

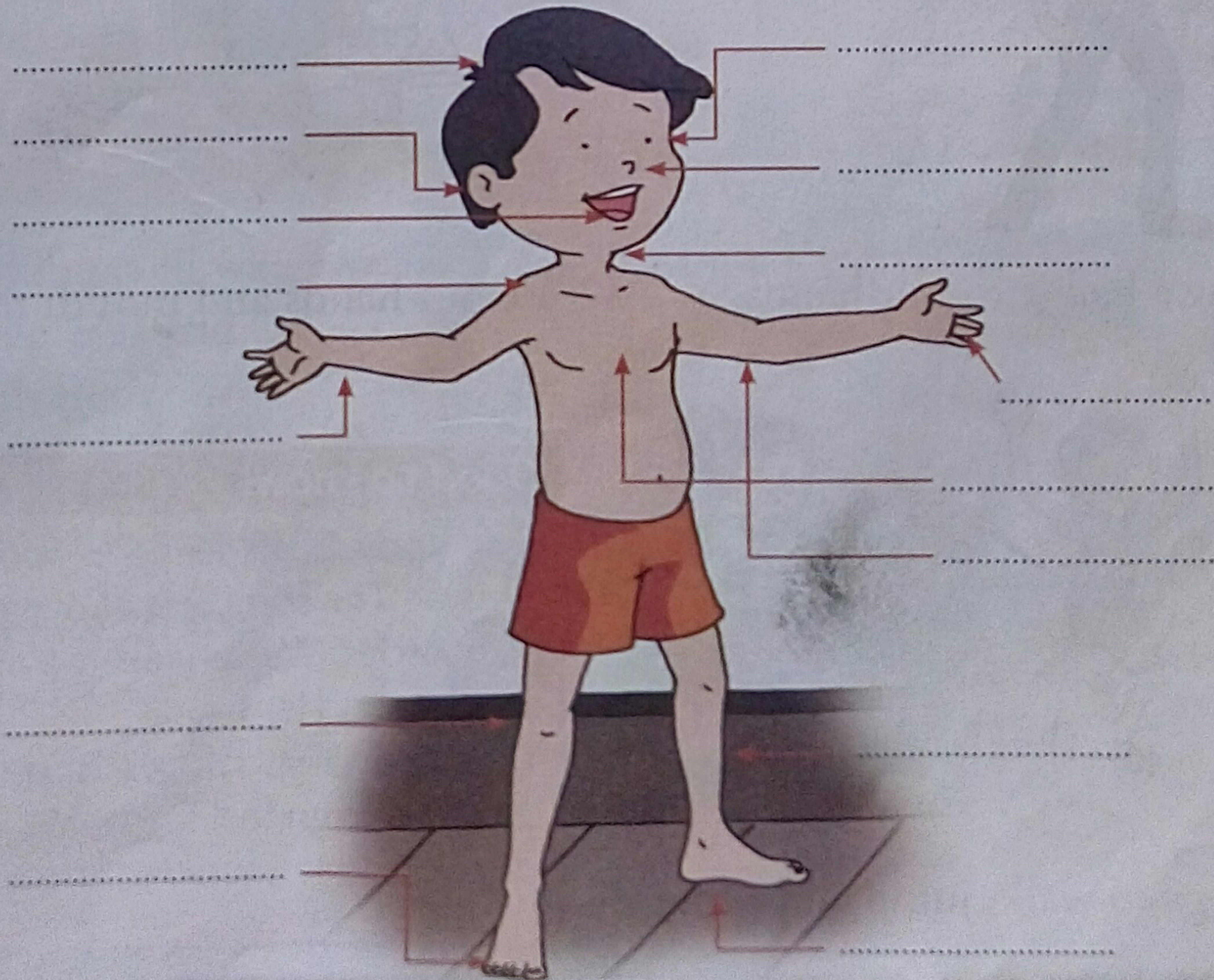
1st term

Key Concepts

- External parts of the body and their functions
- Sense organs
- Care of body parts and sense organs

Our body has many parts. Some parts of our body are outside and we can see them. These are called the external organs. Eyes, ears, hands, legs are some external organs. Some parts of our body are inside our body and we cannot see them. These are called the internal organs. The heart, brain, lungs, stomach, and kidneys are some internal organs.

In the given picture, name the external organs of the body.



USES OF OUR EXTERNAL ORGANS

We can do many different things with our external body parts.



