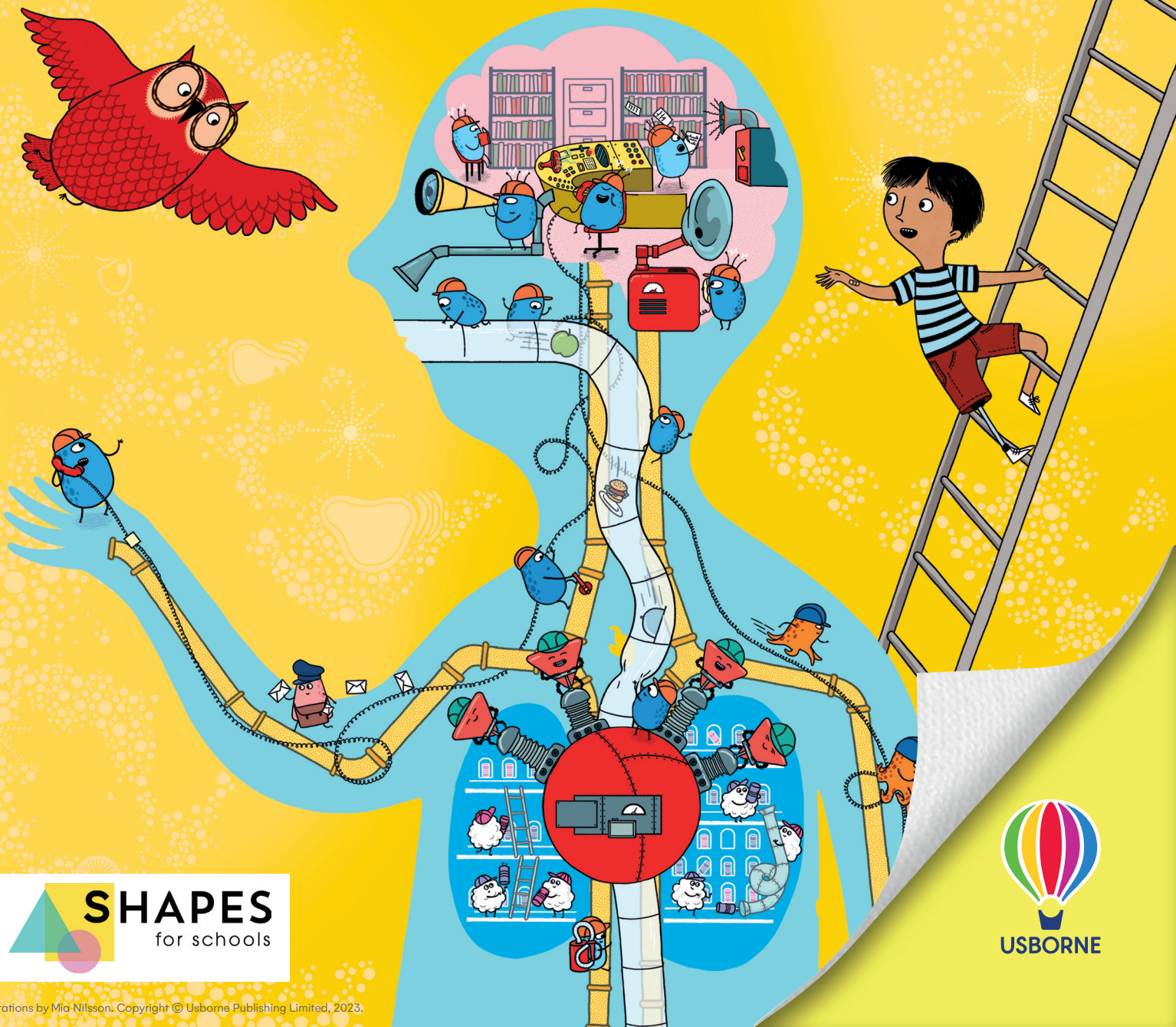


USBORNE
BOOK OF THE BODY
AND HOW IT WORKS

TEACHERS' NOTES



BOOK OF THE BODY AND HOW IT WORKS

TEACHING IDEAS & ACTIVITIES FOR AGES 5+

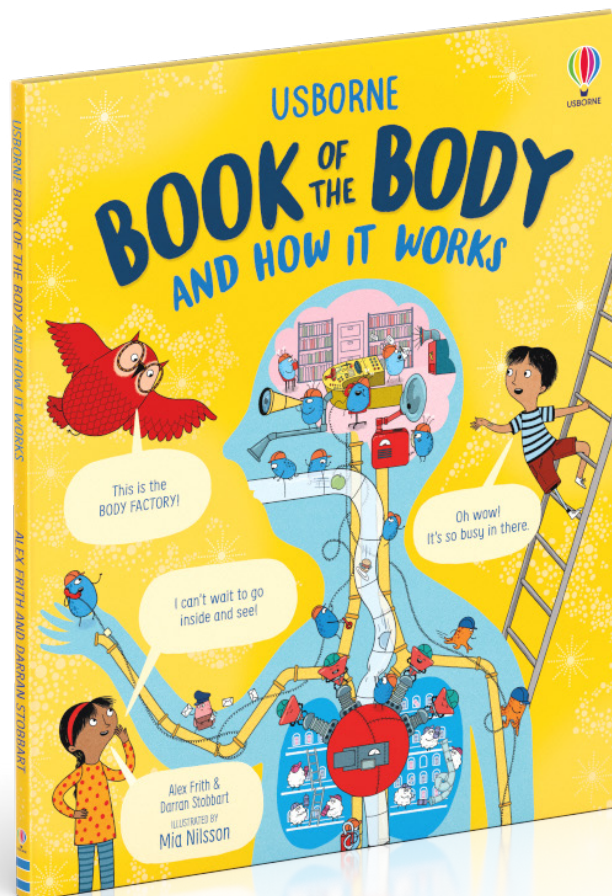
The activities included here have been created to support reading of 'Book of the Body and How it Works' and to help young children explore the human body, how it works, and how to keep it healthy!

Themes: The Human Body • The Body's Organs • Amazing Cells • The Five Senses

ABOUT THE BOOK

