

Your Body



Introduction

Your body is amazing! It helps you to walk, work, and play. It helps you to eat, read, listen, and learn. It's important to protect your body.



How does your body help you?
How do you protect your body?



Now read and discover
more about your body!

Picture Dictionary

<https://quizlet.com/557907468/oxford-read-and-discover-body-flash-cards/>



around



bite



blink



body



loud



minute



muscles



protect



bone



brain



breathe



cut



pull



remember



skeleton



skin



dirt



exercise



fast



food



smell



sneeze



soap



street



grow



hair



joints



lose



strong



sunglasses



sweat



world

1

Your Skin and Hair

You have skin everywhere on your . Your skin helps you to touch things. It helps you to know when things are . Skin stops dirt getting into your body. It stops water getting into your body when it's rainy and when you swim.

Water on Skin



Hair Standing Up

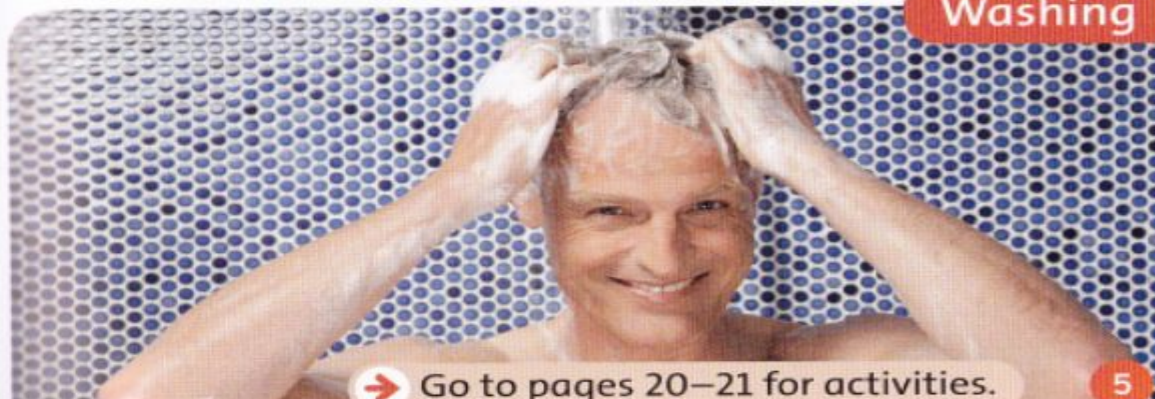


Sweat on Skin

grows out of your skin. Hair on your stands up when you're cold. This stops your body getting too cold. Your skin makes sweat when you're hot. This stops your getting too hot.

Protect your body! Wash every day, so you can get dirt and sweat off your skin and hair.

Washing



➔ Go to pages 20–21 for activities.

1 Your Skin and Hair

← Read pages 4–5.

1 Write the words. **sweat skin hair dirt**



1

1 skin



2

2 _____



3

3 _____



4

4 _____

2 Complete the sentences.

dirt cold touch water body

1 You have skin everywhere on your body.

2 Your skin helps you to **Touch** things.

3 It helps you to know when things are hot or **cold**.

4 Skin stops **dirt** getting into your body.

5 It stops **Water** getting into your body when it's rainy.

3 Hair grows out of your skin. Hair on your arms and legs stands up when you're cold. This stops your body getting too cold. Your skin makes sweat when you're hot. This stops your body getting too hot.

Protect your body! Wash every day, so you can get dirt and sweat off your skin and hair.

4 1 How does your skin help you?

Your skin helps you to touch things, and to know when things are hot or cold.

2 How does your hair help you?

Hair stops your body getting cold.

3 How can you protect your skin and hair?



1 Find and write the words.

walk work read eat play listen

1 walk 3 _____ 5 _____

2 _____ 4 _____ 6 _____

2 Complete the sentences.

protect amazing eat body

- Your body is amazing !
- Your _____ helps you to work and play.
- Your body helps you to _____ and listen.
- It's important to _____ your body.

3 Answer the questions.

- How does your body help you?

- How do you protect your body?

1

1 Write the words. Then match.

1 i_nk_s
_____ skin

2 r_a_h_i

3 t_r_i_d

4 s_t_e_w_a



2 Circle the correct words.

- Your skin helps you to **wash** / **touch** things.
- Skin stops **dirt** / **hair** getting into your body.
- Water** / **Hair** grows out of your skin.
- Your skin makes sweat when you're **hot** / **cold**.

2

Your Bones

There are bones your skin. These bones make your skeleton. Your skeleton helps you to stand up.

There are joints in your skeleton, too. Bones meet at joints. Elbows and s are joints. Joints help you to move. Knee joints help you to



A baby has small bones. Bones grow and they make you big and tall.



Your bones stop growing when you are about 20 years old. Then there are 206 bones in your body!



Protect your bones! When you a skateboard, wear pads to protect your bones and joints. Wear a helmet to protect your head, too.



Riding a Skateboard



2 Your Bones

← Read pages 6–7.

1 Find and write the words.

d	b	b	o	n	e	o	w	s
e	l	b	o	w	b	o	d	y
s	r	j	o	i	n	t	s	o
g	c	k	n	e	e	p	x	t
s	k	e	l	e	t	o	n	e



1 bone



2 s



3 e



4 k



5 j



6 b

2 Circle the correct words.

- Muscles / **Bones** make your skeleton.
- Your skin / skeleton helps you to stand up.
- Elbows and knees are skeletons / joints.
- Bones / Knees meet at joints.

