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Opening extract from

In Focus

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Buildings

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Fruit and Vegetables

Jessie Ford



Animals

L'Atelier Cartographik



Transport

Jen Taylor

For Mum, Dad, Katie
and inquisitive minds
everywhere

— Libby Walden

360 DEGREES

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IN FOCUS



Close-ups

Enjoy a fresh perspective by
looking at the wonders of the
world from the outside, in.



Cross sections

This super-sized book slices its way through
101 objects, animals and buildings to reveal
some extraordinary interiors.



Cutaways

Lift the giant flaps on every
spread to see what delights
are hiding inside...



..... Outside Fruit and Vegetables

Illustrated by Jessie Ford

Brightly coloured fruit and vegetables should be eaten as part of a balanced diet as they are a good source of vitamins, minerals and fibre. But there is a lot more to these good-for-you foodstuffs than meets the eye...

Did you know...?

Pomology is the name for the study of fruit and the science of vegetable growing is called olericulture.



Carrot

Carrots get their characteristic orange colour from a large number of hydrocarbons, known as carotenes.



Radish

Radishes are fast-growing root vegetables that transform from seed to eating plants in just 25 days!



Broccoli

The word 'broccoli' comes from the Latin *brachium*, meaning arm or branch, and is a name that suits this tree-like vegetable!



Red cabbage

Also known as purple cabbage or red kraut, this colourful vegetable will normally turn from red to a deep blue/purple when cooked.



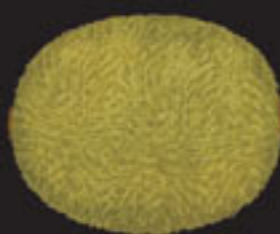
Red onion

Red onions are incredibly versatile and can be eaten raw, cooked, pickled and often in sauces and chutneys.



Peach

The world's largest producer of peaches is China, where it is a symbol for good luck, protection and long life.



Kiwi fruit

This small, furry fruit has had many names, including the Chinese gooseberry and the yang tao (strawberry peach).



Strawberry

One strawberry will have roughly 200 little seeds on its outside. This means that it's not technically a berry at all!



Apple

This popular crunchy fruit, as well as the plum, raspberry and peach, is genetically related to the rose family.



Pomegranate

The name of this shiny red fruit comes from the Latin *ponum granatum* meaning apple of many seeds.



Orange

Oranges are food powerhouses, containing lots of beneficial vitamins and minerals, including high levels of Vitamin C.



Pepper

This popular salad ingredient is actually a fruit, as it grows from a flowering plant and contains seeds within its body.



Tomato

Tomatoes are the world's most popular fruit, with over 100 million tonnes produced a year across 144 countries.

Peas

The earliest cultivated pea was found in Spirit Cave on the Thai-Burma border and dates back to 9750BC!



Grapes

There are over 8,000 grape varieties grown across the globe.



Banana

Bananas are picked when their skins are green but as they ripen and their natural sugar content increases, they turn yellow.

Fruit and Vegetables

Illustrated by Jessica Ford

Radish
The whole radish, including the root, is a vegetable. But the root is also a fruit. It's a root vegetable, which means it grows underground. The root is the part of the plant that stores food. The leaves are the part of the plant that grows above ground.



Broccoli
The vegetable part of broccoli is the world's largest head of cauliflower. It's a member of the cabbage family. The head is made up of many small flower buds that haven't opened yet.



Peas
Peas are a type of legume. They are a member of the pea family. The pea is the seed inside the pod. The pod is the fruit of the plant.



Broccoli
The vegetable part of broccoli is the world's largest head of cauliflower. It's a member of the cabbage family. The head is made up of many small flower buds that haven't opened yet.

Peas
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Onion
The onion is a member of the lily family. It's a bulb vegetable. The bulb is the part of the plant that stores food. The leaves are the part of the plant that grows above ground.

Peas
Peas are a type of legume. They are a member of the pea family. The pea is the seed inside the pod. The pod is the fruit of the plant.

Carrot
The orange color of carrots is due to a pigment called beta-carotene. Carrots are a root vegetable. The root is the part of the plant that stores food. The leaves are the part of the plant that grows above ground.

Vegetables
A vegetable is any edible part of a plant, such as a root, stem or leaf.

Fruit
A fruit is a sweet-tasting seed-bearing structure that develops from the ovary of a flowering plant.

Peach
The fleshy part of a peach is called the mesocarp. It's a member of the rose family. The pit is the seed.

Strawberry
The strawberry is a member of the rose family. It's a fruit. The seeds are called achenes.

Pomegranate
The pomegranate is a member of the Ebenaceae family. It's a fruit. The seeds are called arils.

