

MY LIVING WORLD

(Class-III)



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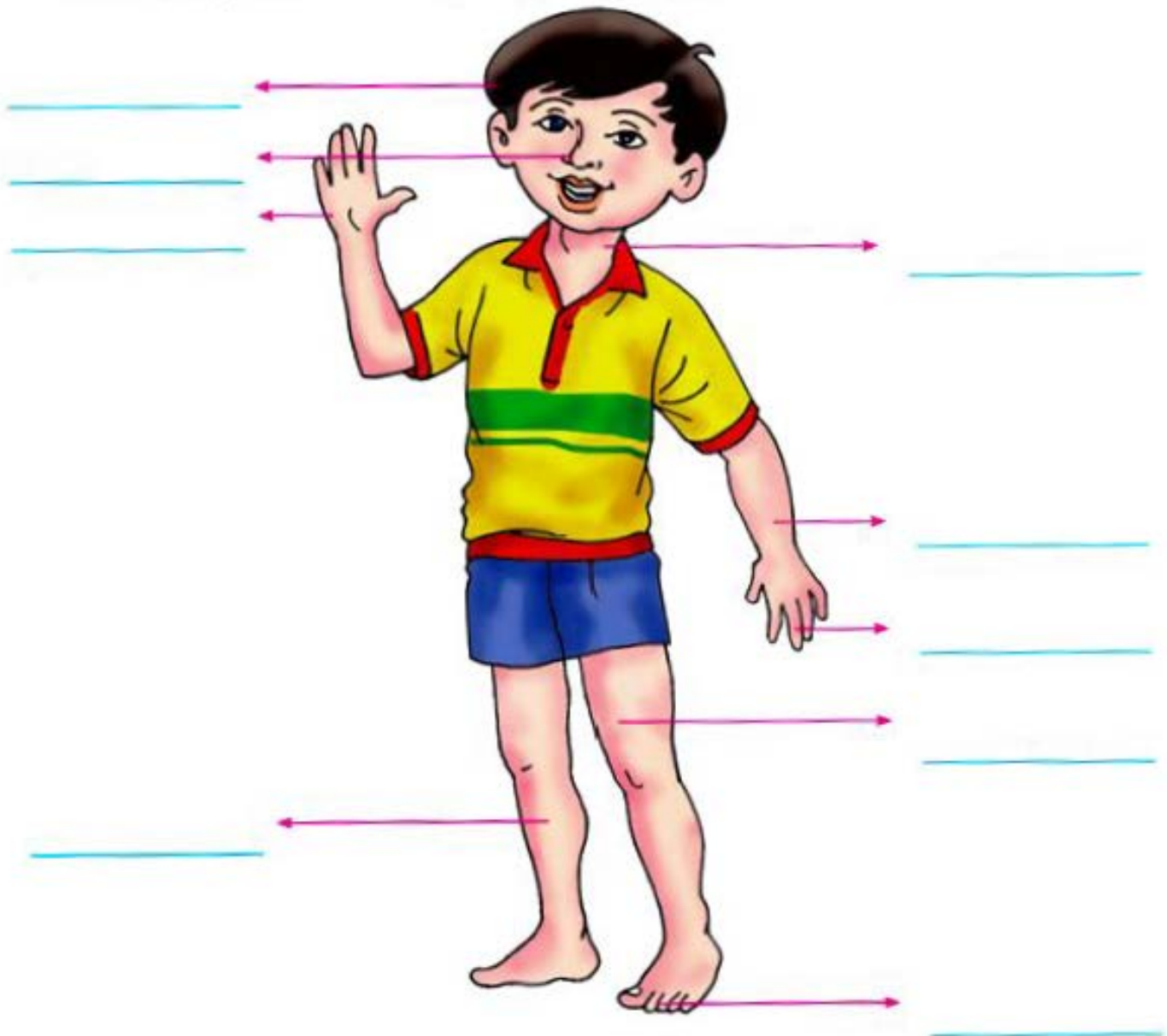
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MY BODY

Our body is a wonderful gift of nature. It has many parts. These help us in many ways.

We have already studied about some of these in Class-II. Let us do a quick check on what we already know.

Label the parts in the figure given below:



Sense Organs

Let us study the following examples.



Neha's elder sister has prepared a nice dish. Neha puts a spoonful of it in her mouth and says, 'Oh! There is no salt in it.'



Rahul touches a block of ice and immediately draws his finger away. He says, 'It is very cold.'



