

# My Body

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

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

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

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

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

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

**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.**



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

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.

**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.**

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

**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.**

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

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

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



# Words to learn

body

bones

hard

strong

x-ray

head

brain

breathe

lungs

heart

blood

stomach

muscles

healthy

# Picture collection

