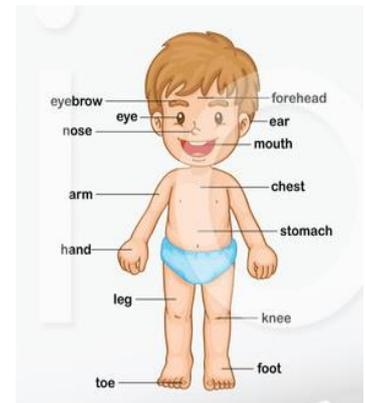


Ch-2

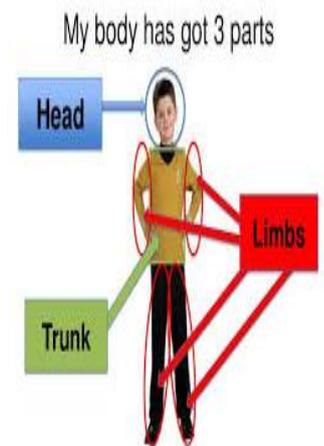
My Body

Our body is a wonderful machine. Just like a machine, it also has many parts. Each part has a different name and different function.



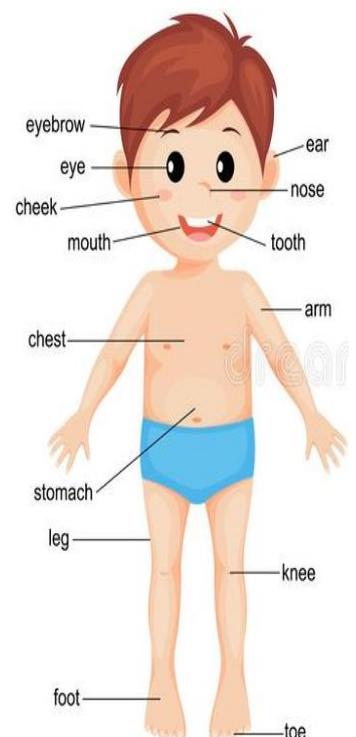
Parts of your body

Our body is divided into three main parts head, trunk and limbs. Each part is divided into many other parts and all parts have different functions.



Part 1 Head

The top most part of your body is the head. It consists of eyes, nose, ears and mouth. The neck is below the head, it connects the head to the trunk.



Part 2 Trunk and Limbs

The trunk has the chest and the abdomen. Two legs are connected to the bottom of the trunk and two arms are connected to the upper side of the trunk. The two arms and the two legs are called limbs.

Sense Organs

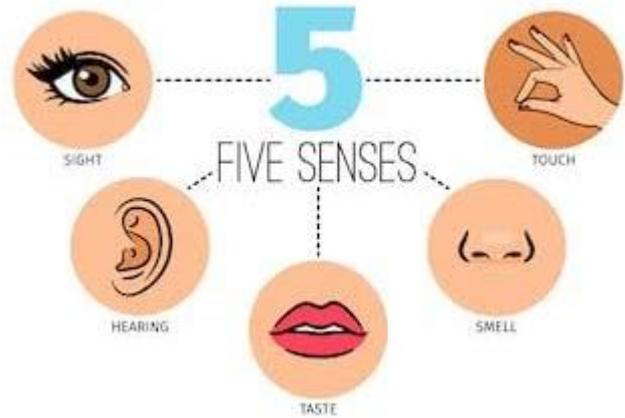
Eyes – We see with our eyes.

Ears – We hear with our ears.

Nose – We smell with our nose.

Tongue – We taste with our tongue

Skin – When we touch something we feel it.



Taking care of our body

There are many ways in which we can take care of our body. Some of them are shown below.

i) By daily exercise.



ii) By brushing our teeth



iii) By taking a bath daily



iv) By getting a haircut on regular intervals.



v) By cutting nails on regular intervals



vi) By eating proper meals.



vii) By taking proper rest.