Kiwi fruit
The kiwi fruit is a member of the Actinidia family. It's a fruit. The seeds are called seeds.

Apple
There are more than 1000 varieties of apple grown around the globe. If you were to follow the old saying, an apple a day keeps the doctor away, it would take you more than 30 years to try every variety.

Tomato
The tomato is a member of the Solanaceae family. It's a fruit. The seeds are called seeds.

Banana
Bananas are a single seedless fruit. They are a member of the Musaceae family. The fruit is the part of the plant that stores food.

Grapes
A person who grows grapes is called a viticulturist. Grapes are a member of the Vitaceae family. The fruit is the part of the plant that stores food.

Pepper
The pepper is a member of the Solanaceae family. It's a fruit. The seeds are called seeds.



Orange
The orange is a member of the Rutaceae family. It's a fruit. The seeds are called seeds.



Pepper
The pepper is a member of the Solanaceae family. It's a fruit. The seeds are called seeds.

Fruit and Vegetables

Illustrated by Jessie Ford

A diet rich with fruit and vegetables is not only colorful but will help to keep you healthy! No matter what different fruits and veg you eat, you will benefit your body from healthy biomass, so try to get at least five portions a day to keep those cells at bay!



Broccoli

The largest producer of broccoli in the world is China, where 8 million tons (1.28 billion lbs) of the green superfood is produced a year!



Top florets of chopped broccoli have the Vitamin C equivalent of an orange

Red cabbage

Red cabbage is a variety of cabbage that is characterized by its deep red color. It is a member of the Brassicaceae family and is commonly used in various cuisines, particularly in Central and Eastern Europe.



Red onion

Red onions are a variety of onion that are characterized by their deep red color. They are a member of the Allium family and are commonly used in various cuisines, particularly in Mediterranean and Middle Eastern dishes.



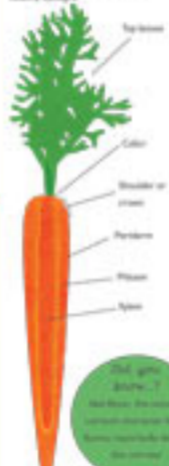
Peas

Peas are a type of legume that are commonly used in various cuisines. They are a member of the Fabaceae family and are known for their high protein and fiber content.



Carrot

The age-old saying that carrots can help you to see in the dark comes from the high volume of carotenes contained in carrots. The human body converts the carrot's beta-carotene into Vitamin A, which is an essential vitamin for maintaining keen and healthy eyesight.



Did you know? The orange color of carrots is due to the presence of beta-carotene, which is a precursor to Vitamin A.

Vegetables

Vegetables are any edible part of a plant, such as a root, stem or leaf.

Roots, tubers, bulbs, stems, leaf stems, leaves, buds, flowers and seeds can all be classified as vegetables.



Fruit

A fruit is a sweet-tasting seed-bearing structure that develops from the ovary of a flowering plant.

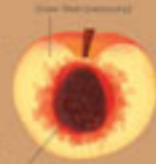
Berries, drupe or drupe fruits, capsules and cherries and pomes (such as apples and pears) are all fruits.



Peach

The fuzzy-skinned fruit can be divided into two categories - freestone orclingstone.

According to whether the flesh sticks to the central stone or not.



That little pit, stone, or pit, is covered with a hard browned husk.

Strawberry

The strawberry is a fleshy fruit that is typically a berry, or all. The seeds grow on the outside of the fruit, which is why it is called a strawberry.



Pomegranate

The pomegranate is a fleshy fruit that is typically a berry, or all. The seeds grow on the outside of the fruit, which is why it is called a pomegranate.



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That little pit, stone, or pit, is covered with a hard browned husk.



A kiwi fruit is a fleshy fruit that is typically a berry, or all. The seeds grow on the outside of the fruit, which is why it is called a kiwi fruit.

Apple

There are more than 1000 varieties of apple grown across the globe. If you were to follow the old saying 'an apple a day keeps the doctor away', it would take you more than 20 years to try every variety!

Apples contain fat, sodium or cholesterol and are a good source of fibre.

Apples float in water because they are 25% air, making them perfect for bobbing!

Apples float in water because they are 25% air, making them perfect for bobbing!



Tomato

The tomato is a fleshy fruit that is typically a berry, or all. The seeds grow on the outside of the fruit, which is why it is called a tomato.

According to whether the flesh sticks to the central stone or not.

That little pit, stone, or pit, is covered with a hard browned husk.



A tomato is a fleshy fruit that is typically a berry, or all. The seeds grow on the outside of the fruit, which is why it is called a tomato.

