



Republic of the Philippines  
Department of Education  
National Capital Region  
**DIVISION OF CITY SCHOOLS – MANILA**  
Manila Education Center Arroceros Forest Park  
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# SCIENCE 1

## THIS IS ME!

(Parts of the Human Body)

### Quarter 1: Week 1 Module 1

Learning Competency: Label the external parts of the human body

SDO MANILA PROPERTY  
NOT FOR SALE

## HOW TO USE THIS MODULE

Before you start answering the module, I want you to set aside other **tasks** that will disturb you while enjoying the lessons. Read the simple instructions below to successfully enjoy the objectives of this kit. *Have fun!*

1. Follow carefully all the contents and instructions indicated in every page of this module.
2. *Write on your notebook or any writing pad the concepts about the lessons. **Writing enhances learning**, that is important to develop and keep in mind.*
3. Perform all the provided activities in the module.
4. Let your facilitator/guardian assess your answers.
5. Analyze conceptually the posttest and apply what you have learned.
6. Enjoy studying!

## PARTS OF THE MODULE

- **Expectations** - These are what you will be able to know after completing the lessons in the module.
- **Pre-test** - This will measure your prior knowledge and the concepts to be mastered throughout the lesson.
- **Looking Back** - This section will measure what learnings and skills that you understand from the previous lesson.
- **Brief Introduction**- This section will give you an overview of the lesson.
- **Activities** - These are activities designed to develop critical thinking and other competencies. This can be done with or without a partner depending on the nature of the activity.
- **Remember** - This section summarizes the concepts and applications of the lessons.
- **Checking your Understanding** - It will verify how you learned from the lesson.
- **Post-test** - This will measure how much you have learned from the entire module.

## EXPECTATIONS

Specifically, this module will help you to

1. Identify the three main parts of the body.
2. Label the different parts of the body
3. Describe the similarities and differences of the body parts
4. Perform different activity in identifying the different parts of the body.

## PRE-TEST



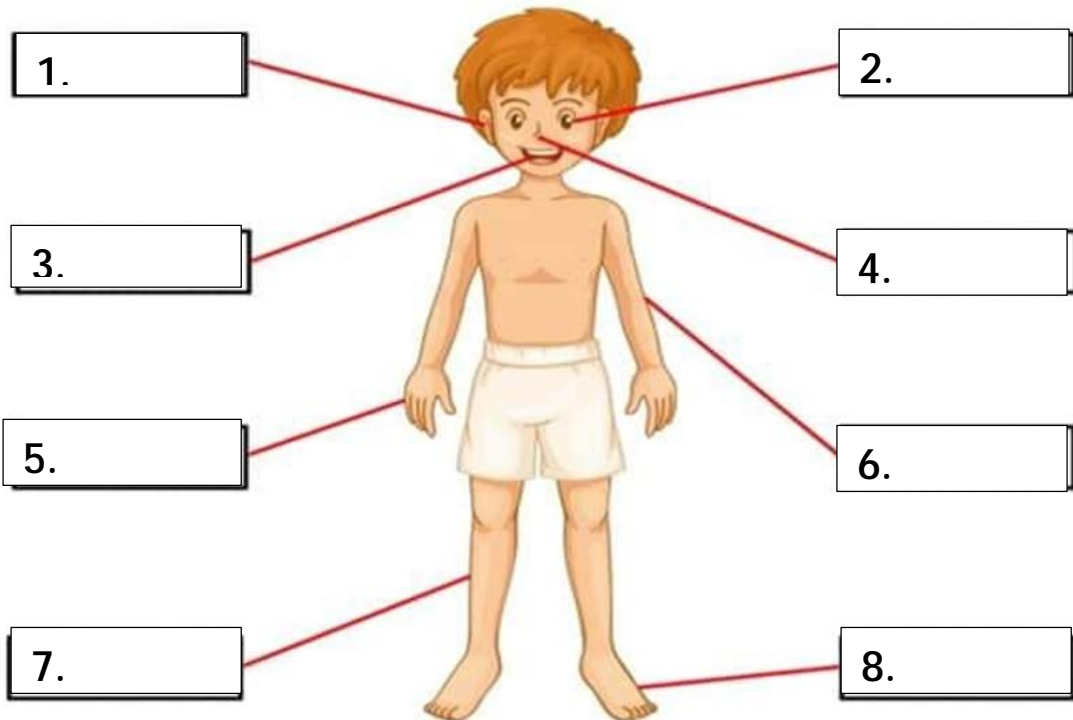
Direction: Label the body parts below.

arm  
eye

hand  
mouth

leg  
ear

foot  
nose



*You're Amazing! You finished answering the questions with all honesty. Proceed to the next page.*

## Looking back to your lesson

Direction: Match the following word with the picture.

