

The Body Book

Class II Book 5





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Here is Dorji.

He is washing his skin.

We need to clean our skin every day.

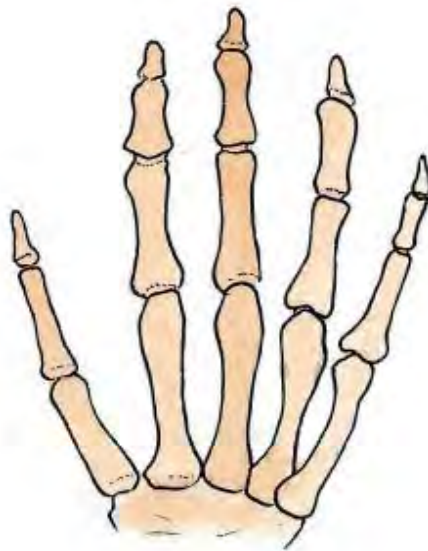
But what is under our skin?



Bones

Look. There are lots of bones. We all have 206 bones in our body. Some of them are very small.

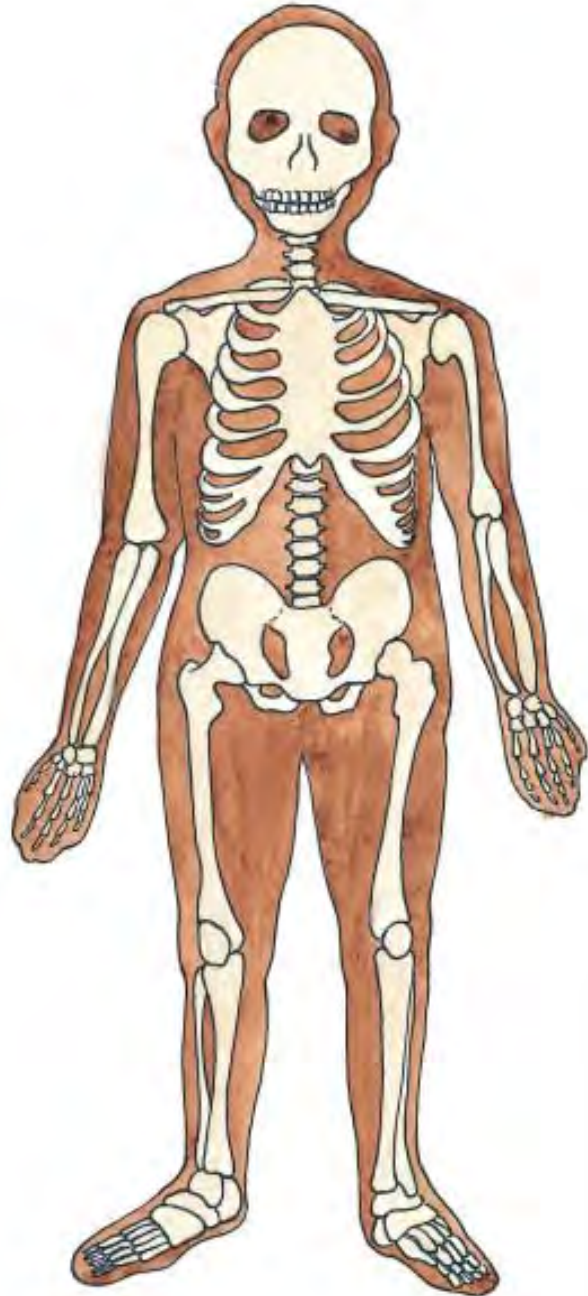
Look at this picture of the small bones in your fingers. Can you count how many there are ?



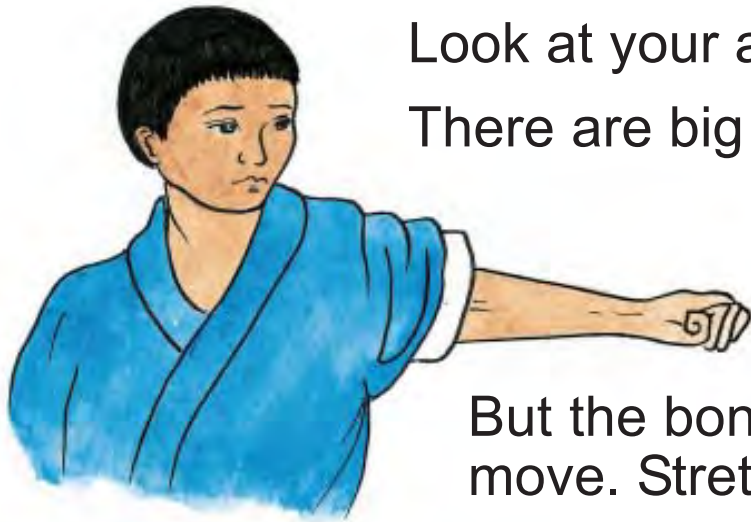
Some of them are long and strong.

