

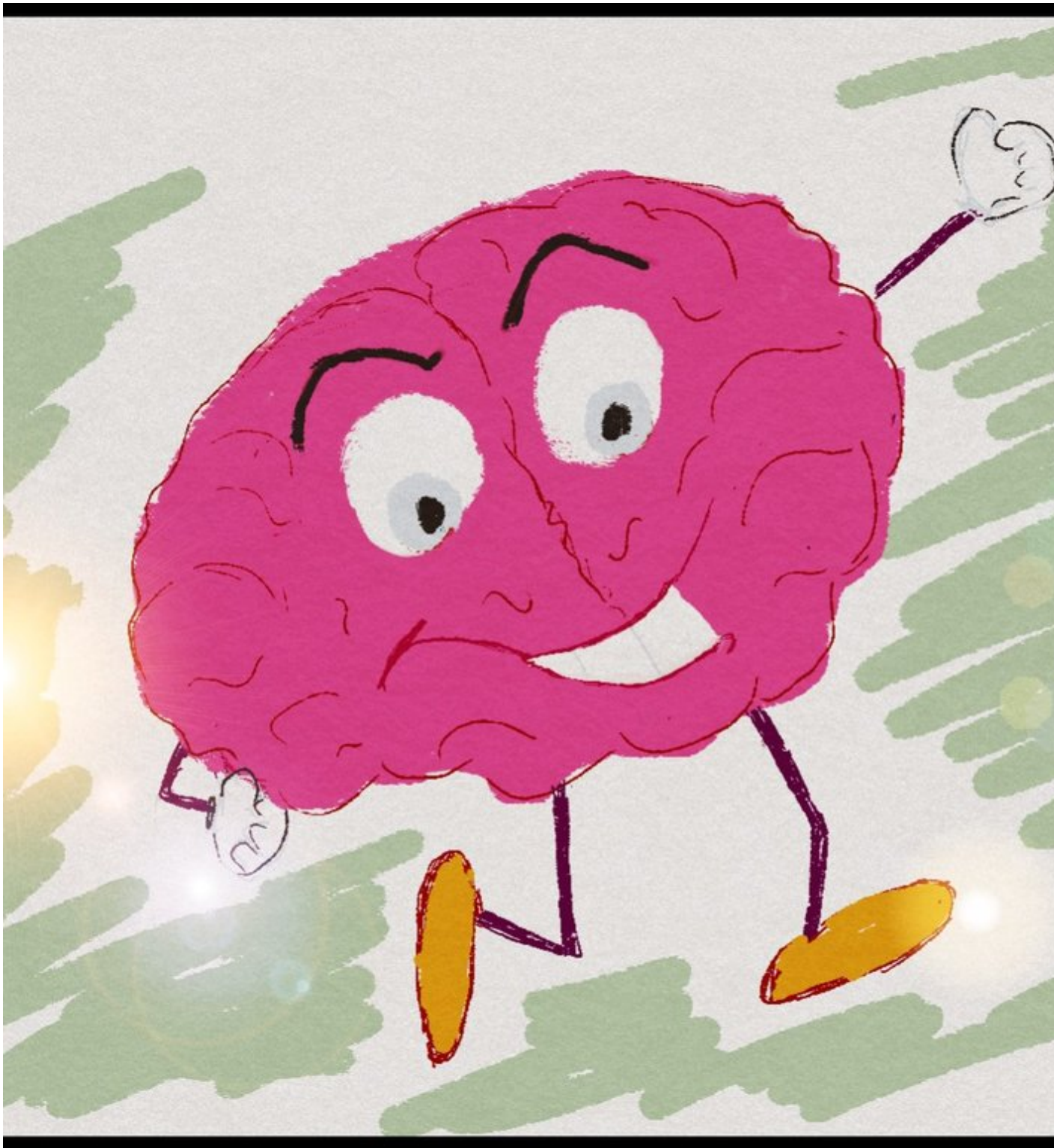
Know Your Body Through Rhymes

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Level 3

*Inside your body there is a wonderful secret world
With stories of numerous organs waiting to be unfurled
Learn about lovable liver, bossy brain and the heroic heart
Just turn the page and let the journey inside the body start*



The Bossy Brain

It's your own body and it's important that you should know

What goes on inside, from head, all the way, down to the toe.

