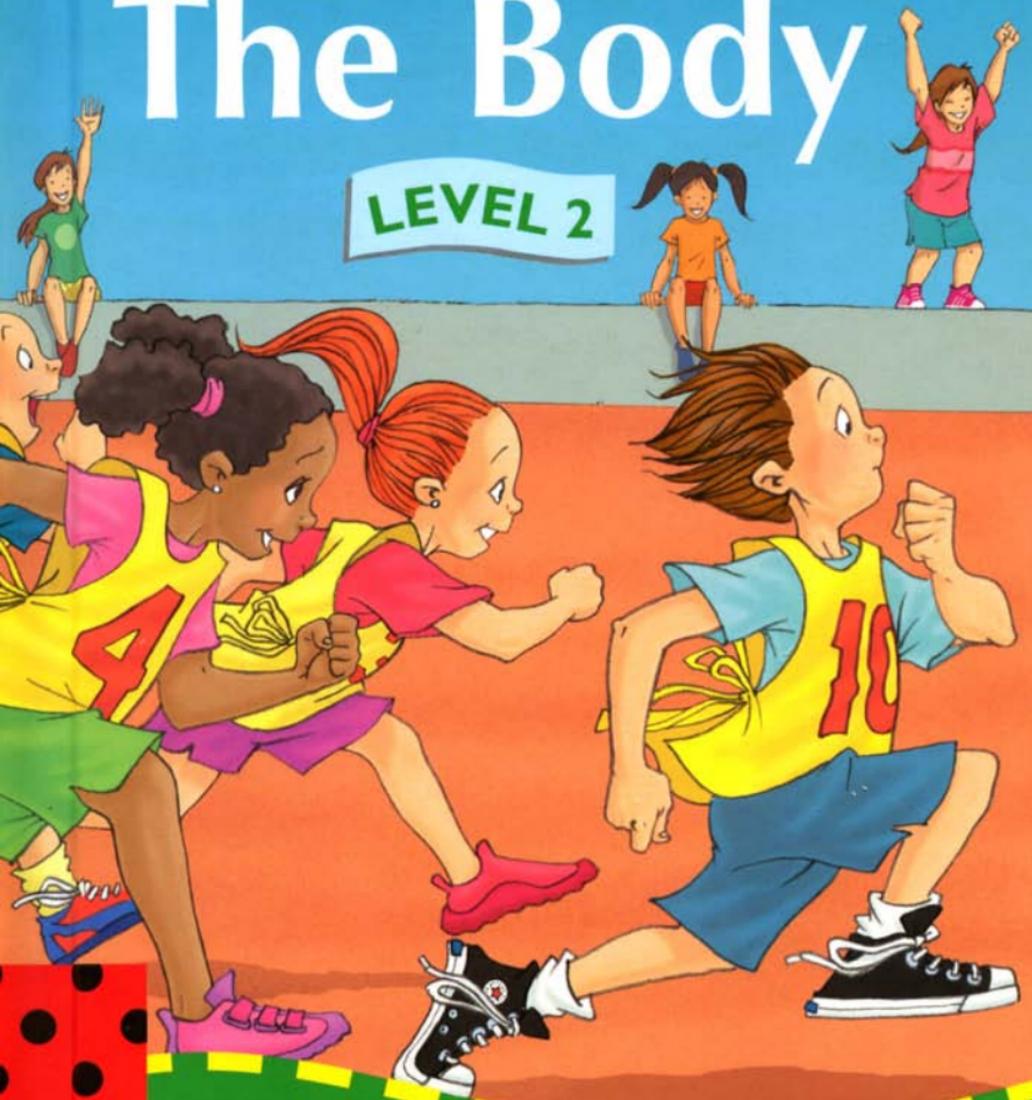


Read it yourself

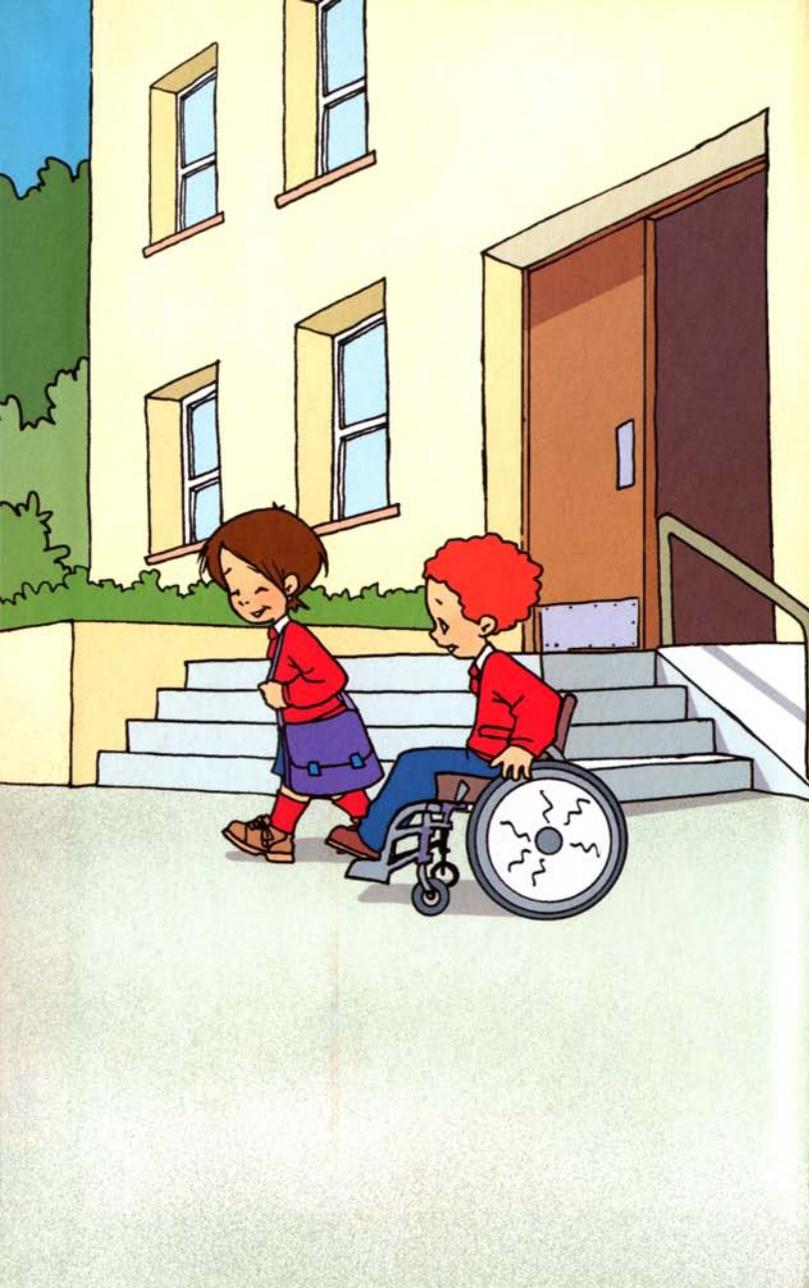
The Body

LEVEL 2



Ladybird 

Read, discover and learn

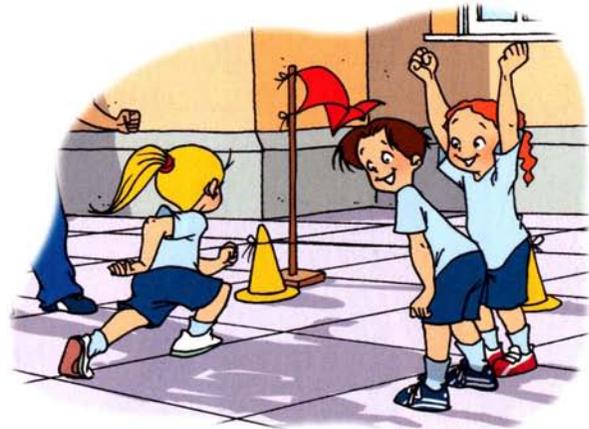


This book belongs to:



The Body

written by Lorraine Horsley
illustrated by Gustavo Mazali



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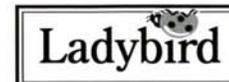
