Unit - I

OUR BODY

TO THE TEACHER

Discuss:

- How each one of us differs though we have the same body parts.
- How we learn about what is happening around us with the help of five senses.
- How important safety rules are for us.
- The importance of each food item that the student had for dinner last night.
- “Cleanliness is next to Godliness”.

Activity:

- Draw an elephant or any other animal without its tail. Blindfold a child and guide him/her to complete the animal by drawing its tail. This activity will help the students know how important our eyes are for us.

Puzzle!

Help the rabbit to reach the carrot.
Knowing Our Body

Our body has many parts. Each part is known by a name. All the parts of our body work together with each other. Different parts of our body help us to do different types of work.

These are my body parts.

How do you work? I work with the help of my ____________.
LEGS AND FEET

Look at these pictures:

Walk
Run
Jump
Skip
Pull
Push

Our legs and feet help us to walk, run, jump, skip, pull, push, etc.*

*etc. is abbreviation of et cetera. It means – and other similar things.
HANDS

Look at these pictures:

Write

Eat

Carry

Hold

Throw

Paint

Our hands help us to write, eat, carry, hold, throw, paint, etc.
SENSE ORGANS

We have five sense organs. They are – eyes, ears, nose, tongue and skin.

Our **eyes** help us to see. Our **ears** help us to hear.

Our **nose** helps us to smell. Our **tongue** helps us to taste.

Our **skin** helps us to feel.

We should take care of our body parts.

**FACT BOX** Skin is the largest sense organ.
LET’S RECAP

1. Our body has many parts.
2. Our legs and feet help us to run, walk, jump, skip, etc.
3. Our hands help us to write, hold, eat, carry, etc.
4. We have five sense organs — eyes, ears, nose, tongue and skin.

Answer time!

For Summative and Formative Assessment

1. Match the following:

   ![Skin](image1) ![Ear](image2) ![Nose](image3) ![Eye](image4) ![Tongue](image5)

2. Tick (✓) the right answer:

   (a) I run with my:
       (i) hands (ii) legs (iii) eyes (iv) ears
   (b) I read with my:
       (i) eyes (ii) ears (iii) hands (iv) legs
   (c) I hold things with my:
       (i) mouth (ii) hands (iii) eyes (iv) ears
   (d) I hear with my:
       (i) eyes (ii) ears (iii) hands (iv) legs
3. Fill in the blanks with the help of the words given in the box:

| two | one | two | five |

(a) I have ___________ sense organs.
(b) I have ___________ hands.
(c) I have ___________ ears.
(d) I have ___________ nose.

4. Complete the following statements:

(a) Our hands help us to ________________.
(b) Our tongue helps us to ________________.
(c) Our eyes help us to ________________.
(d) We have five ________________.

HOTS Question (Higher Order Thinking Skill)
(a) Write down the names of five organs that are inside our body.

(i) ________________
(ii) ________________
(iii) ________________
(iv) ________________
(v) ________________

For Formative Assessment

**Activity-1**
Put some objects like a spoon, a comb, an apple, a pencil, a flower, deodorant, etc., in a basket.

Blindfold your partner and ask him/her to identify objects by smelling/touching or tasting.

**Activity-2**
Paste your picture on a drawing sheet. Describe yourself in five lines.

For example, I am a boy/girl, I have brown/black hair, I have brown/black/grey/green eyes, etc.