There is a band playing very loud music in the neighbourhood park. Sonam puts her hands on her ears and says, 'They are making a loud noise.'



When we see a beautiful painting, we say, 'Wow! It is beautiful.'

These examples tell us that our tongue, skin, ears and eyes are able to taste, feel, hear and see various objects.

Our body organs, which help us to sense various things present around us, are called **Sense Organs**. Eyes, ears, nose, skin and tongue are our sense organs.

Let us learn more about them.

Tongue

Activity:

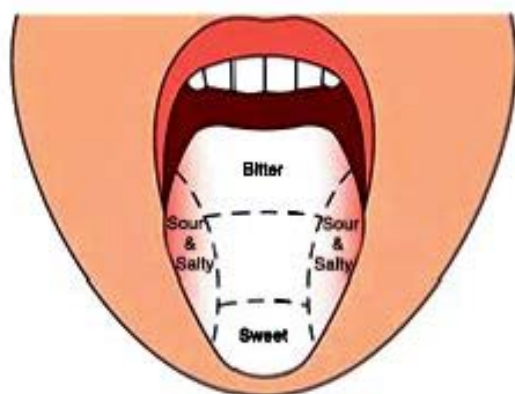
Take some eatables like bananas, salted cucumber, lemons and bitter gourd juice. Taste them one by one and experience the taste of each.

Our tongue helps us to know the taste of different food items.

It is very sensitive. It even helps us to find out the various flavours present in different food items, such as ice-creams, chutneys and sauces.



Our tongue has different parts which are sensitive to different tastes.



Tongue

Do You Know?

- ◆ Our tongue has 3000 taste buds.
- ◆ Our tongue is the strongest muscle in our body.
- ◆ The average length of the human tongue is 10 cm.

Ears

Activity:

Guess Who Am I??

- ◆ Put on a blindfold on one of your classmates and make him/her stand at the front of the class.
- ◆ Let one of the students speak or sing something.
- ◆ Ask the child, who was blindfolded, to recognise the speaker.

When we go out, we often hear birds chirping, children making all kinds of sounds and vehicles or animals making different types of sounds. Our ears help us to listen to all these different sounds and to recognise them. They also tell us the direction from where a given sound is coming.



Ears also help us to differentiate between loud sounds and gentle sounds. Very loud sounds are unpleasant and harmful for our ears.

How do we feel when a bus tyre bursts in front of us? We immediately cover our ears.



Skin

Activity:

- ◆ Ask the students to touch different things around them like the wall, bag, their clothes, desk, etc.
- ◆ Let them find out which things have rough surfaces and which ones have smooth surfaces.



For the Teacher: Ask the students to do this activity at home. Touch a piece of ice and slightly hot water to get to know the feeling of cold and hot.

Skin enables us to feel smooth and rough surfaces, hot and cold things and so on. We also get the feeling of pain when we are injured or bitten by an insect. The skin also helps to protect the parts of our body present below it.

Do You Know?

The largest organ of our body is the Skin.

Nose

Activity:

Collect few sweet smelling flowers like rose and vegetables like garlic. Put them in opaque bags and ask the students to identify them by smelling.

Our nose helps us to smell different types of 'smells' and 'fragrances'. It can differentiate between good and bad smells.



Eyes

Eyes are a wonderful gift of nature to mankind. They help us to see various objects around us.



Eyes also help us to get an idea of the distance of various objects. They help us to know whether a given object is near by or far off.

Eyes also help us to know the difference between various colours. It is our eyes that make us say that the rose is red and the leaf is green.

Do You Know?

All babies are colour blind when they are born. At that time they see all objects only as black or white.

Our eyes also help us to express our feelings and emotions.

Look at the faces below and match them with their feelings.