Brain tells your body when to go to bed and when to eat

It even helps to move your crayon and keep the drawing neat

Brain helps you to look at the birds and to identify the trees

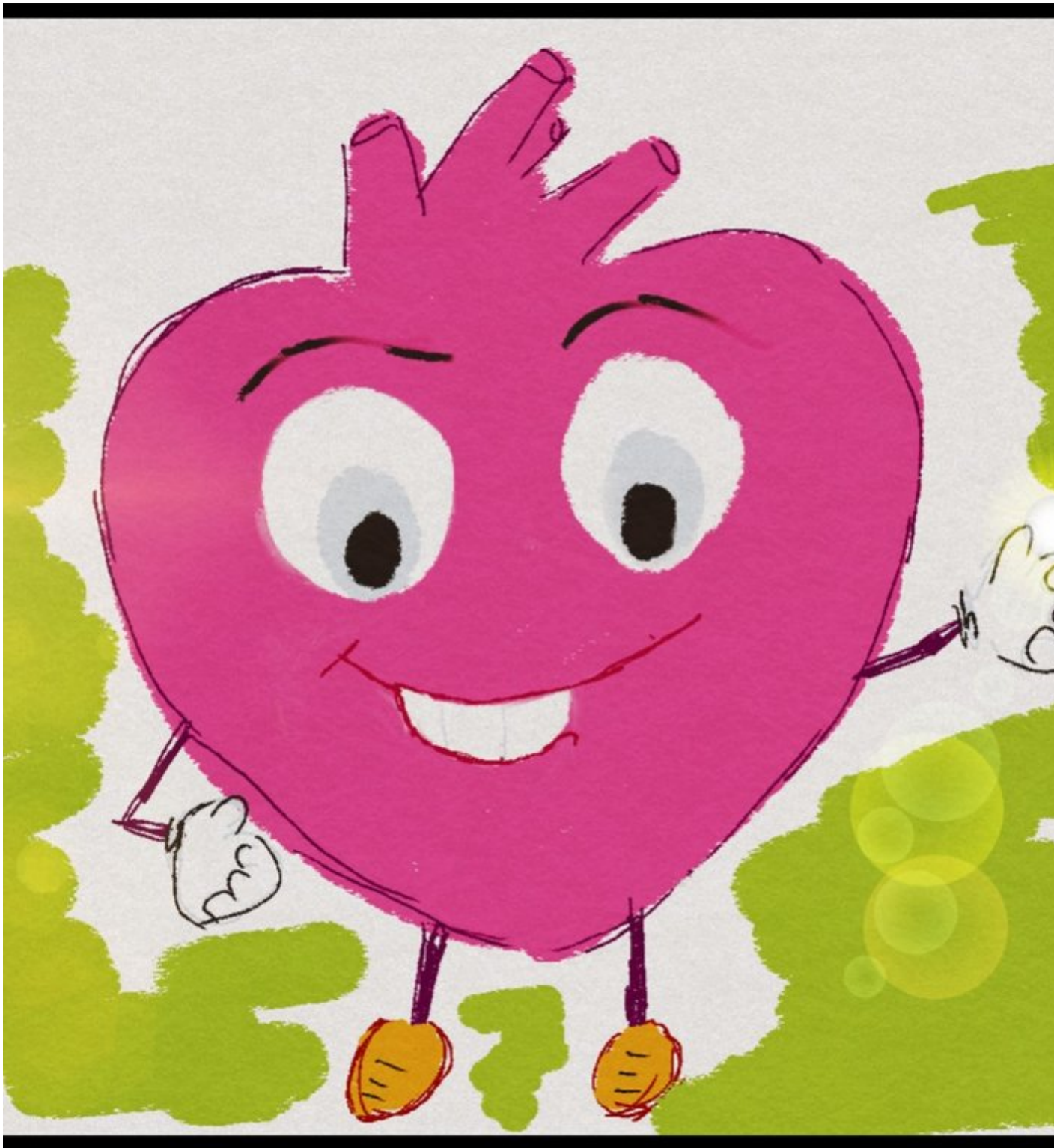
It makes you think of a jacket whenever you feel cool breeze

