外研社英语分级阅读

丽声非常百科故事

第四级

YOUR BODY, INSIDE OUT

身体探秘

[英] Nikki Gamble 主编
[英] Vicky Shipton 著

人体
the human body

外语教学与研究出版社
FOREIGN LANGUAGE TEACHING AND RESEARCH PRESS

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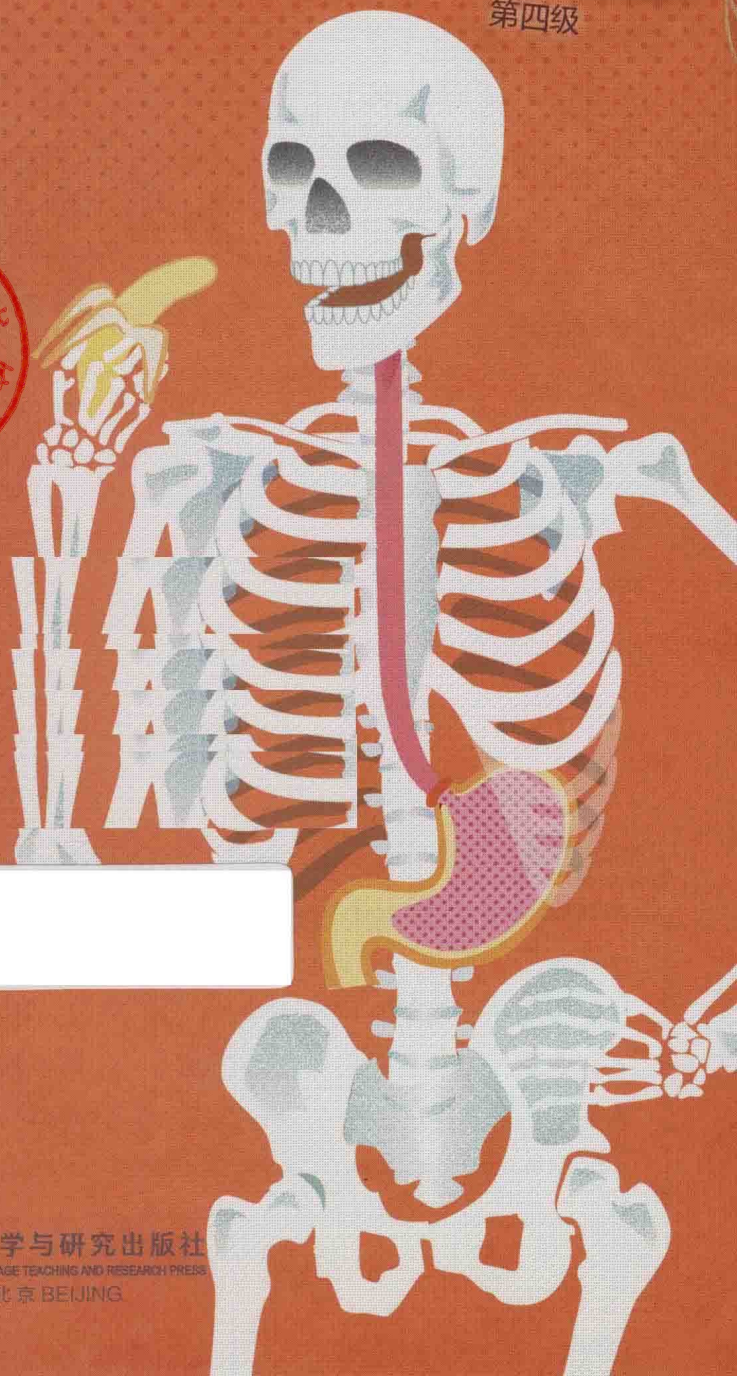
学院 藏书专用章