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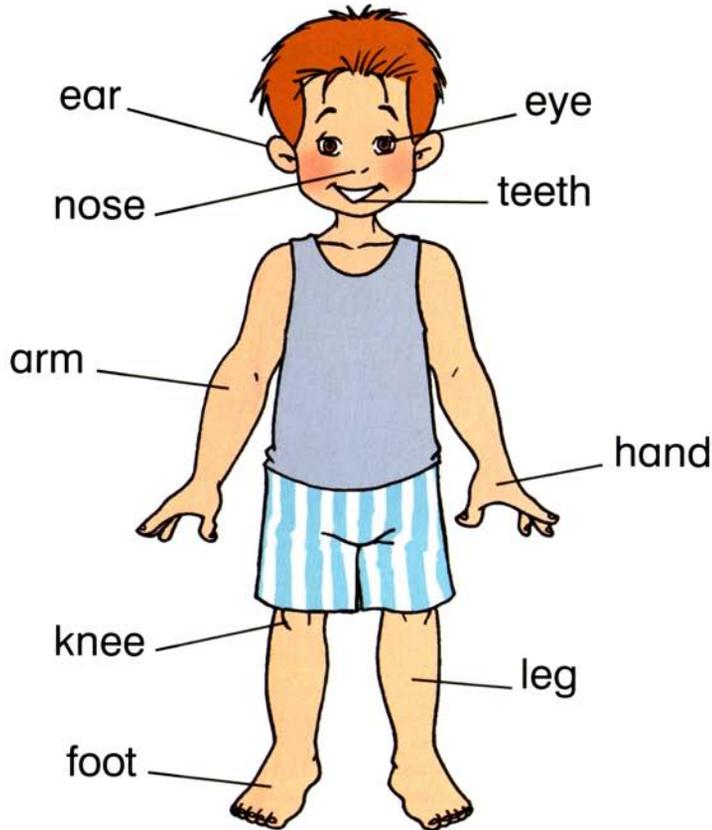
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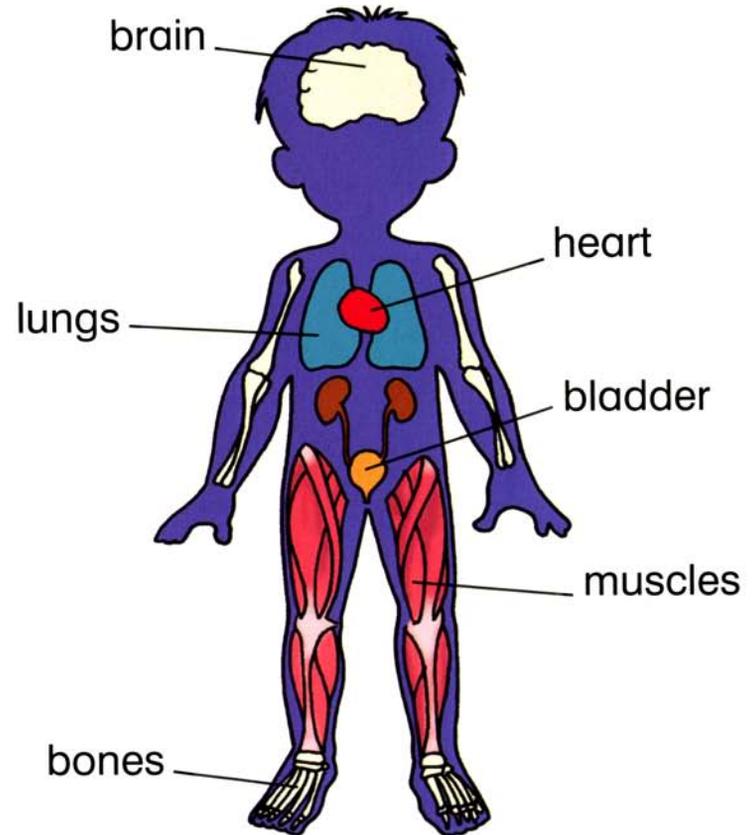
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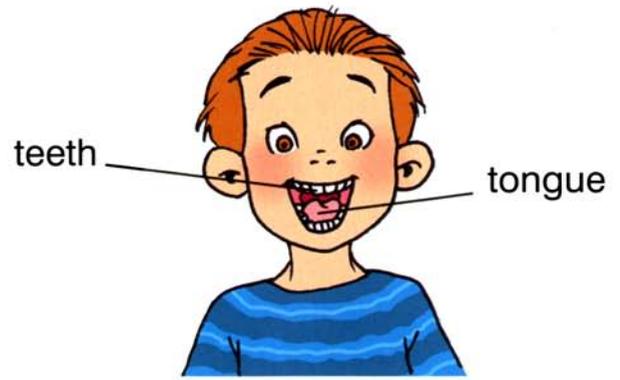
The body is working all the time.
Here are some parts of the body you can see working.