Can you see the longest bone?

Tall children have long bones in their legs. How long are your leg bones?
Are you tall? Who has the longest leg bones in your class?
Are they the tallest?



Muscles

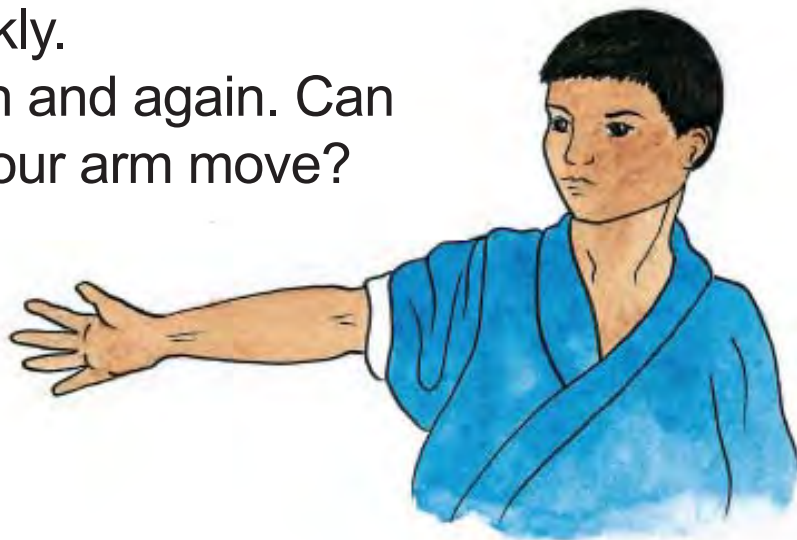


Look at your arm.

There are big bones in it,

But the bones cannot move. Stretch your arm.

Now shut and open your hand quickly.
Do it again and again. Can you see your arm move?



Put your hand on your arm where
it is moving.

This is a muscle.

We need muscles to move our bones.





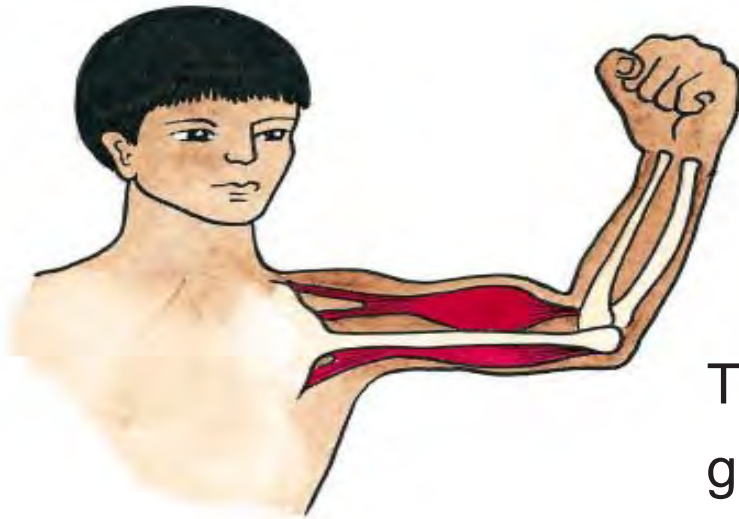
Look at the arm. How many muscles can you see?

There are two. Muscles work in twos to pull the bones in our body like this:

This muscle is short and fat.



but this muscle is long and thin.

