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Opening extract from

In Focus

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Nature

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Everyday Objects

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Buildings

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Fruit and Vegetables

Jessie Ford



Animals

L'Atelier Cartographik



Transport

Jen Taylor

For Mum, Dad, Katie
and inquisitive minds
everywhere

— Libby Walden

360 DEGREES

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IN FOCUS



Close-ups

Enjoy a fresh perspective by
looking at the wonders of the
world from the outside, in.



Cross sections

This super-sized book slices its way through
101 objects, animals and buildings to reveal
some extraordinary interiors.



Cutaways

Lift the giant flaps on every
spread to see what delights
are hiding inside...



..... Outside Fruit and Vegetables

Illustrated by Jessie Ford

Brightly coloured fruit and vegetables should be eaten as part of a balanced diet as they are a good source of vitamins, minerals and fibre. But there is a lot more to these good-for-you foodstuffs than meets the eye...

Did you know...?

Pomology is the name for the study of fruit and the science of vegetable growing is called olericulture.

Carrot

Carrots get their characteristic orange colour from a large number of hydrocarbons, known as carotenes.



Radish

Radishes are fast-growing root vegetables that transform from seed to eating plants in just 25 days!



Broccoli

The word 'broccoli' comes from the Latin *brachium*, meaning arm or branch, and is a name that suits this tree-like vegetable!



Red cabbage

Also known as purple cabbage or red kraut, this colourful vegetable will normally turn from red to a deep blue/purple when cooked.



Red onion

Red onions are incredibly versatile and can be eaten raw, cooked, pickled and often in sauces and chutneys.

Peas

The earliest cultivated pea was found in Spirit Cave on the Thai-Burma border and dates back to 9750c!



Peach

The world's largest producer of peaches is China, where it is a symbol for good luck, protection and long life.



Kiwi fruit

This small, furry fruit has had many names, including the Chinese gooseberry and the yang tao (strawberry peach).



Strawberry

One strawberry will have roughly 200 little seeds on its outside. This means that it's not technically a berry at all!



Apple

This popular crunchy fruit, as well as the plum, raspberry and peach, is genetically related to the rose family.



Pomegranate

The name of this shiny red fruit comes from the Latin *ponum granatum* meaning apple of many seeds.



Orange

Oranges are food powerhouses, containing lots of beneficial vitamins and minerals, including high levels of Vitamin C.



Pepper

This popular salad ingredient is actually a fruit, as it grows from a flowering plant and contains seeds within its body.



Tomato

Tomatoes are the world's most popular fruit, with over 100 million tonnes produced a year across 144 countries.



Grapes

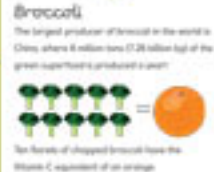
There are over 8,000 grape varieties grown across the globe.



Banana

Bananas are picked when their skins are green but as they ripen and their natural sugar content increases, they turn yellow.

A diet that cuts out food and ingredients is less likely to reduce food allergy because you "desensitize" the eating system of different foods, such as, you will probably gain body mass from eating processed, refined sugar or lower fat products as they do change those cells as they



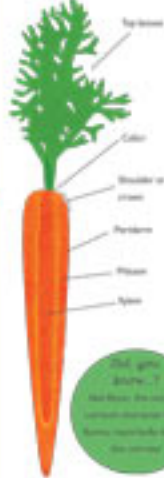
The largest producer of kerosene in the world is China, where 8 million tons (7.26 billion kg) of the green superfuel is produced a year.



The density of chopped pencils from the
Woods-C equivalent of an orange



The aged manure that serves as help you to ride in the dark comes from the high volume of carbohydrates contained in carrots. The human body converts the carrot's beta-carotenes into Vitamin A, which is an essential element for maintaining heart and healthy nerves.



Did you know...
the more the more of
certain ingredients like
bananas, raspberries and red
wine, the better!

1. **Introduction**

It originates in very
early part 4 of a
plant, within a
week after we had

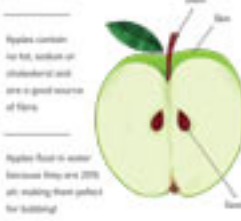


ACKNOWLEDGMENTS

It results in a
simpler structure
and less complex
structures. The
downside is that
the time of
learning is also

[illegible]

There are more than 1300 varieties of apple grown across the globe. If you want to follow the old saying 'an apple a day keeps the doctor away', it should take you more than 20 years to try every variety!



To date, the heaviest tomato according to Guinness World Records, weighed 2.20kg (4.85lb) and was grown in 2014 by 5. Huiyong of Illinois, USA.



2 person will, an average consumes
 100g of grapes a year



Drugs are **NOT** water-soluble hormones (as alcohol is),
they can therefore turn water into oil!



the pack of ten to four oranges and
a glass and make one of the most
popular breakfast drinks in the world



Outside Homes

Illustrated by Thomas Pullin

A house is the building in which humans live, eat and sleep. Some houses are fixed in one place whilst others are more mobile. They can host one or more families, a couple, a tribe or an individual.

