

The kidneys help the body to get rid of waste.

We have five sense organs.

The names of the sense organs are: eyes, ears, nose, skin and tongue.

We should keep all the body parts clean.

We should take proper rest.

Test Yourself

A. Tick (✓) the correct answer.

1. Which of these organs is an internal organ?

a. nose

b. heart

2. Which organ pumps blood to all parts of the body?

a. heart

b. stomach

3. Which organ helps us to digest food?

a. stomach

b. heart

4. How many lungs do we have?

a. 1

b. 2

B. Answer these questions.

1. Name any two internal organs.

heart, lungs

2. Which organ helps us to think?

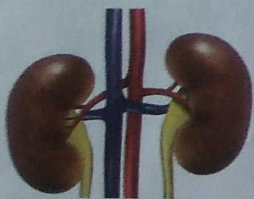
brain

3. How many sense organs do we have?

five

Name the following organs of your body.

1.



Lungs

2.



Stomach

3.



~~tounge~~
Tongue

4.



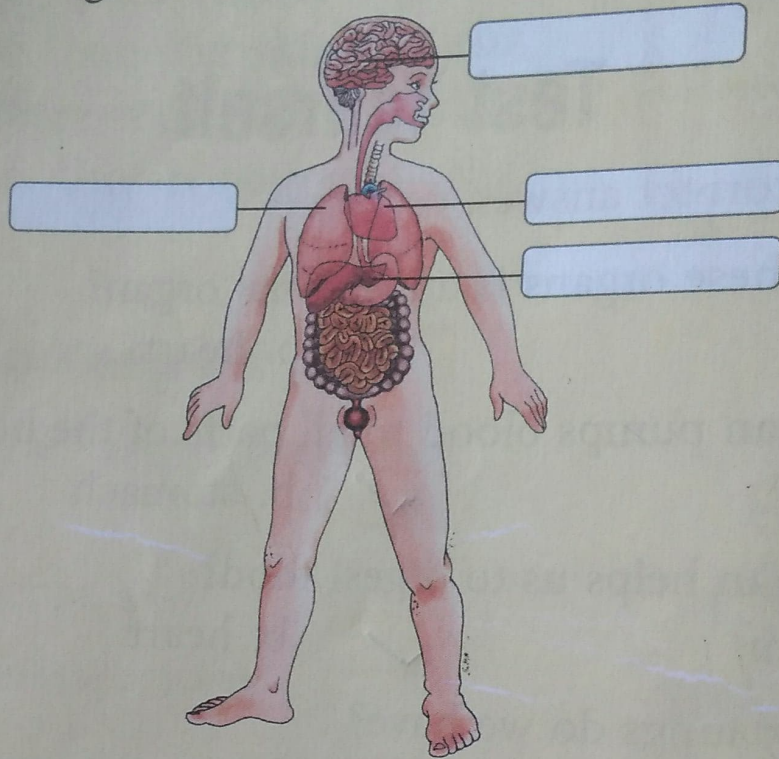
brain

D. Think and Answer

Does our heart beat when we sleep?

ACTIVITY

Label the internal organs. ✓ H.W



LIFE SKILLS

Tick (✓) the correct posture.



Our Body

Word

Meaning

1	External Organs	=	बाहरी अंग
2	Internal Organs	=	आंतरिक अंग
3	Stomach	=	पेट
4	Brain	=	दिमाग
5	Breathe	=	साँस लेना
6	Think	=	सोचना
7	See	=	देखना
8	Tongue	=	जीभ
9	Exercise	=	व्यायाम
10	Skin	=	त्वचा
11	Heart	=	दिल
12	Bone	=	हड्डी
13	Muscle	=	मांसपेशी

* Answer these questions :-

Q-1 Name any two internal Organs.

Ans-1 Heart and Lungs.

Q-2 Which organ helps us to think?

Ans-2 The brain helps us to think.

Q-3 How many sense organs do we have?

Ans-3 We have five sense organs.