Human Body & Health

Here are **10 core science topics commonly taught from Grades 1–5**, written in a kid-friendly, school-appropriate way:

1. **Living & Non-Living Things**
   Understanding what makes something alive (plants, animals, humans) vs. non-living objects.
2. **Plants & Animals (Life Science)**
   Plant parts, animal types, habitats, food chains, and how living things grow and survive.
3. **Human Body & Health**
   Basic body systems, senses, nutrition, hygiene, and staying healthy.
4. **Earth & Space**
   Earth, Sun, Moon, stars, day and night, seasons, weather, and planets (intro level).
5. **Weather & Climate**
   Types of weather, seasons, clouds, rain, wind, and simple weather tools.
6. **Matter (Solids, Liquids, Gases)**
   States of matter, changes like melting/freezing, and basic properties (hard, soft, heavy).
7. **Energy & Forces**
   Light, heat, sound, magnets, pushes and pulls, gravity, and simple machines.
8. **Ecosystems & Environment**
   Habitats, recycling, conservation, pollution, and caring for Earth.
9. **Scientific Skills & Experiments**
   Observing, measuring, predicting, asking questions, and doing simple experiments safely.
10. **Technology & Engineering Basics**
    Simple tools, building structures, problem-solving, and how science helps everyday life.

Here is a **clear, detailed, and well-structured explanation of the Human Body and Health**, suitable for **school study (Class 3–8)** and easy to learn and revise.

HUMAN BODY AND HEALTH

1. The Human Body

The **human body** is a wonderful system made up of many parts that work together to keep us **alive, active, and healthy**. It includes **external parts** (we can see them) and **internal organs** (inside our body).

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2. External Parts of the Human Body

These are the parts we can see from outside:

- **Head** – Contains the brain, eyes, ears, nose, and mouth
- **Eyes** – Help us see
- **Ears** – Help us hear
- **Nose** – Helps us breathe and smell
- **Mouth** – Helps us eat and speak
- **Neck** – Supports the head
- **Hands and Arms** – Used for holding, writing, lifting, and working
- **Legs and Feet** – Help us stand, walk, run, and jump

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3. Internal Organs of the Human Body

Internal organs are inside our body and perform important life functions.

(a) Brain

- The **brain** controls all activities of the body
- Helps us think, learn, remember, and feel
- It is protected by the skull

(b) Heart

- The **heart** pumps blood to all parts of the body
- Blood carries oxygen and nutrients
- The heart beats continuously

(c) Lungs

- Help us **breathe**
- Take in oxygen and give out carbon dioxide

(d) Stomach

- Helps in **digestion of food**
- Breaks food into simpler substances

(e) Intestines

- **Small intestine** absorbs nutrients
- **Large intestine** absorbs water and removes waste

(f) Liver

- Helps in digestion
- Stores energy and removes harmful substances

(g) Kidneys

- Filter waste from blood
- Remove waste through urine

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4. Body Systems

Different organs work together to form **body systems**.

(a) Digestive System

- Breaks down food
- Provides energy and nutrients

Organs involved: Mouth, stomach, intestines, liver

(b) Respiratory System

- Helps in breathing

Organs involved: Nose, lungs

(c) Circulatory System

- Transports blood, oxygen, and nutrients

Organs involved: Heart, blood, blood vessels

(d) Nervous System

- Controls and coordinates body activities

Organs involved: Brain, spinal cord, nerves

(e) Skeletal System

- Gives shape and support to the body
- Protects internal organs

Main parts: Bones, joints

(f) Muscular System

- Helps in movement

Main parts: Muscles

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5. Health

Health means a state of complete **physical, mental, and social well-being**, not just the absence of disease.

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6. Types of Health

(a) Physical Health

- Means having a strong and active body
- Requires good food, exercise, and rest

(b) Mental Health

- Means having a calm and positive mind
- Helps us think clearly and manage stress

(c) Social Health

- Means getting along well with others
- Being kind, helpful, and respectful

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7. Healthy Habits for a Healthy Body

(a) Eating Healthy Food

- Eat fruits, vegetables, grains, milk, and pulses
- Avoid junk food

(b) Personal Hygiene

- Brush teeth twice a day
- Wash hands before meals
- Take a bath daily

(c) Exercise and Play

- Exercise keeps the body fit
- Playing games improves strength and flexibility

(d) Proper Rest and Sleep

- Sleep 8–10 hours daily
- Helps the body grow and repair

(e) Drinking Clean Water

- Prevents diseases
- Keeps the body hydrated

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8. Diseases

A **disease** is a condition that makes us sick.