Brain makes you jump up if you want to catch a ball

It even helps you grab on to a support in case you fall

Now you know the importance of protecting your precious brain

Make sure you wear a helmet when you 3/9



The Heroic Heart

*It's your own body and it's important that
you should know*

*What goes on inside from head, all the
way, down to the toe*

*Brain may think it is responsible for
making us smart*

*But it also needs the blood that comes
from the heart!*

*The heart pumps the blood all over the
body to share*

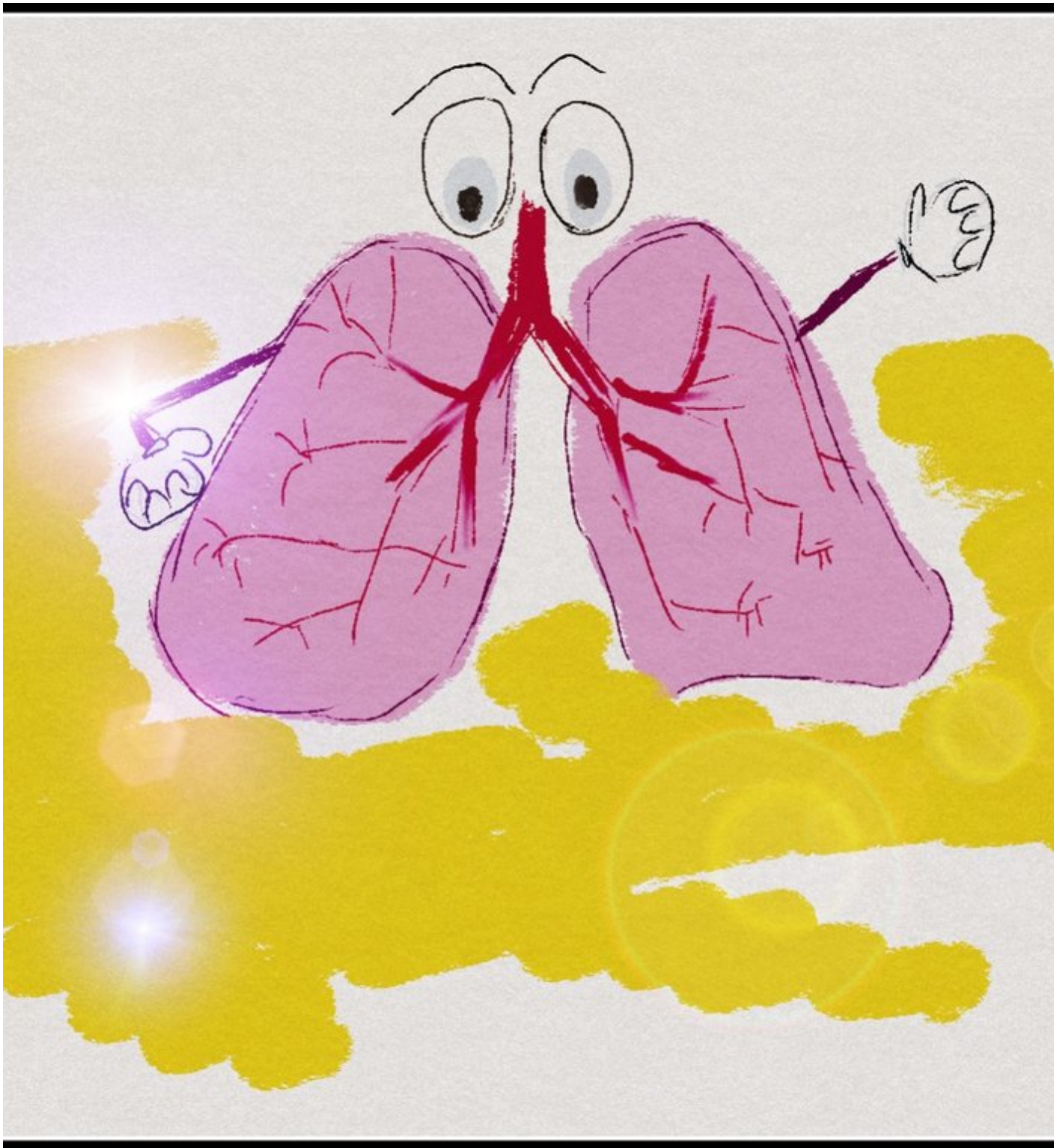
*The blood carries the oxygen we breathe
from the air*

