

Our body

Our body is a living machine ,it has two types of organs – external and internal. Organs are part of our body. External organs are those that can be seen internal organs are those which are inside our body .

- Look at the picture given below and label the external organs.



Internal organs

Brain

The brain helps us think , learn and remember . It controls all the organs of the body.

Heart

Our heart pumps blood to all parts of the body.

Lungs

There are two lungs inside our chest. The lungs helps us breathe. They are filled up with air when we breathe in.

Stomach

The stomach digest the food we eat.

Bones and muscles

Our body is made of bones and muscles . Bones and muscles work together to make us move ,run and play.

Some parts of our body do not have any bones . They are tounge, eyelids And lower part of the ear.

All parts of our body work well when we take proper care of them.

- **Multiple choice question.**

1. Lungs helps us to
 - A. talk
 - B. Eat
 - C. breath
 - D.

2. Which is not an internal organ ?

- A. nose
- B. brain
- C. stomach

3. What helps us to digest the food ?

- A. brain
- B. stomach
- C. lungs

4. Our body is Machine.

- A. non-living
- B. living
- C. working

- Circle the odd one in each group .
 1. Hand , heart , brain , lungs .
 2. Hand , stomach , elbow , head.

• Complete the missing letters .

1. B_ _ l_ _ .
2. _ea_t.
3. L_ _ gs.
4. _ _ _ mac_.
5. B_ _ e_.

• Answer these questions.

Q1. Name four internal organs of our body.

Ans.

Q2. Name two internal organs found in the chest .

Ans.

Q3. how are bones and muscles useful to us?

Ans.

