

01 | My Body

Warm-up

Ishan is writing a poem about his visit to a park. Help him complete the poem.

*I love the red rose, I smell it with the help of my
 (nose/toes).*

*The Sun shines so bright and nice, I see it with
 the help of my (eyes/ice).*

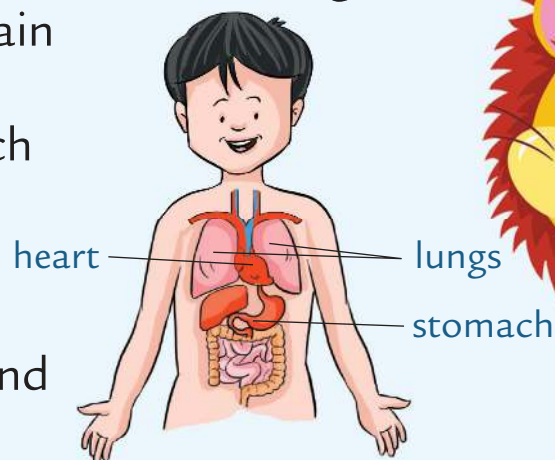
*A bird is chirping near, I hear it with the help
 of my (ear/fear).*

*Going to the park is fun, because my legs help
 me to jump, skip and (run/bun).*



PARTS OF OUR BODY SS

Different parts of our body help us to do different things. A part of the body, such as the heart, brain and skin, that plays a specific role, is called an **organ**. Parts of our body, such as the eyes, nose, ears and skin, that can be seen from the outside are called **external organs**. Parts of our body, such as the heart, lungs, brain and stomach, that are inside the body are called **internal organs**.



Parts of our body



EXTERNAL ORGANS

Our sense organs and limbs are external parts of our body.

SENSE ORGANS

Parts of our body that help us to feel the things around us are called **sense organs**. Eyes, ears, nose, tongue and skin are our sense organs.



Eyes help us to see.



Ears help us to hear.



Tongue helps us to taste. It also helps us in speaking.



Nose helps us to smell things.



Skin helps us to touch and feel the things around us.

Fact Corner

Skin is the largest organ in our body.

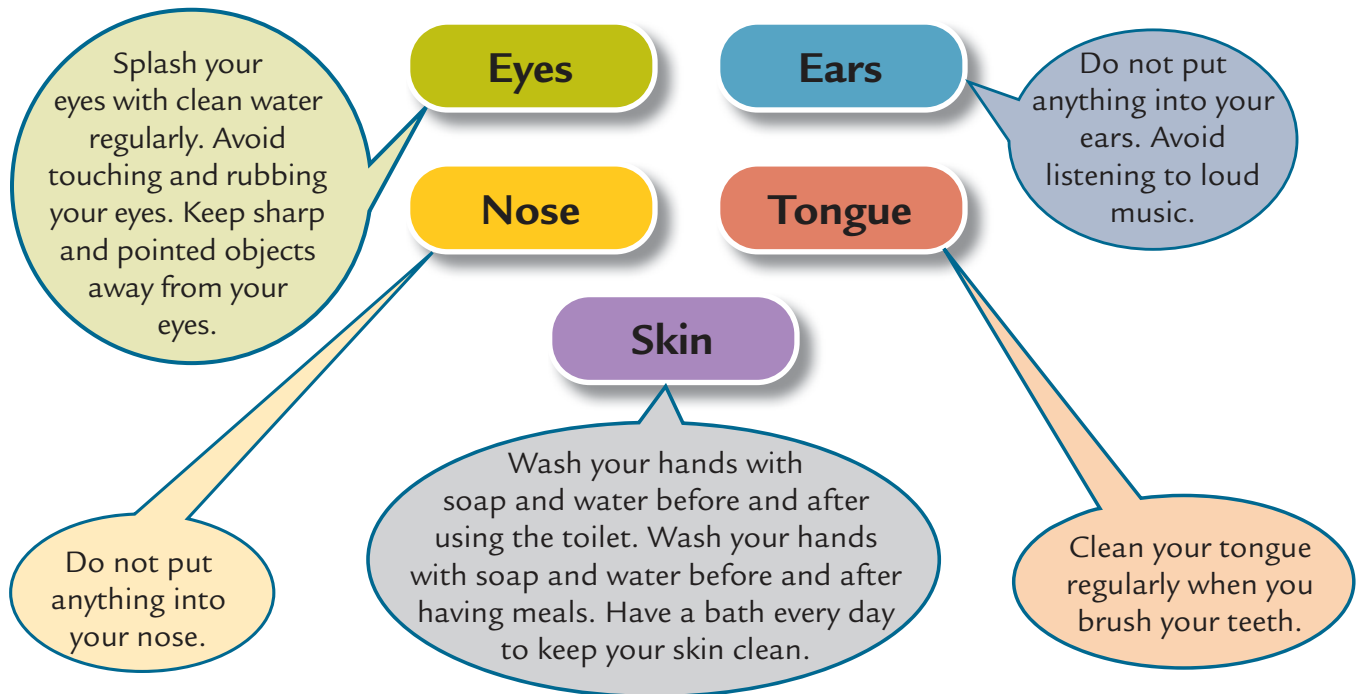
Subject Connect | English

Rhyming words are two or more words that have the same or similar ending sound. Make a table and write the names of sense organs. Write any two words that rhyme with the name of each sense organ. One has been done for you.

