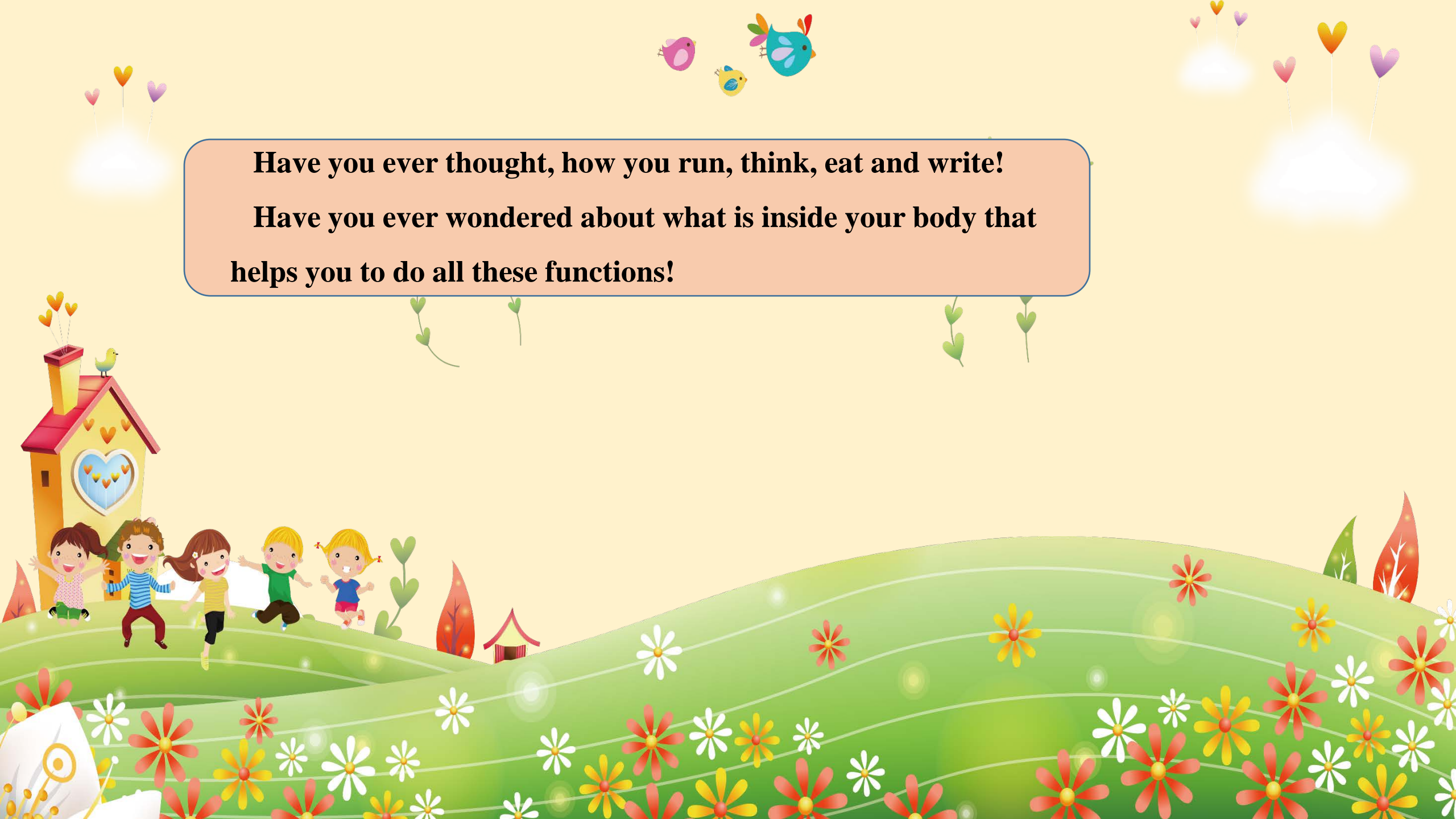


# Human Body

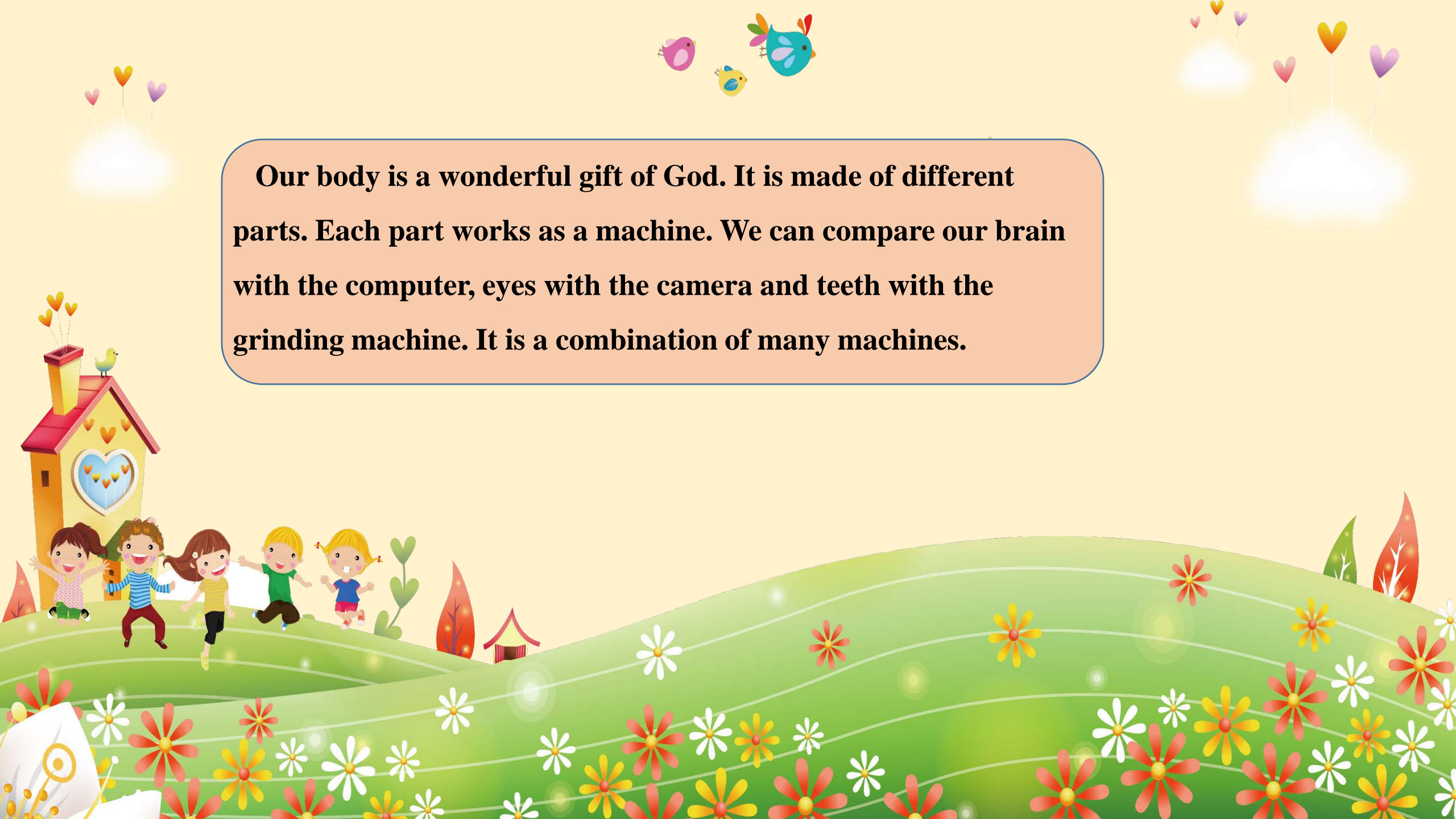
## CLASS 3

### E.V.S



**Have you ever thought, how you run, think, eat and write!**

**Have you ever wondered about what is inside your body that helps you to do all these functions!**

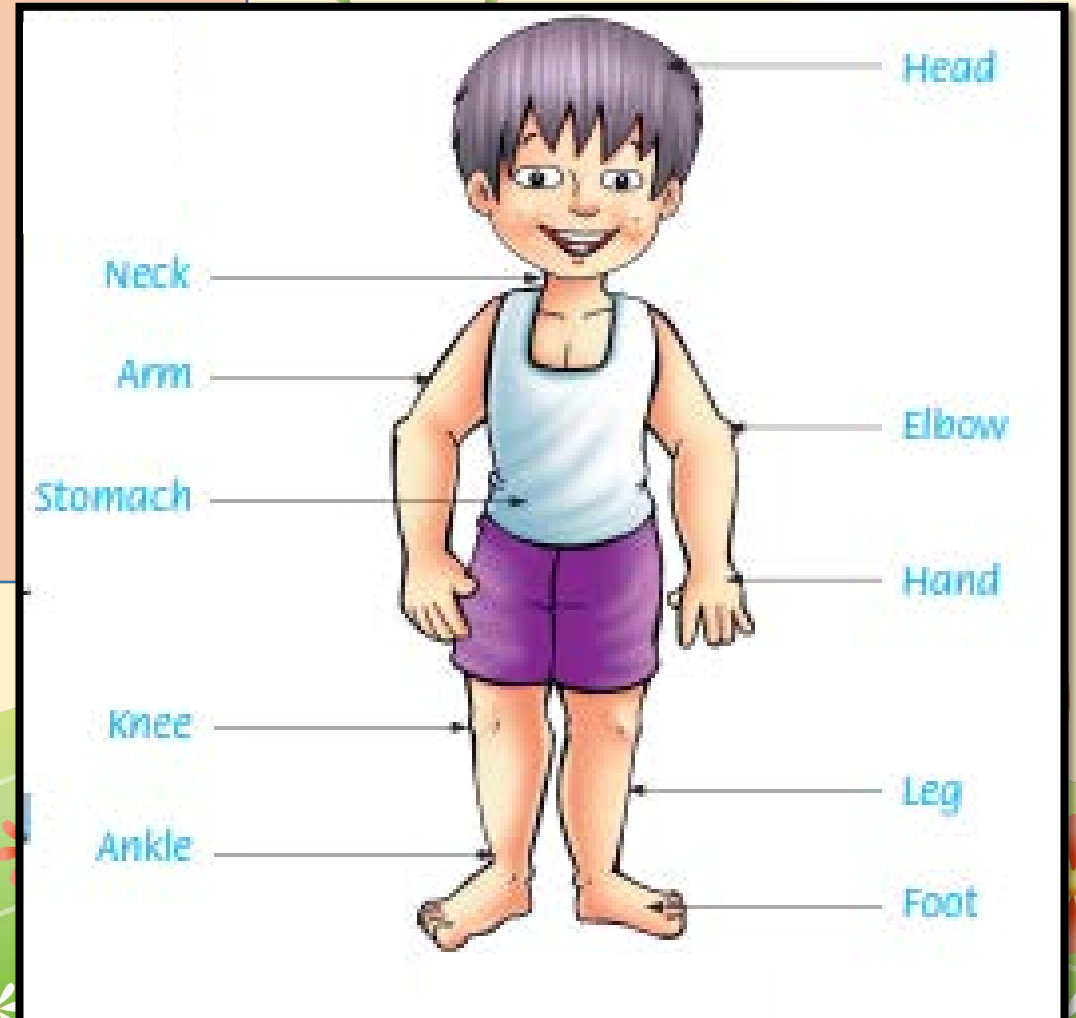


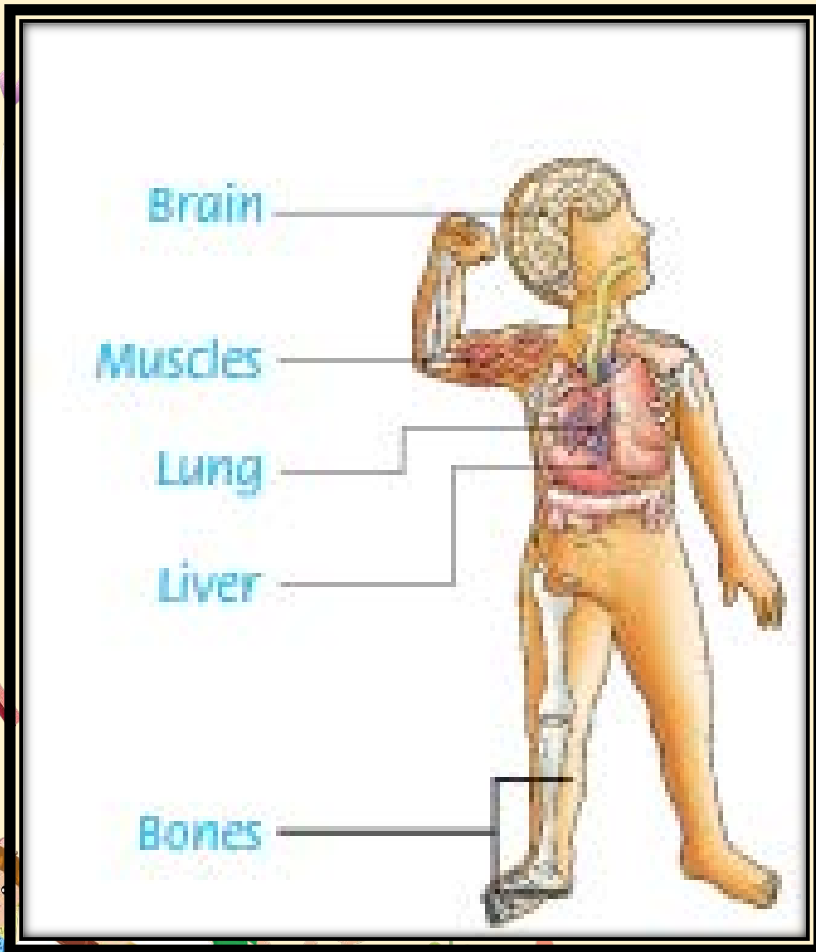
**Our body is a wonderful gift of God. It is made of different parts. Each part works as a machine. We can compare our brain with the computer, eyes with the camera and teeth with the grinding machine. It is a combination of many machines.**



**Our body is mainly divided into two parts. These are the external and the internal parts.**

**The body parts that can be seen from outside are called the external body parts. For example, ears, eyes, hands, nose etc. are the external body parts. The body parts that cannot be seen from**





outside are called the internal body parts. For example, muscles, lungs, liver, brain etc. are the internal body parts.