1. Eyes



2. Ears



3. Nose



4. Hand



5. Tongue



*You're GREAT! You finished answering the questions with all honesty.*

## BRIEF INTRODUCTION

Your body has three main parts. These are the head, the trunk or torso and the limbs.

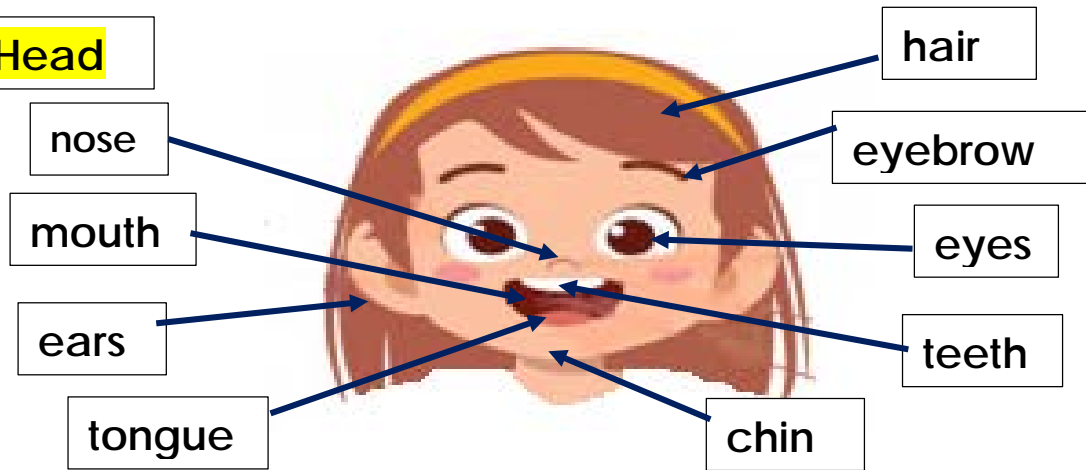
In this lesson you will identify the different parts of the head, the parts of the trunk or torso and the parts of the limbs.

## Lesson 1



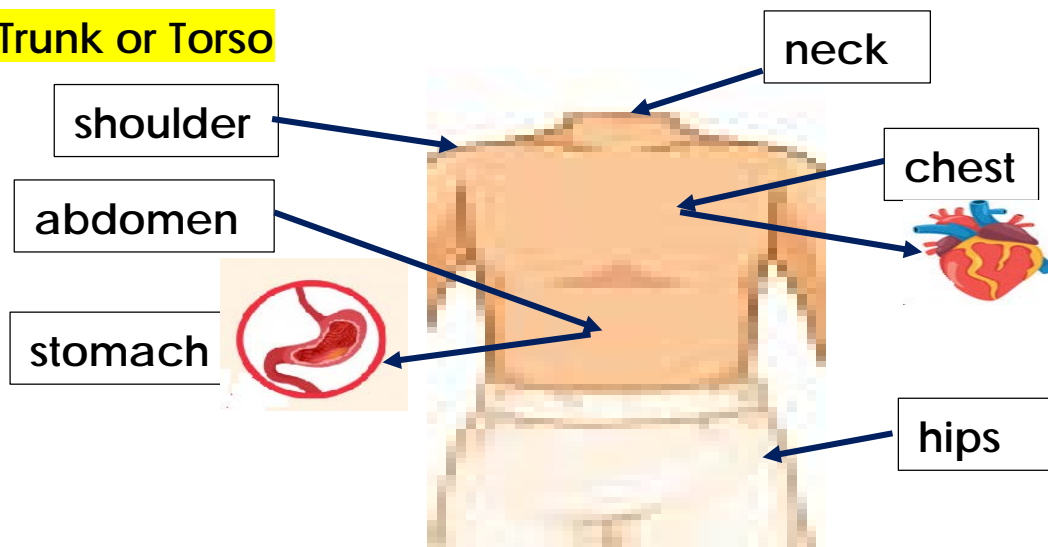
## What are the three main parts of the body?