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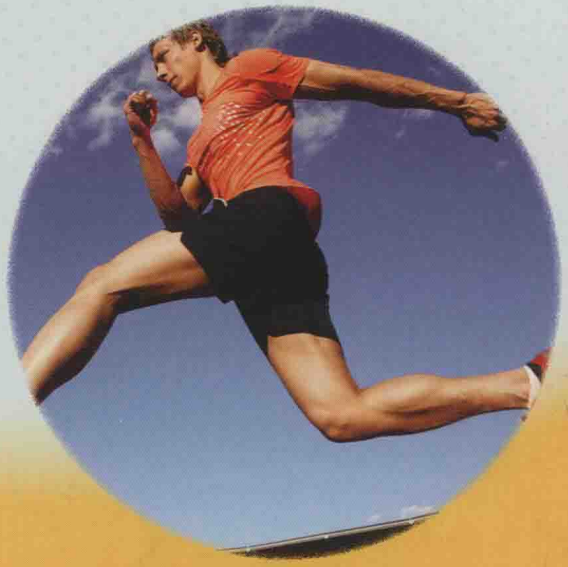
读前指导

关于本书

本书介绍了人体是如何工作的。



文本类型：	说明
主题：	人体
学科：	科学

阅读前

- 和孩子一起看一看这本书的封面，问孩子：What do you think you will find out by reading this book?
- 和孩子一起读一读封底的内容介绍，让孩子说一说这本书可能会讲些什么。
- 和孩子一起读一读这本书的目录，看看哪些内容是孩子已经知道的，问孩子：What do you think the *Control Centre* might be?

阅读中

- 如果孩子在阅读的过程中不知道某个单词如何发音，教师或家长可以帮助孩子进行拼读，比如，可以帮助孩子把单词拆分为几个音。单词中如果包含不符合拼读规则的音，教师或家长也要给予指导。如果有必要，可以告诉孩子整个单词的发音。
- 本书中不符合拼读规则的单词：femur, shoulder, muscles, wrist, process, liquid, oesophagus, stomach, centre, fluid, wrapping。
- 书中标粗体的单词是孩子在阅读过程中可能难以理解的单词，这些单词的解释请参考当页注释。

找一找 从书中找出人每年大约眨眼多少次。

试读结束：需要全本请在线购买：www.ertongbook.com

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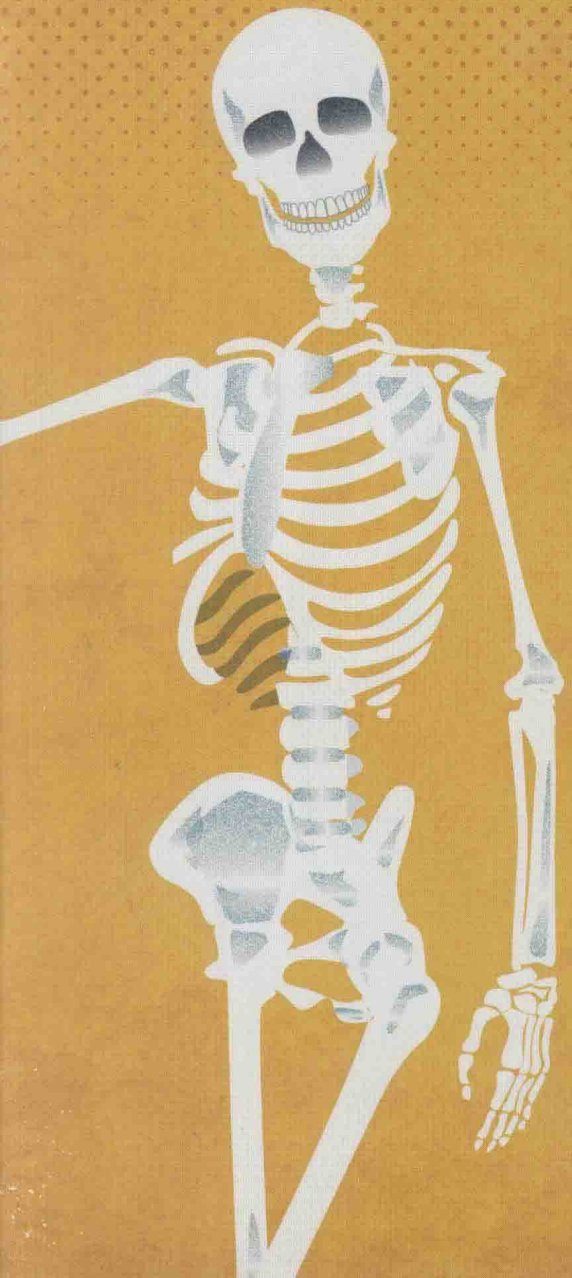

