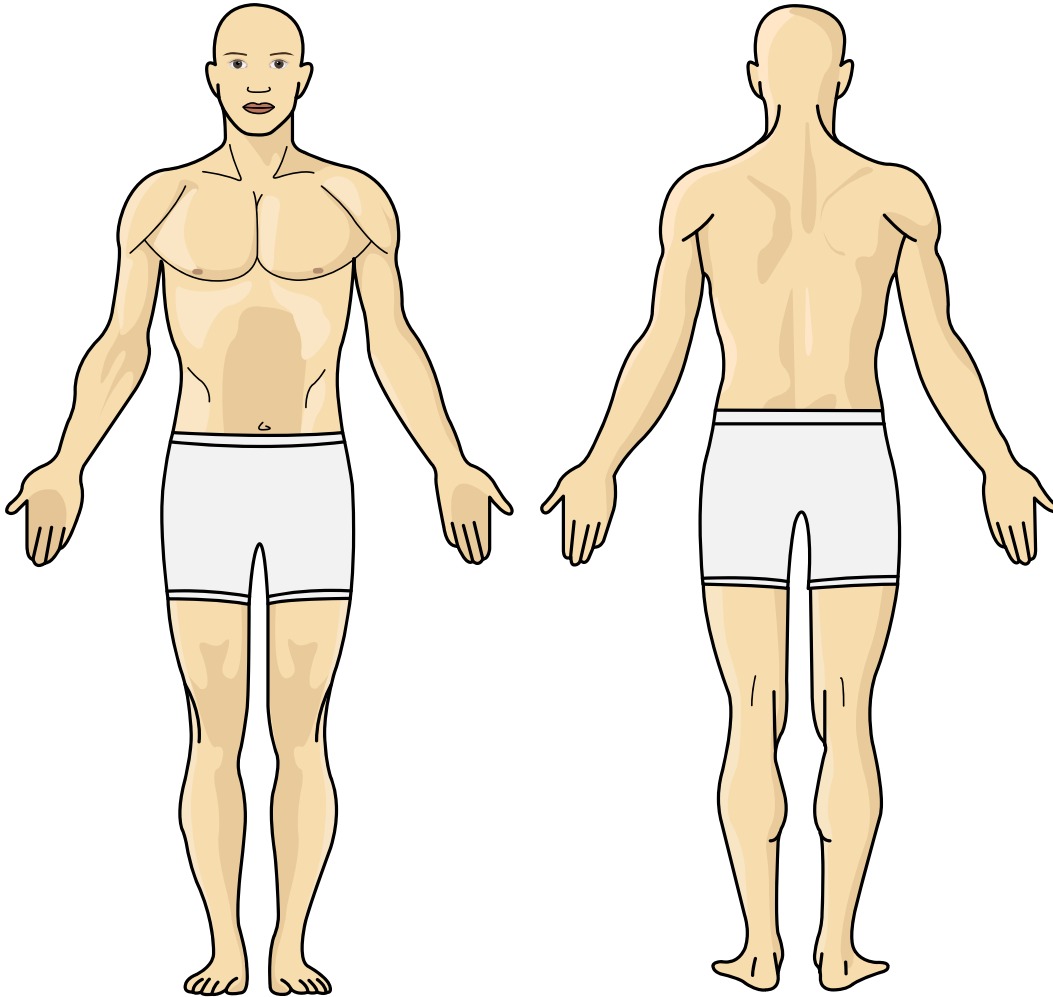


# Your Body

Level H/I

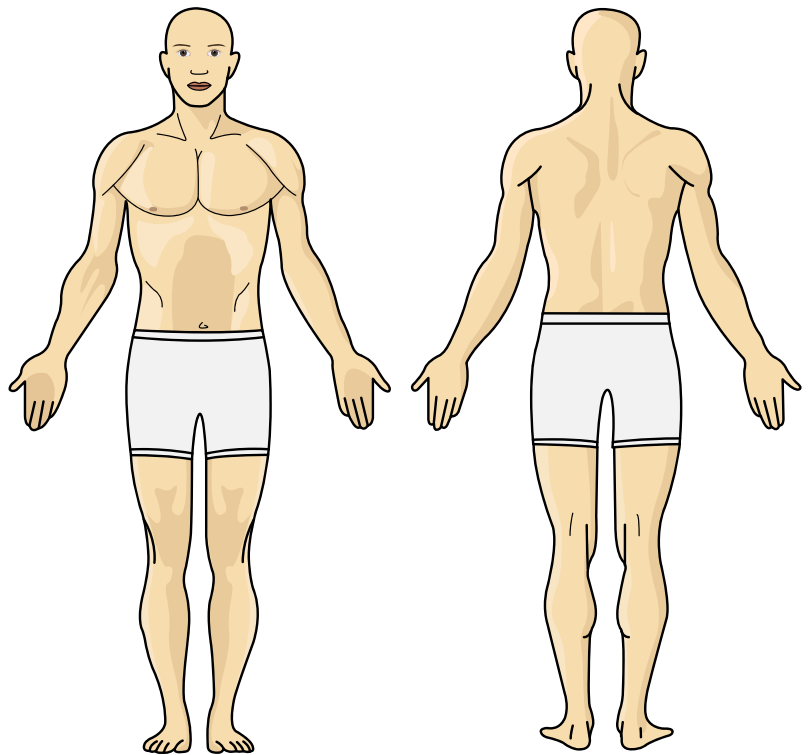


by **Kathy Staugler**

Illustrated by **Amanda Noss**

Your body is like a machine that takes care of you. Your body is working all the time, even when