



**CLICK HERE TO ACTIVATE**

**LESSON**  
PART 1



UNIT

I

# THE HUMAN BODY, HEALTH AND SAFETY

## LESSON - 1

## OUR BODY

### BEFORE WE PROCEED :

- ◆ Did you look at yourself in the mirror today at home ?
- ◆ What is the shape of your face ?
- ◆ Can you name the parts of your body ?

### SAY ALOUD

- ◆ mainly
- ◆ different
- ◆ surroundings



### LET US LEARN MORE ABOUT OUR BODY

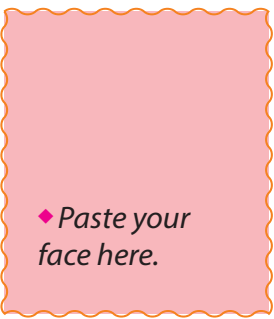
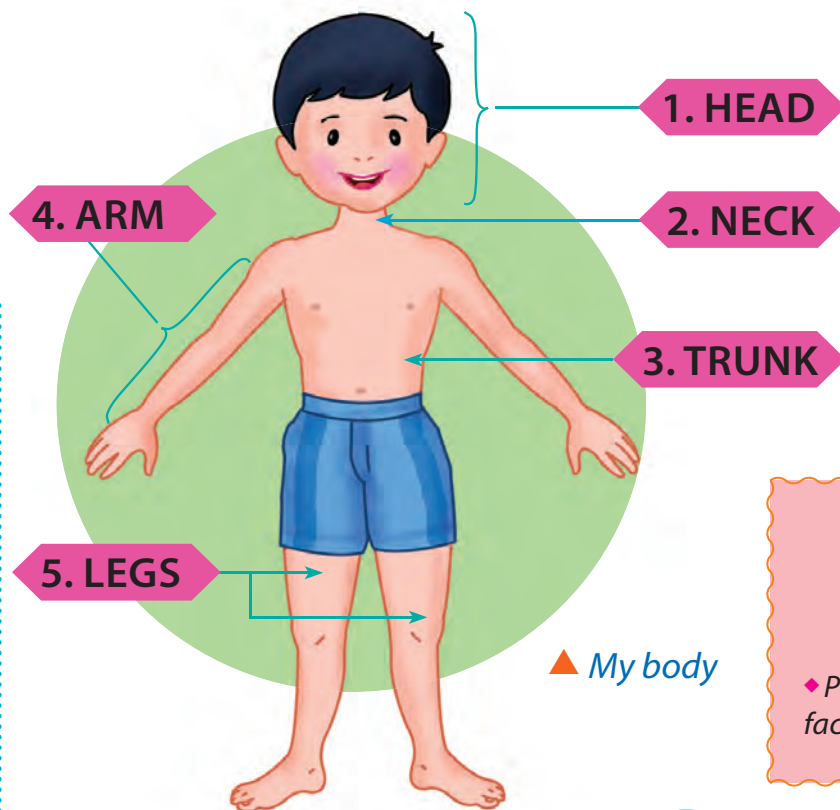
Our body is divided mainly into five parts :

1. HEAD 2. NECK 3. TRUNK 4. ARMS 5. LEGS

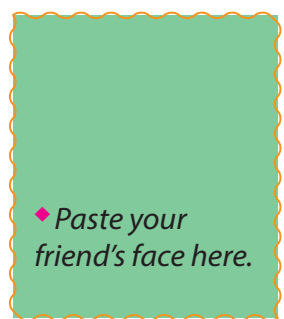
The skin takes care of the whole body.

### GATHER TO DISCUSS

- ◆ What is the colour of your hair ? Is it long or short ? Is it rough or soft ?
- ◆ How is your face different from your friend's face ?



◆ Paste your face here.

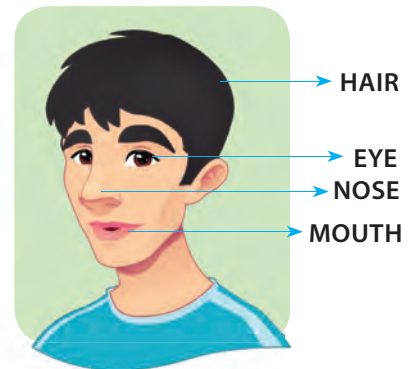


◆ Paste your friend's face here.

11GS



**HEAD** The head is the top part of the body. It contains eyes, ears, nose and mouth which are the parts of face. The mouth has tongue and teeth in it. The hair is on the head.