Follow the owl professor as he takes two children on a tour of a body. But not just any human body – a gigantic factory building built to explain how real bodies work, from cell 'building blocks' to conveyor belts that carry lifegiving energy packets and transport defenders to repel germ attacks!

This beautifully illustrated book will open children's eyes to the wonder and weirdness of what's going on inside them.



BOOK OF THE BODY AND HOW IT WORKS

THE HUMAN BODY

In the book, the owl professor takes you on a tour of a gigantic factory building to show how our bodies work. This building is called The Body Factory!

ACTIVITY: THE BODY FACTORY

Can you match the body parts to the elements of the Body Factory?

1. Lungs
2. Nervous System
3. Brain
4. Heart
5. Digestive System

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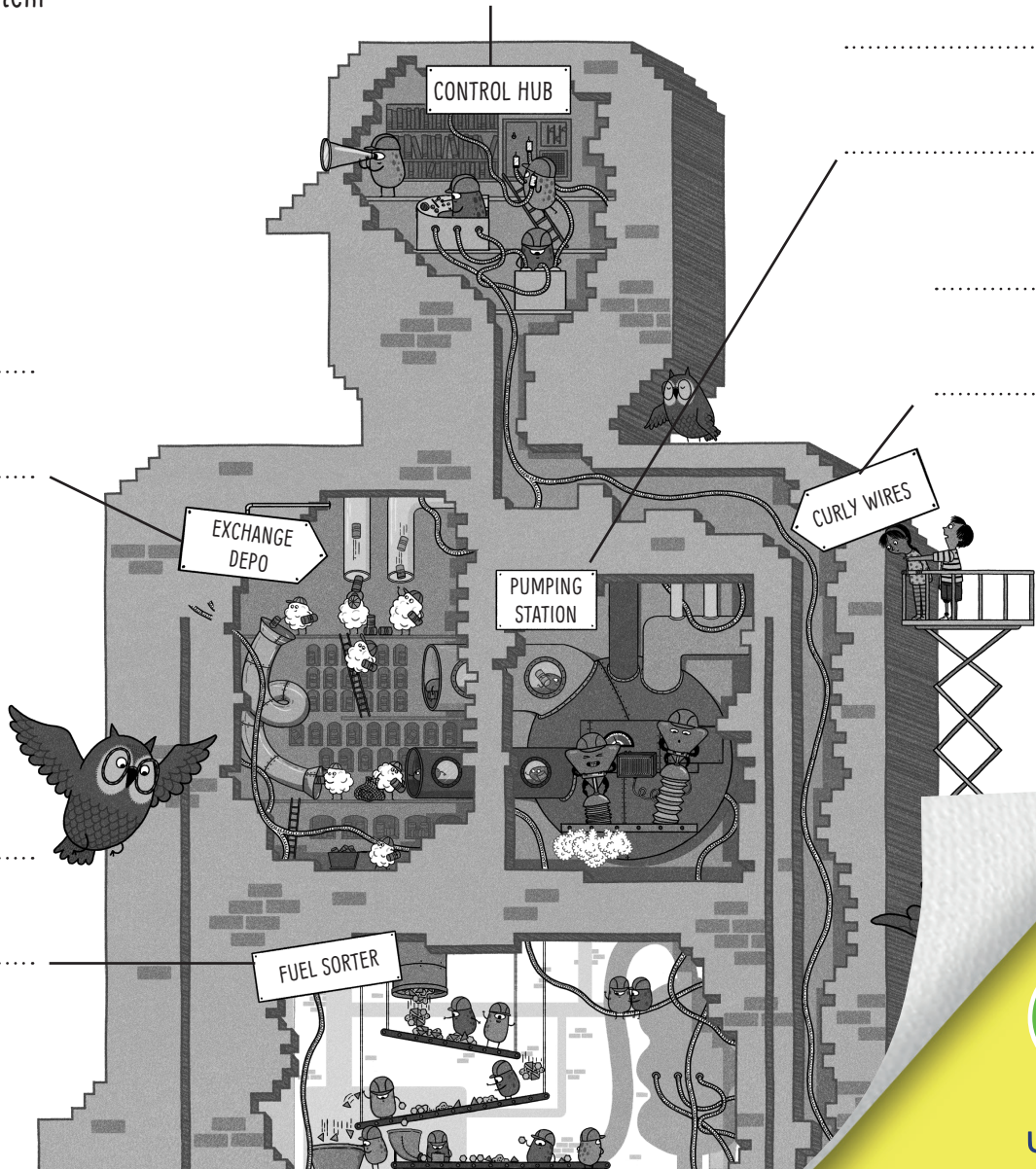
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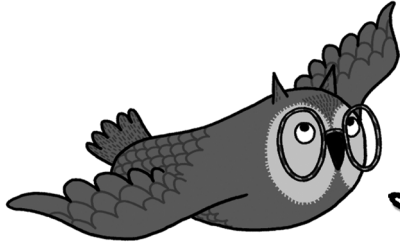
Answers:
1. Lungs, Exchange Depo
2. Nervous System, Curly Wires
3. Brain, Control Hub
4. Heart, Pumping Station
5. Digestive System, Fuel Sorter