3 Match. Then write the sentences.

A baby has
Bones grow and
Your bones stop
growing
There are 206 bones

in your body.
when you are about
20 years old.
small bones.
they make you big
and tall.

- A baby has small bones.
- _____
- _____
- _____

4 Circle the odd one out.

- skin **baby** bones
- joints bones under
- elbows you knees
- small bones body
- joints bones tall
- pads skateboard wear

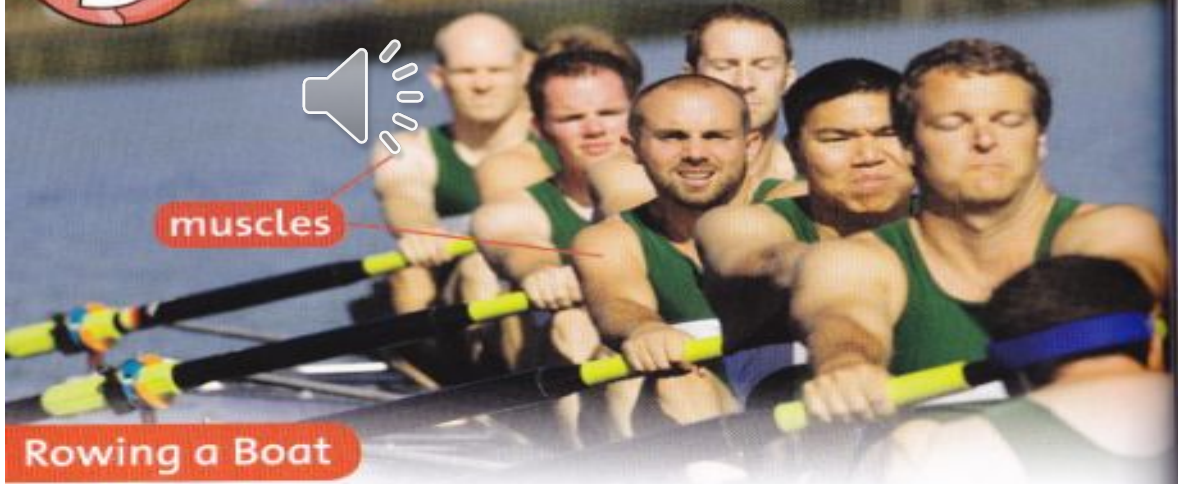


3

Your Muscles



muscles



Rowing a Boat

What helps your bones and joints to walk, and jump? Muscles! Muscles pull your bones to move your body. Muscles in your legs help you to . Muscles in your arms help you to row a boat.



There are more than 600 muscles in your body!



swimming, dancing, and riding a bicycle are types of exercise. Exercise makes your muscles, bones, and joints strong. Your heart is a type of muscle. Exercise makes your heart strong, too.

Protect your body! Do exercise every day. What is your favorite type of exercise?

Dancing



➔ Go to pages 24–25 for activities.

3 Your Muscles

← Read pages 8–9.

1 Order the words.

1 bones. / your / Muscles / pull

Muscles pull your bones.

2 help / Muscles / you / a bicycle. / to ride

3 a boat. / Muscles / you / help / to row

4 in / 600 / There / body. / more than / are / your / muscles

2 Find and write the words.

muscles arms legs bones joints body

1 muscles 3 _____ 5 _____

2 _____ 4 _____ 6 _____

3 Write the words.

running swimming jumping dancing
walking riding a bicycle



1 _____



2 _____



3 _____



4 _____



5 _____



6 _____

4 Answer the questions.

1 How can you protect your body?

2 Is the heart a type of joint?

3 What makes your heart strong?

4 What is your favorite type of exercise?

2 Your Bones ← Pages 6–7

1 Write the words.



1 skeleton 2 j _____ 3 b _____



4 k _____ 5 b _____ 6 e _____

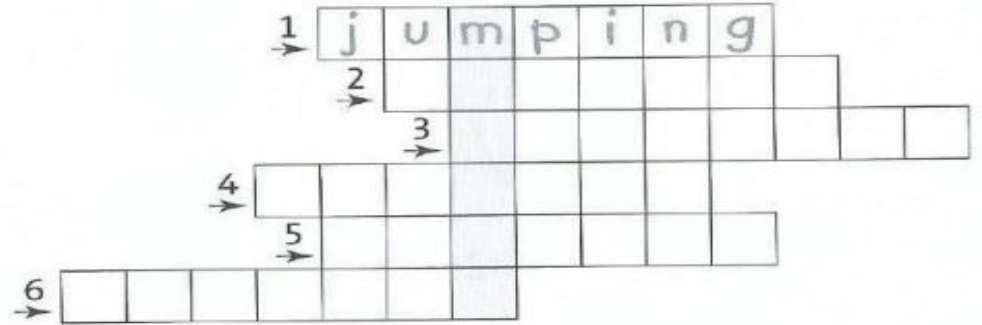
2 Complete the sentences.

joints skeleton baby move

- Your _____ helps you to stand up.
- Bones meet at _____.
- Joints help you to _____.
- A _____ has small bones.

3 Your Muscles ← Pages 8–9

1 Complete the puzzle. Then write the secret word.



The secret word is:

2 Match.

- Muscles pull your bones
- There are more than
- Your heart is a
- Exercise makes

type of muscle.
your heart strong.
to move your body.
600 muscles in
your body.