Summary

- ▶ Body is divided into three main parts head, trunk and limbs.
- ▶ Head is the top most part it consists of eyes, nose, ears and mouth
- ▶ Trunk consists of chest, stomach and abdomen.
- ▶ Arms and legs are called limbs
- ▶ Five sense organs are eyes, ears, nose, mouth and skin
- ▶ Taking care of your body by daily exercise, eating proper meals, taking proper rest and by keeping your body clean.

Mount Litera Zee School Roorkee

Subject – EVS Learning Resource

2

My Body

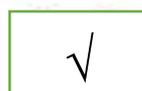


We are blessed with a good body. In this chapter, we will learn more about our body and how we should take care of it.



Quickstart

Tick [✓] mark the habits that you do to keep yourself clean.





Let's Revise

Our body is divided into three main parts: head, trunk and limbs. The head is connected to the trunk by the neck. The limbs are connected to the trunk. We have five sense organs- eyes, nose, ears, tongue and skin. We take care of our body in many ways.



Circle It Up

Discuss some of the activities that you can do with your limbs.



Quizmania

1. State true or false.

(a) We smell with our ears.

False

(b) We see with our eyes.

True

(c) We breathe through our skin.

False

(d) We taste food with our tongue.

True

(e) We love to hear traffic noise.

False

(f) We love to smell a rose.

True

2. Tick [✓] the correct sentences.

(a) If we fall sick, we go to a doctor's clinic.

✓

(b) We bathe once a week.

✗

(c) We use a nail cutter to comb our hair.

