

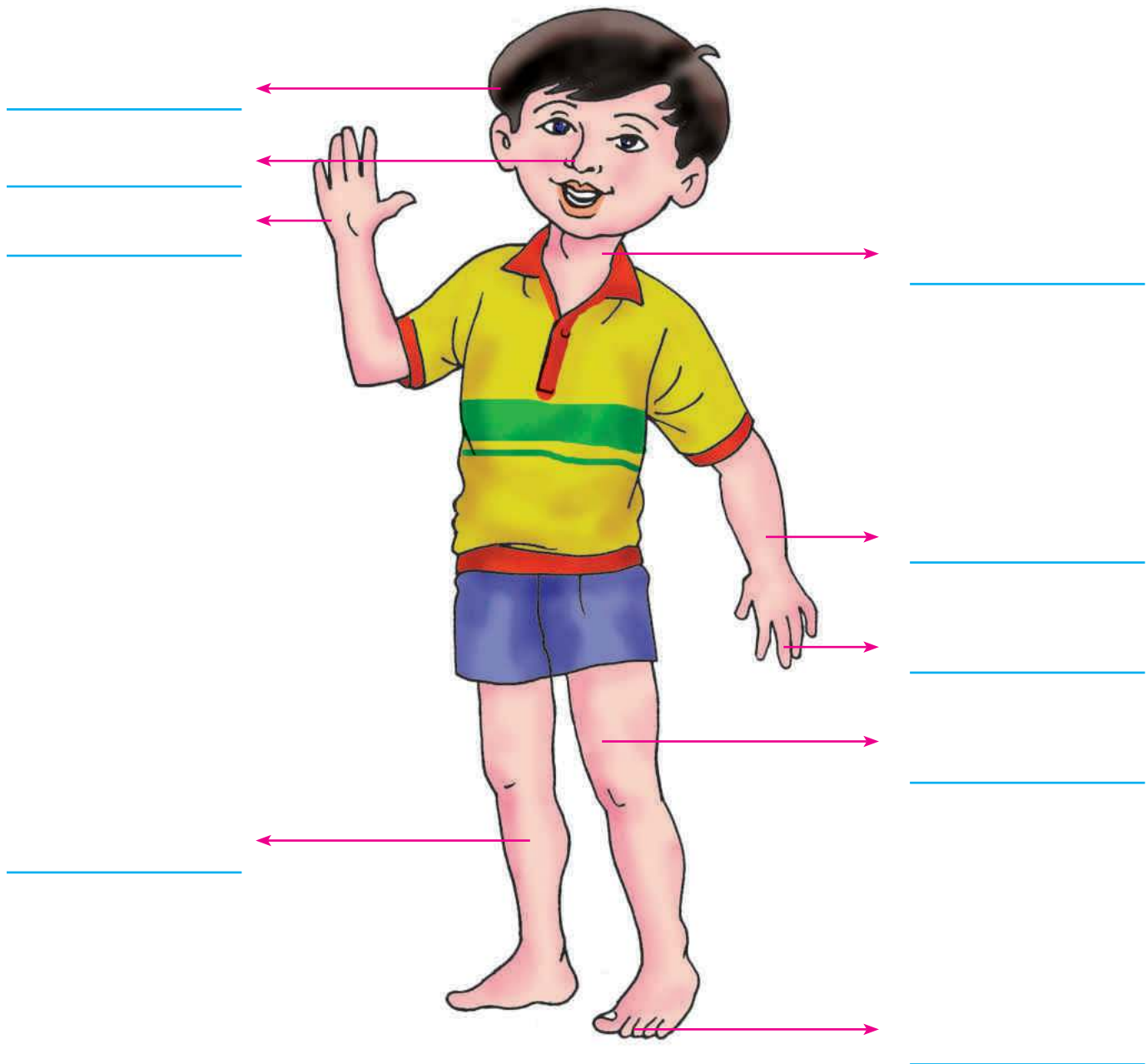
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# MY BODY

Our body is a wonderful gift of nature. It has many parts. These help us in many ways.

We have already studied about some of these in Class-II. Let us do a quick check on what we already know.

**Label the parts in the figure given below:**



## Sense Organs

Let us study the following examples.



Neha's elder sister has prepared a nice dish. Neha puts a spoonful of it in her mouth and says, 'Oh! There is no salt in it.'



Rahul touches a block of ice and immediately draws his finger away. He says, 'It is very cold.'



There is a band playing very loud music in the neighbourhood park. Sonam puts her hands on her ears and says, 'They are making a loud noise.'



When we see a beautiful painting, we say, 'Wow! It is beautiful.'

