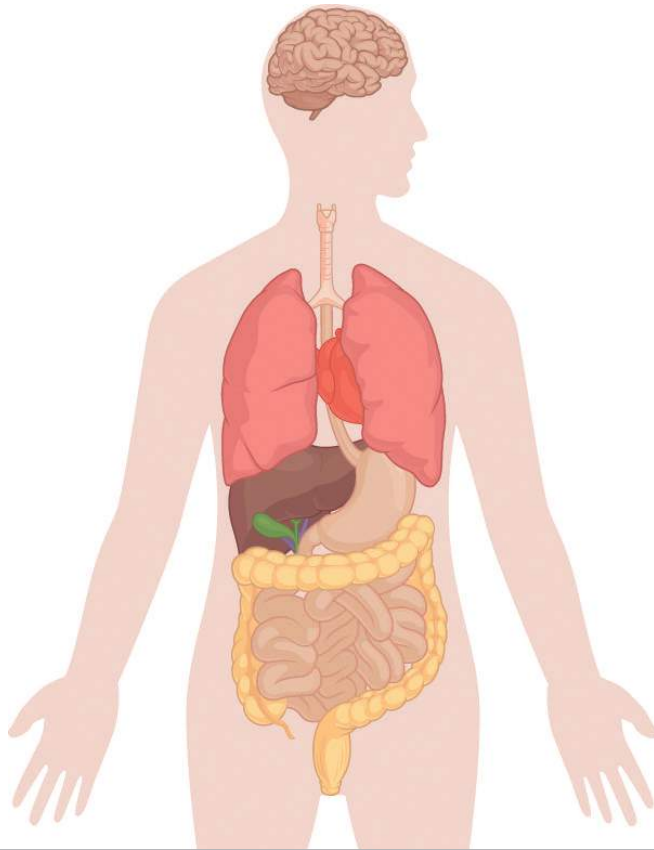


# What Happens Inside you



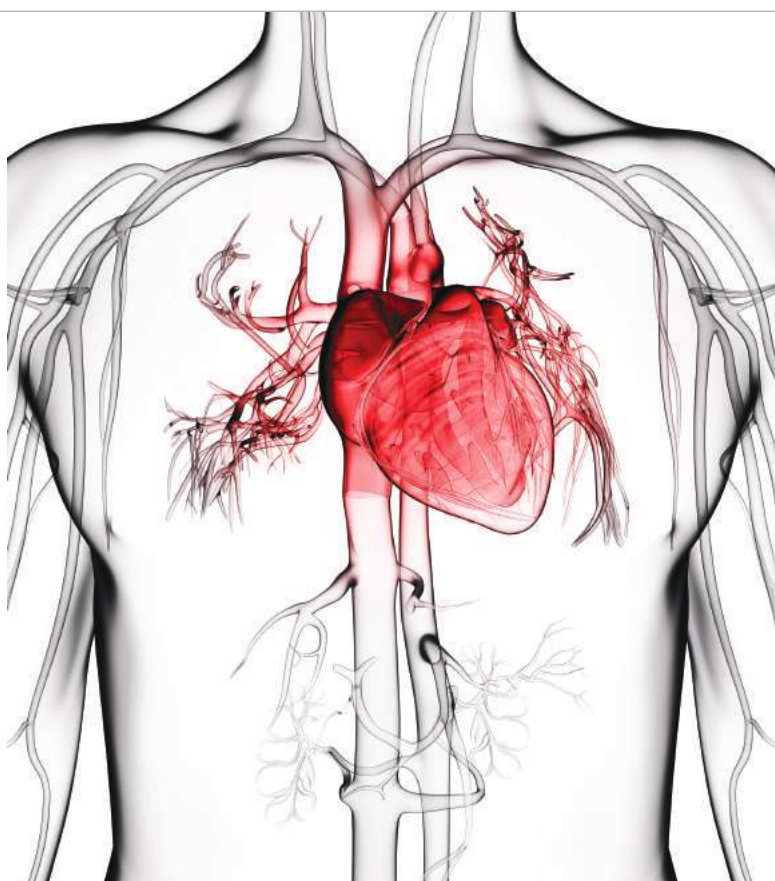
**LEVEL 6**



Your body is so amazing!

It does many different things every day.

It does many different things every minute!