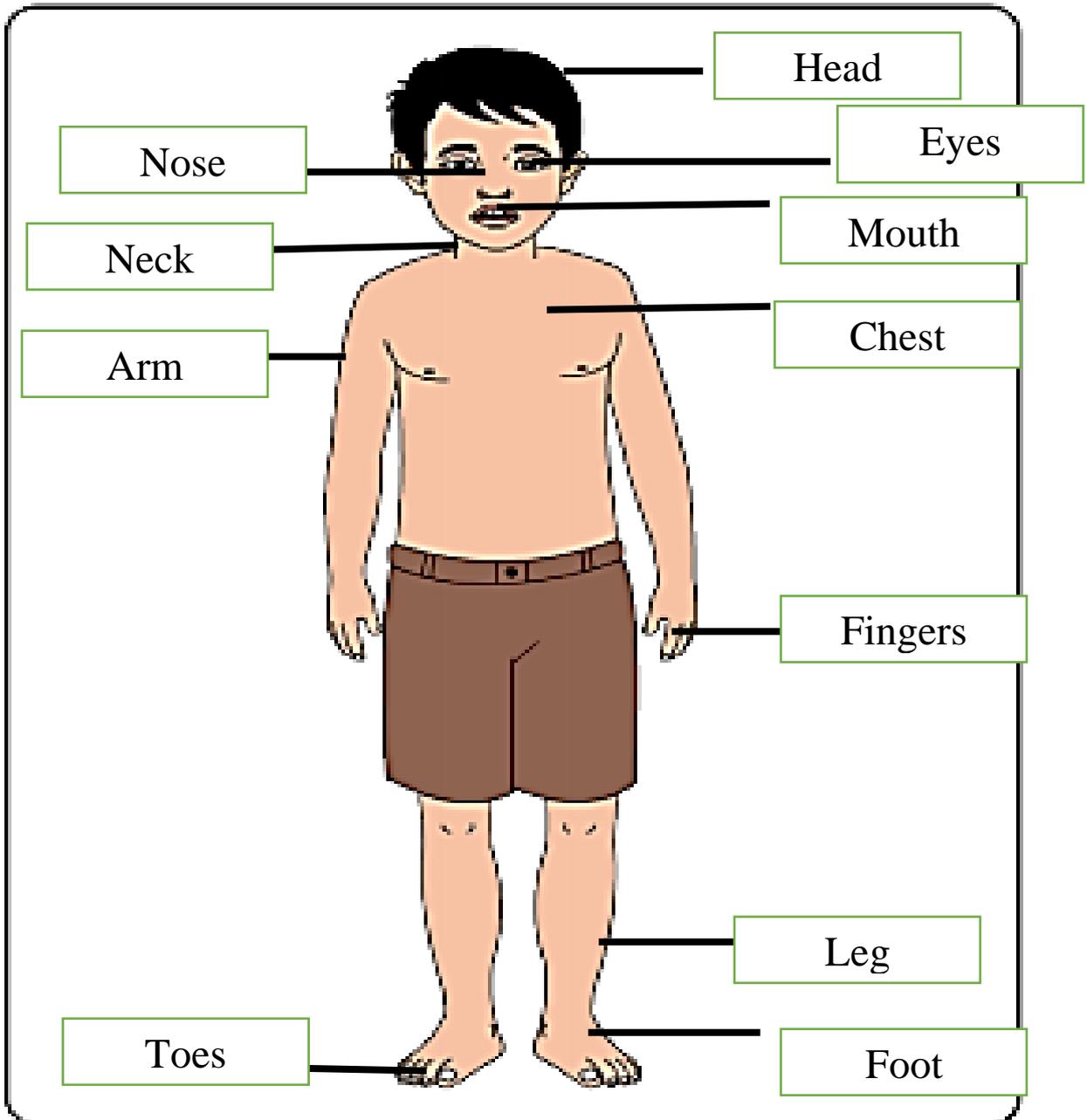
✗

3. Mita has just come home after playing with her friends. It is now dinner time. The pictures given below show some activities. Sort the activities in the order of 1, 2, 3, 4, 5, and 6 which she should do.



4. Label the body parts in the picture below. Use the words from the box.

head mouth chest fingers arm foot
nose neck leg lips toes eyes



Grade 1
Subject -E.V.S
Ch- 2
Topic- My Body

Q1. Fill in the blanks:

1. We have five sense organs.
2. Our body is covered with skin all over.
3. Our ears help us to hear different sounds.
4. Our tongue help us to taste food.
5. Our eyes help us to see.
6. Our nose help us to smell.

Activity:

- (i) Draw five sense organs in your notebook

Note: Children have to learn and write this work in their notebook neatly.

Grade 1
Subject -E.V.S
Ch- 2
Topic- My Body

Difficult words

- 1.Head
- 2.Trunk
- 3.Limbs
- 4.Chest
- 5.Abdomen
- 6.Wrist
- 7.Shoulders
8. Elbow
9. Ankle

Activity:

- (i) Read the chapter “My body”
- (ii) Draw and colour the five sense organs and write their functions in your notebook.

Note: Children have to learn and write this work in their notebook neatly.

Grade 1
Subject -E.V.S
Ch- 2
Topic- My Body

Answer the following questions

Q1. What are the three main parts of our body?

A1. Head, trunk and limbs.

Q2. What are limbs?

A2. Arms and legs are called limbs.

Q3. What does trunk consist of?

A3. Trunk consists of chest, stomach and abdomen.

Note: Children have to learn and write this work in their notebook neatly.

EVS

Revision Worksheet

Ch-2 My Body

Q1. Fill in the blanks:

1. We have _____ sense organs.
2. Our body is covered with _____ all over
3. Our ears help us to _____ different sounds.
4. Our tongue help us to _____ food.

Q2. Answer the following questions:

1. What are the three main parts of our body?

Ans. _____

2. What are limbs?

Ans. _____

3. What does trunk consists of?

Ans. _____

Note: Children have to learn and write this revision work in their notebook.

Answer key

Q1. Fill in the blanks:

1. We have five sense organs.
2. Our body is covered with skin all over.
3. Our ears help us to hear different sounds.
4. Our tongue help us to taste food.

