The Human Body
1 Think about the questions

- Look and answer.
  1. How many eyes do you have?
  2. What color are your eyes?
  3. What can you do with your eyes?
  4. What can you do with your mouth?
  5. What can you do with your legs?
  6. Are you using your ears right now?
  7. What are the children in the photographs doing?
  8. Close your eyes. What can you hear?
  9. Can you feel your bones?
 10. Are your bones hard or soft? Why?

2 Find out about the unit

In this unit we are going to learn about:

- how your bones, joints and muscles help you move.
- the five senses.
- how blind people use their other senses.
The children are jumping, running, climbing and playing. They are moving their bodies and having fun.
ACTIVITIES

1 What are the children doing? Complete the sentences.

- swimming
- jumping
- crawling
- climbing

He is ______ swimming ______.
He is ________________.

She is ________________.
She is ________________.

2 Match the word to the part of the body.

HEAD
- face
- cheek
- chin

LIMBS
- hand
- arm
- leg
- calf
- foot

TRUNK
- underarm
- chest
- stomach

3 What do you move the most when you're swimming? Circle the words.

feet______ stomach______ hands______

arms______ legs______ chin______
Bones and muscles
The hard parts of our body are called bones.

- **Bones** are hard and rigid. We can’t bend them.
  Our bones are covered with muscles. We move our body with our muscles.
- **Muscles** are soft and elastic.
  They do not break when we stretch and contract them.
- We bend our body with our **joints**.

Touch your arms, legs, hands and hips.
Can you feel your bones?

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1 Write true or false.

- There are bones inside our body. ► true
- Bones are soft and rigid. ►
- There are a lot of bones in our hands. ►
- Muscles break when we stretch them. ►

2 Complete these sentences about muscles.

- Our muscles are ____________ and ____________.
- We ______________ our bodies with our muscles.

3 Look at the pictures and write the names of the joints.

a) ________________  d) ________________

b) ________________  e) ________________

c) ________________

We use our muscles, bones and joints to move.
There are five senses.

We use our senses to recognize people, animals and things around us.

- **Sight**: we recognize light, color, shape and size.
- **Hearing**: we recognize voices and sounds.
- **Smell**: we recognize different smells.
- **Taste**: we recognize different flavors.
- **Touch**: we recognize texture and temperature (soft, hard, hot, cold).

We use five parts of our body for our senses.

- We see with our **eyes**.
- We hear with our **ears**.
- We touch with our **skin**.
- We taste with our **tongue**.
- We smell with our **nose**.

How can we take care of our eyes? Circle the correct words.

Sit **close to** / a **good distance from** the television.
ACTIVITIES

1. Use the color key to circle the words.

- eyes
- ears
- nose
- skin
- tongue
- bitter
- salty
- rough
- colors
- sound
- heat
- thunder
- clouds
- music
- cold
- sweet
- perfume

2. What sense do we use? Write sight, hearing, smell, taste or touch.

- The flavor of an ice cream. taste
- The texture of a teddy bear. 
- A friend’s voice. 
- The smell of a pear. 
- The light from the stars.

3. Write sweet, salty or sour.

- [Image of lemon]
- [Image of chips]
- [Image of banana]

We use our senses to recognize the things around us.
We have five senses: hearing, sight, smell, taste and touch.
I Have a New Neighbor

I have a new neighbor on my street. His name is Leo. Leo is blind. He cannot see people, objects or places.

Leo is really great. We go out for walks. Leo uses a white stick. He taps the ground in front of him with his stick. He doesn’t run into things.

He recognizes our voices. He has a lot of friends on our street!

He also recognizes things just by touching them. When we play a guessing game with our eyes closed, he always wins. Leo is a champion!

1 Answer the questions.

• What sense can’t Leo use?

• How does he recognize his friends?

2 Write a game you can play with Leo.
Make a Skeleton

1. Trace the skeleton. Draw the skeleton on construction paper.
2. Cut out the pieces and join them using butterfly clips.
3. Move the skeleton’s joints.
LETS REMEMBER

• We use our muscles, bones and joints to move.
• Bones are hard. The skeleton is made of bones.
• Muscles are soft. We use them to move.
• We can bend our body with our joints.
• We use our senses to recognize things around us.
• There are five senses: hearing, sight, smell, taste and touch.
• We use our ears, eyes, nose, tongue and skin to recognize things around us.

LET'S WORK WITH WORDS

Complete and label the picture.

• head • trunk • limbs • joints

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3 LET'S REVIEW

How do you stay healthy? Color the pictures.

4 LET'S PRACTICE

Why is David's arm in a cast? Mark the answer.

☐ Because a bone in his arm is broken.

☐ Because his arm is cold.

5 I KNOW...

1. I can move my body in many ways.

2. I should take care of my senses.

3. There are bones in my body.

4. The names of the joints in my body.

excellent  good  fair