

BOREDOM-BUSTER

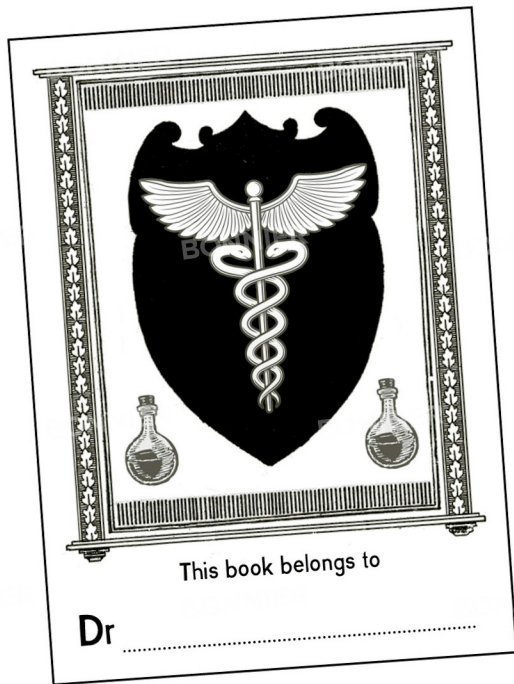
PUZZLE ACTIVITY **BOOK OF**

THE HUMAN BODY



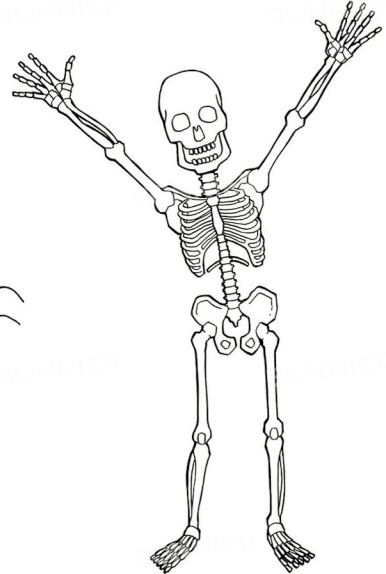
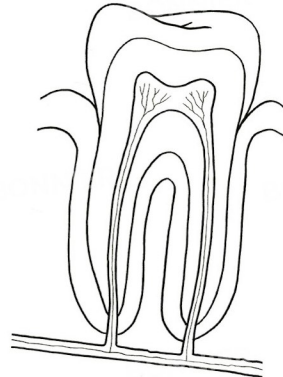
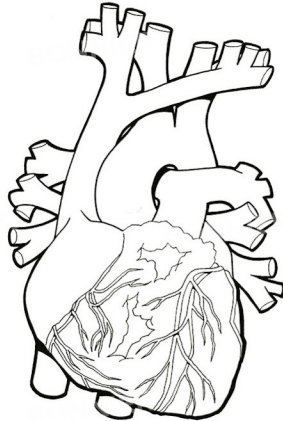
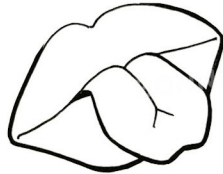
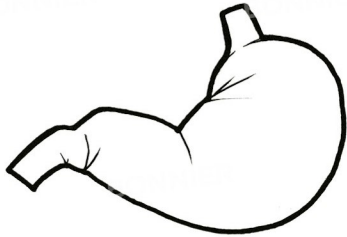
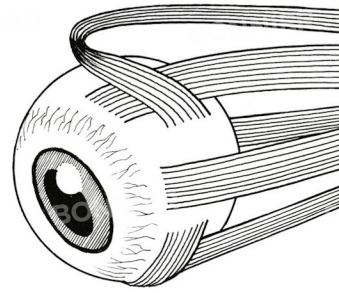
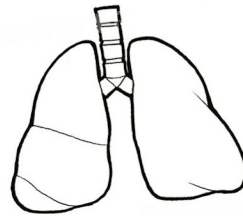
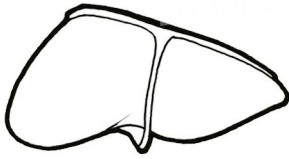
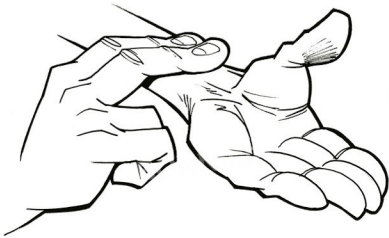
OVER **100**
PAGES OF
ANATOMICAL
ACTIVITY!

DR. JEN GREEN



This book belongs to

Dr



Colour in
your body
parts!

First published in the UK in 2017 by The Salariya Book Company Ltd
This edition published in the UK in 2024 by Hatch Press,
an imprint of Bonnier Books UK
4th Floor, Victoria House
Bloomsbury Square, London WC1B 4DA
Owned by Bonnier Books
Sveavägen 56, Stockholm, Sweden
www.bonnierbooks.co.uk

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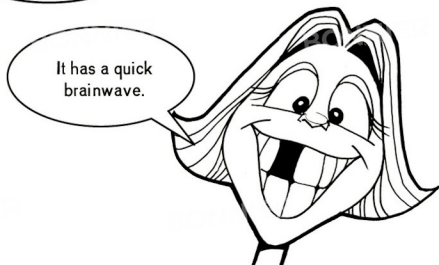
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ISBN 978-1-80078-878-7

Printed in China



What does a brain do
when it sees a friend
across the street?



It has a quick
brainwave.

BOREDOM-BUSTER

PUZZLE ACTIVITY BOOK OF

THE HUMAN

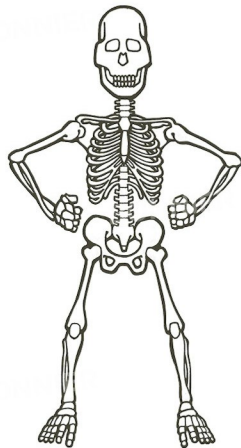


BODY



BODY BASICS

Your body is made up of billions of tiny cells. These mini-units group together to form the all-singing, all-dancing marvel of engineering that is you!



SKELETON

The skeleton supports your body and keeps you upright. It is made from 206 bones. Living bones aren't stick-like and dry like the bones in museums. On the outside, bones are tough and strong; on the inside, they're soft and spongy.

CELLS

Your body contains over 200 different types of cells. Cells of a particular type build up to form tissues, and tissues combine to form organs. Organs work together to create the body's main systems, such as the digestive system.

MUSCLES

Muscles pull on bones to allow you to move in hundreds of different ways. Together, bones and muscles give the body its shape.

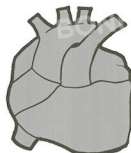
ORGANS

AN ORGAN IS A BODY PART WITH A VERY SPECIAL JOB TO DO...

Some of the body's main organs are shown below. Here's what they do...

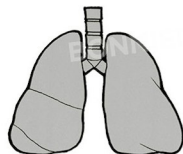
HEART

The heart pumps blood around your body, every minute of every day.



LUNGS

The lungs take oxygen from the air and transfer it to your blood, which transports it around the body.



LIVER

The liver neutralises poisons and stores nutrients for when the body needs them.



STOMACH

The stomach is a muscular bag where food begins to be digested.



KIDNEY

Kidneys filter the blood and remove waste.



BLADDER

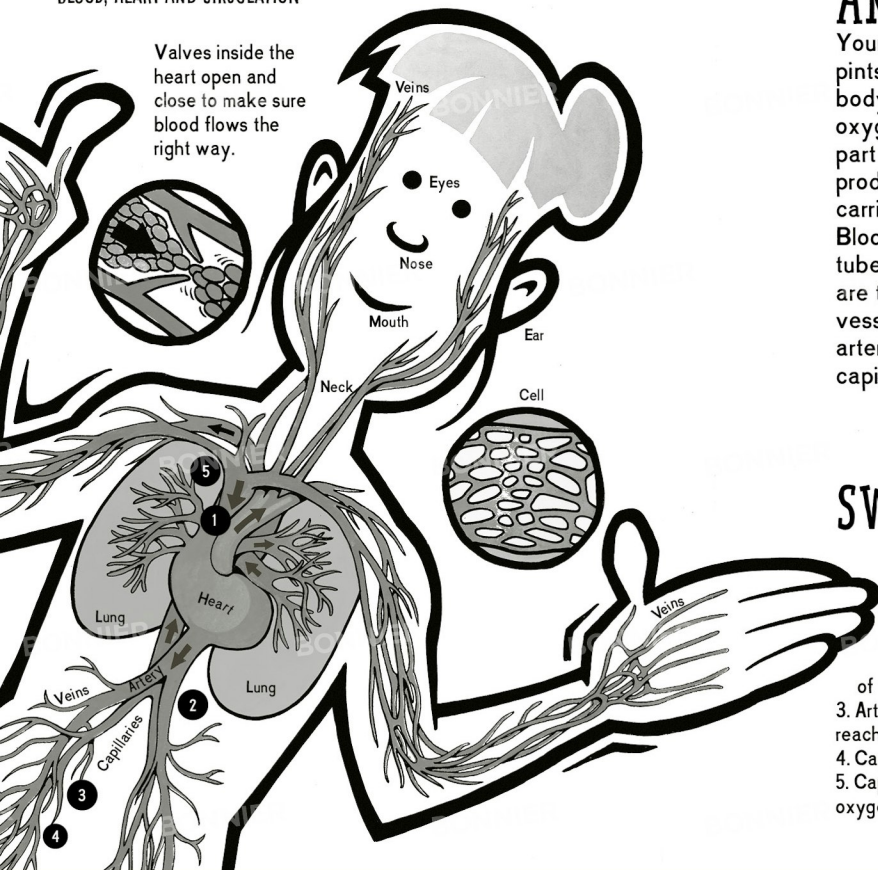
The bladder stores waste water until you get rid of it by peeing.



PUMP IT UP!

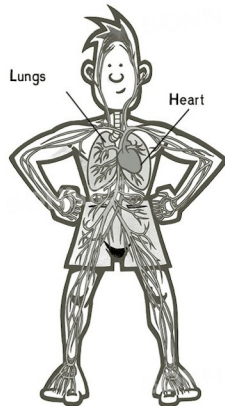
BLOOD, HEART AND CIRCULATION

Valves inside the heart open and close to make sure blood flows the right way.



BLOOD, HEART AND CIRCULATION

Your body contains an incredible 5.3 pints (3 litres) of blood. Blood is the body's transport system, delivering oxygen and vital nutrients to every part of the body. As cells work, they produce waste, which the blood carries away to get rid of. Blood travels through a network of tubes called blood vessels. There are three main types of blood vessels: thick tubes called veins and arteries, and very fine tubes called capillaries.



CIRCULATORY SYSTEM

Blood circles on an endless journey around the body. This one-way trip is called circulation.

SWOOSH, SLOOSH!

THE HEART IS REALLY TWO PUMPS IN ONE.

1. One pump sends oxygen-rich blood from the lungs around the body. The other sends blood that is low in oxygen from the body back to the lungs, to be recharged with oxygen.
2. Thick tubes called arteries carry red, oxygen-rich blood to the rest of the body.
3. Arteries divide to form a network of fine tubes called capillaries, which reach every body part.
4. Capillaries deliver oxygen-rich blood to cells and carry away waste.
5. Capillaries join up again to make veins, which carry blood low in oxygen back to the heart.

DOWN THE HATCH

DIGESTION

Your digestive system is another very important network. It converts the food you eat into the energy your body needs to keep going. Food also provides the nutrients you need to grow and repair your body.

Your digestive system is basically a long tube looped and coiled inside your body. This long tube breaks down food into a mush, so your body can absorb the goodness.

CHOP, CHEW, MUNCH!

1. The work of digestion begins in your mouth. Your teeth chop up your food and mix it with watery saliva ready to be swallowed.

2. When you swallow, the soggy chunk of food slides down the oesophagus (foodpipe) and into the stomach.

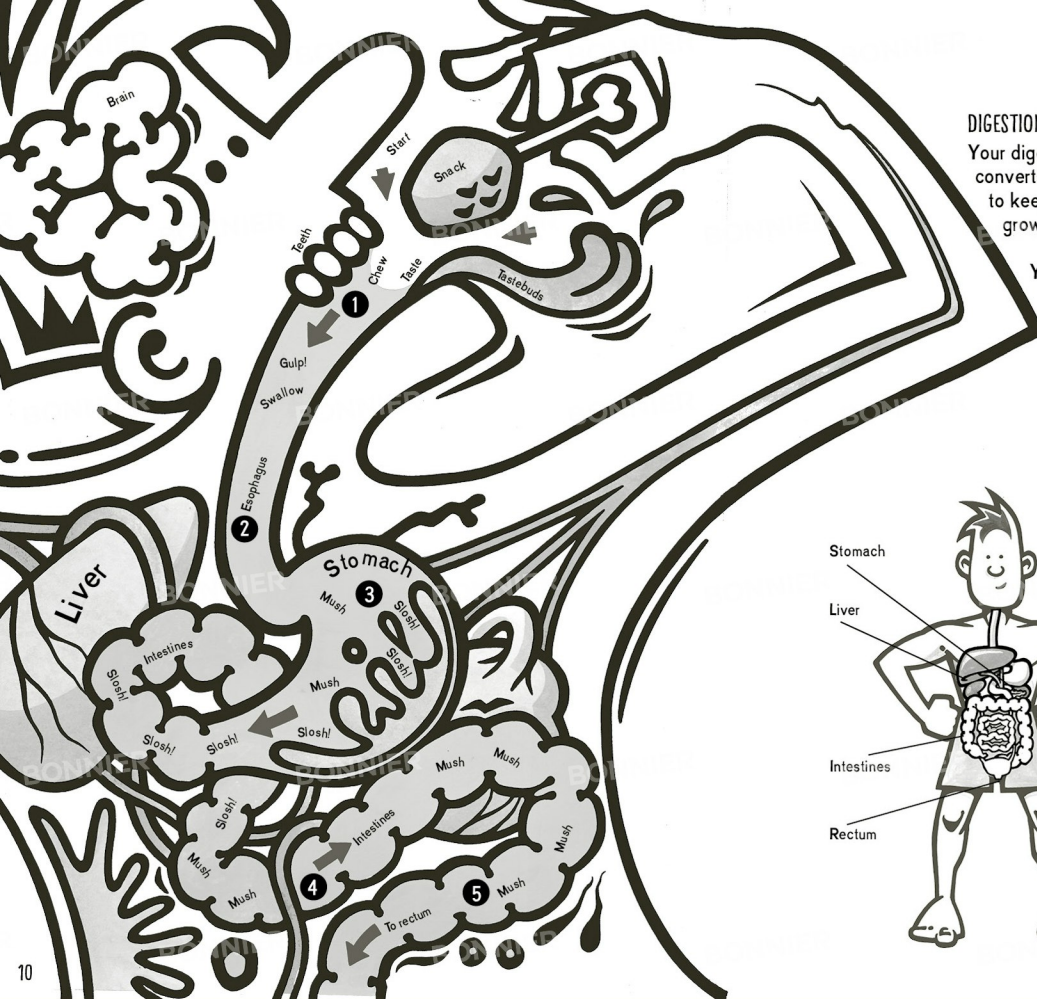
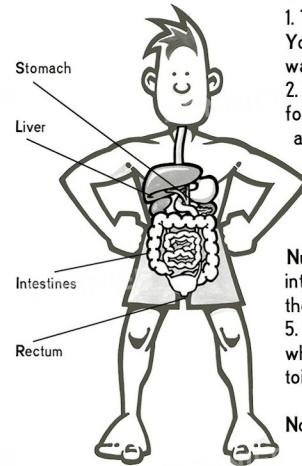
3. Digestive juices in your stomach break down food into a thick soup.

