Our body is made up of different parts. Every part of our body is important and has its own role to play.

Can you identify the body parts in the picture given below?
Take help from the box:

<table>
<thead>
<tr>
<th>Chest</th>
<th>Finger</th>
</tr>
</thead>
<tbody>
<tr>
<td>Foot</td>
<td>Thigh</td>
</tr>
<tr>
<td>Knee</td>
<td>Toes</td>
</tr>
<tr>
<td>Hand</td>
<td>Mouth</td>
</tr>
<tr>
<td>Neck</td>
<td>Elbow</td>
</tr>
<tr>
<td>Ear</td>
<td>Eye</td>
</tr>
<tr>
<td>Arm</td>
<td>Head</td>
</tr>
<tr>
<td>Leg</td>
<td>Shoulder</td>
</tr>
</tbody>
</table>
HANDS
We use our hands to:

- Write
- Count
- Eat
- Hold
- Catch
- Throw

We use our feet to:

- Stand
- Run
- Walk
- Jump
- Kick
- Dance

MOUTH
We use our mouth to:

- Eat
- Speak
- Smile

TRY THIS
(i) Which is the longest part of the body?
(ii) Which part of the body is used to hold things?
There are five parts of our body which help us to feel or sense our surroundings. These are called sense organs.

Look at the given picture and answer the questions:

1. Which sense organ helps you to see the world?

2. With which sense organ do you hear sound?

3. With which sense organ do you taste?

4. With which sense organ do you smell?

5. With which sense organ do you feel a touch?

These are our five sense organs:

- Eyes: Sight
- Ears: Hear
- Tongue: Taste
- Nose: Smell
- Skin: Feel
Different body parts work together to help us in doing many kinds of work. To keep our body healthy and working, we should:

- Keep our body parts clean.
- Take bath everyday.
- Eat healthy food.
- Exercise everyday.
- Rise early in the morning and sleep early at night.

Always remember that only in a healthy body, lives a healthy mind.

**Things To Remember**

1. Our body has different parts which help us in doing different types of work.
2. We have five sense organs - eyes, ears, nose, tongue and skin.
3. We should keep our body healthy and clean.
1. Tick (✓) the correct option:
   (a) Which of the following is used for walking?
       (i) legs  (ii) hands  (iii) head  (iv) shoulders
   (b) We do not use legs for:
       (i) dancing  (ii) running  (iii) jumping  (iv) eating
   (c) While playing we use:
       (i) only hands  (ii) only legs  (iii) no body part  (iv) both hands and legs
   (d) Which of the following is not a sense organ?
       (i) Mouth  (ii) Eyes  (iii) Skin  (iv) Tongue
   (e) Mouth is used for:
       (i) eating  (ii) speaking  (iii) smiling  (iv) all of these

2. Which of the following is healthy for our body?

3. Rearrange the following words to name the parts of the body:
   (a) EKEN
   (b) ECTHS
   (c) DAHNS

4. HOTS Questions (Higher Order Thinking Skills):
   (a) Name any two activities in which both hands and legs are used together.
   (b) Name the parts of the body that continue to grow, even when we cut them.
1. The names of different body parts are hidden in the given grid. Find and highlight them using different colour pencils. One has been done for you.

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SHOULDER S
ANKLETWK
ELBOWHRN
THIGHUIE
TEETHSME
THANDSBTS
OEYESROWS
EFINGERSN
SEEIBEARS
HLEGSEAP
IRFEETEAR
NWAISTSDS
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2. Draw different parts of the body on a chart paper and cut them out. Join them with paper fasteners to make the complete body.

**Life Skills**

To keep our body healthy, we should drink clean water, eat healthy food, breathe in fresh air and exercise daily. Yoga is also very good for the body. We should learn yoga (from a yoga teacher) before trying it ourselves.