### The Head



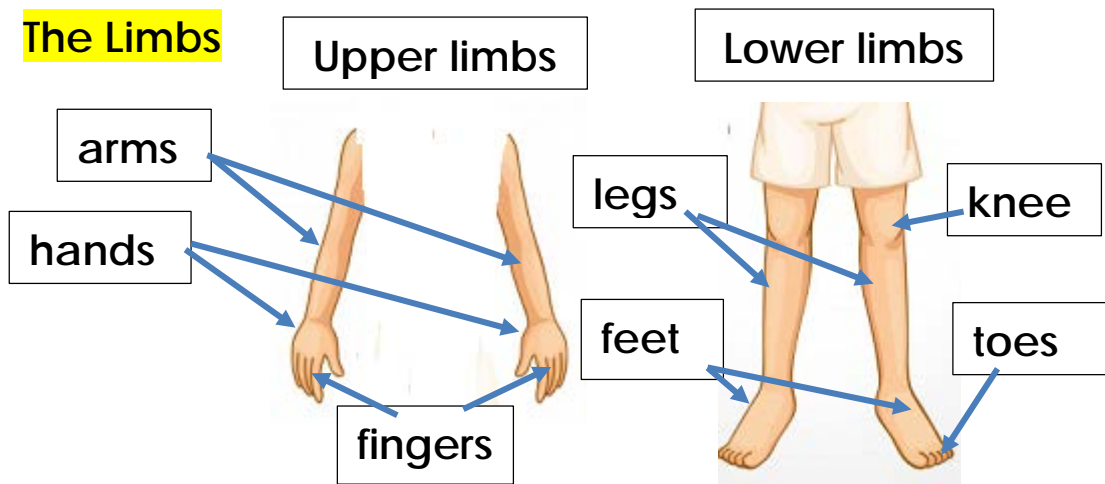
Your head is composed of the eyes, eyebrow, ears, nose, mouth, teeth, tongue, hair, and chin. You can see your face into the mirror. A mirror shows you how you look like.

### The Trunk or Torso



The main part of your body that starts with the shoulders all the way down is your trunk or torso. Your shoulders, chest, abdomen and hips make up your trunk.

Your body is filled up with muscles. Your chest muscles help you breath. Your shoulders are connected to your neck and chest. You can move it up and down. Inside your chest are your heart and lungs.



Your arms are your upper limbs. Your legs are your lower limbs. Your limbs are composed of your arms, hands, nails, legs, feet and toes.

Now that you knew the different parts of the body let us see if you really understand it. You will need the assistance of your parent or an elder in performing the next task.



## Activity

- I. **Objective:** Identify the different parts of the body.
- II. **Title:** Mirror Mirror on the Wall
- III. **Problem:** What are the parts of the body?
- IV. **What to Use:** A big mirror
- V. **What to do: (Ask parent or an elder to assists you.)**
  1. Get your mirror.
  2. Face to the mirror. Identify the parts. Point it and say the parts of the body.
  3. Observe:
    - The parts of the head.
    - The parts of the trunk, from your neck to your hips
    - The parts of the limbs.

4. Recite in front of the mirror and say...
- This is my head.
- These are my eyes. I can see with my eyes.
- These are my ears.
- This is my nose. I can smell using my nose.
- This is my mouth. Inside my mouth are my teeth and my tongue. I use them when I eat.

## VI. Critical Thinking Questions

1. What are the parts of your head?
2. What are the parts of your trunk?
3. What are the parts of the limbs?

CONGRATULATIONS!  
You can now proceed to the next lesson.

### Lesson 2



## Describe the similarities and differences of the body parts

Hey.... Look at us. Can you see the difference? Which body parts are the same? Which are different?



**Read:**

We have two eyes to see.  
Two hands to touch or hold.  
Two feet to walk.  
One nose to smell.  
Ten fingers to wiggle.  
One tongue to taste.

