

My Body and Senses

Chapter 2: My Body and Senses · Topic 1

Key Concept

Our body has parts like the head, arms, legs, and hands, each helping us do different activities like walking and holding things.

Our eyes help us see, our ears help us hear, and our nose helps us smell things around us.

Our tongue helps us taste food, like sweet, sour, or salty, and our skin helps us feel touch, like hot or cold.

Taking care of our body parts and senses, like washing our eyes and ears, keeps us healthy.

Quick Revision Notes

- Our body has parts like head, arms, legs and hands.
- Body parts help us do activities like walking.
- We have five senses.
- 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.
- Caring for our senses keeps us healthy.

Practice Questions

- 1 Name your five senses.
- 2 Close your eyes and describe what you hear.
- 3 Taste something and describe its flavour.
- 4 Touch something soft and something hard, and describe the feeling.
- 5 Draw a face and label the sense organs.
- 6 Discuss how you take care of your eyes and ears.