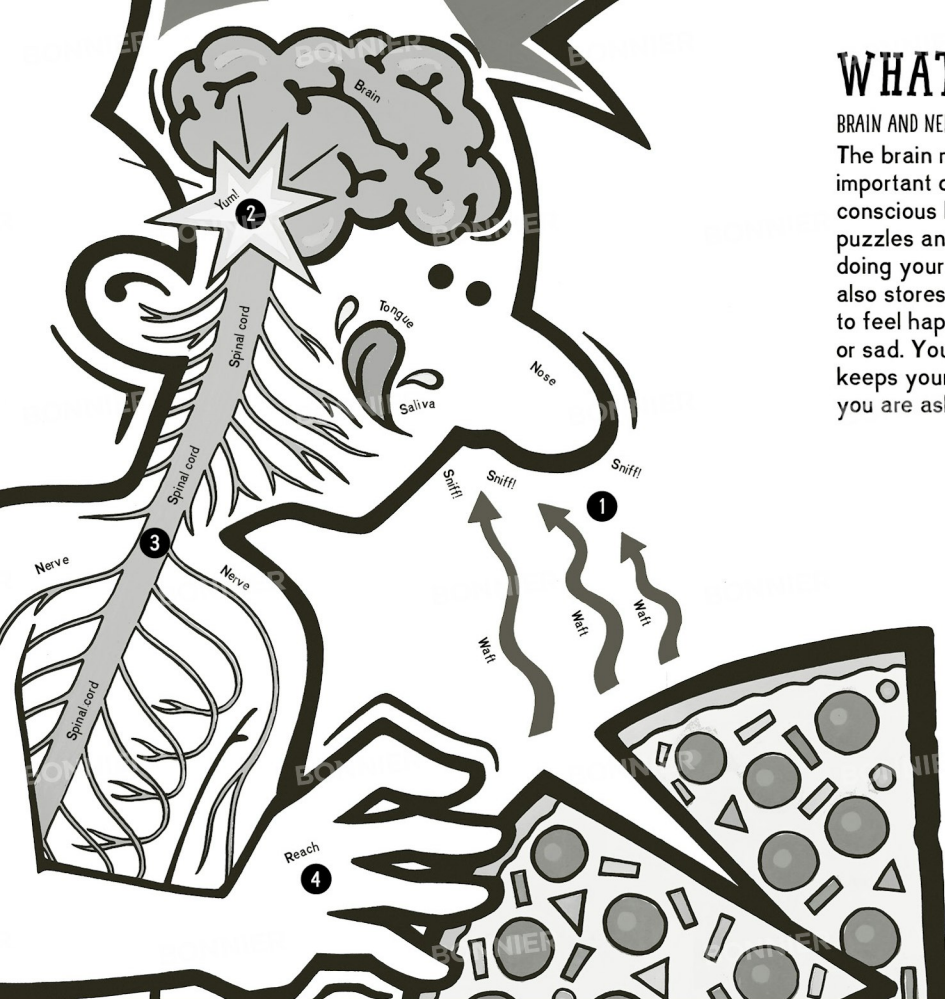
4. This mushy mix passes through the small intestine and large intestine.

Nutrients pass through the walls of the intestine and into your blood, which carries them to where they are needed.

5. Waste from food continues to the rectum, where it is stored as poo until you go to the toilet.

Now flush!





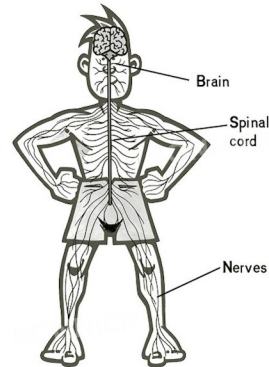
WHAT A NERVE!

BRAIN AND NERVOUS SYSTEM

The brain might be the most important organ you have! Your conscious brain helps you to solve puzzles and think up excuses for not doing your homework. It also stores memories and allows you to feel happy or sad. Your unconscious brain keeps your body ticking even when you are asleep.

NERVOUS NETWORK

The brain receives sense signals and controls actions via a network of nerves reaching every part of your body. Your brain, spinal cord, and nerves make up your nervous system.

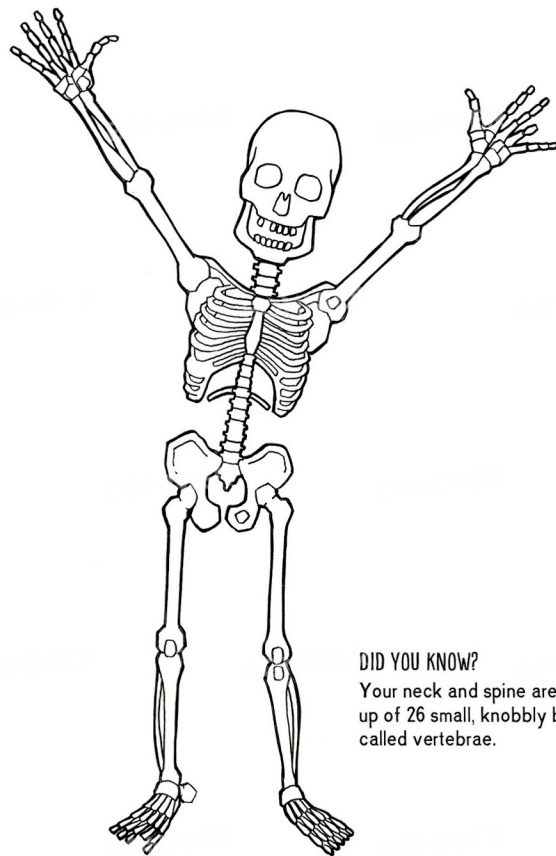
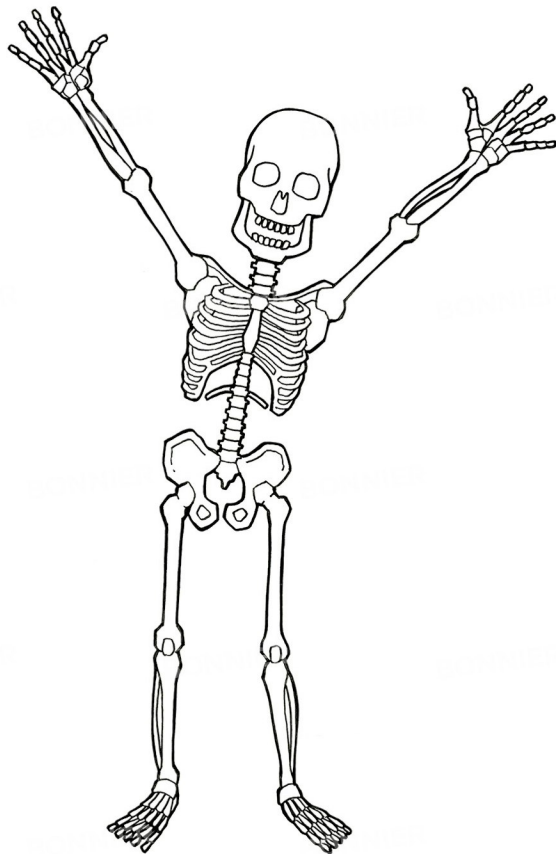


SMIFF THAT!

Your brain receives messages from your senses via nerves called sensory nerves. It controls actions via motor nerves.

1. When the smell of pizza wafts towards you, sensory nerves in your nose send a message to your brain.
2. The brain receives the sense signals. It processes the information and makes a decision... It orders your hand to grab a slice!
3. The brain sends a message to your arm and hand via the spinal cord, the body's main nerve.
4. The order passes down motor nerves, ordering your arm to reach out and your fingers to grab the pizza.

SPOT THE 10 DIFFERENCES



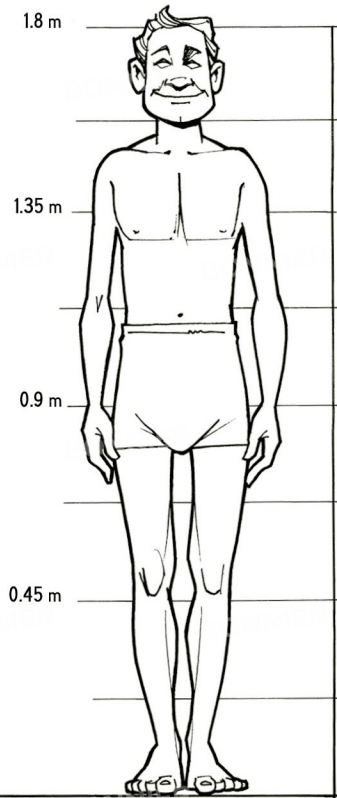
DID YOU KNOW?
Your neck and spine are made up of 26 small, knobby bones called vertebrae.

HOW TALL ARE YOU?

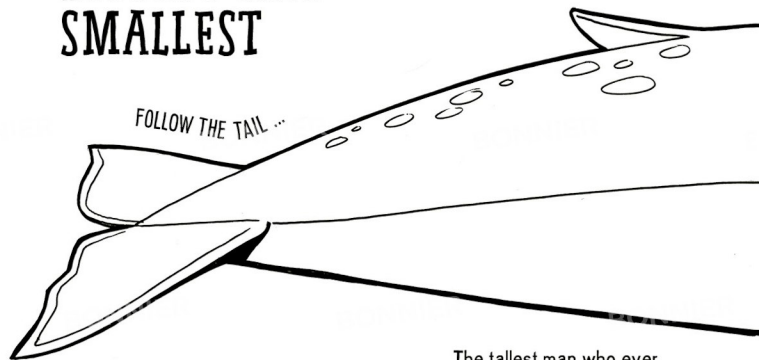
Measure your height and draw yourself between the two figures.

DID YOU KNOW?

An adult's height is eight times the size of the head, and a baby's height is four times the size of its head!



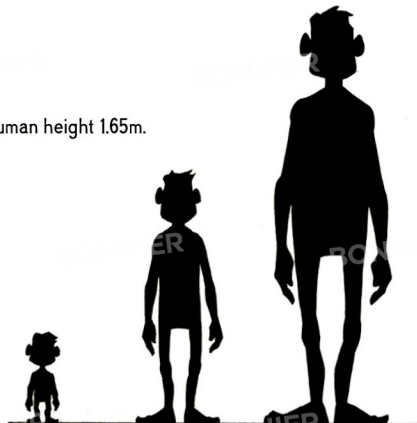
BIGGEST AND SMALLEST

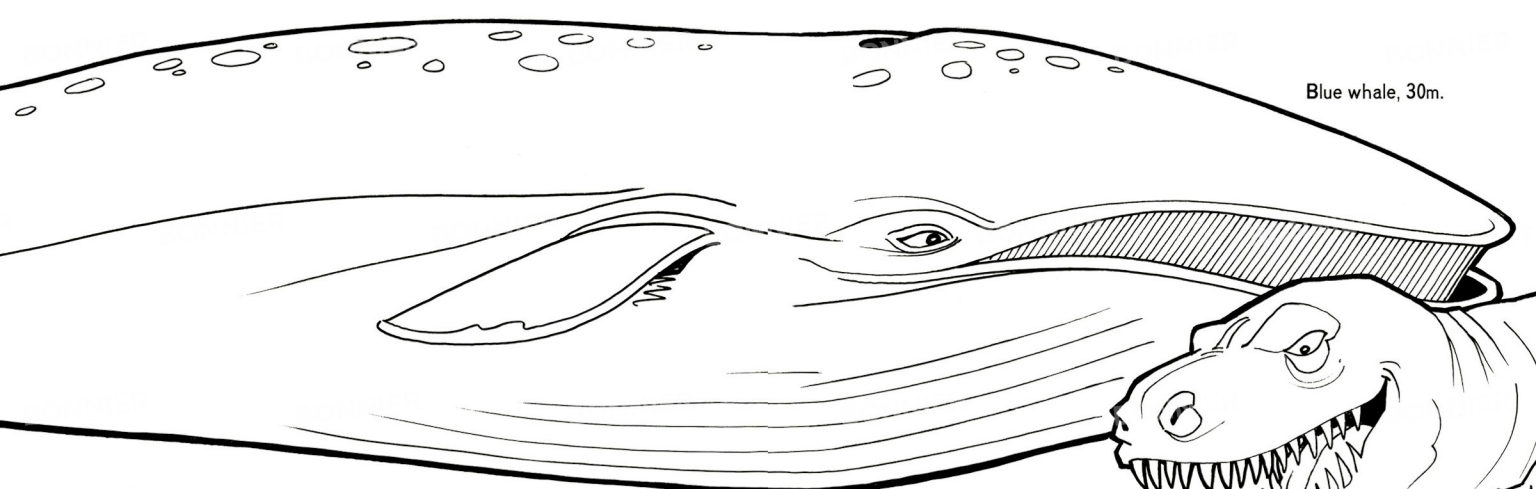


The tallest man who ever lived, the American Robert Wadlow, was 2.72m.

Average human height 1.65m.

Chandra Bahadur Dangi of Nepal is the world's shortest man, at 0.55m.





Blue whale, 30m.

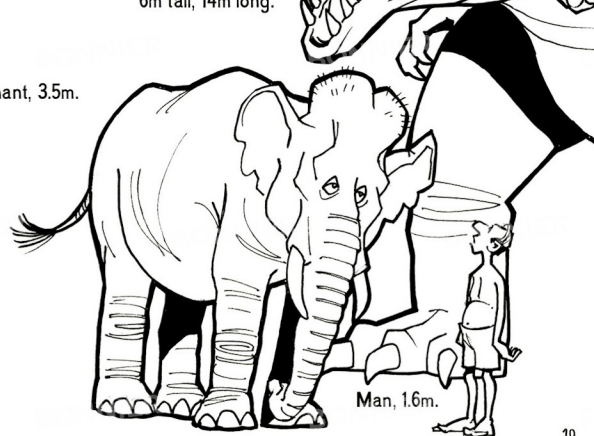
Colour
in this
picture

ANIMAL SIZES

The African elephant stands twice as tall as a human, but the terrifying T rex was over four times taller! At over 30 metres long, the blue whale is the largest animal on our planet. Eighteen humans lying head to toe would measure the same length as a blue whale.

Tyrannosaurus rex,
6m tall, 14m long.

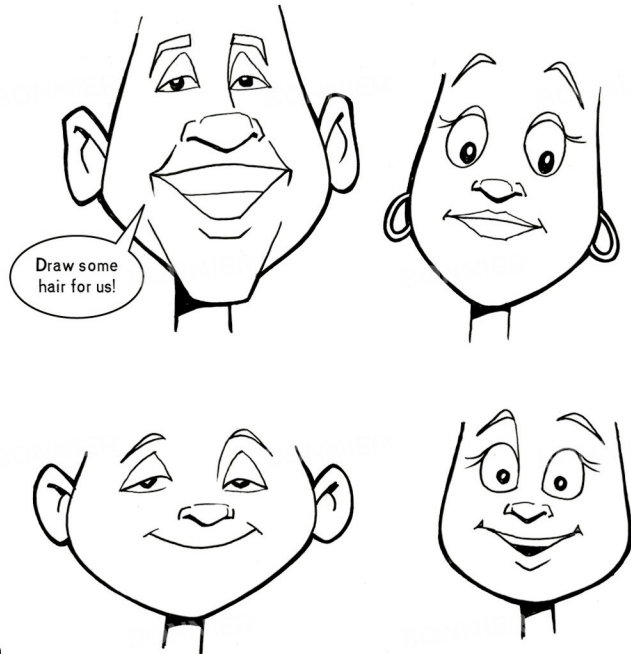
African elephant, 3.5m.



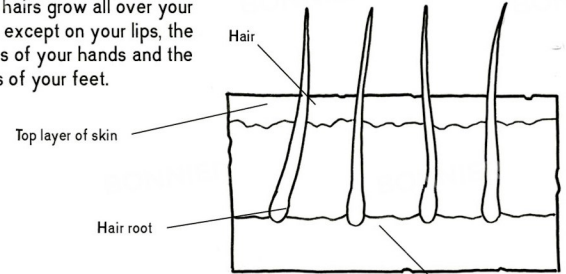
Man, 1.6m.

HAIR

Your body is covered in hair! Hair in the ears, nose and around the eyes help to keep dust, dirt and germs out. Hair on your head protects the scalp and keeps you warm. Hair comes in all forms – it can be dark, fair, ginger, straight, wavy, curly or coily!



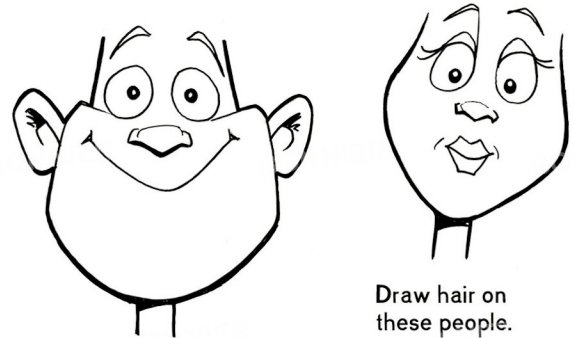
Tiny hairs grow all over your skin, except on your lips, the palms of your hands and the soles of your feet.



DID YOU KNOW?

Hairs grow from living roots in the lower layer of skin. But the long hairs you see on your head are dead.

Layer of fat to help keep your body warm.



Draw hair on these people.

MATCH THE ORGANS

1. Filters waste products out of your bloodstream and turns it into urine.

2. Controls your whole body from your head.

5. Pumps your blood around your body.

6. Uses acid to break down your food.

3. Long tubes that absorb the goodness from the food that you eat.

7. Filters the blood, recognising and removing old or damaged red blood cells.

8. Helps to control your blood sugar by releasing a hormone called insulin.

4. Absorbs oxygen from the air you breathe in and sends out carbon dioxide.

BRAIN
KIDNEY
LUNGS
STOMACH
INTESTINES



HEART

PANCREAS

SPLEEN



Colour the pictures!