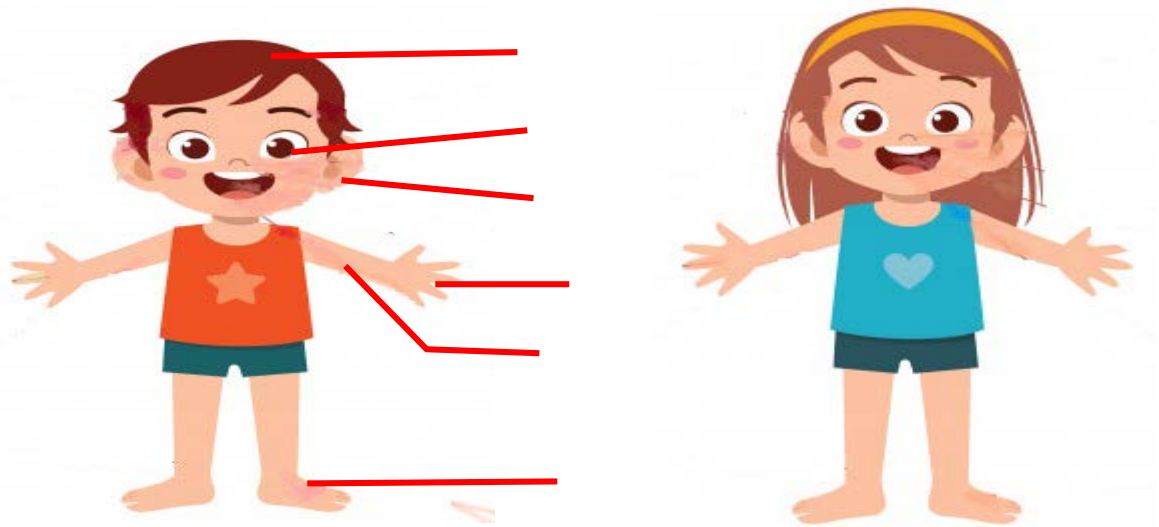
Can you point those parts in your body?

