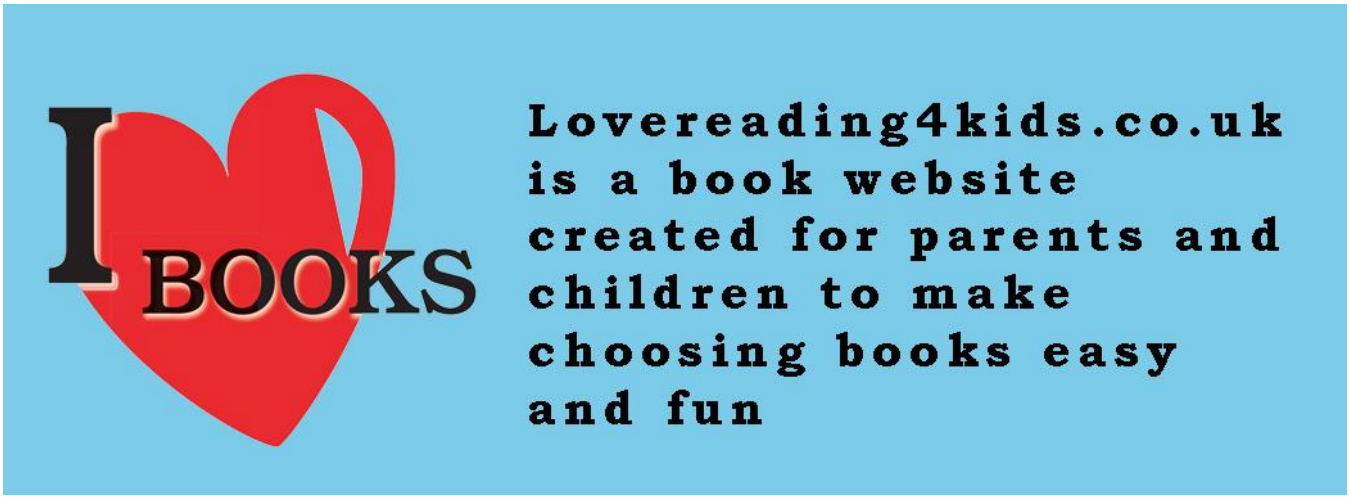


Opening extract from

Life on Earth: Human Body

Written by

Heather Alexander

Illustrated by

Andres M. Lozano

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LOOK INSIDE

A look at the skeleton, bones and muscles

WHERE IS THE SMALLEST BONE?

CAN I SEE ANY OF MY BONES?

WHAT DO MY RIBS DO?

WHERE IS MY SPINE?

HOW DO BONES JOIN?

WHICH BONE IS THE LONGEST?

The thigh bone is the longest bone in the body.

WHY DO WE HAVE BONES?

Bones form the hard framework of your body and together they make your skeleteon.

WHAT ARE BONES MADE OF?



HOW MANY BONES ARE IN MY BODY?

Kids have 300 and adults have 206. This is because your bones fuse together as you grow.

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HOW DO I SMILE?



HOW DO MUSCLES WORK?

WHICH MUSCLE IS THE BIGGEST?

HOW MANY MUSCLES DOES WALKING USE?

200 muscles.

WHAT DO MUSCLES DO?

Muscles connected to bones (ligaments). Excercise keeps your muscles strong.



HOW MANY MUSCLES DO I HAVE?

630 muscles.

AMAZING AND INCREDILE

Our Brain

WHAT IS MY BRAIN?

Your brain is an organ, and is what makes you, you!

WHAT IS THE CEREBRUM?

This is the biggest part of your brain. It's in charge of moving your body and thinking.

CAN RUNNING MAKE ME THINK BETTER?

Yes. Exercise pumps more oxygen and blood into your brain, and that makes your brain work better.

IS A HEADACHE MY BRAIN HURTING?

No. Headaches have nothing to do with your brain. Headaches come from the nerves in your head.

WHAT DOES MY BRAIN LOOK LIKE?



DOES MY BRAIN SHUT OFF WHEN I SLEEP?

No. Your brain works all the time.

YOUR BRAIN IS THE BOSS OF YOUR BODY!

It is in charge of everything--it makes your eyes blink, your legs run, your mouth speak, your arms hug, and your body grow. It is also in charge of how you learn and remember things.

WHAT IS MEMORY?



DO DIFFERENT PARTS OF MY BRAIN CONTROL DIFFERENT THINGS?

Yes! Your brain controls all of these things...

HOW DO NERVES CONNECT MY BRAIN TO MY BODY?



WHAT DOES THE BRAIN STEM DO?

The brain stem is in charge of the things you don't think about...

WHAT IS MY SPINAL CORD?

Your spinal cord is a thick bundle of nerves inside your spine. It connects your brain with all the smaller nerves in your body.

WHAT DOES THE CEREBELLUM DO?

HOW FAST DO NERVES WORK?

They work super-fast. As soon as you read this question...

ON THE MOVE

The Digestive System

WHY DO WE EAT? FOOD GIVES US THE ENERGY THAT WE NEED TO MOVE, THINK, AND GROW. As food travels through our bodies, the useful parts are pulled out and turned into energy. This long journey is called digestion.