*The blood also carries all the food you
daily eat*

*The heart makes it all possible without
missing a beat*

*The heart pumps faster if you start
jumping or running*

Can you feel your heart beat and tell that 4/9



The Loyal Lungs

It's your own body and it's important that you should know

What goes on inside from head, all the way, down to the toe

The body cannot live with just the heart-brain pair

For they will stop working if the lungs don't bring in air

The air supplies oxygen that is extremely important for life

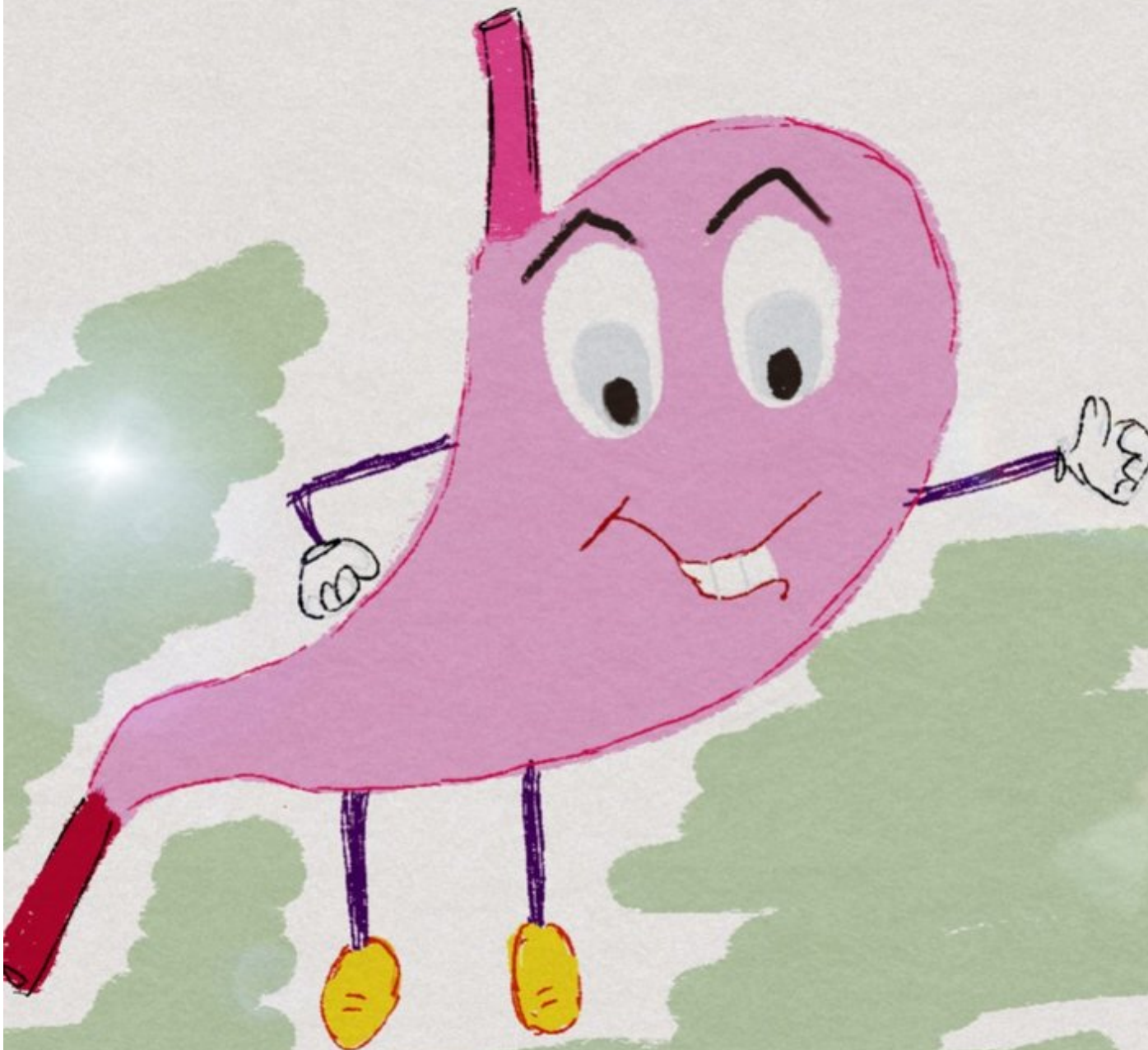
Oxygen burns the food inside and provides energy to survive