BOOK OF THE BODY AND HOW IT WORKS

ACTIVITY: THE BODY'S ORGANS

Now onto the real body! It's made up of lots of different parts.



DID YOU KNOW...

The parts of your body that do jobs are known as **ORGANS**. Your biggest organ is... your **SKIN**.

Page 6

See if you can label the different organs in the template.

Then, match the organs to the different jobs listed:

1. I PUMP BLOOD
AROUND THE BODY!

2. I PUSH AIR IN AND
OUT OF THE BODY!

3. I SORT OUT INFORMATION,
MAKE DECISIONS, AND SEND
MESSAGES TO THE REST OF THE BODY!

4. I BREAK DOWN
FOOD INTO SMALL
PIECES!

5. I GET RID OF NASTY BITS
HIDING IN FOOD, MAKING
SURE YOUR BLOOD IS CLEAN!

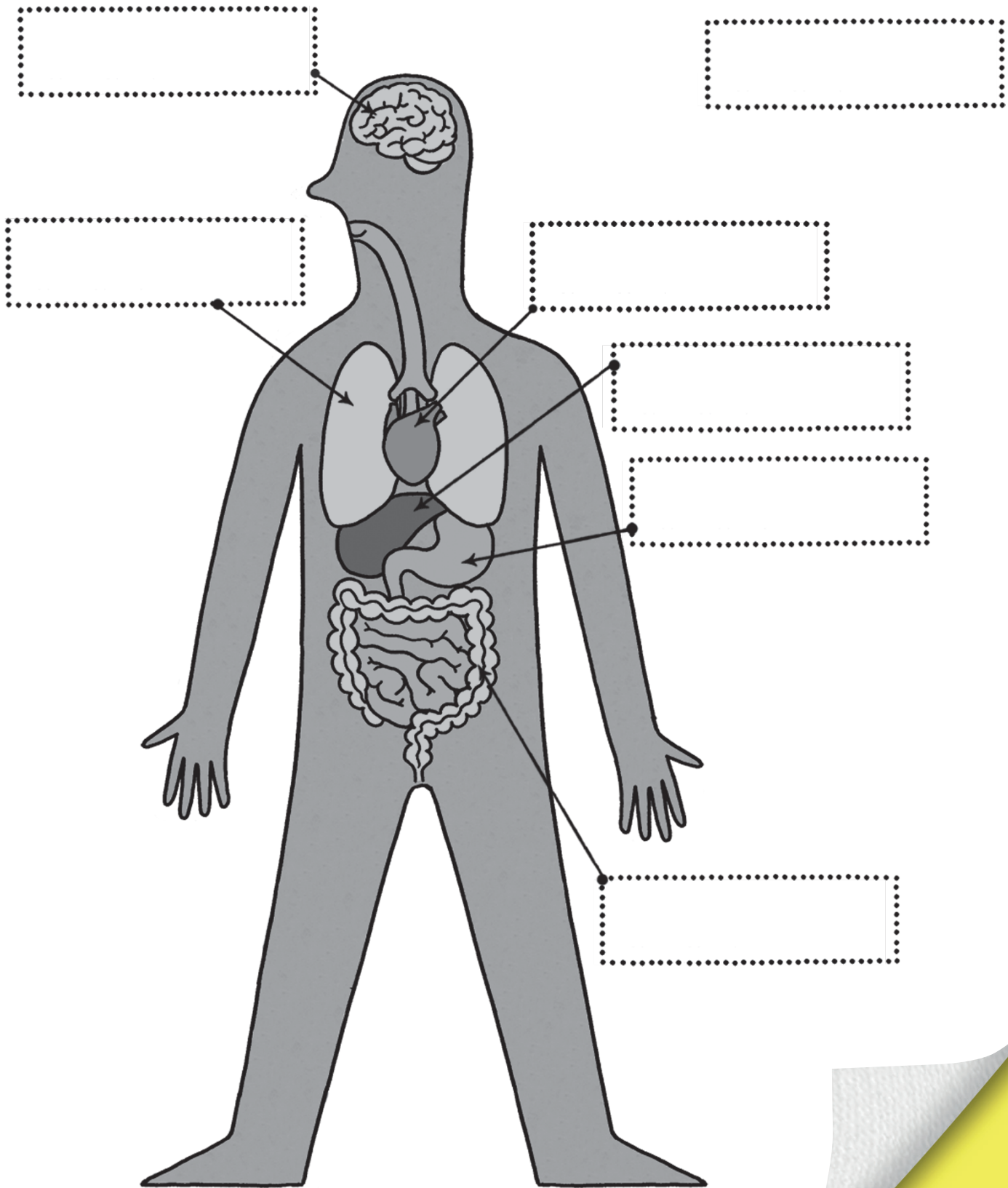
6. I BREAK DOWN FOOD EVEN
FURTHER, SO THAT YOU CAN
HAVE A POO!

Find out more about our organs on pages 5–6 of *Book of the Body and How it Works!*