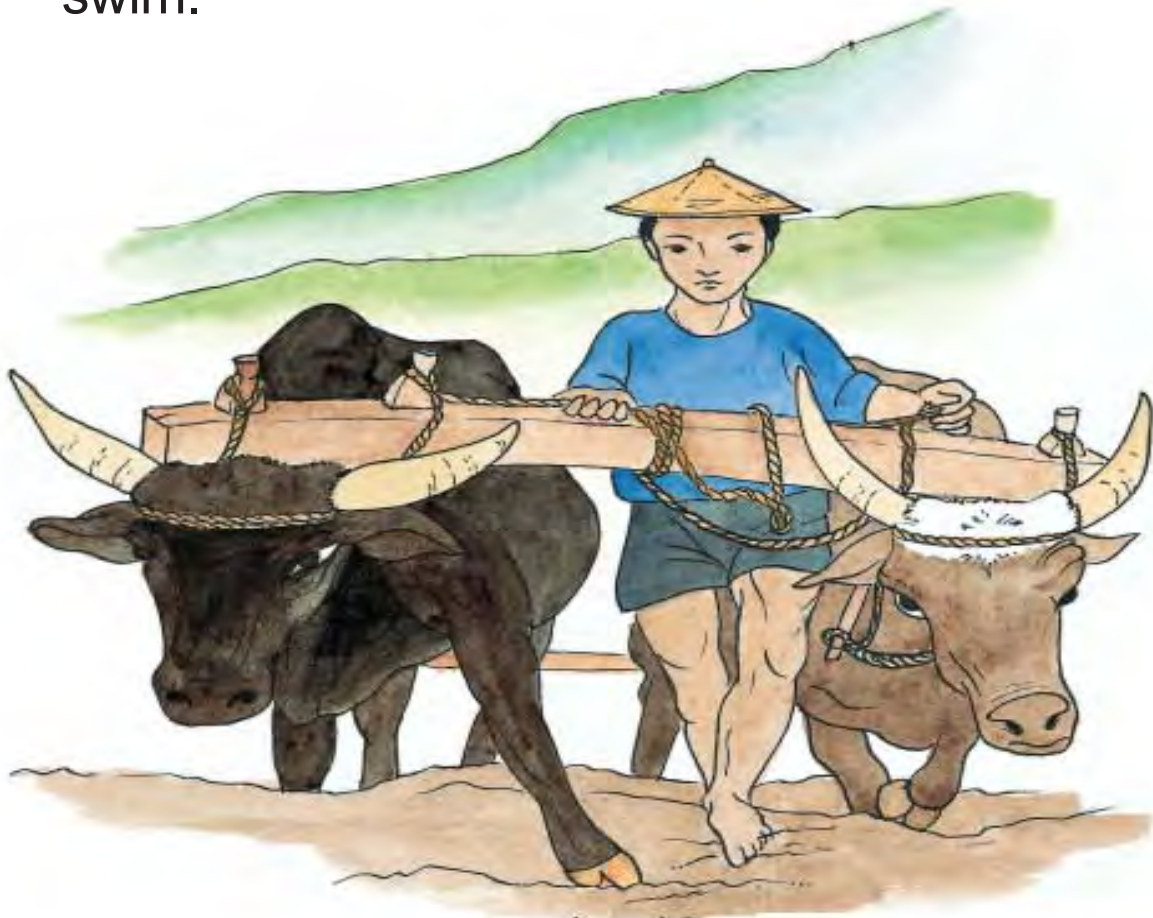


This muscle
gets shorter
and fatter.

The short, fat muscle is pulling the arm up.

Every time you move your arm you use the
muscles in it.

We have muscles in every part of our body.
We use them when we run, walk, write and swim.



Look at this farmer ploughing his field?
Can you see the big muscles in his legs?
His legs are very strong.

Not all our muscles are big.

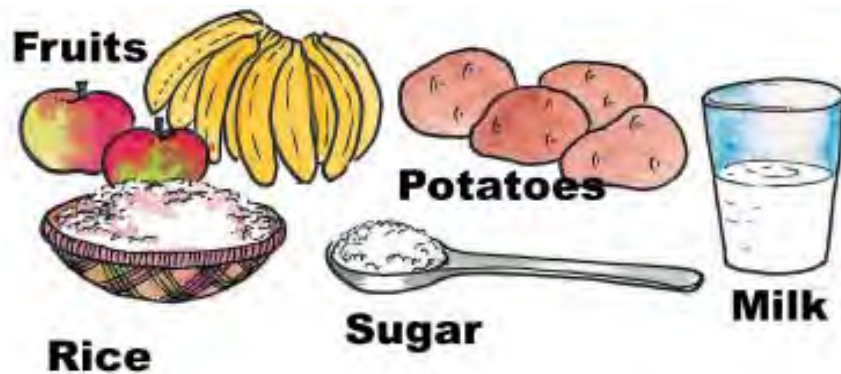
You have 38 muscles in your face. When you smile you use your muscles.



In your eye you have very, very small muscles. They help you see.

Growing strong

We need to eat good food to help us grow and make our bones and muscles strong. These foods are good for us. They help us to work and play.



