

The header features a decorative green and white wavy border. A butterfly is positioned above the word 'INDEX', which is enclosed in a red oval. To the right of the oval, a lion is lying down.

# INDEX

S. No.	Chapters	Page No.
	Unit-1: Human Body	
1.	Internal Organs and Their Functions	5
2.	Taking Care of Body Parts	11
3.	Digestion	16
	Revision Test Paper-I	26
	Unit-2: Food	
4.	The Food We Eat	27
5.	Food For Health	34
	Revision Test Paper-II	40
	Model Test Paper-I	41
	Unit-3: Basic Needs	
6.	Water	43
7.	Clothes	51
	Unit-4: Nature's Gift and Curse	
8.	Natural Calamities	56
	Revision Test Paper-III	65
	Unit-5: Resources	
9.	Renewable and Non-Renewable Resources	66
	Unit-6: Our Motherland	
10.	Our Heritage Culture and Unity	75
11.	Globe and Map	82
12.	Forest and Tribal Life	89
	Revision Test Paper-IV	94
	Model Test Paper-II	95



# Internal Organs and Their Functions

## LEARNING OBJECTIVE

- Our organs
- Digestive system
- Reproductive system
- Muscular system
- Excretory system
- Breathing system
- Nervous system
- Circulatory system



## Let Me Answer

How many bones are present in our body?

## Our Organs

Human body is a combination of different systems that work systematically together. The human body is made up of a large number of small units known as **cells**. Cells of the same kind join together to form a **tissue**. Tissues join together to make an **organ**. Our body has two types of organs **external organs** and **internal organs**. The organs which are on the outer side of our body are called **external organs**. The organs which are inside our body are called **internal organs**. We cannot see them from outside. Internal organs are packed inside our body. They perform like a group and show different functions. Group of internal organs that perform certain functions is called **organ system**.

## Different Systems Of Body

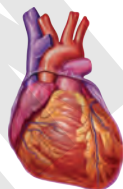
### Skeletal System

**infobits**

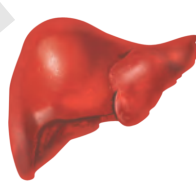
No part in the human body is useless or unnecessary. Each and every part has its use.



Lungs



heart



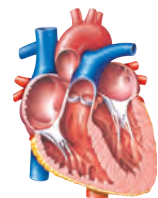
Liver



Stomach



Brain



heart

## TEACHER'S NOTE

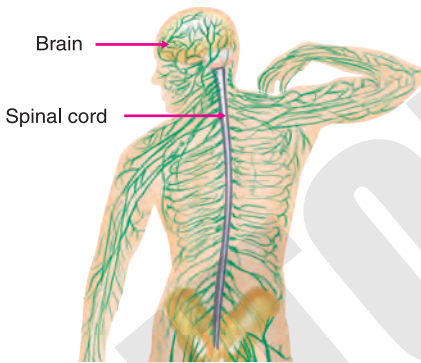
Inform the students about different internal organs and their functions in the human body.

The skeletal system is the framework of our bones. A human body has 206 bones. The bones are hard and strong. They give shape and support to the body.

## Muscular System



Muscular system



Nervous system

There are more than 600 muscles in our body. Muscles along with bones help the body to move.

## Nervous System

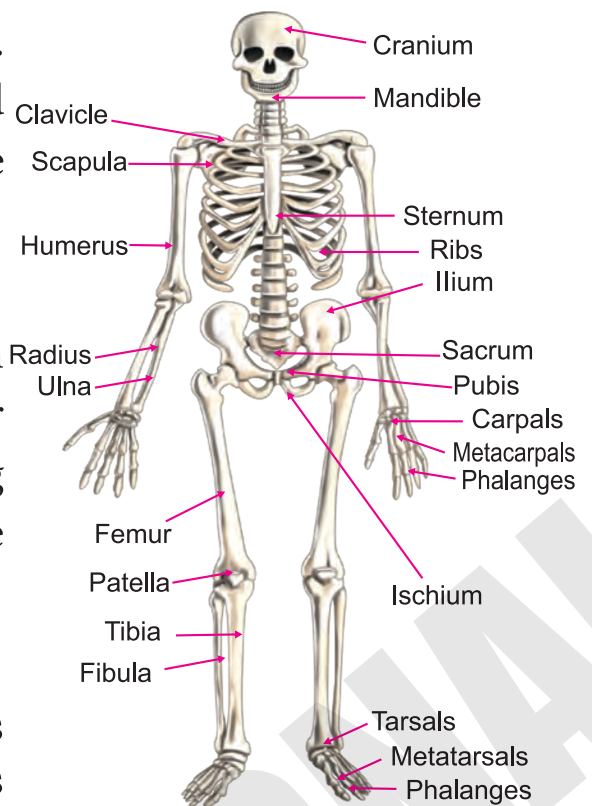
It receives messages from the sense organs and other parts of the body and orders for action. Various actions like seeing, hearing, learning, thinking, speaking are also controlled by the brain which is a part of this system. Brain controls all other systems in our body.