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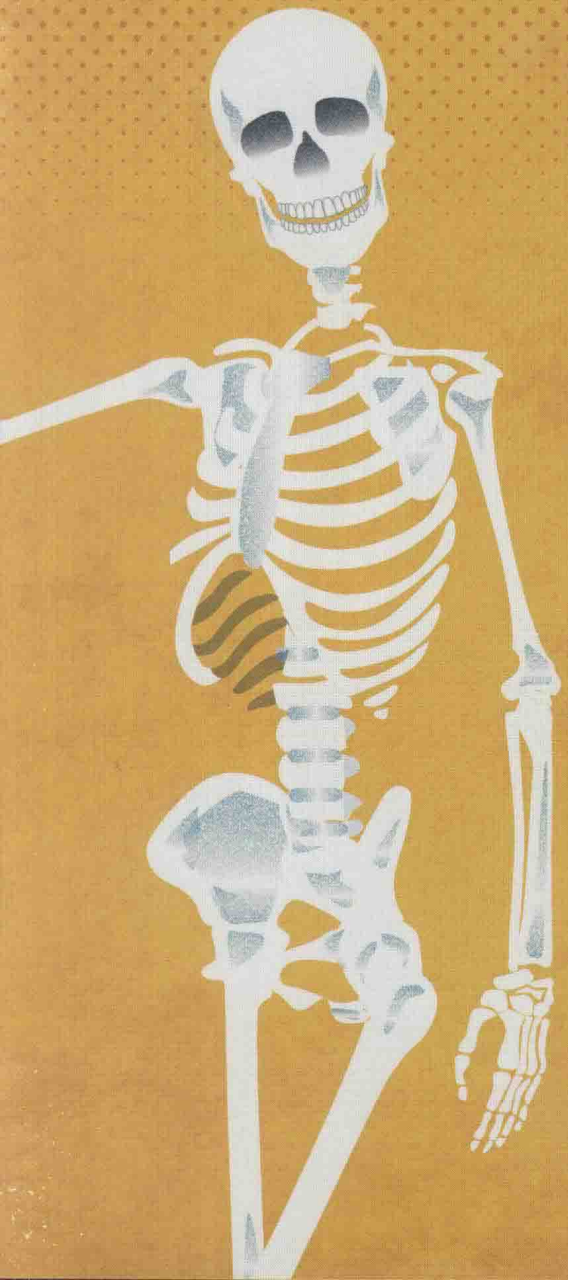

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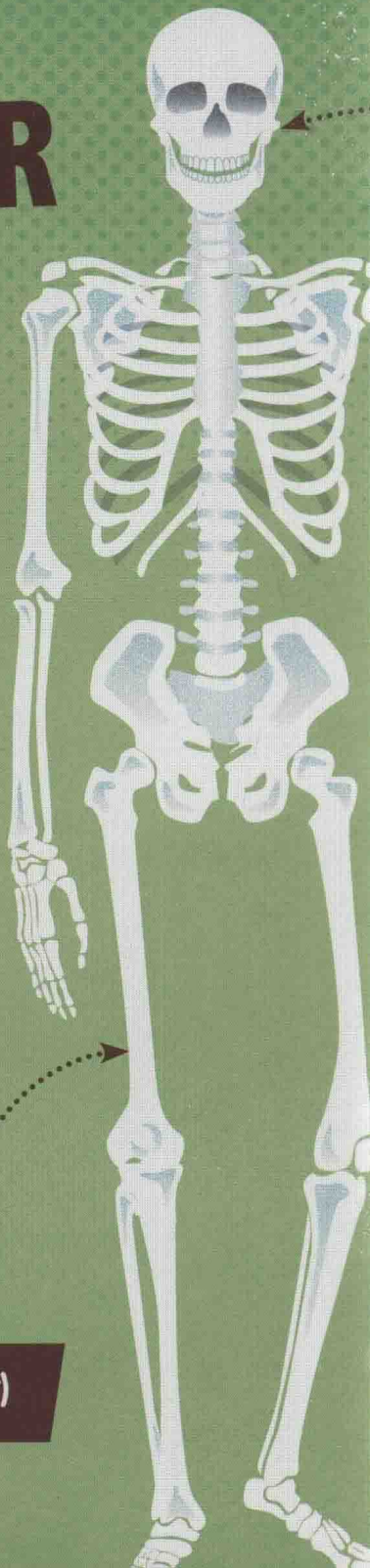
START WITH YOUR SKELETON