## **EXTERNAL PARTS OF THE BODY**

**The external parts of the body can be further divided into following parts:**

**Head**

**Neck**

**Trunk**

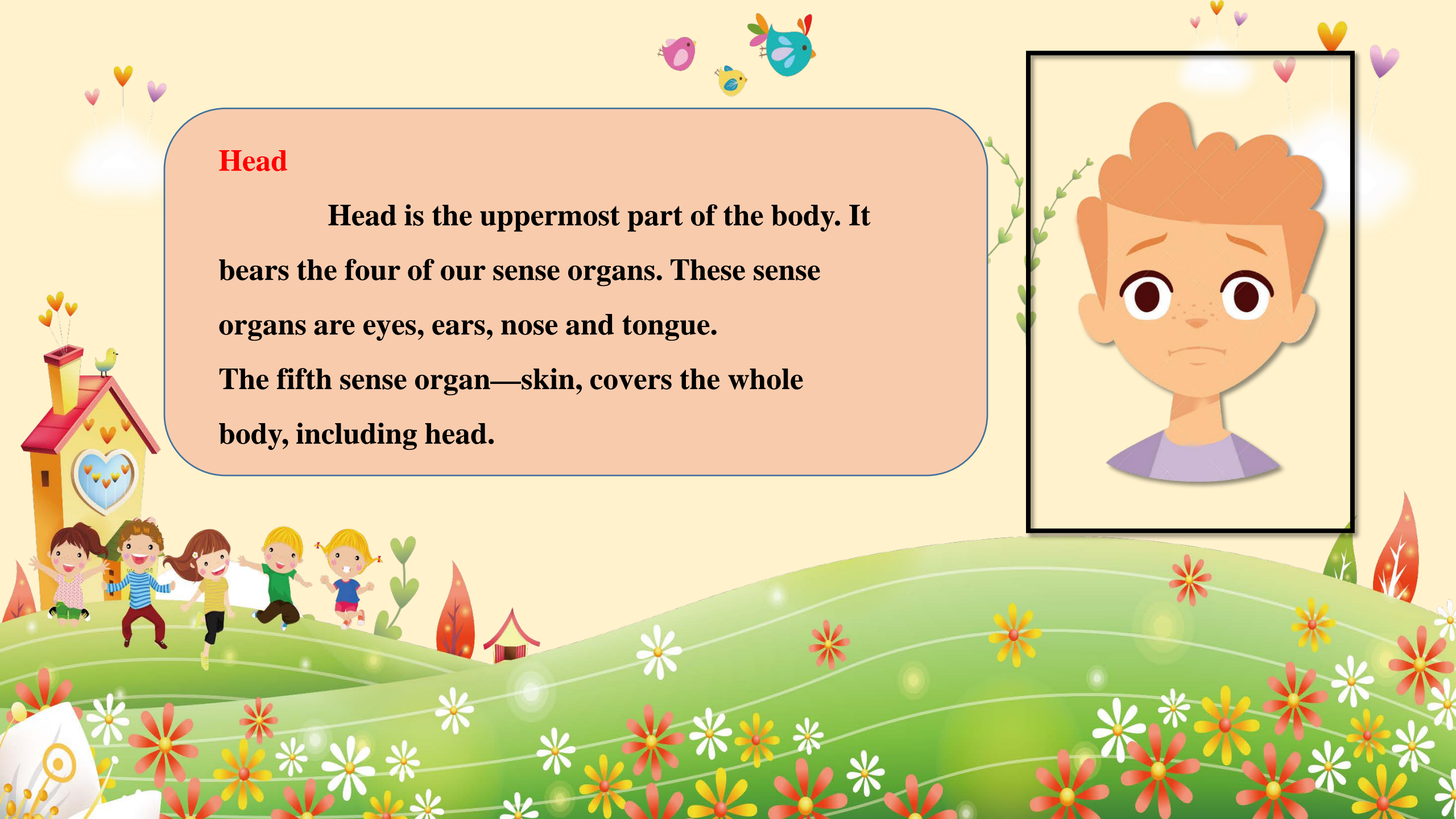
**Limbs**

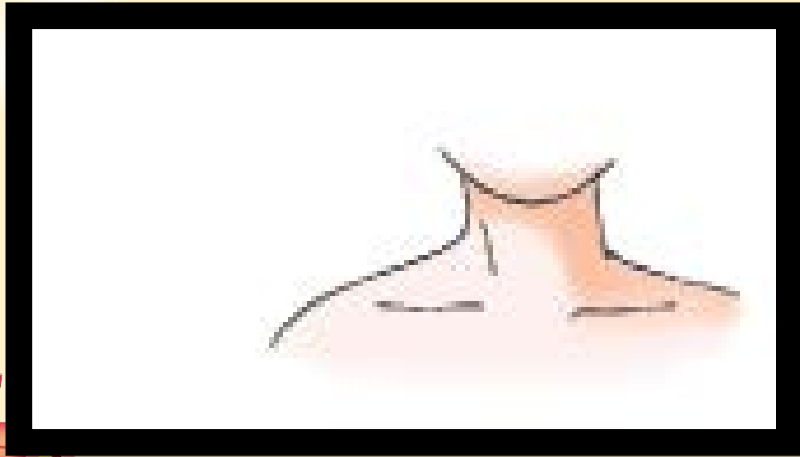


## Head

**Head is the uppermost part of the body. It bears the four of our sense organs. These sense organs are eyes, ears, nose and tongue.**

**The fifth sense organ—skin, covers the whole body, including head.**





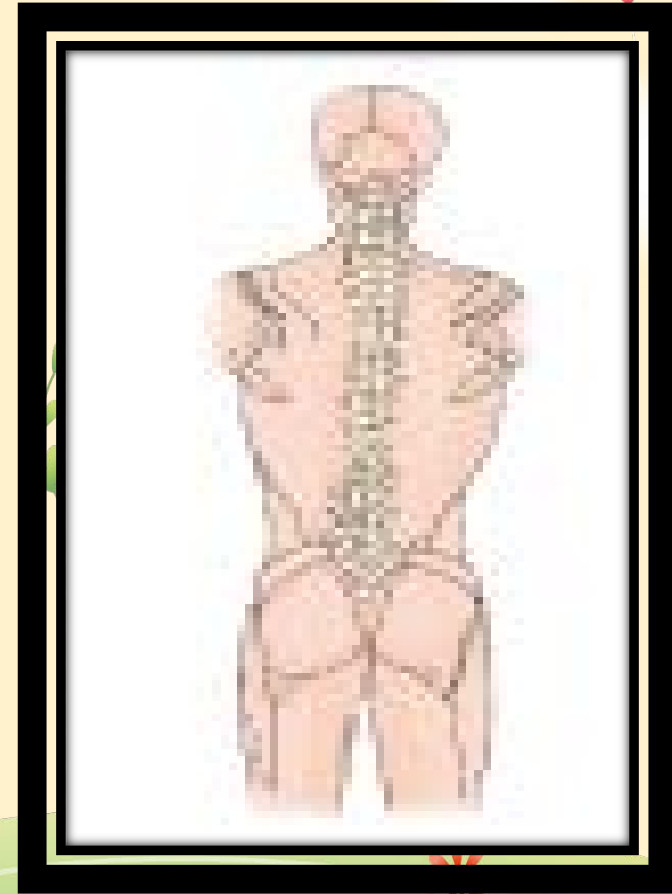
## **Neck**

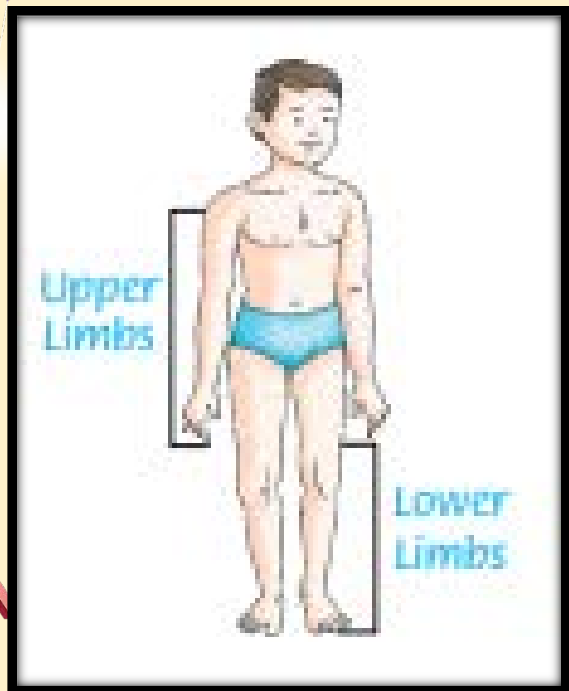
**Neck joins the head with the rest of the body, i.e. trunk. It helps the head move in all directions. Internally it joins the skull to the backbone and the brain to the spinal cord.**



## **Trunk**

**The body apart from head and limbs, is called trunk. Trunk has the main support of the body, that is the backbone. It has all the important internal parts of the body.**