Sense organ	Rhyming words
eyes	rise, prize



TAKING CARE OF THE SENSE ORGANS



LIMBS

Arms and legs are called **limbs**. We have two pairs of limbs. Arms are the upper limbs and legs are the lower limbs.

INTERNAL ORGANS

Let us learn about some internal organs and their functions.

The **brain** is an internal organ present inside the head. It controls everything we do. It helps us to do various things, such as to think and to speak.

Place your right palm on your chest slightly to the left. Do you feel a soft thumping movement? It is your heart beat. The **heart** pumps **blood** inside our body.

The **stomach** is an internal organ that helps in digestion. The process by which food is broken down into smaller forms so that it can be easily absorbed by our body is called **digestion**.

blood • a substance that flows in our body to transport some substances



Quick Connect INT

Match the following.

- | | |
|--------------------------------------|----------|
| 1. pumps blood | a. skin |
| 2. helps us to touch and feel things | b. brain |
| 3. helps us to think | c. heart |

Activity Corner Life Skills Interpersonal: Communication, Teamwork

Make groups of five. Each group will discuss all the five sense organs. Each member can talk about a particular sense organ.

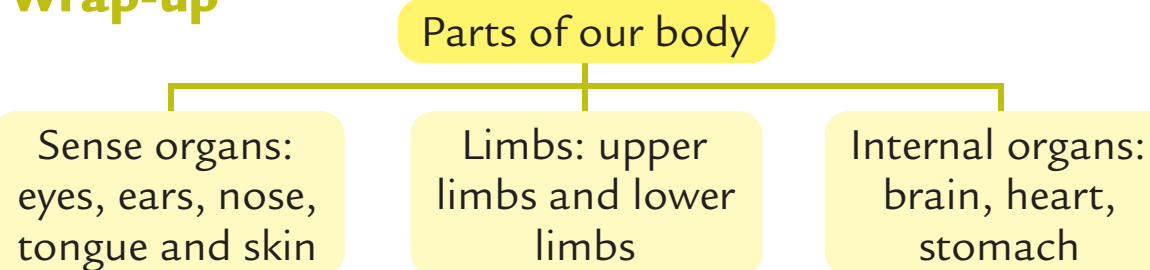
Keywords

External organs • Organs that can be seen from the outside are called external organs.

Internal organs • Organs that are present inside our body are called internal organs.

Sense organs • Parts of our body that help us to observe and feel the things around us are called sense organs.

Wrap-up



EXERCISES

INT

A. Choose the correct options.

- I hear the bell ringing with my
 a. nose. b. eyes. c. ears. d. heart.
- I use my to taste food.
 a. lungs b. heart c. stomach d. tongue

B. Match the following.

- | | |
|-------------------|--------------------|
| 1. arms, legs | a. sense organs |
| 2. eyes, tongue | b. internal organs |
| 3. heart, stomach | c. limbs |

C. Answer the following questions.

- Name any two external organs.
- Name any two internal organs.

Wear Your Thinking Cap!

Life Skills

Cognitive: Problem solving

Name the organ that will help you do each of the following things.

- watching television
- smelling a pizza

Things to Do21st
Century
Skills

Creativity

On a chart paper, draw and label the parts of the body that you have learned in this chapter.

Life Skills and Values

Life Skills

Interpersonal: Empathy

In your notebook, list some ways in which you can help elderly people around you.

02 | Being Healthy

Warm-up

Circle the things that Yasmin can buy to keep herself clean.



We must stay clean and eat different kinds of food in the right amount to keep ourselves healthy and fit.

KEEPING CLEAN

- Brush your teeth at least twice a day.
- Have a bath every day with soap and water. Use a clean and dry towel to wipe your body after having a bath.
- Wear clean clothes.
- Ask a grown-up to clip your nails regularly with a nail clipper.
- Shampoo your hair regularly and comb your hair every day.
- Wash your hands with soap and water after using the toilet.

GOOD EATING HABITS

- Wash your hands before and after eating.
- Eat well-cooked food.
- Eat and drink from clean plates and glasses.
- Eat fresh food. Eating stale food can make you fall sick.
- Do not eat food that has been kept uncovered. It may have germs that can make you fall sick.
- Rinse your mouth after eating.
- Chew your food well.
- Eat meals at regular intervals.
- Do not waste food.

Fact Corner

World Health Day is celebrated on 7th April every year.

