

Organs of Our Body

Our body is made up of many different parts that work together to help us live, play, and learn. These different parts are called **organs**. Organs are special because each helps perform a very important job. The organs work in groups called systems to keep our body healthy and strong.

1. The Heart

The heart is a strong muscle about the size of your fist. It pumps blood all around your body through blood vessels. Blood carries oxygen and nutrients to different parts of the body and takes away waste. Your heart beats very fast when you run or play and slower when you rest.

2. The Brain

The brain is the control center inside your head. It helps you think, learn, and remember. It also controls how your body moves and feels things like hot and cold. The brain is very soft but protected by your skull.

3. The Lungs

Lungs help you breathe. When you breathe in, your lungs take in fresh air and take out the air your body does not need. They are like two soft balloons inside your chest that fill up with air and empty when you breathe out.

4. The Stomach

The stomach is where the food you eat gets broken down. It helps turn food into energy your body can use. The stomach is like a stretchy bag that holds food and uses special juices to break it into smaller pieces.

Did you know? *Your heart beats about 100,000 times each day! Drink water and eat healthy foods to keep your heart strong.*

Let's Try an Exercise!

Match the organ to its job:

1. **Brain** – A) Pumps blood
2. **Heart** – B) Controls thinking and feeling
3. **Lungs** – C) Helps us breathe
4. **Stomach** – D) Breaks down food

Answers: 1-B, 2-A, 3-C, 4-D

Remember: Taking care of our organs by eating healthy, getting plenty of rest, and playing outside keeps our body strong and happy!