

Human Beings and Their Needs

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Human beings have different body parts which perform different functions. There are five sense organs in the human body which help them sense things. Apart from sense organs human have some important organs like heart, brain, stomach, lungs etc.

Sense Organs

There are five sense organs :

- 1) Ear - Sense organ for listening
- 2) Eyes - Sense organ of vision
- 3) Nose - Sense organ for smelling
- 4) Tongue - Sense organ for taste
- 5) Skin - Sense organ to feel touch, cold and hot

Skin is the **biggest sense organ**. It covers the entire body. All **sense organs work** with the help of **nervous system**.

Parts Of Our Body

A. Brain

We have seen a CPU in a computer system. Just like CPU is the processing unit of the computer system, our brain is the CPU of our body. Brain is present in the head of our body and is responsible for the activities of our body. Our brain gives instruction to all the other parts of our body. We are capable of thinking and memorizing due to the functioning of the brain only.

B. Teeth

Teeth are white in colour and contain hardest substance present in the human body. They are present inside our mouth and are used for chewing and tearing the food. Humans have 20 milk teeth up to the age of 6 years whereas adults have 32 teeth which are the permanent teeth.

C. Lungs

There is a pair of lungs in the human body present in the chest. Lungs assist us in breathing and purifying the blood.

D. Heart

Heart is the pumping organ present in our chest. It is an internal organ of our body. A healthy person's heart beats 70-75 times/minute.

E. Arms

We are humans and all of us have a pair of arms. Each of the arm consists of an elbow, wrist, hand and fingers. Hands are used for various activities like eating, writing, combing, cleaning, etc.

F. Legs

We can perform several activities with the help of our legs. The legs are present in pair in the lower body part of our body. Activities like running, walking, dancing, etc can be performed with the help of legs only.

Basic needs of human

Human needs 4 basic things to survive:

1. **Air:** We breathe in oxygen and breathe out carbon dioxide. We cannot survive for long without air. A human can survive only for few minutes without air.
2. **Water:** Human body is made up of almost 60% water. Water is essential for our survival. We can live only for few days without water.
3. **Food:** Food provides us energy to carry out our daily tasks like going to school, running and playing, doing our school and homework and other activities. Food not only provides us energy but also gives us immunity to fight germs and diseases, keeps our body and organs healthy and helps us in building muscles. We can survive for few weeks without food but finally, we will die without food.
4. **Shelter and clothing:** We need protection for wild animals, predators and harsh weather conditions like heat waves, snow, powerful winds, storms, rain, hailstorms, hot and cold seasons etc. Our homes provide us basic protection from all these conditions. We also wear different kinds of clothes for different seasons. We wear cotton clothes in summer, woollen clothes in winter and raincoats in the rainy season.

Types of clothes

1. Clothes we wear during summers

We wear cotton clothes during summer season such as shirts, trousers, frocks, sarees, etc.

2. Clothes we wear during winters

We wear woollen clothes during winter season such as sweater, coat, cap, etc.

3. Clothes we wear during rainy days

We wear clothes made up of synthetic fibre such as raincoats, boots etc, during the rainy days to protect us from getting wet.