



DO YOU KNOW?

OUR BODIES

Reading
Activities

Level 1

1

a Look at pages 4–5. Find and circle five words. The first one has been done for you.

~~blood~~

energy

move

grow

smell

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| b | l | o | o | d | b | j | c | h |
| w | b | k | o | h | s | s | v | a |
| s | o | e | n | e | r | g | y | c |
| m | a | i | m | r | b | r | n | p |
| e | e | j | z | d | m | o | v | e |
| l | m | r | u | l | n | w | w | r |
| l | s | o | f | t | r | g | q | d |

b Look at pages 4–5. Write the first letters of the words. The first one has been done for you.

1 *b*reath e

4n e r g y

2t r o n g

5x y g e n

3o u c h

6r o w

2

Look at pages 8–9. Read and circle the correct words. The first one has been done for you.

1 We hear with our *skin*. / *ears*.

2 We touch with our *skin*. / *nose*.

3 We see with our *eyes*. / *ears*.

4 We smell with our *mouth* / *nose*.

5 We taste with our *eyes*. / *mouth*.



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3

Look at pages 10–19. Read and write Yes or No on the lines. The first one has been done for you.

- 1 Some people read with touch. *Yes*
- 2 We taste with our nose and mouth.
- 3 Carrots are good for our eyes.
- 4 Our brains sleep when we sleep.
- 5 Food never has water in it.

4

Look at pages 20–25. Read and write the correct word on the lines. The first one has been done for you.

chest

oxygen

~~strong~~

body

good

- 1 Exercise gives us *strong* bones.
- 2 Exercise is for our heart.
- 3 The brain sends messages to our
- 4 Our lungs give to our blood.
- 5 Lungs are in our



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5

Look at pages 26–29. Match each body part to where it is in the body. The first one has been done for you.

ears

lungs



eyes

heart

stomach