Here are some parts of the body working inside you.



When I eat, my teeth help me to chew my food and my tongue helps me to swallow it.



When I walk, muscles pull on my bones to make my legs move.

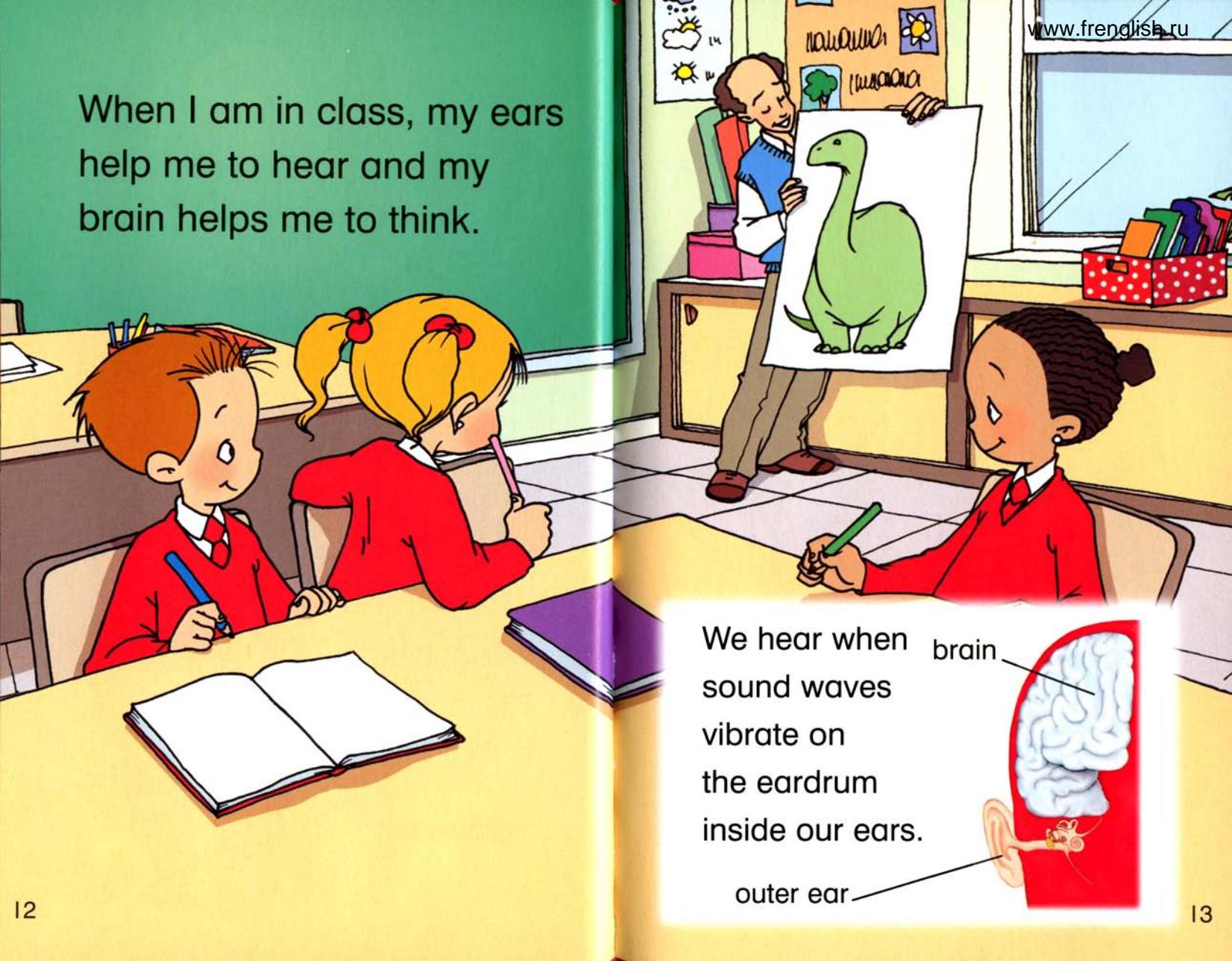


An adult has 639 muscles in their body.

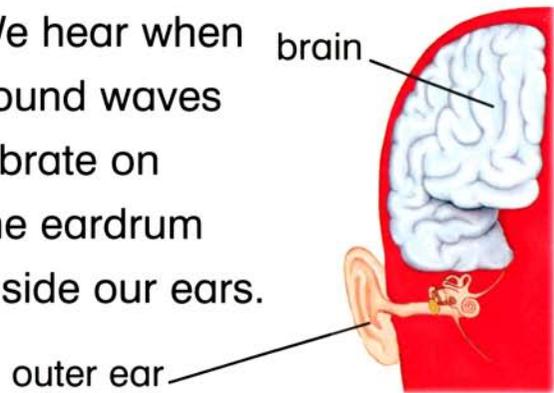
leg muscle



When I am in class, my ears help me to hear and my brain helps me to think.