## Digestive System

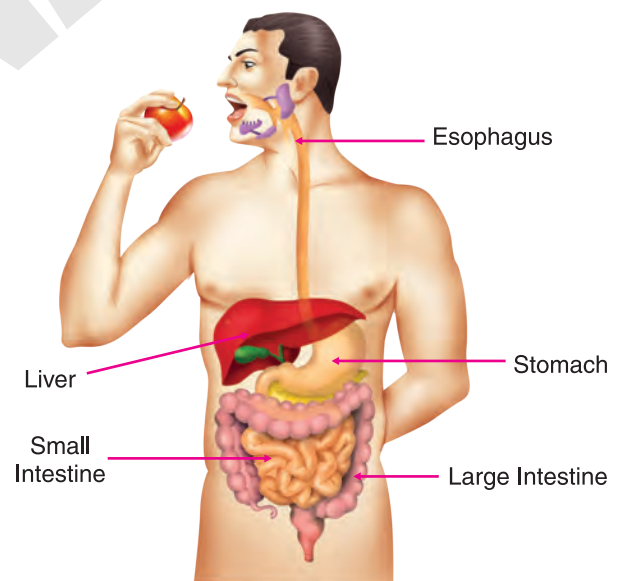
The breaking down of food from complex to simple soluble form is called **digestion**. Mouth, stomach, small intestine and large intestine take part in digestion.

### What is digestion? How is food digested?

You digest food means you change it into the simplest form that can be absorbed by the blood.



Skeletal system



Digestive system

## What happens inside the mouth?

When you bite a sandwich, you find that it becomes very wet in your mouth. The saliva begins to flow into your mouth and your sharp biting teeth in the front cut it and your flat grinding teeth at the back grind the food. If you chew bread for some time, you will find it turning sweet. This is because the digestive juice, saliva, along with an enzyme (a substance which helps in digestion) changes the starch in bread into sugar. Hence, it tastes sweet.

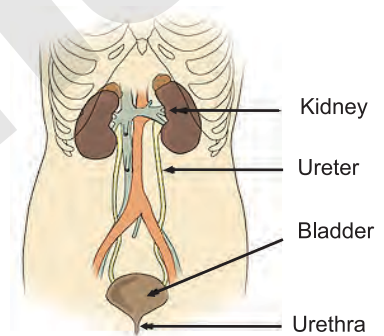
## What happens to the food inside the stomach and the intestine?

### Stomach

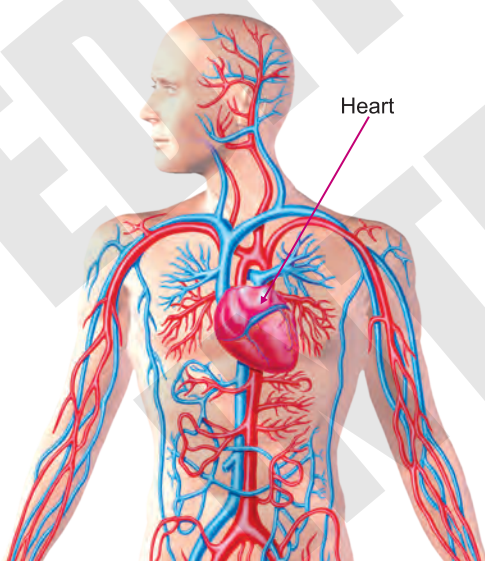
From the mouth, the food goes into the stomach. Here the food is churned and mixed with several digestive juices produced by the walls of the stomach. Germs are killed by an acid which also helps to break the food down into simple substances. The stomach takes about four hours to digest the food. The food then goes to the lower part of the stomach and from there into the small intestine.

**Excretory System :** The wastes in the body have to be removed regularly. This work is done by the organs of the excretory system. The kidneys, lungs and skin help to

throw out waste materials from the body in the form of urine, breathed out air (carbon dioxide) and sweat.



Excretory system



Circulatory system

### Circulatory System

The blood supplies food, oxygen and other materials to all parts of the body and takes back waste materials. This work is done by the process of circulatory system. In this system, heart is the main organ. It pumps the blood to different parts of the body.