Types of Diseases:

- **Communicable diseases** – Spread from one person to another (e.g., cold, flu)
- **Non-communicable diseases** – Do not spread (e.g., diabetes, asthma)

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9. Prevention of Diseases

- Maintain cleanliness
- Eat healthy food

- Get vaccinated
- Exercise regularly

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10. Importance of Health

- Helps us study well
- Gives energy to work and play
- Keeps us happy and active

Conclusion

The human body is a complex and amazing machine. By following healthy habits and taking care of our body and mind, we can live a **happy, long, and healthy life**.

Here are the **Top 10 most important topics under "Human Body and Health"**, commonly taught in **school science (Classes 1–8)** and very useful for **exams, charts, and revision**:

TOP 10 TOPICS: HUMAN BODY AND HEALTH

1. Parts of the Human Body

- External and internal body parts
- Functions of eyes, ears, nose, hands, legs, etc.

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2. Internal Organs and Their Functions

- Brain, heart, lungs, stomach, liver, kidneys
- How each organ helps the body work properly

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3. Human Body Systems

- Digestive system

- Respiratory system
- Circulatory system
- Nervous system
- Skeletal and muscular systems

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4. Digestive System and Nutrition

- Process of digestion
- Nutrients: carbohydrates, proteins, fats, vitamins, minerals
- Balanced diet

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5. Respiratory System (Breathing)

- Inhalation and exhalation
- Importance of oxygen
- Role of lungs and nose

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6. Circulatory System (Blood and Heart)

- Heart function
- Blood vessels
- Transport of oxygen, food, and waste

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7. Skeletal and Muscular System

- Bones and joints
- Muscles and movement
- Posture and bone care

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8. Health, Hygiene, and Healthy Habits

- Personal cleanliness
- Exercise and sleep
- Drinking clean water

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9. Diseases and Their Prevention

- Communicable and non-communicable diseases
- Vaccination
- Clean surroundings and healthy lifestyle

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10. Mental and Social Health

- Importance of mental well-being
- Stress management
- Good habits and relationships

⭐ Bonus (Often Included)

- Growth and development
- First aid and safety
- Effects of junk food and bad habits

Here is a **simple, clear, and detailed explanation of "Parts of the Body"**, written specially for **Class 1–5 students** in **easy language** with examples.

PARTS OF THE BODY (Class 1–5)

Our body is made up of many parts. Each part has a **special job** to do. All body parts work together to help us **live, play, learn, and stay healthy**.

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1. Main Parts of the Body

The body has **three main parts**:

1. **Head**

2. **Trunk**
3. **Limbs**

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2. Head

The **head** is the top part of our body. It helps us **think and sense** things.

Parts of the Head and Their Functions:

- **Eyes** – Help us see colors, shapes, and things around us
- **Ears** – Help us hear sounds and keep balance
- **Nose** – Helps us breathe and smell
- **Mouth** – Helps us eat, speak, and taste
- **Tongue** – Helps us taste food and speak clearly
- **Teeth** – Help us bite and chew food
- **Brain** – Helps us think, remember, and control the body

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3. Trunk

The **trunk** is the middle part of the body. It protects important internal organs.

Parts of the Trunk:

- **Neck** – Connects the head to the body and helps us move the head
- **Chest** – Protects the heart and lungs
- **Stomach (Abdomen)** – Helps in digestion
- **Back** – Supports the body and helps us stand straight

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4. Limbs

Limbs help us **move and do work**. There are two types of limbs:

(a) Upper Limbs (Hands and Arms)

- **Shoulders** – Help move arms
- **Arms** – Used for lifting and carrying
- **Elbows** – Help bend the arms

- **Hands** – Used for writing, holding, and eating
- **Fingers** – Help us pick up small things

(b) Lower Limbs (Legs and Feet)

- **Thighs and Legs** – Help us walk, run, and jump
- **Knees** – Help bend the legs
- **Feet** – Help us stand and walk
- **Toes** – Help keep balance

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5. Sense Organs

Sense organs help us know what is happening around us.