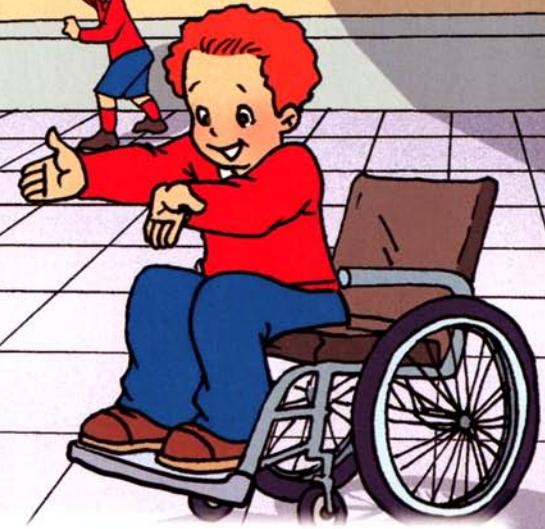
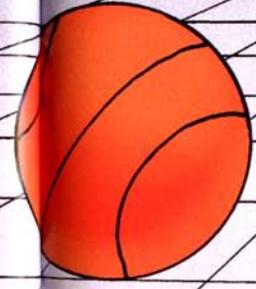
We hear when sound waves vibrate on the eardrum inside our ears.



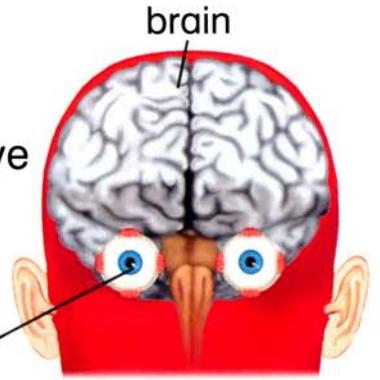
brain

outer ear

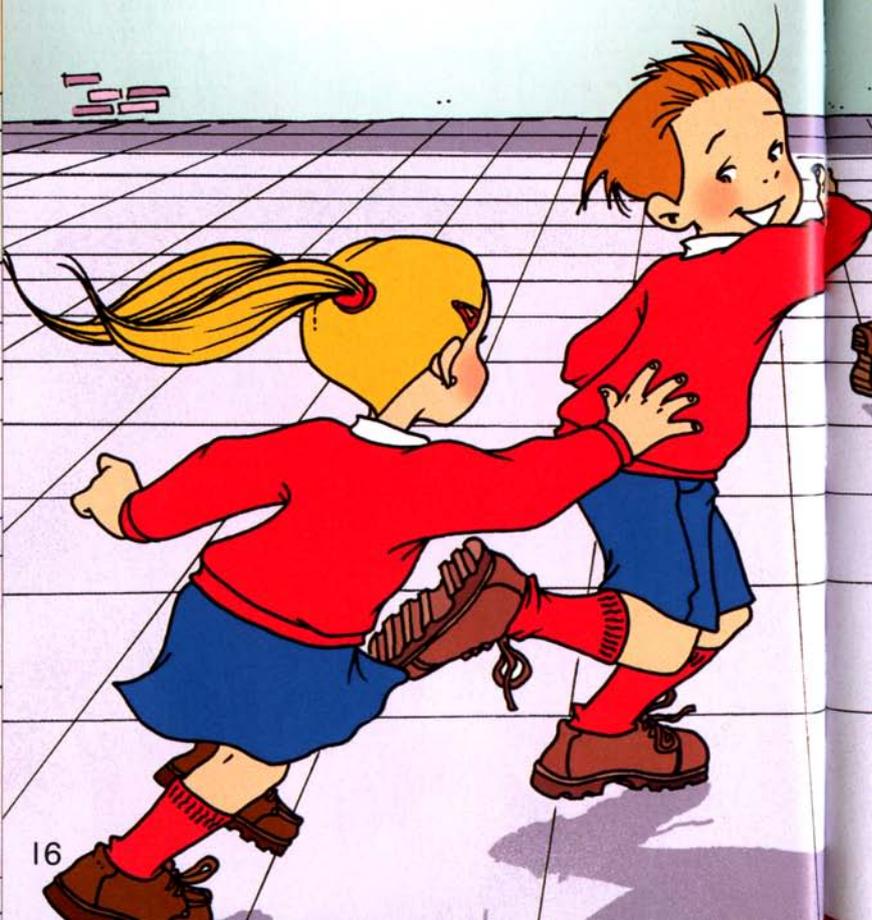
When I am playing basketball,
my eyes help me to see the
ball and my brain tells me
to move.



