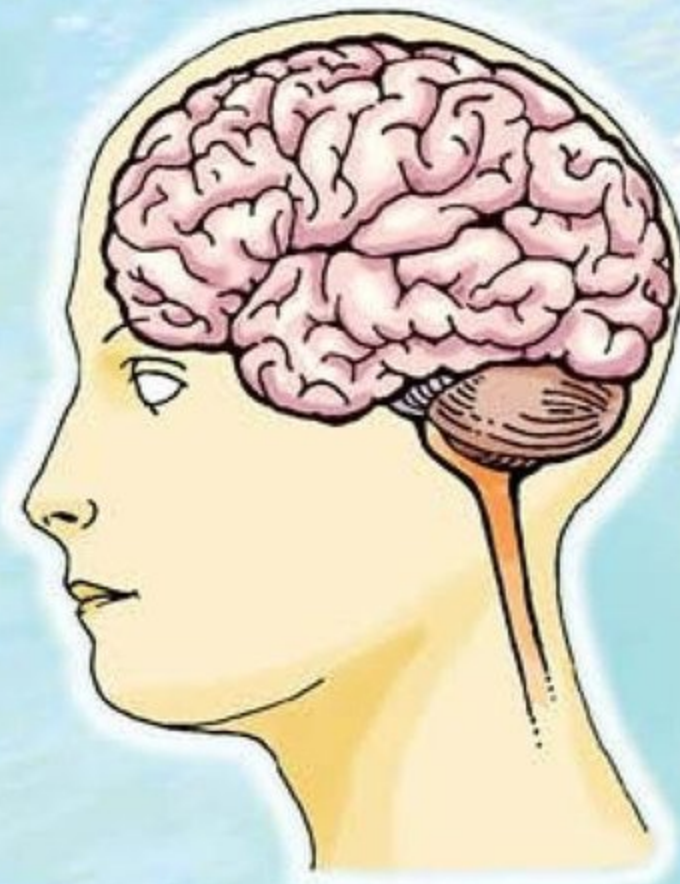
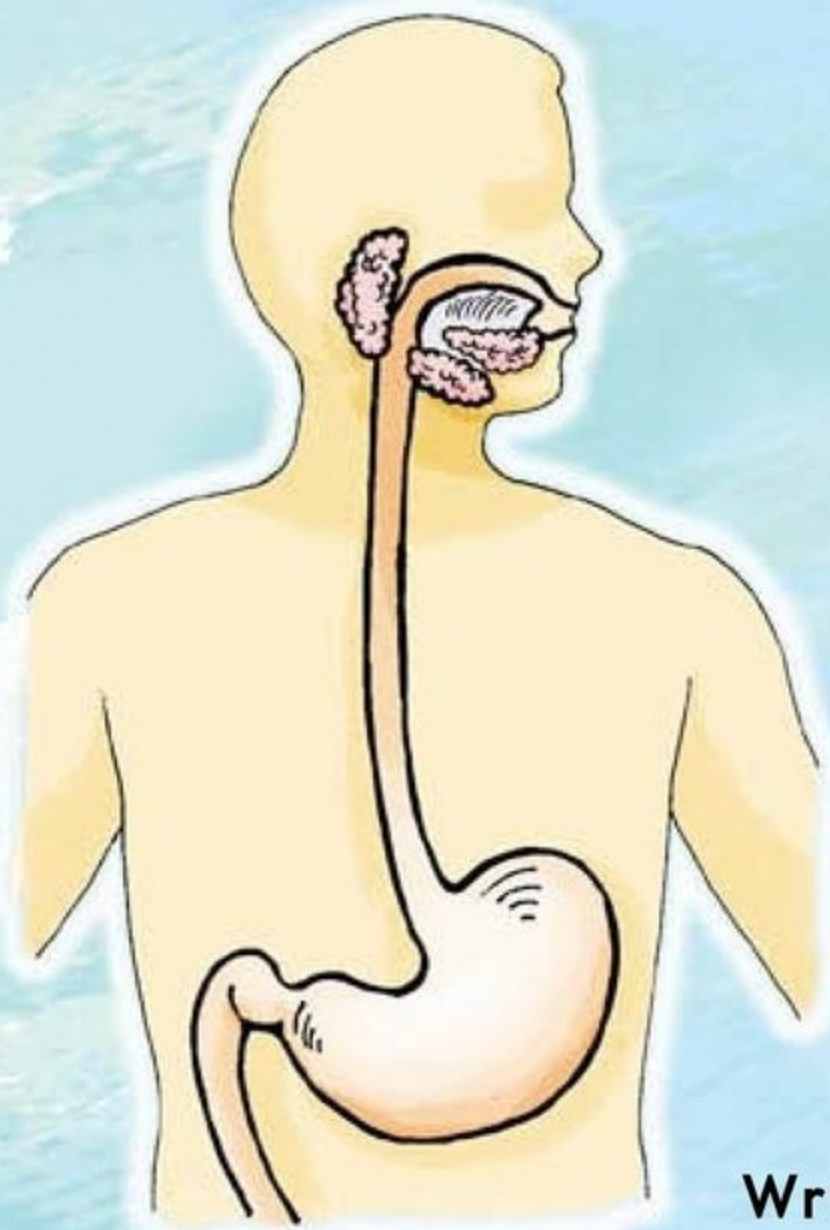


