Parts of the Body and How They Grow

The body has many parts, and each part has a special job. The head holds the brain, which helps people think, learn, and remember. The eyes help people see, and the ears help people hear. The mouth helps people eat, talk, and taste food. The arms and hands help pick up and carry things, while the legs and feet help run, jump, and move around. The heart pumps blood to keep the body alive, and the lungs help the body breathe.

All parts of the body grow as children get older. Bones grow longer and stronger, muscles get bigger, and the brain learns new things. Eating healthy food, drinking water, being active, and resting help the body grow properly. Good habits like washing hands and wearing warm clothes also keep the body safe while it grows.

Every part of the body works together to help people move, play, learn, and enjoy life. Understanding the body and how it grows helps children make good choices to keep themselves strong and healthy. Taking care of all parts of the body helps the body grow in the best way.