

Parts of My Body

Chapter 2: My Body · Topic 1

Key Concept

Our head holds our brain, eyes, ears, nose, and mouth, which help us think, see, hear, smell, and eat. Our arms and hands help us hold and touch things, while our legs and feet help us walk and run.

The five senses - sight (eyes), hearing (ears), smell (nose), taste (tongue), and touch (skin) - help us understand and explore the world around us.

Each body part has a specific job, and they all work together to help us move, learn, and stay safe, like our eyes warning us of danger, or our hands helping us catch a ball.

Taking care of our body parts, like protecting our eyes from bright light or keeping our hands clean, helps us stay healthy.

Quick Revision Notes

- The head holds the brain, eyes, ears, nose and mouth.
- Arms and hands help us hold and touch things.
- Legs and feet help us walk and run.
- The five senses are sight, hearing, smell, taste and touch.
- Eyes help us see; ears help us hear.
- Nose helps us smell; tongue helps us taste.
- Skin helps us feel touch.
- We should take care of our body parts to stay healthy.

Practice Questions

- 1 Point to and name five parts of your body.
- 2 Name the five senses and their body parts.
- 3 Draw a body and label its parts.
- 4 Explain what your hands help you do.
- 5 Discuss one way to take care of your eyes.
- 6 Play a game naming body parts quickly.