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# Inside Your Body

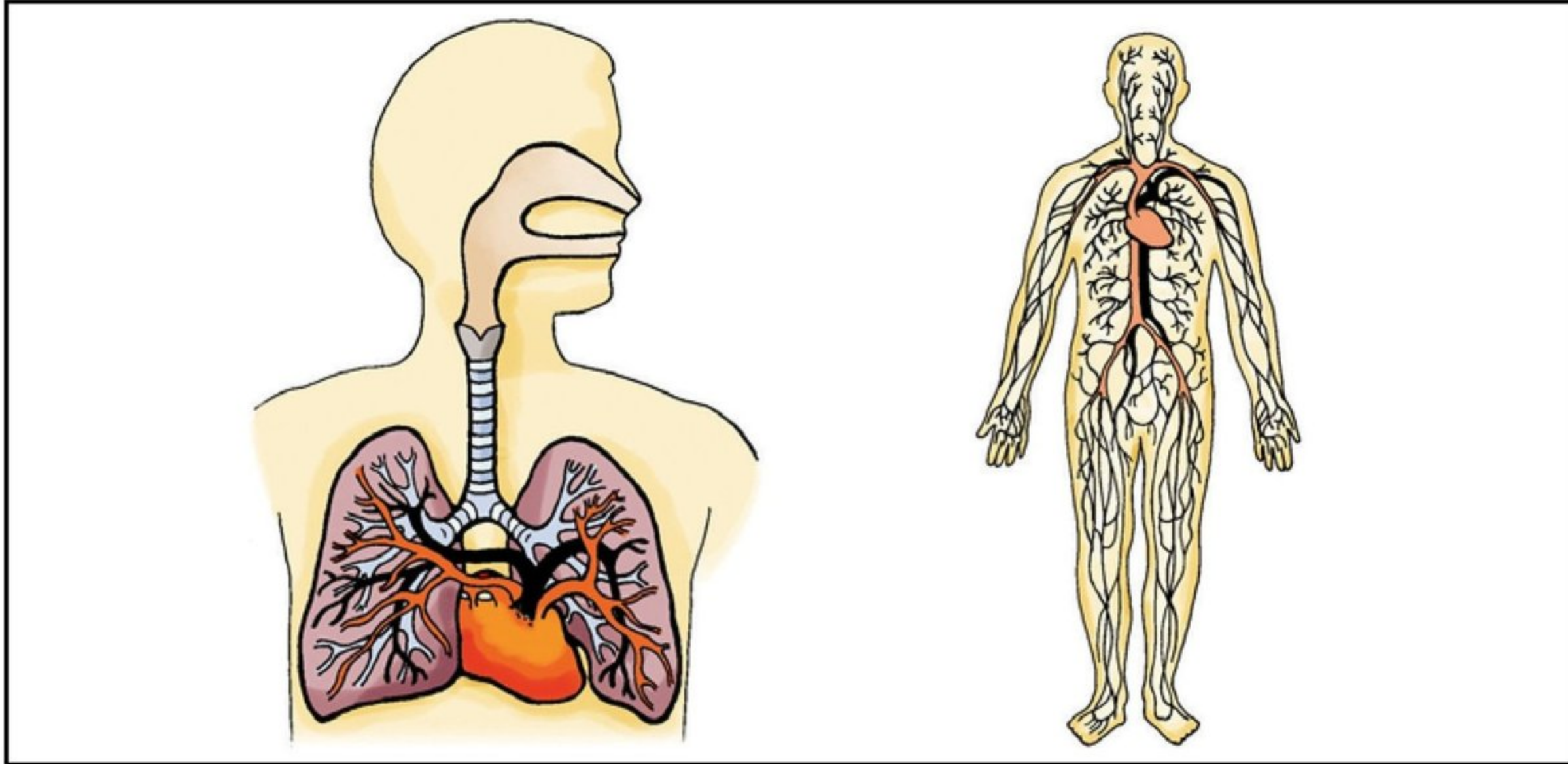


Written by Kira Freed • Illustrated by Cende Hill

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# Inside Your Body



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## Introduction

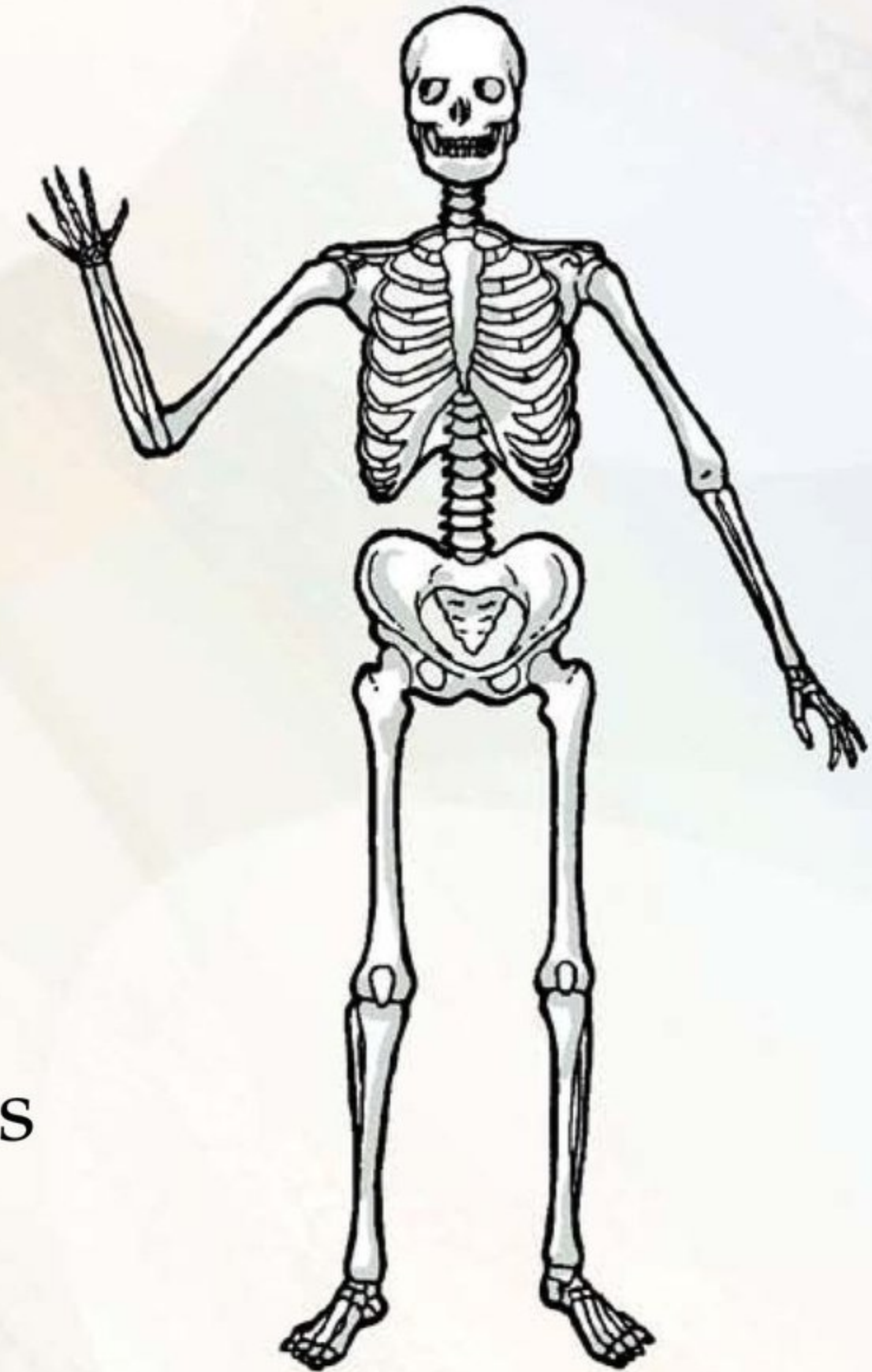
The human body is an amazing machine. It has many parts that form systems. The systems work together to keep you alive and healthy. Let's look at some of your body's systems.



