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Academic Education ICSE › 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. Understanding these parts helps us take care of ourselves.

KEY CONCEPTS

Head

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

Heart

The heart pumps blood throughout our body, delivering oxygen and nutrients to keep us healthy.

Lungs

Lungs help us breathe by taking in oxygen and removing carbon dioxide from our body.

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 perform daily activities.

EXAMPLES

→ Using your arms to lift objects.

→ Breathing in deeply through your nose.

→ Feeling your heartbeat after running.

MEMORY TIPS

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

★ Use the rhyme: 'Stomach grumbles, food it crumbles.'

★ Think of 'LAL' for Limbs: Arms and Legs.

COMMON MISTAKES

✗ Confusing lungs with stomach.

✗ Forgetting to include the brain in the head.

✗ Not recognizing the heart's role in circulation.

QUICK RECAP

Our body consists of various parts like the head, heart, lungs, and stomach. Each part has a specific function that keeps us healthy and active. Remembering these parts helps us understand how to take care of ourselves.