

# The Amazing Human Body - How We Work Inside and Out

Your body is like an amazing machine made up of many different parts working together! Every second of every day, your body is doing thousands of jobs to keep you healthy, growing, and able to learn and play.

Your skeleton is the frame that holds your body up and protects your important organs. You have 206 bones in your adult skeleton, but babies are born with about 300 bones! As you grow, some of these bones fuse together.

Your muscles are what help you move. You have over 600 muscles in your body! Some muscles you control, like the ones that help you walk or throw a ball. Others work automatically, like your heart muscle that beats all the time.

Your heart is about the size of your fist and works like a powerful pump. It beats about 100,000 times every day, pumping blood to every part of your body. Blood carries oxygen and nutrients that your cells need to stay alive and healthy.

Your lungs help you breathe in oxygen from the air and breathe out carbon dioxide. When you breathe in, your lungs fill up like balloons. The oxygen goes into your blood, and your heart pumps it all around your body.

Your brain is like the control center for your whole body. It tells your heart to beat, your lungs to breathe, and your muscles to move. It also helps you think, remember, learn new things, and feel emotions like happiness and excitement.

Your digestive system breaks down the food you eat so your body can use it for energy and growth. Your stomach is like a mixing bowl that churns food with special juices. Your small intestine absorbs nutrients from food into your blood.

Your skin is your body's largest organ! It protects you from germs, helps control your body temperature, and lets you feel things like hot, cold, soft, and rough. Your skin also helps make vitamin D when you're in the sunshine.

Your five senses - sight, hearing, smell, taste, and touch - help you learn about the world around you. Your eyes see light and colors, your ears hear sounds, your nose smells scents, your tongue tastes flavors, and your skin feels textures.

Your nervous system is like your body's electrical wiring. It carries messages between your brain and the rest of your body faster than you can blink! This is how you can quickly pull your hand away from something hot.

Your immune system is like your body's army, protecting you from germs and sickness. White blood cells patrol your body looking for harmful bacteria and viruses. When you get a cut, special cells rush to help heal the wound.

Your kidneys are like filters that clean waste out of your blood. They make urine, which is how your body gets rid of things it doesn't need. You have two kidneys, and they filter all your blood many times every day!

Your body needs sleep to grow, repair itself, and organize memories. While you sleep, your body releases growth hormones, your brain processes what you learned during the day, and your immune system gets stronger.

Exercise is important for keeping your body strong and healthy. When you run, jump, and play, you make your heart stronger, your muscles bigger, and your bones denser. Exercise also helps your brain work better and makes you feel happy!

Eating healthy foods gives your body the nutrients it needs to grow and work properly. Different foods provide different nutrients - fruits and vegetables give you vitamins, dairy products give you calcium for strong bones, and proteins help build muscles.

Your body is truly amazing and unique! No one else in the world has exactly the same fingerprints, voice, or DNA as you. Taking care of your body by eating well, exercising, getting enough sleep, and staying clean helps you stay healthy and strong so you can do all the things you love!