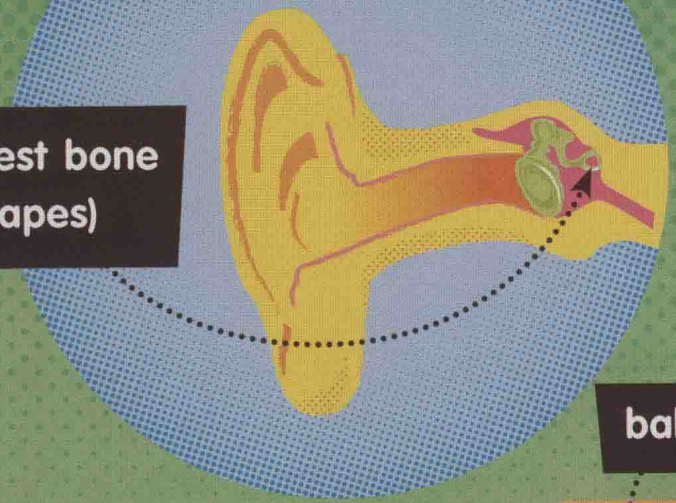
Your skeleton is made up of bones. Without a skeleton, your body would be all floppy.

Babies are born with more than 300 bones, while adults have only 206. As babies grow, some of their bones join together.

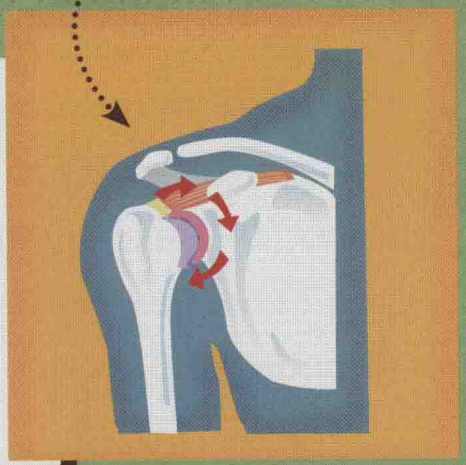


biggest bone (femur)

smallest bone (stapes)



ball-and-socket joint



Joints are the parts of your skeleton where your bones meet up. Bones can't bend but joints can move in different ways.

Your shoulder joint can turn in a circle but your elbow joint can only bend.

hinge joint

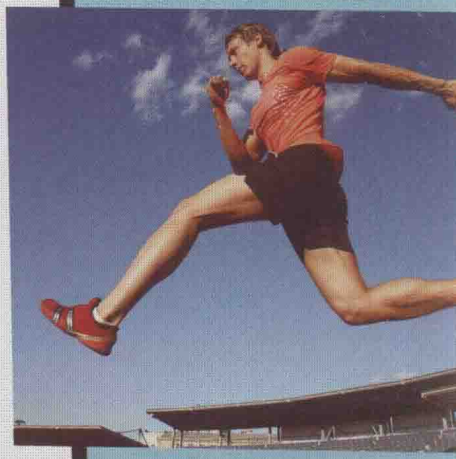
TRY THIS!

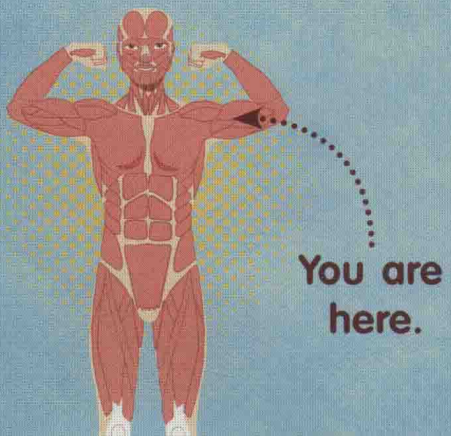
Can you lick your elbow? Almost nobody can!

MOVE YOUR MUSCLES

You need muscles to move your body – around 600 of them! Muscles do lots of jobs. You need them for any movement you make, including walking, jumping, dancing and even smiling.

