

# NATURE WORLD

Environmental Studies

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Class

3

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## Preface

"Earth provides enough to satisfy every man's needs, but not every man's greed." To teach about these environmental situations, EVS has become an integral part of education and curriculum. On the whole, **Nature World** series, serves the purpose of all types of NCERT syllabus taught in various public or convent schools.

**Nature World** is a series of 6 books for classes 0 to 5th, designed to enrich the school students from primary level with brainy skills in a systematic manner.

The salient features of the series are :

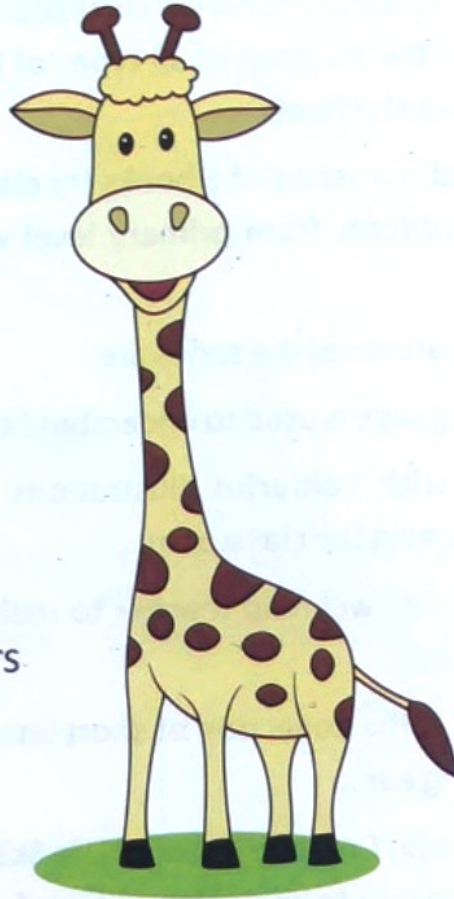
- Simple language is used to understand easily.
- Enriched with colourful illustrations that give the feel of learning environment in the classroom.
- 'Teacher's Tip' will help teacher to make understand the students each topic in detail.
- 'Wrap Up' is the collection of short lines of important topics that makes the learning easy.
- Time to Work, Creative Activity, Life Skills, etc. are the exercises that will help the teacher to know the caliber of each and every student.

Though all efforts have been done in designing and developing an authentic book, but your valuable suggestions are always welcomed to improve this series further in the interest of the students.



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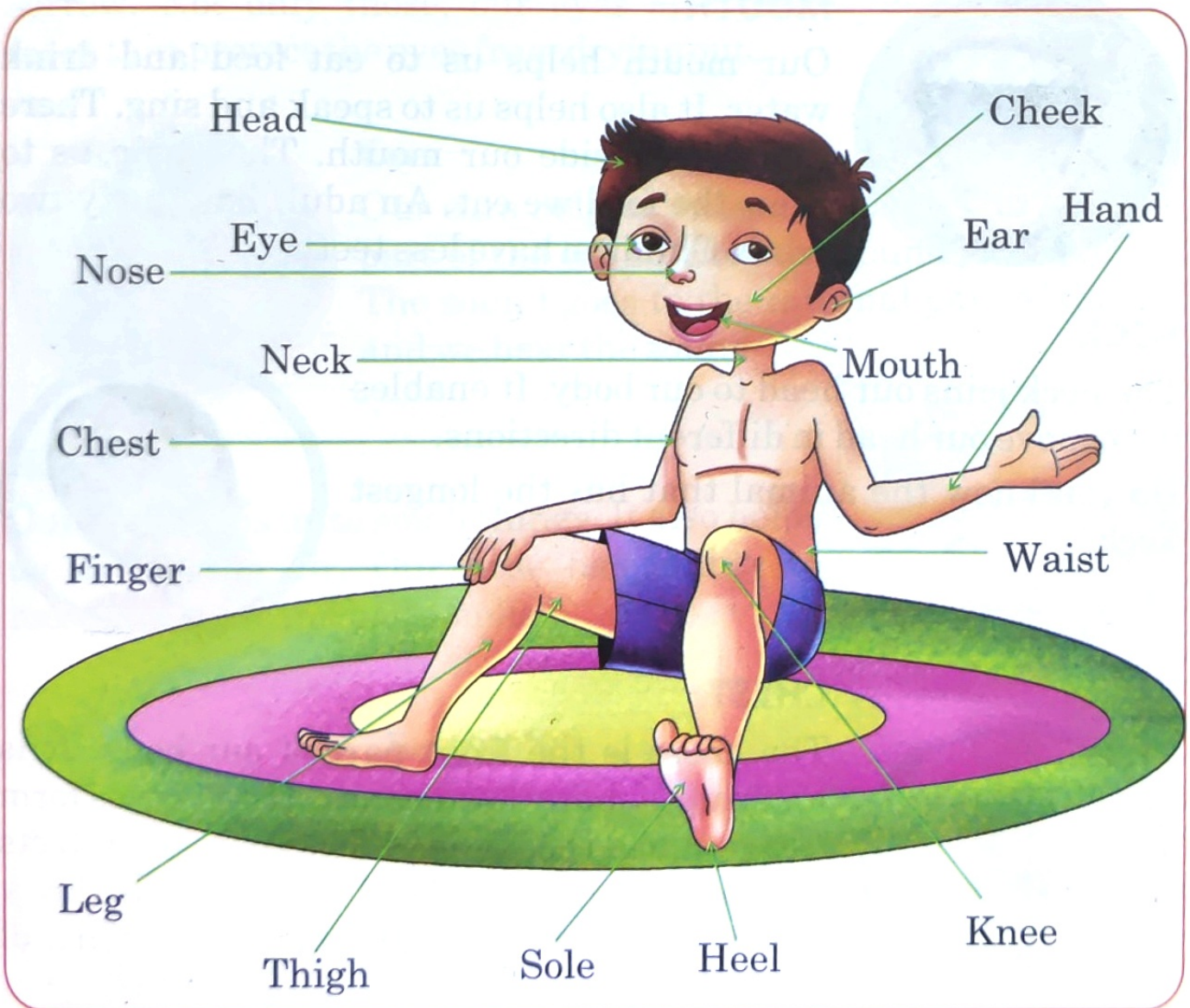




