

UNIT 1 : MY BODY

1

ME AND MY BODY

After reading this chapter, the children will know:

- how to introduce themselves,
- different parts of the body,
- the similarities and differences in body parts,
- about the growing body.



Hi! I am Rohan.
I am a boy.

I am five-years-old.
I study in Class 1st.

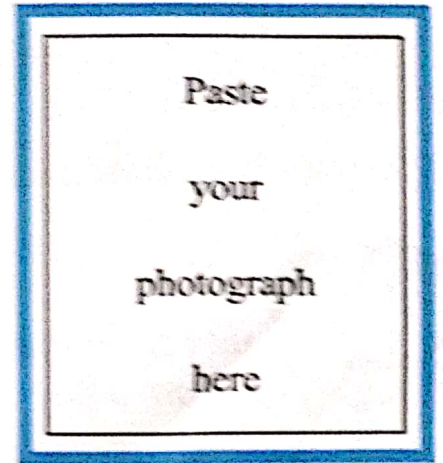


I live in Delhi.

Write about yourself.

Hi!

I am _____.



I am a _____ . (boy/girl)

I am _____ years old.

I study in Class _____ .

I live in _____ .

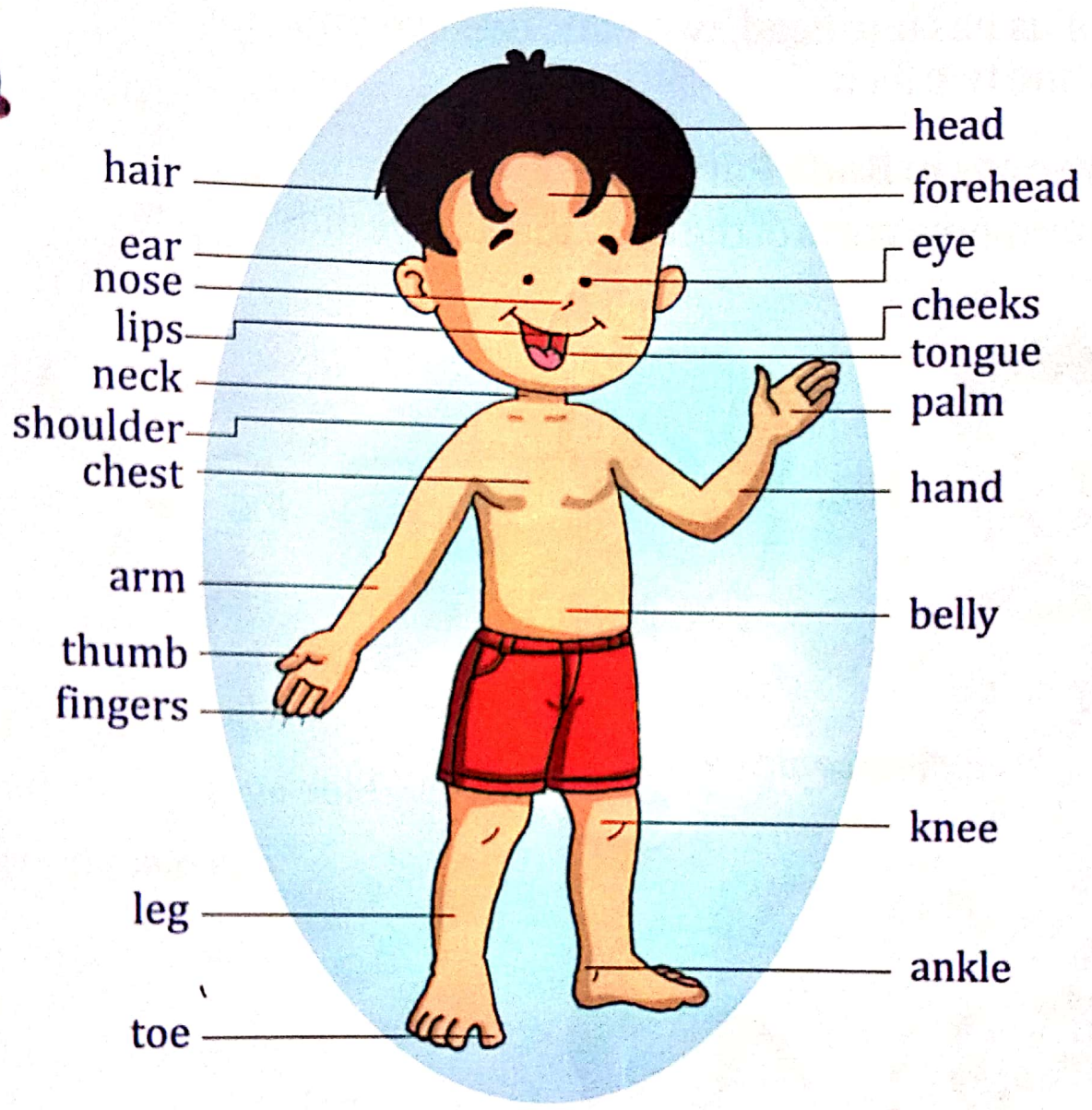
My favourite dish is _____ .

