

Nova's Guide to the Human Body

Explore your amazing body with Nova the Owl!

- The skeleton gives our body its shape and helps us to stand up straight. It also protects our soft organs like the heart and lungs.
- Muscles are attached to our bones. When muscles pull on the bones, they help us to move, run, and jump.
- Digestion starts in the mouth when we chew our food. This breaks the food into smaller, softer pieces.
- The stomach acts like a mixer. It uses special juices to break down food so our body can get the energy it needs to work.
- We need to eat a healthy diet to keep our bones strong and our digestive system working well.

Did you know? Did you know? Your body is home to 206 bones! When you were a tiny baby, you had even more bones, but some of them joined together as you grew up.

Key vocabulary: Skeleton · Digestive · Stomach · Support · Protect · Nutrients