Sense Organ	Sense
Eyes	Seeing
Ears	Hearing
Nose	Smelling
Tongue	Tasting
Skin	Touching

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6. Internal Organs (Simple)

Some important organs are inside our body:

- **Heart** – Pumps blood
- **Lungs** – Help us breathe
- **Stomach** – Digests food
- **Brain** – Controls the body

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7. Care of Our Body

To keep our body parts healthy:

- Eat healthy food
- Exercise and play daily
- Brush teeth twice a day
- Wash hands and bathe daily
- Sleep well

Conclusion

Our body parts are very important. Each part does a **special job**. We should **take care of our body** to stay healthy and happy.

Here is a **simple, clear, and detailed explanation of "Internal Organs and Their Functions"**, specially written for **Class 1–5 students** in **easy language**.

INTERNAL ORGANS AND THEIR FUNCTIONS

(For Class 1–5)

Internal organs are the body parts that are **inside our body**. We cannot see them, but they are **very important** because they help our body work properly.

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1. Brain

- The **brain** is inside the head
- It is the **control center** of the body
- Helps us **think, learn, remember, and feel**
- Controls our movements and actions

Example: When you write or run, your brain tells your hands and legs what to do.

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2. Heart

- The **heart** is inside the chest
- It **pumps blood** to all parts of the body
- Blood carries **oxygen and food**
- The heart works all the time, even when we sleep

Example: After running, the heart beats faster.

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3. Lungs

- The **lungs** are inside the chest
- Help us **breathe**
- Take in **oxygen** and give out **carbon dioxide**

Example: When we breathe in, lungs fill with air.

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4. Stomach

- The **stomach** is inside the belly
- It helps in **digesting food**
- Breaks food into simple substances

Example: Food becomes soft in the stomach.

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5. Intestines

There are **two types of intestines**:

(a) Small Intestine

- Absorbs nutrients from food
- Gives energy to the body

(b) Large Intestine

- Absorbs water
- Helps remove waste from the body

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6. Liver

- The **liver** is on the right side of the body
- Helps in digestion
- Stores energy
- Removes harmful substances from the blood

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7. Kidneys

- We have **two kidneys**
- They clean the blood
- Remove waste and extra water as urine

Example: Kidneys help keep our body clean inside.

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8. Bones (Protecting Organs)

Some internal organs are protected by bones:

- **Skull** protects the brain
- **Rib cage** protects the heart and lungs

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9. Care of Internal Organs

To keep our internal organs healthy:

- Eat healthy food
- Drink clean water
- Exercise daily
- Get enough sleep
- Avoid junk food

Conclusion

Internal organs are very important for life. They work together to keep us **healthy, active, and happy**. We must take care of our body to keep all organs healthy.

Here is a **simple, clear, and detailed explanation of "Human Body Systems"**, specially written for **Class 1–5 students** in **easy language** and well-organized for learning.

HUMAN BODY SYSTEMS

(For Class 1–5)

Our body has many organs. When some organs work **together**, they form a **body system**. Each body system has a **special job** to keep us healthy and active.

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1. Digestive System

Function:

The digestive system helps us **digest food** and get energy.

Main Parts:

- Mouth
- Stomach
- Small intestine
- Large intestine
- Liver

How It Works (Simple):

- Food is chewed in the **mouth**
- It goes to the **stomach**, where it is broken down
- The **small intestine** absorbs nutrients
- The **large intestine** removes waste

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2. Respiratory System

Function:

The respiratory system helps us **breathe**.

Main Parts:

- Nose
- Windpipe
- Lungs

How It Works:

- We breathe in **oxygen**
- Lungs use oxygen
- We breathe out **carbon dioxide**

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3. Circulatory System

Function:

The circulatory system carries **blood, food, and oxygen** to all parts of the body.

Main Parts:

- Heart
- Blood
- Blood vessels

How It Works:

- The **heart** pumps blood
- Blood carries oxygen and nutrients
- Waste is taken away

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4. Nervous System

Function:

The nervous system **controls the whole body**.

Main Parts:

- Brain
- Spinal cord
- Nerves

How It Works:

- Brain gives messages
- Nerves carry messages
- Body responds quickly

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5. Skeletal System

Function:

The skeletal system gives **shape and support** to the body.

Main Parts:

- Bones
- Joints

Importance:

- Protects organs (skull protects brain)
- Helps us stand and move

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6. Muscular System

Function:

The muscular system helps in **movement**.