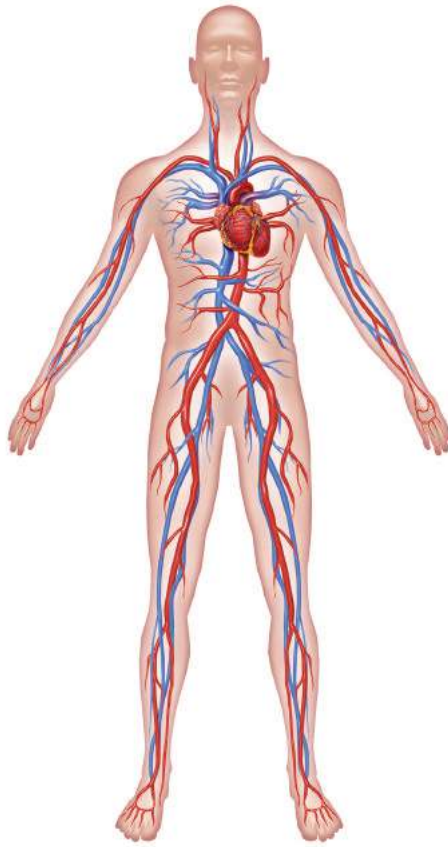


Your heart is a big, red pump.

It goes da-dun, da-dun, da-dun all day long.

It pumps blood all round your body.

The blood goes from your head to your toes.



Your body needs blood, because blood is full of oxygen.

Everything in your body needs oxygen.

You need oxygen to run, laugh, dance, jump.

You even need oxygen to eat ice cream!



How much food do you eat every day?

Do you eat lots? Good!

Food is very important.

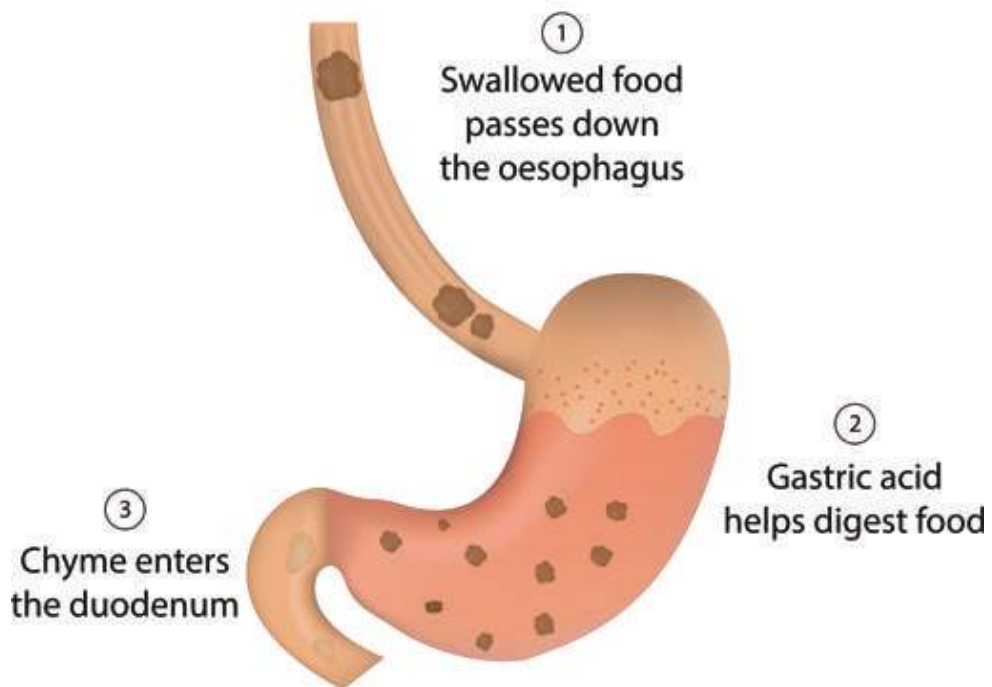
Putting food in your body is like putting petrol  
in a car.

Food gives you energy!



After you chew your food, you swallow it.  
Then the food goes down,  
down, down into your stomach.