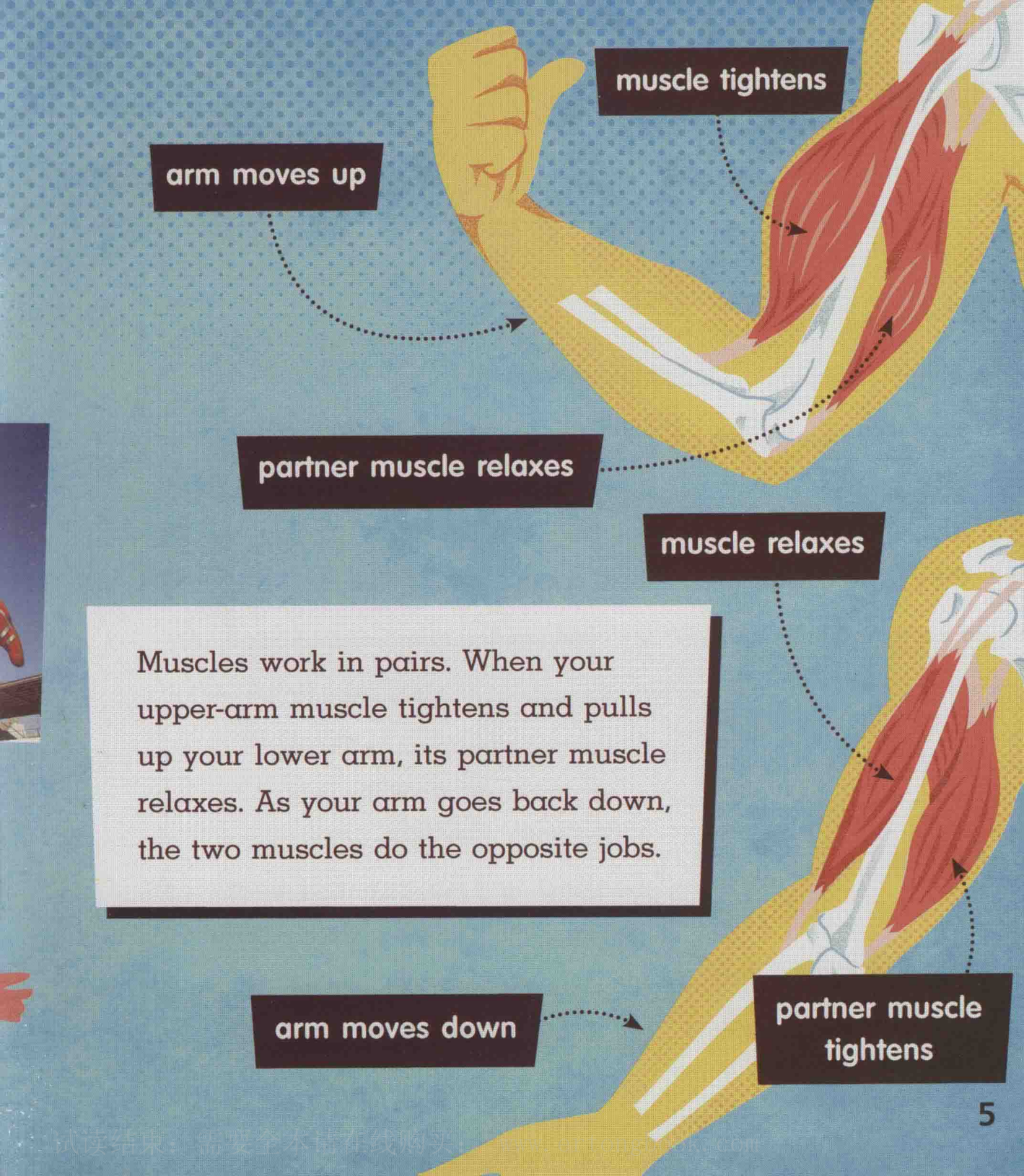
Muscles are joined to your bones by tough bands called tendons.





TRY THIS!

