

Nova's Marvelous Human Body Guide

Get Moving and Keep Growing with Nova the Owl!

- **The skeleton provides a sturdy frame for the body. Without these hard bones, we would be as floppy as a piece of damp string!**
- **Muscles work in pairs to help us move. When one muscle contracts and gets shorter, it pulls on the bone to make your arm or leg bend.**
- **Digestion starts the moment you take a bite. Your teeth crush the food, and your saliva helps it travel down the oesophagus to the stomach.**
- **The small intestine is where the body absorbs all the vitamins and nutrients from your food to give you energy for your day.**
- **Joints are the clever places where two bones meet, allowing your body to twist, turn, and jump during playtime.**

Did you know? Did you know? Your stomach is like a very strong mixer! It uses special juices to break down the food you eat into tiny pieces so that your body can absorb all the goodness it needs to grow strong and healthy.

Key vocabulary: Oesophagus · Stomach · Intestines · Skeleton · Muscles · Joints · Digestion · Nutrients