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Academic Education GSEB › Class 1 › Environmental Studies

Our Body

Discover the Amazing Parts of Our Body!

DEFINITION

> Our body is made up of different parts that work together to help us live and play. Understanding these parts helps us take care of ourselves better.

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, supplying oxygen and nutrients to keep us healthy.

Lungs

Lungs help us breathe by taking in oxygen and getting rid of carbon dioxide.

Stomach

The stomach digests food, breaking it down so our body can use the nutrients.

Limbs

Our arms and legs help us move, play, and interact with our environment.

EXAMPLES

→ Using our hands to write or draw.

→ Breathing deeply to relax.

→ Feeling our heartbeat after exercise.

MEMORY TIPS

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

★ Think of 'SL' for Stomach and Limbs to recall digestion and movement.

★ Visualize a body diagram to remember each part's location.

COMMON MISTAKES

✗ Confusing the functions of the heart and lungs.

✗ Forgetting to include limbs when discussing movement.

✗ Not recognizing the importance of the brain in body functions.

QUICK RECAP

Our body has many important parts like the head, heart, and lungs. Each part has a specific function that helps us live and stay healthy. Remember to take care of your body by understanding how it works!