

Human Body

Explore Green World System - Class 3 | Environmental Studies

The human body is an amazing and complex machine that helps us live, play, learn, and explore the world around us. It is made up of many parts that work together in harmony to keep us healthy and active.

Parts of the Human Body

Let's learn about some important parts of the human body:

- **Head:** This is where your brain, eyes, ears, nose, and mouth are located. Your brain controls everything you do, think, and feel.
- **Arms and Hands:** They help you hold, grab, and do many activities like writing, drawing, and playing.
- **Legs and Feet:** These help you stand, walk, run, and jump.
- **Chest and Stomach:** Inside your chest is your heart and lungs. Your heart pumps blood, and your lungs help you breathe. The stomach helps digest the food you eat.

How Does the Body Work?

Every part of your body has a special job. Here are some important body systems:

1. The Digestive System

This system helps break down the food you eat. Food goes into your mouth, travels down to your stomach, and then to your intestines where nutrients are absorbed.

2. The Respiratory System

This system lets you breathe. When you inhale, air enters your lungs, and your body takes oxygen from the air to keep you alive.

3. The Circulatory System

Your heart pumps blood all over your body, carrying oxygen and nutrients to every part.

4. The Nervous System

Your brain and nerves send messages to and from different parts of your body to help you move and feel.

Taking Care of Your Body

Your body is like a precious machine and needs care to work well. Here are some easy tips to stay healthy:

- Eat healthy foods like fruits, vegetables, and whole grains.
- Drink plenty of water every day.
- Exercise regularly by playing and moving your body.
- Wash your hands to keep germs away.
- Get plenty of sleep so your body can rest and grow.

“Take care of your body, it’s the only place you have to live!”

Activity: Label the Human Body

Draw a simple outline of the human body and label these parts:

- Head
- Arms

- Legs
- Chest
- Stomach

Bonus: Draw and name one organ you learned about!