MAKE A MONSTER

Play Frankenstein and design your own monster.
You can use human or animal body parts.

Frankenstein is a famous horror story written by Mary Shelley. It was published in 1818.

Victor Frankenstein was a scientist who built a monster from dead body parts. He was supposed to be beautiful but the result was hideous!



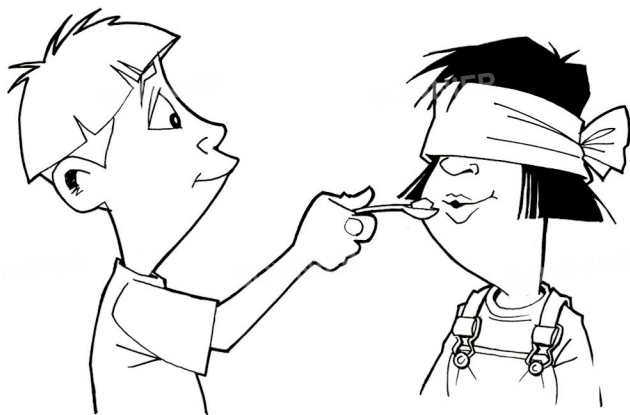
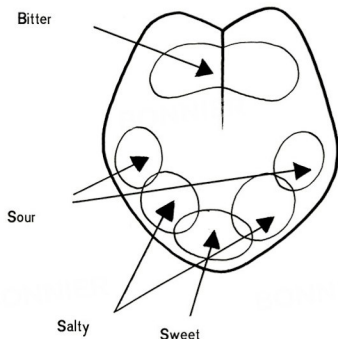
MY MONSTER

TASTE TEST

Taste and smell are two of your five main senses.

Your senses of smell and taste can warn you of danger, such as smoke from a fire, or rotten food.

Different parts of your tongue pick up four main tastes: sweet, sour, salty and bitter.



Identifying different foods is tricky if you can't see them. Blindfold your friends and see if they can identify foods from just the smell and taste.

See who does best by putting a cross or tick by their result.

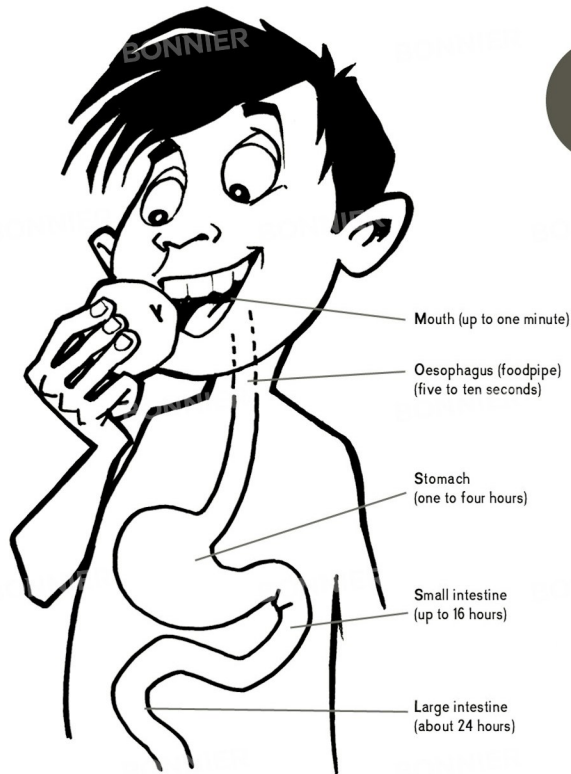
Three example foods are below – add more of your own!



	Person 1	Person 2	Person 3	Person 4
_____	_____	_____	_____	_____
Strawberry	_____	_____	_____	_____
Cucumber	_____	_____	_____	_____
Chocolate	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

BREAKING DOWN FOOD

Food takes over a day to pass right through your body.

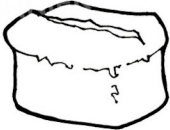






Colour
in this
picture

KNOW YOUR FOOD

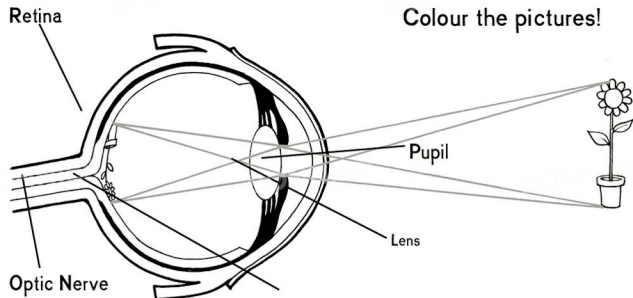
A healthy diet contains lots of different foods. Proteins such as fish build bones and muscles. Carbohydrates such as rice provide energy. Fruit and vegetables contain vitamins, minerals and also fibre, which helps with digestion. Eating too many sugary or fatty foods such as sweets and crisps isn't good for you.

Match the food on the left to the correct food type on the right by drawing a line.

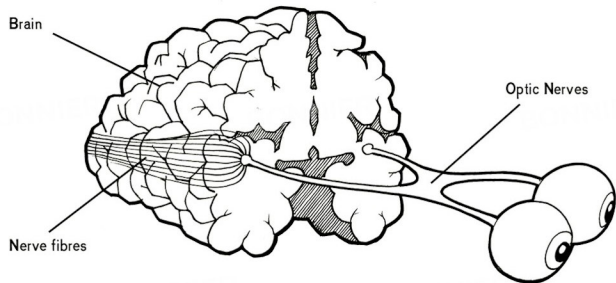
	Bread, pasta, rice, cereal	Protein
	Milk, yogurt, cheese	Fat and sugar
	Meat, fish, eggs, nuts, beans	Calcium and dairy
	Fruit and vegetables	Carbohydrates
	Chips, sweets, etc...	Vitamins and minerals

HOW YOU SEE

Light passes through a hole called the pupil in the coloured part of your eye. It passes through the lens which focuses it on the retina at the back of the eye. This sends signals via nerves to your brain.



Images appear upside down on the retina. Our brain decodes this image so that we see it the right side up.

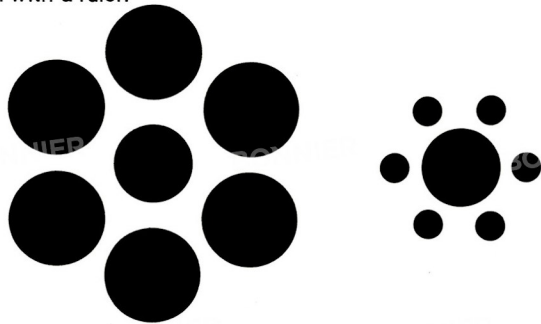


TRICKING THE EYE

Look at this picture for a minute or two. Then close your eyes. You should see an image of the skull even though your eyes are closed.

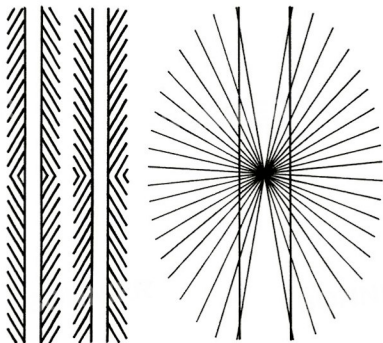


Look at the circles in the centre. Which looks bigger? Now measure them with a ruler.

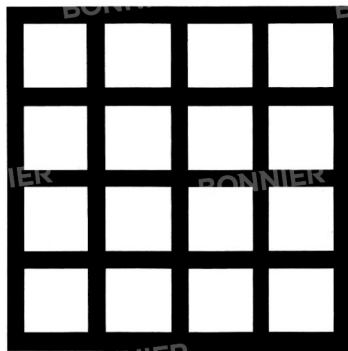
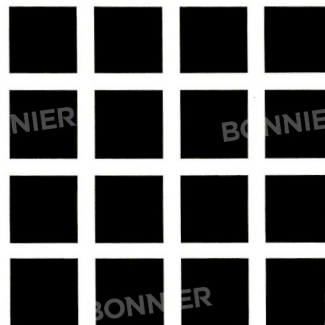


MORE EYE TRICKERY

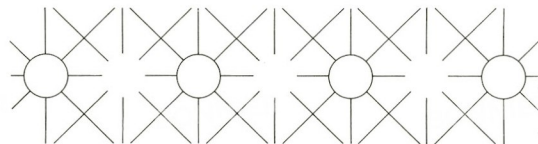
Look at the parallel lines in these drawings. They appear to bend, though in fact they are straight.



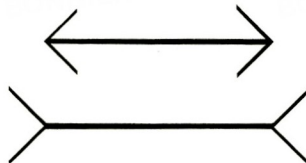
When you stare at the black squares, grey blobs appear in the corners.



When you stare at the white squares, do pale blobs appear in the corners?



Which look brighter, the circles enclosed by black lines, or the unenclosed circles at the centre of the crossed lines?

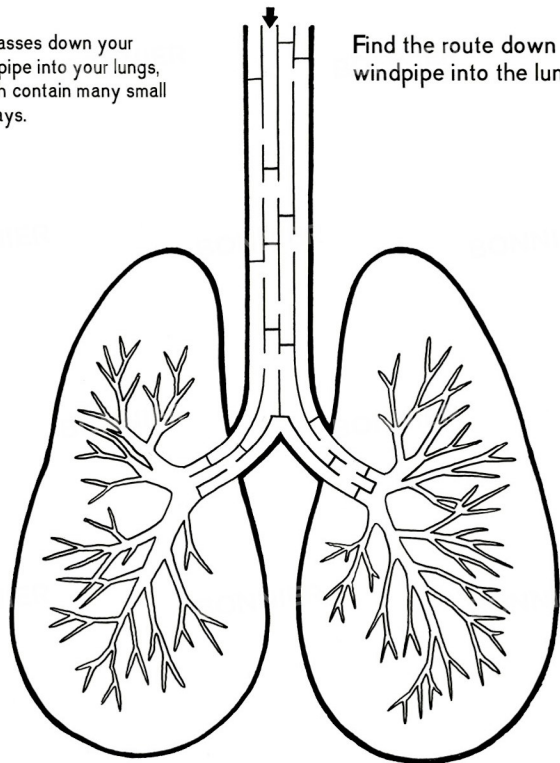


Which of the two horizontal lines looks longer? Now measure them with a ruler.

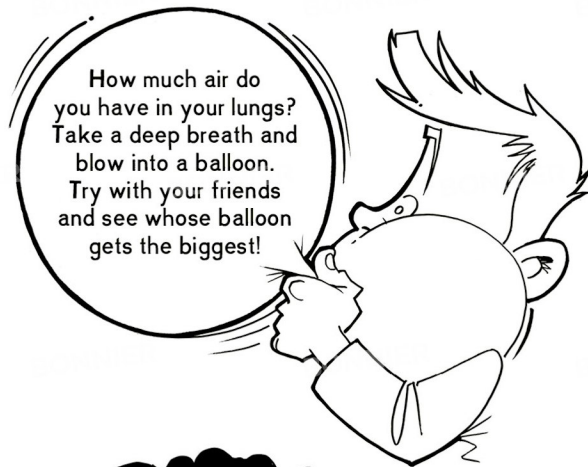
BREATHING

Vital oxygen enters the body via the lungs.

Air passes down your windpipe into your lungs, which contain many small airways.



Find the route down the windpipe into the lungs.



How much air do you have in your lungs? Take a deep breath and blow into a balloon. Try with your friends and see whose balloon gets the biggest!



The air you breathe out is warm and moist. Breathe onto a mirror and see what happens. Now rinse out your mouth with cold water and try again.

DIGESTIVE PUZZLE

Place these words for parts of the digestive system in the grid.



s m a l l i n t e s t i n e

Oesophagus

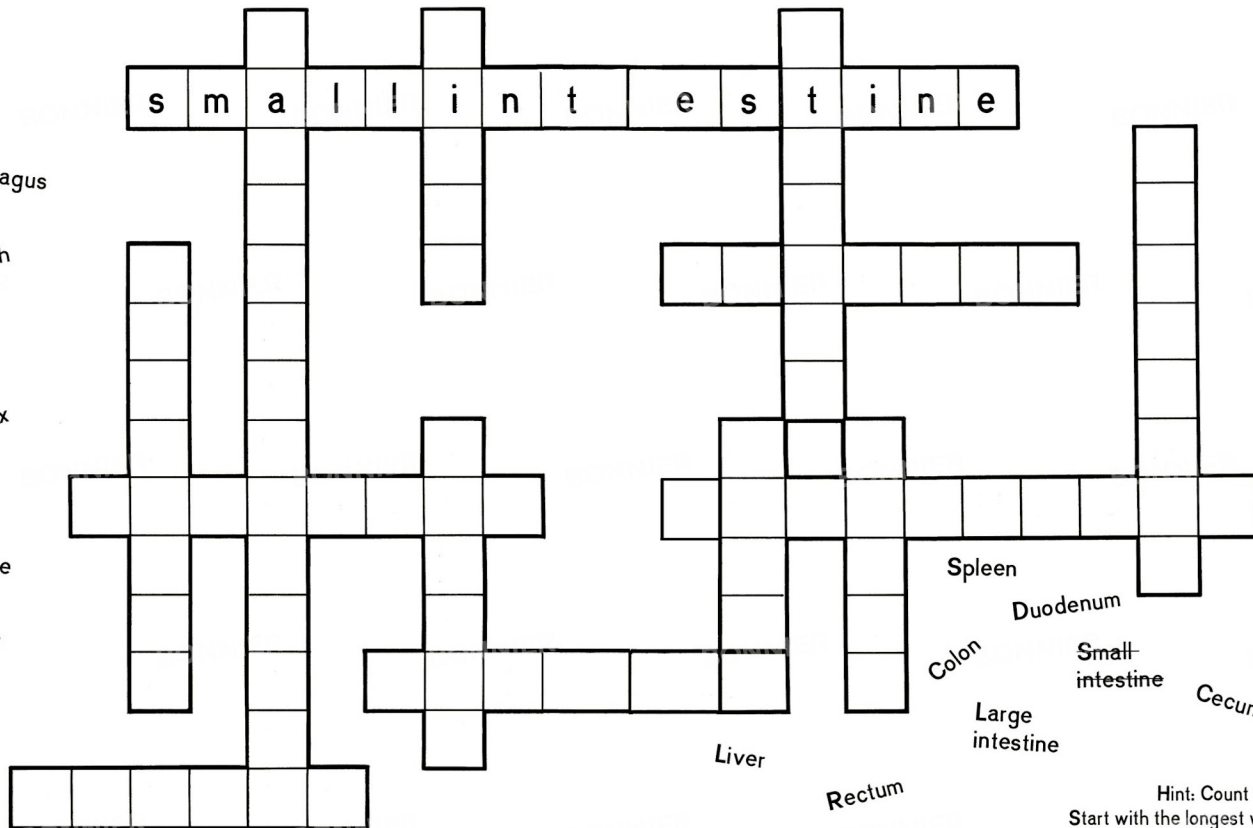
Stomach

Kidney

Appendix

Foodpipe

Bladder



Spleen

Duodenum

Colon

Small intestine

Cecum

Large intestine

Liver

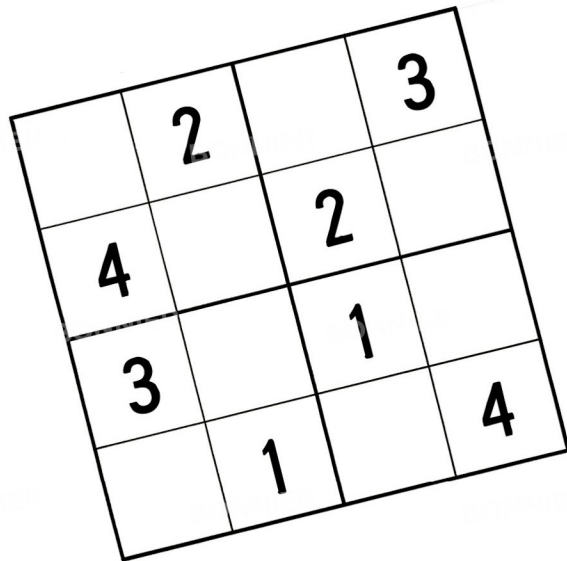
Rectum

Hint: Count the letters.
Start with the longest words first.