4

Your Eyes and Ears

Your eyes help you to see the around you. They open and close many times every day. This is called blinking. When your blink, they wash dirt out of your eyes.

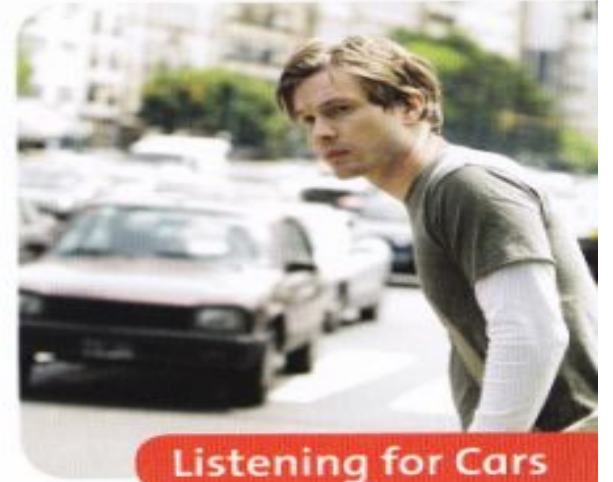
At night your eyes close so you can .

Blinking



Eyes blink about 15 times every minute!

Your help you to listen to music. They help you to listen for cars in the . Your ears can hear things when you sleep, too!



Listening for Cars

Protect your eyes and ears! On sunny days, wear to protect your eyes. Don't listen to very loud music – it's bad for your ears.

Protecting Eyes

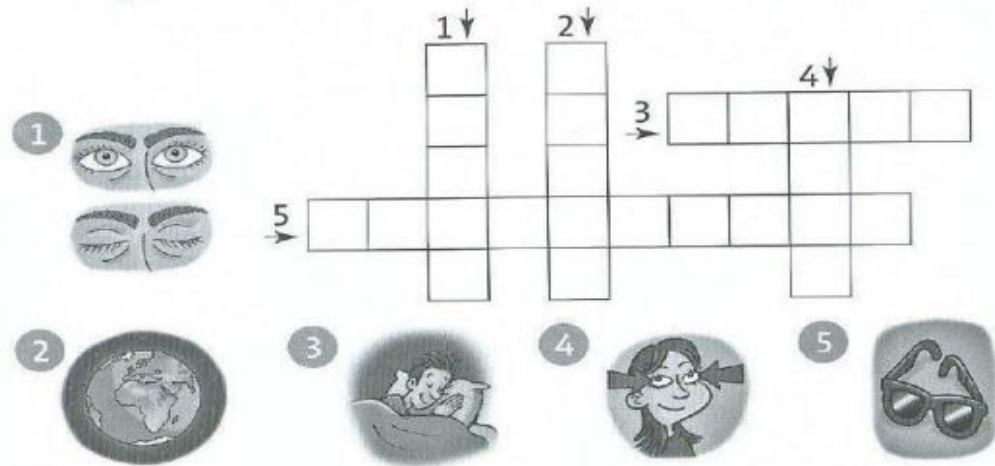


→ Go to pages 26–27 for activities.

4 Your Eyes and Ears

← Pages 10–11

1 Complete the puzzle.



2 Write *true* or *false*.

- Your ears help you to see the world. false
- Your eyes open and close many times every day. _____
- Eyes blink about 15 times every day. _____
- At night your eyes close. _____
- Your eyes help you to listen to music. _____
- Your ears can hear things when you sleep. _____

Your eyes help you to see the world around you. They open and close many times every day. This is called blinking. When your eyes blink, they wash dirt out of your eyes.

At night your eyes close so you can sleep.

Your ears help you to listen to music. They help you to listen for cars in the street. Your ears can hear things when you sleep, too!



