

Chapter - 1

Me and my body —

Date.....

Page.....

Short question and answers:

1. What are hobbies?

→ Hobbies are activities that we like to do when we are free.

2. What are sense organs?

→ Sense organs are parts of the body that help us to feel the world around us.

3. How many sense organs do we have?
What are they?

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

4. What are external organs?

→ External organs are the body parts that can be seen by us.

Answer the following:

1. What are internal organs? Give two examples.

→ Internal organs are the body parts which are inside our body and cannot be seen by us. For example: Brain and Heart.

2. How is our brain useful to us?

→ The brain controls our body. It helps to think, learn and remember things. It also helps us to do various activities.

3. Write two ways in which we can keep our body clean and fit.

→ Two ways in which we can keep our body clean and fit are:

(1) Eat clean and healthy food.

(2) Brush our teeth twice daily.

True or False

1. Our hands help us to hold things. True.
2. We smell with the help of our tongue. False
3. We have two lungs. True.
4. Our stomach is a bag like organ. True.
5. Our eyes help us to hear sound. False.

Missing letters

1. HOBBY
2. DIGEST
3. BEATING
4. TONGUE

Re arrange

1. TTERIB → BITTER
2. RABNI → BRAIN
3. EAHTR → HEART
4. SULNG → LUNGS

A. Fill in the blanks.

1. We have hobbies for our pleasure. (hobbies/studies)
2. The stomach is an internal organ. (stomach/skin)
3. Our brain helps us to think. (heart/brain)
4. The lungs help us to breathe. (lungs/heart)
5. Our tongue helps us to taste. (tongue/skin)