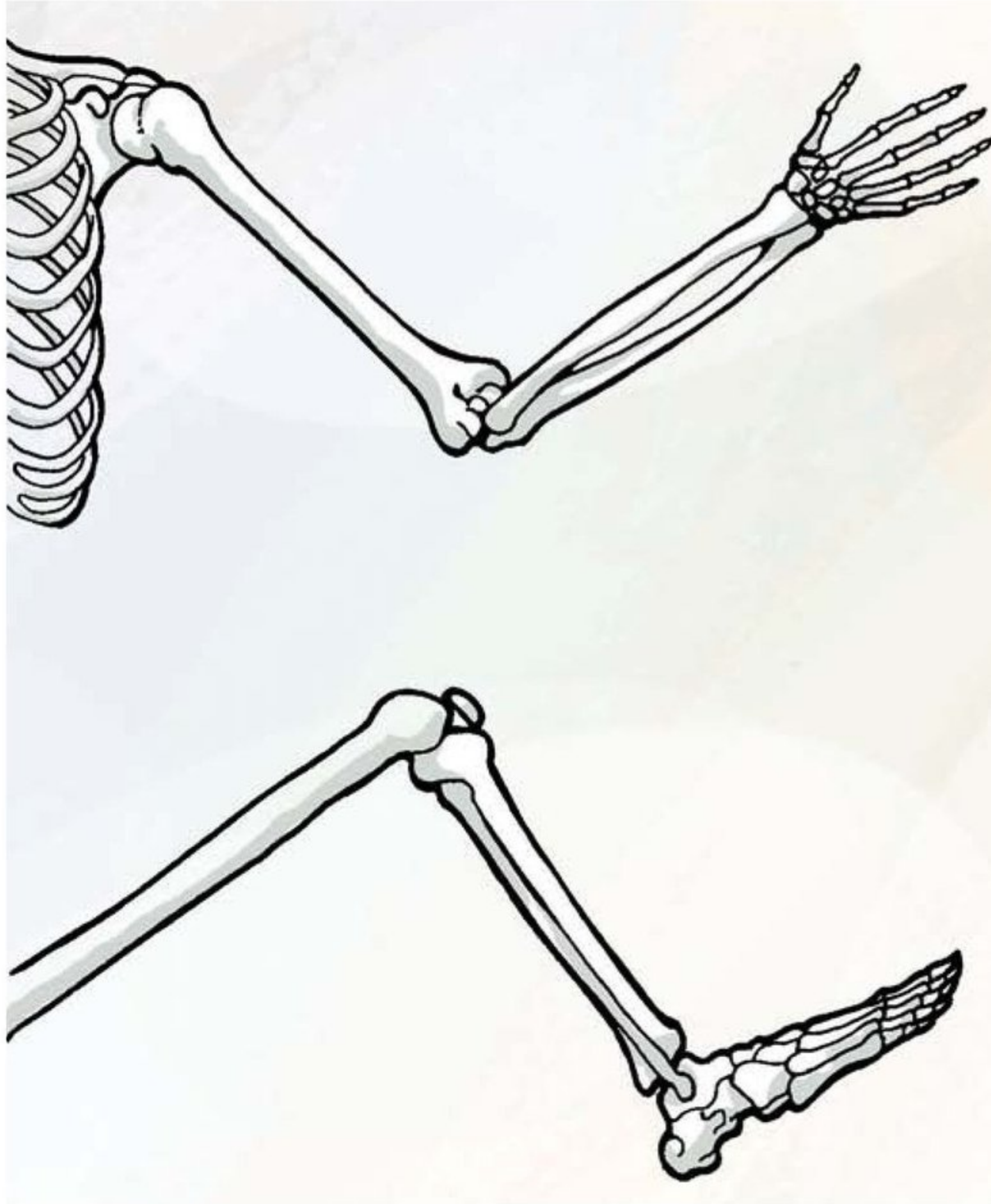
## Skeletal System

There are 206 bones in your body that make up your skeleton. Your bones give your body shape and strength. They also protect your inner organs.

Most of the bones in your body are linked together at joints. There are different kinds of joints. Different joints let body parts move in different ways.