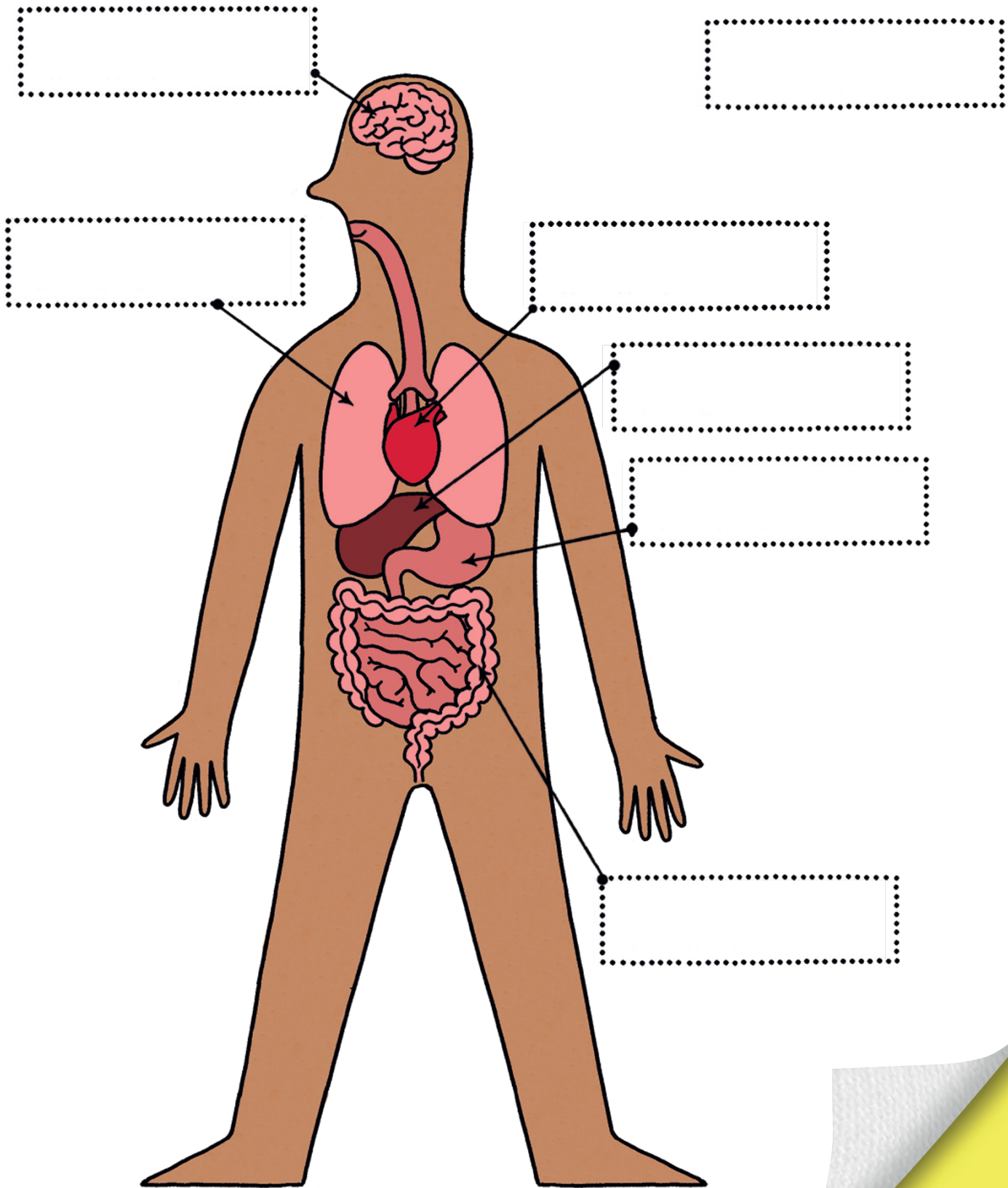
BOOK OF THE BODY

AND HOW IT WORKS



BOOK OF THE BODY

AND HOW IT WORKS



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BOOK OF THE BODY AND HOW IT WORKS

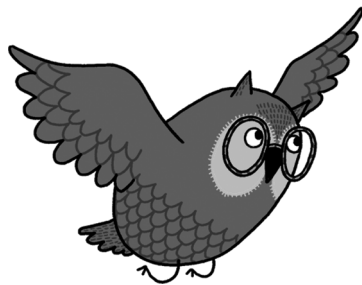
AMAZING CELLS

The walls of the Body Factory are made up of lots and lots of bricks – these represent one type of a thing called CELLS. Cells are the tiny pieces that make up our bodies.

DID YOU KNOW...

Throughout your life, your body is always replacing CELLS. The cells that make up your SKIN are COMPLETELY REPLACED each month or so.

Page 31



ACTIVITY: CELL MATCH-UP

Can you match the different cells to the descriptions below?

