The One and Only Human Body

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Take a step into the human body. From head to toe, it is filled with organs, bones, muscles and blood. Everything works very hard to get you through the day.
The brain is most active when we sleep! It keeps track of sleep through the sleep cycle.

**Awake → Light Sleep → Deep Sleep → Dreaming → Awake**
The smallest...
Organ: Pineal gland
It looks like a pine cone and sits in the middle of the brain.

Bone: Stapes
It is quarter the size of an almond and is found inside the ear.

Muscle: Stapedius
It is ten times smaller than a button. It can be found inside the ear too.
The biggest...
Organ: Skin
If we divide our entire body’s weight into a hundred parts, 16 parts will be the skin.

Bone: Femur
Found in the thigh, it can hold up to 30 times our body weight!

Muscle: Gluteus Maximus
It’s found in the buttocks. It stops us from falling backwards when we stand or walk.
Teeth are protected by the hardest material in the body—enamel.

It’s harder than bones!
Every person has tongue prints and fingerprints that are one of a kind!
The liver has the power to grow back! Just a quarter of this organ is enough for it to grow back to its original size.

The liver filters the blood that goes from our digestive system to the rest of our body.
The small intestine helps digest the food we eat. If it was stretched out, it would be 20 feet long.

That is the size of an adult giraffe!
**KHARRRR! KHARRRR!**
That’s the sound we hear if we can’t breathe easily while sleeping. Snoring is a sign that the path from the nose to the lungs is not clear.

**LUB DUB! LUB DUB!**
That’s the heart as it pumps blood. Tiny waves of electricity in the heart make it beat.

**GRAAAP! URRP!**
That’s the sound of the stomach sending back the extra air that was swallowed. It’s also called a burp.
There are some organs in our body that aren’t very important.

The appendix looks like a sac and is attached to the large intestine. Although we can be healthy even if it is removed from our body, it is not entirely useless. It contains some bacteria and other tissues, which help keep the intestine healthy.

The tailbone is the lowest bone in the backbone. Since we don’t have tails, this bone doesn’t do much.
The human body is wonderful and weird. It sometimes goes out of its way to stand out!

The longest nose in the world is 8.8 inches long! That's nearly the length of two green chillies!

The longest human tooth extracted is recorded as 3.67 centimetres. That’s about the size of a medium-sized grape.

The heaviest brain recorded in the world weighs 2.3 kilograms. That’s the weight of a dozen apples, 1 kg more than the average human brain.

The longest moustache in the world is 4.29 metres. That’s 20 times the length of a cucumber.
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The One and Only Human Body
(English)

The human body is amazing! From the smallest muscle to the biggest organ—let’s explore how our bodies work.

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

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