

Know Your **Body**



1 Name of the activity: **MY TEETH**

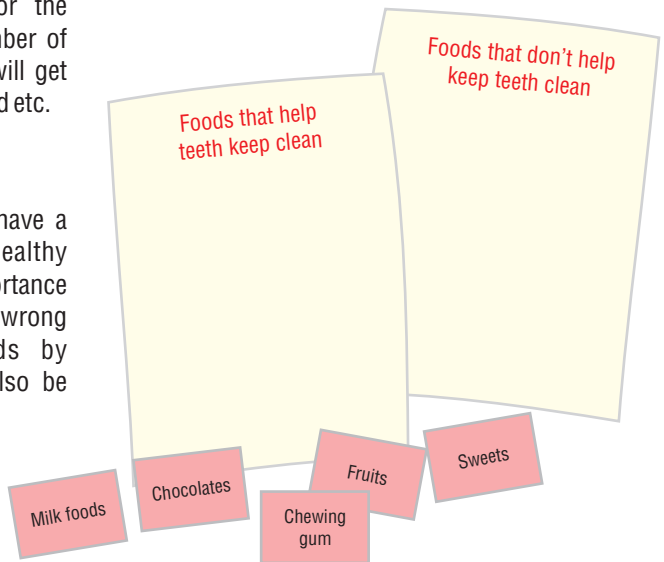
Preparation: Two sets of cards with names of foods that help keep teeth clean and healthy on one set e.g. milk and foods that don't help keep teeth clean on another set of cards e.g. sticky sugar foods; two chart papers, one with names of foods that help teeth keep clean and the other with foods that don't help keep teeth clean.

How to do the activity:

- Keep all the cards on the table and ask children to come and pick one card each.
- After this, divide the class into groups. Instruct them to discuss their cards among the group and present it to the rest of the class along with the reason for labelling it as good/bad food.
- Also, ask them to paste the cards on the charts, according to their decision.

The teacher can also make up rules for the game like the number of chances children will get and the time allowed etc.

After the activity, have a discussion on healthy foods and the importance of clean teeth. Any wrong labeling of foods by students should also be corrected.



Learning outcome: Students will gain knowledge about foods that help to keep teeth clean.

2

Name of the activity:

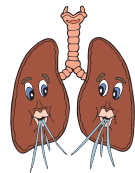
BODY SYSTEMS

Preparation: Cards on which one important function of various body systems are written e.g. I help in extracting minerals from food, “I help in getting rid of waste from the body” etc.

How to do the activity:

- Show the cards to children one by one and ask them to identify the name of the system on the basis of the function written on the card.
- Give a chance to every child. If no one is able to answer, the teacher can give the correct answer.

The teacher can also make up rules for the game like the number of chances children will get and the time allowed etc.



Teacher can do this activity along with the teaching of body systems and also as a quiz to revise every few months.

Learning outcome: Students will learn the functions of various systems in the body.