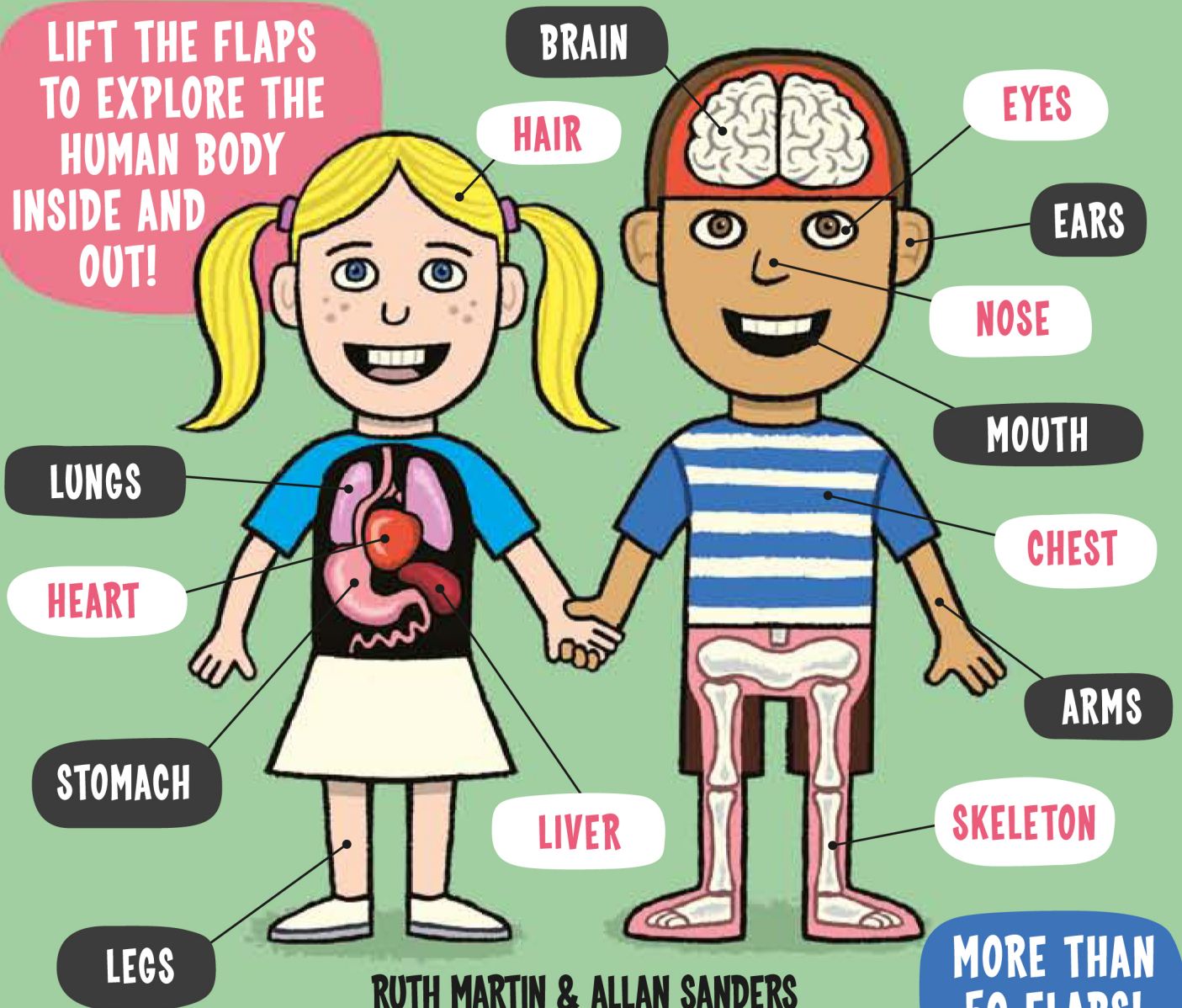


LITTLE EXPLORERS

MY AMAZING BODY

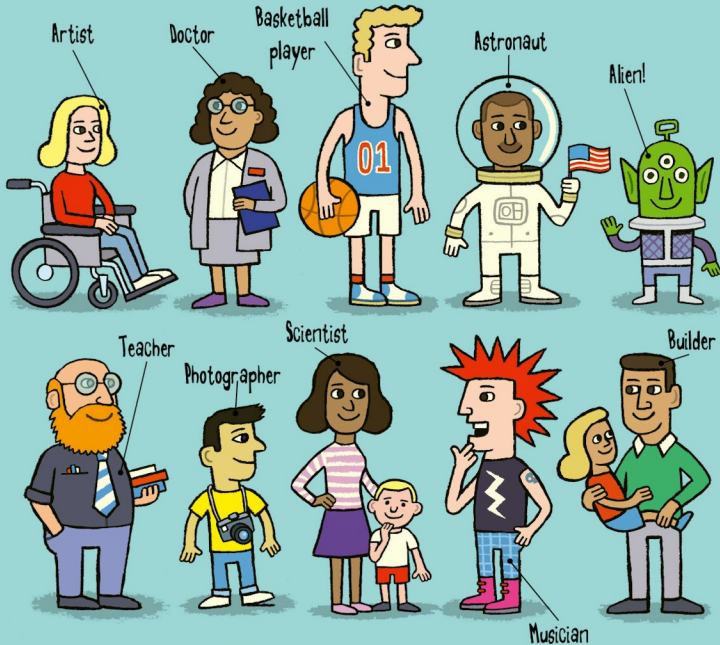
LIFT THE FLAPS
TO EXPLORE THE
HUMAN BODY
INSIDE AND
OUT!



RUTH MARTIN & ALLAN SANDERS

WHY ARE WE ALL SO DIFFERENT?

There are more than seven billion people in the world, and no two are exactly the same! Let's explore what makes us all different... and what we all have in common.



People have many different skills and do many different jobs. Humans can be many shapes and sizes, but everyone here has one thing in common – a human body! (Except one – can you spot him?)

The human body is made up of lots of parts that all work together to help us live our lives. Do you know all the main parts?

Eyes

Eyes can be brown, blue or green but they all help us see.

Mouth