My favourite sports is _____ .





Look at the picture of my body parts!



Count and tell how many you have:

eye	<input type="text"/>	nose	<input type="text"/>	ear	<input type="text"/>
tongue	<input type="text"/>	head	<input type="text"/>	hand	<input type="text"/>
finger	<input type="text"/>	leg	<input type="text"/>	toe	<input type="text"/>

Similarities in Body Parts

You saw the different body parts of Rohan. Your body also has the same number of body parts.

Each of us has one head, two ears, two eyes, one nose, one tongue, two hands and two feet.

Differences in Body Parts

There are some parts of the body that can be different.

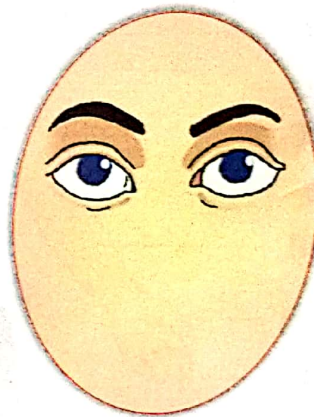


curly hair

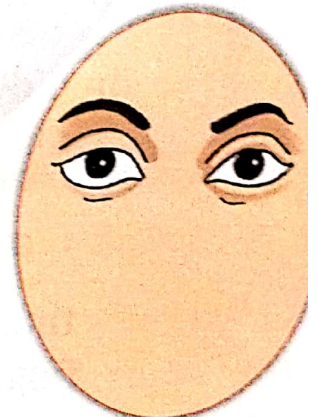


straight hair

difference in hair



blue eyes



black eyes

difference in eyes



flat nose



pointed nose

difference in nose



fair skin



dark skin

difference in skin

Growing Up

You were born as a baby.

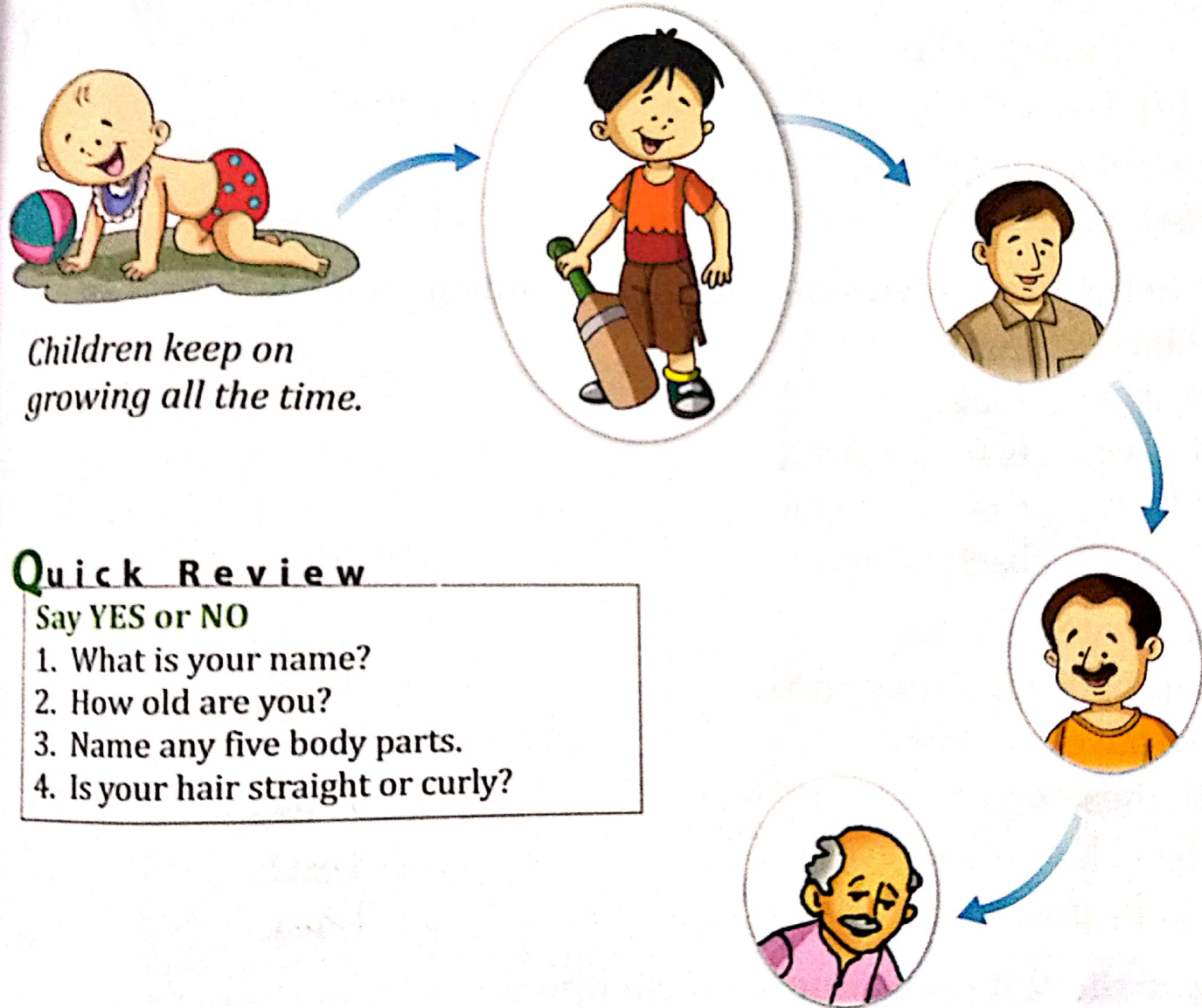
Now you are a five-years-old child.

