

Get Started With  
**STEM**



# My Body and What It Needs



by Ruth Owen







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Ruby Tuesday Books



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# Contents

All About Your Body.....	4
Let's Look Inside .....	6
Your Brain in Charge .....	8
Your Heart and Blood.....	10
Breathing In and Out .....	12
You and Your Food .....	14
Wonderful Water.....	16
Let's Eat!.....	18
Five a Day .....	20
Let's Go!.....	22
Happy, Healthy Skin.....	24
Time to Brush.....	26
Time for Bed .....	28
Get Ready for Tomorrow!.....	30
Glossary, Index.....	32



Words shown in **bold** in the text are explained in the glossary.

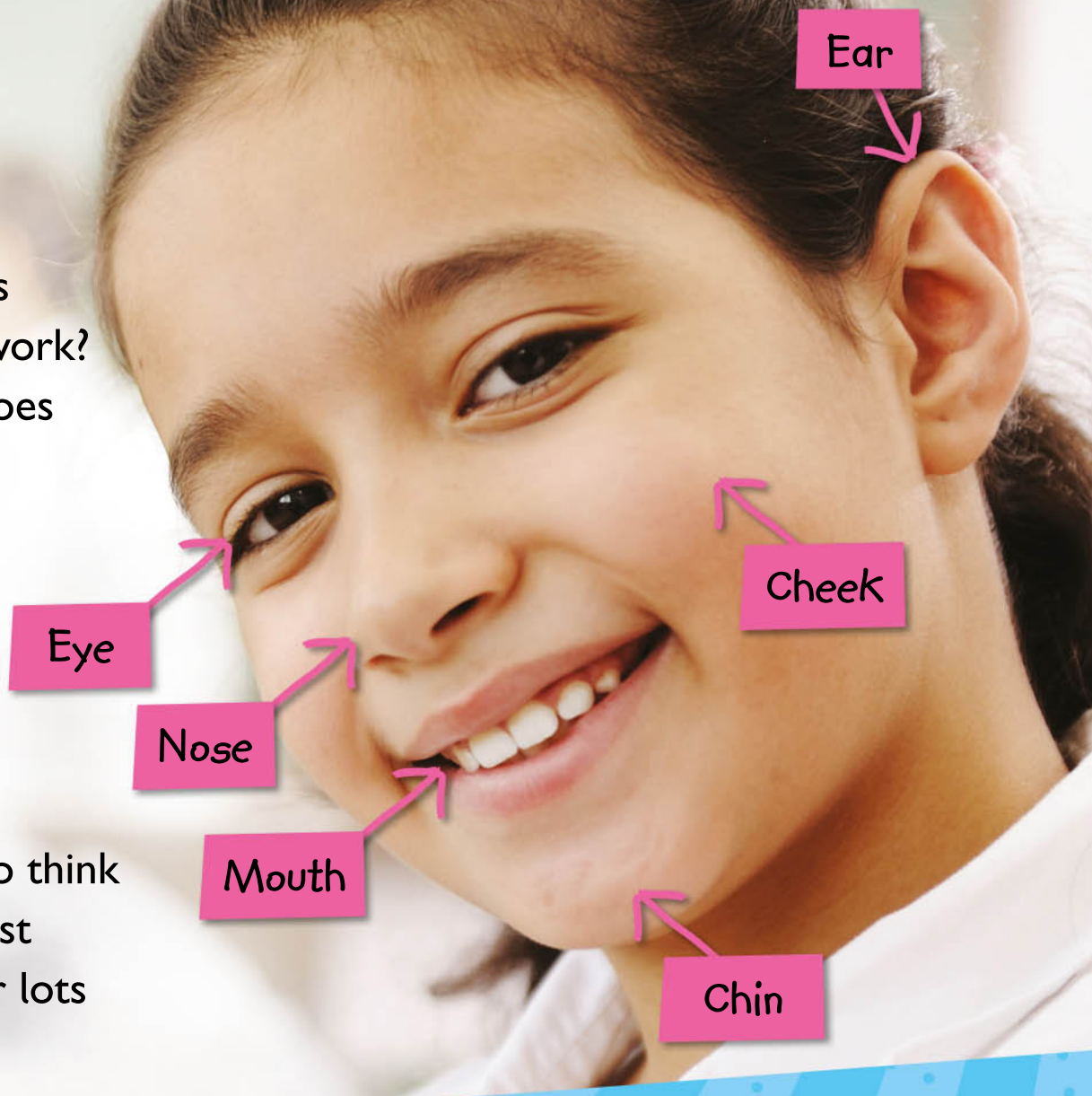
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# All About Your Body