## **Limbs**

**There are two types of limbs in our body — the upper limbs and the lower limbs. The upper limbs are called hands and the lower limbs are called legs.**



**We carry and hold things, write and do other activities with the help of upper limbs, i.e. hands.**





**We move our body from one place to another with the help of lower limbs. We run, jump, walk with the help of our legs.**



**There are activities such as  
swimming, driving, skipping and cycling  
which require the help of both the limbs.**



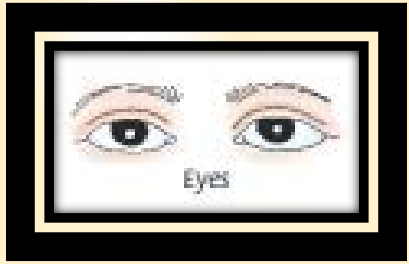




## SENSE ORGANS

**We all know that there are five sense organs—Eyes, Nose, Ears, Tongue and Skin—which help us to see, hear, smell, taste and feel.**





## Eyes

**Eyes are the sense organs of sight. With the help of eyes, we can distinguish between colours and can also locate things around us. Eyes are protected by eyelids. We can also express our feelings through our eyes.**





## **Ears**

**Ears are the organs which help us to hear. They receive different sounds and send them to the brain.**

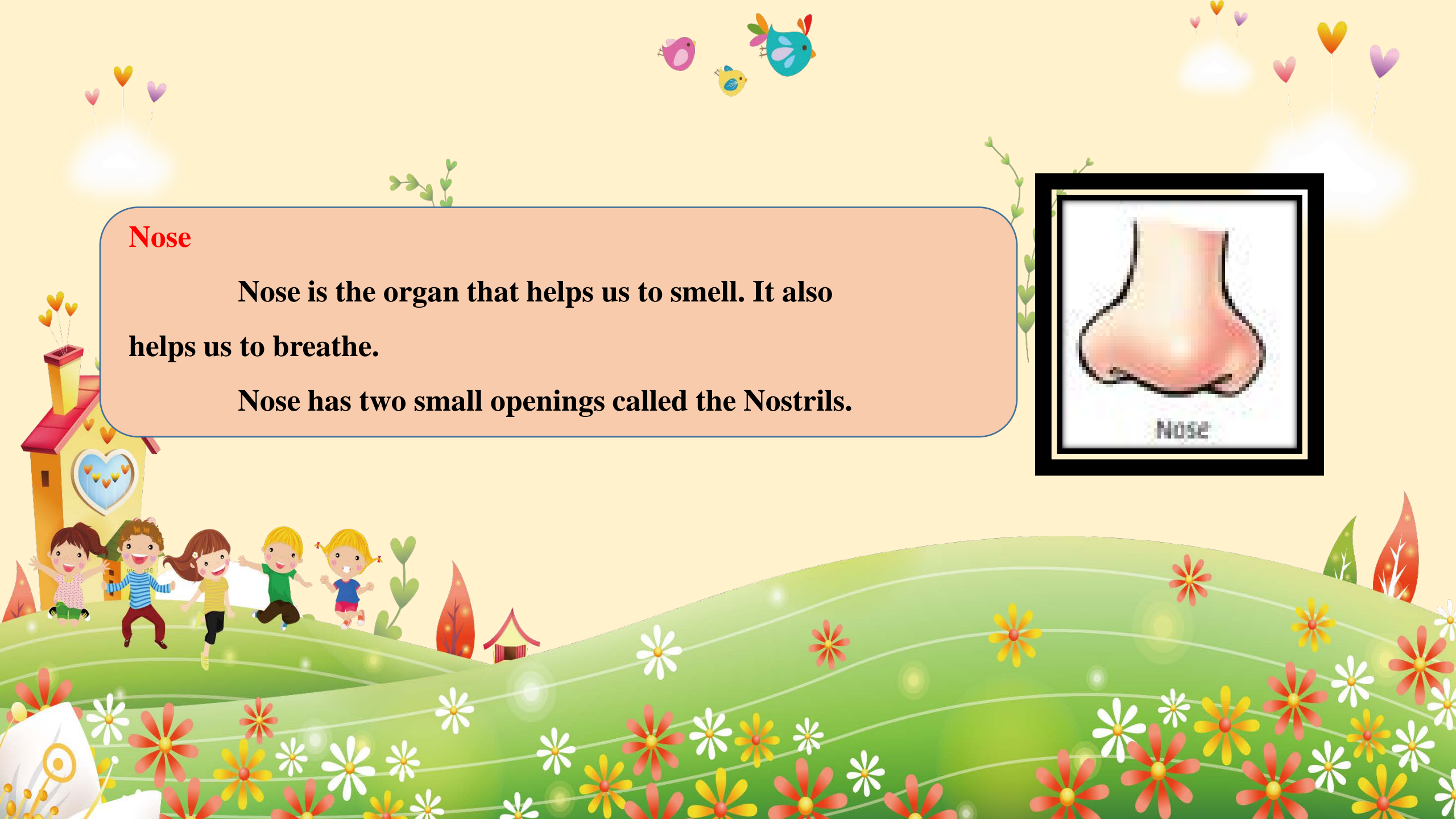
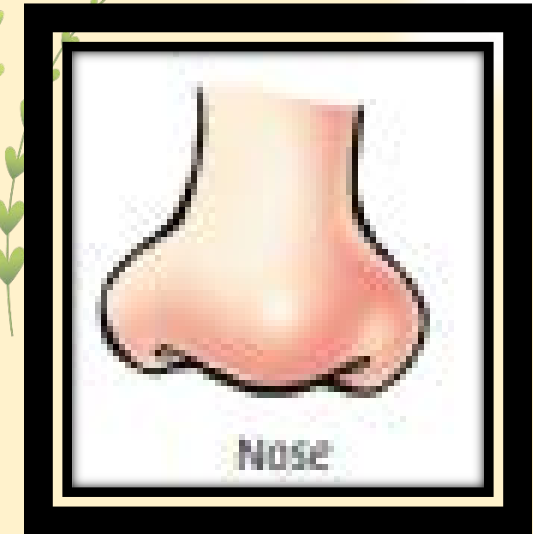




## **Nose**

**Nose is the organ that helps us to smell. It also helps us to breathe.**

**Nose has two small openings called the Nostrils.**







## **Tongue**

**Tongue** helps us to taste food. It has many taste buds that help us to feel different tastes like sweet, sour, salty and bitter.

**Different areas of the tongue feel different tastes.**



## **Skin**

**Skin helps us to feel  
about touch, heat,  
pressure etc. It also  
helps to regulate the  
body temperature by  
sweating.**







## Check Your Knowledge

Choose the correct answer.

1. Tongue/skin/nose makes us feel the sense of pressure.
2. The tip of the tongue feels salty/bitter/sweet taste.
3. Backbone/neck/head supports the body.
4. Eyes/skin/ears also help to express the feelings.