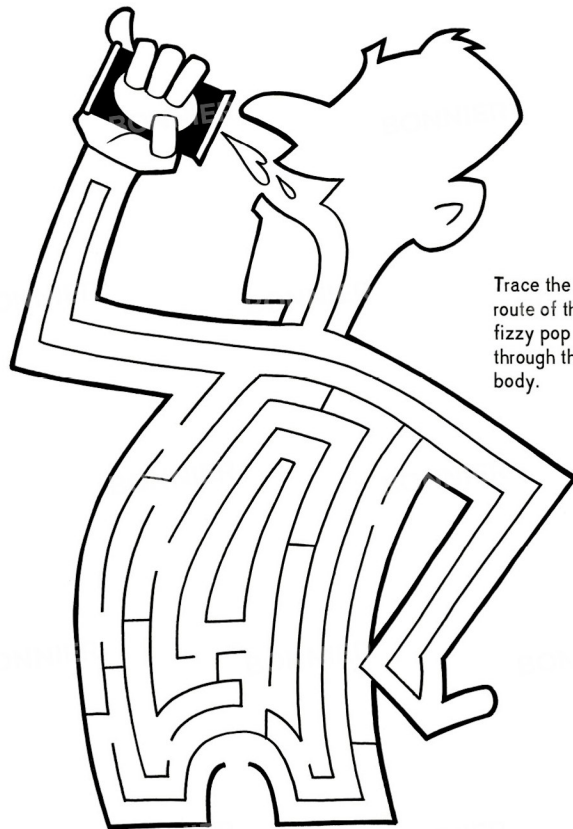
SUDOKU PUZZLE

FOR YOUR BRAIN HEALTH!

Test your brains with this Sudoku puzzle! Each row, column and 2 by 2 square must have all four numbers.



DIGESTIVE MAZE



Trace the route of the fizzy pop through the body.

DIGESTIVE TEASER

Your digestive system breaks down your food and absorbs the goodness. The rest is waste!

How many words can you make out of the letters from

DIGESTIVE SYSTEM?



DIGESTIVE SYSTEM

GIVE _____

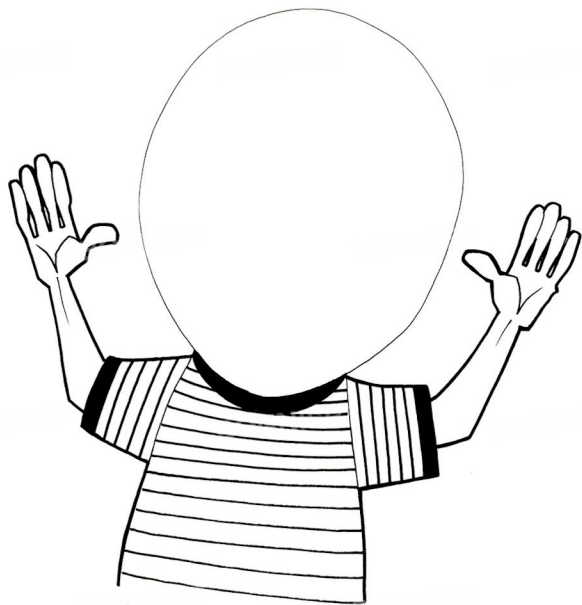
TEST _____

DRAWING PORTRAITS

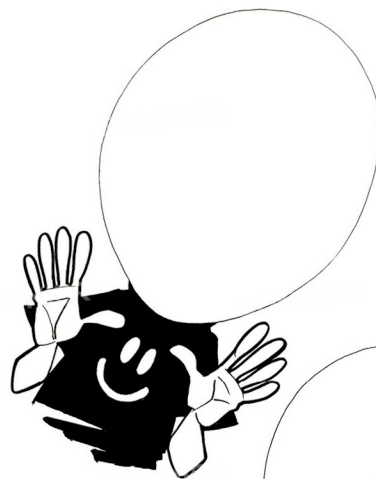
No two people look exactly alike – even identical twins are slightly different!

Study your face in a mirror and draw it.

*Is your hair straight or curly?
What colour are your eyes?
What shape is your nose?
Do you have freckles?*

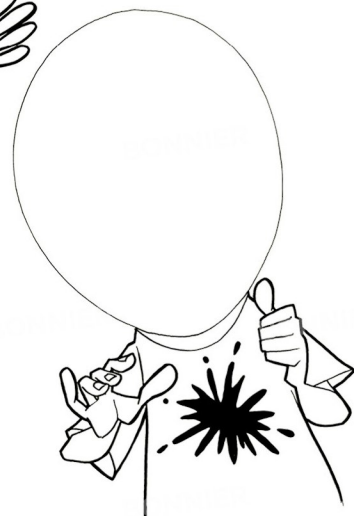


Draw one of your friends.



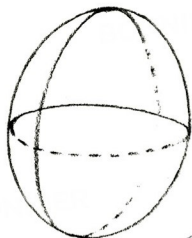
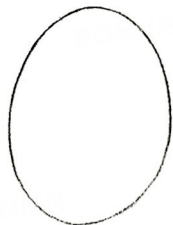
Now draw another friend.

Can your friends recognise each other from the drawings?



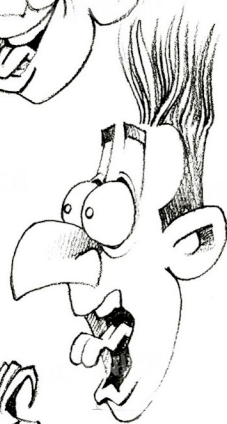
FACIAL EXPRESSIONS

Draw a cartoon face step by step, starting with an egg shape.
Practise drawing faces with different expressions.

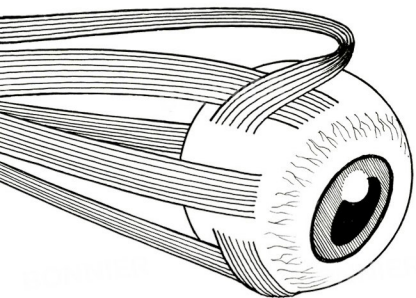


Fit these words to the expressions on the faces.

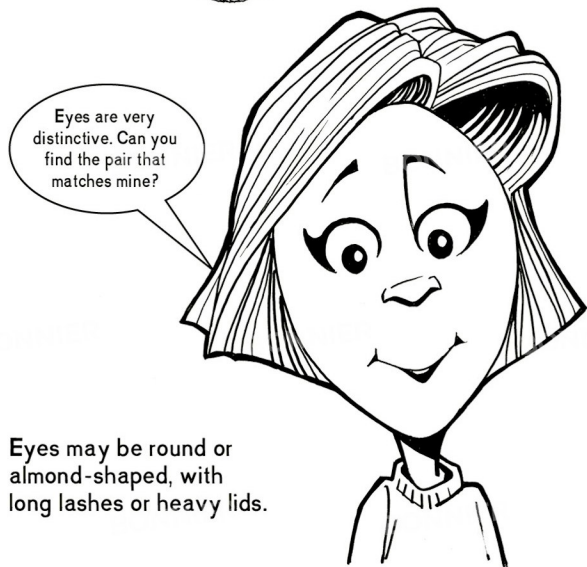
ANGRY
LAUGHING
TIRED
GIGGLY
FRIGHTENED
SMILING
ALARMED



EYE SPY!



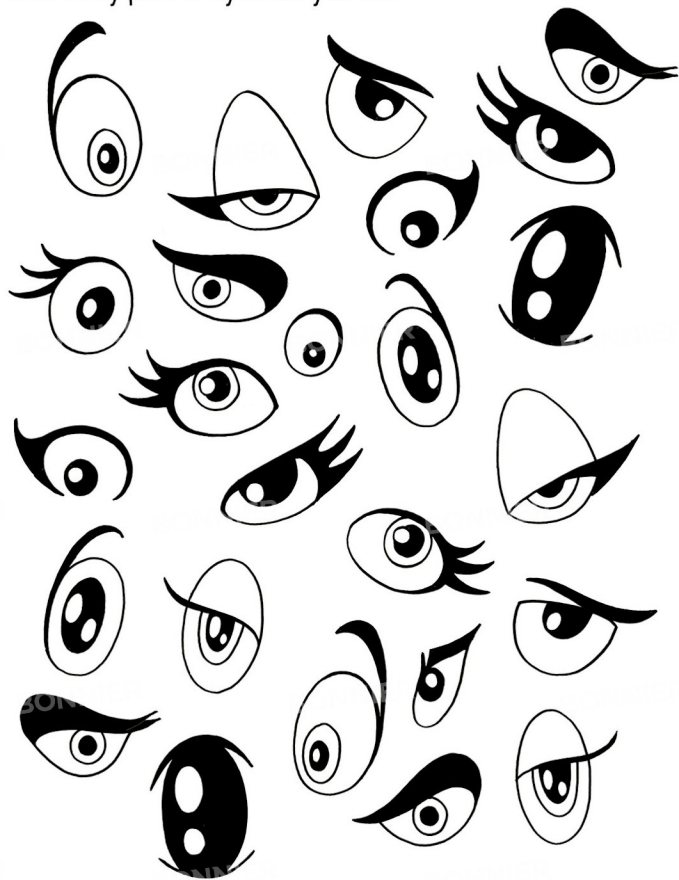
Eyes are vital for vision, but they also express our feelings. They can narrow in suspicion, widen in surprise and weep with sadness.



Eyes are very distinctive. Can you find the pair that matches mine?

Eyes may be round or almond-shaped, with long lashes or heavy lids.

How many pairs of eyes can you find?



IDENTIFYING ORGANS

Organs are parts of the body with a special job to do.

Write the names of the organs in the correct boxes.

1 HEART

2 SMALL
INTESTINE

3 STOMACH

4 BRAIN

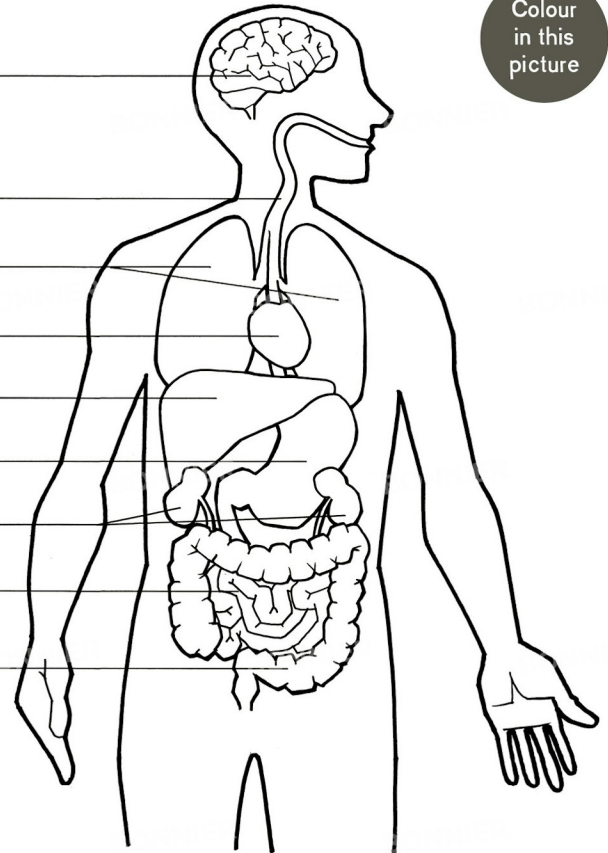
5 LARGE
INTESTINE

6 OESOPHAGUS
(FOODPIPE)

7 KIDNEYS

8 LIVER

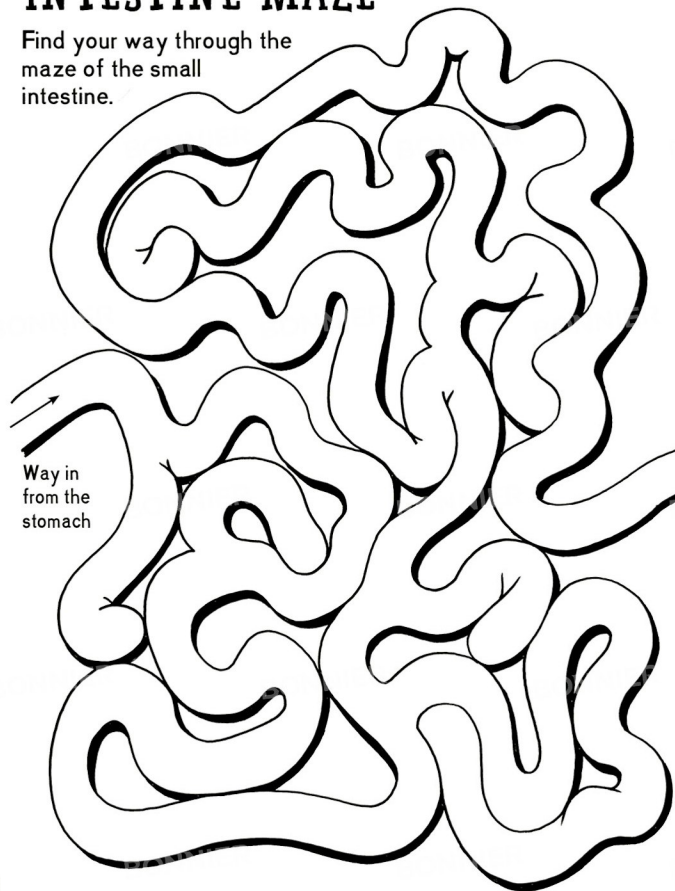
9 LUNGS



Colour
in this
picture

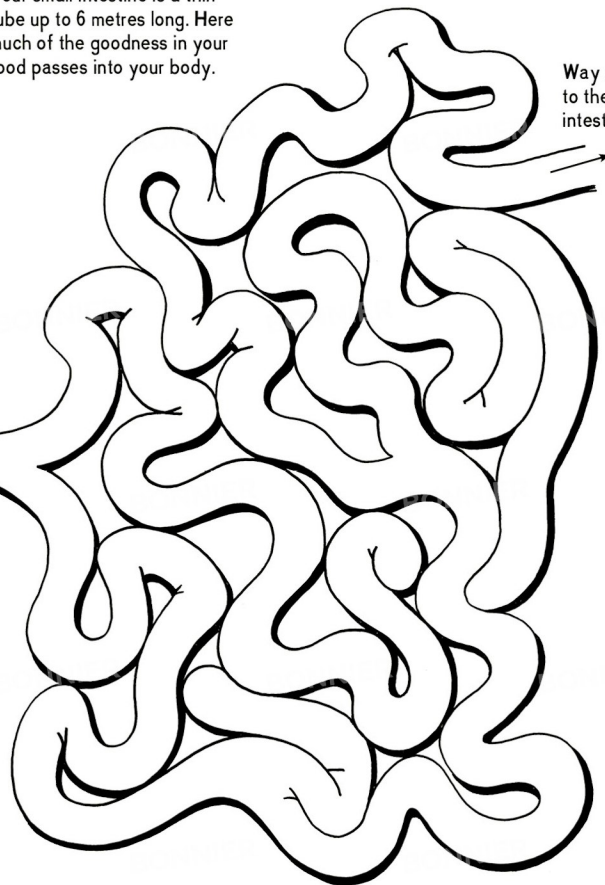
INTESTINE MAZE

Find your way through the maze of the small intestine.



DID YOU KNOW?

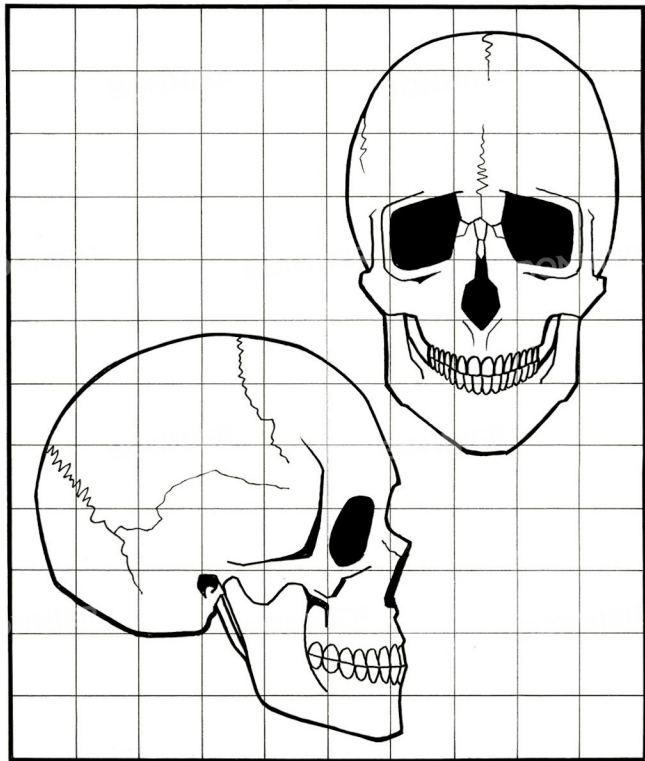
Your small intestine is a thin tube up to 6 metres long. Here much of the goodness in your food passes into your body.