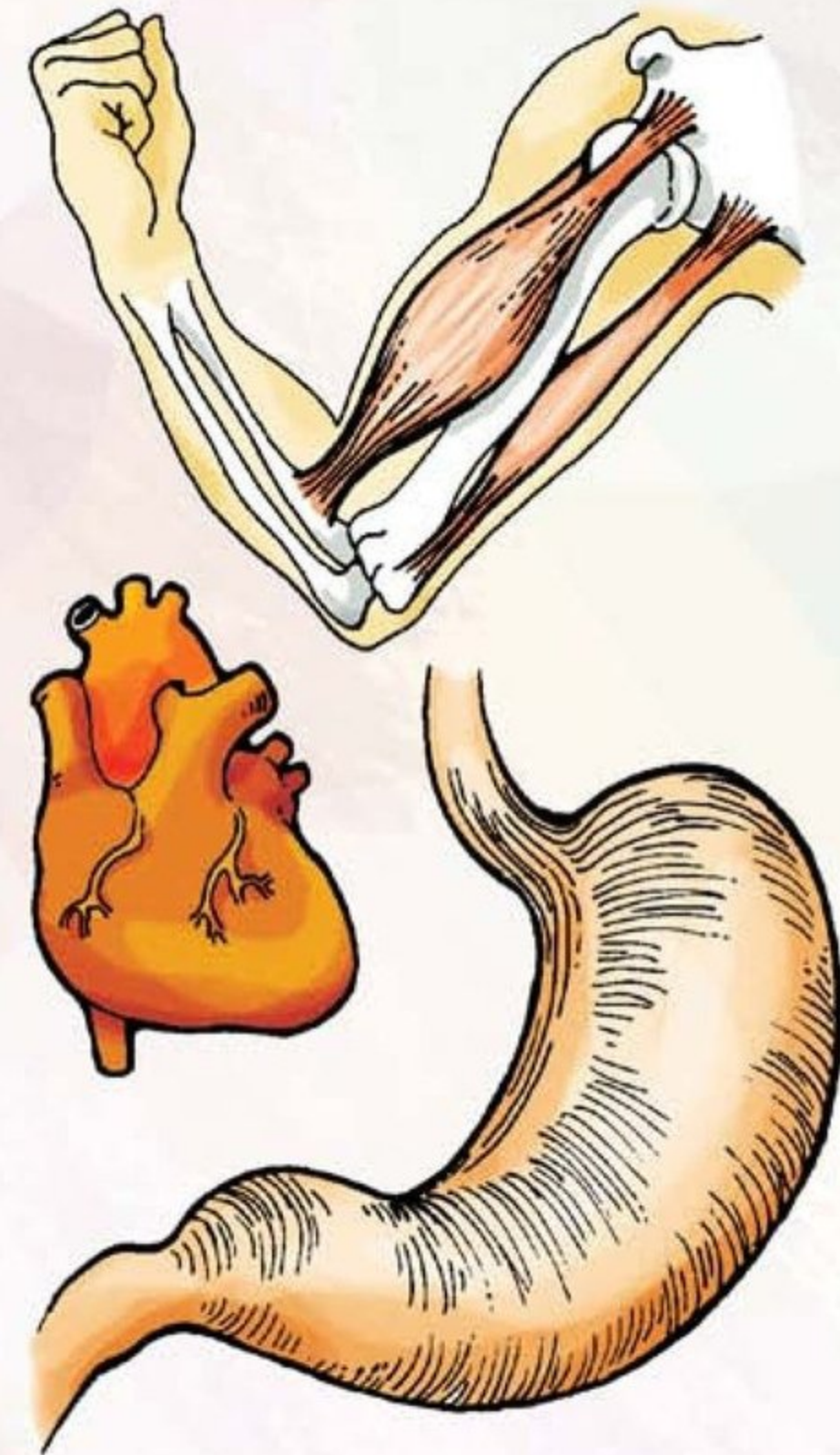


The joint that joins your arm and shoulder lets your arm rotate. The joints at your elbows and knees let your lower arms and legs move up and down. If it were not for moving joints, you could not walk, run, and swim.



## Muscular System

Muscles control the movement of your body. There are three kinds of muscles. Skeletal muscle is the muscle that is attached to bones. It makes your arms, legs, fingers, eyes, and other body parts move. Cardiac muscle is the strong heart muscle. It works around the clock. Smooth muscle is found in your skin, stomach, and other organs.

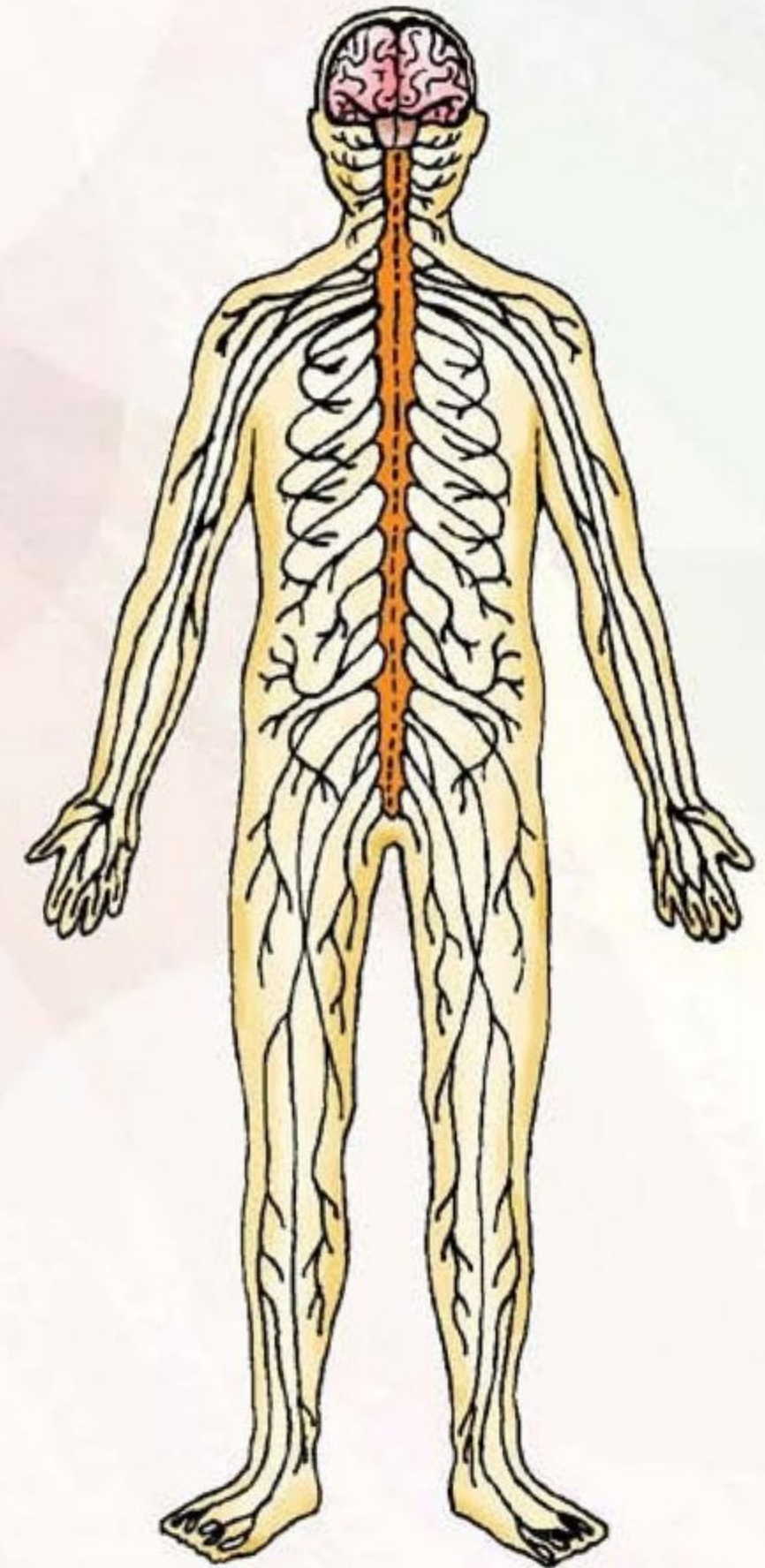




## Nervous System

Your brain and thousands of miles of nerve fibers form your body's communication system. The brain is the control center. It receives information from your sense organs—eyes, nose, ears, tongue, and skin.

