



My Body

Circle the letter of the best answer.

For grown-ups: read each question aloud. Your child can point to or circle the answer.

Name _____ Date _____

1. How many fingers are on one hand?



- A) four B) six C) five D) ten
2. Which body part helps us to think?
A) the stomach B) the lungs C) the heart D) the brain
3. Which body part pumps blood all around the body?
A) the stomach B) the heart C) the brain D) the lungs
4. Which body part helps us breathe air in and out?
A) the lungs B) the heart C) the brain D) the stomach
5. What covers the whole outside of our body?
A) bones B) skin C) hair D) nails
6. Which body part do we use to chew our food?
A) teeth B) nails C) hair D) elbows
7. What hard parts inside us give our body its shape?
A) skin B) nails C) bones D) hair
8. Which body part joins the head to the shoulders?
A) the chest B) the chin C) the back D) the neck
9. Which body part do we bend to move our arm?
A) the elbow B) the knee C) the ankle D) the chin
10. Which of these actions mainly uses your legs and feet?
A) writing B) running C) waving D) clapping

Answer key — fold under before giving this to a child

1. C 2. D 3. B 4. A 5. B 6. A 7. C 8. D 9. A 10. B