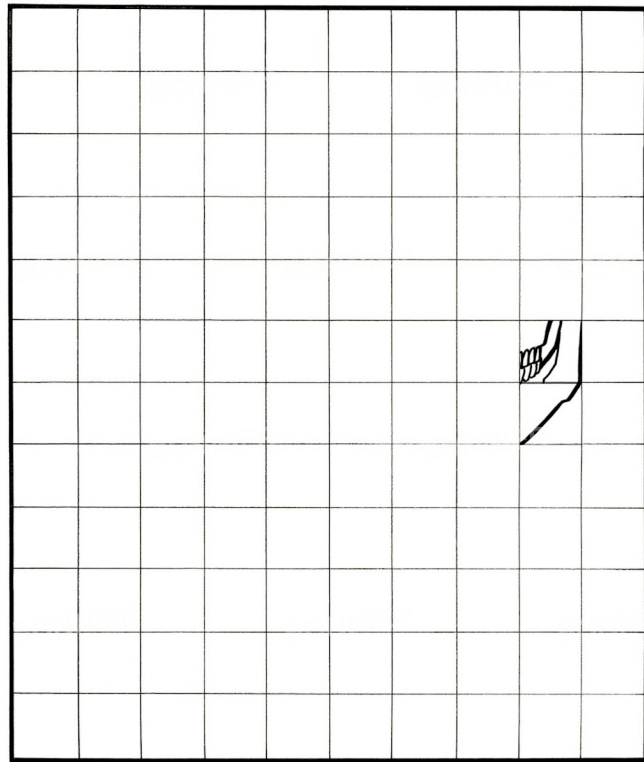
Way out to the large intestine

DRAW THE SKULLS

Copy the skulls onto the opposite page using the grid to help you.



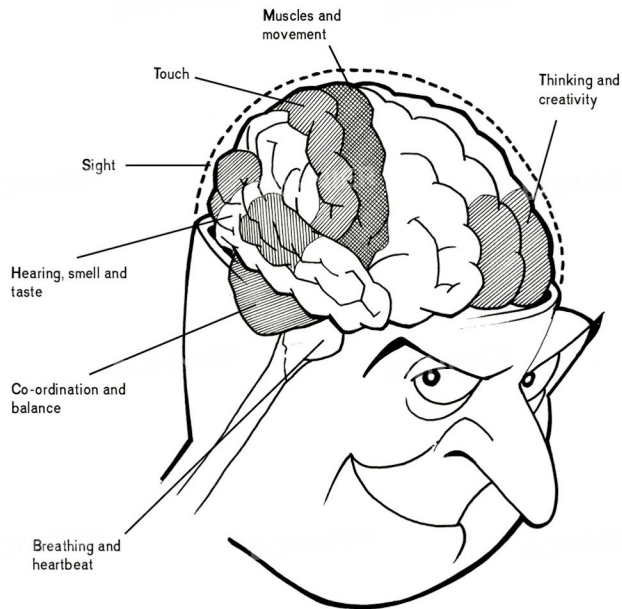
The skull is made up of over 20 bones, joined together at wiggly lines called sutures. The lower jawbone is the only moveable joint.



Now try drawing the skull on a blank piece of paper.

BRAIN CENTRES

Different parts of the brain control your senses and functions such as movement.



Colour the picture!

MEMORY TEST



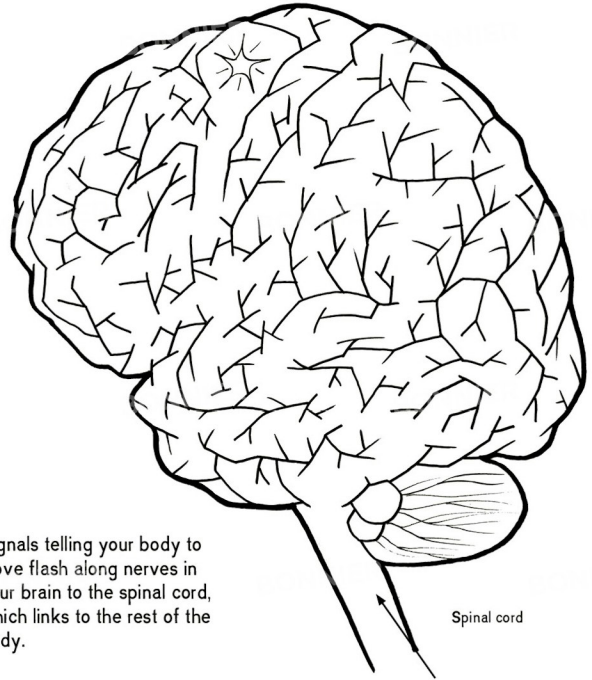
Look at these pictures for 60 seconds. Then turn the page and write down all the objects you can remember. How many can you get?



MEMORY TIP:
Making up a story to link all the objects can help you to remember them.

NERVE SIGNALS

Find the way from your bright idea to the spinal cord.



Signals telling your body to move flash along nerves in your brain to the spinal cord, which links to the rest of the body.

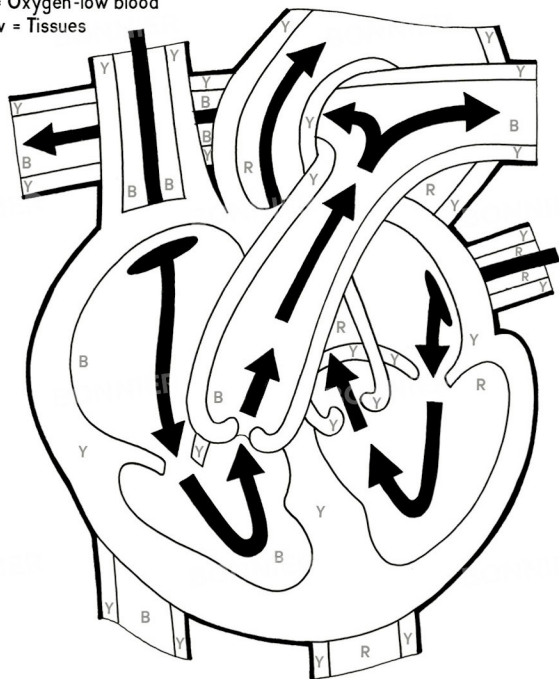
DID YOU KNOW?

Signals race along nerves at up to 400kph!

BLOOD CIRCULATION

Colour the blood vessels using the key.

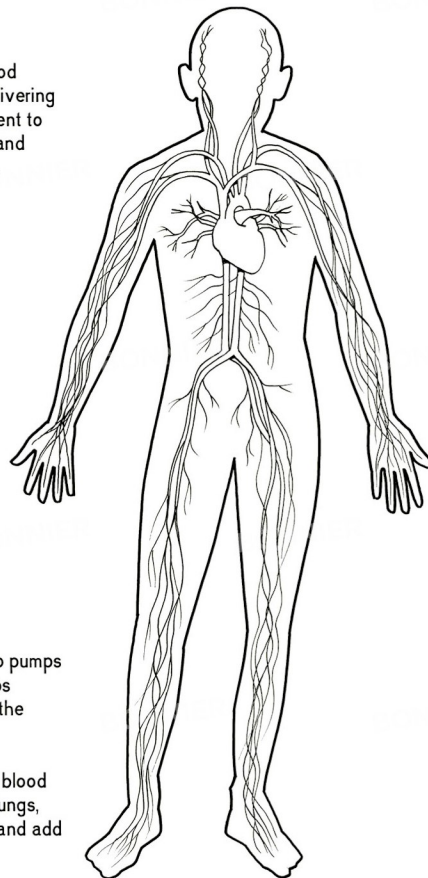
Red = Oxygen-rich blood
Blue = Oxygen-low blood
Yellow = Tissues



Tubes called veins carry blood low in oxygen back to the heart and lungs.

Tubes called arteries carry oxygen-rich blood to the body.

Your heart pumps blood around your body, delivering oxygen and nourishment to all parts that need it, and carrying away waste.



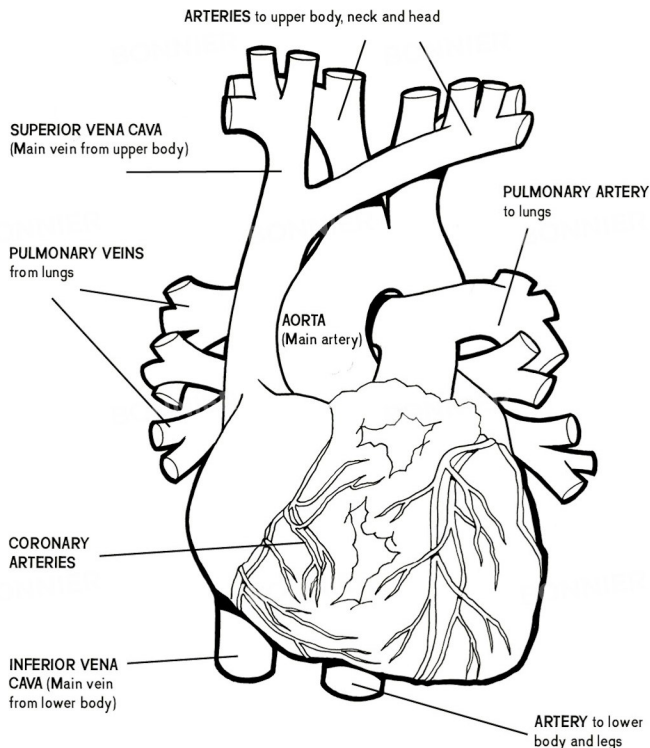
DID YOU KNOW?

The heart is really two pumps in one. One side pumps oxygen-rich blood to the body.

The other side pumps blood low in oxygen to the lungs, which remove waste and add oxygen.

HEART

Your heart never stops working night and day, pumping blood around your body.



Find the heart words in the wordsearch grid, reading down or across.

ARTERY VENA CORONARY PULMONARY

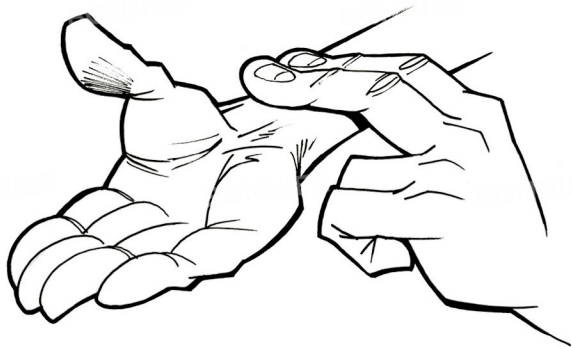
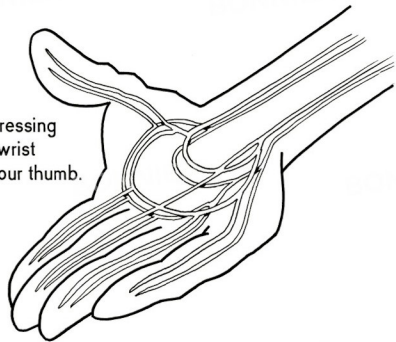
B	P	U	L	I	V	E	N	A	S
E	U	V	O	A	O	R	T	A	U
Y	L	E	I	R	P	U	J	T	P
J	M	F	N	T	J	N	C	R	E
K	O	I	F	E	L	O	H	V	R
I	N	X	E	R	G	T	W	L	I
L	A	D	R	Y	F	Z	A	H	O
D	R	A	I	J	N	E	O	I	R
Q	Y	C	O	R	O	N	A	R	Y
S	T	V	R	B	B	V	E	I	N

VEIN AORTA INFERIOR SUPERIOR

CHECK YOUR PULSE

Every time your heart beats, it sends a surge of blood through your arteries. These little surges are your pulse.

Feel your pulse by pressing two fingers on your wrist below the base of your thumb.



Eating and exercise make your heart beat faster. Time your pulse after doing different activities for two minutes; add three of your own activities. Record the results below.

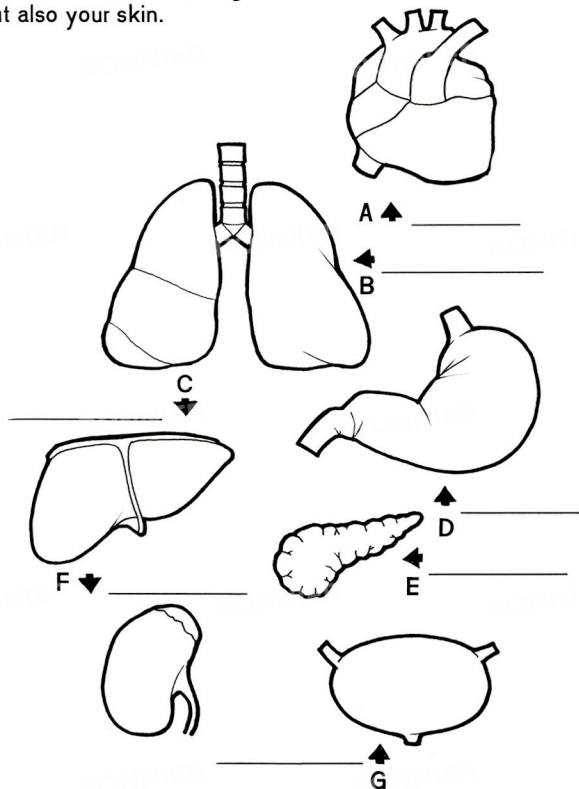
Activity	Resting	Eating	Walking
Beats per 10 seconds			
Activity	Running	Hopping	Swimming
Beats per 10 seconds			
Activity			
Beats per 10 seconds			

Multiply the number of beats by 6 to find the number of beats per minute.

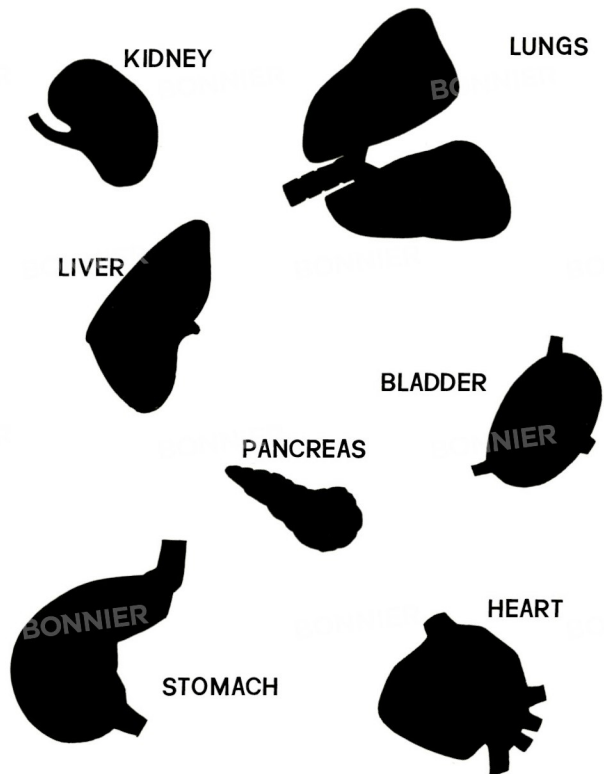


LABEL THE ORGANS

Your body has dozens of organs – it's not just the heart, lungs and liver, but also your skin.



Write in the names of the organs on the opposite page using the silhouettes below.

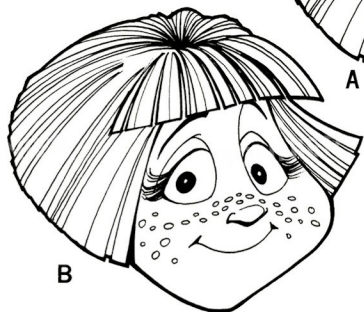
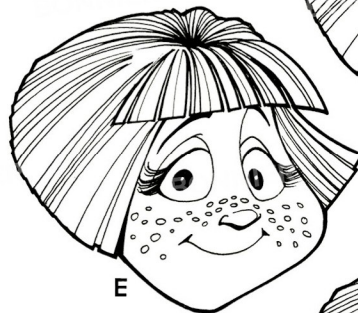
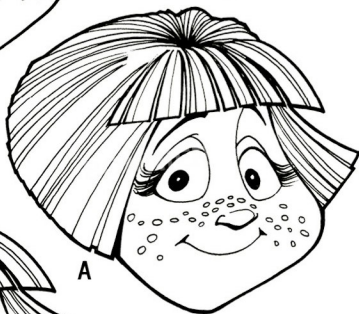
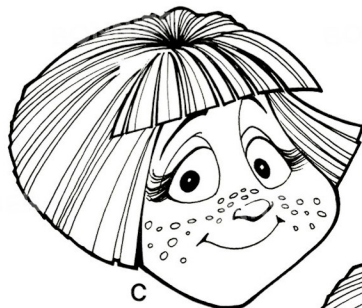


SPOT THE TWIN

Identical twins look almost the same – but look very closely and you may spot the difference!