Listening for C

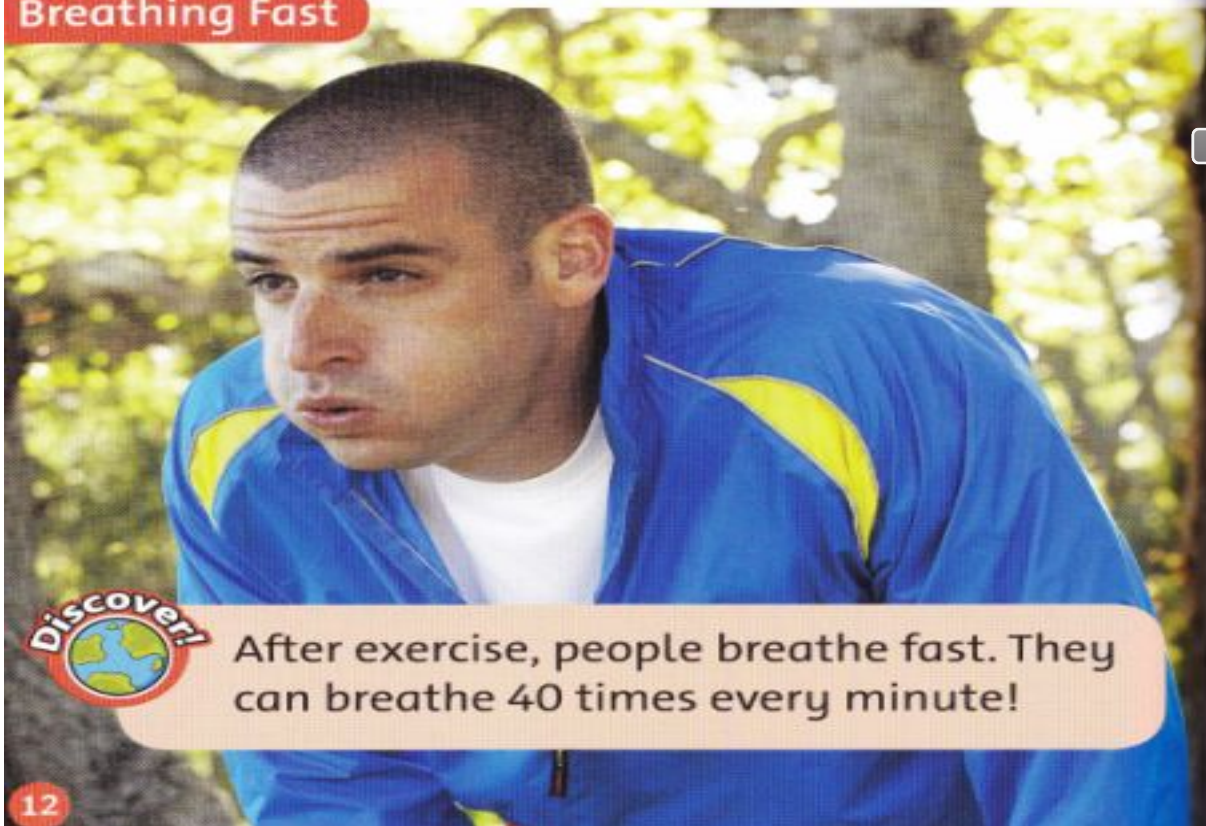
Protect your eyes and ears! On sunny days, wear sunglasses to protect your eyes. Don't listen to very loud music – it's bad for your ears.

5

Your Nose and Mouth

You breathe through your and mouth. Your nose and take air into your body. You breathe about 15 times every minute.

Breathing Fast



After exercise, people breathe fast. They can breathe 40 times every minute!

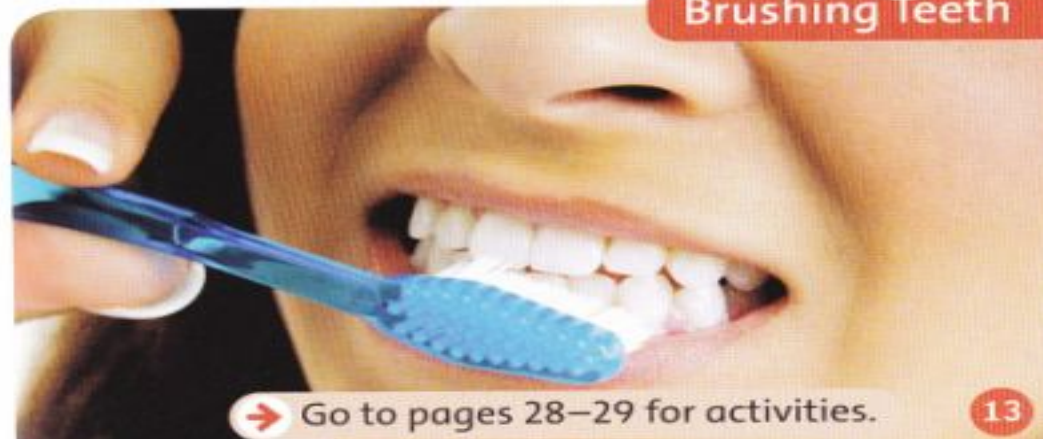


Biting Food

Your nose helps you to smell things. Your mouth helps you to talk and . Your teeth bite food so you can eat it. Your body uses food to live and grow.

Protect your ! Brush your teeth after breakfast and after dinner, and don't eat lots of candy.

Brushing Teeth



➔ Go to pages 28–29 for activities.

5 Your Nose and Mouth

← Read pages 12–13.

1 Complete the sentences.

food nose breathe

- Your _____ helps you to smell things.
- Your teeth bite _____ so you can eat it.
- You _____ through your nose and mouth.

2 Match. Then write the sentences.

After exercise
Your nose and
mouth take
People breathe
After exercise
people can breathe

air into your body.
15 times every
minute.
40 times every
minute.
people breathe fast.

- _____
- _____
- _____
- _____

3 Write true or false.

- Your nose helps you to talk and eat. _____
- Your teeth smell food. _____
- Your body uses food to live and grow. _____
- Brush your teeth to protect them. _____

4 Complete the puzzle.



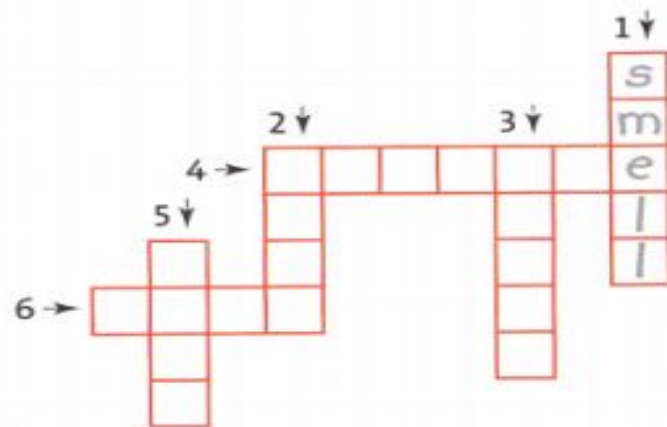
1



2



3



4



5



6

5 Your Nose and Mouth

← Pages 12–13

1 Write the words.

breathe teeth food bite nose smell



1 nose



2 _____



3 _____



4 _____



5 _____



6 _____

2 Order the words.

1 through / breathe / You / nose and mouth. / your
You breathe through your nose and mouth.