No matter what language you speak, it comes from your mouth.

Fingers

You've probably got ten!

Hands

Practising crafts or skills can make you very handy.

Feet

Hair

Hair can be many different colours. What colour is yours?

Skin

Skin can be dark or fair – but it always protects the inside of our bodies.

Head

Ears

Nose

Neck

Chest

Freckles

BOY

GIRL

Legs

Long legs make you very tall, strong legs make you very fast!

Arms

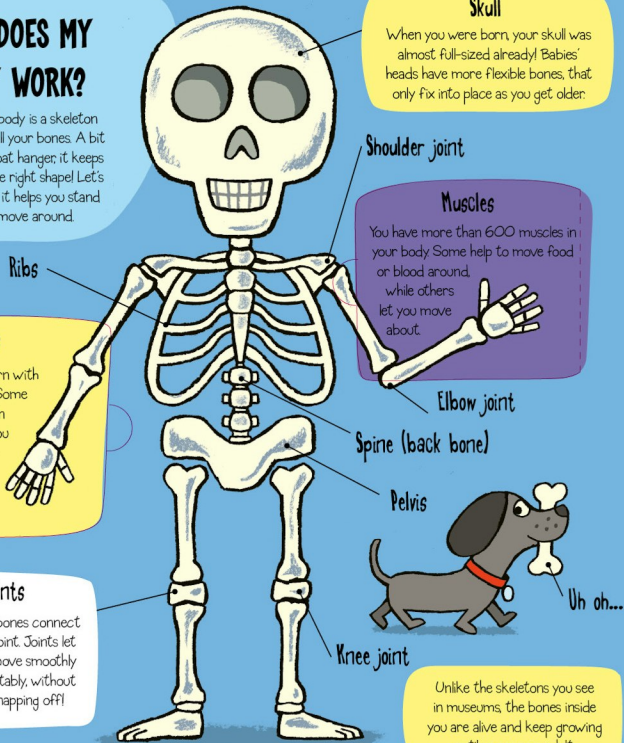
Regular exercise can make your arms stronger.

We are each in charge of our own body. We choose what to eat, how to exercise and what to do each day.

No matter who we are, it's important to look after our bodies so we can grow strong and stay healthy. Let's take a closer look at how our amazing bodies work.

HOW DOES MY BODY WORK?