Burning of food also produces the toxic gas carbon dioxide

That is promptly removed by our lungs working side by side

The functioning of the lungs can be severely harmed by smoking

Make sure to remember this and follow 5/9



The Sensible Stomach

It's your own body and it's important that you should know

What goes on inside from head, all the way, down to the toe

Lungs, heart and brain do need energy in order to function

And for that they need the stomach to aid in food digestion

Stomach is the sac where the food you eat starts collecting

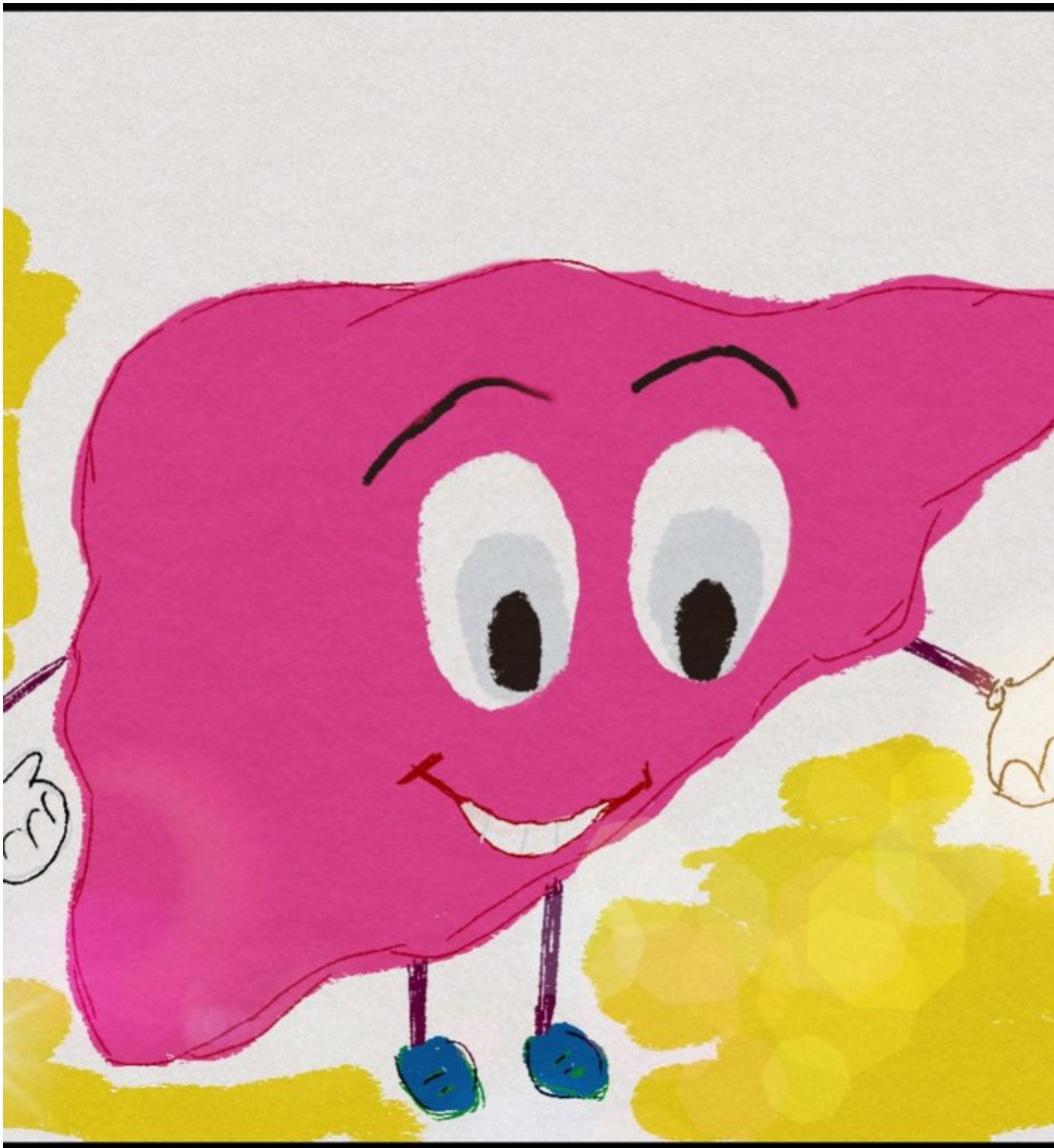
It tells the body when the place is full and you need to stop eating

