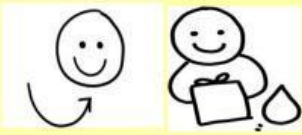


BODY





... **a head**

hair

eyebrows

ears

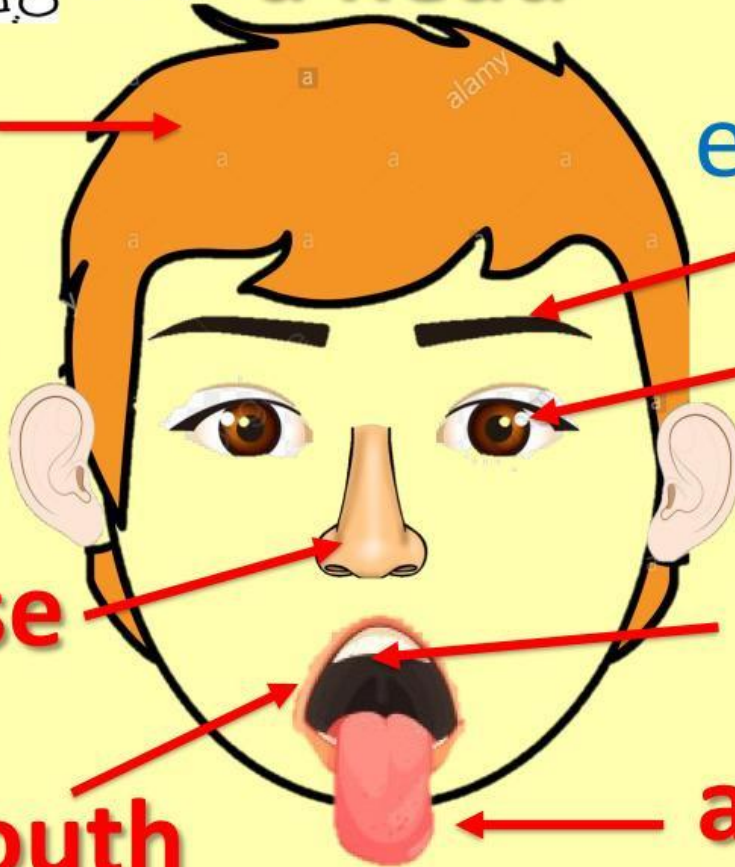
eyes

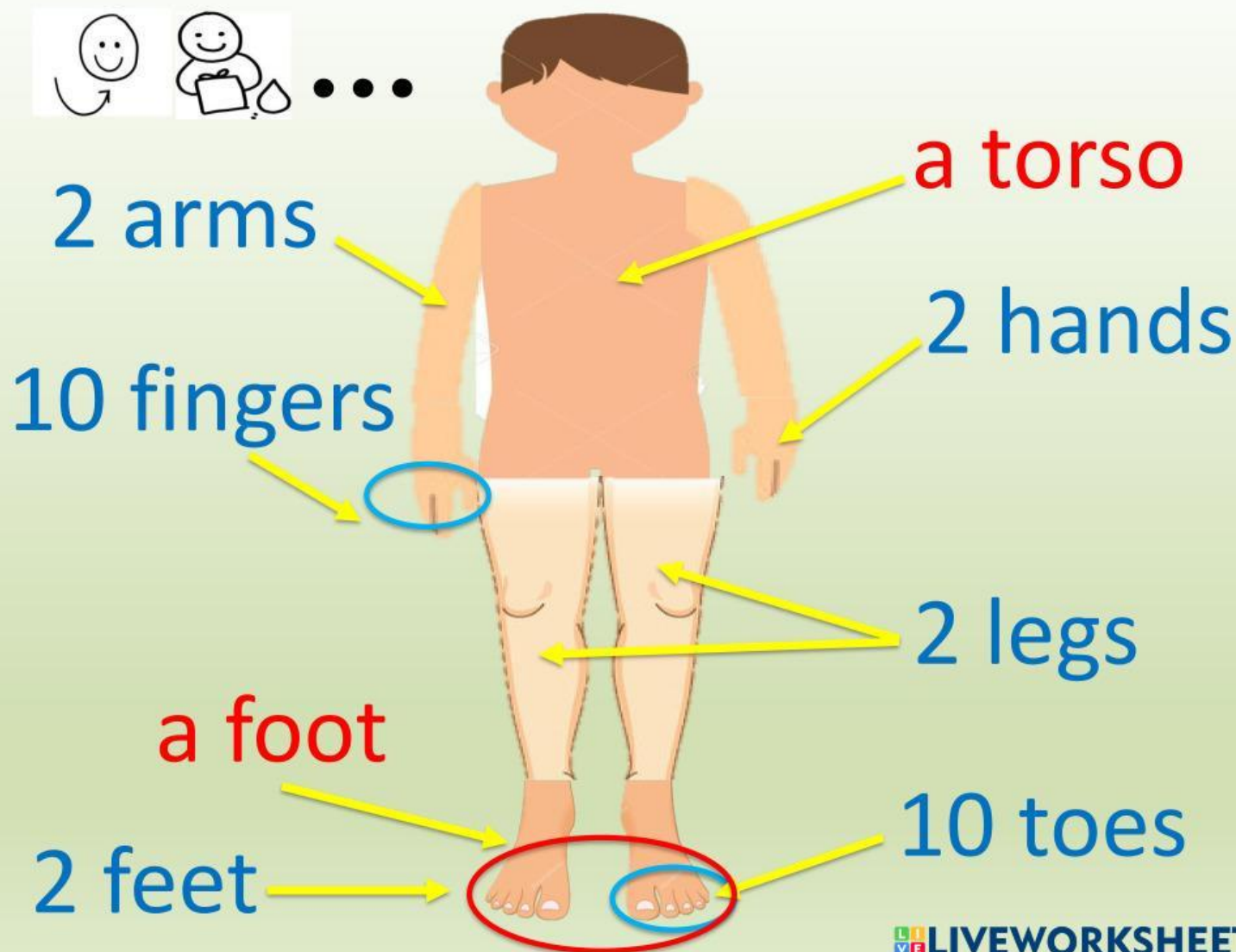