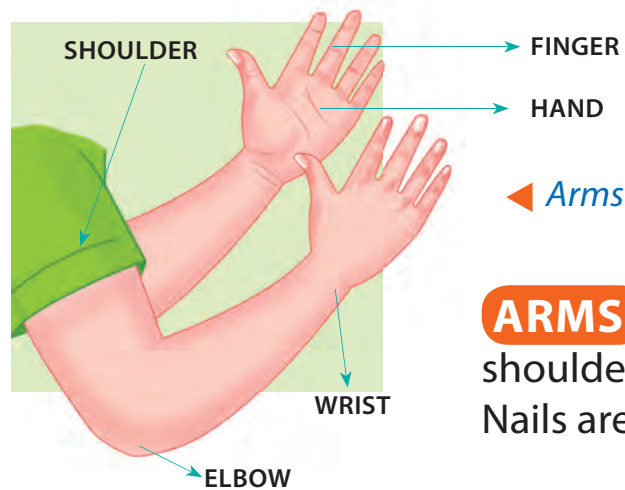
▲ Head

**NECK** The head is on the neck. The neck joins the head to the trunk.

**TRUNK** The trunk is the main part of the body. It has chest, back and stomach.



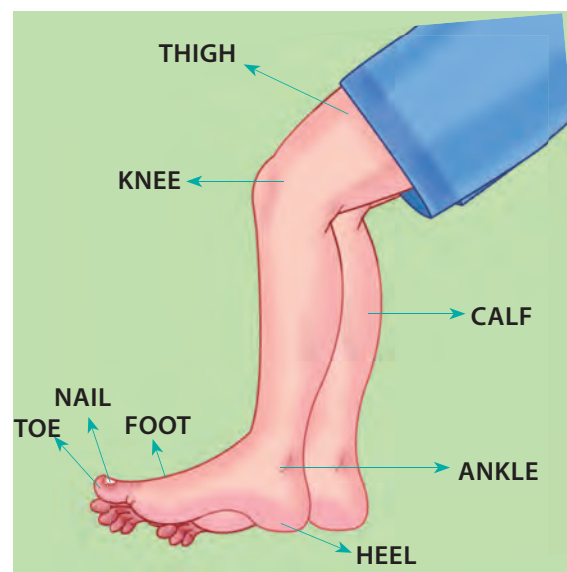
▲ Trunk



◀ Arms

**ARMS** We have two arms. They contain shoulders, elbows, wrists, hands and fingers. Nails are present at the finger tips.

**LEGS** We have two legs. They contain thighs, knees, calves, ankles, feet, heels and toes. Nails are present on tips of the toes.



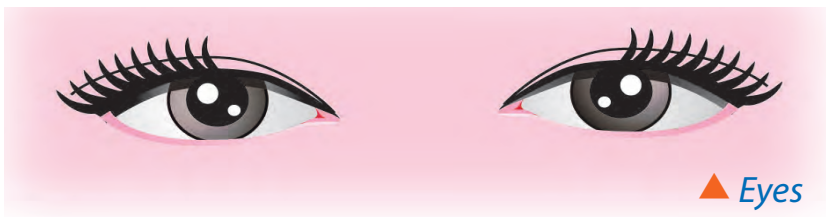
▲ Legs



We all have similar body parts. But we look different.

**FUNCTION** Every part of the body has some special work to do. The special work is called function.

**EYES** We see with our eyes. Our eyes help us to know about the things around us. We feel happy when we see beautiful things. Tears keep our eyes from getting dry.



▲ Ears

**EARS** We hear with our ears. We hear various sounds in our surroundings. Sounds also tell us about the world around us. Some sounds warn us of danger.



▲ Nose

**NOSE** We breathe with our nose. We also smell with our nose. Some smells are bad while some others are good.



▲ Tongue

**TONGUE** We eat different food items. Our tongue helps us to know the taste of food. There are four tastes - sweet, salty, sour and bitter.



▲ Namkeen



▲ Lime



▲ Bitter gourd

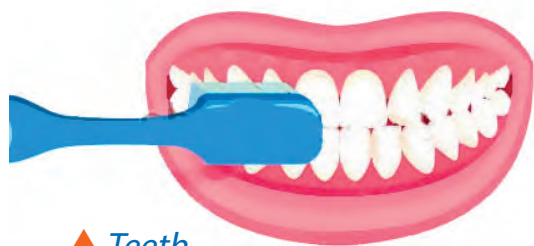
## HANDS

Hands help us to work, to eat food, to hold things, to write and do much other works.



## LEGS

Legs help us to walk, run, dance and jump.



▲ Teeth

## TEETH

Teeth help us to chew food and to talk.



▲ Ice-cubes

▲ Hot Tea

## SKIN

The skin keeps all the parts inside our body safe. It helps us to feel things. By touching, we can feel whether the thing is hot or cold, sharp or blunt, soft or hard and rough or smooth.

## SENSE ORGANS

Eyes, ears, nose, tongue and skin are our five sense organs that help us to know the world around us. Sight, hearing, smell, taste and touch are the five senses.

### GATHER TO DISCUSS

- Ask your friend to open his/her mouth.
- Count the number of teeth.
- Do all teeth look alike?
- Do we all have the same number of teeth?