Very Good! 👍😊



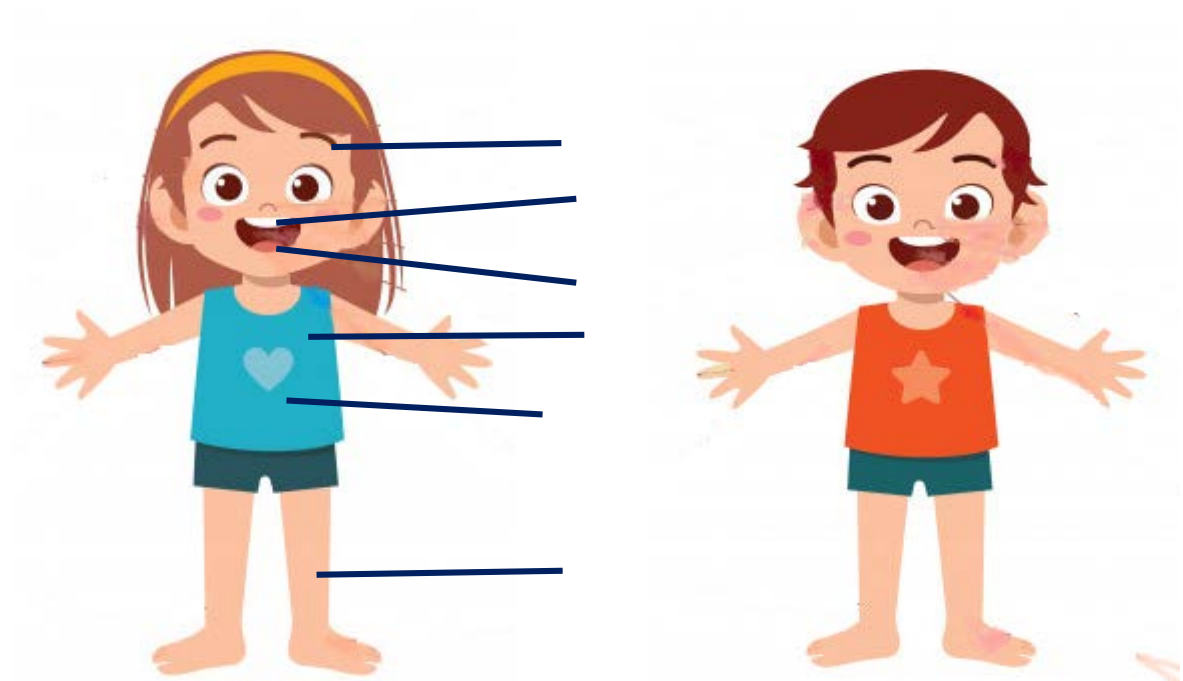
### ACTIVITY

- I. **Objective:** Describe the similarities and differences of the body parts.
- II. **Title:** Look at me.
- III. **Problem:** Do I look the same or different from you?
- IV. **What to Use:** color crayons
- V. **What to Do:** (Ask parent or an elder to assists you.)  
Compare the body parts.  
Using red crayon, connect the line to similar parts.





B. Using blue crayon, connect the line to similar parts.



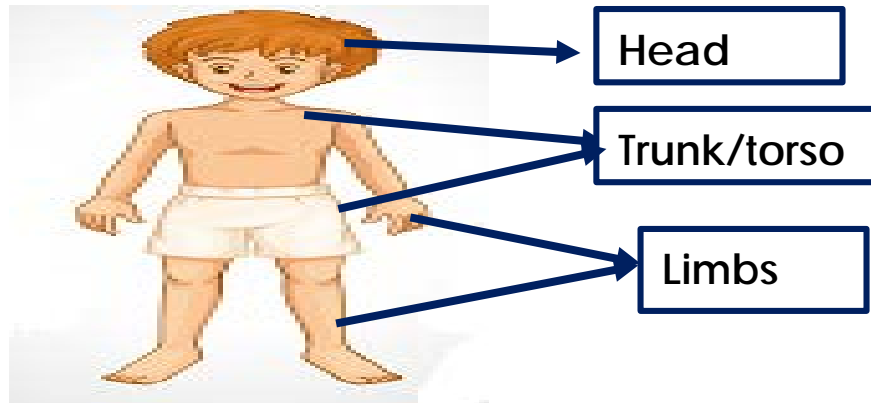
## VI. Critical Thinking Questions

1. What is the uppermost part of your body?
2. What is the biggest part of your body?
3. Which part of the body has many parts?
4. How does your body part become similar to the others?





## REMEMBER



Our body has three big parts, the head, the trunk or torso and the limbs.

The eyes, ears, nose, mouth and tongue are parts of the head.

The shoulders, chest, abdomen and hips are part of the trunk.

Your arms and legs are called limbs.

Our body has different parts. We have eyes to see, feet to walk and to run, hands to touch, ears to hear, and ten fingers to hold and wiggle.

Our body is a gift of God to us. Let us keep our body clean and healthy.

**BE SURE TO REMEMBER ALL LEARNED CONCEPTS.  
GOOD LUCK!**

Let us see how far you have learned. Test yourself ,read carefully and answer the question.



## Check your understanding.

Put / if the sentence is correct and X if not.