Main Parts:

- Muscles

How It Works:

- Muscles contract and relax
- Help us walk, run, and lift

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7. Excretory System

Function:

The excretory system removes **waste** from the body.

Main Parts:

- Kidneys
- Urinary bladder

How It Works:

- Kidneys clean blood
- Waste leaves as urine

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8. Care of Body Systems

To keep all body systems healthy:

- Eat healthy food
- Drink clean water
- Exercise daily
- Sleep well
- Keep clean

Conclusion

Human body systems work together like a team. Each system is important. By taking care of our body, we help all systems work properly and keep ourselves healthy.

Here is a **simple, clear, and detailed explanation of the "Digestive System"**, specially written for **Class 1–5 students** in **easy language**.

DIGESTIVE SYSTEM

(For Class 1–5)

The **digestive system** helps our body **break down food** into simple substances. These substances give us **energy**, help us **grow**, and keep us **healthy**.

What is Digestion?

Digestion is the process of breaking food into **small, simple parts** so that our body can use it.

Parts of the Digestive System and Their Functions

1. Mouth

- Digestion starts in the **mouth**
- **Teeth** chew and grind food
- **Tongue** helps in tasting and mixing food
- **Saliva** softens food

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2. Food Pipe (Oesophagus)

- The food pipe carries food from the mouth to the stomach
- Food moves down slowly

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3. Stomach

- The **stomach** is a bag-like organ
- It churns and mixes food
- Breaks food into a soft paste

4. Small Intestine

- The **small intestine** is a long, coiled tube
- Digestion is completed here
- Nutrients are absorbed into the blood

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5. Liver

- The **liver** helps in digestion
- It makes bile which helps digest fats
- Stores energy

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6. Large Intestine

- Absorbs water from leftover food
- Forms waste

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7. Anus

- Waste food leaves the body through the anus

Simple Flow of Digestion

Mouth → Food Pipe → Stomach → Small Intestine → Large Intestine → Anus

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Importance of the Digestive System

- Gives energy to play and study
- Helps the body grow
- Keeps us healthy

Healthy Habits for a Good Digestive System

- Eat fresh and healthy food
- Chew food well
- Drink plenty of water
- Avoid junk food
- Eat on time

Conclusion

The digestive system is very important. It helps our body use the food we eat. By eating healthy food and following good habits, we keep our digestive system strong and healthy.

Here is a **simple, clear, and detailed explanation of "Nutrition"**, specially written for **Class 1–5 students** in **easy language** and exam-friendly format.

NUTRITION

(For Class 1–5)

Nutrition is the process by which our body gets **food** and uses it to get **energy**, **grow**, and **stay healthy**.

Why Do We Need Food?

We need food to:

- Get **energy**
- **Grow** and repair our body
- Stay **healthy** and strong
- Fight **diseases**

Nutrients

Nutrients are useful substances present in food. There are **five main nutrients**.

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1. Carbohydrates

Function:

- Give us **energy**

Sources:

- Rice
- Wheat
- Bread
- Potato
- Sugar

Example: We feel active after eating rice or bread.

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2. Proteins

Function:

- Help in **growth**
- Repair body parts

Sources:

- Pulses
- Milk
- Eggs
- Fish
- Nuts

Example: Children need proteins to grow taller and stronger.

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3. Fats

Function:

- Give **extra energy**
- Keep the body warm

Sources:

- Butter
- Ghee
- Oil
- Nuts

Note: Too much fat is unhealthy.

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4. Vitamins

Function:

- Protect us from **diseases**
- Keep eyes, skin, and bones healthy

Sources:

- Fruits
- Vegetables
- Milk

Examples:

- Vitamin A – good for eyes
- Vitamin C – helps fight colds

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5. Minerals

Function:

- Help build strong **bones and teeth**
- Keep the body working properly

Sources:

- Milk
- Green vegetables
- Fruits

Examples:

- Calcium – strong bones
- Iron – healthy blood

Other Important Parts of Nutrition

Water

- Helps digestion
- Keeps body cool
- Removes waste

Roughage (Fiber)

- Helps in digestion
- Prevents constipation

Balanced Diet

A **balanced diet** is food that contains:

- Carbohydrates
- Proteins
- Fats
- Vitamins
- Minerals
- Water

Eating a balanced diet keeps us **healthy and active**.