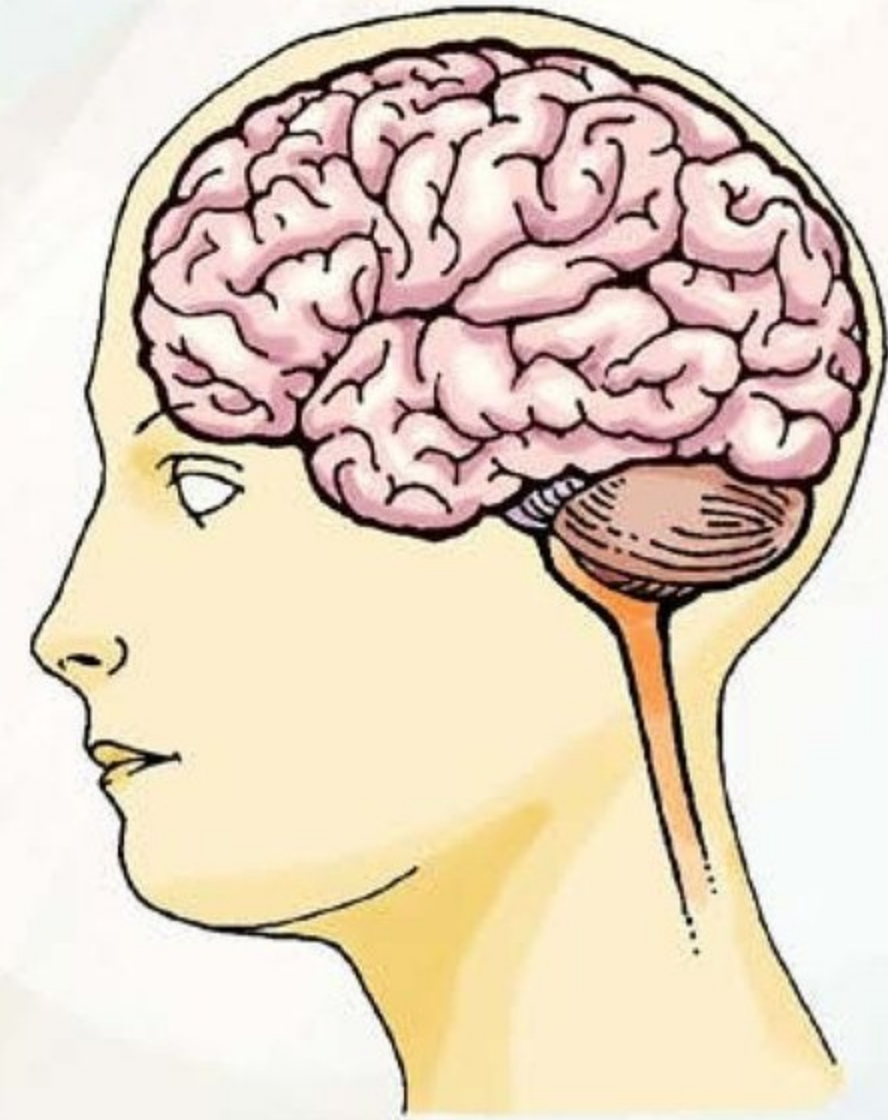
The brain tells muscles what to do. If your fingers go near something hot, a signal goes to the brain. It then sends a signal to tell your hand to move away.





The brain controls many functions of your body without your thinking about them. You breathe, your heart beats, and you digest food without thinking. It just happens.

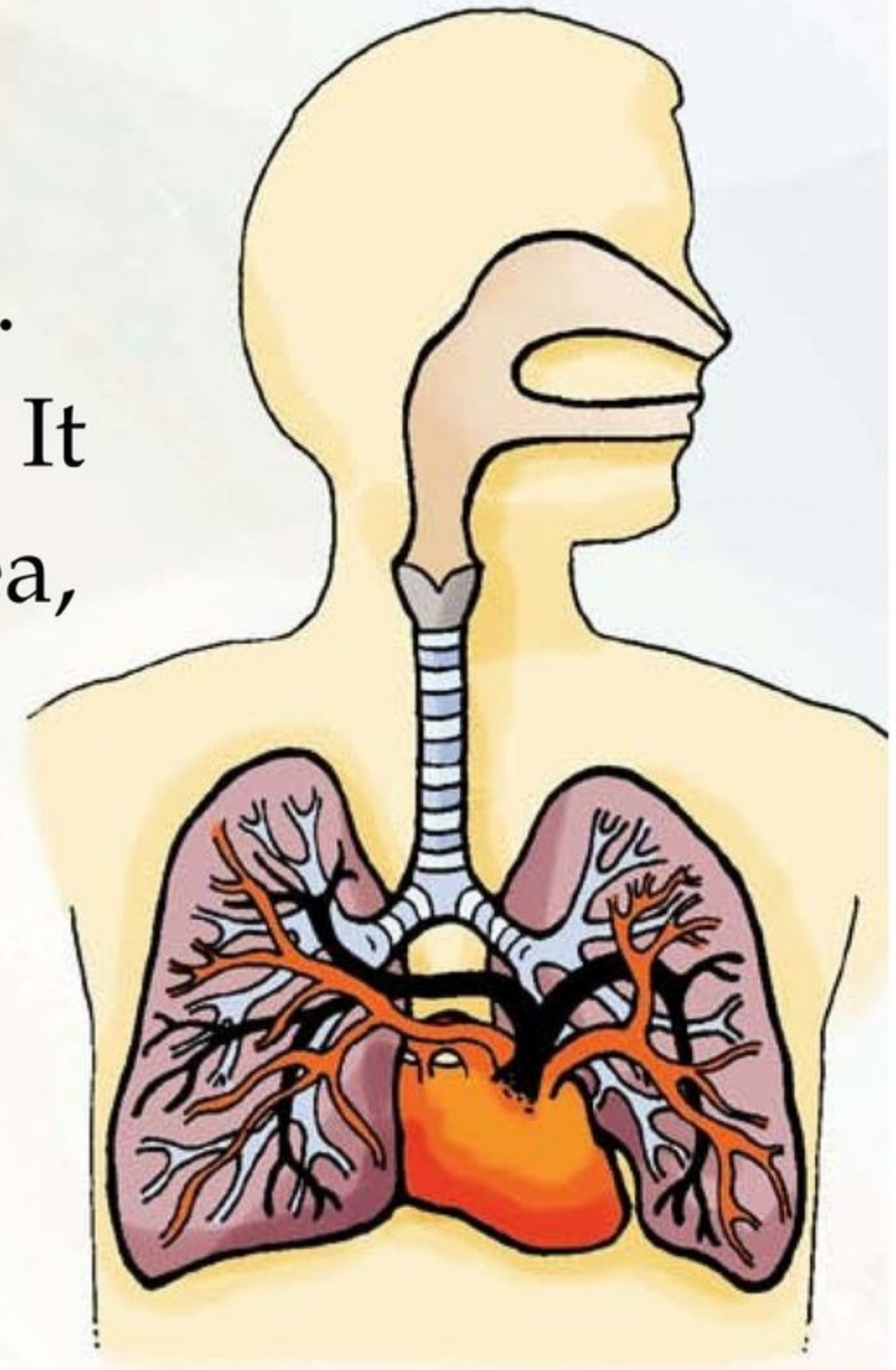
For other things, the brain tells muscles what to do. The brain decides what to do based on information from your sense organs. What it does depends a lot on what you have been taught. If you see the problem  $2 + 2 = ?$ , you know the answer because you were taught how to add.





