



Why does my tummy growl when I'm hungry?



GRR...

Why does my tummy swell when I eat too much?



Why do I sweat when I'm hot? Why do I have to pee so much when it's cold?

Have you ever wondered why your body does these things?

W.C.



BLINK
BLINK



How do my burps
and farts come out?

FFFT!

I bumped into my
friend and got a lump
on my head.

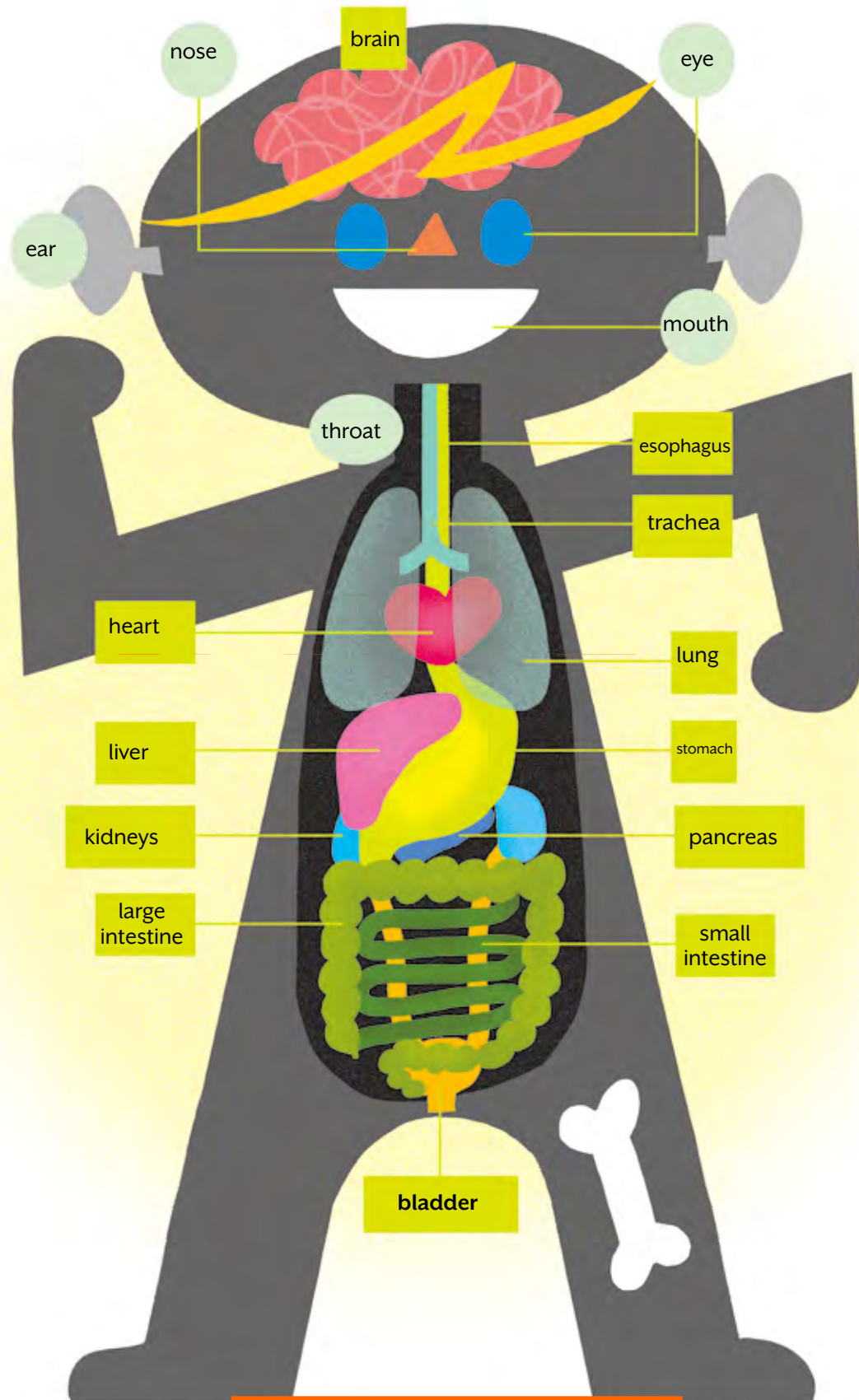
Wondered why Your
these things?