# Our Body

The human body is like a machine. It can see, hear, smell, taste and feel. It can also grow, move, breathe and reproduce. No machine can do all these.

The human body has many parts. These parts do **special jobs**.



Let us learn about the functions of some body parts.

## HEAD

The head is the uppermost part of our body. It is very hard. It has the most important part of our body—the **brain**. The brain helps us to think and remember. It also controls all the functions of the body. So, it is called the 'master organ of the body'.



## MOUTH

Our mouth helps us to eat food and drink water. It also helps us to speak and sing. There are teeth inside our mouth. They help us to chew the food we eat. An adult has thirty-two teeth. Children have less teeth.

## NECK

The neck joins our head to our body. It enables us to move our head in different directions.

Do you know the animal that has the longest neck?

G \_ \_ \_ \_ \_



## CHEST

The chest is the front part of our body. It is made up of many hard bones. These bones form a cage called the **rib cage**. The rib cage protects our lungs and heart. We breathe in air through our lungs. The heart pumps blood to all parts of the body.



## SENSE ORGANS

We have five sense organs. They are **eyes**, **ears**, **nose**, **tongue** and **skin**. The sense organs are the windows of our body. They help us know about the world around us.

### Eyes

Our eyes help us to see things. They need light to see the things. We cannot see in dark.

Our eyes also help us to express our feelings and emotions like anger, joy, surprise and sorrow. Not only those, our eyes also make tears that protect the eyes from drying out.



### Ears

Our ears help us to hear sounds. The external part of the ear catches the sound from the air. The sound goes to the internal part of the ear and we hear the sound.

### Nose

Our nose helps us to smell things. It also helps us to breathe air. Our nose has ability to recognise good and bad smells.



### Tongue

Our tongue helps us to taste things. It also helps us to speak and sing. Our tongue has many taste buds on it. They tell us whether a thing is sweet, sour, bitter or salty.



## Skin

Our skin helps us to feel things whether they are hot or cold; hard or soft; or rough or smooth. The skin covers our whole body from the outside. The skin also makes sweat when it is very hot.



All these sense organs are connected to the brain through the nerves. The sense organs send messages to the brain. The brain makes us understand pictures, sounds, smells, tastes and feelings.

## REGULAR EXERCISE

Regular exercise keeps our body fit and healthy. Walking, running, jogging, cycling and swimming are good exercises.

We should exercise regularly



Regular exercise keeps us healthy

**Yoga** is an Indian form of exercise. **Yogasanas** keep our body healthy and in a good condition. They also help us in having a peaceful mind. We should do Yogasans in the presence of a Yoga teacher.

We should not watch television for long periods. It affects our eyes. Give rest to your eyes regularly.



Yogasana

## TRY IT OUT

Hold a shell to your ear. You will hear the sound of the blood flowing around your head. It sounds a bit like the sea.



## Fact File

- Owls can hear sound ten times softer than any human can!
- Sharks have the best sense of smell among the water animals. They can detect one part of blood in 100 million parts of water.



## WRAP UP

- The human body is like a machine.
- The brain controls all the functions of the body.
- Our mouth helps us to eat food and drink water.
- The neck enables us to move our head in different directions.
- The chest is the front part of the body.
- The sense organs help us know about the world around us.



## Time to Work

### A. Tick (✓) the correct answer.

1. Which part of our body has the brain?

Head

Neck

Chest

2. Which organ pumps blood to all parts of our body?

Brain

Heart

Liver

3. Taste buds are found on the \_\_\_\_\_.

nose

skin

tongue

### B. Choose the correct words.

1. The head is the **uppermost/lowermost** part of the body.

2. An adult has **twenty/thirty-two** teeth.

3. The chest is the **front/back** part of our body.

4. We cannot see in **light/dark**.

### C. Tick (✓) the body parts that you can move and cross (X) that you cannot.

1. Eyes

2. Tongue

3. Ears

4. Skin

5. Legs

6. Hair

7. Hands

8. Fingers



**D. Answer the following questions.**

1. Why is the brain called the 'master organ of the body'?

\_\_\_\_\_

2. What is the main function of our mouth?

\_\_\_\_\_

3. How are the lungs useful to us?

\_\_\_\_\_

**HOTS**

Why do we not feel pain when we cut our nails?



**creative activities**

**Make shadows of different shapes with your hands.**



Dog



Turtle



Rabbit

Play this game with your friends. Keep your eyes closed. Let each friend say something. Can you guess who is speaking? You can also make different sounds and ask your friends to guess what made the sound. For example, try tapping on different things with a pencil.



**Life Skills**

Given below are some statements. Tick (✓) the ones that you feel are good for the body to function properly.

- We should eat junk food.
- We should exercise regularly.
- We should sleep late and get up late.