## GROWTH

All living things grow. Children grow fast. Our body grows in weight and height. Our legs grow faster than the rest of our body. Good food, regular exercises, games and proper rest help our body to grow strong.



## REMEMBER

We should take care of different parts of our body to be healthy.

## KEY IDEAS

- ◆ Our body has many parts.
- ◆ Each part of our body has a different name and function.
- ◆ All parts of our body work together to keep us alive and healthy.
- ◆ Eyes, ears, nose, tongue and skin are our sense organs.
- ◆ We do a number of things with our hands and legs.
- ◆ All living things grow.
- ◆ Good food, regular exercises, games, yoga and proper rest help our body to grow strong.



## LET'S WRITE TOGETHER



### A. Answer these questions :

1. Name the five main parts of our body.

- A) ..... B) .....  
C) ..... D) .....  
E) .....

2. Name the parts of the face.

.....  
.....

3. How many legs do you have?

.....

4. How do ears help us?

.....  
.....

5. Name the sense organs.

.....  
.....

### B. Complete the sentences with the help of the words given below :

**one, shoulders, five, two, legs**

1. We have ..... fingers in each hand.

2. We walk with our .....

3. We have.....nose.

4. We carry our school bag on our .....

5. We have..... eyes.

### C. Write 'T' for True and 'F' for False :

1. The neck joins the head to trunk.
2. We hear with our eyes.
3. We breathe and smell with our nose.
4. Teeth help us to taste food.



### LET US DO

Write how you use the following body parts.

One has been done for you.



> Tongue

I taste with my tongue.

Eye <



> Ear

Nose <



### FUN Activity










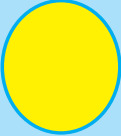
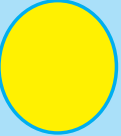
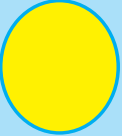
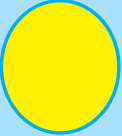
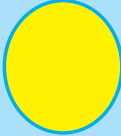
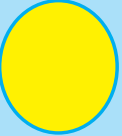
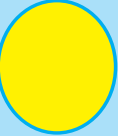
1. How many of the following body parts you have ?  
Fill in the boxes.

- |  |                                |
|--|--------------------------------|
| 1. <input type="text" value="one"/> nose | 2. <input type="text"/> eyes   |
| 3. <input type="text"/> mouth            | 4. <input type="text"/> hands  |
| 5. <input type="text"/> legs             | 6. <input type="text"/> tongue |

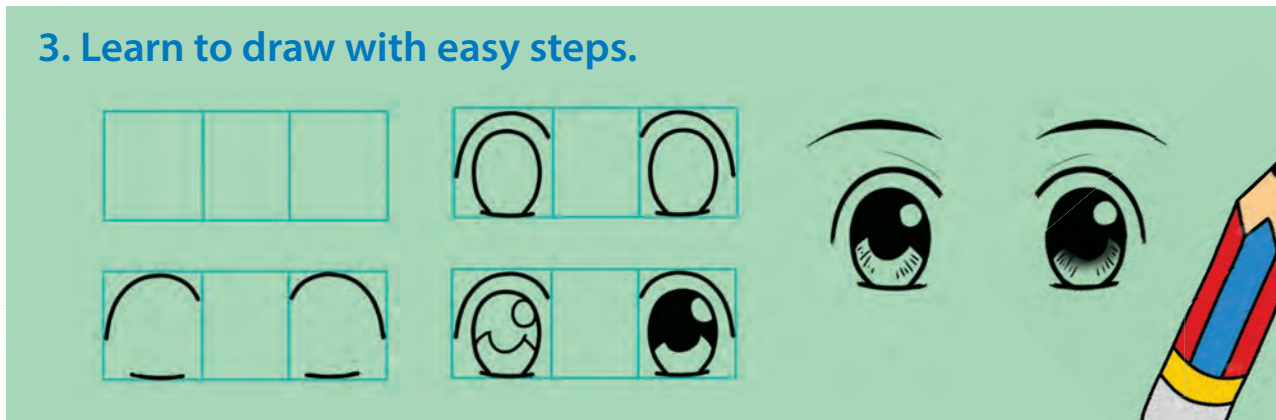




2. Pictures of some body parts are given below. Show the number of their parts by drawing circles or pasting bindis. One has been done for you.

BODY PARTS								
NUMBER OF PARTS								

3. Learn to draw with easy steps.



### GLOSSARY

- ★ **Head** : The top part of the body
- ★ **Trunk** : The main part of the body
- ★ **Breathe** : To take air into lungs and blow it out again
- ★ **Sense Organs** : Eyes, ears, nose, tongue and skin
- ★ **Grow** : To become bigger and taller
- ★ **Exercise** : Physical activity
- ★ **Food** : What we eat
- ★ **Surroundings** : Everything that is around or near us