These examples tell us that our tongue, skin, ears and eyes are able to taste, feel, hear and see various objects.

Our body organs, which help us to sense various things present around us, are called **Sense Organs**. Eyes, ears, nose, skin and tongue are our sense organs.

**Let us learn more about them.**

## Tongue

### Activity:

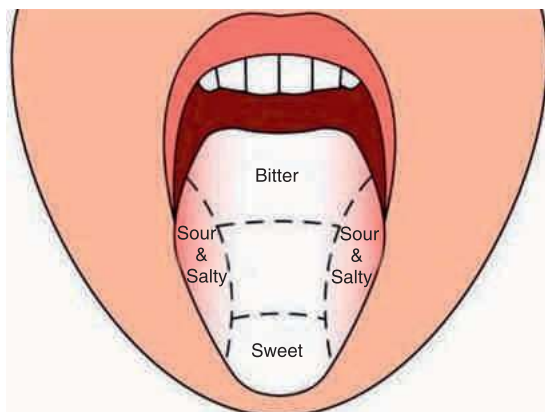
Take some eatables like bananas, salted cucumber, lemons and bitter gourd juice. Taste them one by one and experience the taste of each.

Our tongue helps us to know the taste of different food items.

It is very sensitive. It even helps us to find out the various flavours present in different food items, such as ice-creams, chutneys and sauces.



Our tongue has different parts which are sensitive to different tastes.



Tongue

### Do You Know?

- ◆ Our tongue has 3000 taste buds.
- ◆ Our tongue is the strongest muscle in our body.
- ◆ The average length of the human tongue is 10 cm.

## Ears

### Activity:

#### Guess Who Am I??

- ◆ Put on a blindfold on one of your classmates and make him/her stand at the front of the class.
- ◆ Let one of the students speak or sing something.
- ◆ Ask the child, who was blindfolded, to recognise the speaker.

When we go out, we often hear birds chirping, children making all kinds of sounds and vehicles or animals making different types of sounds. Our ears help us to listen to all these different sounds and to recognise them. They also tell us the direction from where a given sound is coming.



Ears also help us to differentiate between loud sounds and gentle sounds. Very loud sounds are unpleasant and harmful for our ears.

How do we feel when a bus tyre bursts in front of us? We immediately cover our ears.



## Skin

### Activity:

- ◆ Ask the students to touch different things around them like the wall, bag, their clothes, desk, etc.
- ◆ Let them find out which things have rough surfaces and which ones have smooth surfaces.



**For the Teacher:** Ask the students to do this activity at home. Touch a piece of ice and slightly hot water to get to know the feeling of cold and hot.

Skin enables us to feel smooth and rough surfaces, hot and cold things and so on. We also get the feeling of pain when we are injured or bitten by an insect. The skin also helps to protect the parts of our body present below it.

### Do You Know?

The largest organ of our body is the Skin.

## Nose

### Activity:

Collect few sweet smelling flowers like rose and vegetables like garlic. Put them in opaque bags and ask the students to identify them by smelling.

Our nose helps us to smell different types of 'smells' and 'fragrances'. It can differentiate between good and bad smells.



## Eyes

Eyes are a wonderful gift of nature to mankind. They help us to see various objects around us.

Eyes also help us to get an idea of the distance of various objects. They help us to know whether a given object is near by or far off.

Eyes also help us to know the difference between various colours. It is our eyes that make us say that the rose is red and the leaf is green.

Our eyes also help us to express our feelings and emotions.

### Do You Know?

All babies are colour blind when they are born. At that time they see all objects only as black or white.

Look at the faces below and match them with their feelings.



