ONE PAGE SUMMARY

Academic Education CBSE › Class 1 › Environmental Studies (EVS)

Our Body

Discover the Amazing Parts of Our Body!

DEFINITION

> Our body is made up of different parts that help us live and move. Each part has a special job to keep us healthy and active.

KEY CONCEPTS

Head

The head contains our brain, eyes, ears, nose, and mouth, which help us think and sense the world.

Heart

The heart pumps blood throughout our body, providing oxygen and nutrients to all parts.

Lungs

Lungs help us breathe in oxygen and breathe out carbon dioxide, essential for life.

Stomach

The stomach digests food, breaking it down so our body can use it for energy.

Limbs

Our arms and legs, or limbs, help us move, play, and perform daily activities.

EXAMPLES

→ Using our legs to run and jump.

→ Eating food to give energy to our stomach.

→ Listening to music with our ears.

MEMORY TIPS

★ Remember 'HHL' for Head, Heart, Lungs.

★ Think of 'SLL' for Stomach, Limbs, Life.

★ Use a song to remember body parts.

COMMON MISTAKES

✗ Confusing the functions of the heart and lungs.

✗ Forgetting to include limbs when naming body parts.

✗ Mixing up the roles of the stomach and brain.

QUICK RECAP

Our body consists of many important parts like the head, heart, lungs, stomach, and limbs. Each part plays a vital role in keeping us healthy and active. Remembering their functions helps us understand how our body works.