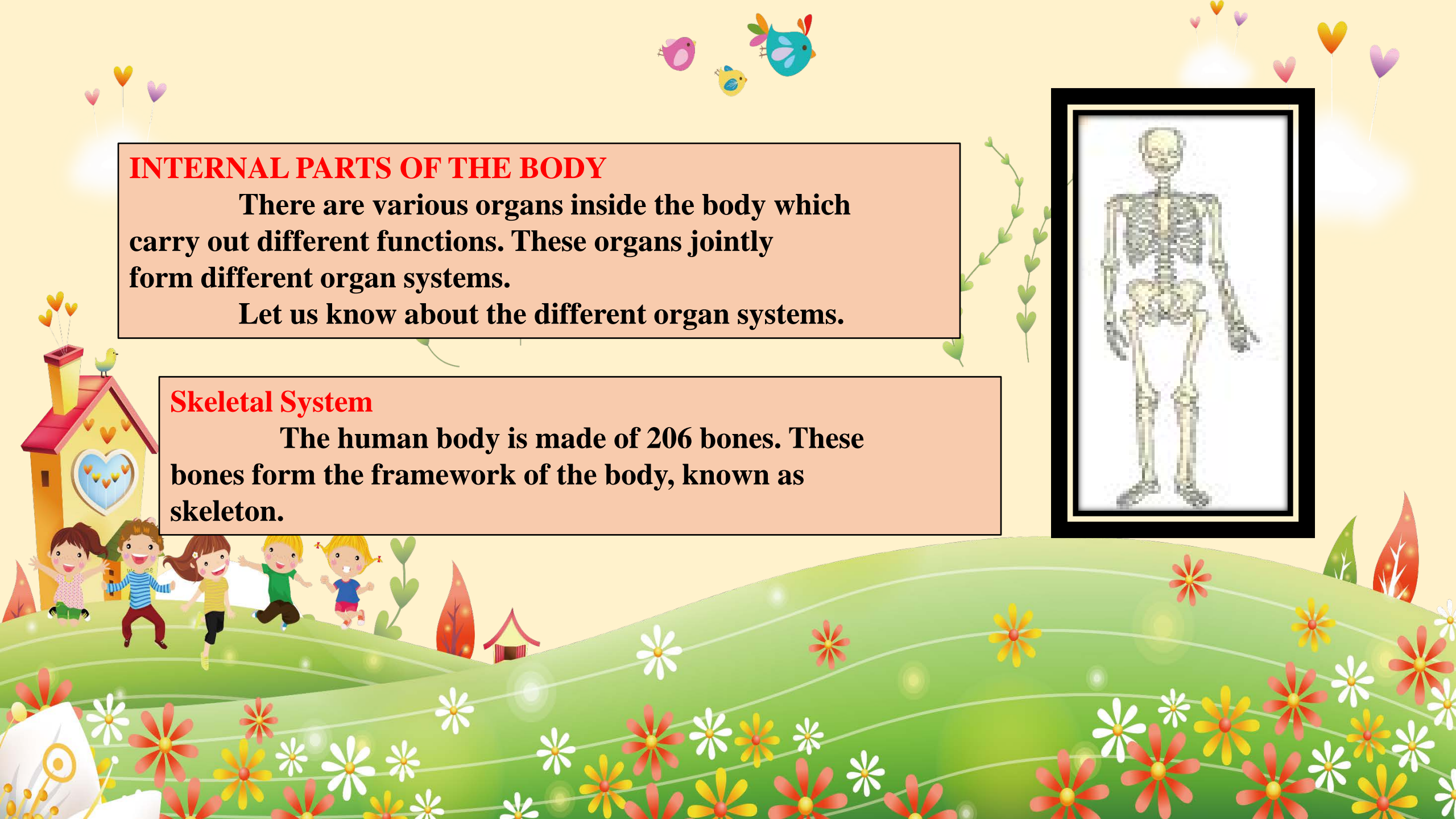
## **INTERNAL PARTS OF THE BODY**

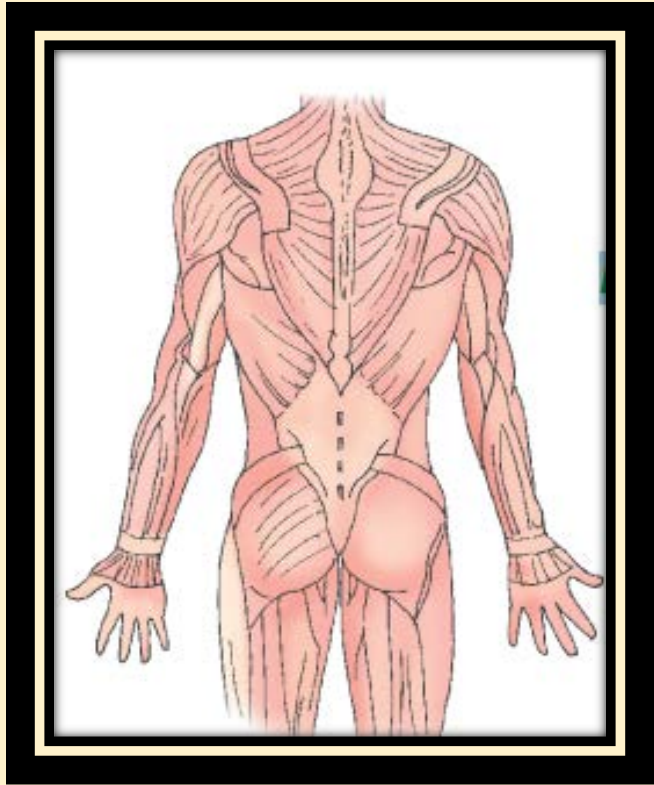
There are various organs inside the body which carry out different functions. These organs jointly form different organ systems.

Let us know about the different organ systems.

### **Skeletal System**

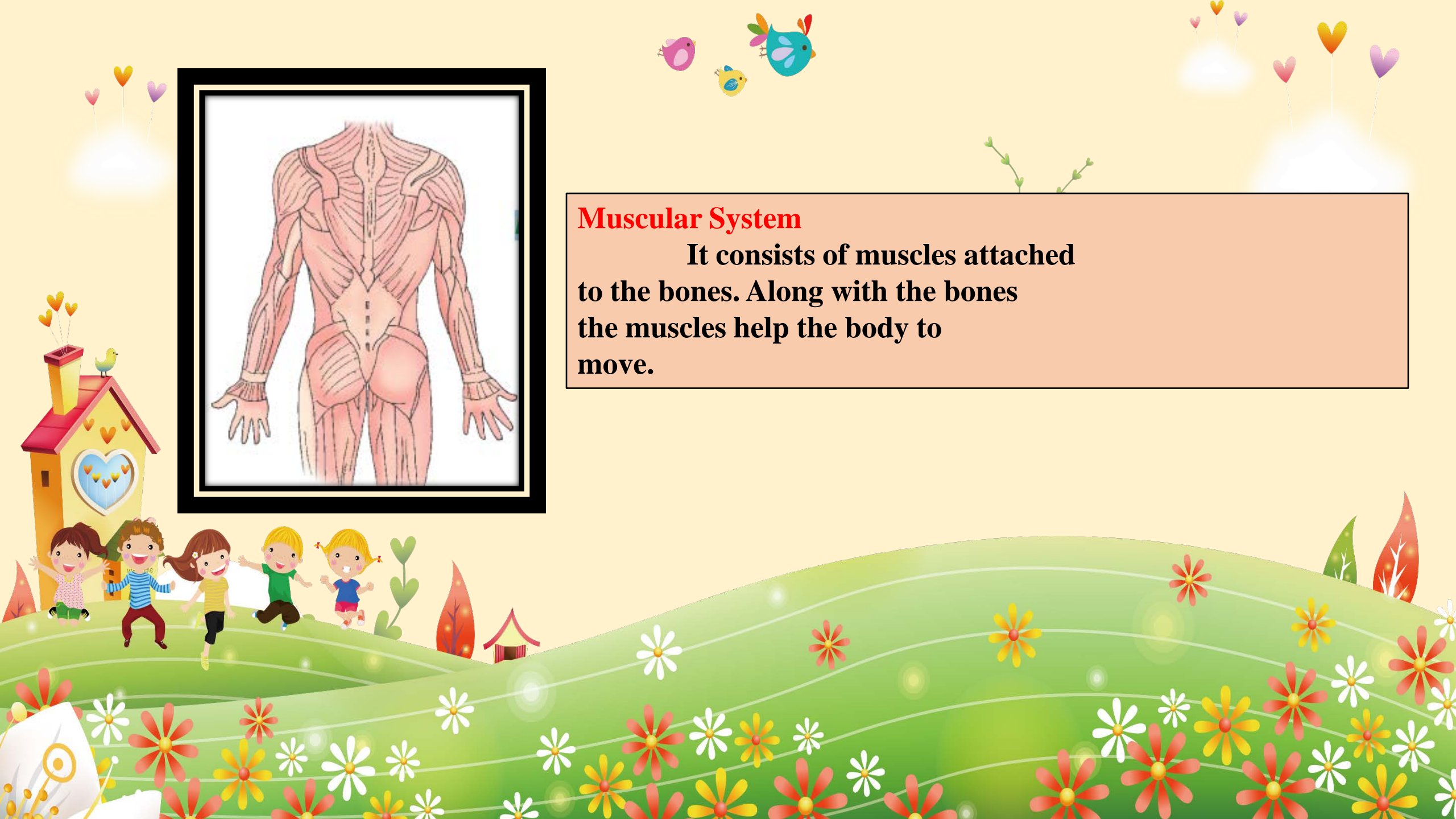
The human body is made of 206 bones. These bones form the framework of the body, known as skeleton.





