

1

# WHAT MY BODY DOES





## LET'S BEGIN

- 1** Look at the picture. Name three things you can eat.
- 2** What can you hear? Circle five things.
- 3** Who is not feeling well? Point.
- 4** Listen to the *How my body works* song. Number the objects in the order you hear them.



- 5** Sing the song and do the actions!
- What do you know? Let's find out!

### Language tips

I can hear (bees).  
I can hear ...

# Story

## Party games

  Listen, look and act out.



1  Listen and draw lines.

see

hear

touch

smell

taste





## Work together

# Discover how our teeth and stomach work

Do you know how our teeth and stomach break down food?

### Materials:



### 1 Work on your own.

How can we represent teeth and a stomach? Match to make sentences.

- |          |  |          |                              |
|----------|--|----------|------------------------------|
| <b>a</b> | To show the action of our teeth, ...   | <b>1</b> | ... we can use vinegar.      |
| <b>b</b> | To show the action of our stomach, ... | <b>2</b> | ... we can crush the sweets. |



### 2 Work with a partner.

Compare your answers with a partner. Do you agree? Your teacher will give you vinegar and water. With your partner, fill two glass jars. Label them *vinegar* or *water*. Crush one sweet.



### 3 Work in a group.

Put one whole sweet in water, and one in vinegar. Put one crushed sweet in water, and one in vinegar.

Record your results. Put a tick or a cross.

- The whole sweets dissolve faster.
- The crushed sweet in vinegar dissolves faster.
- The crushed sweet in water dissolves faster.



Evaluate your cooperative learning.



# Our five senses



Our eyes, ears, nose, tongue and skin collect information and send it to our brain. Our brain helps us to understand the world around us.

**Which sense is Laura using?**

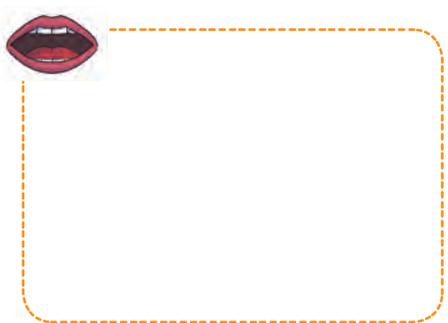
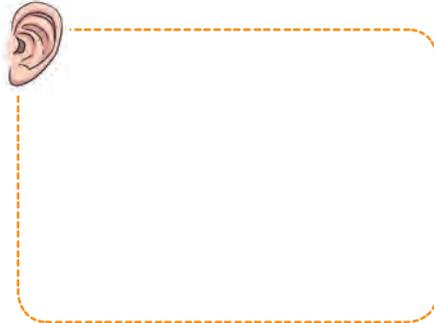
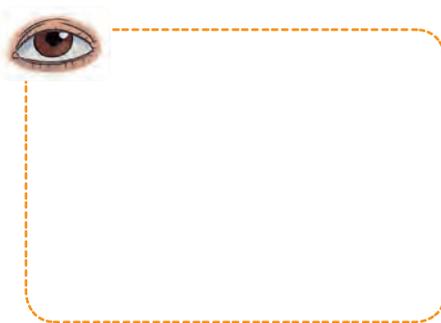
## Language tips

Laura is using her sense of ...

**1** Which sense are they using? Write.



**2** What do we see, hear, taste, smell and touch? Draw.



# We can see and hear

We can see different shapes, sizes and colours. We can hear loud sounds and quiet sounds.

What shape is Danny's instrument? Does it make a loud or a quiet sound?



1



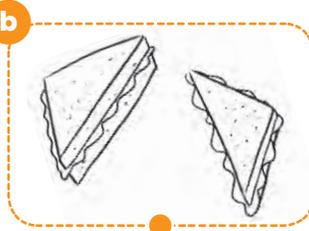
Listen, colour and match.