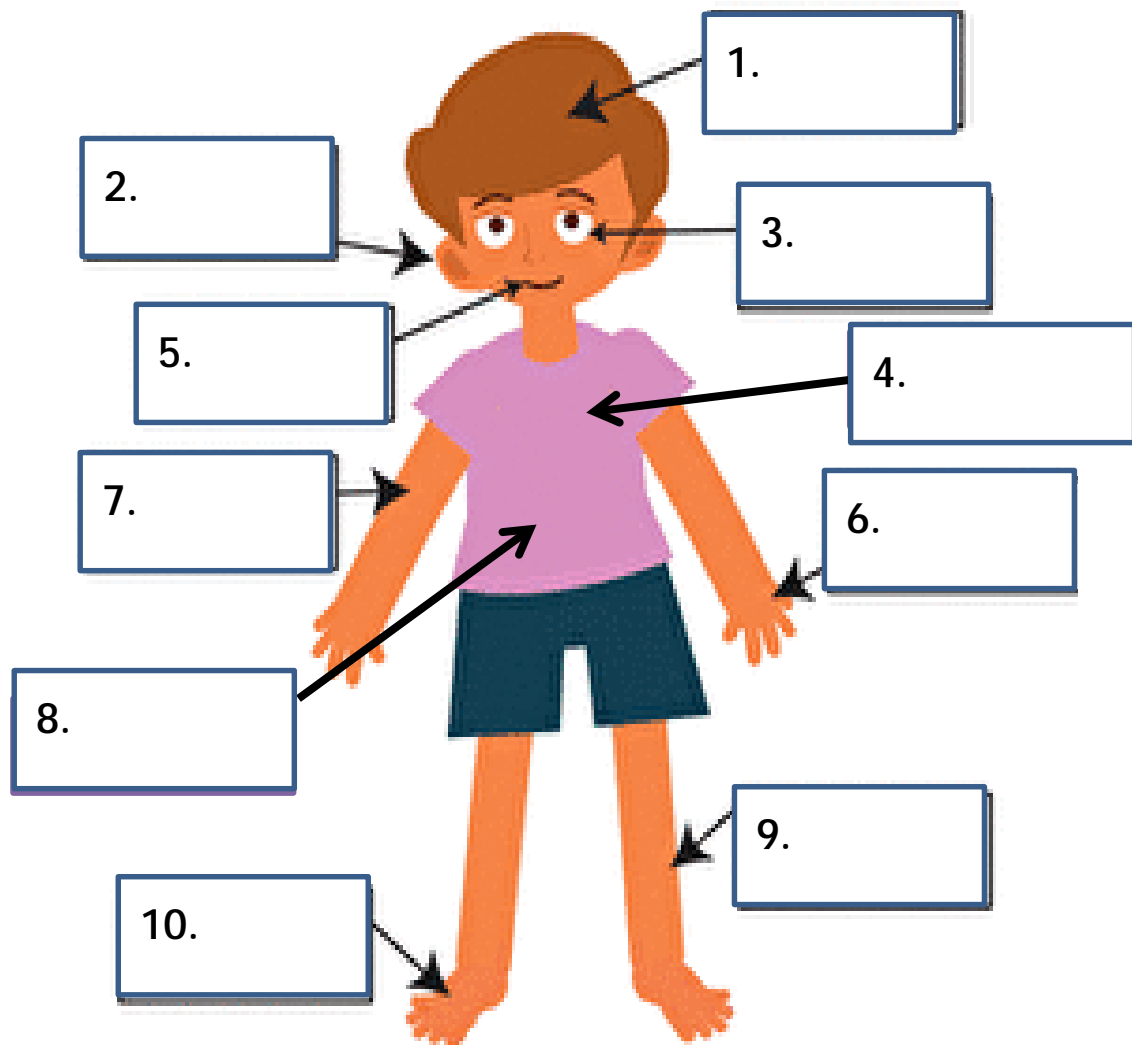
- \_\_\_\_\_ 1. There are three main parts of the body.
- \_\_\_\_\_ 2. Eyes, ears, and mouth are parts of the head.
- \_\_\_\_\_ 3. The chest is part of the upper limbs.
- \_\_\_\_\_ 4. We can see with our eyes.
- \_\_\_\_\_ 5. Arms, legs, and feet are limbs.
- \_\_\_\_\_ 6. Keep our body clean.
- \_\_\_\_\_ 7. Exercise like jogging is **not** good to our body.
- \_\_\_\_\_ 8. We should take care of our body.

<p><i><b>You're GREAT! You finished answering the questions with all honesty. Proceed to the Post Test.</b></i></p>
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## POST TEST



DIRECTION: Label each body parts correctly inside the box provided



**CONGRATULATIONS!**

# REFLECTIVE LEARNING

Name: \_\_\_\_\_

## MY BODY PARTS Reflective Learning Sheet

Directions: Write a reflective learning ON THE HUMAN BODY PARTS by answering the questions inside the box. You can express your answers in a more critical and creative presentation. You can do it! Wishing you SUCCESS!

I want to explain the ...

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To begin with....

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Finally, all parts of the body are important because...