## **Muscular System**

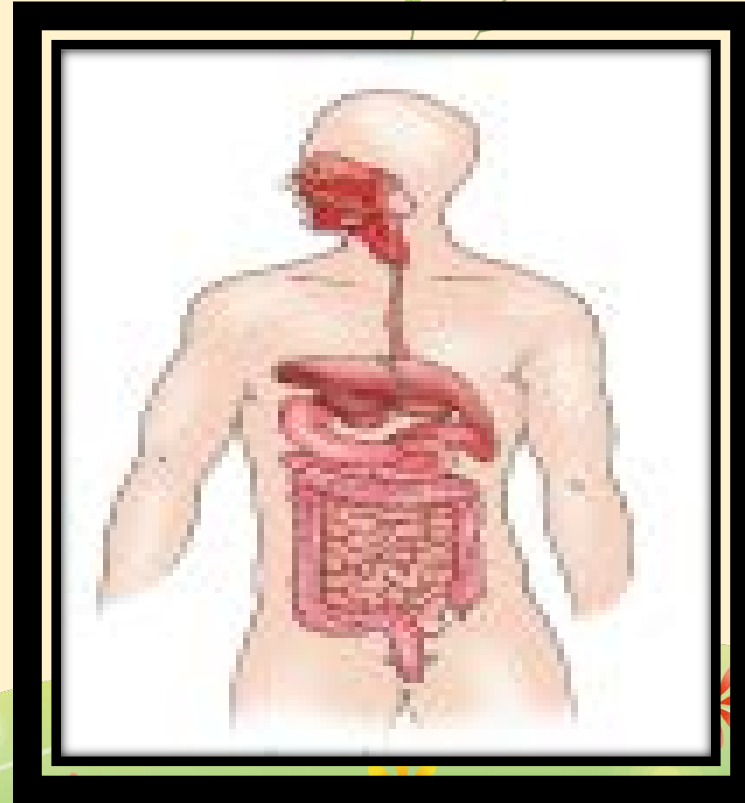
**It consists of muscles attached to the bones. Along with the bones the muscles help the body to move.**

