

My body

1

My body is made of many parts. On the outside I have arms, legs, hands, feet and face.

2

My skin is on the outside. It stops me from getting too hot or cold. Skin can mend itself if I get a cut.

3

I have bones all over my body. Bones are on the inside. Bones hold up my body.

4

**Bones are hard and strong.
Some bones are big and some
bones are small. You can see
bones in an X-ray.**

5

**My brain is inside my head. My
brain tells my body what to do.
The bones around my brain keep it
safe.**

6

**I breathe with my lungs. There are
two lungs inside my chest. They fill
up with air. Bones called ribs keep
my lungs safe.**

7

**My heart is inside my chest. It is
about the size of my fist. My heart is
a pump. It pumps blood through my
body.**

8

I can feel my heart beat. My heart beats slowly when I am still. It beats fast when I run.

9

Blood is wet and red. When it goes around my body it takes things that my body needs to stay alive. It takes food and air.

10

My stomach is inside my body. My stomach is like a bag. When I eat food it goes to my stomach. My stomach makes the food into mush.

11

I am hungry when I have no food in my stomach. I feel full when I have lots to eat.

12

**I have muscles inside my body.
Muscles help my body move. I
have muscles in my arms and
legs. My heart is a muscle too.** 13

**To stay healthy I need to drink
water.
To stay healthy I need to eat
healthy food.** 14

**To stay healthy I need to go to
bed early and sleep.**

15

**To stay healthy I need to run
and play every day.**

16