2 every / breathe / minute. / You / 15 times

3 to smell / Your / nose / things. / helps you

4 food. / bite / teeth / Your

You breathe through your nose and mouth. Your nose and mouth take air into your body. You breathe about 15 times every minute.

Your nose helps you to smell things. Your mouth helps you to talk and eat. Your teeth bite food so you can eat it. Your body uses food to live and grow.

Protect your teeth! Brush your teeth after breakfast and after dinner, and don't eat lots of candy.

6

Your Brain

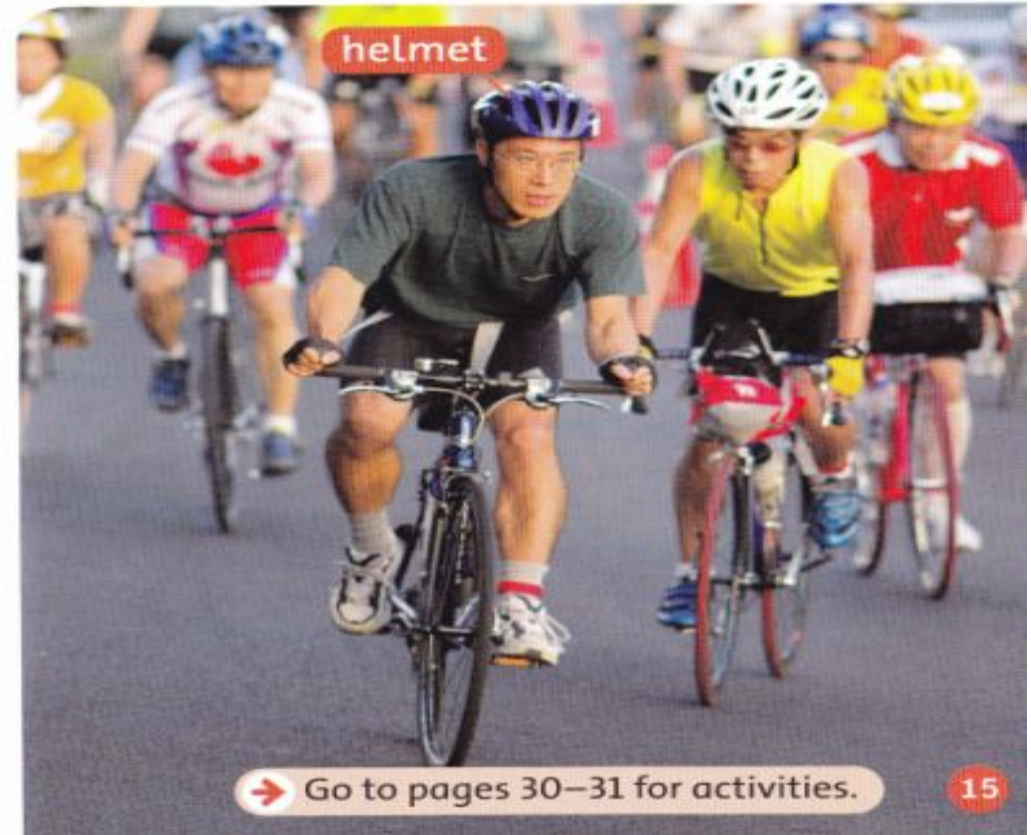
Do you know how you read these words? Your brain tells you what your see! Your brain tells you what you see, hear, and touch. It tells your muscles when to move. It helps you to write, speak, draw, and do puzzles. Your brain is .

A Brain



Your brain works all and at night when you sleep! At night it makes you breathe and it makes your heart work. At your brain helps you to remember things that you learn in the day.

Protect your brain! Wear a helmet when you .



6 Your Brain

← Read pages 14–15.

brain eyes hands
muscles read speak

1 Write the words.



1 _____



2 _____



3 _____



4 _____



5 _____



6 _____

2 Circle the correct words.

- 1 Your brain tells you what your eyes hear / see.
- 2 Your brain / nose tells you what you see, hear, and touch.
- 3 Your brain tells your muscles when to move / smell.
- 4 Your brain / foot helps you to write and speak.

3 Order the words.

- 1 and at night. / Your brain / works all day

- 2 your brain / you breathe. / At night / makes

- 3 makes / At night / your heart / your brain / work.

- 4 remembers things / that you learn. / Your brain

- 5 a bicycle. / when you ride / Wear a helmet

4 Circle the odd one out.

- 1 brain eyes day
- 2 bicycle hand brain
- 3 day night work
- 4 hot brain heart
- 5 muscles learn read
- 6 helmet bicycle eyes

6 Your Brain

← Pages 14–15

1 Find and write the words.



1 read

v	h	a	n	d	s	t	b
m	u	s	c	l	e	s	c
g	n	c	n	e	b	e	t
e	y	e	s	r	e	a	d
n	d	s	p	e	a	k	n



2 _____



3 _____



4 _____



5 _____

2 Answer the questions.

1 What does your brain help you to do?

2 When does your brain work?

3 What does your brain do at night?

4 How can you protect your brain?

Do you know how you read these words? Your brain tells you what your eyes see! Your brain tells you what you see, hear, and touch. It tells your muscles when to move. It helps you to write, speak, draw, and do puzzles. Your brain is amazing!