We see when
light passes
through the eye
and sends a
signal to the
brain.

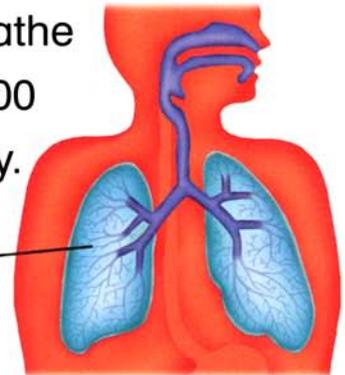


When I run, I breathe faster.
When I breathe, my lungs
take in oxygen.

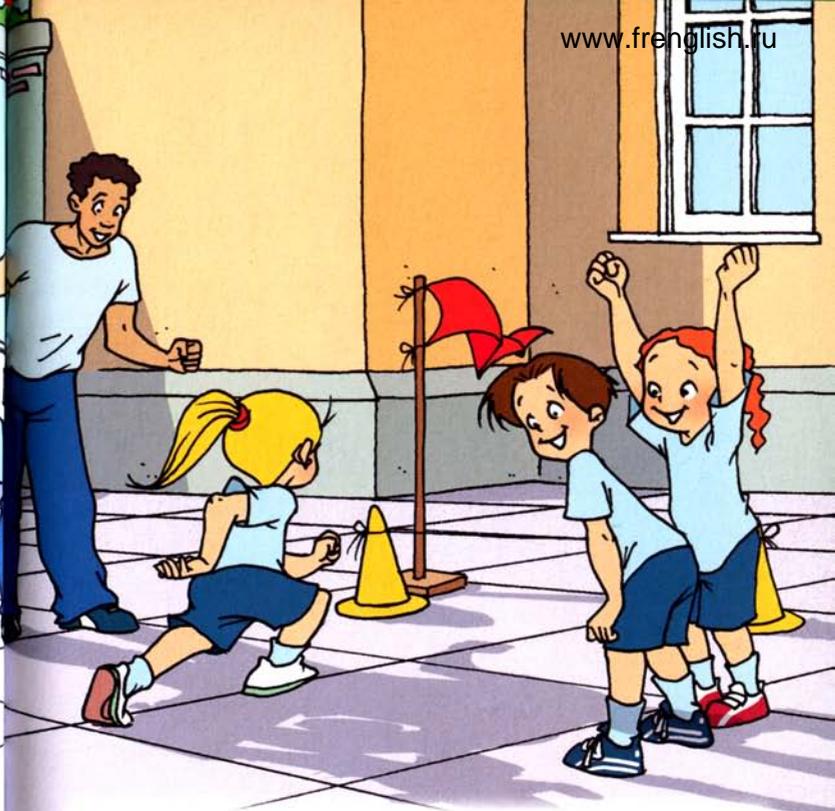
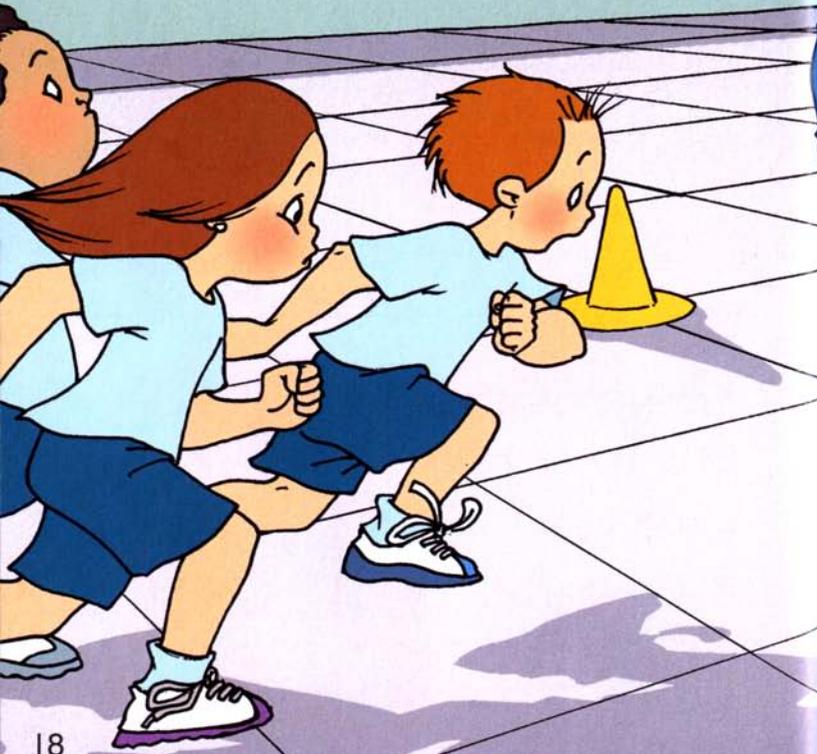