## Respiratory System

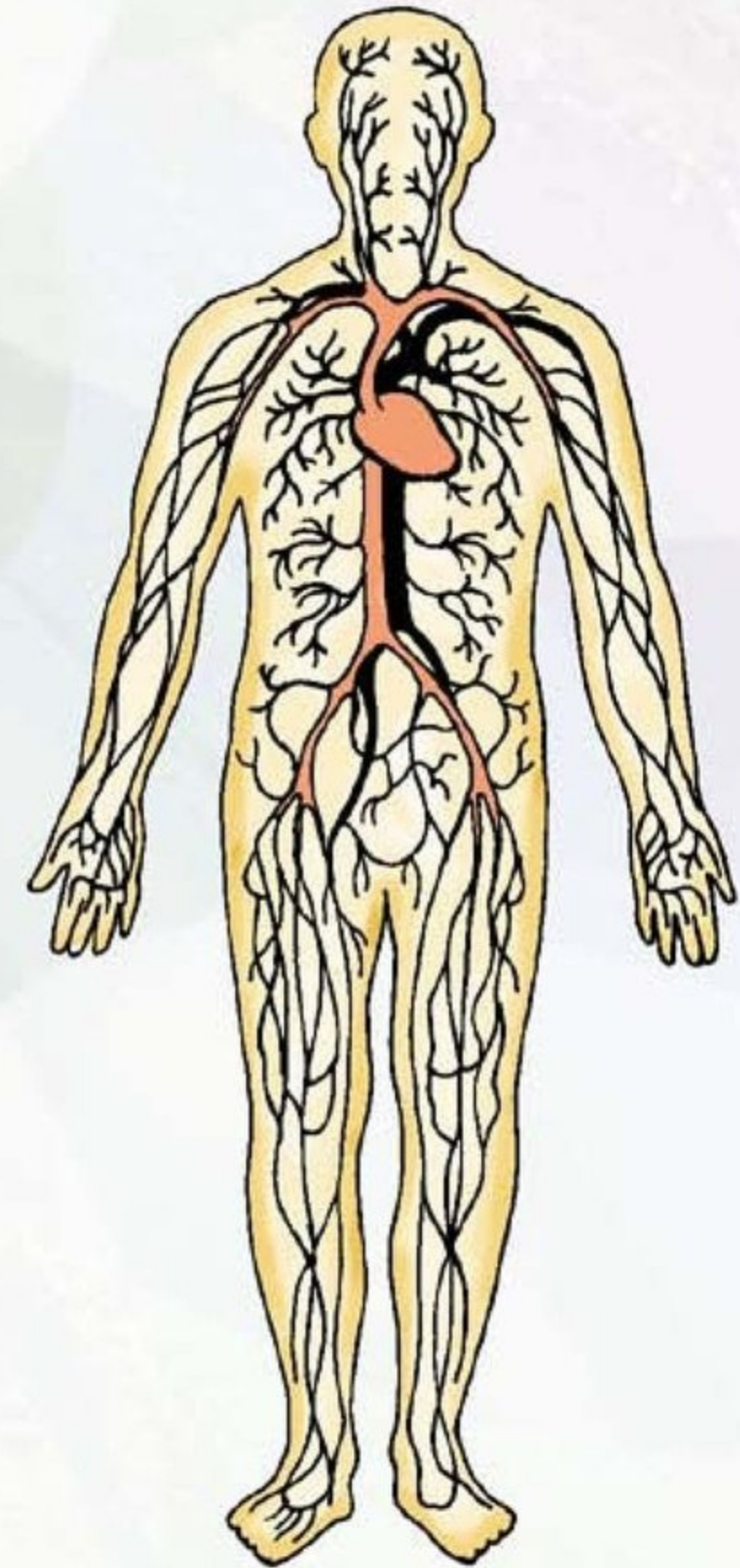
This system takes care of breathing. Oxygen is part of the air that you breathe. Air enters through your nose and mouth. It travels to your lungs through your trachea, or windpipe. Once air is in your lungs, blood removes the oxygen and takes it to the cells of your body. Your lungs also remove carbon dioxide from blood. The carbon dioxide leaves your body every time you breathe out.