Inside your body is a skeleton made up of all your bones. A bit like a giant coat hanger, it keeps your body the right shape! Let's explore how it helps you stand up and move around.



Skull

When you were born your skull was almost full-sized already! Babies' heads have more flexible bones, that only fix into place as you get older.

Shoulder joint

Muscles

You have more than 600 muscles in your body. Some help to move food or blood around, while others let you move about.

Elbow joint

Spine (back bone)

Pelvis

Knee joint

Unlike the skeletons you see in museums, the bones inside you are alive and keep growing until you are an adult.

Bones

Babies are born with 300 bones. Some of these join together as you grow. A fully-grown adult has 206 bones.

Joints

Where two bones connect you have a joint. Joints let your body move smoothly and comfortably, without any bits snapping off!

Blood and guts!

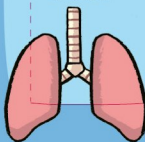
As well as your skeleton, there are lots of very important body parts working together so you can breathe, think, move and grow.

Skin

Skin protects your body and keeps everything safe inside. It lets you feel the things you touch and keeps you just warm or cool enough.

Lungs

Lungs help you breathe in fresh air and get rid of used air.



Blood vessels

Blood flows all around your body in tubes called blood vessels. Without blood, your body wouldn't get the goodness it needs from the food you eat and the air you breathe.

Brain

Your brain is in charge! It tells your body what to do and makes sure you grow.



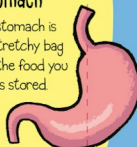
Heart

The heart is a strong muscle that pumps blood around your body. It is about the size of your fist.



Stomach

Your stomach is like a stretchy bag where the food you eat is stored.

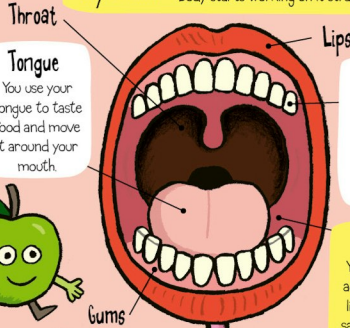


Now you know what's hidden under your skin, listen out for the noises that tell you everything is working inside!

WHERE DOES MY FOOD GO?

You know what it feels like to be hungry, but what happens once you've eaten? Every bite you eat and every sip you drink goes on an amazing journey. It all starts when you open your mouth...

Say ahhh... When you take a bite of a juicy apple, your body starts working on it straight away.



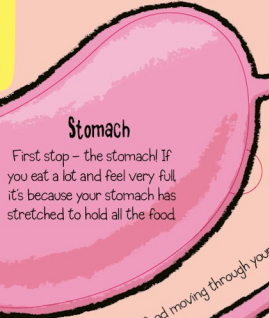
Tongue
You use your tongue to taste food and move it around your mouth.

Teeth
Teeth are used to bite off food and chew it into little chunks.

Spit!
Your mouth adds watery liquid called saliva to your food to make it easier to swallow.



Burp!
When you swallow, food is pushed down a tube to your stomach. If you swallow air at the same time it comes back up to your mouth - burp!

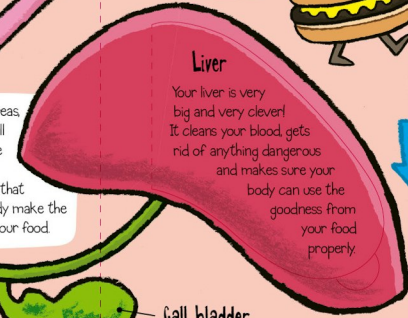


Stomach
First stop - the stomach! If you eat a lot and feel very full, it's because your stomach has stretched to hold all the food.

Muscles keep food moving through your body

The pancreas, liver and gall bladder make and store special juices that help your body make the most of your food.

Pancreas

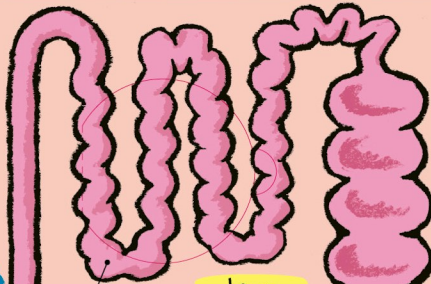


Liver
Your liver is very big and very clever! It cleans your blood, gets rid of anything dangerous and makes sure your body can use the goodness from your food properly.