Your lungs breathe
in and out 22000
times every day.

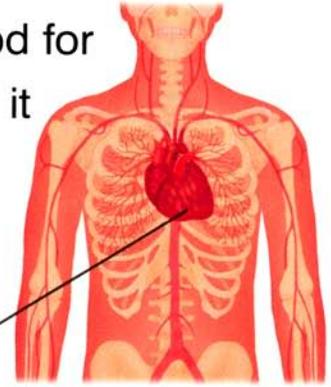
lungs



When I exercise, my heart beats faster. My heart pumps blood all around my body. The blood takes food and oxygen to my muscles.

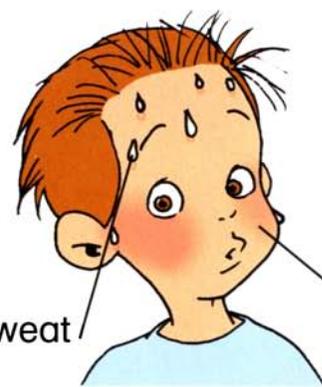
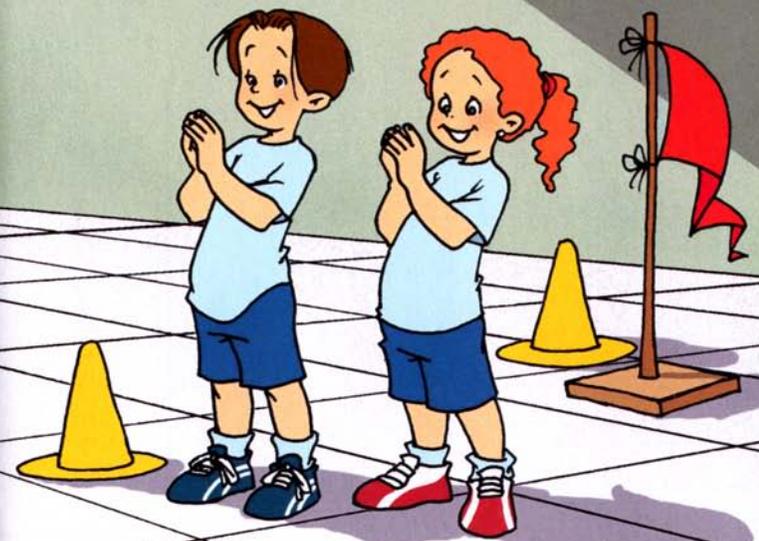
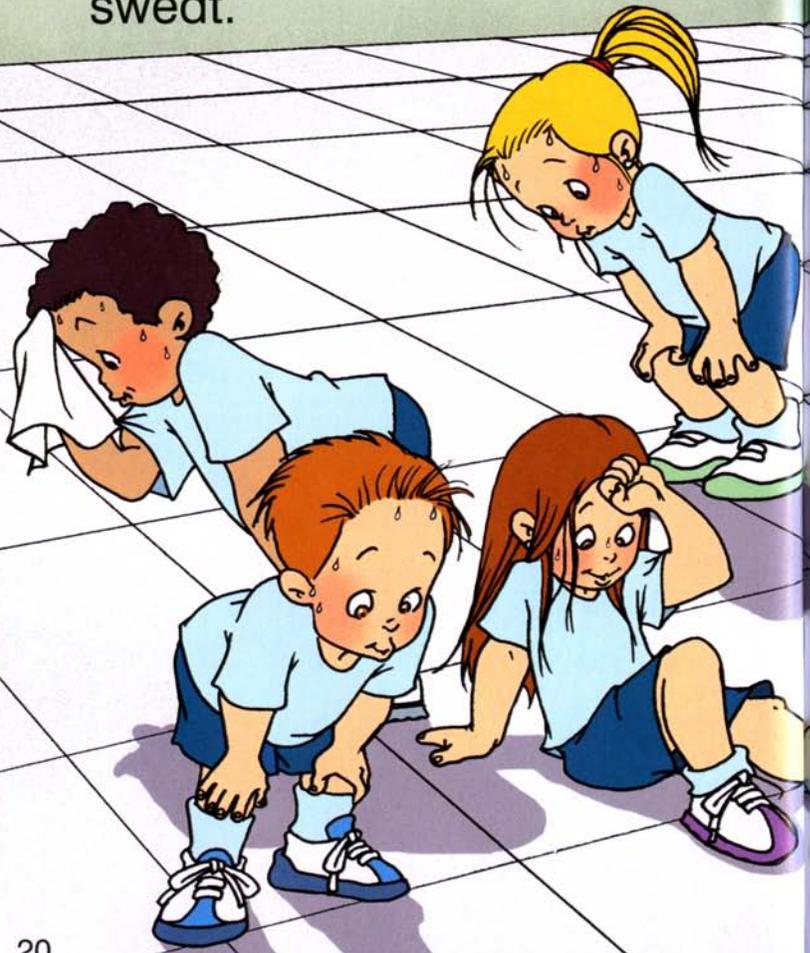


Exercise is good for your heart and it makes your muscles grow stronger.



heart

When I am hot, my skin goes red and it starts to sweat.