Healthy Eating Habits

- Eat fresh and clean food
- Wash fruits and vegetables
- Eat at regular times
- Drink plenty of water
- Avoid junk food

Diseases Caused by Lack of Nutrition

- Weakness
- Poor growth
- Frequent illness

Conclusion

Nutrition is very important for our body. Eating the right food in the right amount helps us grow strong, stay healthy, and live a happy life.

Here is a **simple, clear, and detailed explanation of the "Respiratory System"**, specially written for **Class 1–5 students** in **easy language**.

RESPIRATORY SYSTEM

(For Class 1–5)

The **respiratory system** helps us **breathe**. Breathing is very important because it gives our body **oxygen**, which we need to live, grow, and stay healthy.

What Is Breathing?

Breathing has two steps:

- **Inhalation** – breathing in oxygen
- **Exhalation** – breathing out carbon dioxide

Parts of the Respiratory System and Their Functions

1. Nose

- Air enters the body through the **nose**
- The nose cleans the air by trapping dust
- It also warms the air

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2. Windpipe (Trachea)

- The windpipe carries air from the nose to the lungs

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3. Lungs

- We have **two lungs** in the chest
- Lungs take in **oxygen**
- Lungs give out **carbon dioxide**

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4. Diaphragm

- A muscle below the lungs
- Helps in breathing by moving up and down

How Does Breathing Help Us?

- Gives oxygen to all body parts
- Helps release waste gas (carbon dioxide)
- Keeps us alive and active

Simple Breathing Process

Nose → Windpipe → Lungs → Windpipe → Nose

Care of the Respiratory System

To keep our lungs healthy:

- Breathe clean air
- Avoid smoke and dust
- Exercise daily
- Cover nose while sneezing

Conclusion

The respiratory system helps us breathe and live. By taking care of our lungs and breathing clean air, we stay healthy and strong.

Here is a **simple, clear, and detailed explanation of the "Circulatory System"**, specially written for **Class 1–5 students** in **easy language**.

CIRCULATORY SYSTEM

(For Class 1–5)

The **circulatory system** helps to **carry blood, oxygen, and food** to all parts of our body. It also helps to **remove waste** from the body. This system works all the time, even when we are sleeping.

Parts of the Circulatory System and Their Functions

1. Heart

- The **heart** is inside the chest
- It is a strong **muscular organ**
- It **pumps blood** to all parts of the body

Example: When we run or play, the heart beats faster.

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2. Blood

- **Blood** flows inside blood vessels
- It carries:
    - Oxygen
    - Digested food
    - Water
- Blood also helps fight germs

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3. Blood Vessels

Blood vessels are tubes that carry blood.

- **Arteries** – carry blood from the heart
- **Veins** – carry blood back to the heart
- **Capillaries** – very thin vessels that reach all parts of the body

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How the Circulatory System Works (Simple)

1. The heart pumps blood
2. Blood carries oxygen and food
3. Blood reaches all body parts
4. Waste is carried away

Importance of the Circulatory System

- Gives energy to the body
- Keeps organs working properly
- Helps in healing wounds

Care of the Circulatory System

To keep the heart healthy:

- Eat healthy food
- Exercise daily
- Avoid junk food
- Sleep well

Conclusion

The circulatory system is very important. It works like a delivery system in our body. By keeping our heart healthy, we keep our whole body healthy.

Here is a **simple, clear, and detailed explanation of the "Skeletal System and Muscular System"**, specially written for **Class 1–5 students** in **easy language**.

SKELETAL AND MUSCULAR SYSTEMS

(For Class 1–5)

Our body can **stand, move, and work** because of the **skeletal system** and **muscular system**. These two systems work **together** to help us move and stay strong.

PART 1: SKELETAL SYSTEM

What Is the Skeletal System?

The **skeletal system** is made up of **bones**. All the bones together form the **skeleton**.

Number of Bones (Simple Fact)

- An adult has **206 bones**
- Children have more bones which join as they grow

Important Parts of the Skeletal System

1. Skull

- Protects the **brain**
- Gives shape to the face

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2. Rib Cage

- Protects the **heart and lungs**

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3. Backbone (Spine)

- Supports the body
- Helps us stand straight and bend

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4. Limbs

- **Arms and legs**
- Help in movement

Functions of the Skeletal System

- Gives **shape and support** to the body
- Protects internal organs
- Helps in movement
- Helps us stand and sit

Joints

- Joints are places where two bones meet
- They help us bend and move

Examples: Knee joint, elbow joint

Care of the Skeletal System

- Eat foods rich in **calcium** (milk, curd)
- Sit and stand straight
- Play and exercise daily

PART 2: MUSCULAR SYSTEM

What Is the Muscular System?