Every day you think, talk, eat, move, and have fun.  
This is all possible because of your amazing body.

So how does  
your body work?  
And what does  
it need?

Get ready to think  
like a scientist  
and discover lots  
about YOU!





Can you name  
the body parts?



## Be a Scientist!

Look at these words for body parts.

Neck	Shoulder	Knee
Arm	Chest	Ankle
Elbow	Belly	Foot
Head	Hand	Leg

**Can you match the words  
to the picture above?**

Choose five of the body parts.  
Then in a notebook, write a sentence  
about that body part. For example:  
I kick a soccer ball with my foot.





# Let's Look Inside

Inside your body is a strong framework of bones called a skeleton.



Places where bones meet, such as elbows and knees, are called joints.

If you didn't have joints, your skeleton would not bend.

Your body is made of trillions of tiny parts called **cells**. They are so small they can only be seen with a microscope.





You have hundreds of muscles in your body. Their job is to move your bones.

Your muscles are attached to your bones by stretchy, cord-like tendons.

## Let's Investigate!

Gently examine your fingers.

**Can you feel the hard bones inside?**

**How many joints does each finger have?**

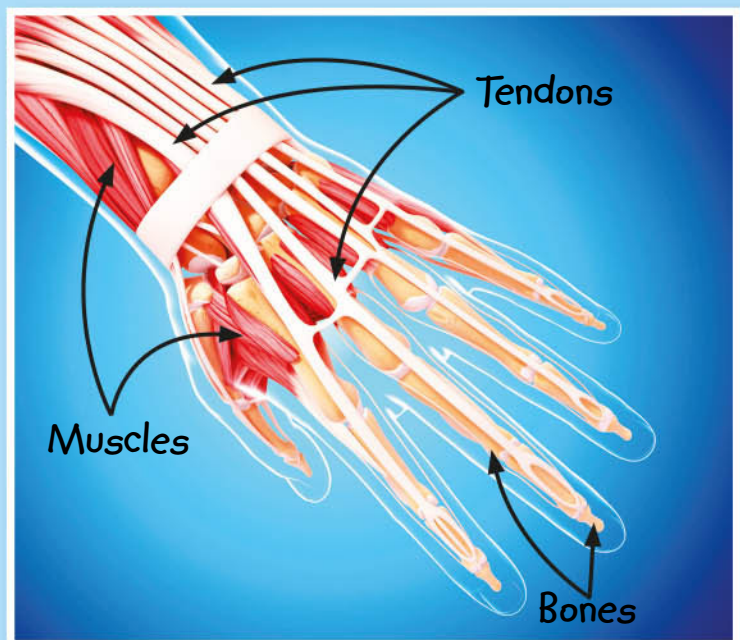
Now look at the back of your hand and wriggle your fingers. Muscles in your hand and arm are moving the finger bones.

**Can you see the cord-like tendons that attach the muscles to the finger bones?**

**Where do you see them moving?**

(There are answers at the bottom of the page.)

If you could see inside your hand, this is what you would see.



**Answers:** You have three bones and three joints in each finger. When you wriggle your fingers, you'll see the tendons moving on the back of your hand and up your arm.