## Circulatory System

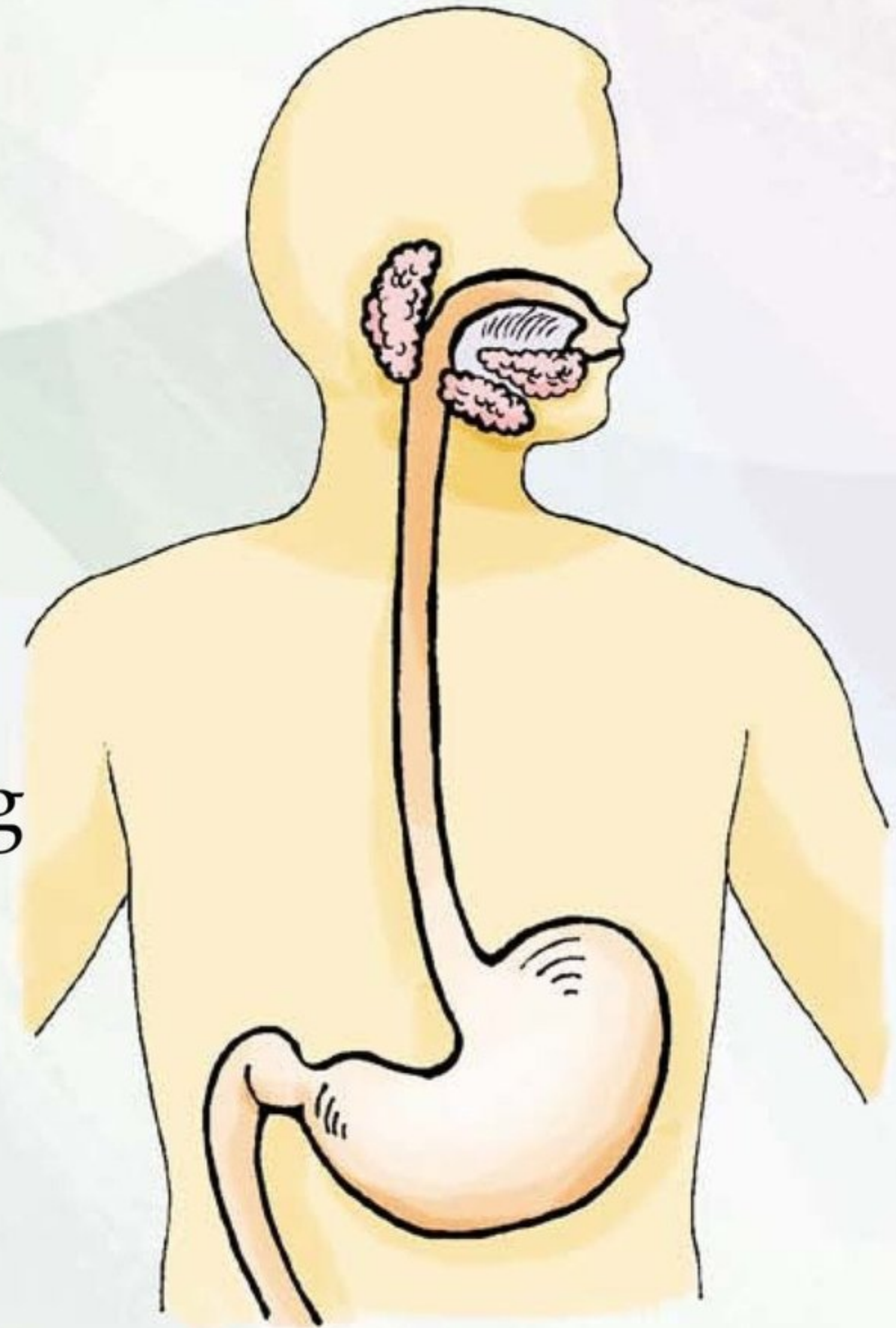
The circulatory system is made up of your heart and blood vessels. Your heart pumps blood through your body. It never rests. Blood delivers food and oxygen to every cell in your body. It also picks up waste products from cells and takes them to the lungs and kidneys. The waste then leaves your body.





