In the last lesson, we learnt about different body parts. We can see all of them with our eyes. But there are some body parts which we cannot see. They are inside our body.

Do you want to know what is inside our body?
Let's start from the head.
Inside the head is the brain. It is the thinking organ. Our body does what our brain tells it to do.

Do you know how our brain works?
The brain collects information from our surroundings and tells our body parts what to do.

Our five sense organs tell the brain what is happening around us.
Eyes tell the brain what they see.
Ears tell it what they hear.
Nose tells it what it smells.
Tongue tells it what it tastes.
Skin tells it what it feels (hot, cold, etc.)
The brain uses all this information and tells our body what to do.
Now that we know what is inside our head, let's learn what is inside our chest!

**HEART**
Inside the chest, is the heart. The heart beats all the time and pumps blood to all parts of the body.

**LUNGS**
A pair of lungs is present inside the chest, too - right lung and left lung. They are air filled bags which help us to breathe.

Where does the food we eat go?
We eat food from the mouth and it goes into our belly. Inside the belly, is the stomach. It digests our food.

Together, the brain, heart, lungs and stomach are called internal organs, because they are inside our body. We have many other internal organs also. All our sense organs are outside our body, so they are called external organs.

**Things To Remember**
1. Brain controls all parts of the body.
2. Heart is the pumping organ. It pumps blood.
3. Lungs help us to breathe.
4. Stomach digests the food.
EXERCISE

1. Tick (✓) the correct option:
   (a) Which of the following body parts are inside our body?
      (i) Toes     (ii) Waist     (iii) Heart     (iv) Shoulders
   (b) Which of the following is called the pumping organ of body?
      (i) Lungs    (ii) Brain     (iii) Heart     (iv) Stomach
   (c) Brain collects information from:
      (i) eyes    (ii) nose      (iii) ears      (iv) all of these
   (d) The food we eat goes from mouth to:
      (i) brain   (ii) hands     (iii) legs       (iv) stomach
   (e) Which of the following activities is done by lungs?
      (i) Eating  (ii) Seeing    (iii) Hearing    (iv) Breathing

2. Look at the given picture and label the organs:

3. Answer the following:
   (a) Which body part beats fast when you run? Where is it located in the body?

   (b) Name any four body parts which you cannot see from outside.
4. HOTS (Higher Order Thinking Skills):
(a) How does food reach stomach from mouth?
(b) We know that lungs are used for breathing. Which external body part connected to lungs helps in breathing?

**ACTIVITIES**

**Activity-1**
For the teacher:
1. Make a large cut-out of the body on stiff paper. Pin it on the wall.
2. Make labels with BRAIN, LUNGS, HEART and STOMACH, written on them. Cut them out.
3. Ask children to put the labels in the correct place. (Give a time limit.)
4. You can play this game with two teams. Make sure each child gets a turn. You can add more body parts.

**Activity-2**
Talk to your teacher about other internal parts. She will tell you more about their work and importance.

**Life Skills**
Brain, heart, stomach, and lungs are the four main internal organs of our body. They work together to keep us fit and healthy. We can maintain good health by keeping good eating habits and exercising regularly.