Human Body
Grade 1 & 2
Human Body
Parts of the Human Body

- Cut out labels on page 7 and paste the labels in the correct boxes.
- Colour the picture
Parts of the Human Face

- Cut out labels on page 7 and paste them in the correct boxes.
- Colour the picture
All About Me

My Name is: __________________________________________

Draw a Picture of yourself.

Age: ____________________________

How Tall I am: ____________________________

Movements

The human body can do lots of different movements. List 3 movements.

Draw a picture of one of the movements.

1. ____________________________

2. ____________________________

3. ____________________________

A movement I can do is: ____________________________
Healthy Foods for our Body

The human body can digest foods to help us grow healthy and strong bones and muscles.

List 4 fruits, 4 meats, and 4 vegetables.

Draw a picture of 1 fruit, meat, and vegetable on my healthy dinner plate.

Fruits

1. 
2. 
3. 
4. 

Meats

1. 
2. 
3. 
4. 

Vegetables

1. 
2. 
3. 
4. 

My Healthy Dinner
Helping Digest Food

The human body can digest liquid to help us grow healthy, strong bones in our body.

List 4 liquid drinks below and Colour each glass. Blue is for water, orange is for orange juice, red and pink is for strawberry smoothie shakes & brown is for chocolate milk.

1. __________________ 4. __________________

2. __________________

3. __________________

Drinks

Draw a picture of yourself drinking.

My Healthy Drink is: __________________
Inside the Human Body

- The Human Body has 3 layers.
- The 1st layer is the skin
- The 2nd layer is muscle
- The 3rd layer is many bones called a Skeleton

Instructions

On page 2 and 3 parts of the Human Body, Cut out the labels and paste them in correct boxes.

- Head
- Arm
- Hand
- Leg
- Foot
- Chest
- Eyes
- Nose
- Mouth
- Ears