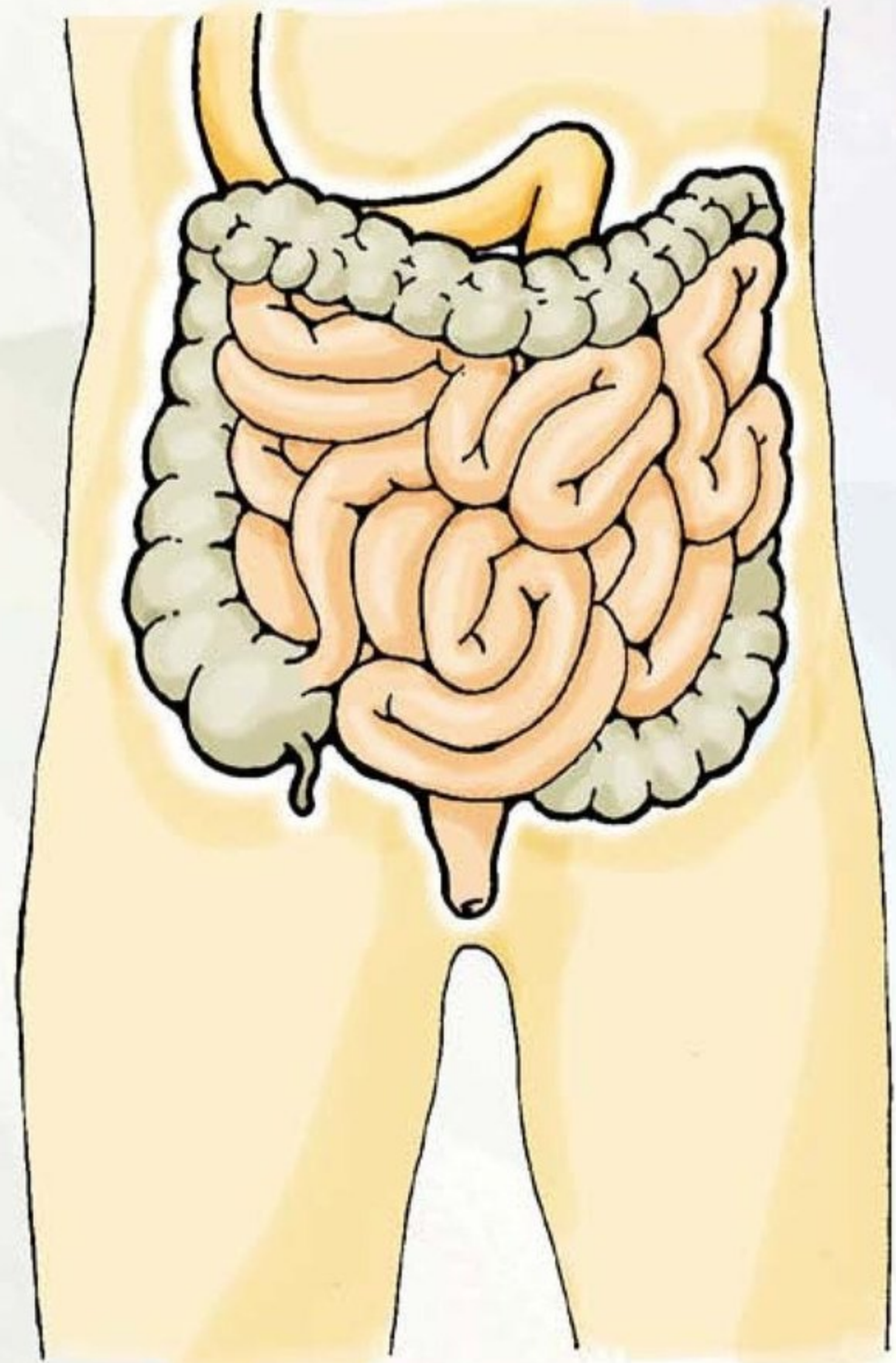
## Digestive System

Digestion breaks down the food you eat. Food must be broken into very tiny particles so that it can be carried by the blood to cells. When food enters your mouth, it mixes with saliva, or spit. Saliva begins digesting the food. When you swallow, food travels down a long tube to your stomach, where it mixes with other chemicals that digest it more.





Then the food enters your small intestine. Here, more chemicals mix with the food. Blood moving through the walls of the small intestine carries away the digested food. Food that is not digested continues on to your large intestine. It is then removed as waste.





## Reproductive System

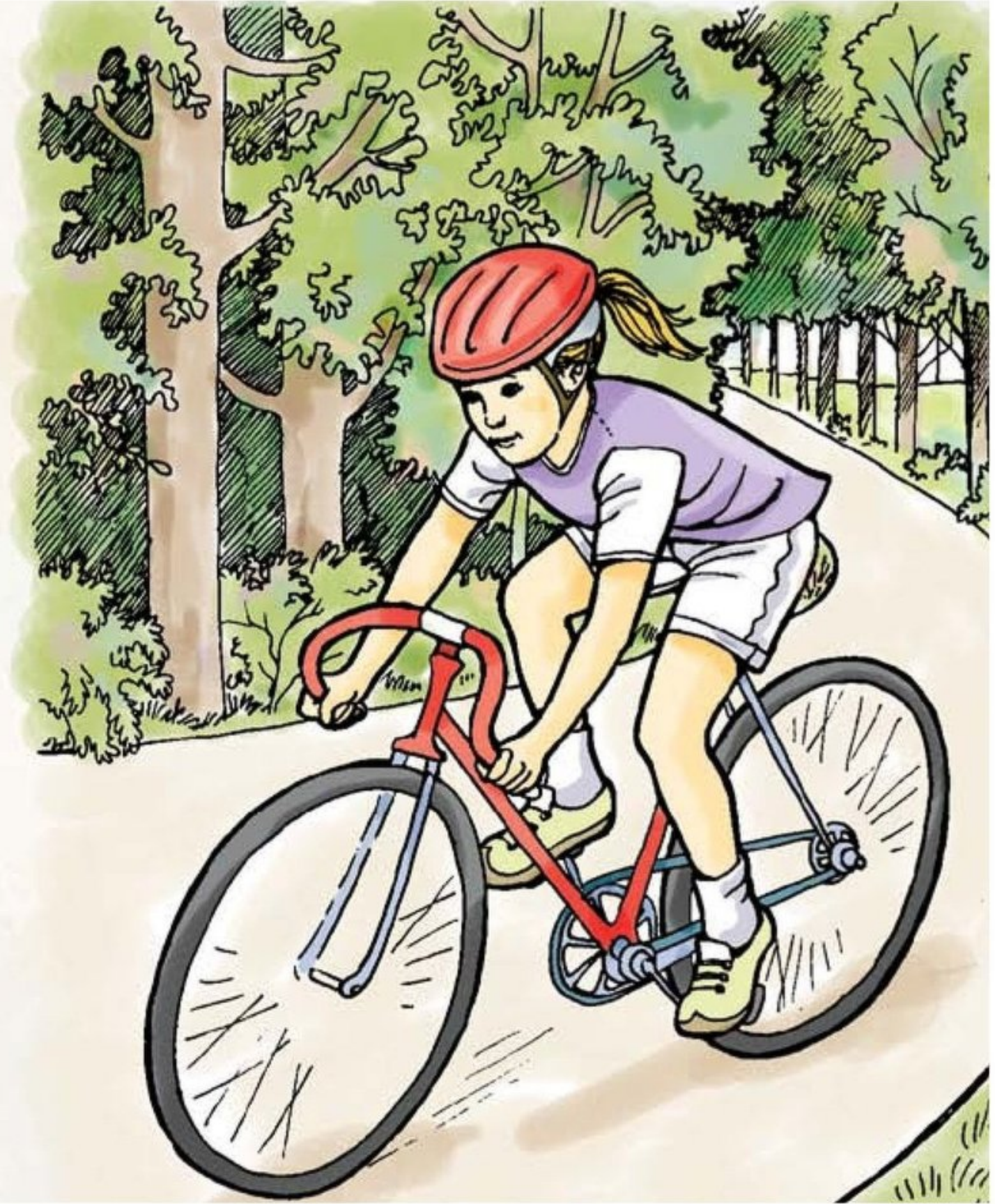
Humans must reproduce in order to survive. Special organs and glands in the reproductive system allow humans to make new human beings.





## Conclusion

This is a look at some important systems in your body. Many other parts also help you stay strong and healthy. You can help your body do its job by eating well and getting exercise. You can also help by avoiding stress and unsafe situations.





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Level M Leveled Book  
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