Q2. Answer the following questions:

1. What are the three main parts of our body?

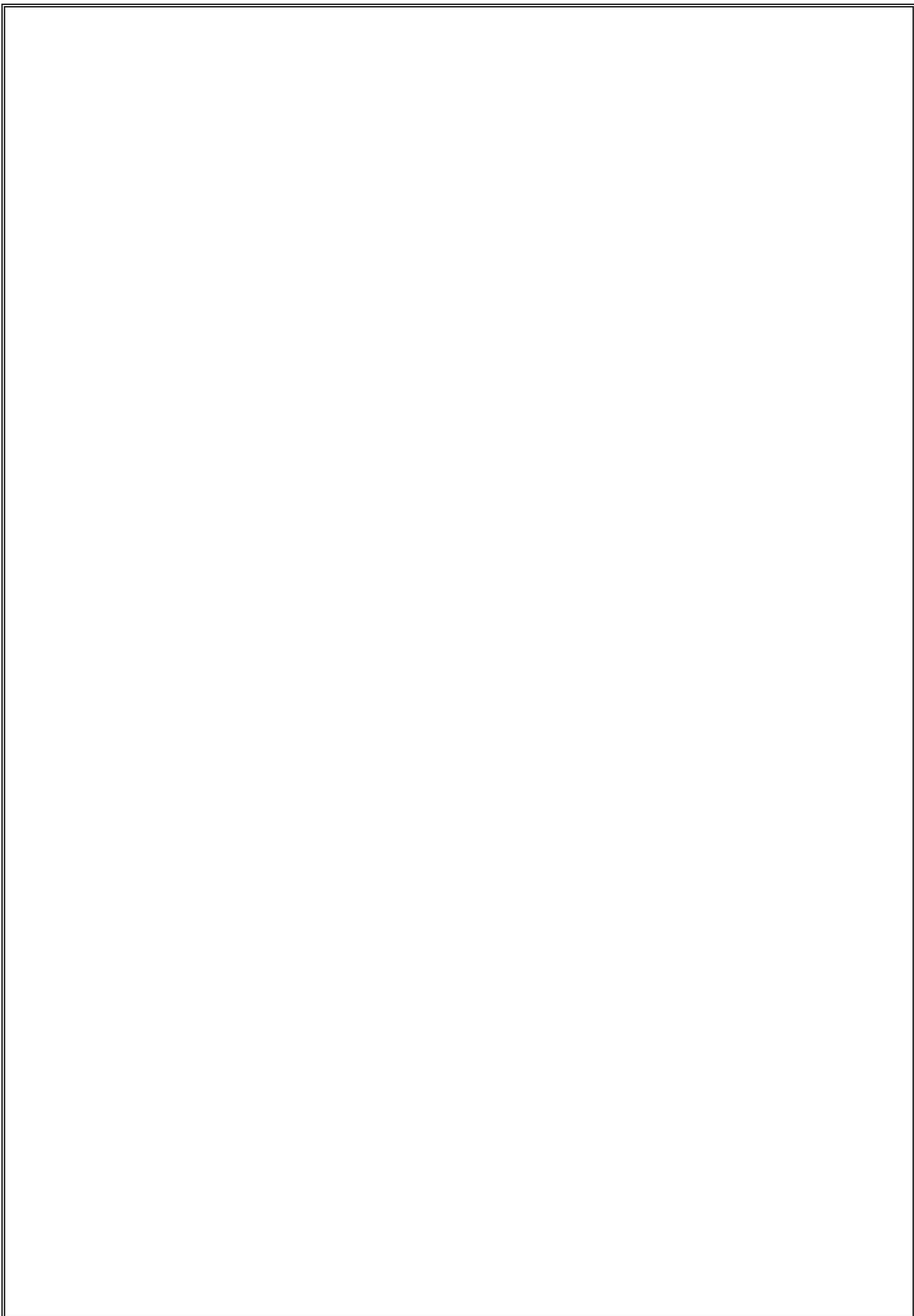
Ans. Head, trunk and limbs.

2. What are limbs?

Ans. Arms and legs are called limbs.

3. What does trunk consists of?

Ans. Trunk consists of chest, stomach and abdomen.



Grade 1
Subject -E.V.S
Ch- 2
Topic- My Body

Answer the following questions

Q4. Name the five sense organs?

A4. Eyes, ears, nose, tongue and skin.

Q5. How do the sense organs help us?

A5. To see, hear, smell, taste and feel.

Q6. How can we take care of our body?

A6. By doing daily exercise.

Note: Children have to learn and write this work in their notebook neatly.