angry

scared

shy

happy

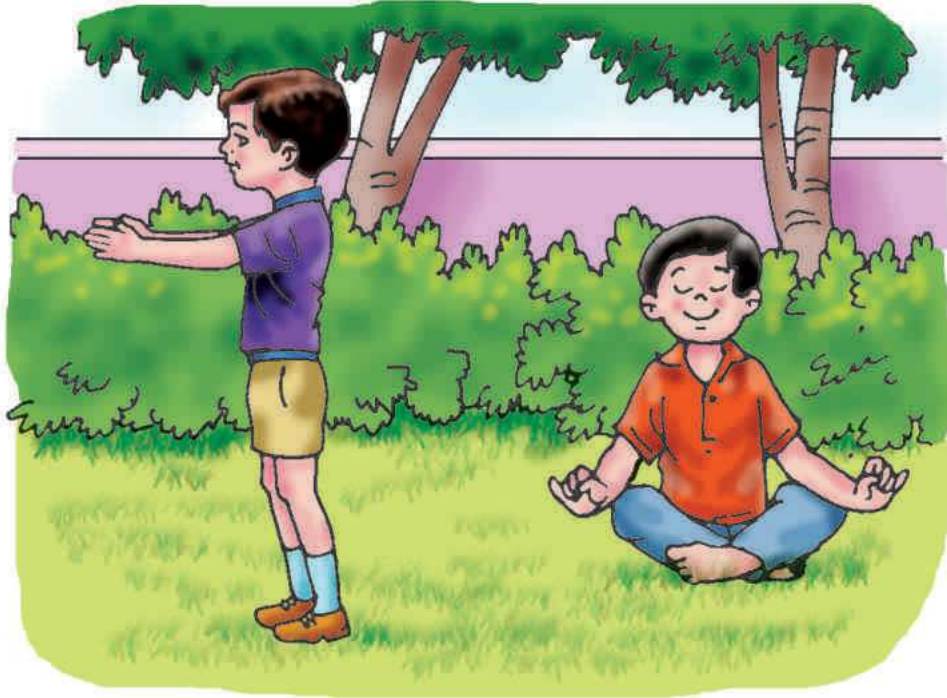
lonely

## Taking Care of Our Sense Organs



- ◆ Clean your tongue with a tongue cleaner.
- ◆ Bathe daily to keep your skin clean.
- ◆ Avoid eating too hot or too cold things.
- ◆ Never touch or poke your eyes, nose or ears with any pointed object.

- ◆ Avoid reading in dim light.
- ◆ Avoid watching T.V., or working on computer, or playing video games for a long duration.
- ◆ Do meditation and exercise regularly.



## Keywords

- ❖ **fragrance** nice smell.
- ❖ **meditation** staying calm and quiet.
- ❖ **sensitive** feels easily.
- ❖ **sense organs** the body organs which help us to sense various things around us.



## Something to Know

### A. Fill in the blanks.

1. Our \_\_\_\_\_ is sensitive to different tastes.
2. Loud sounds are unpleasant and harmful for \_\_\_\_\_.
3. \_\_\_\_\_ helps us to feel smooth and rough surfaces.
4. We should avoid reading in \_\_\_\_\_ light.
5. We have \_\_\_\_\_ sense organs.

### B. Write True or False for the following statements.

1. Our body has many parts. \_\_\_\_\_
2. Sense organs help us to sense various things around us. \_\_\_\_\_
3. We can find out whether the tea is hot or cold just by smelling it. \_\_\_\_\_
4. We get the feeling of pain when we are injured. \_\_\_\_\_
5. We can find out the colour of a leaf by just touching it. \_\_\_\_\_

### C. Tick (✓) the correct option.

1. We feel through our—  
 (a) nose                      (b) skin                      (c) eyes                      (d) ears
2. We should take bath—  
 (a) daily                      (b) weekly                      (c) fortnightly                      (d) monthly
3. It is not a sense organ.  
 (a) nose                      (b) stomach                      (c) ears                      (d) skin

### D. Answer the following questions in brief.

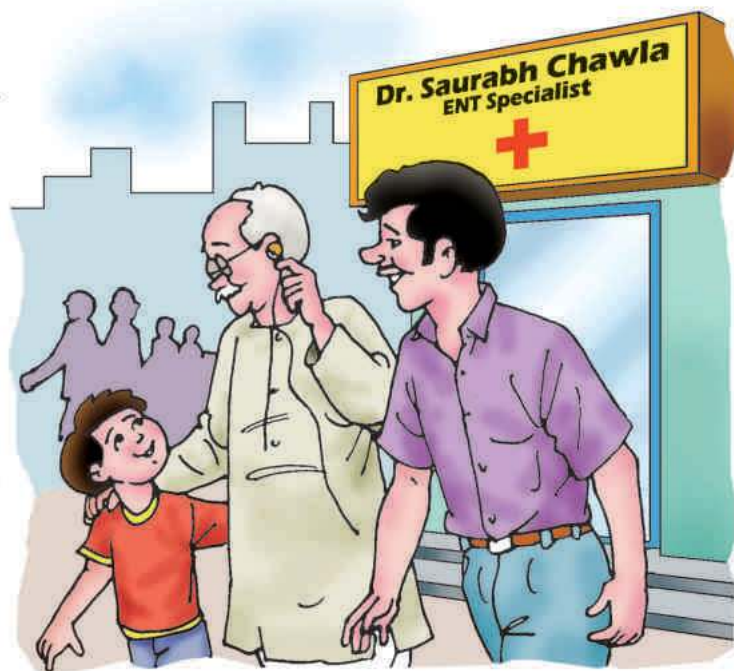
1. Name all the sense organs.
2. What does our nose help us to do?
3. What types of sounds are differentiated by our ears?
4. Why should we meditate and exercise regularly?