Your brain works all day and at night when you sleep! At night it makes you breathe and it makes your heart work. At night your brain helps you to remember things that you learn in the day.

Protect your brain! Wear a helmet when you ride a bicycle.

7

Getting Sick

Do you get sick? Germs are things that can make you sick. Germs can get in your when you breathe and when you eat. Germs can get in your mouth from your , too. Some germs get in your body when you get a cut in your skin.

A Cut in Skin



Germs



soap

Washing Hands

Wash your s with soap and water to get germs off your fingers. Wash your hands when it's time to eat, after you go to the toilet, after you touch , and after you play outside.

Stop germs! There are germs in a sneeze. Catch sneezes in a tissue. Then throw the tissue in a wastebasket.

Catching a Sneeze



tissue

→ Go to pages 32–33 for activities.

7 Getting Sick

← Read pages 16–17.

1 Find and write the words.

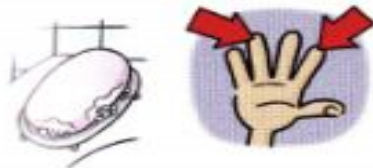
f	i	n	g	e	r	s	i	r
x	q	b	r	e	a	t	h	e
s	i	c	k	r	q	p	o	l
z	r	u	m	o	u	t	h	x
m	g	e	r	m	s	c	u	t
s	k	i	n	c	s	r	t	w
m	i	n	i	t	o	u	c	h

2 Circle the correct words.

- 1 Germs are things that can make you sick / happy.
- 2 Germs can get in your body when you breathe / touch.
- 3 Germs can get in your body when you eat / see.
- 4 Germs can get in your mouth on your fingers / toes.
- 5 Germs get in your body / bad when you get a cut in your skin.

- 1 f _____
- 2 b _____
- 3 s _____
- 4 m _____
- 5 g _____
- 6 c _____
- 7 s _____
- 8 t _____

3 Complete the sentences.



- 1 Wash hands with _____ and water to get germs off your _____.



- 2 It's good to wash your _____ when it's time to _____ and after you go to the toilet.



- 3 Wash hands after you _____.

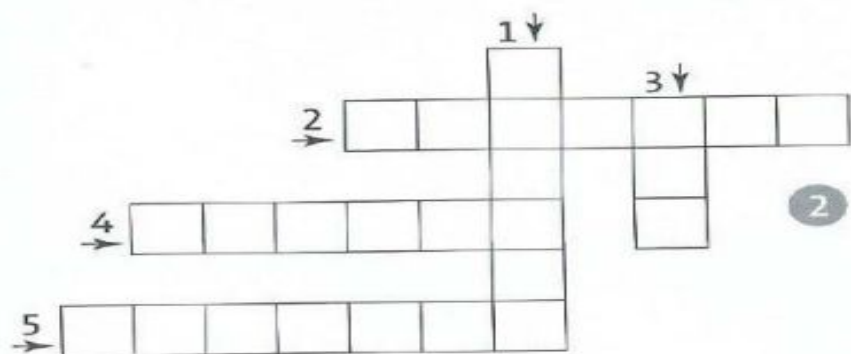


- 4 There are germs in a _____.



- 5 Catch sneezes in a _____. Then throw the tissue in a _____.

1 Complete the puzzle.

2 Write *true* or *false*.

- 1 Germs can make you sick. _____
- 2 Germs can get in your body when you wash. _____
- 3 You can wash your hands with germs. _____
- 4 It's good to wash your hands when it's time to eat. _____
- 5 There are animals in a sneeze. _____
- 6 You can catch sneezes in a tissue. _____

Do you get sick? Germs are things that can make you sick. Germs can get in your body when you breathe and when you eat. Germs can get in your mouth from your fingers, too. Some germs get in your body when you get a cut in your skin.

Wash your hands with soap and water to get germs off your fingers. Wash your hands when it's time to eat, after you go to the toilet, after you touch animals, and after you play outside.

Stop germs! There are germs in a sneeze. Catch sneezes in a tissue. Then throw the tissue in a wastebasket.