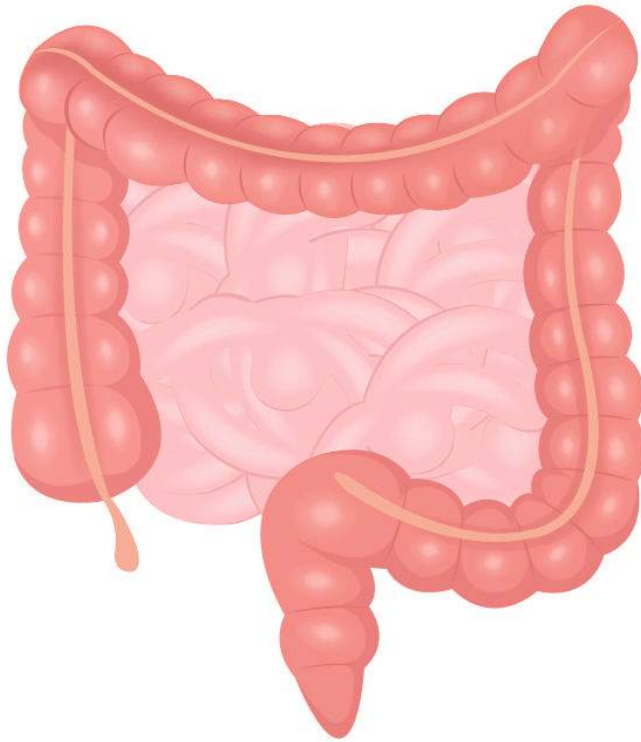
## ***Digestion***



In your stomach, the food gets mixed up with very strong acids.

Your stomach mixes the food up, and the food becomes a smelly soup.





The food moves through your intestines.

Your body takes all the healthy bits out of the food and keeps it.





All the unhealthy bits in your food get turned into poo.

The poo goes in the toilet and you flush it away.  
Goodbye poo!

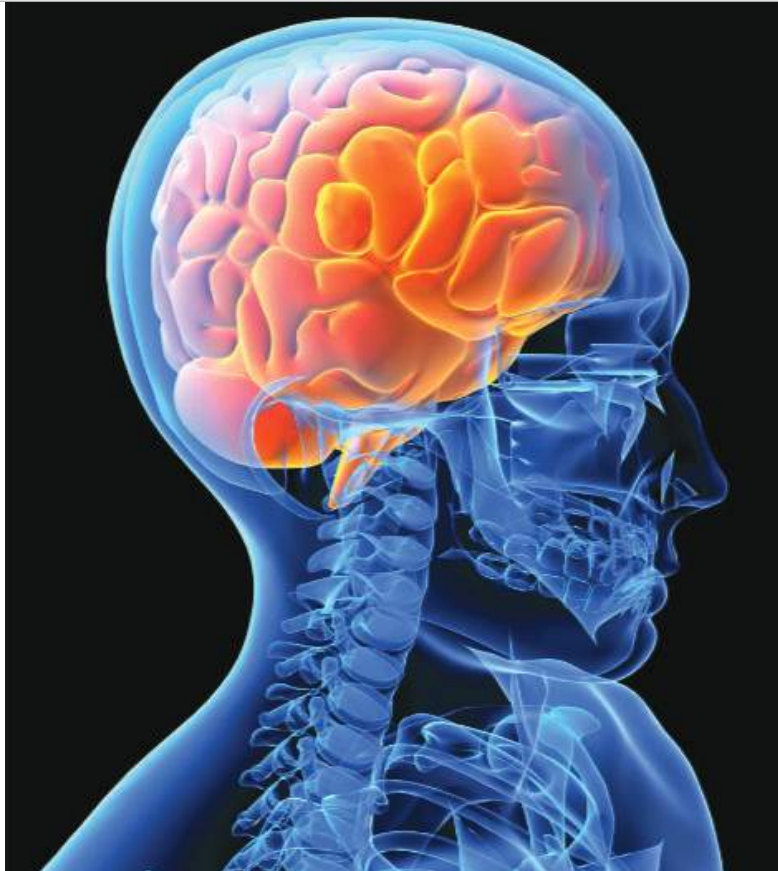


Do you have lots of exciting ideas?

Do you have scary dreams?

Do you have good memories?

These are all made in your brain!



Your brain is so important!  
It tells your body what to do.  
Your brain tells your body when to sleep,  
when to eat,  
when to run,  
and when to cry.



So be nice to your brain.

Be nice to your heart.

Be nice to your stomach.

Be nice to your body!

It is very clever, and does so many wonderful things.