The **muscular system** is made up of **muscles**. Muscles help us **move our body parts**.

Types of Muscles (Simple)

1. **Voluntary muscles** – Work when we want
    - Example: Arm and leg muscles
2. **Involuntary muscles** – Work on their own
    - Example: Heart muscles

Functions of the Muscular System

- Helps in movement
- Helps in writing, walking, and running
- Helps in breathing

How Muscles Work

- Muscles **contract and relax**
- They pull bones to make movement

Care of the Muscular System

- Exercise daily
- Eat protein-rich food
- Get proper rest

How Skeletal and Muscular Systems Work Together

- Bones give shape
- Muscles move the bones
- Together they help us walk, run, jump, and play

Conclusion

The skeletal and muscular systems are very important. They help us move, work, and protect our body. By eating healthy food and exercising daily, we keep these systems strong.

Here you go. A **clear, detailed, child-friendly explanation of Health, Hygiene, and Healthy Habits** for **Class 1–5**. Simple words, no nonsense, actually useful.

HEALTH, HYGIENE, AND HEALTHY HABITS

(For Class 1–5)

1. Health

Health means being **fit, active, and happy**. A healthy person can study well, play well, and feel good.

Health is not only about the body. It has **three parts**:

(a) Physical Health

- Having a strong and active body
- Being free from illness

How to stay physically healthy:

- Eat healthy food
- Exercise and play
- Sleep well

(b) Mental Health

- Having a **calm and happy mind**
- Being able to think clearly

Good mental health helps us:

- Learn better
- Stay calm
- Feel confident

(c) Social Health

- Getting along well with others
- Being kind and helpful

Examples:

- Sharing with friends
- Respecting elders

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2. Hygiene

Hygiene means keeping our **body and surroundings clean**. Cleanliness helps us stay away from germs and diseases.

Personal Hygiene

Personal hygiene is keeping our own body clean.

Important Personal Hygiene Habits:

- Brush teeth **twice a day**
- Take a **bath daily**
- Wash hands:
    - Before eating
    - After using the toilet
- Wear clean clothes
- Keep nails short and clean

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3. Healthy Habits

Healthy habits are good actions that keep our body and mind healthy.

(a) Healthy Eating Habits

- Eat fresh fruits and vegetables
- Drink clean water
- Eat food at the right time
- Avoid junk food

(b) Exercise and Play

- Exercise keeps the body strong
- Playing games makes us active

Examples:

- Running

- Cycling
- Skipping

(c) Proper Rest and Sleep

- Sleep **8–10 hours** daily
- Helps the body grow and repair

(d) Clean Surroundings

- Keep home and school clean
- Throw waste in dustbins
- Do not spit on roads

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4. Diseases and Prevention (Simple)

A **disease** makes us sick.

How to prevent diseases:

- Maintain cleanliness
- Eat healthy food
- Drink clean water
- Get vaccinated

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5. Importance of Health, Hygiene, and Healthy Habits

- Helps us grow properly
- Keeps us active and happy
- Prevents sickness
- Helps us study and play better

Conclusion

Health, hygiene, and healthy habits are very important for a happy life. By keeping ourselves clean, eating healthy food, exercising, and sleeping well, we can stay **strong, active, and cheerful**.

Here is a **simple, clear, and detailed explanation of "Diseases and Their Prevention"**, specially written for **Class 1–5 students** in **easy language**.

DISEASES AND THEIR PREVENTION

(For Class 1–5)

What Is a Disease?

A **disease** is a condition in which our body does not work properly and we **feel sick or weak**.

Types of Diseases

There are **two main types of diseases**:

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1. Communicable Diseases

Communicable diseases are diseases that **spread from one person to another**.

How They Spread:

- Through air (coughing, sneezing)
- Through dirty water and food
- Through touching infected persons
- Through insects like mosquitoes

Examples:

- Common cold

- Flu
- Chickenpox
- Malaria

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2. Non-Communicable Diseases

Non-communicable diseases **do not spread** from one person to another.

