25SCHOOLS
FREE LEARNING NOTES FOR ZAMBIA

GRADE 2 · TERM 1

Science

The human body

Lesson notes for learners · Competence-Based Curriculum

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Your body is like a living machine. It has many parts that work together, and each part has a special job. In this note you will find the parts inside your body, feel where they are and learn what they do.

AFTER THESE NOTES YOU SHOULD BE ABLE TO

- Name the main parts inside the body
- Say where each part is by touching the outside of your body
- Say what each part does
- Say what the teeth and tongue do and how to care for your teeth

KEY WORDS

Heart	The part that pumps blood.
Lungs	The parts that help us breathe in and out.
Stomach	The part that digests food and gives energy.
Brain	The part in the head that controls everything.

1 Parts inside the body

We cannot see the heart, the lungs, the stomach or the brain. They are inside us and work every day. We can find out where they are by touching the outside of our body.

Touch your head. Inside your head is your brain. Touch your neck. Inside your neck is your throat. Touch your chest. Inside your chest are your heart and your lungs. Touch your tummy. Inside your tummy are your stomach and your intestines.

Place your hand on your chest. Feel the beat. That beat is your heart. Place your hand on your neck and swallow. Feel the throat move.

Outside part	Inside part
Head	Brain
Neck	Throat
Chest	Heart and lungs
Tummy	Stomach and intestines

Figure 1. Where the parts are

2 What the parts do

The brain is the boss of the body. It controls everything and helps us think. The throat lets food pass down. The lungs help us breathe air in and out. The heart pumps blood. Blood carries food and air inside the body. The stomach digests food and gives us energy. The intestines take in the food the body needs.

Play a game. One child is the brain and gives commands such as clap or raise your hand. The others follow. This shows how the brain controls the body.

Part	Its job
Brain	Thinking and control
Throat	Passing food
Lungs	Breathing air in and out
Heart	Pumping blood
Stomach	Digesting food

Figure 2. Jobs of the body parts

3 Teeth and tongue

Teeth chew our food. The tongue tastes food. It also moves and places the food while we chew.

We must care for our teeth. Good mouth care keeps teeth healthy and stops tooth problems. Ask your teacher how to look after your teeth.

TRY THIS

Touch your head, your neck, your chest and your tummy. Say which part is inside each one and what it does. Teach a friend or someone at home.

REMEMBER

- The brain, throat, heart, lungs, stomach and intestines are inside the body
- We can find them by touching the outside of the body
- Each part has a job
- Teeth chew food, the tongue tastes it, and we must keep our teeth healthy

? Check yourself

1. Which part is inside your head.
2. Which part pumps blood.
3. What do the lungs help us do.
4. What do the teeth do.
5. Mutale puts her hand on her chest and feels a beat. Her teacher asks about it. (a) Which part is making the beat. (b) What does this part do. (c) Name another part inside the chest.
6. After lunch Bwalya touches her tummy. Her mother asks her what happens to the food. (a) Which part digests the food. (b) What do we get from food. (c) Which part in the head controls the body.

ANSWERS

1. The brain.
2. The heart.
3. Breathe air in and out.
4. Chew food.
5. (a) The heart. (b) It pumps blood. (c) The lungs.
6. (a) The stomach. (b) Energy. (c) The brain.

Written by 25Schools to follow the Grade 2 Science syllabus of the Zambian competence-based curriculum. Free for learners to read, download and share. More notes and quizzes at 25schools.com.