### E. Answer the following questions.

1. Name the different types of tastes. Draw a diagram of a tongue showing all its taste related parts.
2. How are eyes useful to us?
3. List some pleasant and unpleasant sounds around us.
4. Write the role of skin in our body.
5. Write any two activities where we use more than one sense organ.

### VALUE Based Question

Rahul, a keen observer, noticed that, over the last few days, his grandfather was not very quick in responding to his requests, demands or queries. He mentioned this to his father. His father immediately decided to get him checked by an ENT specialist. The specialist checked the grandfather's ears and provided him with a good 'hearing-aid'. Rahul's grandfather felt very happy when he was again able to hear clearly with the help of his 'hearing-aids'.



1. Think of the problems that Rahul's grandfather might have faced, due to his not being able to hear clearly—
  - (a) while at home.
  - (b) on the road.
  - (c) in the park.
  - (d) at the market.

2. Rahul and his father displayed some values in the situation discussed above. Discuss, with your classmates, about the values shown by them.
3. If you had a classmate with some hearing problem, how will you help him or her—
  - (a) in the class?
  - (b) in the playground?

### **Something to Do**

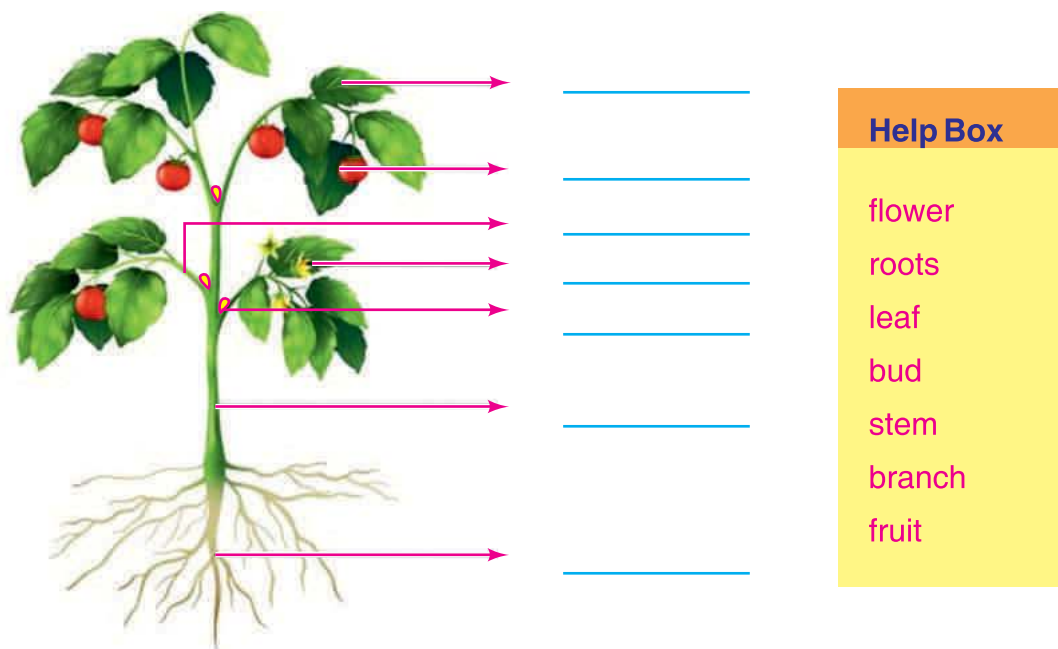
1. Spend sometime with your grandparents and share your daily experiences with them. Assist them in their routine work.
2. Find out about the sensing capability of dogs and hearing capability of bats. Do they have something special in them?

## 2

## PLANTS AROUND US

We have learnt about different parts of a plant in Class-II. Let us recall what we have already learnt.

Label the various parts of a plant using the words given in the Help Box.



We now talk more about plants and their different types.

## Parts of a Plant

Different parts, of plants, perform different functions.

Let us learn about the functions of the main parts of a plant.

### Parts

### Functions

Root	It fixes the plant in the soil.
Stem	It carries all the other parts of the shoot.
Leaf	It makes food for the plant.
Flower	It grows into a fruit.
Fruit	It stores seeds.

### Do You Know?

The green substance present in leaves is called **chlorophyll**. It helps the plant to prepare its food.

## Classification of Plants

Plants have been classified into different categories.

We now talk about these different categories in some detail.

