



# Parts of Our Body

We'll cover the following key points:

- External and Internal Organs
- Their Functions



Hi, I'm EeeBee

Still curious?  
Talk to me by  
scanning  
the QR code.



## Learning Outcomes

By the end of this chapter, students will be able to:

- Know the different parts of the body, like head, hands, and legs.
- Understand what each part of the body helps us do, like eyes for seeing and ears for hearing.
- Learn about the five senses: seeing, hearing, touching, tasting, and smelling.
- Know that our body parts help us walk, eat, talk, and play.



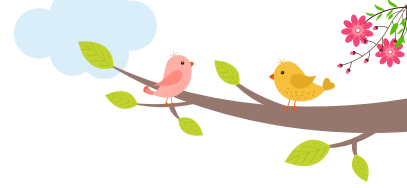
## Let's Start

Meena and her friends.

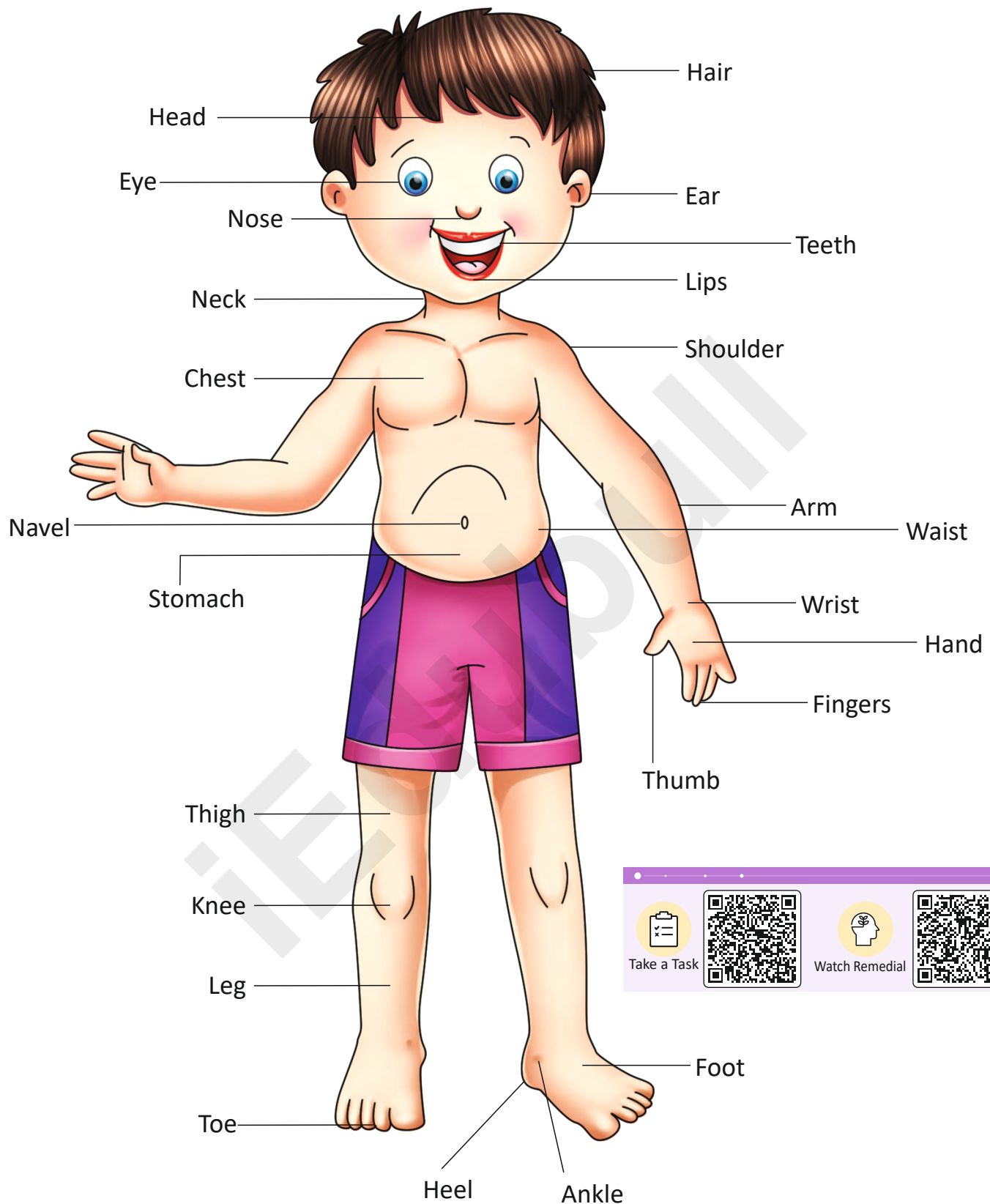
My eyes are closed. How can I see you?

Meena, we have blind-folded you. Now, you have to find us.