you are asleep. Look at yourself in the

mirror. You see your eyes, nose, mouth, arms, fingers, legs and feet.

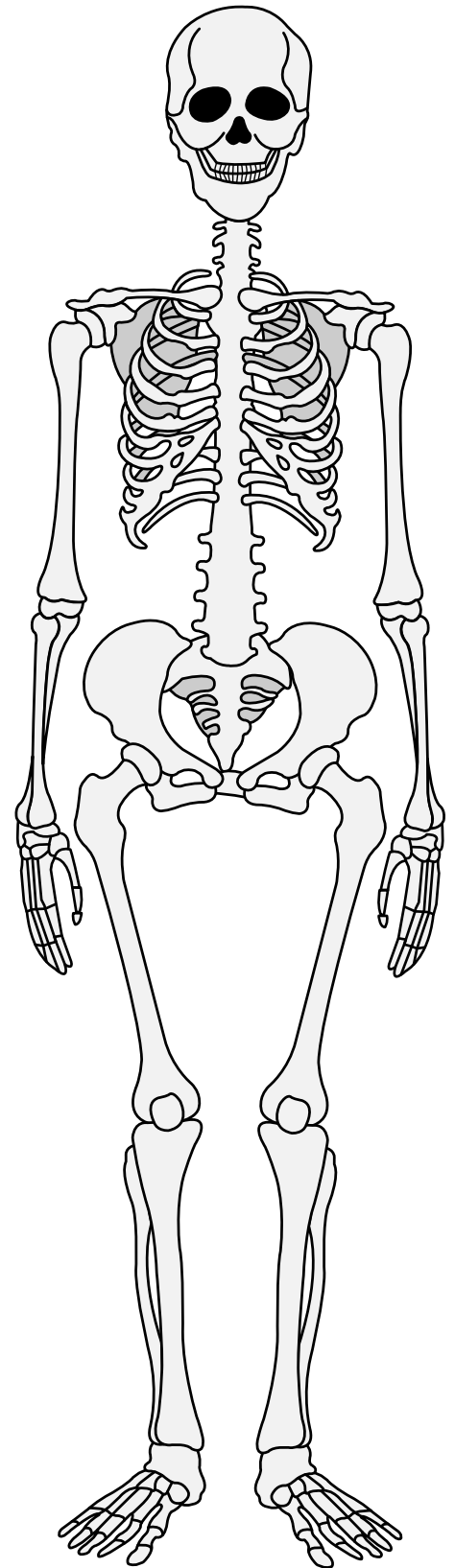


We know how most of these body parts help us. But do you know how the parts inside your body help you?

