

Discussion on Human Body.

Initiate a discussion on the following questions:

- Which part of the body do you use when you move, run or walk?
- How do you think bones help you in movement?
- Have you ever noticed veins (bluish-green tubes) beneath your skin?
- Have you ever felt your heartbeat?

Did You Know?

The thickest skin on your body is on the soles of your feet. It is tough enough for you not to need a pair of shoes while walking.

The human body is made up of many different parts, big and small, simple and complex, from the bony skeleton to the hard-working heart. These parts all work together to make us a whole person, helping us to live and keeping us healthy.

Teaching Suggestion:

Asking students to name the body parts by pointing on a chart/ model or showing slides. While discussing a part of the body, the students can be asked to name all the related organs. For example, with hand, you can ask about arm, palm, fingers, types of fingers, nails, wrist and so on.

Our body is like a machine. It has many external and internal parts. The body parts that you have labelled on the previous page are called **external organs** of a body. Your body has many **internal organs** too inside it. These organs carry out all the functions for you. They, however, do not work alone. They work in tandem with each other and form a **system**. Our body has many different systems, which perform various functions. Let us study about a few of them, in detail.