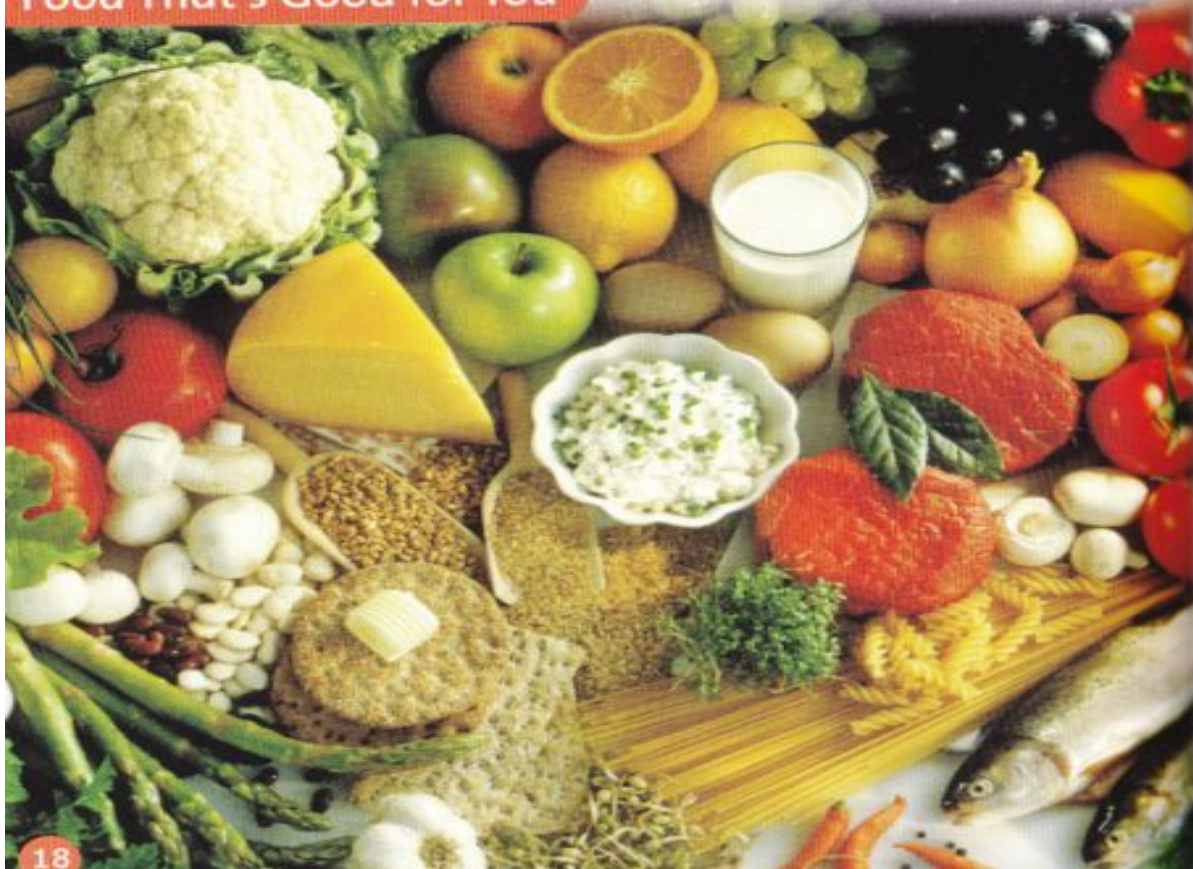
8

Protect Your Body



Eat food that's good for you. Good food helps your bones to grow. It makes you and it stops you getting sick.

Food That's Good for You



There's lots of water in your . You lose water when you go to the toilet and when your body makes sweat. Drink every day to protect your body.



Sleeping

Go to the when you get sick, and go to the dentist every year. Do exercise every day. It's good to do exercise and it makes you . It's good to sleep when you are tired, too.

It's important to protect your body.

➔ Go to pages 34–35 for activities.

Eat food that's good for you. Good food helps your bones to grow. It makes you strong, and it stops you getting sick.

There's lots of water in your body. You lose water when you go to the toilet and when your body makes sweat. Drink water every day to protect your body.

2 Answer the questions.

1 What food is good for you?

2 How does good food help your bones?

3 What is your favorite food?

Go to the doctor when you get sick, and go to the dentist every year. Do exercise every day. It's good to do exercise and it makes you happy. It's good to sleep when you are tired, too.

It's important to protect your body.

doctor water dentist
exercise sleep food

1 Eat _____ that's good for you.

2 Drink _____ every day.

3 Go to the _____ when you get sick.

4 Go to the _____ every year.

5 Do _____ every day.

6 It's good to _____ when you are tired.

8

Protect Your Body ← Pages 18–19

1 Write the words. Then match.

1 d_ofo



2 s_c r_e e_x i_e



3 r_e t_a w



4 p_l e_s_e



2 Circle the correct words.

- 1 Good food makes you **strong** / **sick**.
- 2 There's lots of **milk** / **water** in your body.
- 3 It's **good** / **bad** to do exercise.
- 4 It's important to protect your **doctor** / **body**.