Gall bladder



Small intestine
This wiggly tube is thin but very, very long! Food can take 4 hours to get through!



Large intestine
This fatter tube is the last stop on the journey.

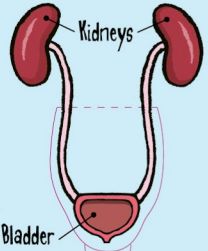


Colon

It's time to go to the toilet! All that's left is the waste you don't need.

WHAT ABOUT WEE?

Inside your body are two bean-shaped kidneys. When your blood passes through your kidneys, they help to get rid of any waste and extra water you don't need.



Bladder



Don't forget to flush...



and wipe!

WHAT DOES MY BRAIN DO?

Your brain controls everything in your body. It tells you how to move and what to do, as well as how to grow and learn. It even stores your memories!

The brain is very complicated, but it has three main parts shown here. They all work together, but each has special jobs to do.

That's nuts!

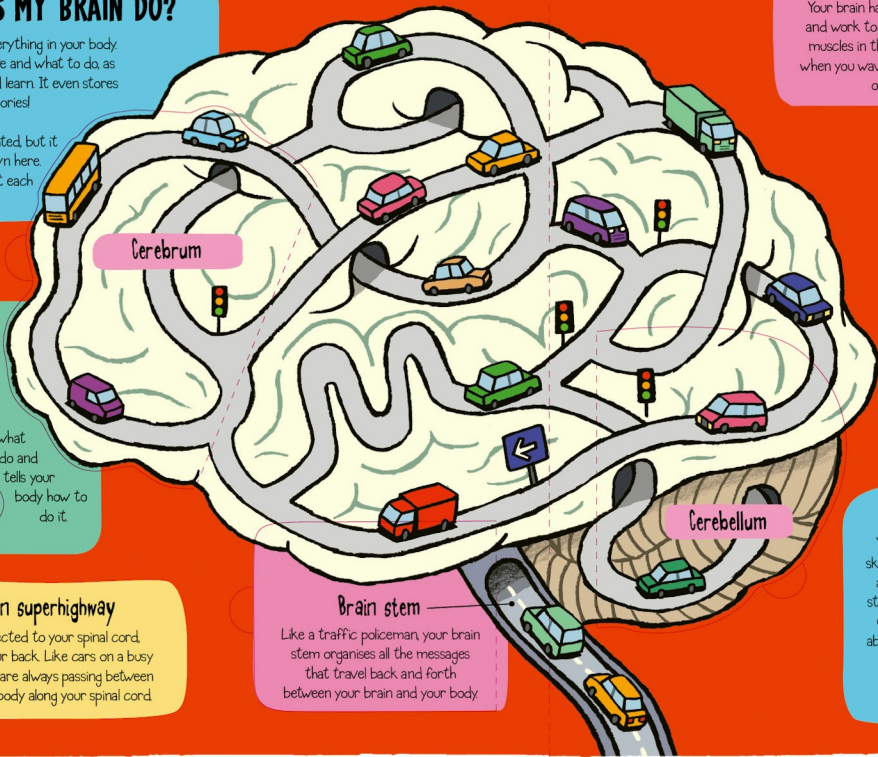
Your brain looks a bit like a wrinkly walnut! But no matter what it looks like, it is in charge of all of you; it decides what

you do and tells your body how to do it.



Information superhighway

Your brain is connected to your spinal cord, which runs down your back. Like cars on a busy motorway, messages are always passing between your brain and your body along your spinal cord.



Cerebrum

Cerebellum

Brain stem

Like a traffic policeman, your brain stem organises all the messages that travel back and forth between your brain and your body.

Is that right?

Your brain has two sides. They are connected and work together, but each side controls the muscles in the opposite side of your body. So when you wave your left hand, it's the right side of your brain in action!



Live and learn

Messages pass from your brain to your body to help you try new activities and learn skills. As you practise them, it becomes easier and easier because of the clear pathway the messages have made.

Practice...



Look after your brain - it looks after you!

Your brain is protected by your skull, as well as tough layers of cells and clear, watery liquid, but you still need to look after it carefully! Give your brain plenty to think about and whenever you ride your bike, don't forget your helmet!



Brain saver!