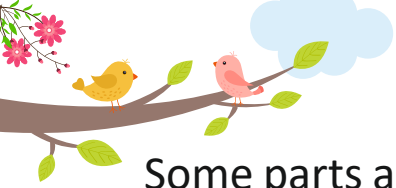




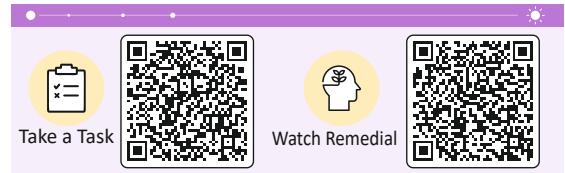
Our body has many parts. They are called **organs**.



The parts of our body we can see from outside are called **external organs** of our body.

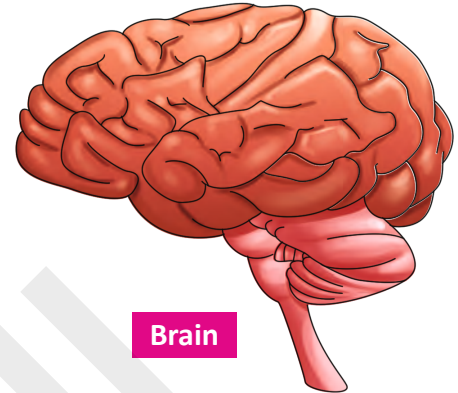


Some parts are inside our body. They cannot be seen from outside. So, they are called **internal organs** of our body.

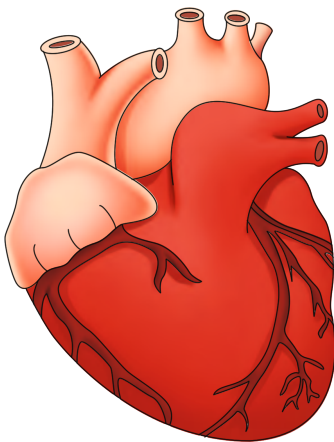


Let us now learn about the **internal** parts of our body.

We have a **brain** inside our head. The brain helps us to think and remember things.



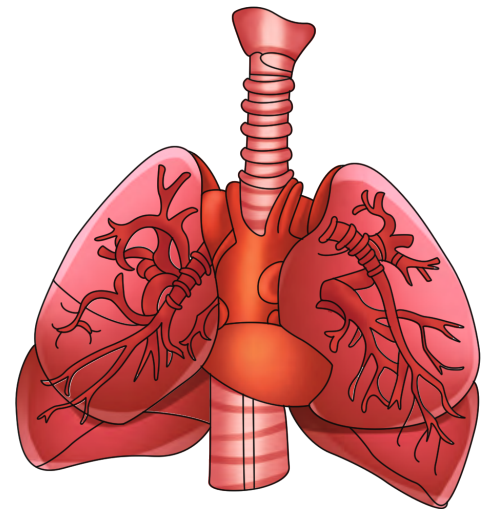
Brain



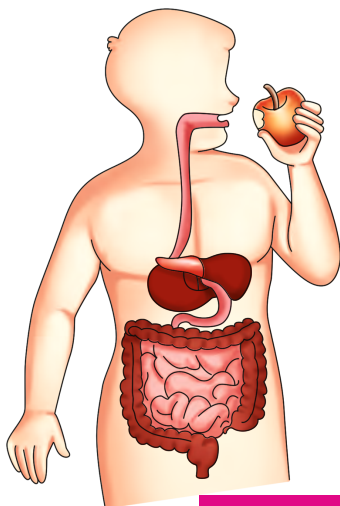
Heart

We have a **heart** inside our chest. It pumps blood to all parts of our body. When we keep our hand on the left side of our chest, we feel the **heartbeat**.

We also have a pair of **lungs** inside our chest. The lungs help us to breathe.



Lungs



Stomach

Our **stomach** has a J-shaped bag. The food we eat goes into our stomach. The stomach helps us to digest food.





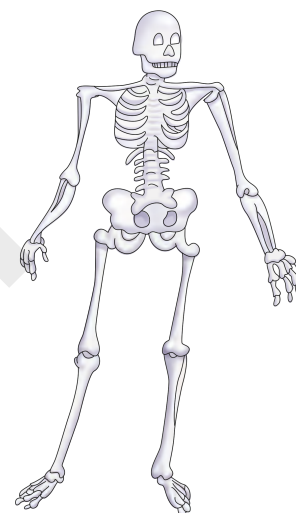
The movement of blood through our body is called **pulse**. We can feel our pulse by putting a finger lightly on the inner side of our wrist.

**Count your pulse rate in one minute.**

My pulse rate is \_\_\_\_\_ per minute. My friend's pulse rate is \_\_\_\_\_ per minute.