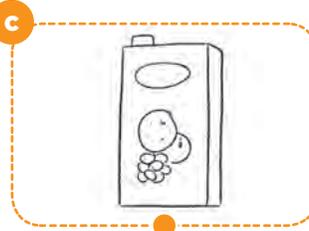
a



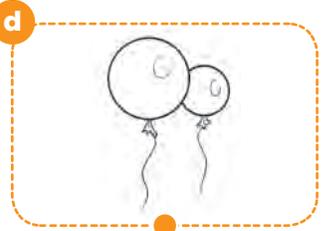
b



c



d



triangular

square

round

rectangular

2

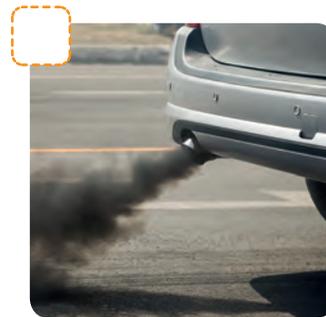


Listen and number. Write *loud* or *quiet*.

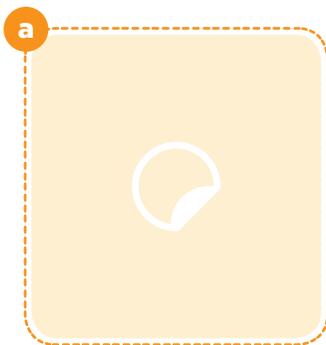


# We can smell, taste and touch

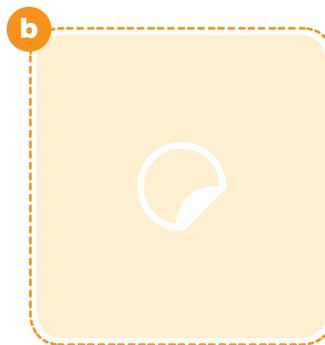
1 Does it smell good or bad? Put a tick or a cross.



2 Listen and find the stickers.



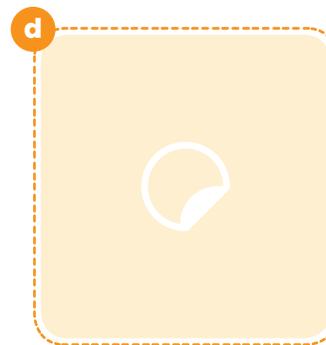
Crisps taste salty.



Honey tastes sweet.



Lemons taste sour.



Olives taste bitter.

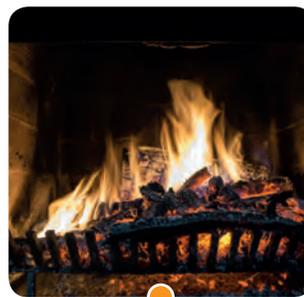
3 How does it feel? Match.



hard



soft



hot



cold

# We breathe oxygen

Our body needs oxygen. We get oxygen from the air we breathe into our lungs. This is called respiration. Our heart pumps the oxygen around the rest of our body in our blood. This is called circulation.



**What is Laura doing? Why?**

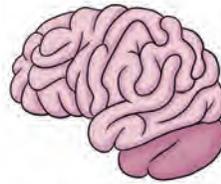
**1** Listen and circle.



lungs



stomach



brain



heart

**2** Circle the correct answer.

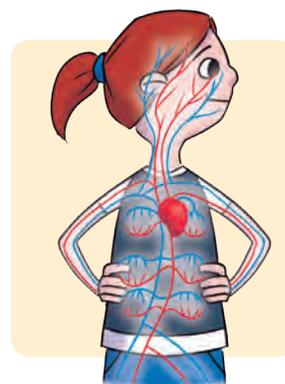
respiration

circulation



respiration

circulation



**3** What keeps our lungs and heart healthy? Tick.



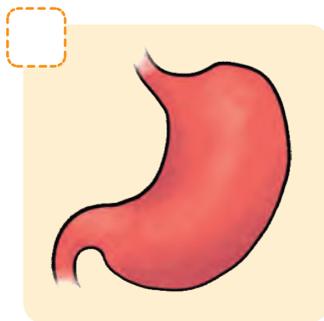
# We eat food

Our body needs food to grow, be active and stay healthy. Our digestive system breaks down the food and absorbs its nutrients. This is called digestion. Nutrients travel to the rest of our body in our blood.

