_\_\_ .
4. There are \_\_\_\_\_ sense organs.
5. Sense organs help us to sense things \_\_\_\_\_ us.

**Think Beyond** HOTS 

1. How can a blind person know things around him?
2. What does a lame person need to help him walk?

**Question Hour-II** 

**A** How many of these parts do you have? Write the number in the box :

- |         |                          |            |                          |          |                          |
|---------|--------------------------|------------|--------------------------|----------|--------------------------|
| 1. Eyes | <input type="checkbox"/> | 2. Ears    | <input type="checkbox"/> | 3. Hands | <input type="checkbox"/> |
| 4. Nose | <input type="checkbox"/> | 5. Fingers | <input type="checkbox"/> | 6. Foot  | <input type="checkbox"/> |

**B** Read the sentences and complete the words :

- |                         |             |
|-------------------------|-------------|
| 1. We help you to see.  | E _ E _     |
| 2. I help you to smell. | _ O S _     |
| 3. We help you to hear. | E _ R _     |
| 4. I help you to taste. | _ O N _ U E |
| 5. I help you to feel.  | S _ I _     |

**C** Paste your photo in the box. Circle the correct words to describe yourself :

1. I have two/three eyes.
2. I have one/two ears.

3. I have two/one nose.
4. I have two/one lips.
5. I have two/one neck.
6. I have one/two cheeks.



**D** Name the body part which rhymes with each word :

- |                |               |
|----------------|---------------|
| 1. CLOSE _____ | 2. THIN _____ |
| 3. CHECK _____ | 4. BAND _____ |

**Fun to Drill**

Complete the crossword Puzzle with the help of pictures:

**Fun to Act**

1. Trace out your hand on a piece of paper. On the same piece of paper, trace your father's hand. Compare the two sizes.
2. You can make a beautiful peacock with your palm. Make an outline of your palm on a blank paper. Now draw a beak, crown and legs. Do you know that the peacock is the national bird of India?