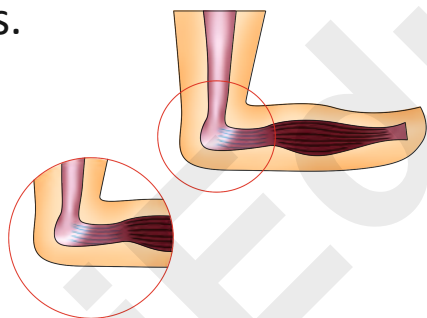
## BONES

Bones are very hard that give shape to our body. They also protect the inner organs of our body. Bones of our body are joined together to form a framework called a **skeleton**. There are **206 bones** in our body.

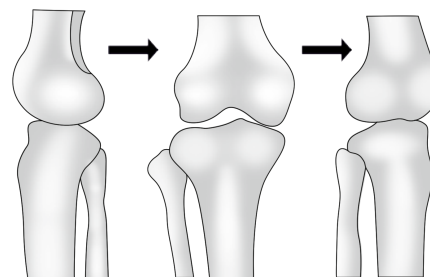


**Skeleton**

The place where bones are joined together is called a **joint**. We can move and bend our body on our joints.



**Joints**



**Muscles** are the fleshy part just like strings. Muscles help our bones to move and do different activities such as moving, running, jumping, writing.



**Cycling**



**Playing**



**Running**





cycling, swimming, lifting objects and playing. We need strong muscles for our day-to-day activities. They will get strong if we eat healthy food and do exercise regularly.



## Word Treasure

- **Internal** : Inner.
- **Heartbeat** : Beating sound of our heart.
- **Definite** : Particular.
- **Organs** : Parts of our body.
- **Digest** : Breakdown of food in stomach.



## Let's Revise

- Internal organs are body parts inside our body.
- Brain, heart, lungs, stomach, bones and muscles are our internal body parts.

## Clean and Green Exercises



Gap Analyzer..  
Take a Test



### A. Match the following:

#### Column (A)

1. Brain
2. Heart
3. Lungs
4. Stomach
5. Muscles

#### Column (B)

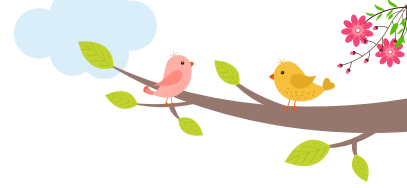
- Breathing  
Digestion of food  
Running  
Thinking  
Pumping of Blood

### B. Fill in the blanks. Take help from the box:

breathe   stomach   Bones   brain   pumps

1. Our ..... helps us to remember things that we see.
2. Our heart ..... blood to all parts of our body.
3. Lungs help us to .....
4. The food we eat goes into our .....
5. .... give shape to our body.





### C. Answer the following questions:

1. What does our heart do?

.....

2. How do our lungs help us?

.....

3. What does our stomach do?

.....

4. What do bones in our body do?

.....

5. What do muscles in our body do?

.....



## Nut Cracker

Custom Learning Path

Scan to Create  
Your Own  
Learning Path

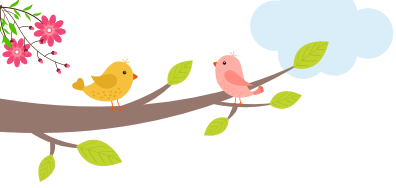


Our body has five sense organs. Which sense organ is used for each of the following functions:

| Name of sense organ | Function            |
|---------------------|---------------------|
|                     | Seeing              |
|                     | Hearing             |
|                     | Smelling            |
|                     | Tasting             |
|                     | Feeling hot or cold |



When you are blind-folded, which sense organ do you use to find your friends?



# Wonder Explorers



## External and Internal Organs

STEM

Let's learn about the different parts of our body, including external and internal organs, and their functions.

### Activity: Body Organ Chart

1. **Task:** Create a table with "Organ" and "What it does."
2. **Steps:** Write down external organs (e.g., hands, legs) and internal organs (e.g., heart, lungs) and their functions.
3. **Activity:** Share your chart with the class.

### Learning

Understand the importance of both external and internal organs and how they help us perform daily activities and stay healthy.

**Skills Covered:** Observation, Creativity, Communication

## Little Techies

Artificial Intelligence

### Ask an AI device like Alexa or Siri:

1. What are the main internal organs of the body?
2. How can we keep our internal and external organs healthy?

**Skills Covered:** Logical thinking, Digital literacy, Curiosity

## Colors and Creations

Art

Draw a human body and label the external organs (e.g., hands, eyes) and internal organs (e.g., brain, stomach). Use colors to make it vibrant. Share your drawing and explain the role of each organ.

**Skills Covered:** Creativity, Expression, Collaboration

## Language Links

Learn and write the names of external and internal organs (e.g., heart, lungs, hands) in your mother tongue and another language. Discuss how people from different cultures view the importance of health and body care.

**Skills Covered:** Language awareness, Social skills

