

Chapter- 3

My Body Helps Me

STUDY NOTES

Let's Learn:

- I have two hands.
- I can do many works with my hands.
- I can hold things with my hands.
- I can eat with my hands.
- I can write with my hands.
- I can lift things with my hands.
- I can draw and paint with my hands.



- I have two legs.
- I can jump with my legs.
- I can kick the ball with my legs.
- I can dance with my legs.
- I can run with my legs.
- I can hop with my legs.
- I can stand with my legs.
- I can walk with my legs.



- I have two eyes.
- I see with my eyes.



- I have two ears.
- I hear with my ears.



- I have one nose.
- I smell with my nose.

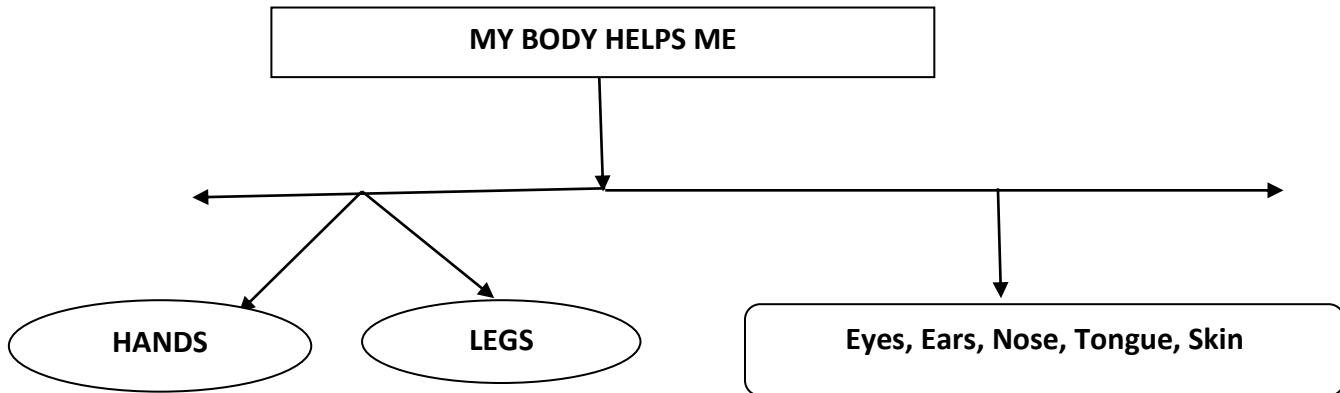


- I have one tongue.
- I taste with my tongue.



- I feel with my skin.
- Skin is present all over my body.



Memory Map:**Let's Know More:****I. Answer in one word.**

1. It helps me to see-
2. I can smell with it-
3. It helps me to feel-
4. It helps me to taste the food-

Let's Do:**II. Tick the correct word.**

1. I write with my (leg/hand/head).
2. I read with my (feet/eyes/nose).
3. I use my (hands/ears/legs) to walk to school.
4. I use my (stomach/chest/hands) to throw a ball.
5. I use my (eyes/nose/legs) to smell.

III. Fill in the blanks with words from the help box.

Ears nose eyes skin tongue

1. My _____ tells me that the mango is sweet.
2. My _____ tells me that it is a cold day.
3. My _____ tells me that the cake smells good.
4. My _____ tells me that the grass is green.
5. My _____ tells me that the bell is ringing.

IV. Mark the sentences as true or not true.

1. I eat with my legs. ()
2. I kick with my nose. ()
3. I write with my hand. ()
4. I hear with my ears. ()
5. I feel with my nose. ()

Teacher's Note:

- Draw or paste the picture of any two activities that you do with your hands and legs in your scrapbook and write their names.

Improve Your G.K.:

- A human body has two hands.
- We chew food through our teeth.
- Both hands have ten fingers.

Answer Key:**I.**

1. eyes
2. nose
3. skin
4. tongue

II.

1. hand
2. eyes
3. legs
4. hands
5. nose

III.

1. tongue
2. skin
3. nose
4. eyes

5. ears

IV.

1. not true
2. not true
3. true
4. true
5. not true

