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Opening extract from

A Horrid Factbook: Horrid Henry's Bodies

Written by

Francesca Simon

Published by

Orion Children's Books

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A HORRID FACTBOOK

HORRID HENRY'S BODIES

Francesca Simon spent her childhood on the beach in California, and then went to Yale and Oxford Universities to study medieval history and literature. She now lives in London with her family. She has written over fifty books and won the Children's Book of the Year in 2008 at the Galaxy British Book Awards for *Horrid Henry and the Abominable Snowman*.

Tony Ross is one of Britain's best-known illustrators, with many picture books to his name as well as line drawings for many fiction titles. He lives in Oxfordshire.

Complete list of **Horrid Henry** titles at the end of the book

Also by Francesca Simon

Don't Cook Cinderella
Helping Hercules

and for younger readers

Don't Be Horrid, Henry
Illustrated by Kevin McAleenan

The Topsy-Turvies
Illustrated by Emily Bolam

A HORRID FACTBOOK

HORRID HENRY'S BODIES



Francesca Simon

Illustrated by Tony Ross

Orion
Children's Books

First published in Great Britain in 2011
by Orion Children's Books
a division of the Orion Publishing Group Ltd
Orion House
5 Upper Saint Martin's Lane
London WC2H 9EA
An Hachette UK Company

1 3 5 7 9 10 8 6 4 2

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Illustrations © Tony Ross 2011

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Facts compiled by Sally Byford.

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ISBN 978 1 4440 0162 4

A catalogue record for this book is available from the British Library.

Printed in Great Britain by
Clays Ltd, St Ives plc

www.orionbooks.co.uk

www.horridhenry.co.uk

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Hello from Henry



Hold on tight, everyone, you are about to open the grisliest, grossest, most disgusting book ever! And it's all true, so your mean, horrible parents can't complain when you tell them all about bogies, earwax, mucus, wee or head lice. You name it, you'll find all the facts you need to know to gross out your teachers and revolt your friends. Yippee!

Henry

BLECCCH! FOUL FACTS



The **loudest burp** recorded (so far) was 107.1 decibels – that's louder than the sound of a drill breaking up concrete!

When you sneeze, the air coming out of your nose and mouth travels at 100 miles per hour – even faster than cars on a motorway.



Did you know that you produce more than a litre of saliva every day?

Your nose also makes about a litre of **slimy glop** each day – called mucus. And most of it, you swallow. Eeew!

On a normal day, you produce about half a litre of sweat. But if it's hot and you do lots of exercise, you could produce up to seven litres. That's three and a half big bottles of fizzywizz!



The sweatiest part of your body isn't your armpits or your feet – it's the palms of your hands.

What's in a **bogey**? Dried mucus mixed with dust and dirt – with a few bugs to add extra flavour!

Can you believe it? You'll spend three years of your life on the toilet.



You produce about 45,000 litres of urine in a lifetime – enough to fill 450 baths.

Romans used to brush their teeth with urine.
Blecccccch!



Ever tried beetroot? If you eat too much of it, your wee will turn pink!



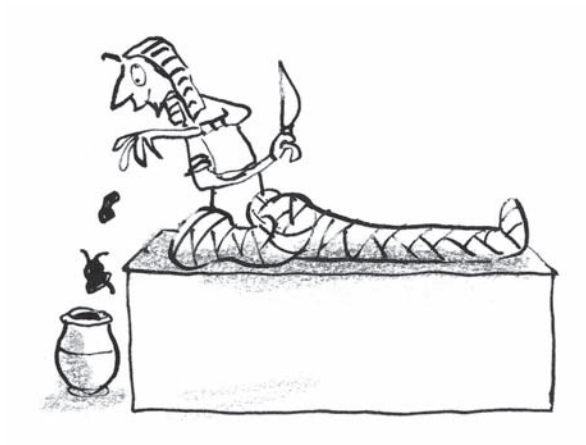
When an astronaut spacewalks on the moon, he wears something called a Maximum Absorption Garment. Sounds grand but it's really a **man-sized nappy**.

Long ago in the Fourteenth Century, it wasn't cool to wash, so people sprayed on lots of perfume to cover their **stinky smell** instead.

When you die, your skin shrinks and this makes your nails and hair look as though they're still growing. **Scary!**



Ancient Egyptians used to cut open a dead body, remove the insides and place them in a jar next to the coffin. Then they made a mummy by bandaging the body up in strips of linen.



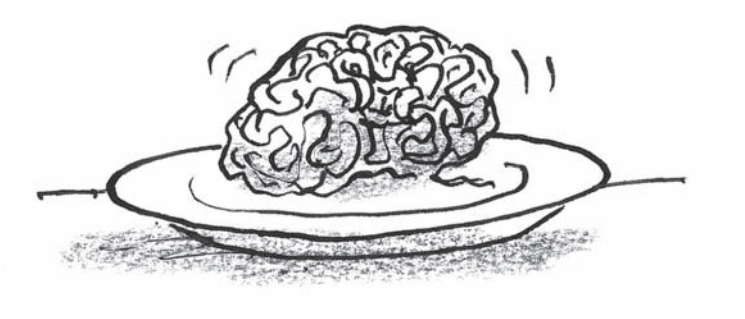
Whenever you talk or chew, little clumps of **earwax** fall out of your ears. Luckily, they are too small to see.



INSIDE INFO



If you could touch your brain, it would feel like **jelly**.



Just because your brain is small, doesn't mean you're not as clever as someone with a big brain.

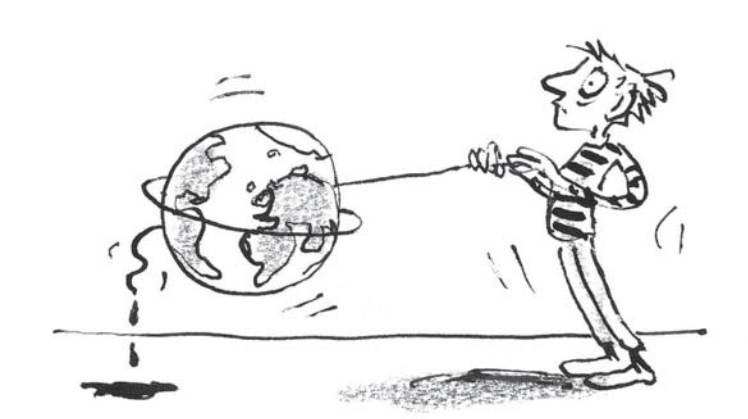
Did you know that nearly two-thirds of your body is made up of water?

In your lifetime, your heart will beat about **2,500 million times** – and never take a rest.

Try clenching your fist – it's about the same size of your heart. As you get older and your fist grows bigger, so does your heart.

Your liver is the **largest** and **heaviest** organ inside your body, weighing an average of 1.6 kilograms. That's the same as three bags of pasta!

If your **blood vessels** were all stretched out like a piece of string, they would circle around the Earth twice.



It takes only one minute for a drop of blood to travel all around your body.

If you were ill in the Middle Ages, the doctor might have put **leeches** on your body to suck some of the blood out for you.



I wonder why they didn't try nits...

Our bodies are always 37°C – it doesn't matter if the weather's hot or cold. But cold-blooded animals like lizards have to warm themselves up in the sun.

Your smallest muscle is called the **stapedius** – it's in your ear and it helps to protect you from loud noises.