Fat Cells, Blood Cells, Skin Cells, Nerve Cells, Bone Cells, Muscle Cells

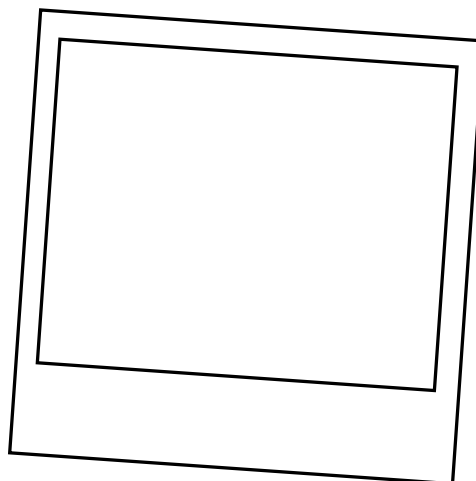
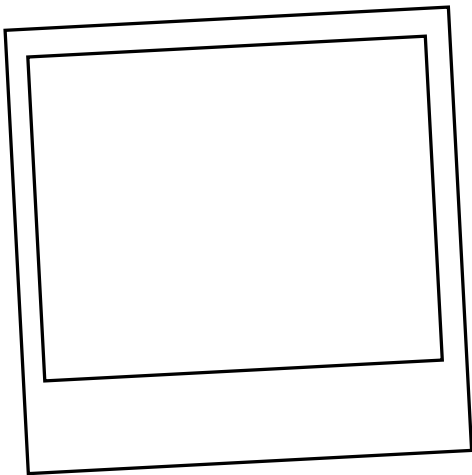
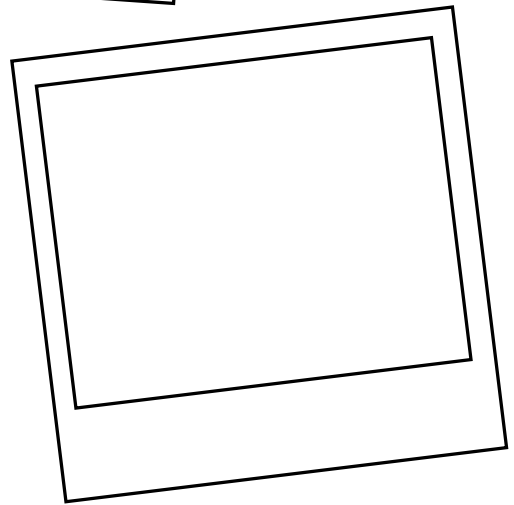
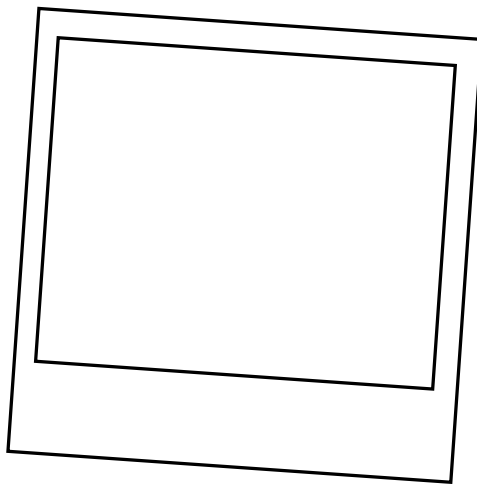
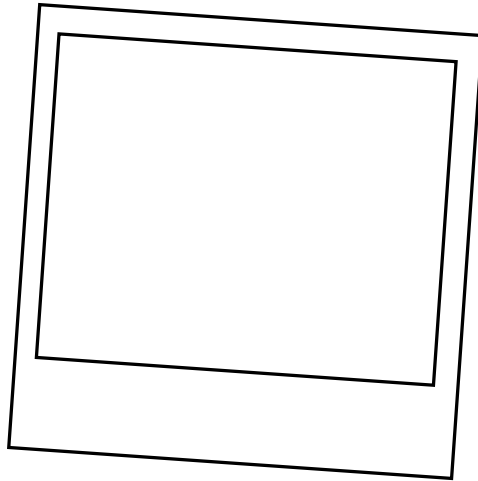
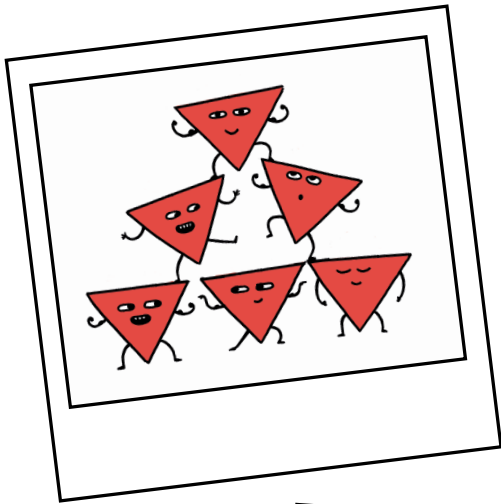
CELL TYPE	DESCRIPTION
	They're strong and flexible.
	They're very tough.
	They're tough and waterproof
	They send messages, often very urgent ones.
	They're red, and they carry energy around.
	They sit in between skin and muscles and help keep your body warm.



BOOK OF THE BODY AND HOW IT WORKS

ACTIVITY: GALLERY OF CELLS

To help you remember the different cell types, create a Gallery of Cells below. Include their names, descriptions, and an illustration to help you visualize the job they do. For example, you can make the muscle cells look strong, like in Mia Nilsson's illustration included below!



Find out more about cells on pages 8–9 of *Book of the Body and How it Works!*



BOOK OF THE BODY AND HOW IT WORKS

THE FIVE SENSES

Your body finds out what's going on in the world around you by using senses.



DID YOU KNOW...

Your EYES gather light that bounces off objects around you. And when something makes a noise, it makes vibrations in the air. Your EARS detect those vibrations.

Page 16

Can you name the five senses? Can you point to the different parts of your body that relate to each of the senses? For example: nose → sense of smell.

ACTIVITY: FIVE SENSES WHEEL

Test your own sensory experience by completing the Five Senses Wheel. Find a space to explore, it can be inside or outside. Discuss what you see, smell, hear, taste and touch with your friends; or record your findings on the wheel provided. You can use the sentence starters and prompts to help you.

