

Our Body

Chapter 10: Our Body · Topic 1

Key Concept

Our body has external parts like head, arms, legs, and internal organs like the heart, lungs, and stomach, each with a specific function.

The heart pumps blood throughout our body, the lungs help us breathe, and the stomach helps digest the food we eat.

Our bones and muscles work together to help us move, stand, sit, and perform daily activities.

Taking care of our body through exercise, healthy eating, and rest helps keep all these parts working well together.

Quick Revision Notes

- Body has external parts and internal organs.
- External: head, arms, legs.
- Internal: heart, lungs, stomach.
- Heart pumps blood; lungs help breathe.
- Stomach digests food.
- Bones and muscles help us move.
- We care for our body via exercise, food, rest.
- This keeps our body parts working well.

Practice Questions

- 1 Name three external body parts.
- 2 Name three internal body organs.
- 3 Discuss what the heart does.
- 4 Draw a simple diagram of the body showing the heart, lungs, stomach.
- 5 Discuss one way to keep your body healthy.
- 6 List a daily habit that keeps your body strong.