Banana

Bananas are slightly reddish because they contain a high level of potassium. But don't eat them regularly, as potassium deficiency has very little effect on the human body - phew!

The scientific name for bananas is Musa sapientum, which means 'fruit of the wise man'.

Bananas grow in hanging bunches and a tree of bananas can sometimes be referred to as a 'banana tree', which means that a single banana could be called a 'banana tree'.



Grapes

A person will, on average, consume 15kg (33lb) of grapes a year.

Grapes grow along a vine in clusters of approximately 75 grapes, otherwise known as a bunch.

Grapes are 80% water and when fermented into an alcoholic drink, they can literally turn water into wine!



Orange

Which comes first - the colour or the fruit? The colour of the fruit is the same as the colour of the fruit. The colour of the fruit is the same as the colour of the fruit.

The juice of two to four oranges will fill a glass and make one of the most popular breakfast drinks in the world.



Pepper

The pepper is not a vegetable, which means that it is not a member of the Brassicaceae family. It is a member of the Solanaceae family and is commonly used in various cuisines, particularly in Mexican and Indian dishes.

Peppers are actually fruits because they are produced from a flowering plant and contain seeds.



Radish

The sharp and unique flavour of a radish comes from an isothiocyanate compound. It is very hard to eat, but summer the radish is more likely to have a soft, stringy taste, whereas if the summer is hot, it is hard to eat.

First cultivated in China, radishes spread through the Mediterranean and into Europe by the 16th century.

In Chinese, radishes are eaten raw, but in other parts of the world, they are often cooked. In the United States, radishes are often eaten raw, but in other parts of the world, they are often cooked.

In British food, radishes, onions and garlic were used as a way to make a soup for the children's working on the construction of the pyramids.

Outside Homes

Illustrated by Thomas Pullin

A house is the building in which humans live, eat and sleep. Some houses are fixed in one place whilst others are more mobile. They can host one or more families, a couple, a tribe or an individual.

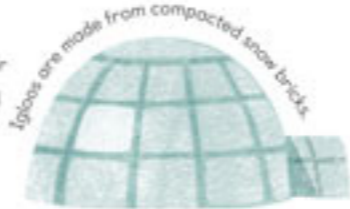
Indonesian tree house

In the jungles of Papua, Indonesia, these special houses are built to defy gravity and allow the Karawai people to live high amongst the treetops in homes that can contain up to a dozen family members.

Some families live 34m (111-5ft) above the ground!

Igloo

Called iglulik by their Inuit users, these small icy huts are often built as temporary shelters on hunting trips.



Swiss chalet

Chalets are often found in the mountains of Western Europe.



Vardo

The Romani people used these highly decorated horse-drawn wagons for their homes in the late 1800s and early 1900s.

Musgum mud hut

As an excellent example of an 'earth structure', this style of mud hut is the traditional dwelling of the Musgum people of Cameroon, West Africa. They are hand-built and are made from natural materials.



Dentoutekina

Whilst Japanese architecture has modernised greatly, the flexible interior space of the dentoutekina has kept this traditional-style Japanese home popular and in demand.



Yurt

Used by the nomadic tribes of East and Central Asia, the yurt is a large, round, portable tent.



Cave house

Houses can be carved from rock.

Houseboat



All houseboats are boats that have been designed or modified into a domestic living space.

Flat

These tall buildings are made up of individual, self-contained homes that are stacked on top of each other, like building blocks.



Inside Homes

Illustrated by Thomas Pullin

Indonesian Ika Jenius

The Ika Jenius is a traditional house from the Indonesian island of Sumatra. It is built on stilts and has a thatched roof. The house is made of bamboo and is known for its unique design and construction.



Igloo

An igloo is a dome-shaped structure made of snow blocks. It is used as a temporary shelter in the Arctic region. The igloo is built by stacking snow blocks in a circular pattern, creating a thick wall that provides insulation.



Musgum mud hut

The Musgum mud hut is a traditional house from the Musgum region of Cameroon. It is built with mud and has a thatched roof. The house is known for its unique design and construction.



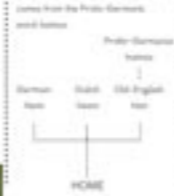
Vardo

Built in soft, moving tundra, these mobile homes get their name from the Finnish word for 'cart' and were traditionally commissioned for families, or as a present to a newly-wed couple.



Inside "home"

While a home can mean many things, the origin of the English word 'home' comes from the Proto-Germanic word *heimaz*.



Swiss chalet

Traditionally made of wood, with a heavy sloping roof, the chalet was the typical summer home for the members of Western Europe, who brought their dairy cattle up into the mountains to feed during the summer months.



