

## Bones

Our body is made up of bones. They give shape and support to our body.

## Muscles

Muscles are also an important part of our body. Muscles and bones work together to make us move. All the parts of the body work like a team.

## New Words

External

Internal

Bones

Support

## Things to Remember

1. Our body is made up of external and internal organs.
2. Brain, Heart, Lungs and Stomach are internal parts of our body.
3. Bones and muscles work together.



### A Tick (✓) the right answer.

1. The part of the body, inside the head is .....

- (a) heart  (b) brain  (c) lungs

2. .... pumps blood to all body parts.

- (a) Heart  (b) Lungs  (c) Brain

3. There are ..... lungs in our body.

- (a) two  (b) three  (c) stomach

4. The food we eat goes to .....

- (a) brain  (b) lungs  (c) stomach

**B Match the following.**

- |                        |               |
|------------------------|---------------|
| 1. Pump blood          | (a) Brain (3) |
| 2. Shape our body      | (b) Lungs (4) |
| 3. Controls body parts | (c) Bones (2) |
| 4. Helps to breathe    | (d) Heart (1) |

**C Fill in the blanks with the given words below.**

stomach      Bones      controls      left

1. The brain controls all parts of the body.
2. The heart is present on the left side of the chest.
3. Bones give shape and support to the body.
4. The food we eat goes into the stomach.

**D Write 'T' for True and 'F' for False statements.**

1. Parts of body present inside are external organs.
2. Brain pumps blood to all body parts.
3. Food is digested in stomach.
4. Bones give shape to our body.
5. I drink with my nose.

- (F)  
(F)  
(T)  
(T)  
(F)

**E Answer the following questions.**

1. Name two external organs.  
eyes, Hands
2. How do the lungs help us?  
Lungs help us to breathe
3. What helps us to move?  
Muscles and Bones

**F** Find the names of the internal organs of your body and write in the space provided.

|   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|
| B | A | B | M | O | R | T | P |
| R | S | T | O | M | A | C | H |
| A | Q | B | O | B | L | E | E |
| I | S | L | U | N | G | S | A |
| N | T | D | F | G | I | K | R |
| Y | M | P | L | Q | T | S | T |

stomach.....  
 lungs.....  
 heart.....  
 brain.....



**Life Skill**

We all know healthy mind develops in a healthy body, so we must take care of our body. We should care to be in right posture. Think, why it is essential to sit and stand in a right posture.

**Project**

Try to feel and observe the heart beat of your friends and family members. Write your observation in your notebook.

| Person      | Heart beat per minute |
|-------------|-----------------------|
| 1. Friend 1 | .....                 |
| 2. Friend 2 | .....                 |
| 3. Father   | .....                 |
| 4. Mother   | .....                 |

Do all of them have same heart beat?

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