One day you will grow up into a young man or woman.

Your mother and father are young people.

Young people become old when they grow up more.

Your grandfather and grandmother are old people.



Children keep on growing all the time.

Quick Review

Say YES or NO

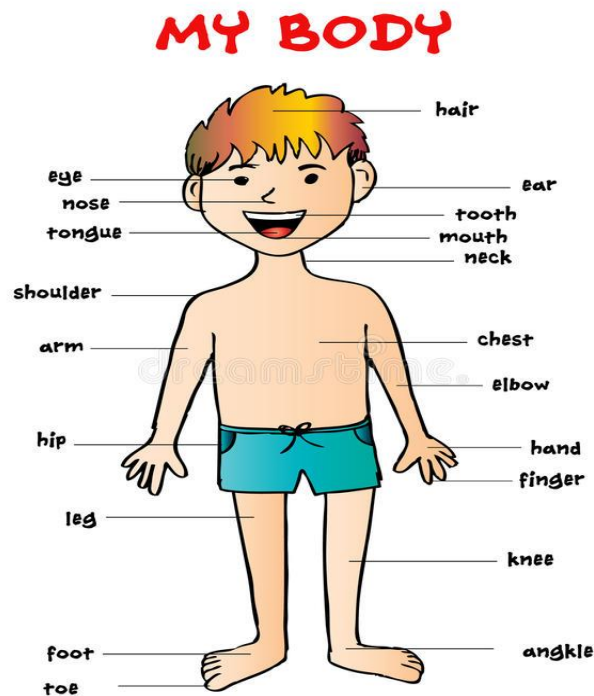
1. What is your name?
2. How old are you?
3. Name any five body parts.
4. Is your hair straight or curly?

QUICK REVISION

- * Our body has many parts.
- * Each part of our body does a special work.
- * All the people have the same number of body parts.
- * Children keep on growing all the time.

UNIT - I: MY BODY

Explanation: - This lesson has helped the students in introducing themselves to others and also identify their body parts. Students have learned to count their body parts along with similarities in body parts and their differences. How do we grow, and also that each part of our body does a special work.



Exercises

Class Work

Pg. 10

A) Tick (✓) the correct answer:

- You study in _____.
(a) Class I ✓ (b) Class II (c) Class III
- You are _____ years old.
(a) four (b) five (c) six ✓
- How many hands do you have?
(a) two ✓ (b) three (c) four

4. What is the colour of your eyes?

(a) blue

(b) brown

(c) black ✓

B) Fill in the blanks with the number of body parts:

1. I have one head.
2. I have two ears.
3. I have two eyes.
4. I have one tongue.
5. I have two legs.

C) Write True or False:

- | | |
|-------------------------------------|-------|
| 1. Our body has many parts. | True |
| 2. We have one head. | True |
| 3. All the people have curly hair. | False |
| 4. The colour of our eyes is black. | True |
| 5. A baby grows into a child. | True |

D) Answer the following questions in one word or two words:

1. How many ears do you have?

Ans: I have two ears.

2. How many hands do you have?

Ans: I have two hands.

3. How many fingers do you have in one hand?

Ans: I have four fingers in one hand.

Worksheet I

Myself

I am a _____. [boy/ girl]

I am _____ years old.

I Study in Class _____.

I live in _____.

My favourite dish is _____.

Worksheet II

Word Search

C	H	E	S	T	O	N	S
A	A	S	T	H	A	O	T
F	I	N	G	E	R	S	O
N	R	H	E	A	M	E	M
E	H	A	N	D	H	E	A
C	E	R	C	H	E	S	C
K	A	M	C	H	I	N	H

CHEST

ARM

HEAD

NECK

CHIN

HAIR

HAND

NOSE

FINGERS

STOMACH