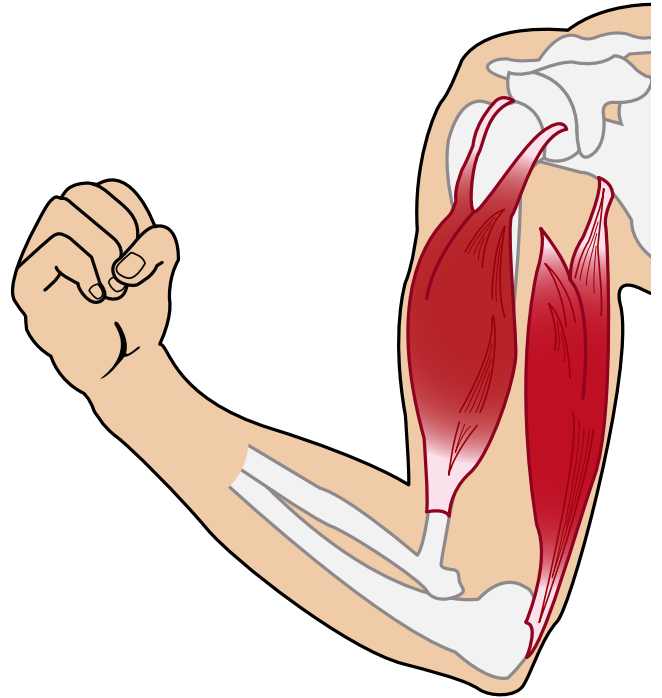


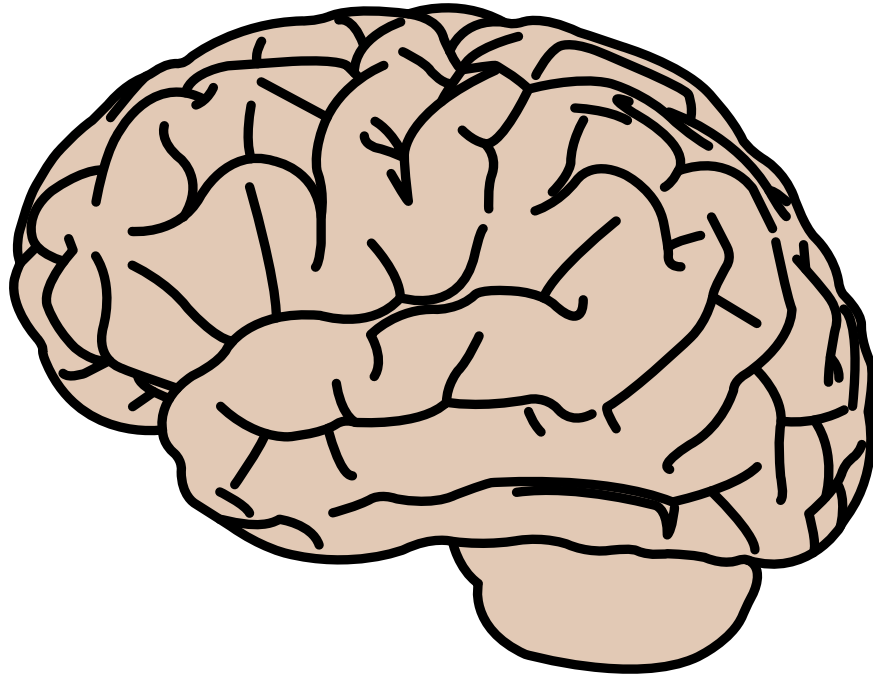
The biggest part of your body is your **skin**. It covers most all of your body. It keeps your insides in. It protects you from bumps, dirt and germs. Your skin sweats to keep your body cool.

Inside your body are **bones**. These bones hold up your body. Bones are hard and strong. You have 206 bones in your body. Bones are joined together to help you walk, bend, lift and push. The bone in your head is called the skull. It protects your head and brain.

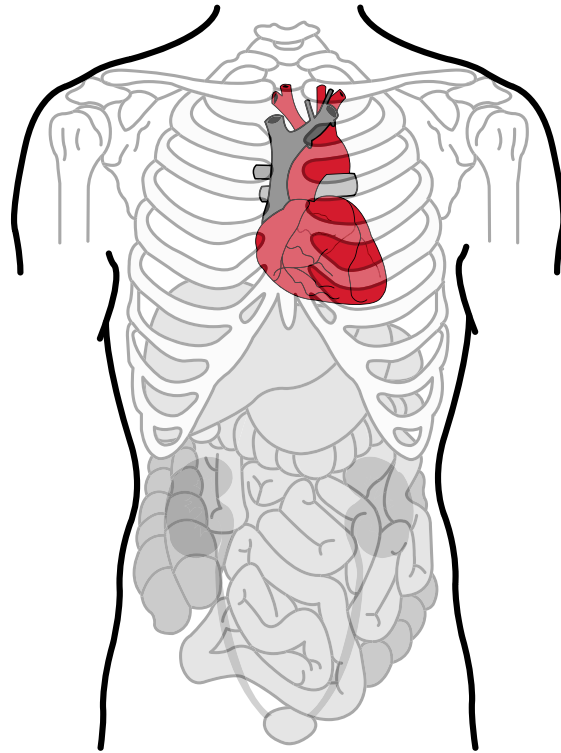


Your body has **muscles**. Muscles are in all parts of your body. Muscles in your face help you smile and eat. Muscles in your arm help you pick up and throw a ball. Muscles in your legs help you walk and run. Muscles are the power for your body. But your brain tells the muscles what to do.