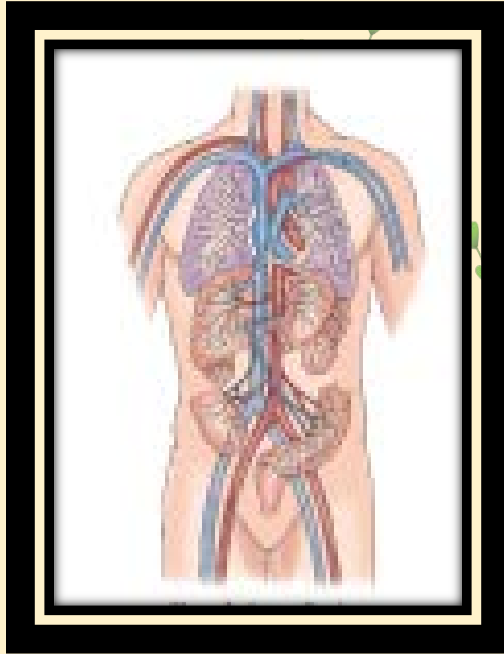




## **Digestive System**

**The organs of this system help in digestion of food. This system also helps in absorption of the digested food.**





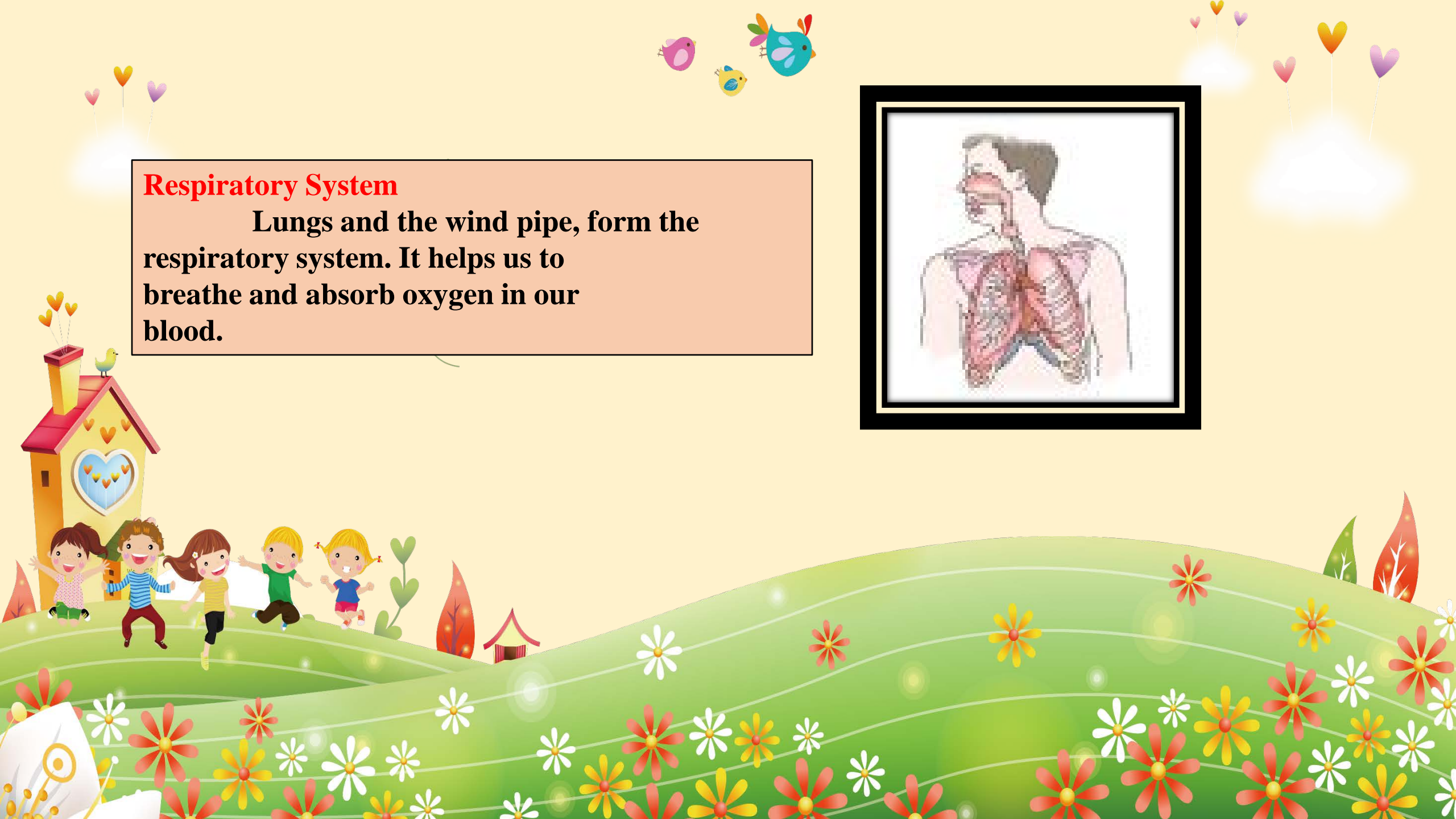
## **Circulatory System**

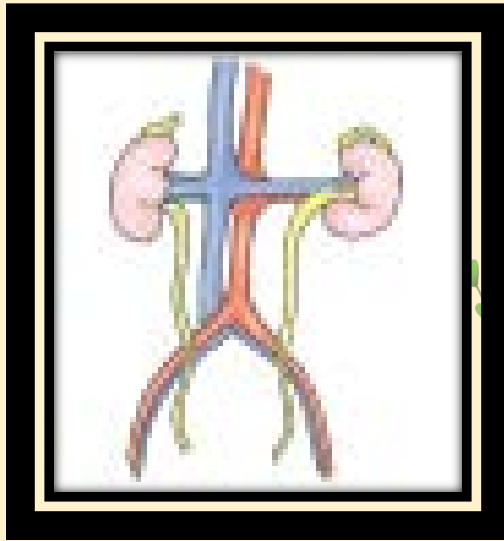
**Heart, blood and blood vessels form the circulatory system. Heart pumps the blood which is carried by the blood vessels to different parts of the body. Blood supplies oxygen and other nutrients to all the body parts.**



## **Respiratory System**

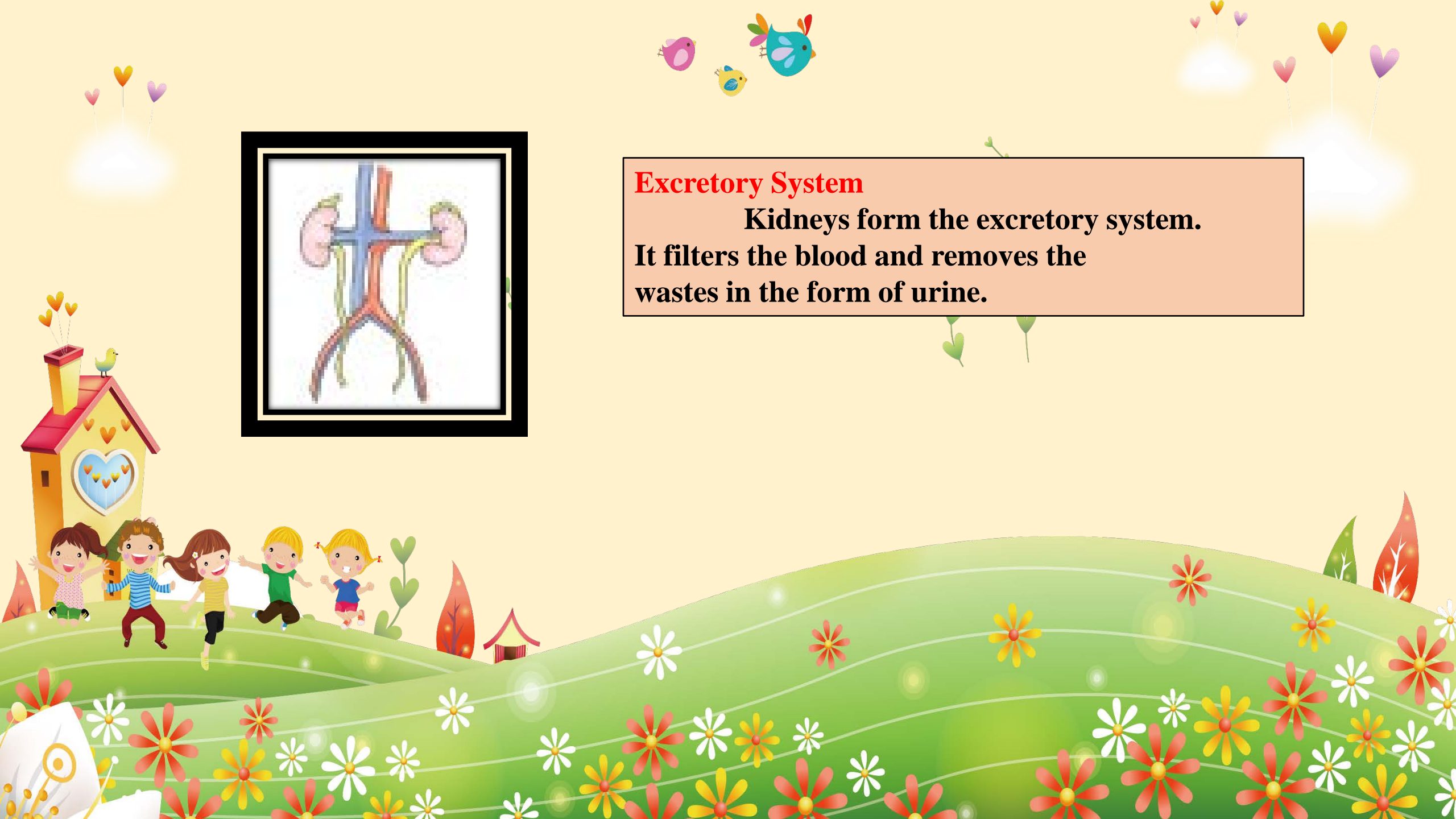
**Lungs and the wind pipe, form the respiratory system. It helps us to breathe and absorb oxygen in our blood.**