angry

scared

shy

happy

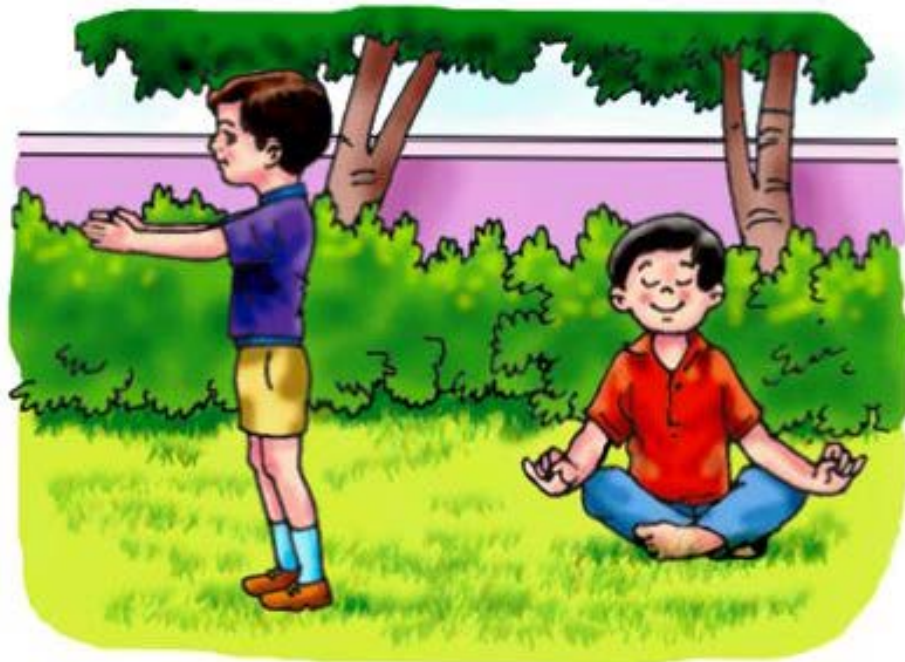
lonely

Taking Care of Our Sense Organs



- ◆ Clean your tongue with a tongue cleaner.
- ◆ Bathe daily to keep your skin clean.
- ◆ Avoid eating too hot or too cold things.
- ◆ Never touch or poke your eyes, nose or ears with any pointed object.

- ◆ Avoid reading in dim light.
- ◆ Avoid watching T.V., or working on computer, or playing video games for a long duration.
- ◆ Do meditation and exercise regularly.



Keywords

- ❖ **fragrance** nice smell.
- ❖ **meditation** staying calm and quiet.
- ❖ **sensitive** feels easily.
- ❖ **sense organs** the body organs which help us to sense various things around us.



Something to Know

A. Fill in the blanks.

1. Our _____ is sensitive to different tastes.
2. Loud sounds are unpleasant and harmful for _____.
3. _____ helps us to feel smooth and rough surfaces.
4. We should avoid reading in _____ light.
5. We have _____ sense organs.

B. Write True or False for the following statements.

1. Our body has many parts. _____
2. Sense organs help us to sense various things around us. _____
3. We can find out whether the tea is hot or cold just by smelling it. _____
4. We get the feeling of pain when we are injured. _____
5. We can find out the colour of a leaf by just touching it. _____

C. Tick (✓) the correct option.

1. We feel through our—
 (a) nose (b) skin (c) eyes (d) ears
2. We should take bath—
 (a) daily (b) weekly (c) fortnightly (d) monthly
3. It is not a sense organ.
 (a) nose (b) stomach (c) ears (d) skin

D. Answer the following questions in brief.

1. Name all the sense organs.
2. What does our nose help us to do?
3. What types of sounds are differentiated by our ears?
4. Why should we meditate and exercise regularly?



E. Answer the following questions.

1. Name the different types of tastes. Draw a diagram of a tongue showing all its taste related parts.
2. How are eyes useful to us?
3. List some pleasant and unpleasant sounds around us.
4. Write the role of skin in our body.
5. Write any two activities where we use more than one sense organ.

VALUE Based Question

Rahul, a keen observer, noticed that, over the last few days, his grandfather was not very quick in responding to his requests, demands or queries. He mentioned this to his father. His father immediately decided to get him checked by an ENT specialist. The specialist checked the grandfather's ears and provided him with a good 'hearing-aid'. Rahul's grandfather felt very happy when he was again able to hear clearly with the help of his 'hearing-aids'.



1. Think of the problems that Rahul's grandfather might have faced, due to his not being able to hear clearly—
 - (a) while at home.
 - (b) on the road.
 - (c) in the park.
 - (d) at the market.

2. Rahul and his father displayed some values in the situation discussed above. Discuss, with your classmates, about the values shown by them.
3. If you had a classmate with some hearing problem, how will you help him or her—
 - (a) in the class?
 - (b) in the playground?

Something to Do

1. Spend sometime with your grandparents and share your daily experiences with them. Assist them in their routine work.
2. Find out about the sensing capability of dogs and hearing capability of bats. Do they have something special in them?