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Opening extract from  
**Life on Earth: Human Body**

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Published by  
**Wide Eyed Editions**

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## LOOK INSIDE

A look at the skeleton, bones and muscles

WHERE IS THE SMALLEST BONE?

WHAT DO MY RIBS DO?

WHERE IS MY SPINE?

WHICH BONE IS THE LONGEST?

The thigh bone is the longest bone in the body.

HOW DO BONES JOIN?

WHY DO WE HAVE BONES?

Bones form the hard framework of your body and together they make your skeleton.

WHAT ARE BONES MADE OF?

HOW MANY BONES ARE IN MY BODY?

Kids have 300 and adults have 206. This is because your bones fuse together as you grow.

ELETON, BOAM DISSIN  
CON RA NIM DUS  
VOLUPTA DOLUPTATEM  
EXERECTEM VOLORE

pliant quam quamus  
explitati odit, auta cus  
ipsundia simint dolupid  
et quibusae si sero cum  
eum quatios debisimus  
enis cum re quibusae si  
sero cum eum quatios  
debisimus enis

WHICH MUSCLE IS THE BIGGEST?

HOW DO I SMILE?



HOW DO MUSCLES WORK?

HOW MANY MUSCLES DOES WALKING USE?

200 muscles.

WHAT DO MUSCLES DO?

Muscles connected to bones (ligaments). Exercise keeps your muscles strong.

HOW MANY MUSCLES DO I HAVE?

630 muscles.





## AMAZING AND INCREDIBLE

### Our Brain

#### WHAT IS MY BRAIN?

Your brain is an organ, and is what makes you, you!

#### WHAT IS THE CEREBRUM?

This is the biggest part of your brain. It's in charge of moving your body and thinking.

#### CAN RUNNING MAKE ME THINK BETTER?

Yes. Exercise pumps more oxygen and blood into your brain, and that makes your brain work better.

#### IS A HEADACHE MY BRAIN HURTING?

No. Headaches have nothing to do with your brain. Headaches come from the nerves in your head.

#### WHAT DOES MY BRAIN LOOK LIKE?



#### DOES MY BRAIN SHUT OFF WHEN I SLEEP?

No. Your brain works all the time.

#### YOUR BRAIN IS THE BOSS OF YOUR BODY!

It is in charge of everything--it makes your eyes blink, your legs run, your mouth speak, your arms hug, and your body grow. It is also in charge of how you learn and remember things.