### Trees

Big plants are called **trees**. Their stem is woody and strong. It is called the **trunk**. We see many branches of a tree coming out from the trunk. There are leaves, flowers and fruits on the branches.

Trees give shade to humans and animals. The roots of a tree are very deep. They can, therefore, absorb water from deeper parts of the soil.



Mango Tree



Mango Fruit



Coconut Tree



Coconut Fruit

Banyan, peepal, neem, mango and coconut are some of the trees we see around us.

Trees live for several years, sometimes even hundreds of years.

### Shrubs

We often see many plants that have a woody stem, but are not as strong and big as trees. These plants look like bushes with many branches. Such plants are called **shrubs**. Shrubs have smaller stems branching off near the ground.

#### Do You Know?

Shrubs are plants with multiple stems. They can grow more than 6 metres.

Rose, bougainvillea, cotton, china rose and *mehendi* are some of the shrubs we see around us.

Shrubs live for a few years only.



Rose



Bougainvillea



Cotton

## Herbs

Many plants have thin stems which are green in colour and are not woody. Such plants are called **herbs**.

Herbs are generally small in size. They are grown in a particular season. They live only for one or two seasons and produce their flowers, fruits and seeds in this time only. After one or two seasons, they die.



Tomato



Mint



Ladyfinger

Wheat, rice, sunflower, tomato, mint and ladyfinger are some of the herbs that we see around us.

**For the Teacher:** Highlight the important differences between the colour of the stem for the herbs and the shrubs. Show the available herbs and shrubs to the students.

## Climbers

Some plants have very weak and thin stems. They cannot stand and grow straight on their own. They need support to climb up. Such plants are called **climbers**.



Pea Plant



Grape Vine



Money Plant

Peas, grapes and money plant are some of the climbers that we see around us.

## Creepers

Some plants creep on the ground and spread their branches on the ground itself. They also have thin and weak stems. We call them **creepers**.



Pumpkin



Strawberry



Grass

Watermelon, pumpkin, cucumber, strawberry, bitter gourd, muskmelon and grass are some of the creepers.

## Keywords

- ❖ **absorb**                   suck or take in.
- ❖ **creep**                     grow, or spread, in such a way as to cover.
- ❖ **particular**               specific.
- ❖ **several**                 many.

## Something to Know

### A. Fill in the blanks.

- \_\_\_\_\_ carries all the parts of the shoot in a plant.
- The strong woody stem of a tree is called the \_\_\_\_\_.
- A \_\_\_\_\_ has a thin and green stem.
- Muskmelon and grass are examples of \_\_\_\_\_.
- \_\_\_\_\_ is an example of a climber type plant.

### B. Match the following:

- |            |                 |
|------------|-----------------|
| 1. tree    | a. bitter gourd |
| 2. shrub   | b. tomato       |
| 3. herb    | c. pea plant    |
| 4. climber | d. mango        |
| 5. creeper | e. rose         |

### C. Tick (✓) the correct option.

- The plants, that give shade to humans and animals, are called—  
 (a) shrubs                      (b) trees                      (c) herbs                      (d) creepers
- The part of a plant, that stores seeds, is known as—  
 (a) fruit                      (b) leaf                      (c) stem                      (d) root
- The plants, that look like bushes with many branches, are known as—  
 (a) climbers                      (b) herbs                      (c) trees                      (d) shrubs

### D. Answer the following questions in brief.

- State the function of a leaf.
- Write the role of the roots of a tree.
- What type of stem do climbers have?
- State the difference between the stem of a shrub and a herb.



### E. Answer the following questions.

1. Draw and label different parts of a plant.
2. Write any three features of trees.
3. Write the differences between shrubs and herbs that you know of.
4. Why do some plants creep on the ground?

### VALUE Based Question

Rita's grandfather brought many fresh mangoes from his farm. Rita's mother gave a few of them to their relatives and neighbours. She gave some to their maid and other household workers. Rita also decided to invite her friends for a "mango party". At the party, Rita's mother narrated an interesting story which encouraged them to plant different types of plants as and when possible. The children promised to do that.

They then enjoyed the mangoes and the mango dishes made by Rita's mother. They played games and thanked Rita and her mother before leaving for their homes.



1. State the values displayed by Rita's mother.
2. Do you appreciate Rita's 'sharing' habit? Write about some situation where you shared something with your brother/sister or friends.
3. Learn about the reasons for which Rita's mother gave her advise to the children.

## **Something to Do**

1. Go for a nature walk. Observe different types of plants. Try to classify them into tree, shrub, herb, climber and creeper categories.
2. Name any two trees growing in your school and in, or around, your home.
3. Prepare a chart showing a few herbs, shrubs, trees, climbers and creepers.