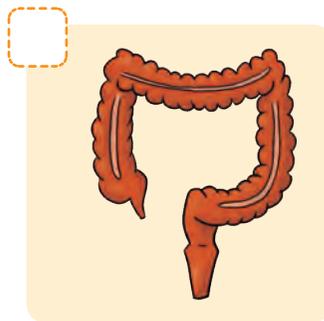
 **What is Danny eating?**



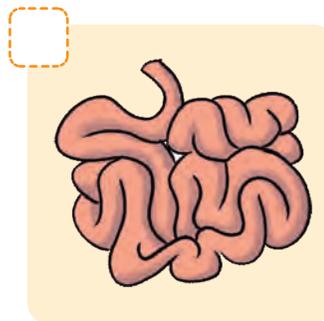
**1**  Listen to the *Digestion* chant. Number.



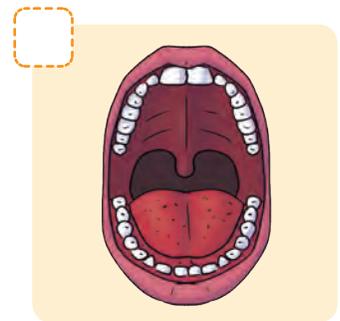
stomach



large intestine

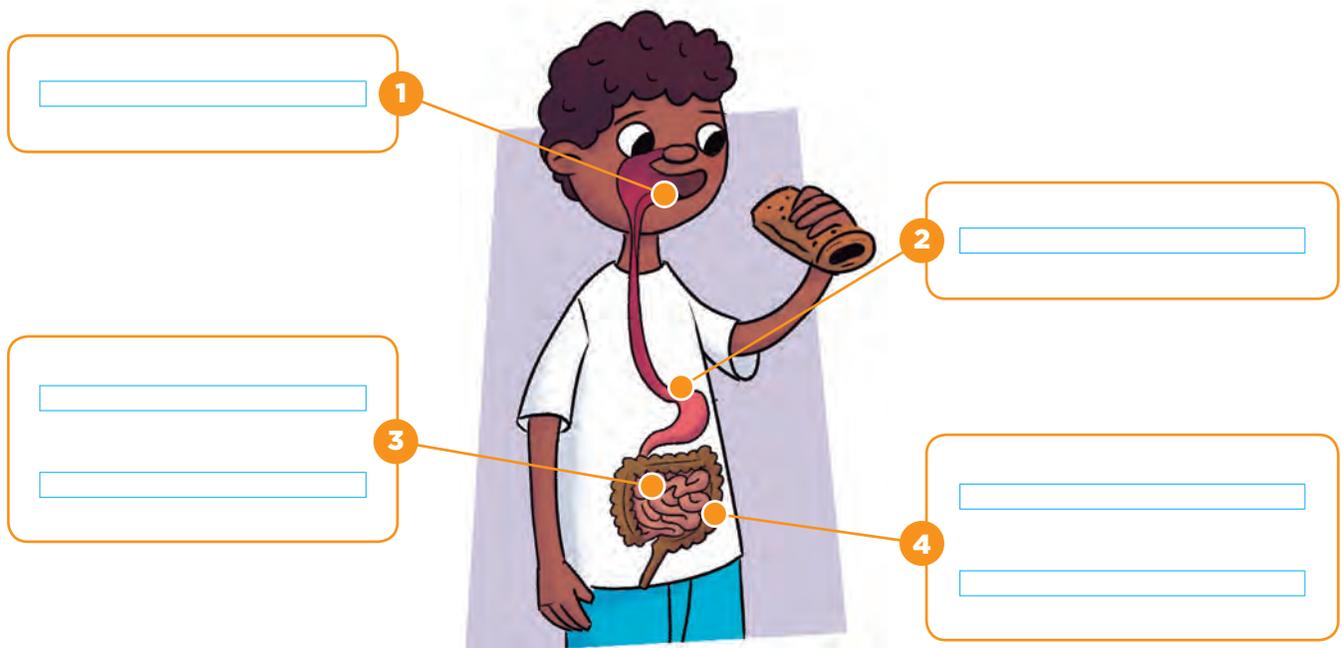


small intestine



teeth

**2**  Listen again. Label the picture. Use your finger to trace the route of the food.



# Everyone is different

We are all different. Our bodies and faces are different. We like different things and we can do different activities. Girls and boys are different, too.

 How are Laura and Danny different?



**1**  Listen and say the name.



Megan Sally Laura



Danny Rob Andy

**2**  Listen and read. Match.



I have a big family.

I have a small family.

I like playing football.

I like doing karate.

I can play the violin.

I can speak English.