We can write with our hands.



We can paint with our hands.



We can throw a ball with our hands.



We use our hands and mouth to eat.



We use our legs to walk, jump and run.

Good to know!

Our body is made up of bones and muscles. The soft parts of our body are the muscles. We can feel the muscles in our arms and legs.

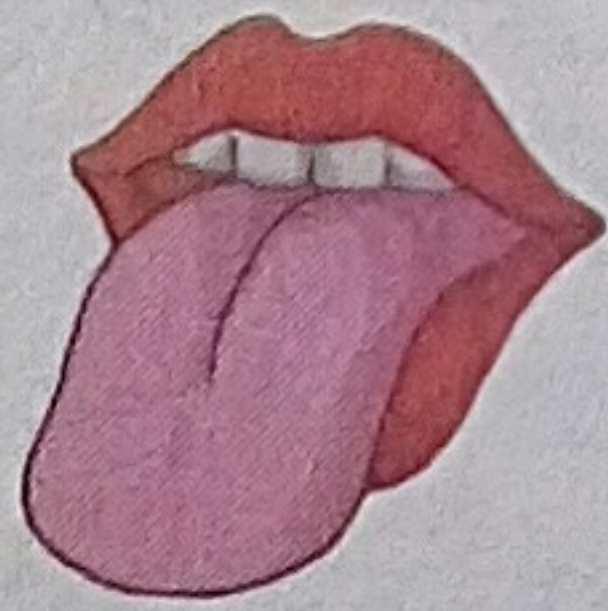
The hard parts of our body are the bones. We can feel the bones when we touch our chin, elbow or knees.

SENSE ORGANS

We know about the world around us through our sense organs. Human beings have five sense organs.



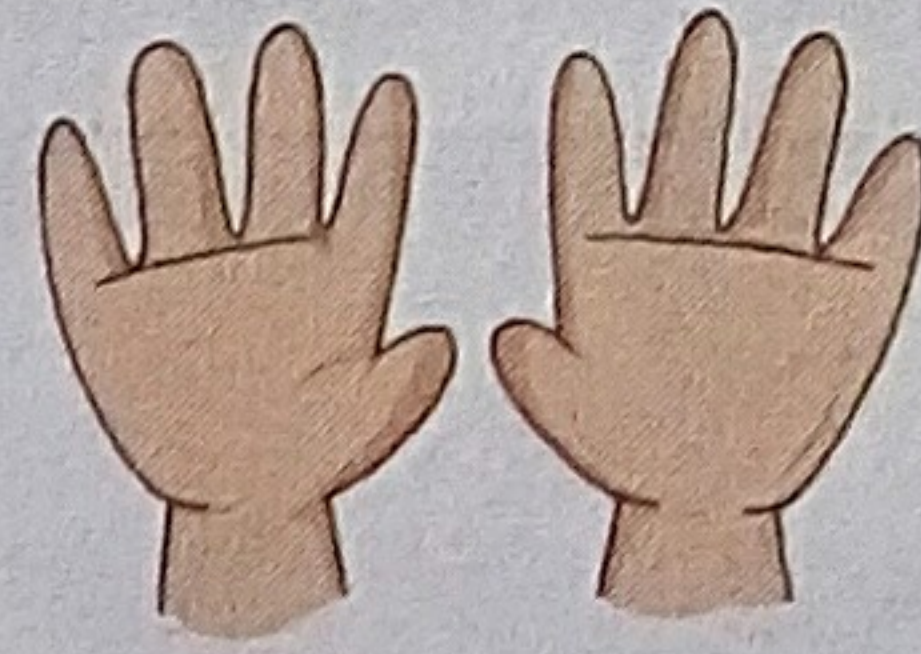
Eyes



Tongue



Ears



Hands



Nose

Eyes help us to see. We hear through our ears. We smell through our nose. Our tongue helps us to taste food. We feel hot, cold, rough, smooth, hard or soft through our skin. The skin covers our whole body.

CARE OF OUR BODY PARTS

We should eat healthy food and exercise regularly to keep our body fit and healthy.

We should take a bath regularly and wear clean clothes to keep ourselves clean. Some other habits to keep clean and healthy are:

- Brushing our teeth twice a day
- Splashing cold water to keep eyes and mouth fresh
- Cleaning ears, nose and tongue regularly
- Bathing with soap and water
- Cutting nails regularly