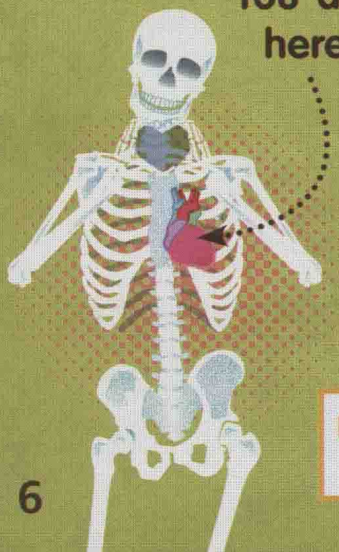
Some muscles are hard to use. Try raising just one eyebrow! Can you do it?



Muscles work in pairs. When your upper-arm muscle tightens and pulls up your lower arm, its partner muscle relaxes. As your arm goes back down, the two muscles do the opposite jobs.

PUMP YOUR BLOOD

Blood brings **oxygen** and food to your muscles. It travels around your body in thin tubes called blood vessels. If you stretched out all these tubes, they'd go around the world more than twice!



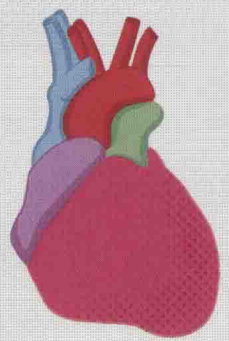
Your heart is a muscle that pumps blood around your body. You can feel your heart beating in your chest. It beats about 100 000 times every day!

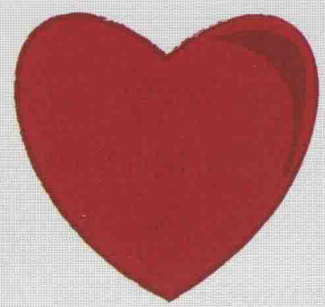
▶ oxygen: a part of air that your body needs for energy

heart

blood vessels

A heart is shaped a bit like a fist but is often drawn differently.



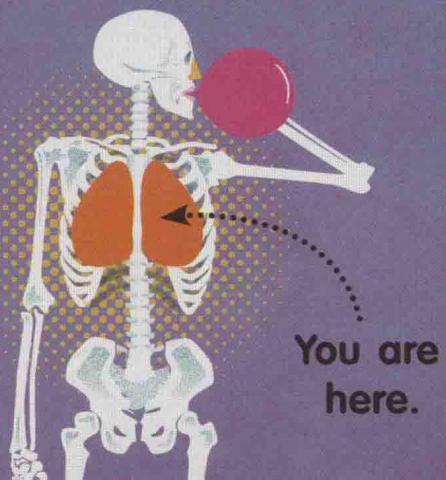


TRY THIS!

Place your fingers gently on the inside of your wrist and feel your heartbeat. How many beats can you count in one minute?

BREATHE IN AND OUT

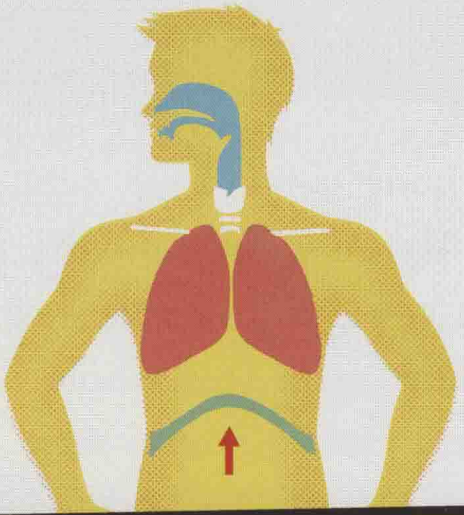
Your body needs oxygen, which is in the air that we breathe. Oxygen helps your body turn food into energy. When you breathe in, your lungs fill up with air. Your lungs are like two sponges. They can hold about as much air as a football.



air

lungs

Your blood carries the air around your body, delivering oxygen. Then the unused air goes back to your lungs so you can breathe it out.



TRY THIS!

The more your muscles work, the more oxygen they need.

Sit down and count how many breaths you take in one minute. Then run on the spot for a minute and count your breaths again.

EAT UP!

Your body gets energy from food. Here's what happens when you eat an apple – or anything else! This whole process takes about a day.

1.