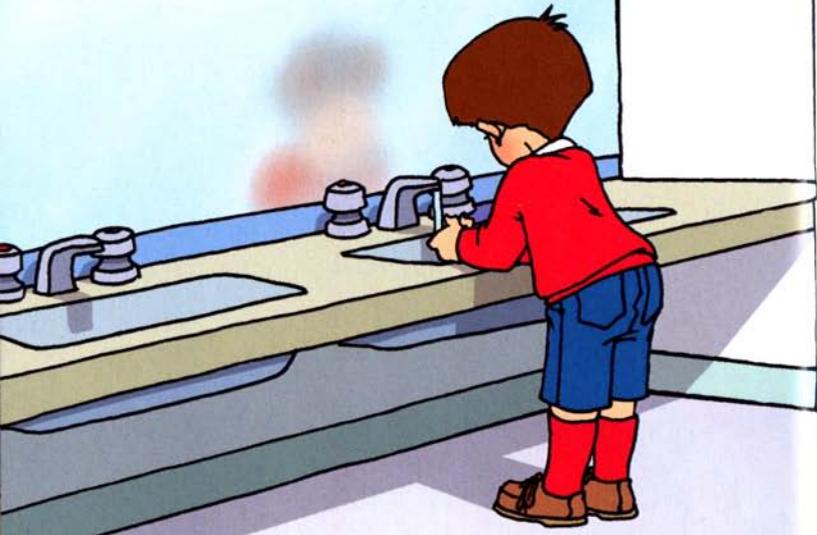


When sweat dries on your skin, it cools you down.

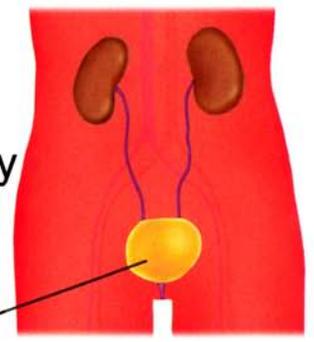
sweat

skin

When I go to the toilet,
my body gets rid of
liquid and waste.

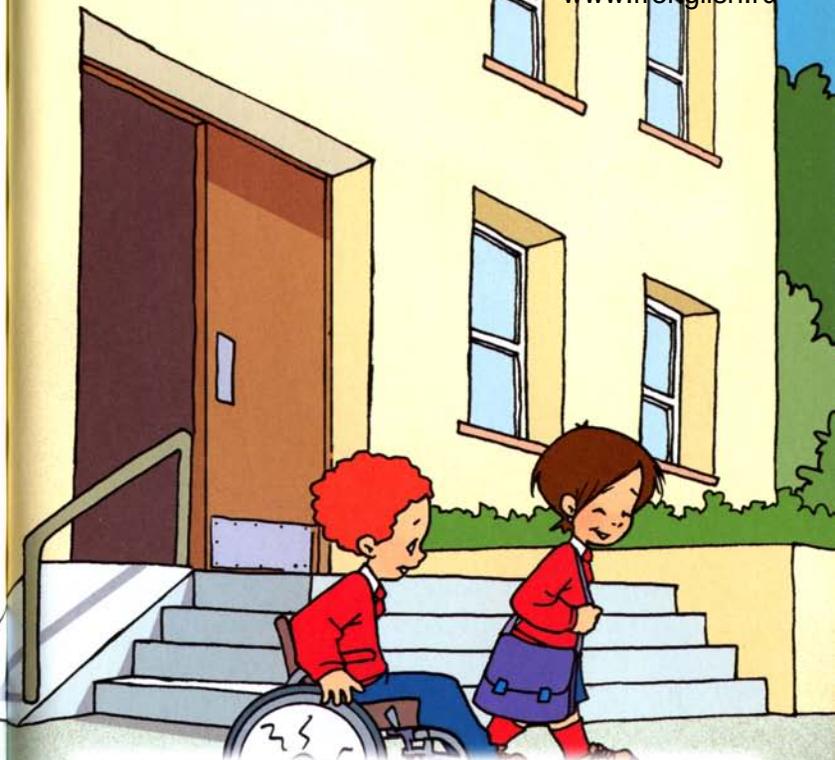


When you drink,
liquid passes
through your body
and leaves your
bladder as urine.