If you prefer, you can turn your wheel into a spinner, and take turns describing your sensory experiences!

Find out more about the senses on pages 16–17 of *Book of the Body and How it Works!*



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BOOK OF THE BODY AND HOW IT WORKS

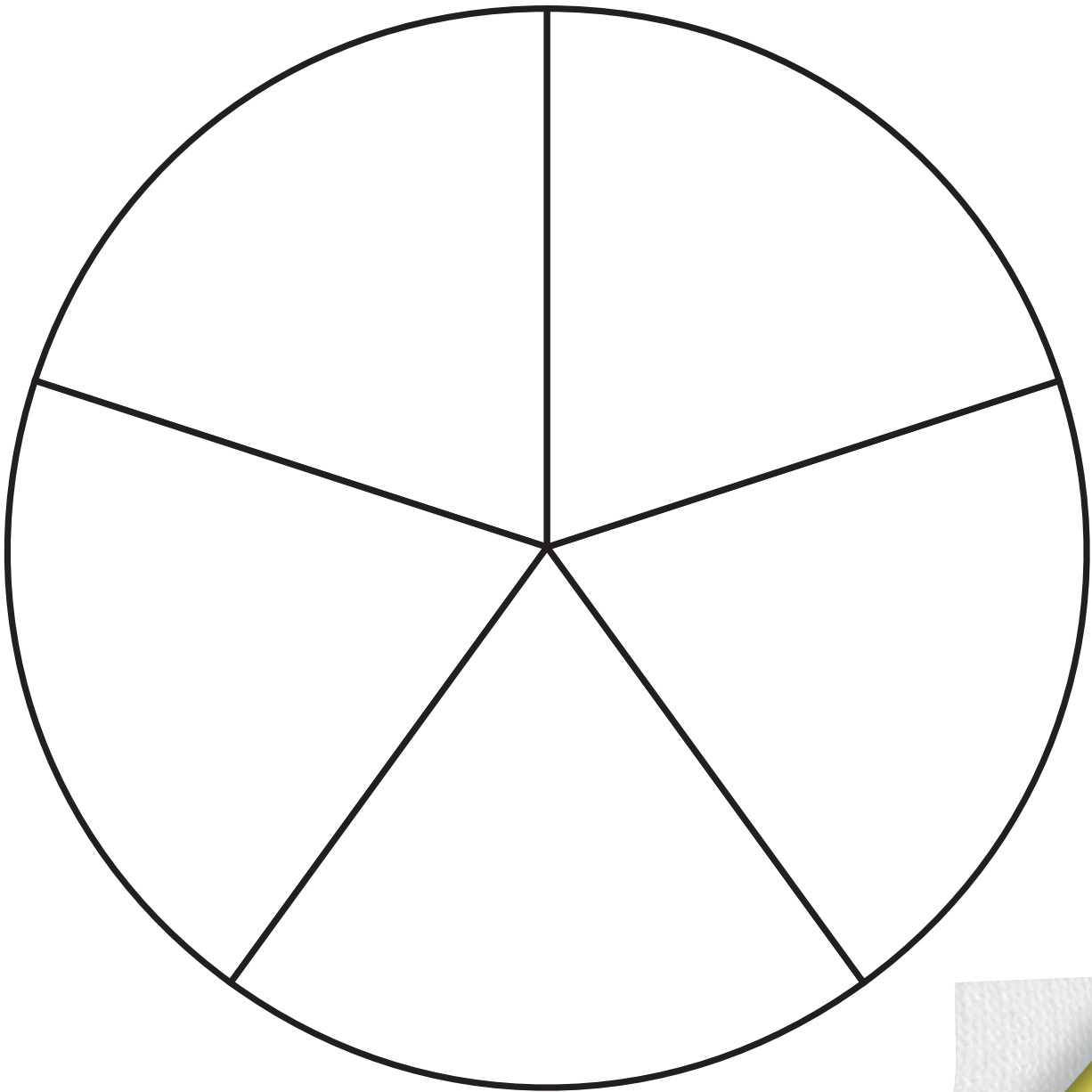
I CAN SEE... Something with a pattern on it; something shiny; something bright, dull, colourful.

I CAN HEAR... Something loud, quiet, musical, high-pitched; a crunch sound; a low sound.

I CAN SMELL... Something fresh, sweet, musty, fruity, sickly, flowery, clean.

I CAN TASTE... Something sweet, sour, bitter, sharp, tangy, salty, spicy, fizzy.