Why do I blink so
many times in a day?

Why does snot
come out of my
nose when I cry?

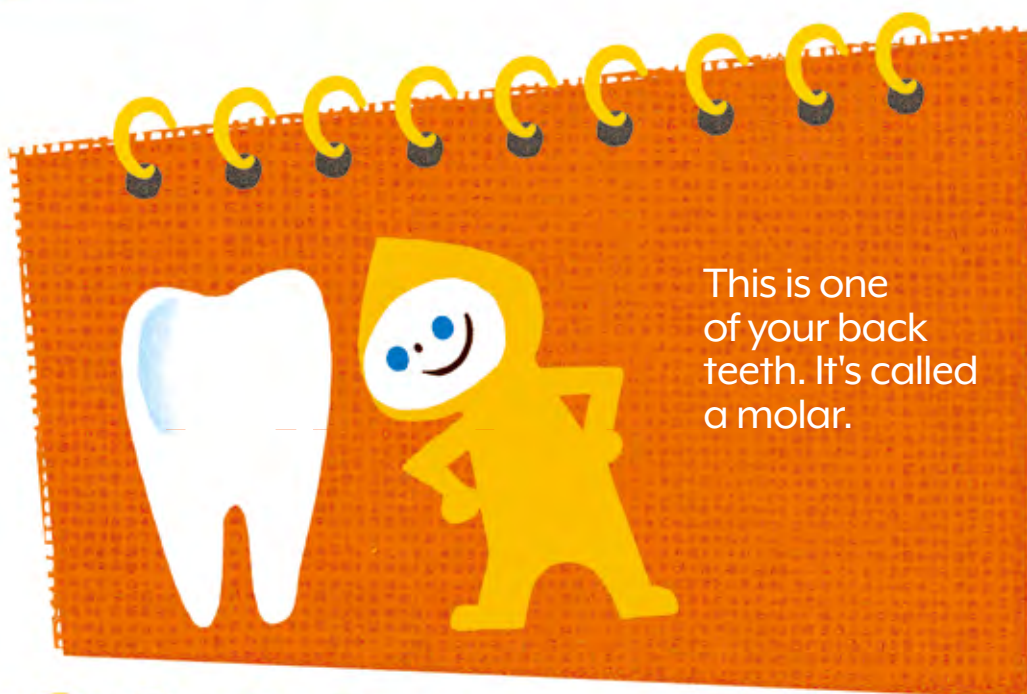
A Map of the Body

First, let's check the names and places of each body part.





You have
2 ears.



This is one
of your back
teeth. It's called
a molar.



Did you find all the parts?
Next, let's find out more
about all the amazing
things the body does.

Ready? Here we go!

Where does
this bone go?

First, check your pulse

If you can feel it beating, that's how you can tell you're alive.

BEAT

An illustration on a dark teal background showing a pink hand with its index, middle, and ring fingers extended, pressing against the left wrist of another person. The wrist is wearing a white sleeve with three thick red horizontal stripes. The word 'BEAT' is written in large, white, bold, sans-serif capital letters, tilted upwards to the right, positioned above the hand checking the pulse.

BEAT

Gently touch your left wrist with the tips of your 3 middle fingers of your right hand.

If you can't feel your pulse, try pressing your fingertips down a little harder.

BEAT

BEAT



BEAT

BEAT

Can you feel it beating?

Your pulse beats faster when you run fast and breath heavily, or when you see someone you like.

So, what is making your pulse beat?

The Heart Pumps Blood

Blood passes through blood vessels, which circulate blood around the body.

