# Concept Mapping

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## TRY THIS

Can you identify the following body parts?

![Image of a child with labeled body parts]

Our body is made up of different parts. We can see some of the parts from outside, while some are inside the body.

The body parts which we can see from outside are called **external body parts**, such as hands and feet.

The parts which are inside our body and cannot be seen from outside are called **internal body parts**. Heart, lungs, stomach and brain are our internal body parts.
EXTERNAL BODY PARTS

Hands
We have two hands which we use to eat, drink, write, paint and draw pictures with. We use them for holding, catching and lifting things as well. We greet others and clap with our hands.

Legs
Legs help us to move from one place to another. Our feet help us in standing properly. We can walk, run, jump, climb and kick with the help of our legs and feet.

What else can we do with our feet?

Did You Know?
The eyelids and eye lashes protect our eyes from dust and pollution.

Sense Organs
Sense organs are another set of important external organs. They help us to feel and sense things around us. They are - eyes, ears, nose, tongue and skin.

Eyes: Our eyes help us to see the world around us. We recognise things by seeing their shape, size and colours.

Ears: We hear sounds around us with our ears and recognise them. We learn to talk when we listen.

Nose: Our nose helps us to smell different things, like the fragrance of flowers and the aroma of eatables. We also breathe air in and out through the nose.
Tongue: We enjoy our food by its smell and taste. There are tiny pores on our tongue called taste buds. They help to taste different flavours of food, like sweet, sour, salty and bitter. The tongue also helps us to speak.

Skin: Our whole body is covered with skin which protects it. We feel things with our skin. It tells us if something is hot, cold, rough or smooth.

But how does the brain know what we feel? All sense organs are connected to the brain. They collect information from our surroundings and send it to the brain.

### INTERNAL BODY PARTS

**Brain**
The brain is the most important part of our body. It lies in the head which is protected by hard bones. This cover of hard bones is called the skull.

The brain thinks and controls the functions of all other body parts. It also stores information in the form of memories.

**Heart**
The heart is a reddish-brown coloured organ. It is located inside the chest. It pumps the blood to all parts of the body. It is connected to blood vessels which carry blood from and to the heart.

It works day and night. You can feel your heart beat by keeping your palms on your chest.
Stomach
All the food that we eat goes into the stomach. It is a small bag-like organ located inside the belly. It digests the food and releases energy which is used by our body.

Lungs
There are two lungs present inside our chest. The oxygen that we breathe in from the nose goes to the lungs. The lungs pass this oxygen to the blood stream. In this way, pure blood from the lungs flows into the heart which pumps it to the other parts of the body.

Both, internal and external body parts work together to keep us alive and healthy.
Thus, all body parts are important. We must take care of all of them. How can we do this?

WE MUST

1. Wash our hands before touching our eyes.
2. Never poke our eyes, nose or ears with any pointed object.
3. Clean our tongue after we brush our teeth.
4. Bathe daily to keep our skin clean.
5. Wash our face twice a day.

Do you know there are some people who cannot see, hear, speak or walk like the most of us?

DIFFERENTLY-ABLED PEOPLE
There are some people who cannot see, hear, speak or walk like everyone else. They are differently-abled people. Here they are taught to overcome their disability and lead a normal life.
People who cannot hear or speak learn to communicate through **sign language**. They are also taught lip-reading so that they can understand what others are saying.

- People who cannot see, learn to read using the **Braille script**. This script has letters with raised dots in a set pattern. People who cannot see can feel the raised letters with their fingers.
- People who cannot walk, take the help of various **walking aids**, like walking stick, wheelchair and crutches.
- If a person loses a limb due to an accident, they are fitted with an **artificial limb**.
- Children suffering from polio (disease) learn to walk with the support of **calipers**.

We should always treat differently-abled people with respect.

**Did You Know?**

An artificial foot, the Jaipur foot, was invented by Dr. Pramod Kumar Sethi of Jaipur.

This artificial foot is being used by Sudha Chandran, the famous dancer and actor and various others.

**OLD AGE**

Old age weakens all the senses. It makes the body weak and frail. Body reactions also become slow.

We need to understand these facts and be sensitive towards the aged in our homes as well as in the society.
**Things To Remember**

1. Our body is made up of different body parts, and all of them are important.
2. We have internal and external body parts.
3. External body parts are hands, feet and the five sense organs—eyes, ears, nose, tongue and skin.
4. Brain, heart, stomach and lungs are internal body parts.
5. There are some people who cannot see, hear, speak or walk. They are differently-abled people.
6. Differently-abled people use various methods like sign language, Braille script, etc. to read and communicate.
7. In old age, people become weak and frail.
8. Differently-abled and aged people should be loved and respected.

**EXERCISE**

1. **Tick (✓) the correct option:**
   (a) Which of the following are internal body parts?
      (i) Lungs  (ii) Brain  (iii) Heart  (iv) All of these
   (b) Food is digested in the
      (i) hand  (ii) feet  (iii) stomach  (iv) lungs
   (c) Which of the following is a sense organ?
      (i) Head  (ii) Belly  (iii) Tongue  (iv) Legs
   (d) Differently-abled people may need to use
      (i) sign language  (ii) Braille script  (iii) Jaipur foot  (iv) all of these
   (e) In the old age, body becomes:
      (i) strong and fit  (ii) weak and frail  (iii) fit and fat  (iv) fat and strong

2. **Name the sense organs used for the following:**
   (a) Listening to the chirping of birds
   (b) Selecting a good perfume
   (c) Tasting ice-cream
   (d) Admiring a beautiful landscape
   (e) Feeling the texture of a soft cloth
3. Match the following:

- **Tongue**
- **Lifting**
- **Braille**
- **Skin**
- **Sign Language**

4. Fill in the blanks:
   (a) Heart pumps __________________ to all parts of our body.
   (b) Our eyes help us to see and __________________ things.
   (c) People who suffer from polio use __________________ to learn to walk.
   (d) __________________ controls all the body functions.
   (e) The air we breathe in goes to our ________________.

5. Write 'H' for activities that we do with our hands, 'L' for activities that we do with our legs and 'B' for activities that we do using both our hands and legs in the box provided:

6. Answer the following:
   (a) Write functions of each of the following:
      (i) Brain  (ii) Heart
   (b) What are the five sense organs?
   (c) Why do old people need help?
   (d) What are the people, who cannot see, hear, speak or walk called?

7. **HOTS Questions (Higher Order Thinking Skills):**
   (a) We have five sense organs. Mention at least two activities where we use more than one sense organ.
   (b) We should respect and help differently-abled and aged people. How can you help a differently abled student of your class?
ACTIVITIES

1. **Let us discuss**
   Observe your grandparents. Take a note of the tasks they find difficult to do. Discuss this with your parents. Write a few ways in which you can help your aged grandparents.

2. **Let us do**
   
   ![Image A](image1)
   **A** Prepare a skit using the different sense organs.
   Children can play the roles of each part of the body and talk about their importance.

   ![Image B](image2)
   **B** Dip your hand in your favourite colour paint and make a print of it. Try making other shapes out of it.

3. **Let us explore**
   Find out how your body parts are different from the organs of a bird and a monkey.

**Life Skills**

Are there any people around you who are differently-abled? Talk to them and find out how they deal with their day to day tasks. Visit a special school to see how the children over there conduct their activities. Share your experience in the class. Also, visit an old-age home and spend some time with old people there.