Indonesian tree house

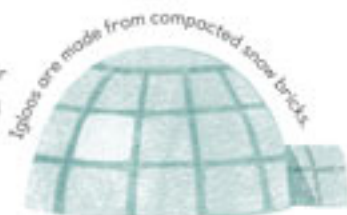
In the jungles of Papua, Indonesia, these special houses are built to defy gravity and allow the Korowai people to live high amongst the treetops in homes that can contain up to a dozen family members.



Some families live 34m (111.5ft) above the ground!

Igloo

Called igluvigak by their Inuit users, these small icy huts are often built as temporary shelters on hunting trips.



Swiss chalet

Chalets are often found in the mountains of Western Europe.



Vardo

The Romani people used these highly decorated horse-drawn wagons for their homes in the late 1800s and early 1900s.

Musgum mud hut

As an excellent example of an 'earth structure', this style of mud hut is the traditional dwelling of the Musgum people of Cameroon, West Africa. They are hand-built and are made from natural materials.



Dentoutekina

Whilst Japanese architecture has modernised greatly, the flexible interior space of the dentoutekina has kept this traditional-style Japanese home popular and in demand.



Yurt

Used by the nomadic tribes of East and Central Asia, the yurt is a large, round, portable tent.



Cave house

Houses can be carved from rock.

Houseboat

All houseboats are boats that have been designed or modified into a domestic living space.



Flat

These tall buildings are made up of individual, self-contained homes that are stacked on top of each other, like building blocks.



Homes

Illustrated by Thomas Allen



...the ...



Mungum mud hut

...a threat of further action by the
...the United States.



Vardo

But it's not a roaring 1960s. These turbo engines get their name from the Roman word for "one" and were typically commissioned for twosomes, as in a present to a newly-wed couple.



Inside 'home'

While a home can mean many things, the origin of the English word "home" comes from the Proto-Germanic word *heiman*.



Swiss chalet

Traditionally made of wood, with a heavy, sloping roof, the chalet was the typical summer home for the members of Western Europe who brought their skiing outfits up into the mountains to spend during the summer months.



Dardoulakina

The garden is the central element that connects the entrance hall to the ground level.



114

These findings are encouraging because they suggest that the use of a single, well-defined, and easily accessible tool can be used to identify and address the needs of a large number of people. The use of a single tool can also help to ensure that the information collected is consistent and comparable across different groups and settings. This information can then be used to develop targeted interventions and support services that are tailored to the specific needs of the population being studied.



Permanent

Source: International Labour Office, *World Employment Report 1996*, Geneva, 1996, p. 10.



Not

...the ...
...the ...
...the ...
...the ...



Homes

Illustrated by Thomas Pullin

A house becomes a home when the people who live there are prepared to live somewhere they feel they belong. Personally, this is likely to be providing the house space with something unique or distinctive.

Indonesian tree houses

Sitting in the branches of the Borneo tree, these tree houses are made from single natural materials. The platforms floor and sides are constructed from hollowed logs, which are covered in bark. Leaves are woven together to make the roof.

Up high
These arboreal houses are only possible because built high up in the most solid trees. Sitting far above noise from busy streets, mosquito harassment, thieves from rural areas.



Igloo

Constructed from blocks of ice, igloos can range up to 10m in diameter. The interior is usually very dark, and the temperature is often below freezing.



Musgum mud hut

The traditional mud mud dwellings of the Musgum tribe are made from compressed sun-dried mud that is laid over a mesh of baked reeds to form a basket-like dome.



Yardle

Built to suit a nomadic lifestyle, these yardle wigwags get their name from the Roman word for 'cart' and were typically constructed for families, or as a present to a newly-wed couple.



Swiss chalet

Traditionally made of wood, with a heavy, sloping roof, the chalet was the typical summer home for the families of Western Europe who brought their dairy cattle up into the mountains to feed during the summer months.



Inside 'home'

When a home can mean many things, the origin of the English word 'home' comes from the Proto-Germanic word 'haimaz'.



Daroudakina

Traditional Japanese daroudakina are raised up, with only the entrance hall (or garden) at ground level. The garden is the area where shoes are removed before entering the house as a way of keeping the inside clean.



Furt

Also known as a 'furl', this round, thatched-roof house is raised in a way that is perfect for the weather.



Houssahouss

Some Houssahouss are made from woven reeds, while others are made from mud and straw. Some are built on stilts, while others are built on the ground.



Cave house

Man has been using caves as domestic spaces and places of worship for over a thousand years. In some cases, people have lived in caves for generations, building their homes into the rock.



Flood

Blocks of flats are found in many parts of the world, and are often built on stilts to protect them from flooding.