STAYING FIT AN

Proper rest and exercise keep us fit. Walking, jogging, running, skipping, swimming, dancing and doing yoga are some forms of exercise. We must rest after work and play. Sleeping for about seven to eight hours every night gives us rest and makes us feel fresh.



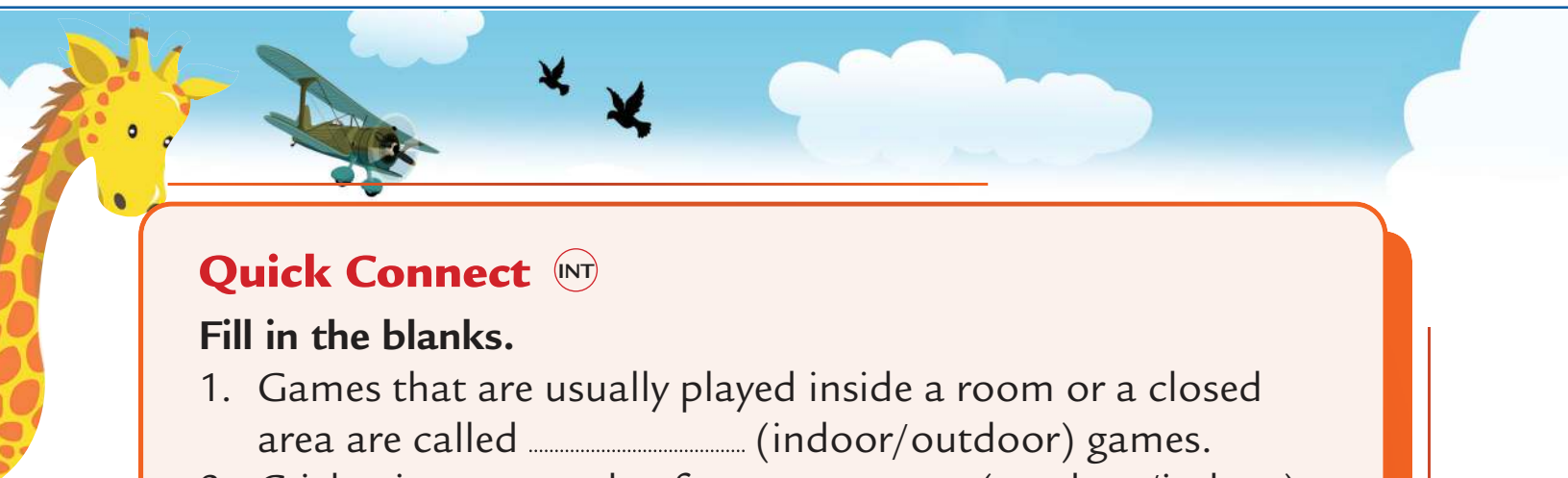
Different forms of exercise



Playing games

Playing games is also a form of exercise. Games that are played in an open space, such as a park or a playground, are called **outdoor games**. For example, cricket and football are outdoor games. Games that are usually played inside a room or a closed area are called **indoor games**. For example, ludo and carrom are indoor games.





Quick Connect (INT)

Fill in the blanks.

- Games that are usually played inside a room or a closed area are called (indoor/outdoor) games.
- Cricket is an example of an (outdoor/indoor) game.

POSTURE

The way in which someone holds his or her body while standing, sitting or walking is called **posture**. A good posture keeps our body in proper shape.



Keep the back and shoulders straight while sitting



Stand and walk straight

Activity Corner

Life Skills Personal: Self-awareness

Make a table in your notebook. Write some things about your favourite games. One has been done for you.

	Name of the game	Number of players in the game	Things needed for the game	An important rule of the game
1.	Hopscotch	any number	open space, a piece of chalk, a small piece of flat stone	Players take turns to play.



Keyword

Posture • The way in which someone holds his or her body while standing, sitting or walking is called posture.

Wrap-up



EXERCISES

(INT)

A. Choose the correct options.

- Which of the following games is an outdoor game?
 a. Football b. Ludo c. Carrom d. Chess
- The way in which someone holds his or her body while standing, sitting or walking is called
 a. posture. b. game. c. exercise. d. sleep.



B. Fill in the blanks.

- Exercise keeps us
- Eating food can make you fall sick.
- We should stand

C. Match the following.

- | | |
|--------------------------|-----------------------------------|
| 1. wearing clean clothes | a. gives proper shape to our body |
| 2. walking, jogging | b. forms of exercise |
| 3. good posture | c. good habit |

D. Answer the following questions.

- Name two indoor games.
- Name two forms of exercise.
- Name one good habit that we can follow to keep clean.

Things to Do

Life Skills

Personal: Self-awareness

As a class activity, walk for 10 minutes. Next, jog for 5 minutes. Now, discuss the following questions in your class.

- Did you sweat after walking and jogging?
- When did you sweat more—after walking or after jogging?

Life Skills and Values

Life Skills

Cognitive: Critical thinking

Look at the pictures given here. Think and discuss which of the two ways is more correct to cover our mouth while sneezing.