The stomach secretes an acid that breaks the food you chewed

The acid also kills the bacteria that sometime hide inside the food

The digested food ultimately provides the energy to walk or tumble

Next time you are hungry try to listen to 6/9



The Lovable Liver

*It's your own body and it's important that
you should know*

*What goes on inside from head, all the
way, down to the toe*

*Brain, Heart, Lungs and Stomach can
slowly start to shut down*

*If Liver doesn't tackle toxins that enter
through food or pollution-in-town*

*Liver can re-grow itself even if we cut
away a big portion*

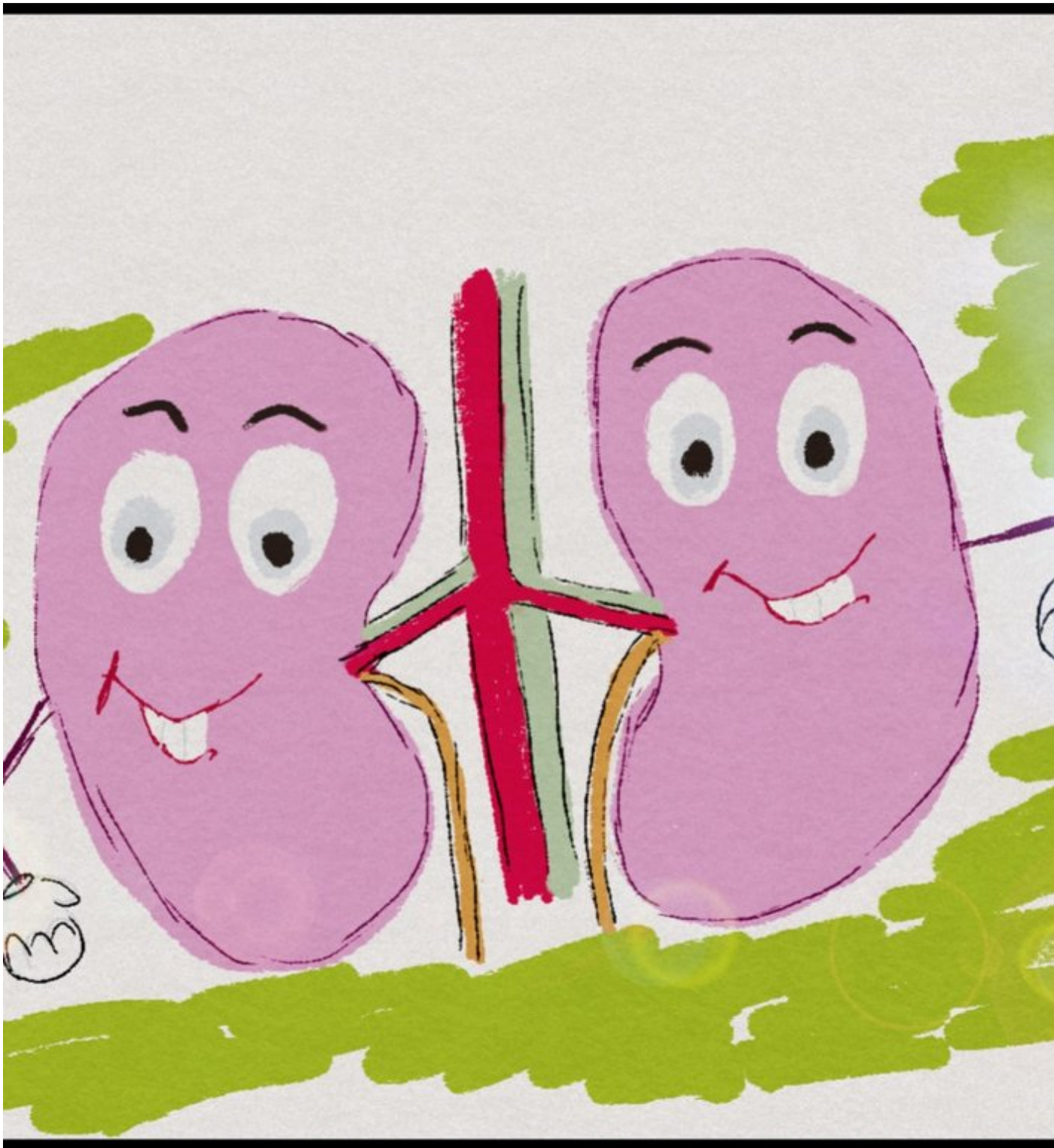
*It also plays a very important role in
fighting away infection*

*Liver processes medicines, you eat when
you don't feel well*

*It also supplies us with food, if you
happen to miss the dinner bell*

*Drinking excessive alcohol can damage
the liver and cause trouble inside*

Make sure you take care of your body and 7/9



The Kindhearted Kidneys

*It's your own body and it's important that
you should know*

*What goes on inside from head, all the
way, down to the toe*

*Brain, Heart, Lungs, Stomach and Liver
will all blow a fuse*

*If Kidneys don't promptly remove the
waste we produce*

*Kidneys usually come in a pair but, if
needed, can exist alone*

*If you don't drink enough fluids, you can
get a kidney stone*

*Kidneys are easy to identify as they are
shaped like a bean*

*They filter all the blood in the body and
make sure it is clean*

*All the waste that is removed from blood
comes out as the pee*

Next time you run to the bathroom, make 8/9

*There are more organs to discover and more rhymes to write
We will be back with more, for now let us say goodnight*

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Know Your Body Through Rhymes

(English)

This is a short collection of rhymes about the various parts of a body. The idea is to kindle an interest in biology while at the same time making it fun. Some concepts might be a little hard for younger kids to grasp but the take home message is that "it is your body and you should know what is going on inside." Get ready to meet the Kindhearted Kidneys and the Lovable Liver!

This is a Level 3 book for children who are ready to read on their own.



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