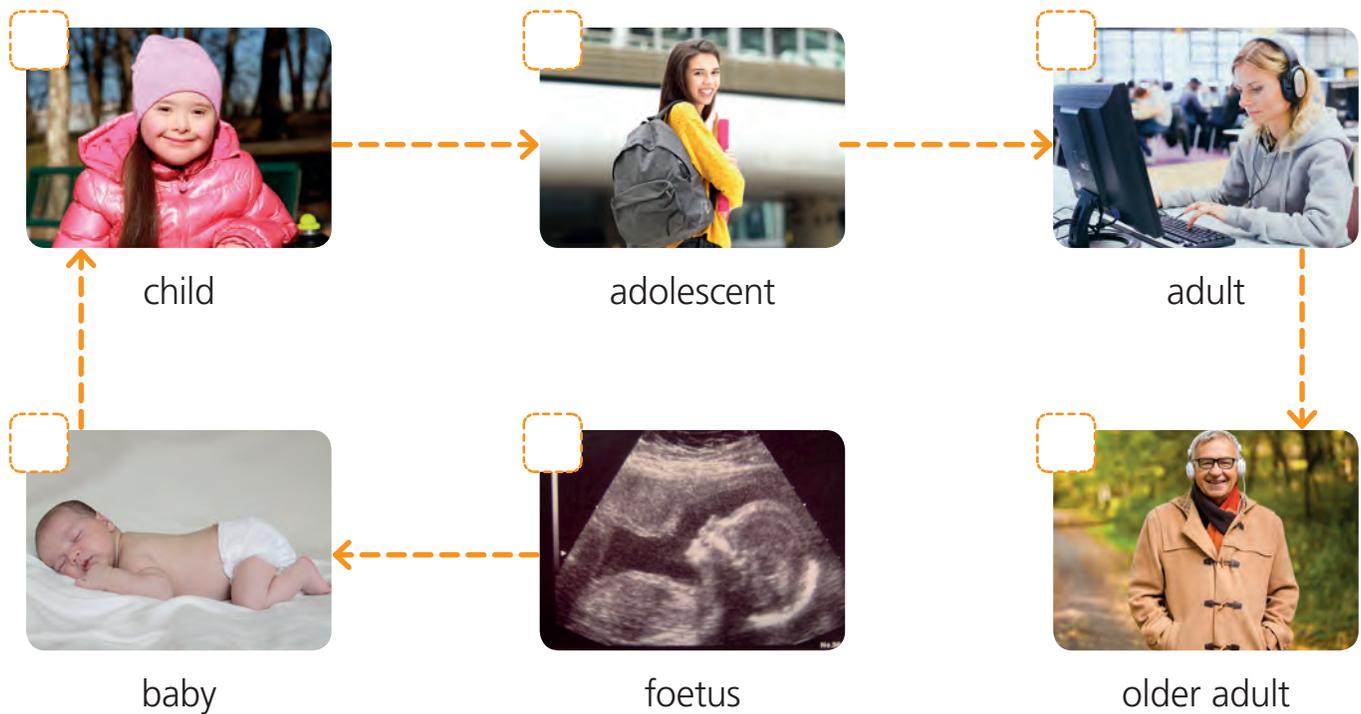
# We grow and change

We all grow and change. Women can have babies. Babies become children. Children become adolescents (teenagers). Adolescents become adults.

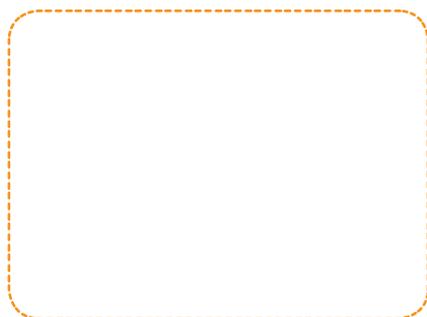
 **How does Danny change?**



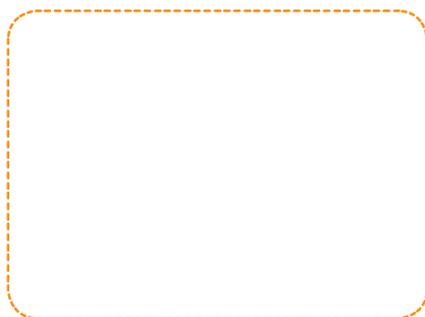
**1**  Listen and number. Trace the arrows.



**2**  How do you change? Draw.



me as a baby



me now



me as an adolescent



## Our choices

# Look after your teeth

1  Listen and tick the good advice.



Brush your teeth after every meal.



Visit the dentist regularly.



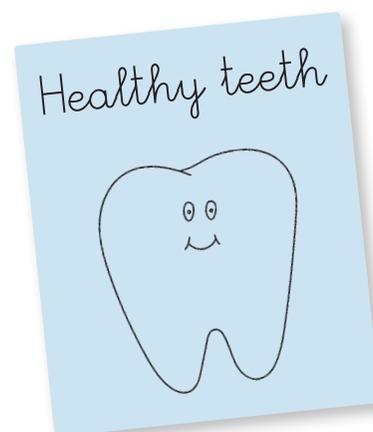
Eat lots of sweets.



Eat healthy food.

2   Look after your teeth. Make a mini book with your partner.

- a Give your mini book a title.
- b Draw and write about teeth.
- c Leave your mini book in the library for other pupils to read!



# REVIEW

1  Read and draw an object.



round



square



triangular



rectangular

2  Circle the correct picture.



It sounds loud.



It smells good.



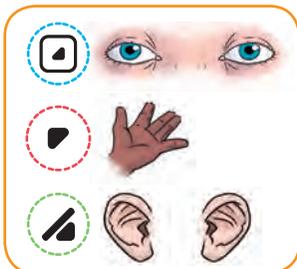
It tastes salty.



It feels soft.



3  Use the code and circle.



	soft		quiet	cold
hot		loud		
	colours		shapes	hard

**4** Write.

teeth    lungs    stomach    heart

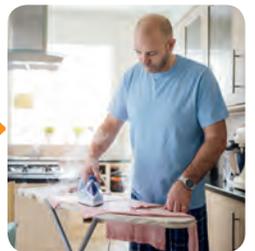
- a We breathe with our  .
- b Our   pumps blood around our body.
- c Our   chew food.
- d Our   digests food.

**5** Read and put a tick or a cross.

- a We are all the same.
- b We all like the same things.

**6** Write.

child    adolescent    adult    baby



 What do you know now? Check!