Blood vessels that carry blood away from the heart are called arteries. They have a bright red color.

Blood vessels that carry blood back to the heart are called veins. They have a bluish-black color.

Blood that contains a lot of oxygen appears bright red. Blood that contains a lot of carbon dioxide appears bluish-black.

BEAT

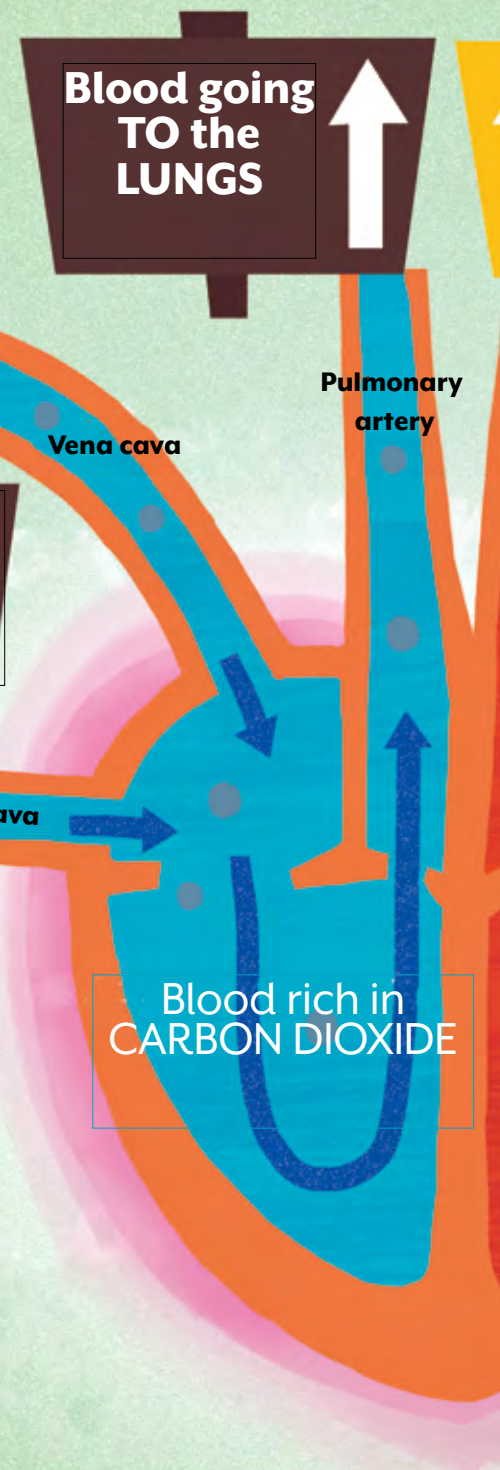
The aorta is the thick artery that carries blood rich in oxygen from the heart. It divides into many thinner blood vessels as it carries the blood to the body.

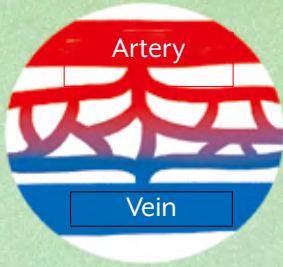


It takes only **1 to 2** minutes for the blood to fully circulate around the body one time.

