

My Body

Chapter 2: My Body · Topic 1

Key Concept

Our body has many parts like the head, arms, legs, hands, and feet, each with a specific function that helps us do things.

We use our eyes to see, ears to hear, nose to smell, and mouth to eat and speak.

Keeping our body clean by bathing, brushing teeth, and washing hands helps prevent germs and diseases.

Eating healthy food, exercising, and sleeping well are important habits for keeping our body strong and healthy.

Quick Revision Notes

- Body parts: head, arms, legs, hands, feet.
- Each part has a specific function.
- Eyes see, ears hear, nose smells, mouth eats/speaks.
- Bathing and brushing teeth keep us clean.
- Washing hands prevents germs.
- Healthy food keeps us strong.
- Exercise is important for health.
- Good sleep is also important.

Practice Questions

- 1 Draw a picture of yourself and label body parts.
- 2 Name two ways to keep your body clean.
- 3 Talk about your favourite healthy food.
- 4 Discuss why exercise is important.
- 5 Name the five senses and their body parts.
- 6 List your daily hygiene habits.