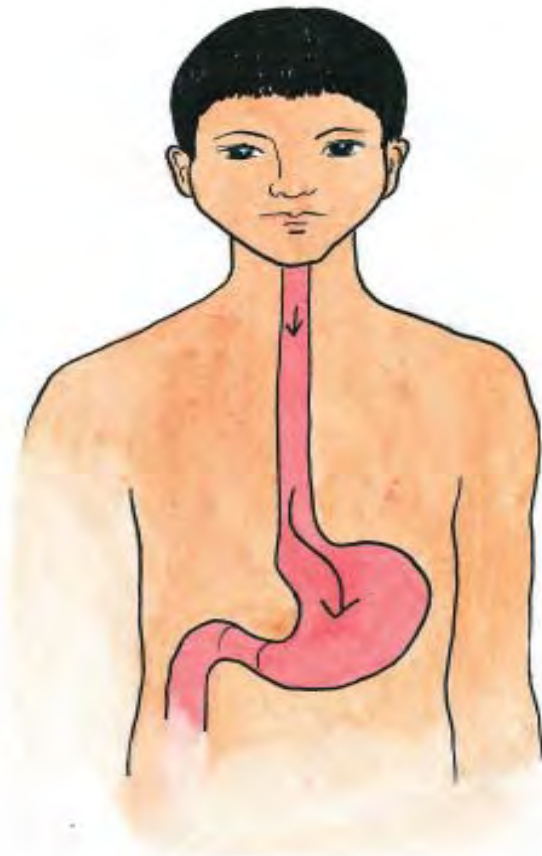
And these foods make us grow tall and make our bones strong.

What are they?



We need to eat some of these foods every day.

When you eat, the food goes down a long food pipe into your stomach.



Then your food is made into small pieces inside your stomach.



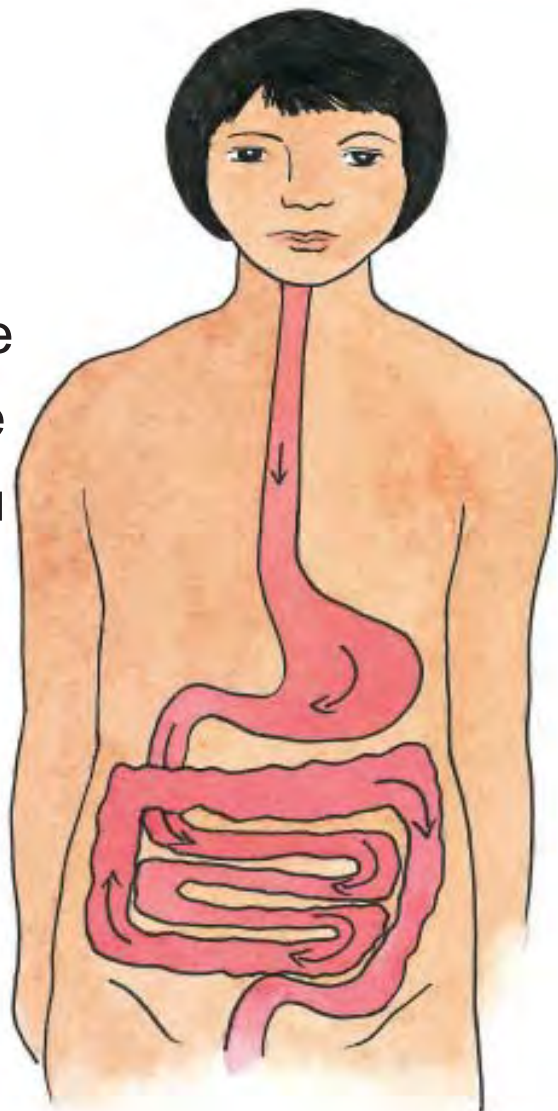
If you eat at 12 o'clock there is nothing in your stomach by 2 o'clock. Where does the food go ?



The food goes out of the stomach into a long thin tube (small intestine) and it is made into very small pieces.

Then it goes into a fatter tube (large intestine). These intestines are inside your body. Can you see them in the picture? Do they look long?

They are very very long.

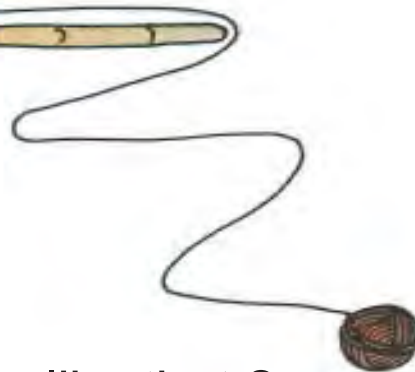


The tube is six metres long.
Cut a piece of string six metres long.