Can you find my identical twin?
Clue: check the freckles!



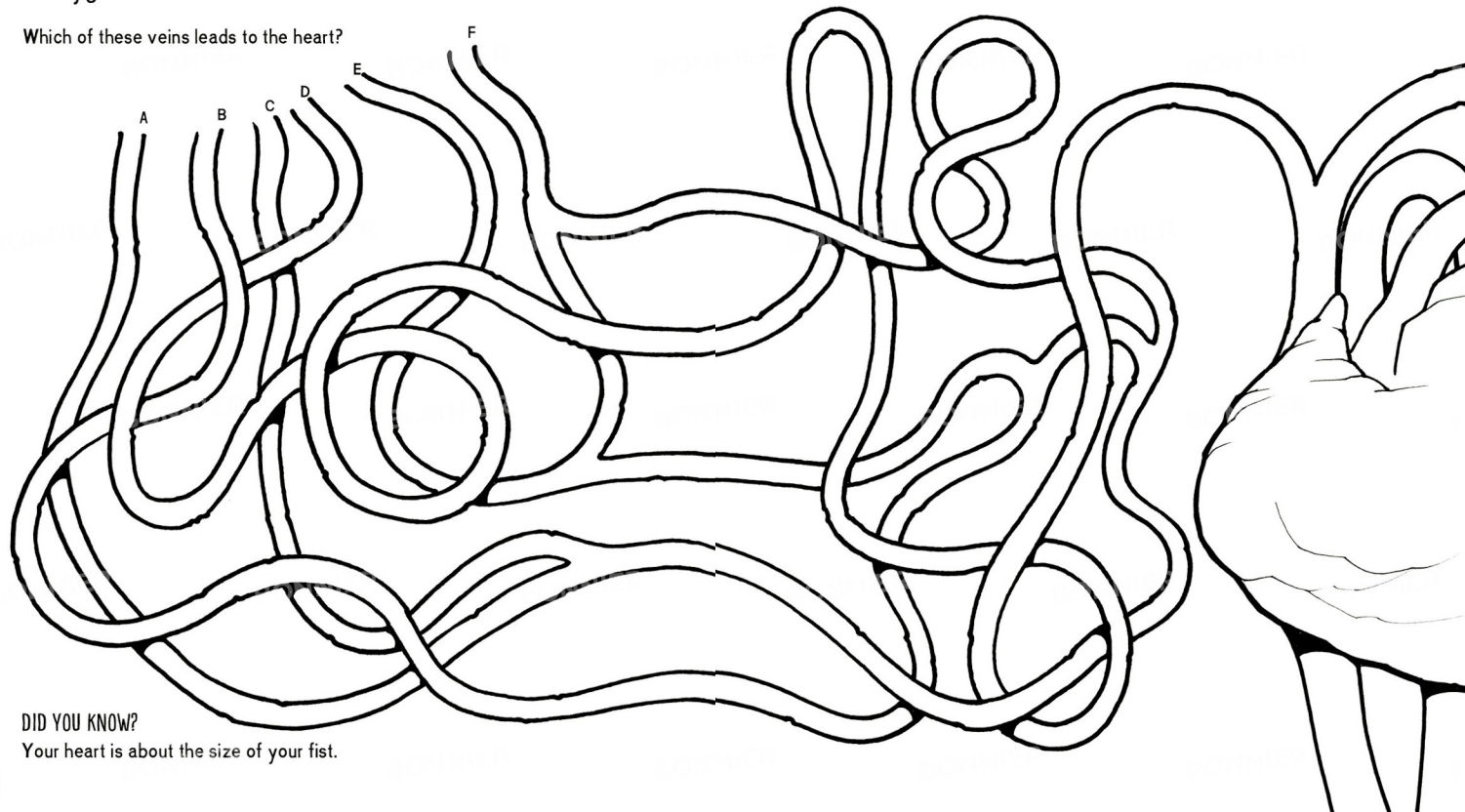
DID YOU KNOW?

Non-identical twins are twice as common as identical twins.

VEIN MAZE

A network of tubes called veins carry deoxygenated blood to the heart.

Which of these veins leads to the heart?

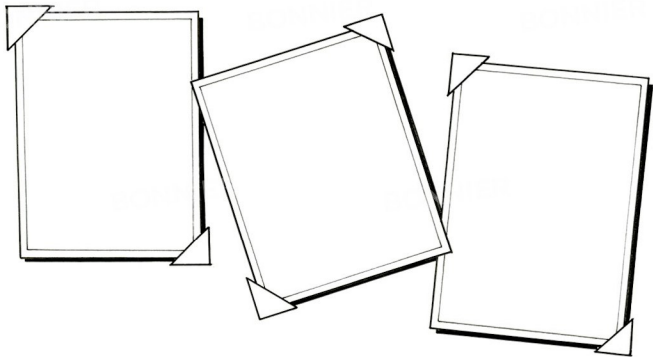


DID YOU KNOW?

The blood in your veins looks reddish-purple, because it is low in oxygen.

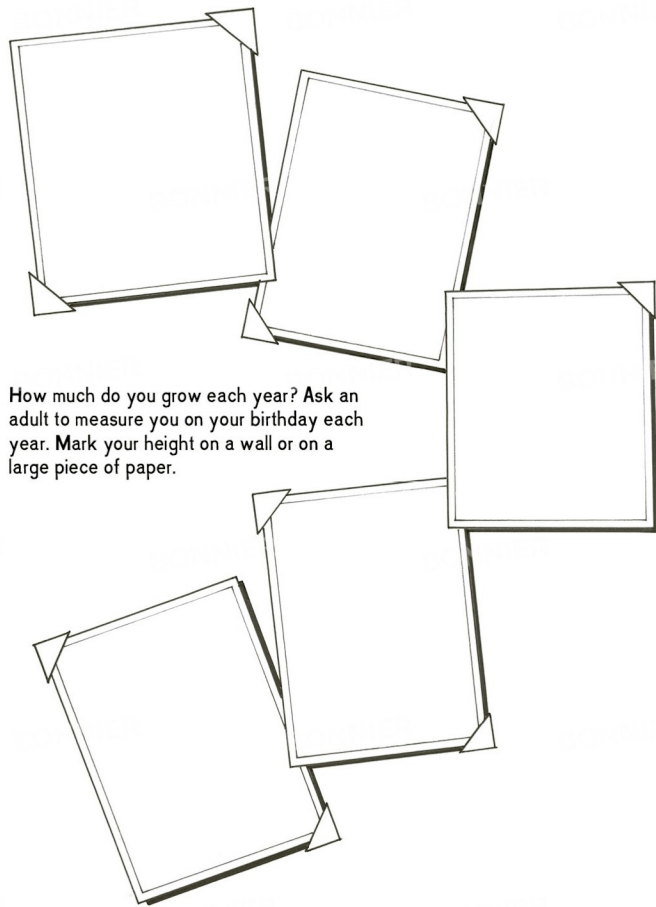
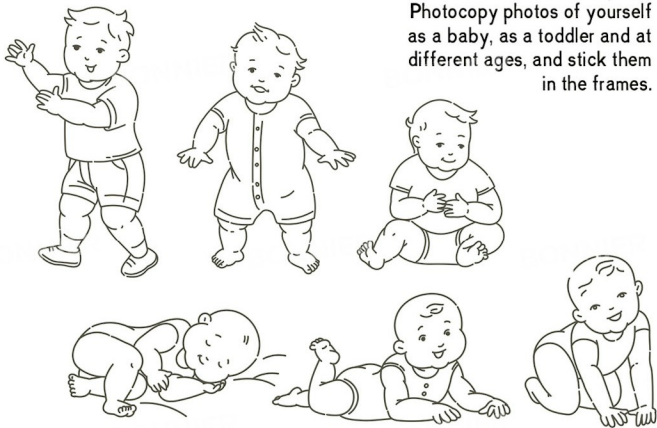
DID YOU KNOW?

Your heart is about the size of your fist.



GROWING UP

YOUR BODY HAS CHANGED A LOT SINCE YOU WERE LITTLE!



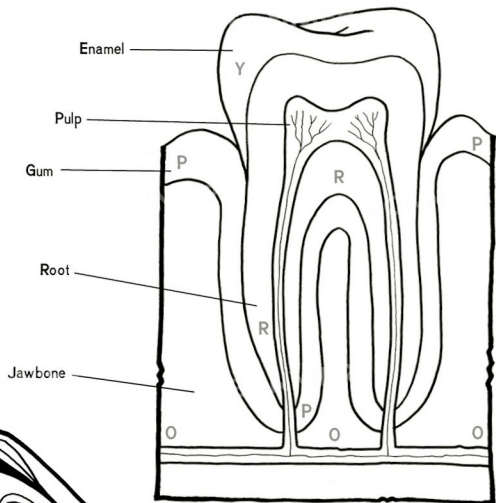
How much do you grow each year? Ask an adult to measure you on your birthday each year. Mark your height on a wall or on a large piece of paper.

FIND THE TEETH

The top or crown of your teeth is covered with super-hard enamel. The soft pulp inside is supplied with blood. The root anchors the tooth in your jaw.

Colour the tooth using the key:

Y: Yellow
P: Pink
O: Orange
R: Red



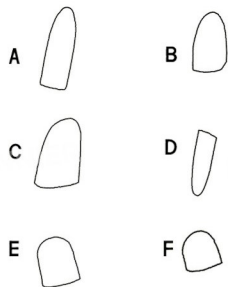
Colour the shapes with dots to find the missing teeth. How many can you find?



GAPPY GRINS

Which of the lost teeth fits where?

Match the letters on the teeth to the numbers on the gaps.



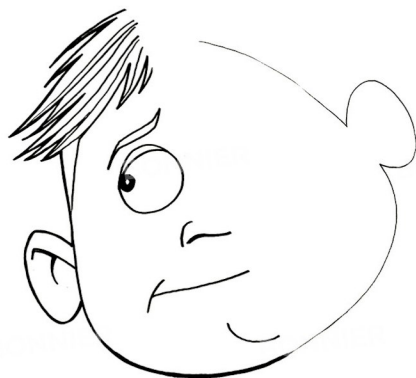
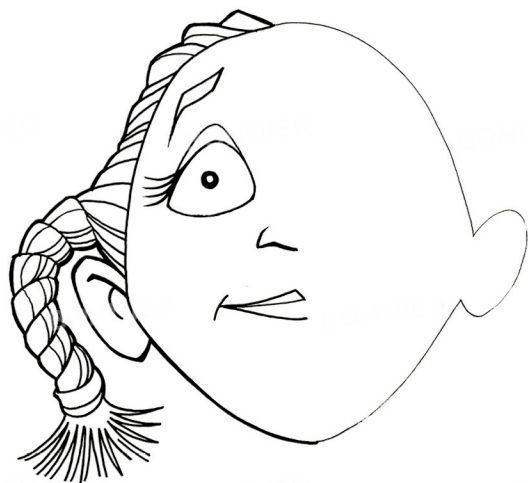
DID YOU KNOW?

You have two sets of teeth in your lifetime. The first set or 'milk teeth' fall out and are replaced by your adult set.

COMPLETE THE FACES

The two sides of a face never match exactly.

Draw in the other sides of these faces.

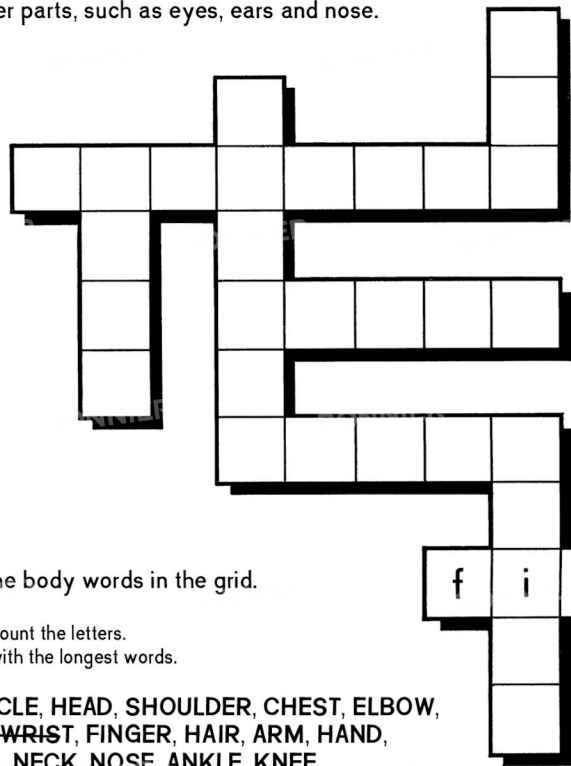


DID YOU KNOW?

When you look in a mirror the image is reversed. So you never see yourself exactly as others see you!

BODY CROSSWORD

Your body contains literally hundreds of body parts. Parts such as the head contain many smaller parts, such as eyes, ears and nose.

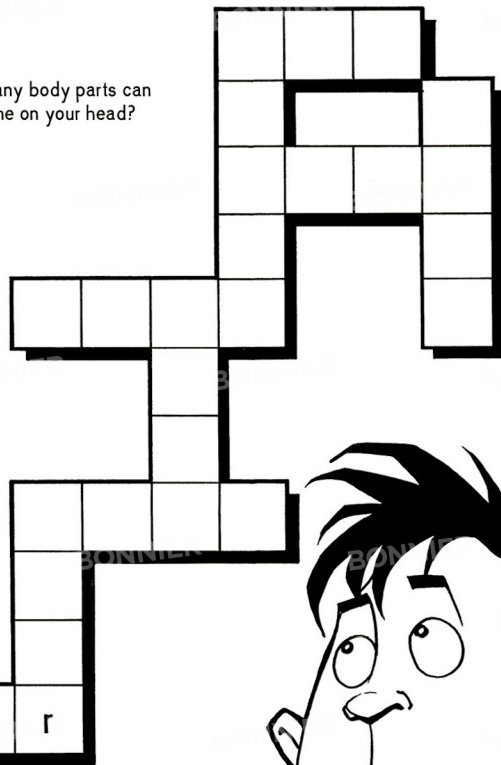


Put the body words in the grid.

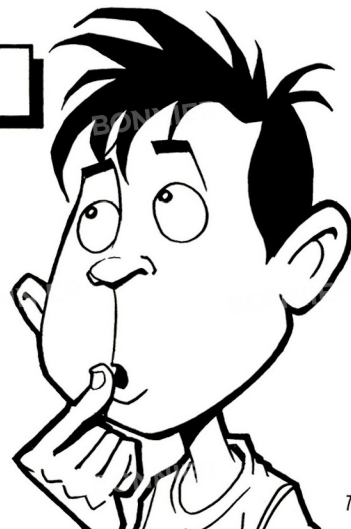
Hint: Count the letters.
Start with the longest words.

**MUSCLE, HEAD, SHOULDER, CHEST, ELBOW,
EAR, WRIST, FINGER, HAIR, ARM, HAND,
SHIN, NECK, NOSE, ANKLE, KNEE**

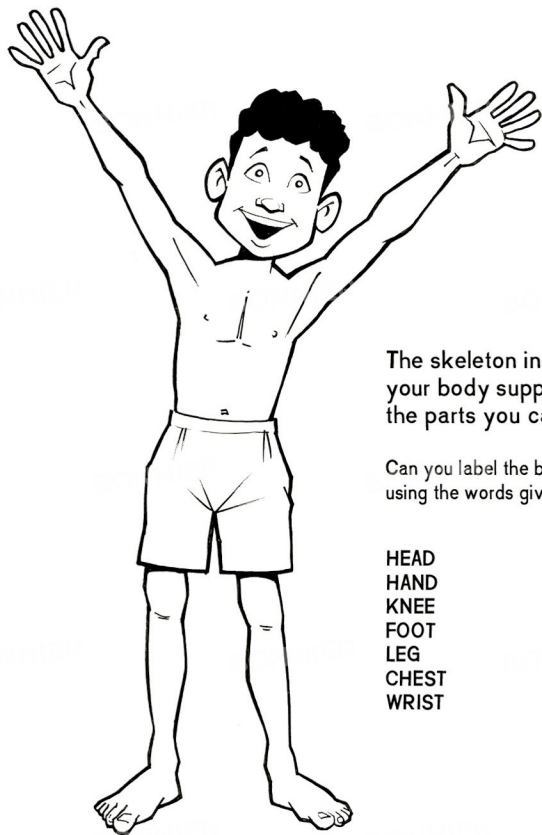
How many body parts can
you name on your head?



How many body parts can you
name beginning with S?