I CAN TOUCH... Something hard, soft, smooth, cold, warm, rough, slimy, fluffy, sticky.



"Your body is AMAZING – so make sure you look after it! Get plenty of sleep, stay active, and drink plenty of water." Page 31.



BOOK OF THE BODY

AND HOW IT WORKS

ACTIVITY: LOOKING AFTER YOUR BODY

It is important that we look after our bodies to make sure everything works properly. Can you think of the different ways we can look after our bodies? For each of the headers provided below, come up with a Top Tip to share with your classmates for staying healthy!

WATER

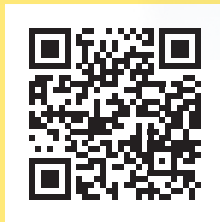
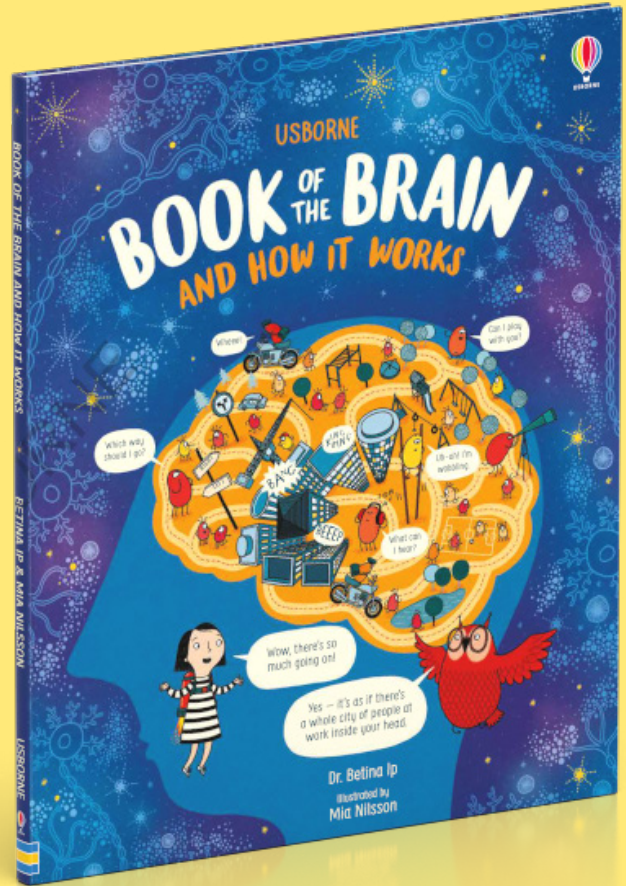
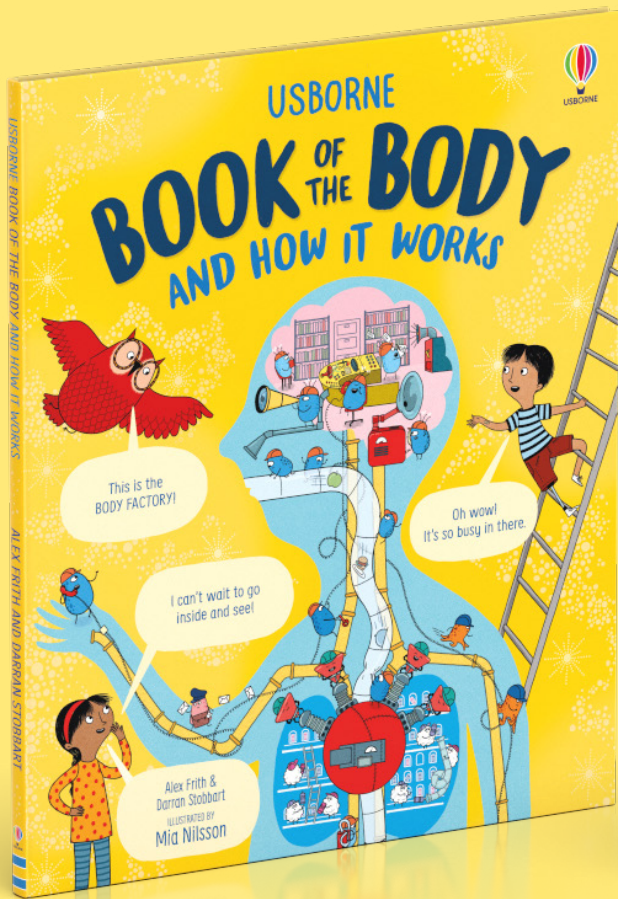
FOOD

EXERCISE

SLEEP



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