

Nova's Guide to the Human Body

Explore your inner engine with Nova the Owl!

- The skeleton provides a sturdy frame for the body and protects delicate organs, like the heart and lungs, inside the chest.
- Muscles are attached to bones by tough cords called tendons, which allow us to move our limbs by pulling on the skeleton.
- The digestive system begins in the mouth, where teeth break down food so it can travel down the oesophagus to the stomach.
- Once food reaches the stomach, it is mixed with liquids to help the body absorb the energy and nutrients it needs to grow.
- Human teeth are specialised; incisors are for cutting food, while molars are designed for crushing and grinding food into smaller pieces.

Did you know? Did you know? Your skeleton actually starts off with around 300 bones when you are a baby, but as you grow, some of them fuse together. By the time you are an adult, you will have 206 bones in your body!

Key vocabulary: Skeleton · Digestive system · Oesophagus · Stomach · Support · Protection · Nutrition