I TAKE A BITE OF FOOD. WHAT HAPPENS FIRST?

Chewing comes first. Your teeth grind the food into small pieces. Then your tongue pushes it toward the back of your mouth

WHERE DOES MY CHEWED-UP FOOD GO AFTER I SWALLOW?

WHY IS MY STOMACH MAKING NOISE?

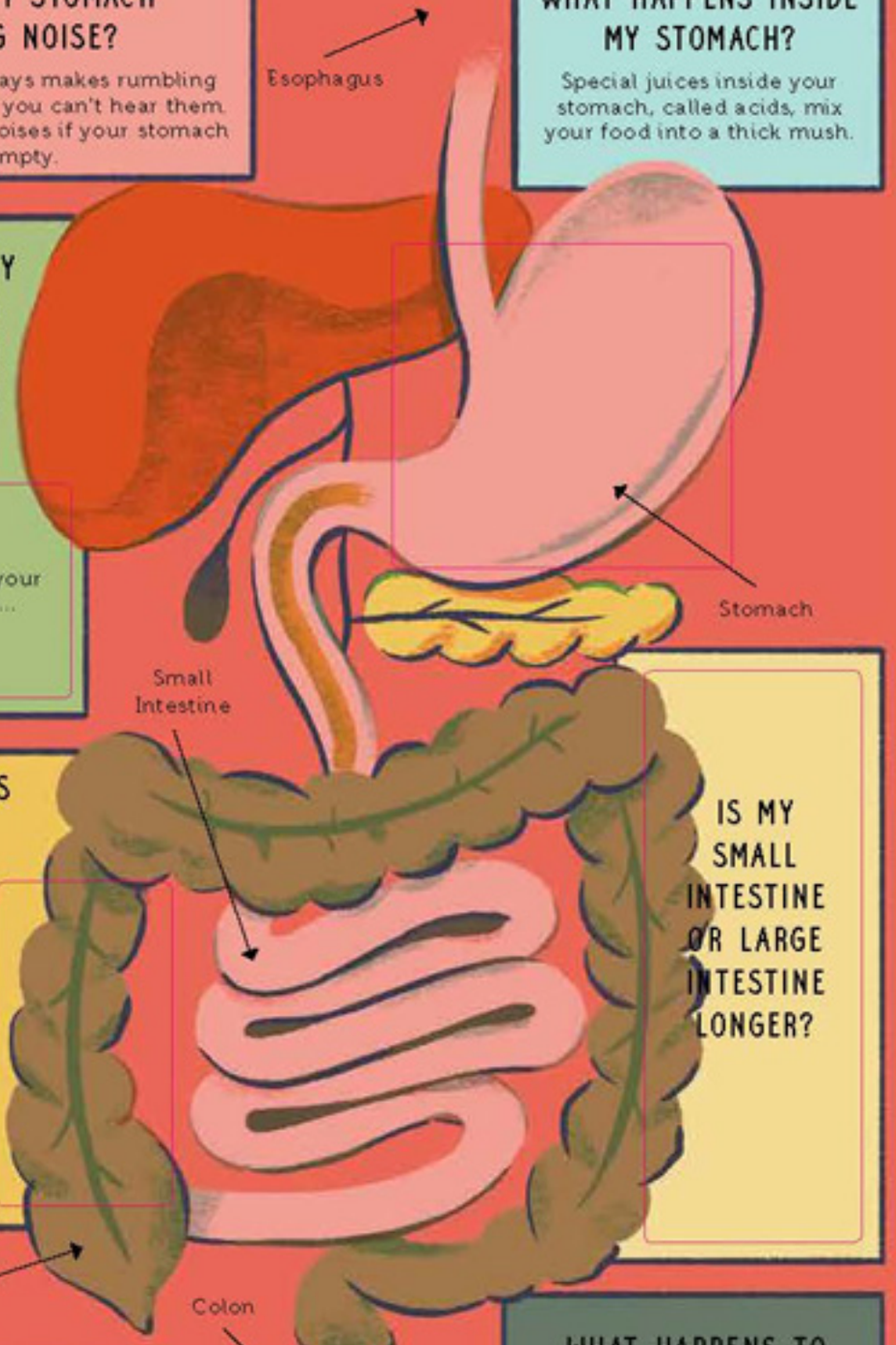
Your stomach always makes rumbling noises, but usually you can't hear them. You can hear the noises if your stomach is empty.

WHAT HAPPENS INSIDE MY STOMACH?

Special juices inside your stomach, called acids, mix your food into a thick mush.

WHERE DOES MY MASHED FOOD TRAVEL WHEN IT LEAVES MY STOMACH?

The next stop is your small intestine...



IS MY SMALL INTESTINE OR LARGE INTESTINE LONGER?

WHAT HAPPENS TO THE LEFTOVER PARTS OF MY FOOD?

The leftover parts, called waste, go onto your large intestine. Your large intestine pulls out any water for your body to use.

HOW LONG DOES IT TAKE TO DIGEST FOOD?

About 12 hours.

WHAT HAPPENS TO THE WASTE?

The waste travels (as poop) from your large intestine, through your colon, out your bottom, and into the toilet.