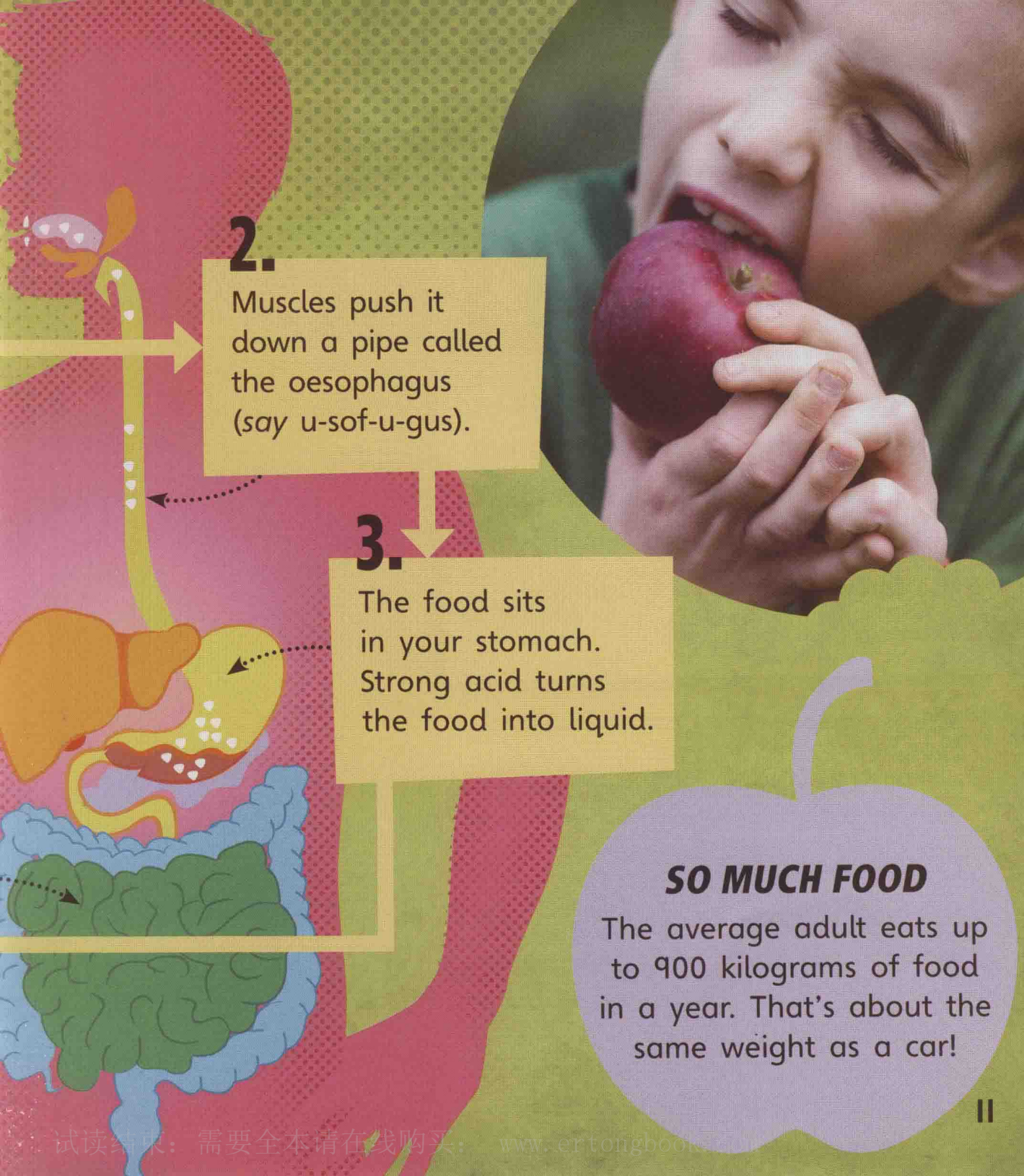
You chew the food and mix it with **saliva**.

- saliva: liquid in your mouth that helps you chew and taste food
- intestines: long tubes under your stomach that food passes through

You are here.

4.

The liquid travels into your **intestines**. Your body takes what it needs for energy.



2.
Muscles push it down a pipe called the oesophagus (*say* u-sof-u-gus).

3.
The food sits in your stomach. Strong acid turns the food into liquid.

SO MUCH FOOD

The average adult eats up to 900 kilograms of food in a year. That's about the same weight as a car!

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