

## 15. Our Body



Can you tell ?

What are these children doing ?



Which parts of their body are they using?



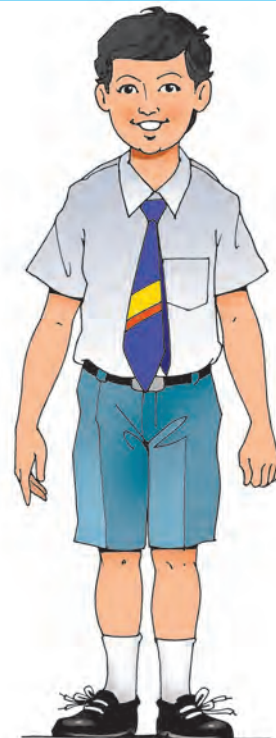
Can you tell ?

Point out the parts of the body named below.

- forehead, cheek, nose and ear
- tummy, chest
- arm, wrist, palm
- thigh, knee, foot

### Structure of the body

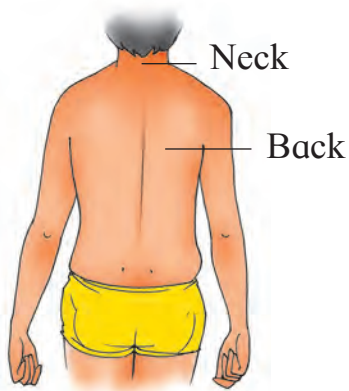
The head, torso, arms and legs are the main parts of the body. The head, arms and legs are joined to the torso.



**Head:** The head is covered with hair. Below the forehead are two eyes, with eyebrows and eyelashes. On the sides are the ears.

In front is the nose. Below the nose, is the mouth and below that, the chin.

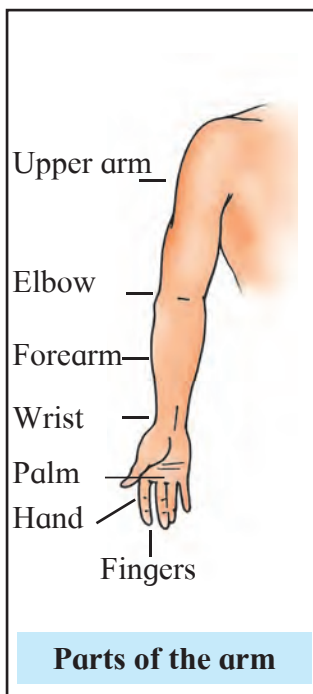
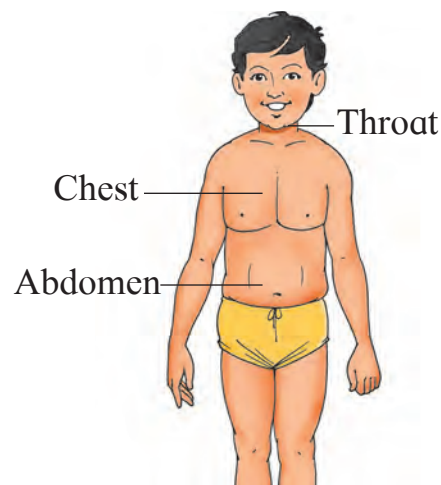
The part that joins the head to the torso is the neck.



**Torso:** The chest, abdomen and back together make up the torso.

The part where the arm is joined to the torso is called the shoulder.

The leg is joined to the torso at the hip-joint.



**Arm:** The arm has three parts – upper arm, forearm and hand.

The fingers are part of the hand.

The upper arm and forearm are joined at the elbow.

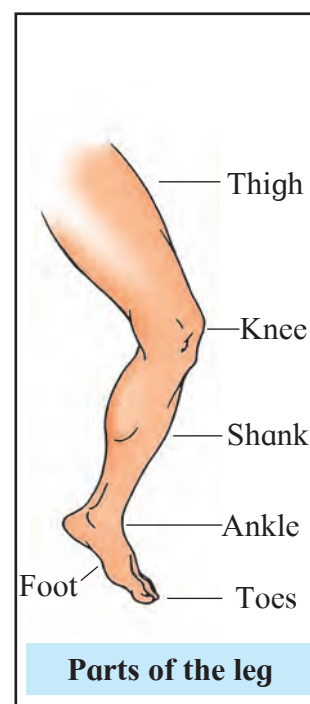
The forearm and hand are joined at the wrist.

**Leg:** The leg, too, has three parts – thigh, shank and foot.

Toes are part of the foot.

The thigh and shank are joined at the knee.

The shank and foot are joined at the ankle.



### New terms :

**Organ:** A part of the body that is used for a particular purpose. We use our legs for walking. So legs are organs. We use our ears for hearing. So ears are also our organs.

**External organs:** Organs that are on the outside of our body. Legs, arms, ears and nose are our organs. They are on the outside of our body. Hence, they are our external organs.



### Can you tell ?

- How will you walk without bending your legs at the knees?
- Can you comb your hair without bending your arm at the elbow?

### Movements of the body

Try to bend a wooden stick. Can you do so?  
Why not?

Suppose that our legs and arms also could not bend. Would we be able to make movements?