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## Answer Sheets:

Name: \_\_\_\_\_ Section: \_\_\_\_\_

<p style="text-align: center;"><b>Pre-test</b></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p> <p>6. _____</p> <p>7. _____</p> <p>8. _____</p>	<p><b>Lesson 1:</b> <b><i>Critical Thinking</i></b></p> <p>Parts of the head</p> <p>_____</p> <p>_____</p> <p>Parts of the trunk</p> <p>_____</p> <p>_____</p> <p>Parts of the limbs</p> <p>_____</p> <p>_____</p>	<p><b>Checking your understanding</b></p> <p>1. ____ 5. ____</p> <p>2. ____ 6. ____</p> <p>3. ____ 7. ____</p> <p>4. ____ 8. ____</p> <p style="text-align: center;"><b>POST-TEST</b></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p> <p>6. _____</p> <p>7. _____</p> <p>8. _____</p> <p>9. _____</p> <p>10. _____</p>
<p><b>LOOKING BACK</b></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p>	<p><b>Lesson 2:</b> <b><i>Critical Thinking</i></b></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p>	



## Answer Key

<div>Pre-test</div> <div>1. ear</div> <div>2. eye</div> <div>3. mouth</div> <div>4. nose</div> <div>5. fingers</div> <div>6. arm</div> <div>7. leg</div> <div>8. foot</div>	<div>Lesson 1:</div> <div>Critical Thinking</div> <div>Parts of the head:</div> <div>Hair, eyes, ears,</div> <div>nose</div> <div>Tongue mouth</div> <div>Parts of the trunk:</div> <div>Shoulder, chest</div> <div>Abdomen stomach</div> <div>Hips, waist</div> <div>Parts of the limbs:</div> <div>Hands, arms, legs</div> <div>Toes, feet</div> <div><div>Lesson 2:</div><div>Critical Thinking</div><div>1. Head</div><div>2. Torso</div><div>3. Head</div><div>4. Boys and girls</div><div>have similar</div><div>body parts</div></div>	<div>Checking</div> <div>your</div> <div>understanding</div> <div>1. /</div> <div>5. /</div> <div>2. /</div> <div>6. /</div> <div>3. X</div> <div>7. X</div> <div>4. /</div> <div>8. /</div> <div>POST-TEST</div> <div>1.ear</div> <div>2.mouth</div> <div>3.arm</div> <div>4.stomach</div> <div>5.foot</div> <div>6.hair</div> <div>7.ey</div> <div>8.chest</div> <div>9.hand</div> <div>10.leg</div>
<div>LOOKING BACK</div> <div>1.Eyes-</div> <div></div> <div>2.ears-</div> <div></div> <div>3.nose-</div> <div></div> <div>4.hand-</div> <div></div> <div>5.tongue-</div> <div></div>		

## References:

Apolinario, N. (1997). *Science and Health Today I*. Manila, Philippines: Rex Bookstore.  
De Vera-Lim, M., Quintana, J. R., & Sing, L. B. (2018). *Elementary Science Explorer Second Edition Worktext*. Quezon City 1116, Philippines: JFC Publishing House, Inc.

## Art Resources:

- [https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.pinterest.com%2Fpin%2F715720565763902289%2F&psig=AOvVaw3FdHI\\_P0lyTVfCBOZkqTjX&ust=1593330504622000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCOCsxYvBoeoCFQAAAAAdAAAAABAm](https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.pinterest.com%2Fpin%2F715720565763902289%2F&psig=AOvVaw3FdHI_P0lyTVfCBOZkqTjX&ust=1593330504622000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCOCsxYvBoeoCFQAAAAAdAAAAABAm)
- [https://www.google.com/search?q=freepik&rlz=1C1CHZL\\_enPH815PH815&oq=free+pi&ags=chrome.1.69i60j0j69i57j0l2j69i60l3.3812j0j9&sourceid=chrome&ie=UTF-8](https://www.google.com/search?q=freepik&rlz=1C1CHZL_enPH815PH815&oq=free+pi&ags=chrome.1.69i60j0j69i57j0l2j69i60l3.3812j0j9&sourceid=chrome&ie=UTF-8)
- <https://www.google.com/url?sa=i&url=https%3A%2F%2Fwebstockreview.net%2Fexplore%2Fkitty-clipart-catl%2F&psig=AOvVaw0upGvkbUChMuksf63srQe1&ust=1593332311331000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCIjmm8vHoeoCFQAAAAAdAAABAD>
- <https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.pinterest.ca%2Fpin%2F562175965985177860%2F&psig=AOvVaw2DmmVJOThwBkkNwIAwq54f&ust=1593333429365000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCMDD-N7LoeoCFQAAAAAdAAAAABAq>

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