Can you put it all on this
page?



Look again at the
picture on page 13.



Can you put the string like that ?



Your body does not use all of the food you eat.

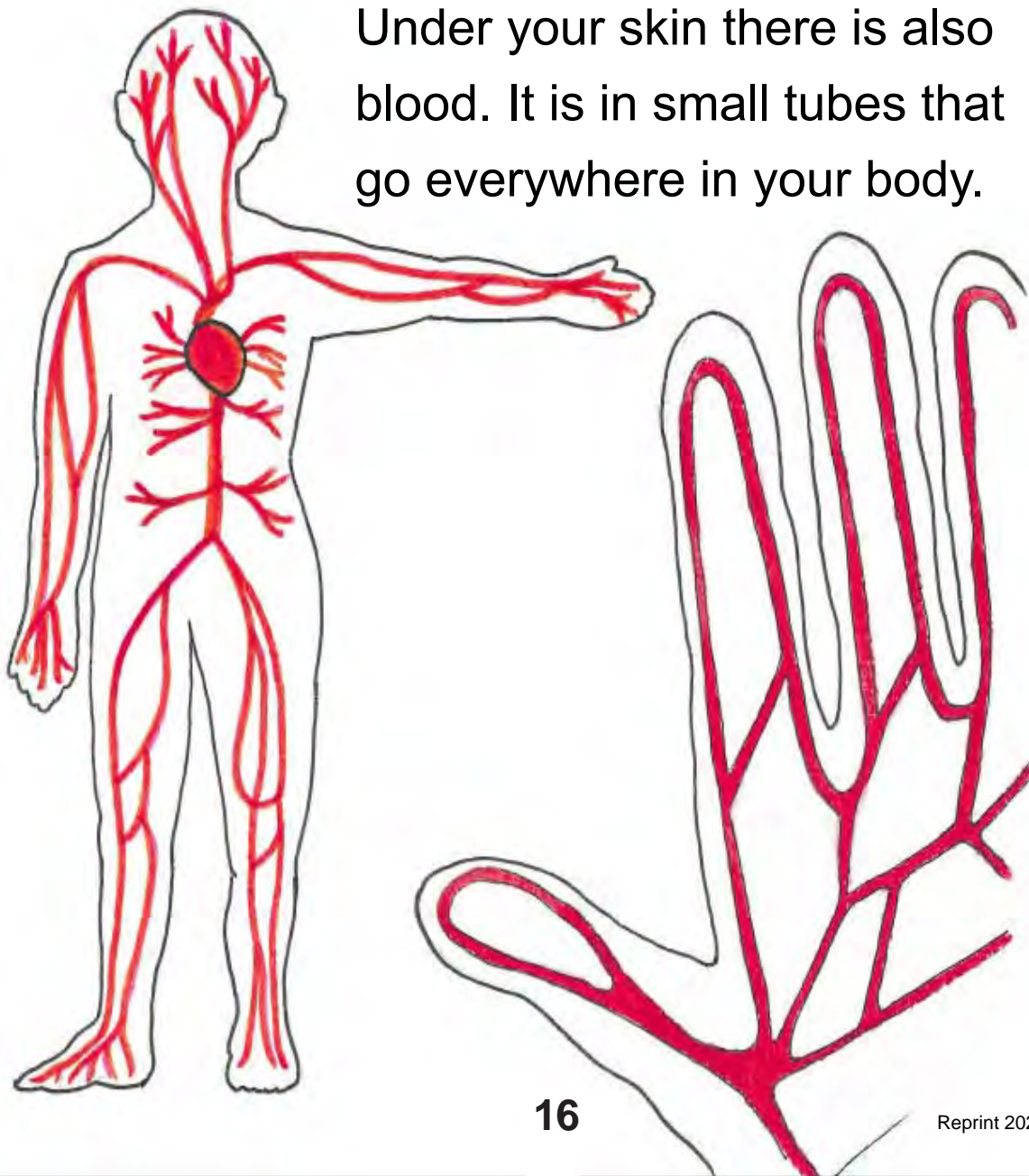


When you go to toilet, the waste food is pushed out. Your body doesn't need it.

Blood

How does the food make us grow strong?

Under your skin there is also blood. It is in small tubes that go everywhere in your body.



Blood carries things inside your body . It carries things your body uses. It carries food everywhere in your body.



You have 3 litres of blood in your body but your mother or father has 6 litres.



Your blood is moving all the time.

Put your fingers here.



You can feel your blood moving.