## Reproductive System

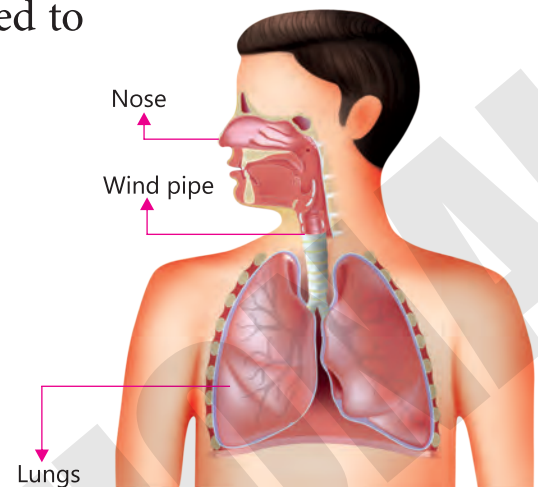
The organs of this system help to produce babies. Because of this system, life on the earth goes on.

## Breathing System

Nose, windpipe and lungs make the breathing system. This system supplies oxygen to the various parts of our body. This oxygen is used to burn food and give us energy to do work.

### Good Breathing Habits

1. Always breathe through your nose.
2. Breathe fresh air.
3. Keep the windows of the room open.
4. Do not cover your face while sleeping.
5. Wear loose clothes that make you feel comfortable.



Breathing system



### Fact Finder

The liver, your body's chemical factory, detoxifies blood, metabolizes nutrients, and produces important proteins.

### infobits

- Skin is the largest sense organ in our body.



### Summary

- ★ Human body is the most wonderful and perfect machine.
- ★ The organs inside our body are grouped together to form different systems.
- ★ The skeletal system gives shape and support to the body.
- ★ The nervous system receives messages and give orders for actions.
- ★ We must learn and follow correct breathing habits.

# Exercise

## A. Tick (✓) the correct option.

- a. The smallest unit of human body is \_\_\_\_\_ .  
 ear  cell  tissue
- b. A human body has \_\_\_\_\_ bones.  
 206  208  207
- c. There is a skull in our \_\_\_\_\_ .  
 head  leg  hand
- d. Stomach is a part of \_\_\_\_\_ system.  
 digestive  nervous  skeletal
- e. \_\_\_\_\_ is related to breathing system.  
 Food  Walk  Oxygen

## B. Fill in the blanks.

- a. The breaking down of food from complex to simple soluble form is called \_\_\_\_\_ .
- b. The \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_ throw out waste materials in the form of urine, breathed out air and sweat.
- c. Saliva is present in the \_\_\_\_\_ .
- d. The human body is made up of a large number of small units known as \_\_\_\_\_ .

## C. Write true or false.

- a. The brain receives messages from all parts of the body. \_\_\_\_\_
- b. The food we eat is in a simple form. \_\_\_\_\_
- c. We should always breathe through our mouth. \_\_\_\_\_
- d. The skeletal system is a framework of 206 bones . \_\_\_\_\_
- e. The human body works very much like a machine. \_\_\_\_\_

**D. Match the following.**

- |                           |   |
|---------------------------|---|
| a. The breathing system   | (i) helps in digestion of food.             |
| b. The skeletal system    | (ii) helps in breathing.                    |
| c. The digestive system   | (iii) helps in circulating the blood.       |
| d. The circulatory system | (iv) gives shape and support to our body.   |
| e. The excretory system   | (v) helps in throwing wastes from the body. |

**E. Answer the following questions.**

a. How does our body work?

---

b. Write the functions of the breathing system.

---

c. Write the functions of the circulatory system.

---

d. What is the function of the digestive system?

---



**ACTIVITY TIME**

**Draw a picture of a human ear here.**



# Taking Care of Body Parts



## LEARNING OBJECTIVE

- ♣ Taking care of our body parts
- ♣ Exercises to remain healthy

Our body performs various functions. For this, it should always be in a good condition.

Food is the basic need of our body. But along with food we need to take care of all our body parts to remain fit and fine.

## Taking care of our Body Parts

### 1. Eyes

Eyes are sense organs of sight. They are very sensitive.

- ❖ Wash eyes with fresh and clean water.
- ❖ Do not rub eyes.
- ❖ Get eyes checked by a doctor regularly.
- ❖ Use spectacles if advised.

### 2. Ears

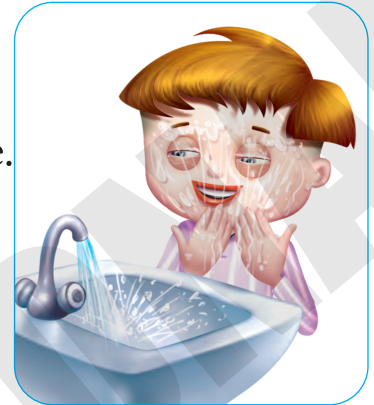
Ears are sense organs of hearing.