Some of our body parts can bend. That is why, we are able to make movements.

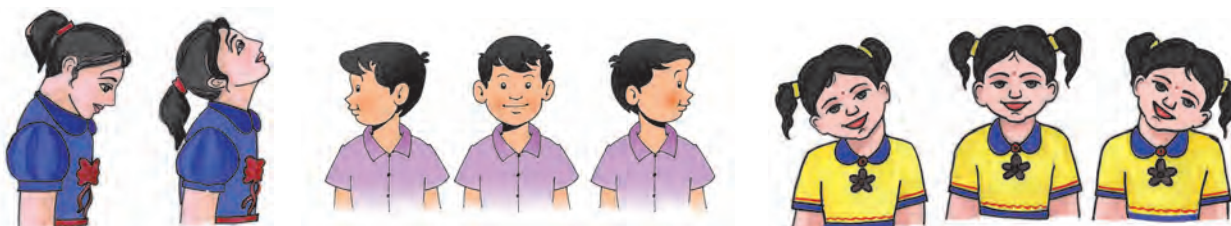


### Which parts of our body can we bend?



### Try this.

Stand in front of the mirror and move your neck as shown in the pictures.



**The neck:** The neck bends forward as well as backward. It turns left or right. It also bends left or right.

**Arms:** We can bend our arm at the shoulder, elbow and wrist. The fingers of our hands can bend too. That is why, we can make a fist. We can do many things with our hands. We use our hands to write and to pick up things. Mother shapes a laddoo with her hands. Baby holds the rattle in her hand.

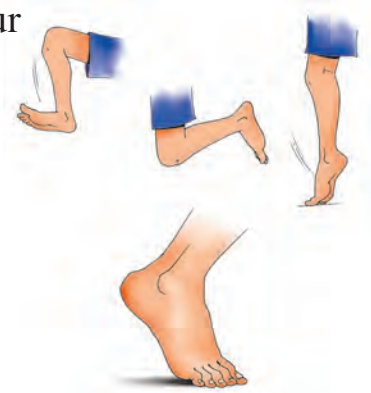




**The waist:** We can bend our torso only at the waist. We can bend forward at the waist. That makes it easier for us to do many things. We can pick up things from the floor, tie our shoelaces and play games, too.

**Legs :** Our legs can bend at the hip-joint, the knees and the ankles. Our toes too can bend, but not as much as our fingers.

We use our legs too for several purposes. We use our legs to stand. We walk and run. We climb up and down stairs. We hop and jump. We work some machines, too, using our legs.



### One task, many methods



#### Try this.

One day, you decided not to open your mouth at all to speak. So, you have to talk only by signs and gestures.

- You are asked, 'Shall I leave or wait?' Your answer is, 'Wait.'
- You are asked, 'How's the curry?' Your answer is, 'Delicious!'
- You are told, 'The cat's not feeling well'. Your answer is, 'What happened to it?'
- You are asked, 'How's the weather?' Your answer is, 'I'm feeling very cold.'



We use our mouth to speak. But, when playing this game, which parts of your body did you use to make signs ?



### What's the solution ?

You want a box from a very high shelf where your hand cannot reach.

To carry out any task, we can choose one from a number of methods of doing it. If we cannot use the usual method, we can get someone to help. Or, we can use some special device. Somebody may find it difficult to do something. We should then offer all possible help.



### Use your brain power !

What was the little boy able to do because Tai picked him up ?



### I am unique.

There are countless people in the world. But, all of them have the same body parts. Even so, no two persons are exactly alike. That is because each one has a different figure and form. There are differences in height and weight, hairline and the features of the face.

In the whole world only you look like yourself. Did you know this?



### Do you know ?

Sometimes, twin brothers or sisters look exactly alike. But, even between them, there are small differences.



### What we have learnt –

- \* Head, torso, legs and arms are the main parts of our body. Chest, abdomen and back together make up the torso. The head, legs and arms are joined to the torso.
- \* The part of the body that joins the head and the torso is the neck. The arms are joined to the torso at the shoulders and the legs, at the hip-joints.
- \* Our body parts can bend at certain places. That makes it possible for us to make different movements.
- \* Our body makes various movements with the help of the neck, arms, legs and waist.



### Always remember –

Our body helps us to do all our tasks.  
So, we must take care of our body.



### Exercises

#### A. What's the solution ?

Your friend has forgotten to bring her spectacles. How will you solve the difficulties she faces in the class?

#### B. Think and tell.

Your friend's leg is in a plaster cast. What difficulties will he face?

#### C. True or false?

- (1) Our thumb is one of the main parts of our body.
- (2) We can climb stairs with the help of our legs.
- (3) The neck bends forward and backward.
- (4) The torso can bend only at the waist.



#### D. Fill in the blanks.

- (1) The leg is joined to the torso at the .....
- (2) The part that joins the foot and the ..... is the ankle .
- (3) Some of our body parts can bend. That is why we are able to make .....
- (4) No two persons are exactly .....

#### E. Write the answers to the following questions :

- (1) Which parts of the body form the torso ?
- (2) Which are the three parts of the arm ?
- (3) Which are the three parts of the leg ?
- (4) What is the part that joins the head and the torso called?

