

Chapter- 3

My Body Helps Me

STUDY NOTES

LET'S LEARN:



HANDS

- We have two hands.
- Left hand and Right hand.
- We can do so many works with our hands.



We can **hold**
the things with
our hands.



We can **eat**
with our
hand



We can **write**
with our
hand

We can **lift**
the things
...



We can
draw and
paint with
our hands



- We have two legs.
- Legs help us to move from one

We can
jump with



We can **kick** the
ball with our
leg.



We can
dance
with our





We can
run with

We can
hop with



I can see
colourful





I can smell
with my
nose

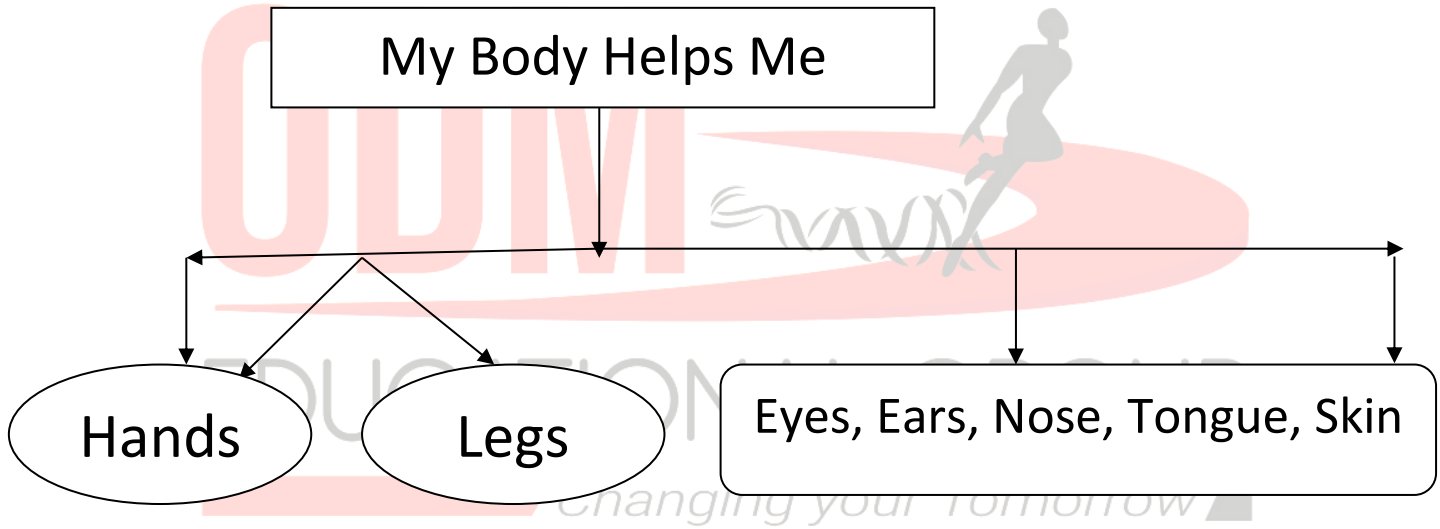
I can hear with my
ears



I can taste Ice-cream
and pizza with my



MEMORY MAP



LET'S KNOW MORE:

Q1. Answer in one word.

- a) It help me to see-
- b) I can smell with it-
- c) It help me to feel-
- d) It help me to taste the food-

LET'S DO:**Q2. Tick the correct word.**

- a) I write with my (leg/hand/head).
- b) I read with my (feet/eyes/nose).
- c) I use my (hands/ears/legs) to walk to school.
- d) I use my (stomach/chest/hands) to throw a ball.
- e) I use my (eyes/nose/legs) to smell.

Q3. Fill in the blanks with words from the help box.

Ears nose eyes skin

- a) My _____ tells me that the mango is sweet.
- b) My _____ tells me that it is a cold day.
- c) My _____ tells me that the cake smells good.
- d) My _____ tells me that the grass is green.
- e) My _____ tells me that the bell is ringing.

Q4. Mark the sentences as true or not true .

- a) I eat with my legs. ()
- b) I kick with my nose. ()
- c) I write with my hand. ()
- d) I hear with my ears. ()
- e) I feel with my nose. ()

TEACHER'S NOTE:

Draw and label the five sense organs in scrap book.

IMPROVE YOUR G.K:

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

ANSWER KEY:

- Q1) a)** eyes
b) Nose
c) Skin
d) Tongue

- Q2) a)** hand
b) Eyes
c) Legs
d) Hands
e) Nose

- Q3) a)** Tongue
b) Skin
c) Nose
d) Eyes
e) Ears

- Q4) a)** Not true
b) Not true
c) True
d) True
e) Not true