- ❖ Never put any sharp object like hair pin, matchstick, etc. in your ears.
- ❖ Always use soft-ear buds to clean ears.
- ❖ Consult a doctor immediately if an insect enters your ears.



### Let Me Answer

What is the hardest part of the human tooth?



### infobits

There are three types of eye defects-Myopia, Hypermetropia and Presbiopia.



### TEACHER'S NOTE

Guide the students with the correct ways of taking care of their body parts. Also tell them why should we take care of our body.

### 3. Nose

Nose is the sense organ of smelling.

- ❖ Do not insert finger into nose, because finger contains dust and germs.
- ❖ Use a handkerchief while sneezing or blowing your nose.



### 4. Teeth

Care and cleanliness of teeth are as important as other parts of body.

- ❖ Brush your teeth twice a day.
- ❖ Use a toothbrush having soft bristles and brush your teeth properly.
- ❖ Never use ash or burnt coal for cleaning your teeth, as it may damage your teeth.

### 5. Tongue

Tongue is the sense organ of taste.

- ❖ After brushing, clean your tongue using a tongue cleaner.

**infobits**

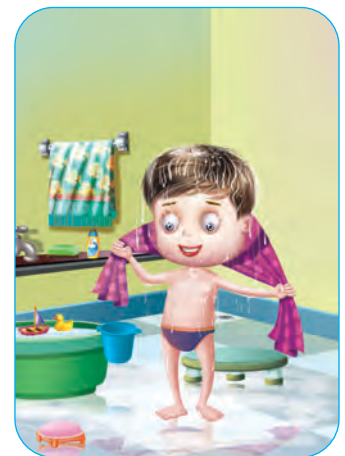
Our tongue contains different kinds of taste buds to taste the food.



### 6. Skin

The outer covering for the entire body surface is called skin.

- ❖ Keep your body neat and clean.
- ❖ Use a good quality soap while bathing.
- ❖ Use a soft and clean towel to wipe your body after taking bath.



## 7. Hair

- ❖ Hair should be clean and in a tidy condition.
- ❖ Hair should be washed every 2-3 days. Apply oil and comb hair in order to maintain their growth and shine.



## 8. Nails

Big nails carry germs and causes various diseases. They should be cut so that dirt does not find place to settle.

### Exercises to Remain Healthy

Keep doing regular exercises. Exercises are good for health. A few exercises are

- ❖ Morning and evening walk
- ❖ Jogging
- ❖ Rope skipping
- ❖ Swimming



### Fact Finder

Regularly stretching and exercising your muscles helps maintain flexibility and prevent stiffness.



### Summary

- ★ Our body performs various functions.
- ★ The outer covering for the entire body surface is called skin.
- ★ Tongue is the sense organ of taste.
- ★ Nose is the sense organ of smelling.
- ★ Exercises are good for health.

# Exercise

## A. Tick (✓) the correct option.

a. Which one is the sense organ of sight?

Ears  Eyes  Nose

b. Whom should we consult with, if something enters our ears?

Doctor  Cobbler  Tailor

c. Hair should be washed every \_\_\_\_\_.

7-8 days  10-15 days  2-3 days

d. Which object should not be inserted in the ears?

Hairpin  Cotton bud  Medicine

e. What should we use while sneezing?

Towel  Handkerchief  Shirt

f. How many times should we brush in a day?

4 times  7 times  2 times

## B. Fill in the blanks.

a. We should not \_\_\_\_\_ our eyes.

b. We should use \_\_\_\_\_ to clean ears.

c. Never use \_\_\_\_\_ or \_\_\_\_\_ to clean your teeth.

d. \_\_\_\_\_ are good for health.

e. We should use a good quality \_\_\_\_\_ while bathing.

f. Big nails carry germs and causes various \_\_\_\_\_.

**C. Write true or false.**

- a. Food is the basic need of our body. \_\_\_\_\_
- b. We should always use a hard toothbrush to clean our teeth. \_\_\_\_\_
- c. Rope skipping is a good exercise for the whole body. \_\_\_\_\_
- d. Dirty tongue generates a foul smell in the mouth. \_\_\_\_\_
- e. We should use spectacles, if advised. \_\_\_\_\_

**D. Answer the following questions.**

- a. How should we take care of our hair?  
\_\_\_\_\_
- b. How do we take care of our eyes?  
\_\_\_\_\_
- c. Why should we not put finger in the nose?  
\_\_\_\_\_
- d. How should you brush your teeth?  
\_\_\_\_\_
- e. How will you take care of your ears?  
\_\_\_\_\_



**ACTIVITY TIME**

- A. Prepare a chart on 'Health is Wealth'.**
- B. Make a picture of nose here.**