BODY FRAMEWORK

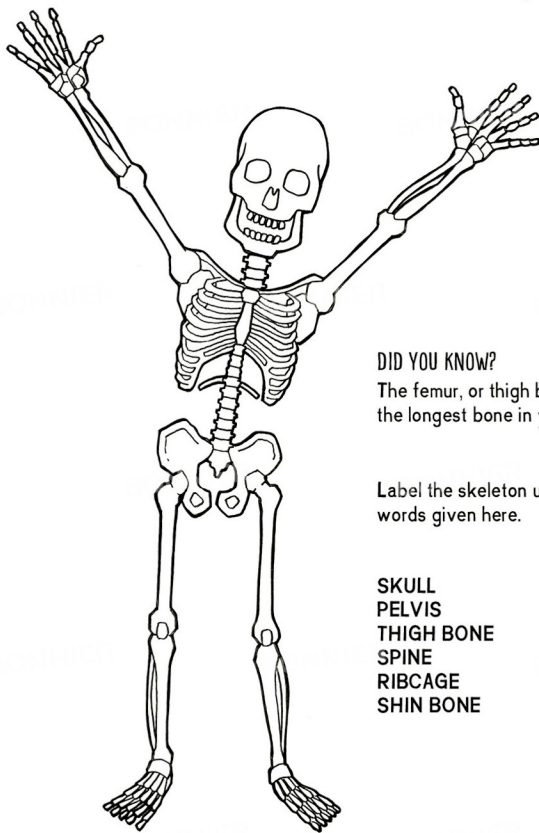


The skeleton inside your body supports all the parts you can see.

Can you label the body parts using the words given here?

HEAD
HAND
KNEE
FOOT
LEG
CHEST
WRIST

Your skeleton contains bones of different shapes and sizes. Some are large, others are tiny.



DID YOU KNOW?

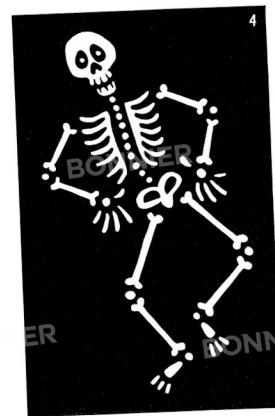
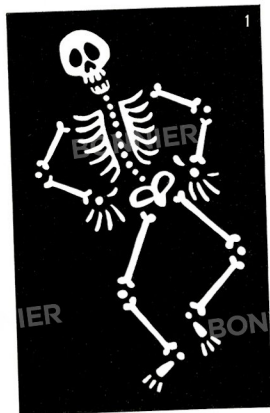
The femur, or thigh bone, is the longest bone in your body.

Label the skeleton using the words given here.

SKULL
PELVIS
THIGH BONE
SPINE
RIBCAGE
SHIN BONE

MATCH THE SKELETONS

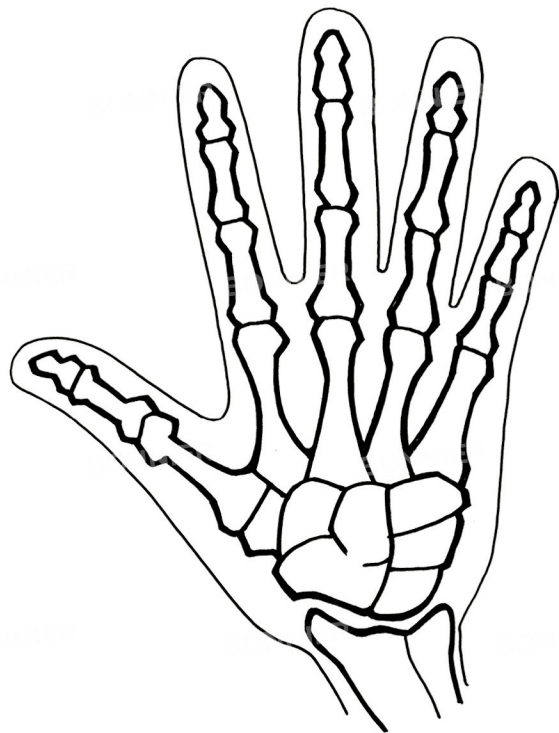
The adult skeleton contains about 206 bones. The smallest bone is located in the middle ear, and is called the stapes.



DRAW YOUR OWN HAND

DID YOU KNOW?

Each of your hands has 27 bones. These small bones allow you to carry out all sorts of actions, such as gripping, stroking and threading a needle.



Draw around your hand.
Then add the bones inside, as shown above.

FUNNY FACES

YOUR FACE HAS MANY MUSCLES, WHICH ALLOWS YOU TO PULL ALL SORTS OF FUNNY FACES.

How many faces can you pull?

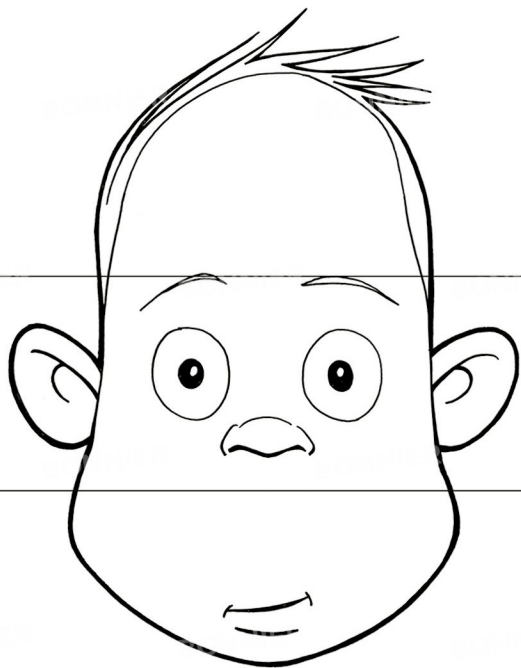
Colour in the faces on the next five pages. Cut along the lines to separate the top, middle and bottom parts of the faces. Swap the strips to make weird and wacky faces that have never been seen before!

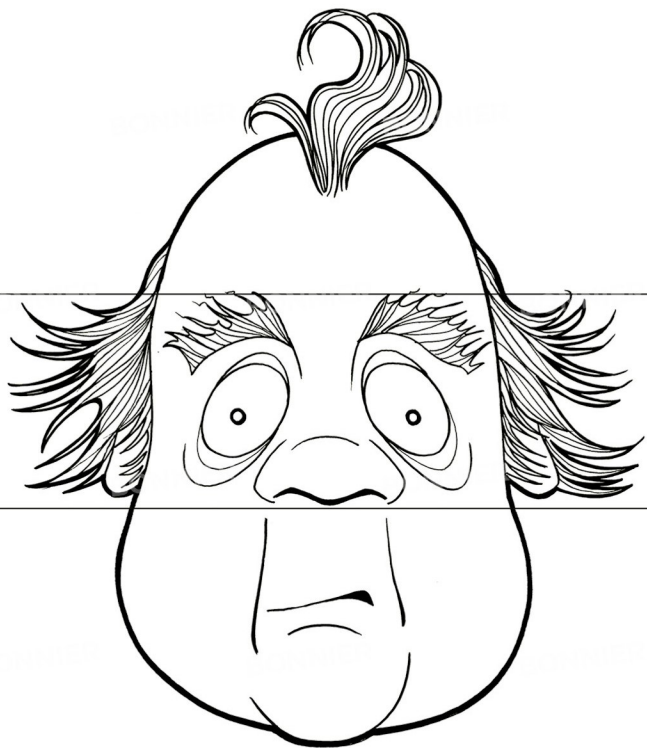
(If you don't want to cut the book, trace the pictures instead.)



Cut here

Cut here





PARTS OF THE FACE

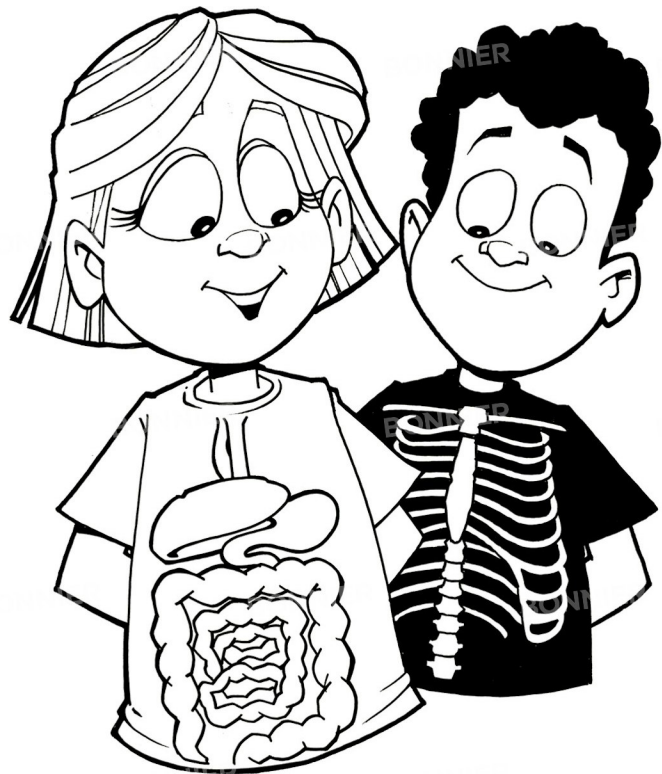
Find the words for parts of the face hidden in the wordsearch grid.

HAIR LIPS NOSE EYELASHES EYEBROWS
CHIN MOUTH EARS NOSTRILS

G	Y	B	L	V	N	O	S	E	H
L	H	A	I	R	L	J	T	Y	T
J	T	C	P	R	N	Y	S	E	N
P	I	R	S	J	C	B	L	L	M
W	Q	E	F	T	X	P	I	A	O
N	E	Y	E	B	R	O	W	S	U
A	W	U	A	N	W	C	E	H	T
L	P	H	R	I	E	H	O	E	H
D	N	O	S	T	R	I	L	S	E
C	Z	B	P	A	O	N	U	A	O

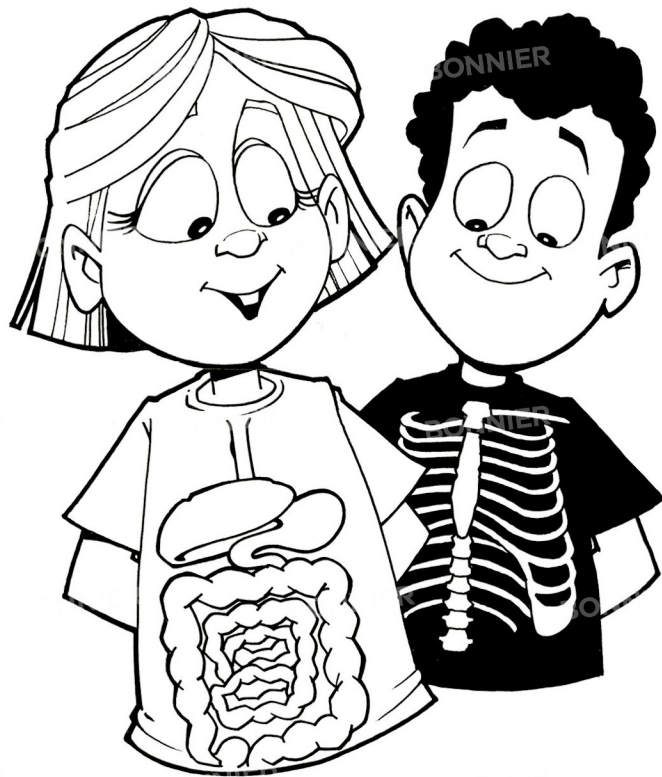
SPOT THE DIFFERENCE

Spot seven differences between these two drawings.



DID YOU KNOW?

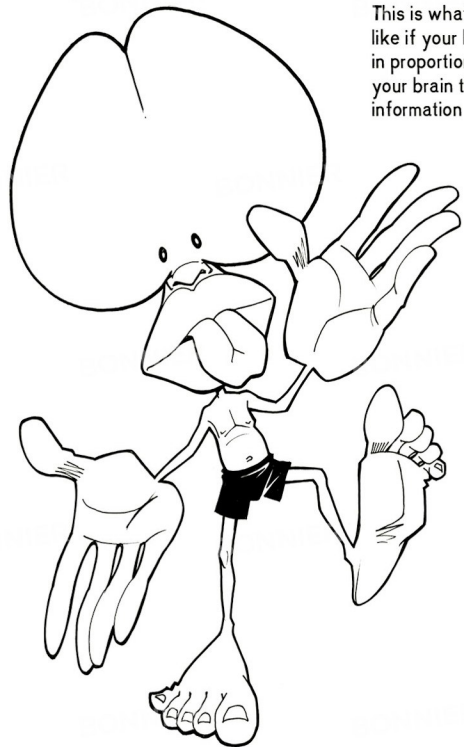
Your ribcage protects your digestive system, as well as delicate parts such as your heart and lungs.



THE FIVE SENSES

Your five senses are sight, smell, hearing, taste and touch. Your sensory organs – the eyes, nose, ears, tongue and skin – collect information about our environment and send it to the brain for processing.

This is what you would look like if your body parts were in proportion to the space in your brain that receives sense information from each part.



Colour
in this
picture

Draw your own version!

DID YOU KNOW?

The most touch-sensitive areas are your lips, your tongue, the palms of your hands and the soles of your feet.

DOTTY HANDS

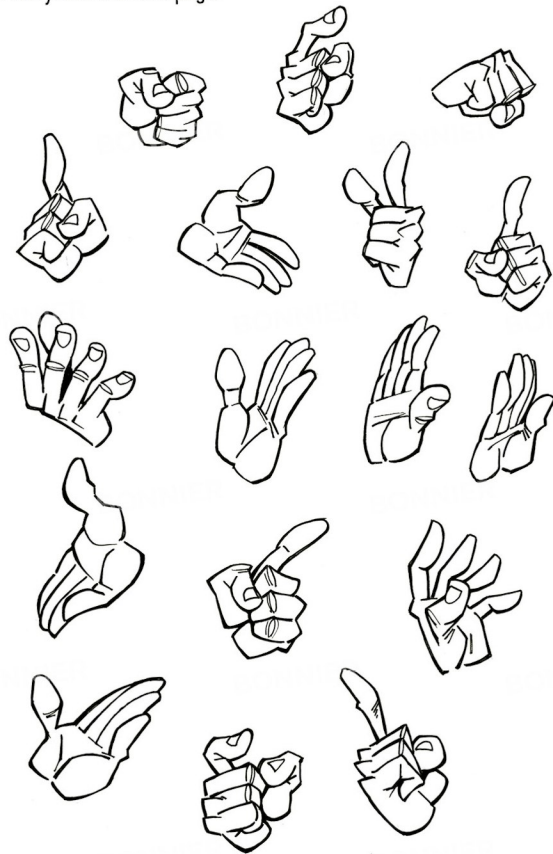
Having a thumb allows you to grip all sorts of objects, from a pea to a pencil.

Monkeys and apes also have thumbs, which helps them to climb trees.



Join the dots, then colour in what you have drawn.

How many left hands and how many right hands can you find on this page?



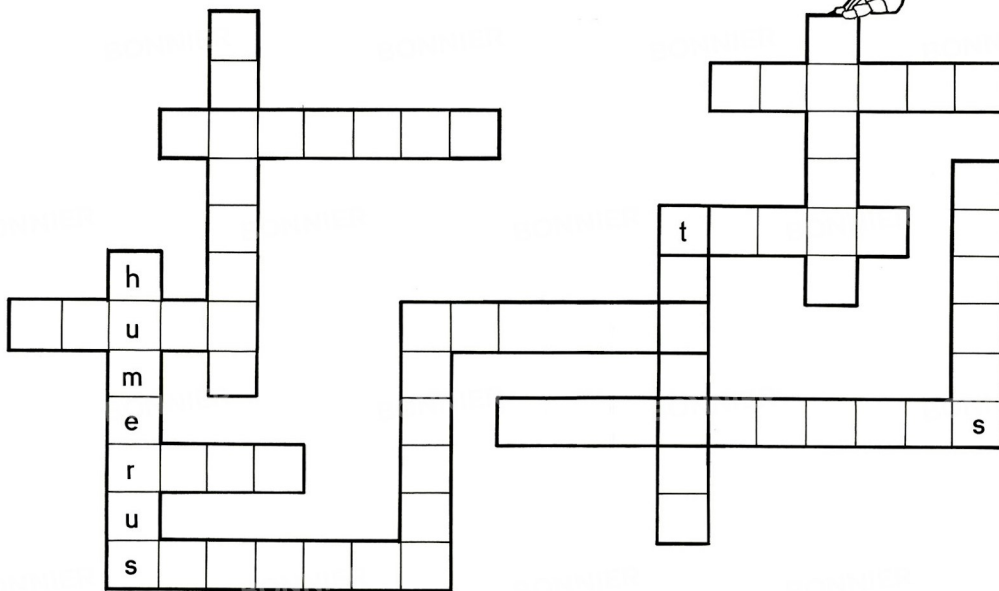
BONE CROSSWORD

Fit the bone names in the grid.