Causes:

- Unhealthy food
- Lack of exercise
- Poor habits

Examples:

- Diabetes
- Asthma
- Heart problems

Common Causes of Diseases

- Eating dirty or stale food
- Drinking dirty water
- Poor personal hygiene
- Mosquito bites
- Lack of exercise

Prevention of Diseases

Prevention means stopping diseases before they happen.

Ways to Prevent Diseases

1. Personal Cleanliness

- Bathe daily
- Wash hands before eating
- Brush teeth twice a day

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2. Healthy Food

- Eat fresh fruits and vegetables
- Avoid junk food
- Drink clean water

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3. Clean Surroundings

- Keep home and school clean
- Do not allow water to collect (prevents mosquitoes)

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4. Exercise and Rest

- Play and exercise daily
- Get enough sleep

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5. Vaccination

- Vaccines protect us from serious diseases
- Children should get vaccines on time

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6. Good Habits

- Cover mouth while coughing or sneezing
- Do not share towels or bottles
- Keep nails short and clean

When Should We See a Doctor?

- High fever
- Continuous cough
- Weakness or pain
- Feeling sick for many days

Conclusion

Diseases make us sick, but many diseases can be **prevented**. By following good habits, eating healthy food, keeping clean, and getting vaccinated, we can stay **healthy and happy**.

Below are **clear, simple, and detailed explanations** of the three topics, written specially for **Class 1–5 students** in **easy language** and exam-friendly format.

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1. HEALTH, HYGIENE, AND HEALTHY HABITS

(For Class 1–5)

What Is Health?

Health means being **fit, active, and happy**. A healthy person can study well, play well, and feel good.

What Is Hygiene?

Hygiene means keeping our **body and surroundings clean** to stay healthy and avoid diseases.

Personal Hygiene (Clean Body Habits)

- Brush teeth **twice a day**
- Take a **bath daily**
- Wash hands **before eating** and **after using the toilet**
- Keep nails short and clean
- Wear clean clothes

Healthy Habits

Healthy habits help us stay strong and happy.

1. Healthy Eating

- Eat fruits, vegetables, milk, and pulses
- Avoid too much junk food

2. Exercise and Play

- Play outdoor games
- Exercise keeps the body strong

3. Proper Sleep

- Sleep **8–10 hours** daily
- Helps the body rest and grow

4. Clean Surroundings

- Keep home and classroom clean
- Do not throw garbage anywhere

Importance of Health and Hygiene

- Prevents diseases
- Keeps us active and energetic
- Helps us grow properly

Conclusion

Health, hygiene, and healthy habits are very important. By staying clean and following good habits, we can live a **happy and healthy life**.

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2. DISEASES AND THEIR PREVENTION

(For Class 1–5)

What Is a Disease?

A **disease** is a condition when our body does not work properly and we feel **unwell or sick**.

Types of Diseases

1. Communicable Diseases

These diseases **spread from one person to another**.

Examples:

- Common cold
- Flu
- Chickenpox

They spread through:

- Air (coughing, sneezing)
- Dirty food and water
- Touching infected people

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2. Non-Communicable Diseases

These diseases **do not spread** from person to person.

Examples:

- Diabetes
- Asthma

Prevention of Diseases

Prevention means **stopping diseases before they happen**.

Ways to Prevent Diseases:

- Wash hands regularly
- Eat clean and healthy food
- Drink clean water
- Keep surroundings clean
- Get vaccinated
- Exercise daily

Importance of Prevention

- Keeps us healthy
- Saves us from pain and sickness
- Helps us attend school regularly

Conclusion

Diseases make us weak, but we can prevent many diseases by staying clean, eating healthy food, and following good habits.

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3. MENTAL AND SOCIAL HEALTH

(For Class 1–5)

What Is Mental Health?

Mental health means having a **happy, calm, and positive mind**.

Signs of Good Mental Health:

- Feeling happy
- Thinking clearly
- Not getting angry easily

How to Keep Our Mind Healthy

- Share feelings with parents and teachers
- Play and relax
- Think positive thoughts
- Sleep well

What Is Social Health?

Social health means how we **behave with other people** like family, friends, and teachers.

Good Social Habits

- Be kind and helpful
- Share things with others
- Respect elders and teachers
- Work and play together

Importance of Mental and Social Health

- Makes us confident
- Helps us make friends
- Keeps us happy and stress-free

Conclusion

Mental and social health are as important as physical health. By being kind, positive, and friendly, we can live a **peaceful and happy life**.