## **Excretory System**

**Kidneys form the excretory system.  
It filters the blood and removes the  
wastes in the form of urine.**



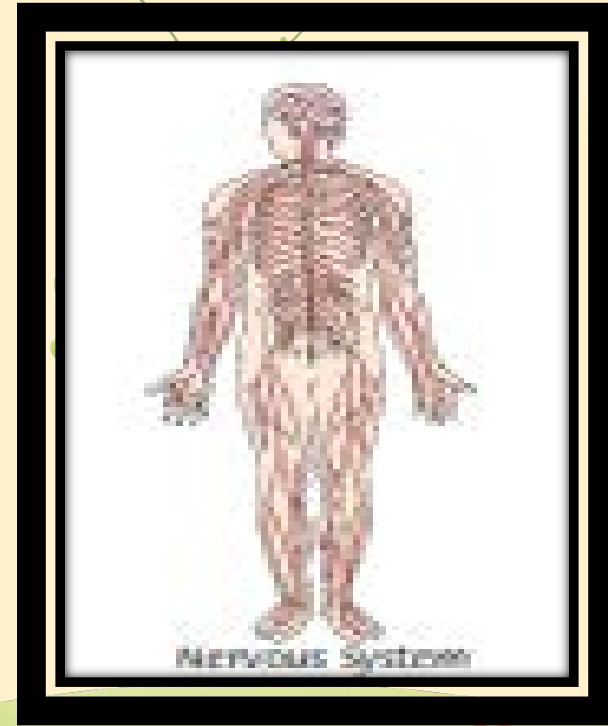


## **Nervous System**

**Brain and nerves form the nervous system.**

**Brain controls all parts of the body.**

**It receives messages from other body parts through the nerves and responds accordingly.**

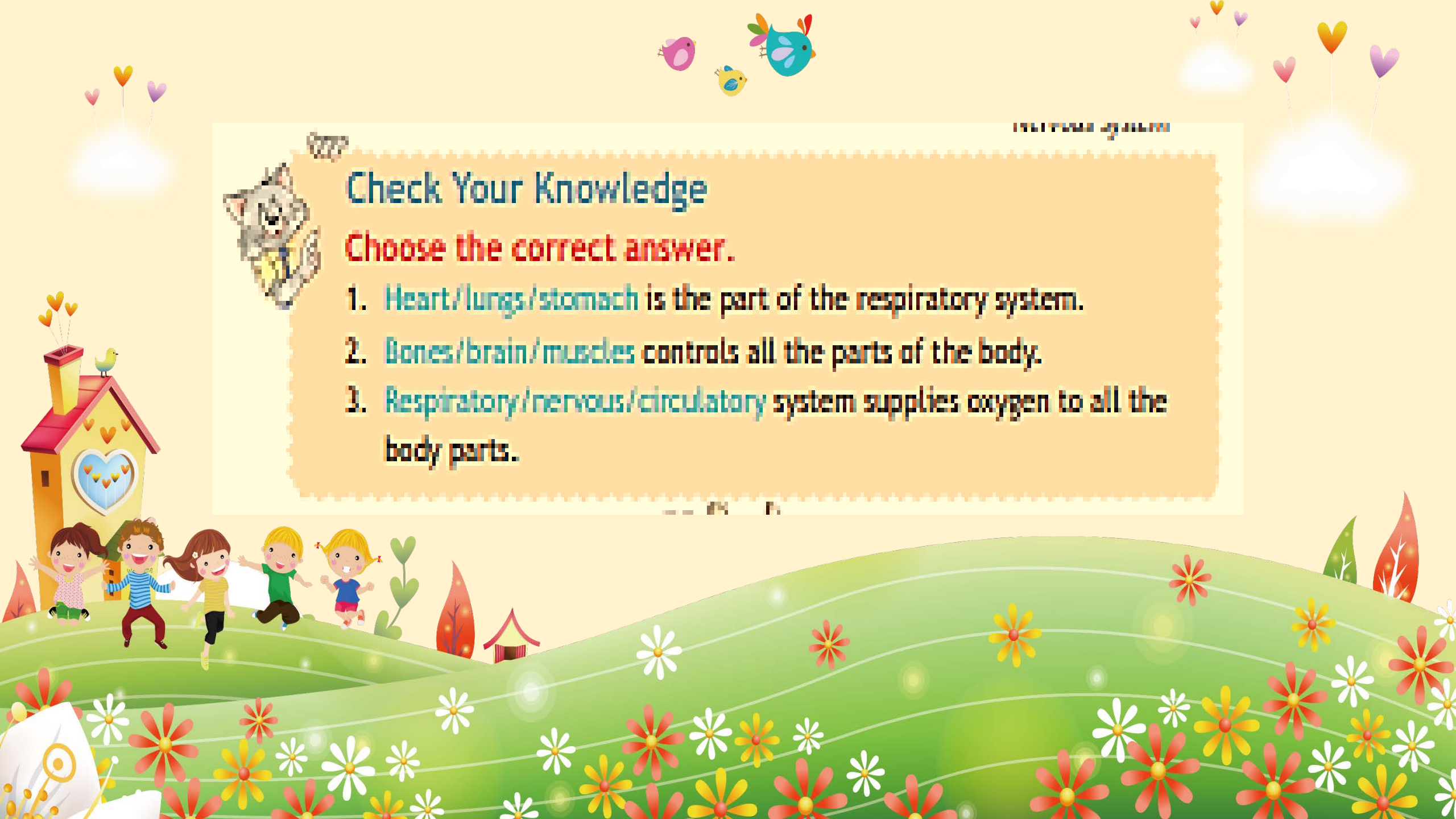




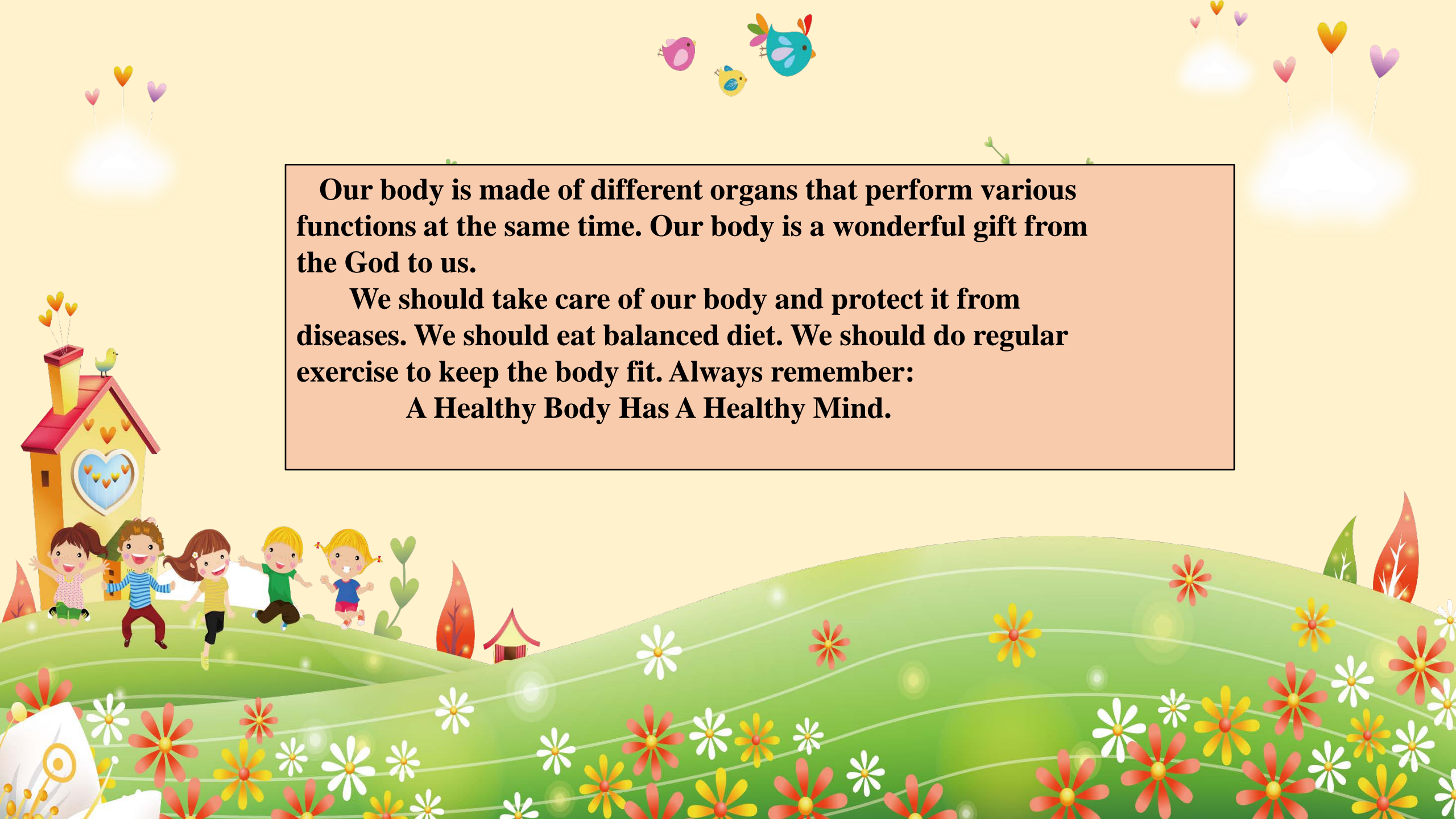
## Check Your Knowledge

Choose the correct answer.

1. Heart/lungs/stomach is the part of the respiratory system.
2. Bones/brain/muscles controls all the parts of the body.
3. Respiratory/nervous/circulatory system supplies oxygen to all the body parts.







**Our body is made of different organs that perform various functions at the same time. Our body is a wonderful gift from the God to us.**

**We should take care of our body and protect it from diseases. We should eat balanced diet. We should do regular exercise to keep the body fit. Always remember:**

**A Healthy Body Has A Healthy Mind.**



## Fact File

- **An ant can lift 50 times more than its own weight.**
- **There are around 650 muscles in the human body.**





## Things to Remember

- **The external body parts can be divided into head, neck, trunk and limbs.**
- **Skin helps to regulate the body temperature by sweating.**
- **Our body is made of 206 bones.**
- **Heart pumps blood to the different parts of the body through the blood vessels.**
- **Kidneys help to remove waste material from the body in the form of urine.**

thank  
you