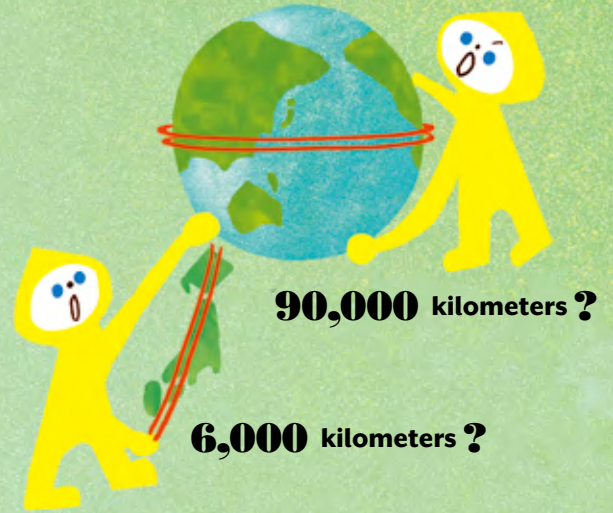


BEAT



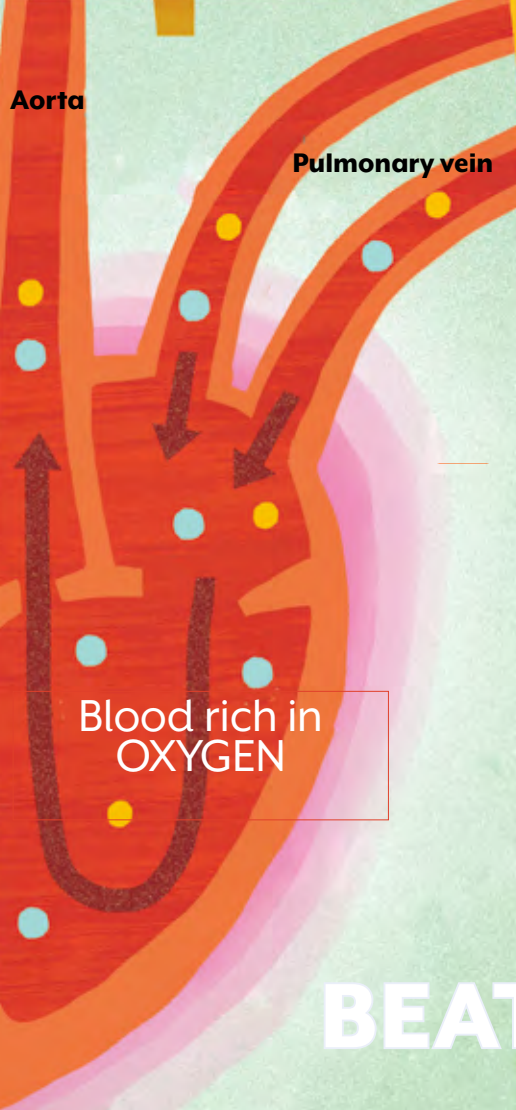
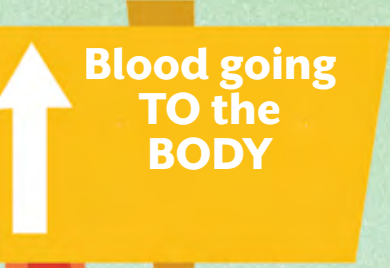


Arteries and veins are connected by very thin blood vessels called capillaries. Their job is to exchange gases and other molecules in the blood between the arteries and veins. Capillary walls are extremely thin. They absorb nutrients and oxygen from the blood, and also carry carbon dioxide and other wastes away.



If you connect all the blood vessels end to end, they would be long enough to go around the earth **TWICE!**

Doctors calculate that they could also stretch the length of Japan **TWICE!** Either way, that's really long!

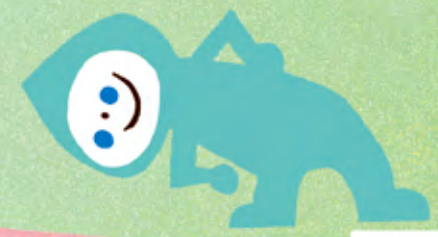


BEAT

BEAT

BEAT

BEAT



When you sit too long with your legs crossed, your feet sometimes “fall asleep”. This happens because your body weight is pressing against blood vessels in your feet, blocking the flow of blood and oxygen. Without oxygen, your feet go numb.

In many places on your body, you might have noticed that you can see some of your blood vessels. The ones you can see are your veins. The arteries are further inside your body and cannot be seen from the outside.