bladder

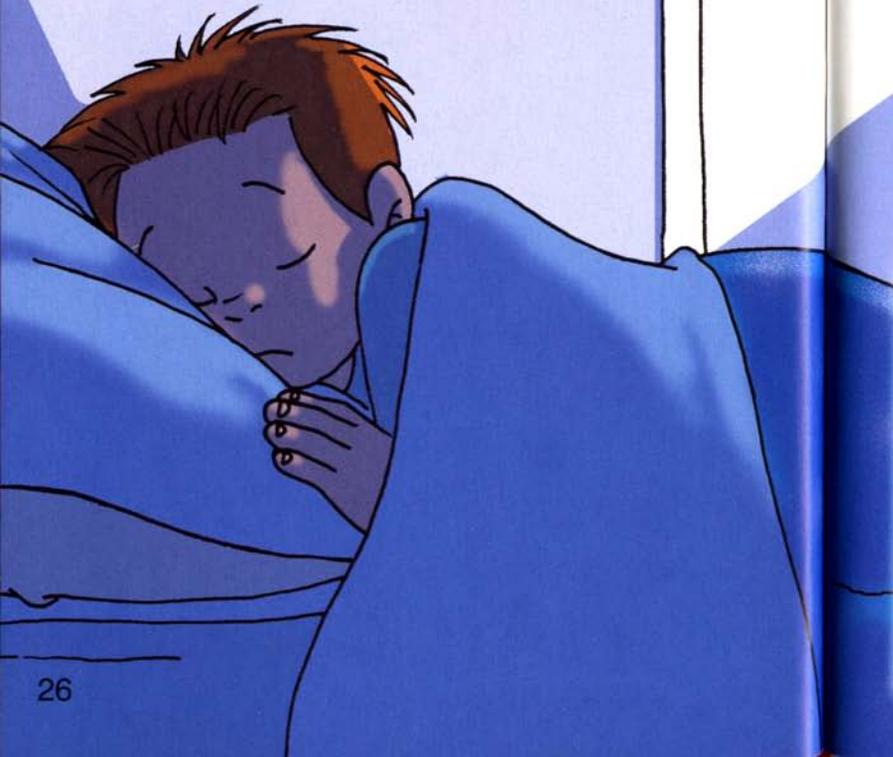
When I fall over, my knee starts to bleed. The blood makes a scab to stop me bleeding.



New skin grows under the scab. Then the scab falls off.



When I sleep, my body
rests and grows.
My body is working all
the time.



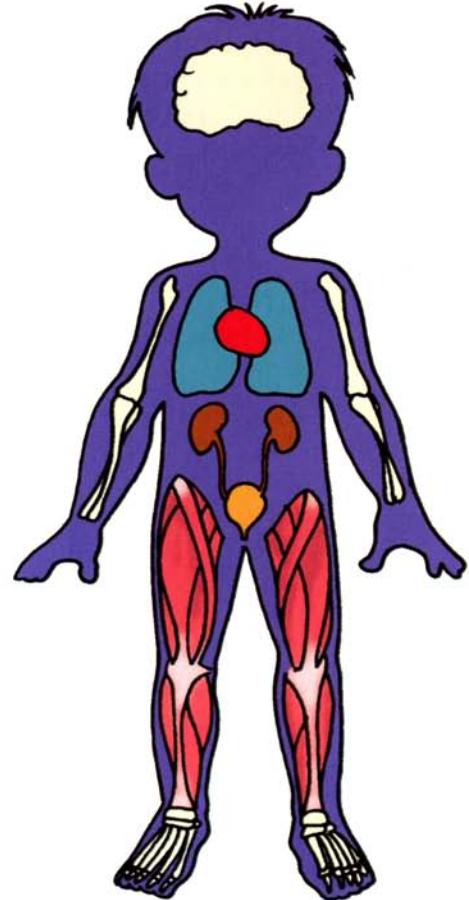
An adult needs to sleep
for seven or eight
hours every day.
A baby needs to
sleep for 18 or 20
hours.



Can you remember parts of the body you can see working?



Can you remember parts of the body working inside you?



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Notes for teachers and parents

Read It Yourself is a series of graded readers designed to give young children a confident and successful start to reading.

Level 2 is for children who are familiar with some simple words and can read short sentences. Each story in this level contains frequently repeated phrases which help children to read more fluently. An interesting and detailed illustration accompanies every page, which aids understanding of the text and encourages interest and enjoyment.

About this book

- The opening pages introduce the names of parts of the body.
- Some beginner readers who need more of a challenge can practise reading the fact boxes on every spread.
- Key information is labelled to support new vocabulary and understanding. Labelled pictures are often a feature of fact books.
- Use the question at the back of the book to encourage early readers to try to remember parts of the body and discuss what they have read.
- Try using the simple index at the back of the book. We use an index to help us find the page of the topic we are interested in.

Beginner readers need plenty of help and encouragement.

Read it yourself

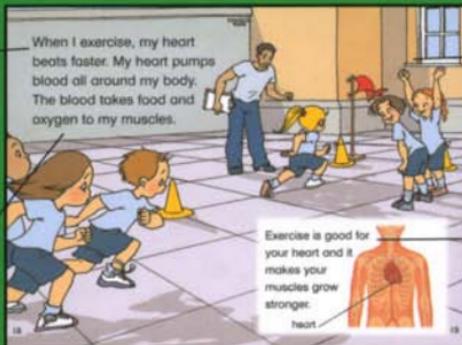
LEVEL 2

for beginner readers who can read short simple sentences with help

- Interesting and familiar topics
- Carefully structured captions and labels
- Simple, repetitive sentence structures
- Fascinating and supportive illustrations

simple sentences

clear font size



clear illustrations

incredible facts to discover

Look out for more Read It Yourself fact books and stories from levels 1 to 4!

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