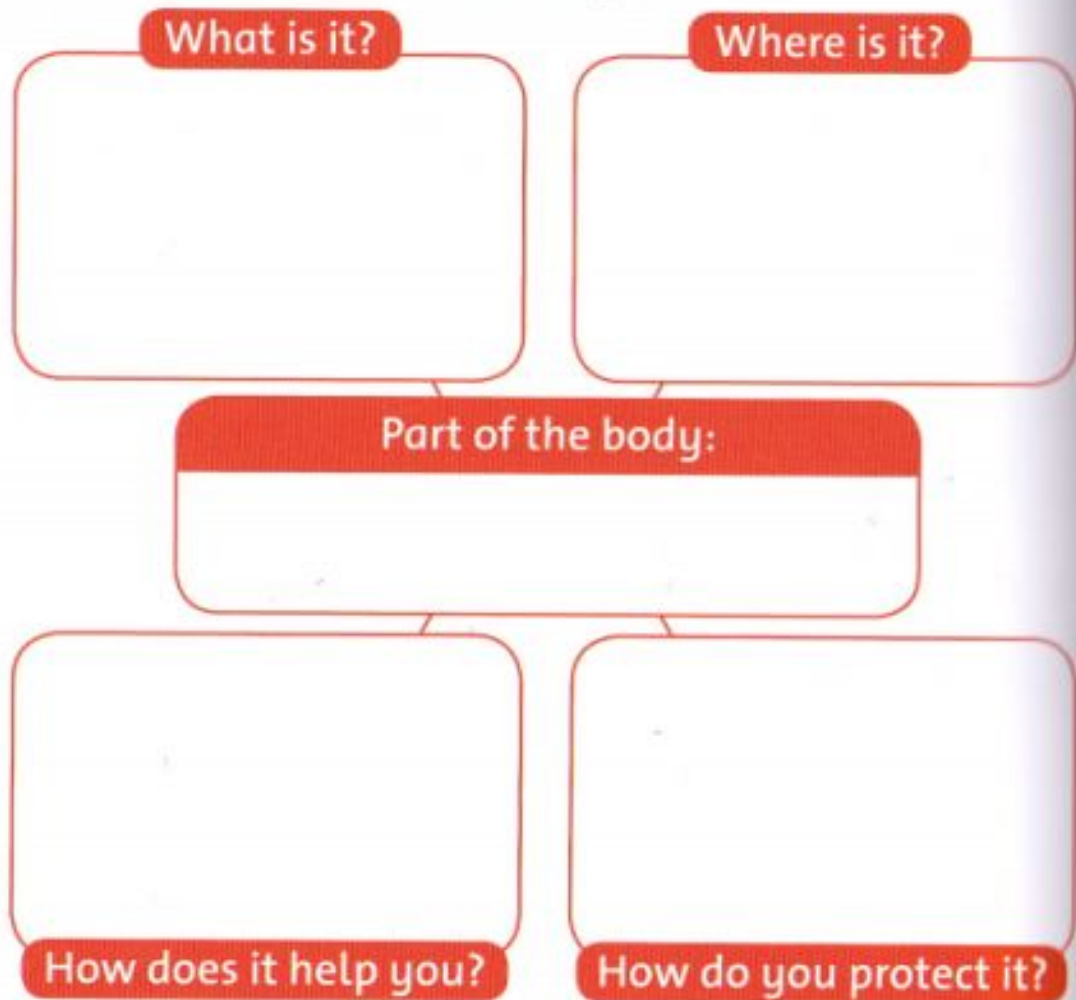
3 Write about your body.

Your body helps you to eat, read, work, and _____ . You have skin and _____ on your body. You have _____ under your skin. Muscles help you to _____ your body. You see with your _____ and you hear with your _____. Your brain _____ all day and night. It's important to _____ your body.

Project **1**

My Body Poster

1 Choose a part of the body. Write notes and complete the diagram.



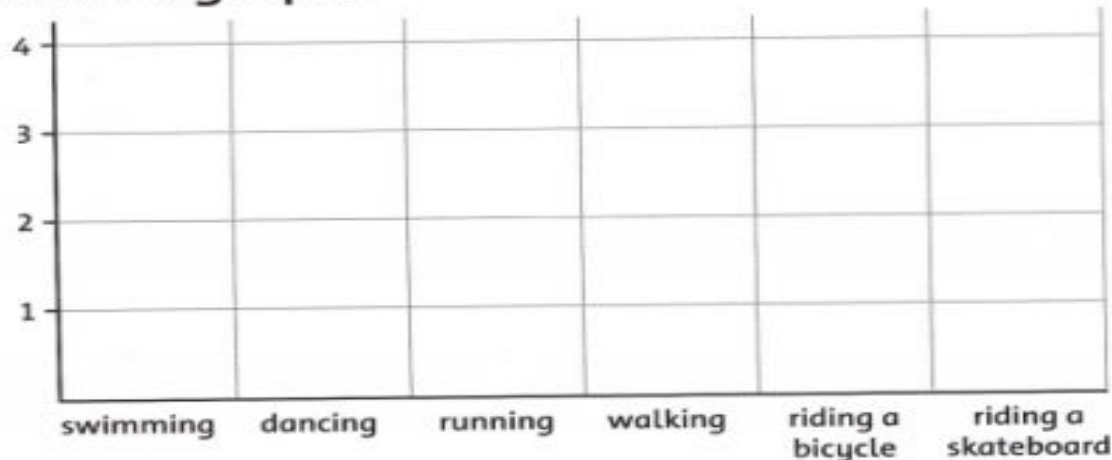
Project **2**

An Exercise Graph

1 Ask four friends what exercise they do. Complete the chart.

Do you ...	Friend 1	Friend 2	Friend 3	Friend 4
swim?				
dance?				
run?				
walk?				
ride a bicycle?				
ride a skateboard?				

2 Draw a graph.



Picture Dictionary



around



bite



blink



body



loud



minute



muscles



protect



bone



brain



breathe



cut



pull



remember



skeleton



skin



dirt



exercise



fast



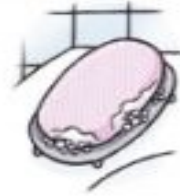
food



smell



sneeze



soap



street



grow



hair



joints



lose



strong



sunglasses






sweat



world

4 Complete the chart.

eyes drink water speak eat good food
play muscles hear wear sunglasses
brain germs wash your hands
remember skin wear a helmet read
bones do exercise mouth write
heart brush your teeth see

<h3>Things You Do</h3> 	<p><u> speak </u> _____</p> <p>_____</p> <p>_____</p> <p>_____</p>
<h3>Your Body</h3> 	<p><u> eyes </u> _____</p> <p>_____</p> <p>_____</p> <p>_____</p>
<h3>Protecting Your Body</h3> 	<p><u> drink water </u> _____</p> <p>_____</p> <p>_____</p> <p>_____</p>