



CLICK HERE TO ACTIVATE

LESSON
PART 1 

BEFORE WE PROCEED :

- ◆ *What are present inside our body ?*
- ◆ *What happens to the food we eat ?*
- ◆ *What gives us the ability to think and learn ?*

**SAY ALOUD :**

- ◆ bones
- ◆ muscles
- ◆ internal organs
- ◆ brain
- ◆ skeleton
- ◆ stomach

**LET US FIND OUT MORE ABOUT OUR BODY**

Our body is a wonderful machine. Each part of our body does some or the other work. We all have a head, a neck, two hands and legs and many more parts that work together like a machine.

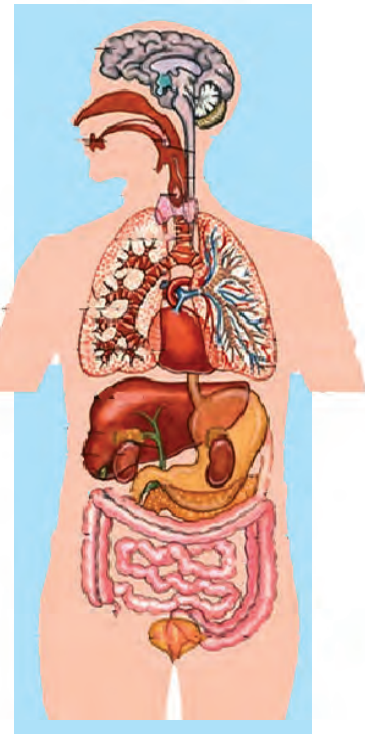
Our body has two types of organs :

1. **External organs** : Located on the outside
2. **Internal organs** : Located inside

We have read about external organs in class -1. Let us now read about some internal organs.

INTERNAL ORGANS

The organs that are present inside our body are called internal organs. We cannot see them. Heart, brain, stomach, kidneys and lungs are some of our important internal organs. They work all the time even when we are sleeping.



BRAIN The brain helps us to think, learn and remember. It controls all the organs of our body. It is present inside our head.



◆ Brain

HEART Our heart sends blood to all parts of our body. This blood carries oxygen and some other materials. Our heart works like a pump till our death.



◆ Heart

LUNGS When we breathe in, air comes into the two lungs inside our chest and when we breathe out, air goes out of our lungs through the nose. Thus, lungs work like two air bags.



◆ Lungs

STOMACH When we eat the food, it goes into our stomach. Stomach and intestines digest the food we eat.



◆ Stomach

BONES

All the bones of the body make a framework called skeleton. There are 206 bones in the skeleton. This skeleton gives shape and protects body organs such as lungs, brain, liver, heart, etc.



◆ Bones

DO YOU KNOW ?

The human heart pumps 13,640 litres of blood per day.

DO YOU KNOW ?

Adult lungs hold an average of 3 litres of air.



MUSCLES There are 639 muscles present in human body. Muscles are attached to bones. These bones and muscles together help to move all parts of the body. All parts of our body work well when we take proper care of them. So, caring our body is important for us.

DO YOU KNOW ?

72 muscles work together to speak one word.

KEY IDEAS

- ★ Our body is a wonderful machine.
- ★ Organs present inside our body are called internal organs.
- ★ The brain is inside our head.
- ★ Heart pumps blood to all parts of the body.
- ★ The lungs work like two air bags.
- ★ The stomach digests the food, we eat.
- ★ Bones and muscles together help to move all parts of the body.



LET'S WRITE TOGETHER



A. Answer these questions :

1. What are internal organs ? Name any two of them.
 (A)
 (B)
2. What does the heart do ?

3. What is the function of brain in our body ?

4. What does stomach do in our body ?

5. Which organs give proper shape to our body ?



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

(brain, bones, lungs, 206)

1. The help us to breathe.
2. The is present inside the head.
3. There are bones in the skeleton.
4. Muscles are attached to

LET US DO

1. Give appropriate word for each of the following :



1. The pump house of body :



2. The organ of intelligence :



3. The framework of bones :

FUN ACTIVITY



1. *Keep your hand on the left side of your chest. You can feel your heart beats. Now jump ten times as fast and as high as you can. Feel your heart beats now. Is it fast or slow? Discuss with your teacher/parents, why it happens .*

GLOSSARY

- Organ** : a part of body that has a particular purpose
- Digest** : changing of food into juices that can be taken into our blood
- Definite** : fixed or proper
- Skeleton** : the structure of bones that supports the body