Dardoulakina

Traditional Japanese dwellings are raised up with only the entrance hall on ground level.



Hurt

A hut built on a steep mountain slope, the hurt is a traditional house from the mountainous regions of the Alps.



Traditional palmhut

The palmhut is a traditional house from the tropical regions of the Pacific Islands. It is built with palm leaves and has a thatched roof.



Hinussobent

The Hinussobent is a traditional house from the island of Sumatra, Indonesia. It is built on stilts and has a thatched roof.



Flat

Flats are a type of housing where multiple units share a common roof and ground level. They are often found in urban areas.



Cove Jenius

The Cove Jenius is a traditional house from the island of Sumatra, Indonesia. It is built on stilts and has a thatched roof.



Inside Homes

Illustrated by Thomas Pullin

Indonesian tree house

Being in the shadow of the Borneo tree, these tree houses are made from single natural materials. The platforms floor and walls are constructed from woven bamboo strips, which prevent it from rotting and are woven together to create the roof.

Up high

These elevated tree houses not only provide shelter but also act as a form of defence. Being far from the ground, they are safe from predators, insects, and animals. They are built high in the trees.



Igloo

Constructed from snow blocks, igloos are built up to 10 feet tall. The entrance is a narrow tunnel that leads to a small living area. The igloo is built on a flat, snow-covered area.



Musgum mud hut

The traditional mud-made dwellings of the Musgum tribe are made from compressed sun-dried mud that is laid over a mesh of baked reeds to form a beehive-like dome.



Each hut consists of the thick, light-colored mud being compressed on a reed mesh.

The huts are thicker at the base so that the structure is solid and strong.

Wardo

Built to suit a roaming lifestyle, these wardo wagons get their name from the Finnish word for 'cart' and were typically commissioned for families, or as a present to a newly wed couple.



A small charcoal stove was used for cooking and heating and all the furniture would be fixed to the walls to prevent damage when the wagon was in motion.

Inside 'Home'

When a home can mean many things, the origin of the English word 'home' comes from the Proto-Germanic word 'haimaz'.



Dontoulakina

Traditional Japanese don'toulakina are raised up, with only the entrance hall (or genki) at ground level. The genki is the area where shoes are removed before entering the home as a way of keeping the inside clean.

Other rooms that have specific functions are the tokonoma (tea room), the futon (bed), and the shoji (sliding door).



In traditional Japanese houses the living room is called the tokonoma or living space. Because it is not a fixed room, the main interior walls are sliding doors made from wood and paper called fusuma and shoji. The walls are removed when needed, the interior of the house being flexible.

Furt

These free-standing, round, frame structures are made of felt. The round shape is made to resist wind and rain.

The felt is made from the wool of goats and is very strong, being the most durable wool. It is used for tents, blankets, and other outdoor gear.



The Mongolian people use felt for a variety of things, including tents and clothing.

Traditional patterned fabric

The walls of a yurt are usually made of felt, which is made from the wool of goats and is very strong, being the most durable wool. It is used for tents, blankets, and other outdoor gear.

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Houyhonn

Some Houyhonn are made from stone or other natural materials and are built on a hillside or a cliff. They are built high in the mountains to protect them from the elements.



The stone of a Houyhonn has to be carefully designed in order to make best use of the natural space. The structure will have a lot of space for storage and the walls will often be made of stone or brick.

The stone of a Houyhonn is a natural material, so called because it was designed to have the stone walls, surrounding the house, to be made of stone.

Swiss chalet

Traditionally made of wood, with a heavy, steeply pitched roof, the chalet was the typical summer home for the families of Western Europe who brought their skiing gear up into the mountains to use during the summer months.



Did you know? The word 'chalet' comes from the French word 'châlet', which means 'hut' or 'cabin'.

Cave houses

Man has been using caves as domestic spaces and places of worship for over a thousand years. The outside door opens to a narrow passage leading to rooms that have been carved straight out of the rockface. Underground spaces are naturally quiet and well insulated, making it ideal for keeping cool in summer and warm in the winter.



Cave houses are still popular in parts of rural Spain, Turkey and China today. They are usually built with a few modern conveniences, such as electricity, to make them more cozy and comfortable.

Floir

Blocks of flats are found in highly populated areas, such as cities, as they allow more people to occupy the same amount of ground space.

The term 'flat' refers to a single self-contained residential unit that will usually contain a kitchen, living room and at least one bedroom and bathroom, typically on one floor.

Common areas such as stairwells, the entrance hall and garden help to make these individual blocks into one building community.