#### WHAT IS MEMORY?

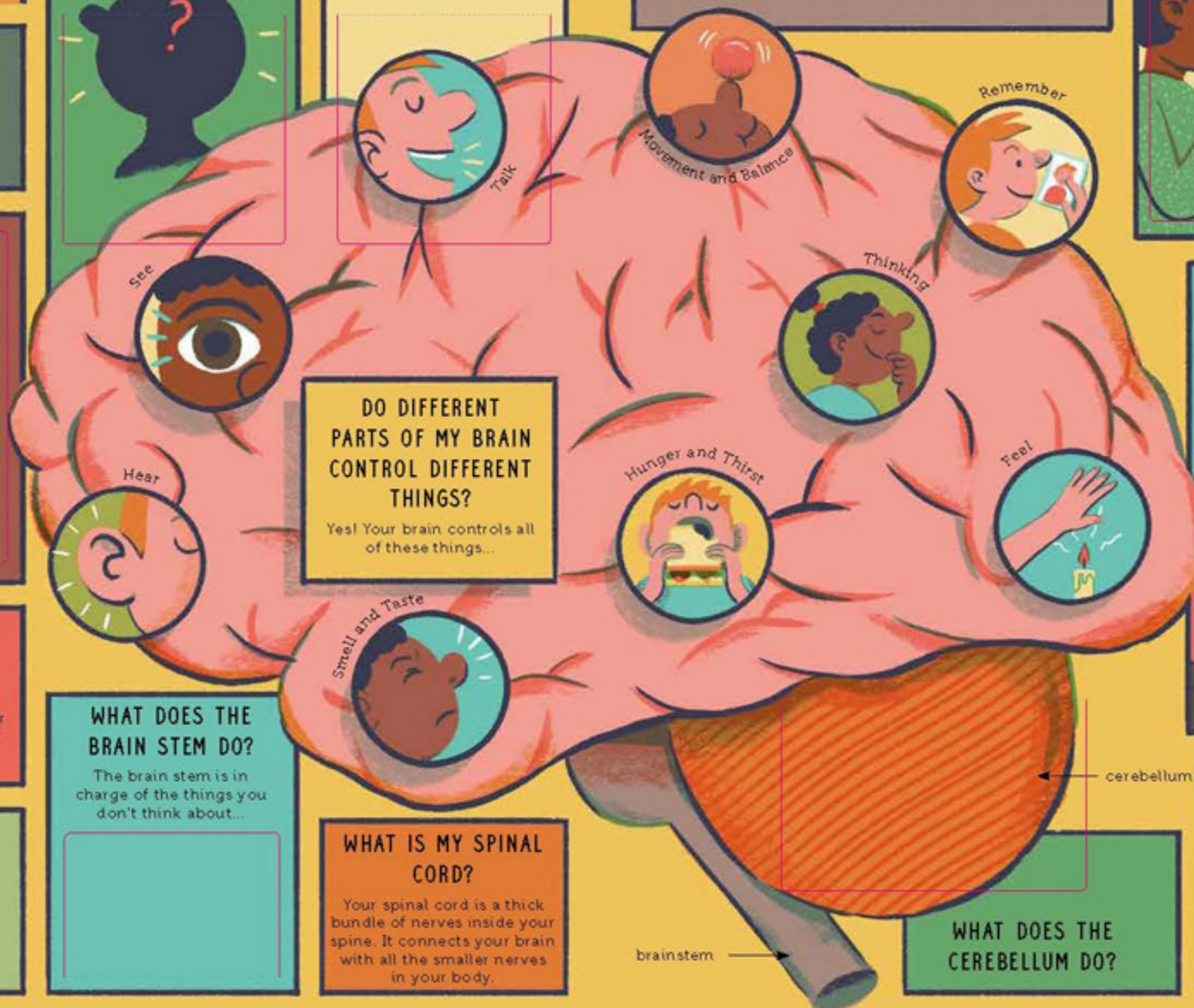


#### HOW DO NERVES CONNECT MY BRAIN TO MY BODY?



#### HOW FAST DO NERVES WORK?

They work super-fast. As soon as you read this question...



#### DO DIFFERENT PARTS OF MY BRAIN CONTROL DIFFERENT THINGS?

Yes! Your brain controls all of these things...

#### WHAT DOES THE BRAIN STEM DO?

The brain stem is in charge of the things you don't think about...

#### WHAT IS MY SPINAL CORD?

Your spinal cord is a thick bundle of nerves inside your spine. It connects your brain with all the smaller nerves in your body.

#### WHAT DOES THE CEREBELLUM DO?

brainstem

cerebellum



## ON THE MOVE

### The Digestive System

**WHY DO WE EAT? FOOD GIVES US THE ENERGY THAT WE NEED TO MOVE, THINK, AND GROW.** As food travels through our bodies, the useful parts are pulled out and turned into energy. This long journey is called digestion.

#### WHAT IS SALIVA?



#### WHAT IS VOMIT?



#### I TAKE A BITE OF FOOD. WHAT HAPPENS FIRST?

Chewing comes first. Your teeth grind the food into small pieces. Then your tongue pushes it toward the back of your mouth.

#### WHY IS MY STOMACH MAKING NOISE?

Your stomach always makes rumbling noises, but usually you can't hear them. You can hear the noises if your stomach is empty.

#### WHAT HAPPENS INSIDE MY STOMACH?

Special juices inside your stomach, called acids, mix your food into a thick mush.

#### WHERE DOES MY MASHED FOOD TRAVEL WHEN IT LEAVES MY STOMACH?

The next stop is your small intestine...

#### WHAT HAPPENS TO THE LEFTOVER PARTS OF MY FOOD?

The leftover parts, called waste, go onto your large intestine. Your large intestine pulls out any water for your body to use.

#### HOW LONG DOES IT TAKE TO DIGEST FOOD?

About 12 hours.

#### IS MY SMALL INTESTINE OR LARGE INTESTINE LONGER?

#### WHAT HAPPENS TO THE WASTE?

The waste travels (as poop) from your large intestine, through your colon, out your bottom, and into the toilet.

#### WHERE DOES MY CHEWED-UP FOOD GO AFTER I SWALLOW?