Hint: Count the letters.

Fill in the shortest and the longest words.

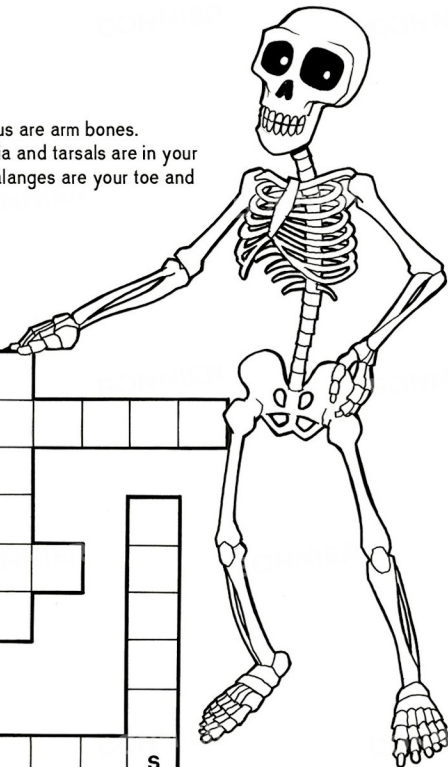
TIBIA RADIUS SKULL CLAVICLE HUMERUS
FEMUR PELVIS FIBULA SCAPULA PATELLA
RIBS TARSALS STERNUM PHALANGES



DID YOU KNOW?

The humerus and radius are arm bones.

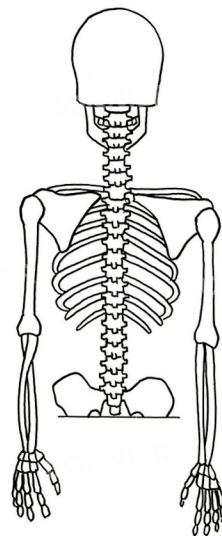
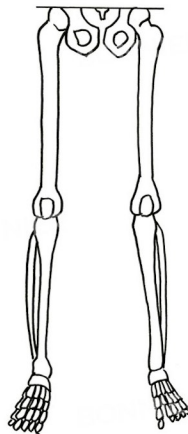
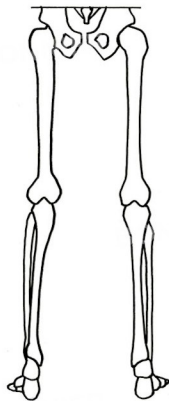
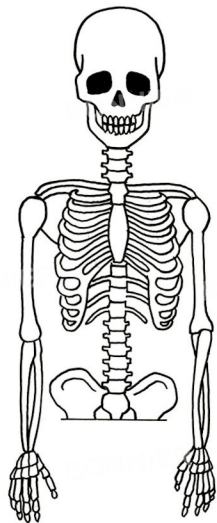
The femur, patella, tibia and tarsals are in your legs and feet. The phalanges are your toe and finger bones.



DRAW THE SKELETONS

DID YOU KNOW?

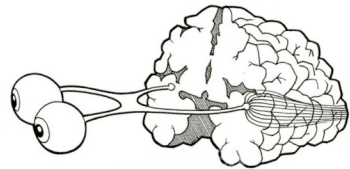
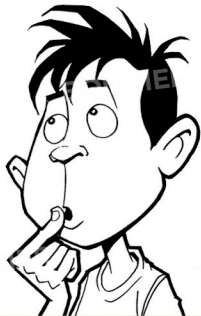
Some of your bones are long and thin, others are flat or rounded. All are tough and strong!



THE ULTIMATE BODY QUIZ

GET READY TO TEST YOUR HUMAN BODY KNOWLEDGE IN THIS ULTIMATE BODY QUIZ!

1. How many bones make up a human skeleton?
2. There are five basic senses – can you name them all?
3. What is the main organ in the respiratory system?
4. The blood in your veins looks reddish-purple. This is because it's low in what?
5. How many sets of teeth do humans have in their lifetime?
6. What is the longest bone in the human body?
7. How many bones are in each human hand?
8. Your ribcage protects which two vital organs?
9. What is the name of the tube that carries food from your mouth to your stomach?
10. The pancreas is an important organ in your digestive system, but what does it do?



11. What is the largest animal in the world?
12. How long is the small intestine?
13. What is the smallest bone in the human body and where is it located?
14. What is the name of the system that pumps blood throughout your body?
15. A human's brain is about the same size as their fist? True or false?
16. What are the four main tastes?
17. What hole in our eye does light pass through to reach the lens?
18. There is only one movable joint in your entire skull. Which is it?
19. How fast can signals race along our nerves?
20. Which artery carries oxygen-low blood from the heart to the lungs?

Don't forget to colour in your certificate on page 112!

GLOSSARY

ARTERY A blood vessel that transports blood away from the heart.

BLOOD A red liquid that circulates oxygen, nutrients and defence cells to all parts of the body, keeping everything working.

BONES Rigid body tissue inside a human or animal that make up its skeleton.

BRAIN The complex organ that controls your whole body. It is protected by your skull and sends signals to different areas to control different functions.

CELLS The basic building-blocks for all life. Cells combine to make each organ and body part.

CIRCULATION The continuous movement by which blood travels throughout the body.

HORMONE A chemical messenger that travels through the blood and sends signals to parts of the body.

LIVER A vital organ that filters toxins from the blood.

LUNGS The centrepiece of your respiratory system. The lungs are two spongy bags in your chest. They bring air in and out of the body.

MUSCLES A piece of tissue that connects two bones. Muscles make it possible for us to move.

ORGAN A group of tissues with an important, specific function to carry out. The heart, lungs and kidney are examples.

PANCREAS A large organ behind the stomach that produces hormones, such as insulin, to help with digestion and blood sugar regulation.

PULSE The rhythmic throbbing of arteries as blood is pumped through them, often felt in the wrists and neck.

RESPIRATION The process of producing energy, breathing in oxygen and breathing out carbon dioxide.

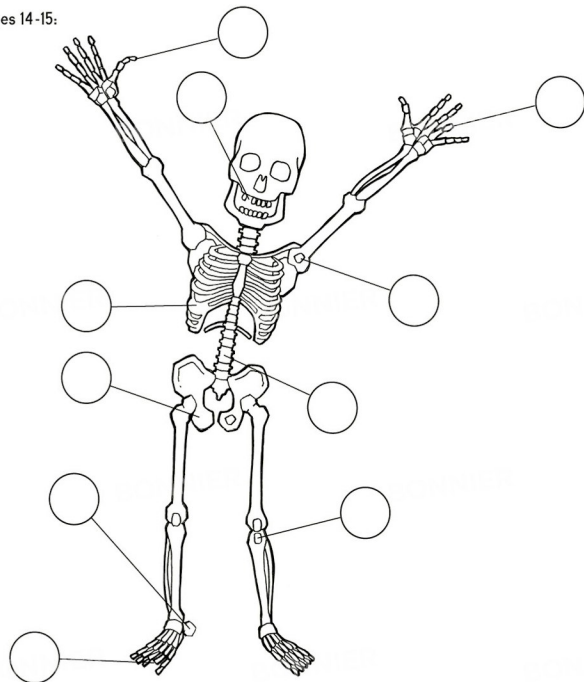
SENSES The way in which the body receives information about the world around us. The five main senses are touch, taste, smell, sight and hearing.

SKELETON The framework of bones that supports your body and keeps it upright.

VEIN A blood vessel that transports blood towards the heart.

ANSWERS

Pages 14-15:

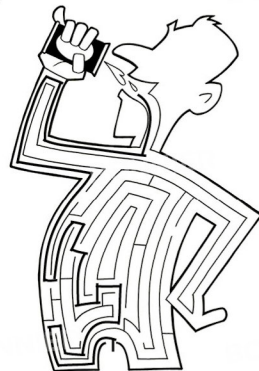
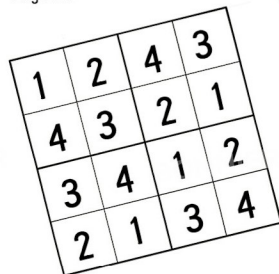
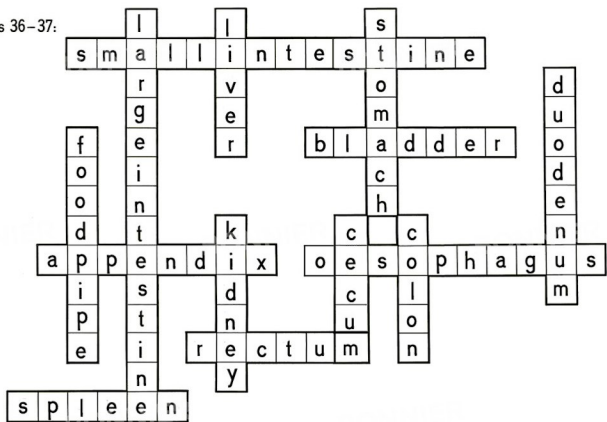
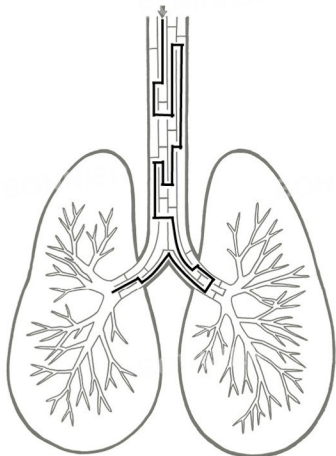


Pages 22-23:

1 Kidney, 2 Brain, 3 Intestines, 4 Lungs, 5 Heart, 6 Stomach, 7 Spleen, 8 Pancreas

Page 29:

Bread = Carbohydrates, Milk = Calcium, Meat = Protein,
Fruit = Vitamins and minerals, Chips = Fat and sugar



There are at least 40 words of three letters or more that can be made. Here are some of the more interesting ones:

- 3 letters: dig, tie, sit, get, set, vet, dim, sty, met, tee, yes
- 4 letters: vest, ties, tide, side, seed, meet, digs, time, diet, miss
- 5 letters: sieve, stems, styes, misty, limes, visit, sissy, midge, messy
- 6 letters: devise, desist, detest, smites, tester, midget, digits
- 8 letters: vegetist, misgives, vestiges, mistiest

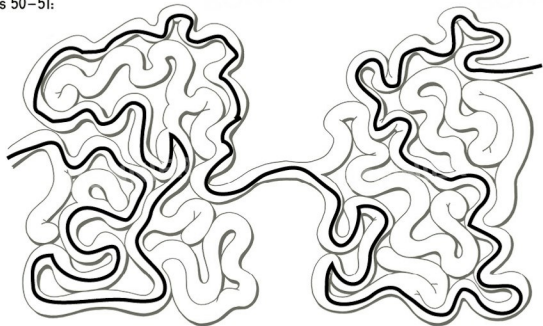
You may have to look some of these up in the dictionary.

A Angry, B Smiling, C Giggly, D Laughing, E Frightened, F Tired, G Alarmed

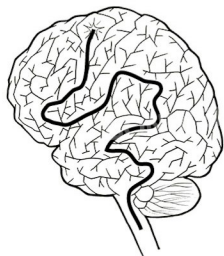
11 pairs.

A4, B6, C9, D1, E8, F3, G7, H2, I5

Pages 50–51:



Page 57:



Pages 64–65:
 A Heart, B Lungs, C Liver, D Stomach,
 E Pancreas, F Kidney, G Bladder

Pages 66–67:
 E.

Page 61:

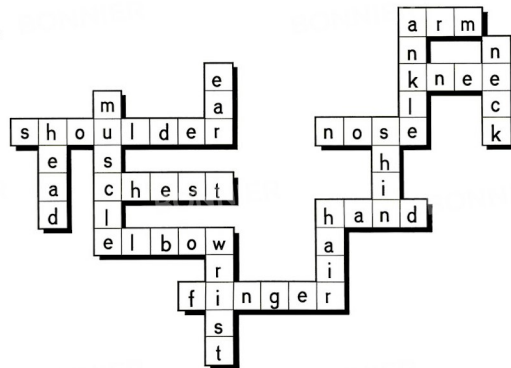


Pages 68–69:
 D

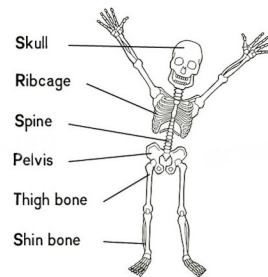
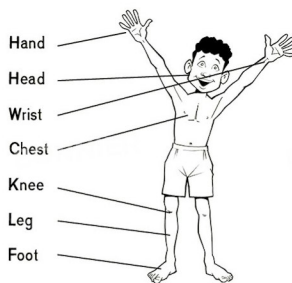
Page 72:
 7

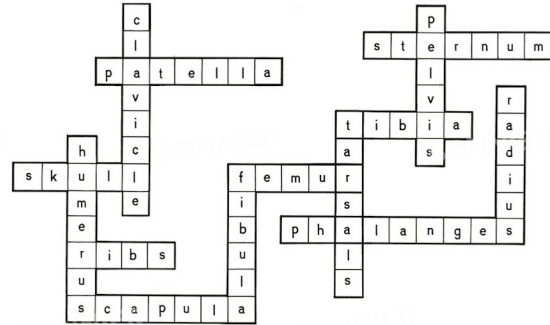
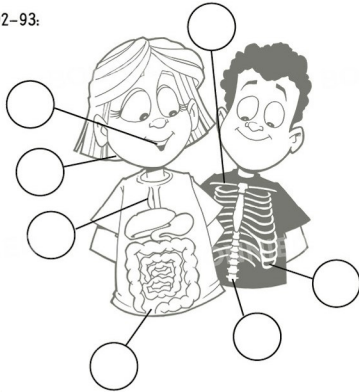
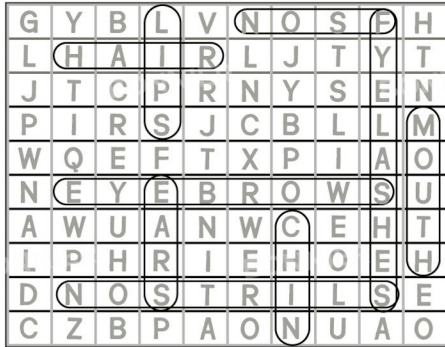
Pages 74–75:
 A1, B6, C5, D2, E3,
 F4

Pages 78–79:



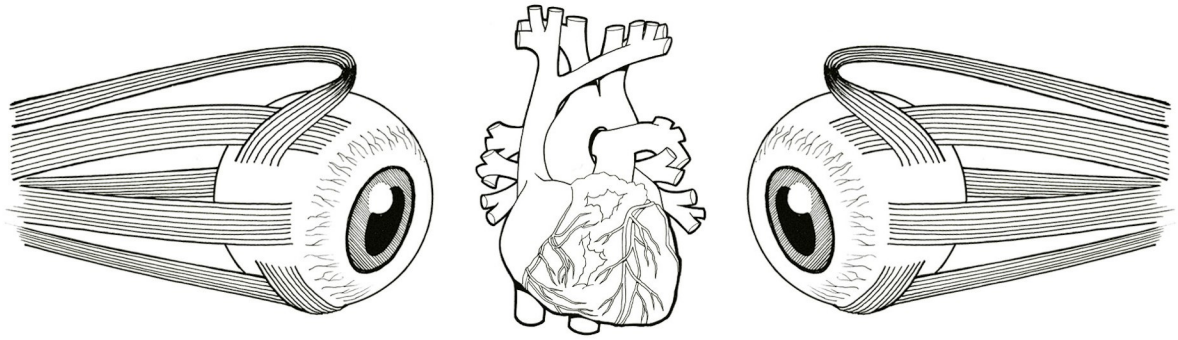
Pages 80–81:





The Ultimate Body Quiz answers:

- 1 = 206
- 2 = The five main senses are touch, taste, smell, sight and hearing.
- 3 = The lungs
- 4 = Oxygen
- 5 = Two
- 6 = The femur (thigh bone)
- 7 = 27
- 8 = The heart and the lungs.
- 9 = The oesophagus (or food pipe)
- 10 = The pancreas produces hormones, such as insulin, to help with digestion and blood
- 11 = Blue whale
- 12 = Up to 6 metres
- 13 = The stapes, located in the middle ear.
- 14 = The circulatory system
- 15 = True
- 16 = Sweet, sour, bitter and salty
- 17 = The pupil
- 18 = The lower jawbone
- 19 = Up to 400kph
- 20 = The pulmonary artery



CERTIFICATE OF BOREDOM BUSTING

THIS CERTIFICATE IS PRESENTED TO

DOCTOR

UPON THE COMPLETION OF ALL ACTIVITIES IN THIS BOOK.

CONGRATULATIONS!