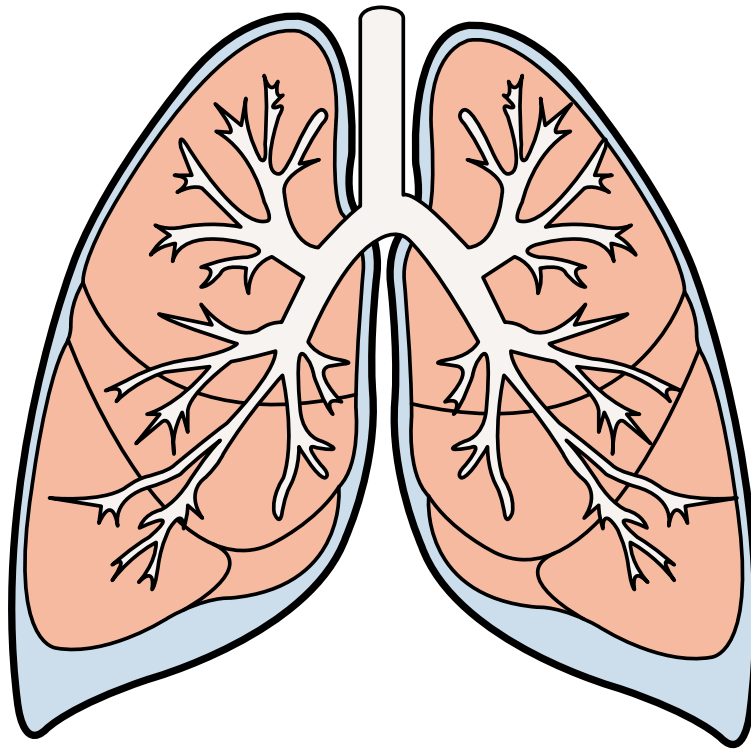


Inside your head is your **brain**. Your brain is in charge of your whole body. This is where you learn, remember, have ideas and have feelings. Your brain is linked to the rest of your body through millions of nerves. The nerves send messages to the rest of your body.



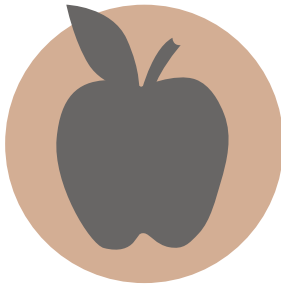
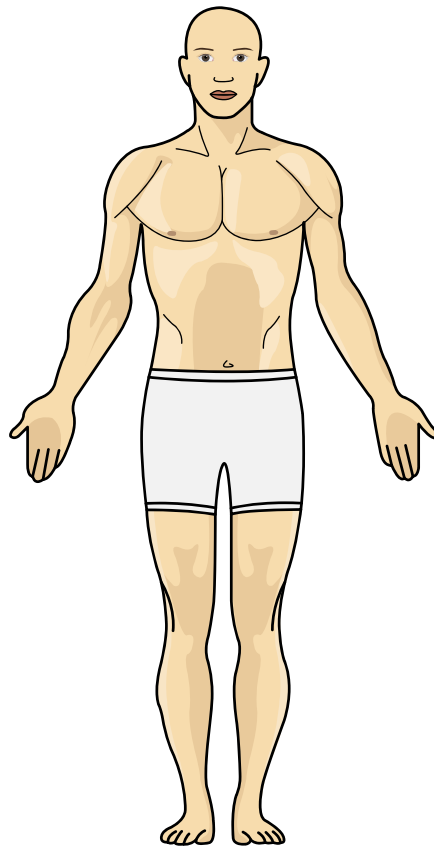
Your **heart** is always beating. Your heart is in your chest. If you put your hand on your chest, you can feel it beating.

The heart is a special muscle that pumps blood throughout your body. The blood moves around your body to feed and keep it clean on the inside.



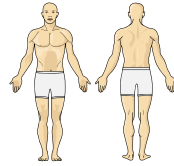
Breathing is one of the most important things your body does. You breathe in and out every few seconds. But you don't think about it. When you breathe in, air goes into your **lungs**. This is how your body gets the oxygen that you need to live.



**Nutrition****Exercise****Hygiene****Rest**

There are many more parts to your body. But these are some of the main parts that help us do the things we do every day. It is important to take care of every part of our body.

yes



# Your Body

no



cover 	protect 	inside 	body 	sleep 	skin 	dirt 
sweat 	hold up 	biggest 	germs 	bones 	head 	skull 
move 	smile 	cool 	muscles 	face 	power 	air 
breathe 	beat 	in charge 	lungs 	heart 	blood 	brain 
pump 	learn 		ideas 	feelings 	messages 	

# Glossary

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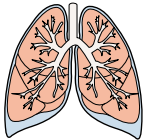
**bones** - hard and strong pieces that hold up your body; they help you walk, bend, lift and push; there are 206 bones in your body



**brain** - the organ in charge of your whole body; where you learn, remember, have ideas and feelings



**heart** - the organ in your chest that is always beating and pumping blood throughout your body



**lungs** - the organs that help you breathe; where air goes in and out of your body



**muscles**- the power for your body that help you move



**skin** - covers most of your body and protects you from dirt, germs and bumps