

DR. R. N. INTERNATIONAL SCHOOL

UNDER THE AGIS OF S. S. SITARAMSINGH EDUCATIONAL AND CHARITABLE TRUST
MOHANPUR, SITAMARHI- 843302

ENVIRONMENTAL STUDIES (E.V.S.) — CLASS 1

Lesson 8: Amazing Body and Senses

1. Words & Meanings (कठिन शब्द एवं अर्थ)

S.No.	English Word	Hindi Meaning (अर्थ)
1	Amazing	अद्भुत (आश्चर्यजनक)
2	Different	अलग-अलग
3	Movement	गति
4	Part	भाग (हिस्सा)
5	Inside	अंदर
6	Grip	पकड़
7	Object	सामान / वस्तु
8	Pick up	उठाना
9	Balance	संतुलन
10	Sense organs	ज्ञानेन्द्रियाँ
11	Directions	दिशाएँ
12	Chirping	चहचहाहट

2. Body Parts & Key Insights

Names of Body Parts:

- Front / Upper: Forehead, Eyebrow, Eye, Ear, Chin, Arm, Wrist, Nail
- Lower / Back: Hair, Elbow, Thigh, Knee, Leg, Ankle, Toes

Key Insights:

- Our body helps us to move, think, and feel.
- There are many parts of our body that work together to help us do things.
- Our senses include eyes, ears, nose, tongue, and skin.
- We all have the same body parts, but we look different.
- We should take good care of our body.

3. Textbook Exercises & Solutions

A. Choose the correct answer and fill in the blanks:

1. We should eat healthy food to stay healthy. (food / plants)
2. Our legs help us to run and jump. (hold / run)
3. It is important to get enough sleep to stay healthy. (flowers / sleep)
4. We should wash our hands to prevent the spread of germs. (germs / fruits)

B. Match the senses with their functions:

- **1. Eyes** → c) Help us to see the world around us
- **2. Ears** → a) Help us to hear different sounds
- **3. Nose** → e) Help us to smell different smells
- **4. Tongue** → b) Help us to taste different flavours
- **5. Skin** → d) Help us to feel textures and things

C. Question & Answers (Notebook / Textbook):

Q1. What do our hands help us to do?

Ans: Our hands help us to hold, write, clap, and touch things.

Q2. How do our eyes help us?

Ans: Our eyes help us to see.

Q3. Which body part helps us to walk and kick?

Ans: Our legs help us to walk and kick.

Q4. Write the names of five sense organs.

Ans: Our five sense organs are — Eye, Ear, Nose, Skin, and Tongue.

D. Look at the picture and write the body parts involved in the activity:

1. Eating food (Girl eating) → Mouth, Hands
2. Skipping rope (Girl skipping) → Legs, Hands
3. Throwing / Catching a ball (Boy playing) → Hands, Legs, Eyes