a nose

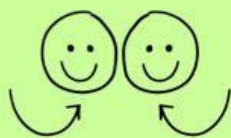
teeth

a mouth

a tongue







5



SIGHT



HEARING



TASTE



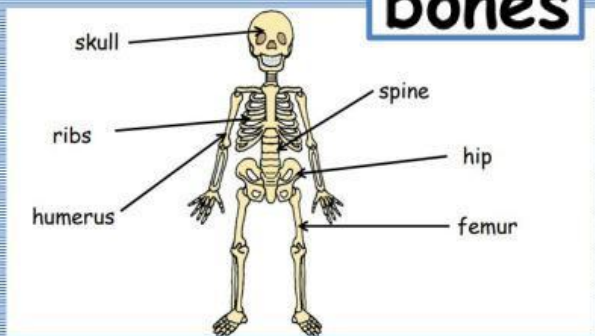
SMELL



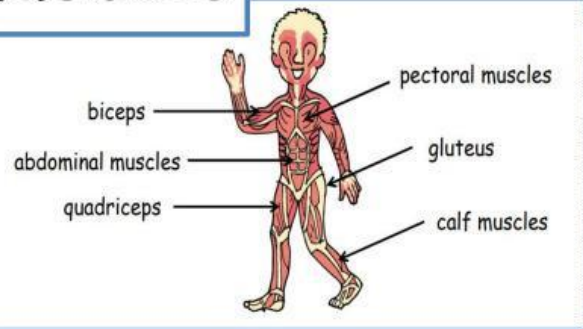
TOUCH

Our locomotor system

bones



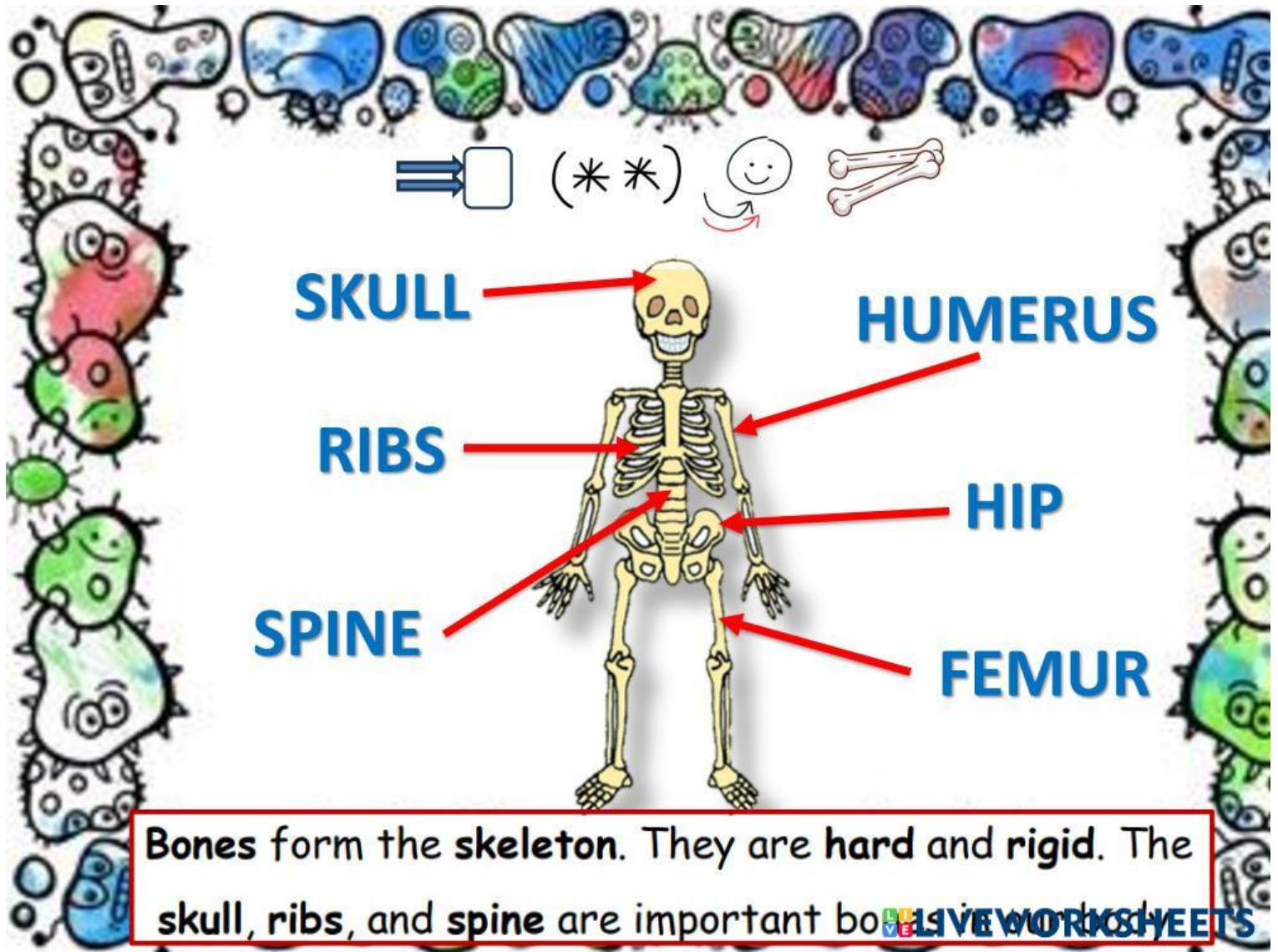
muscles



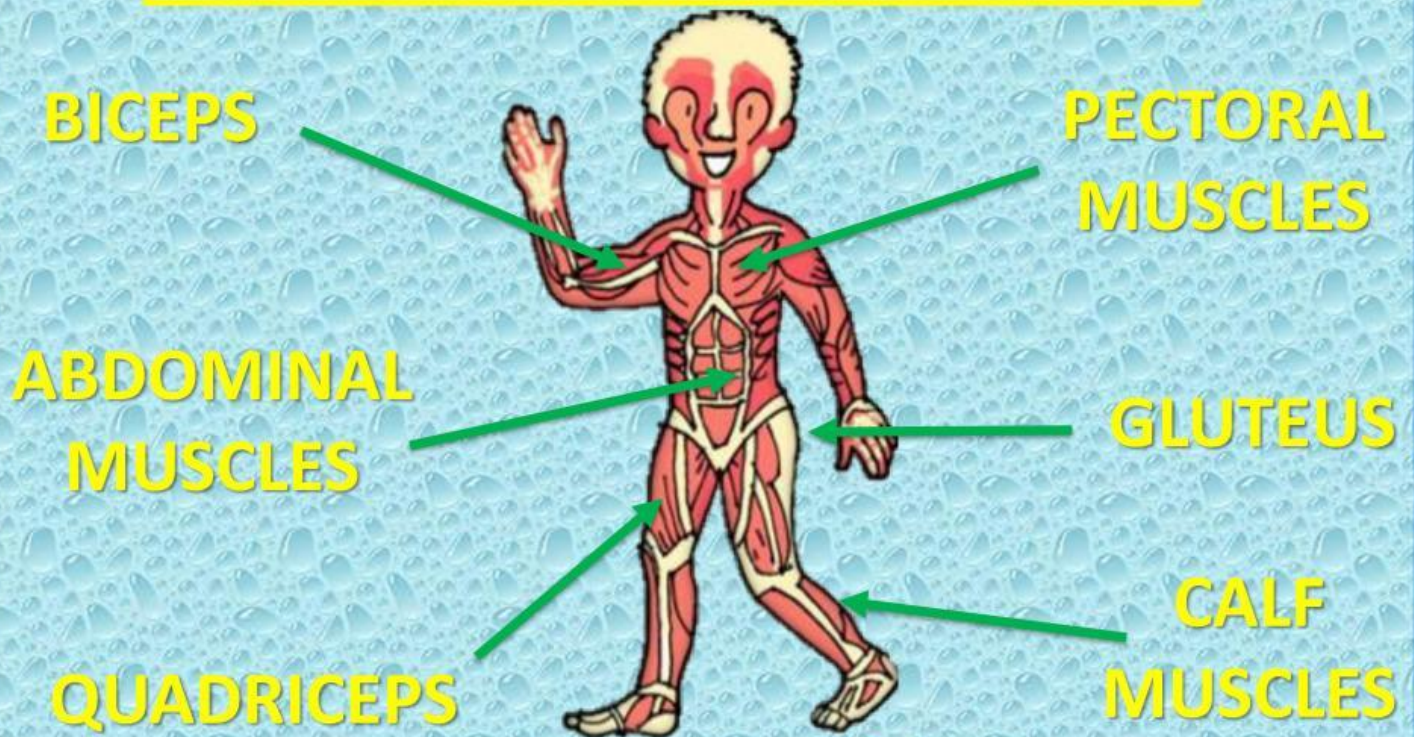
Joints



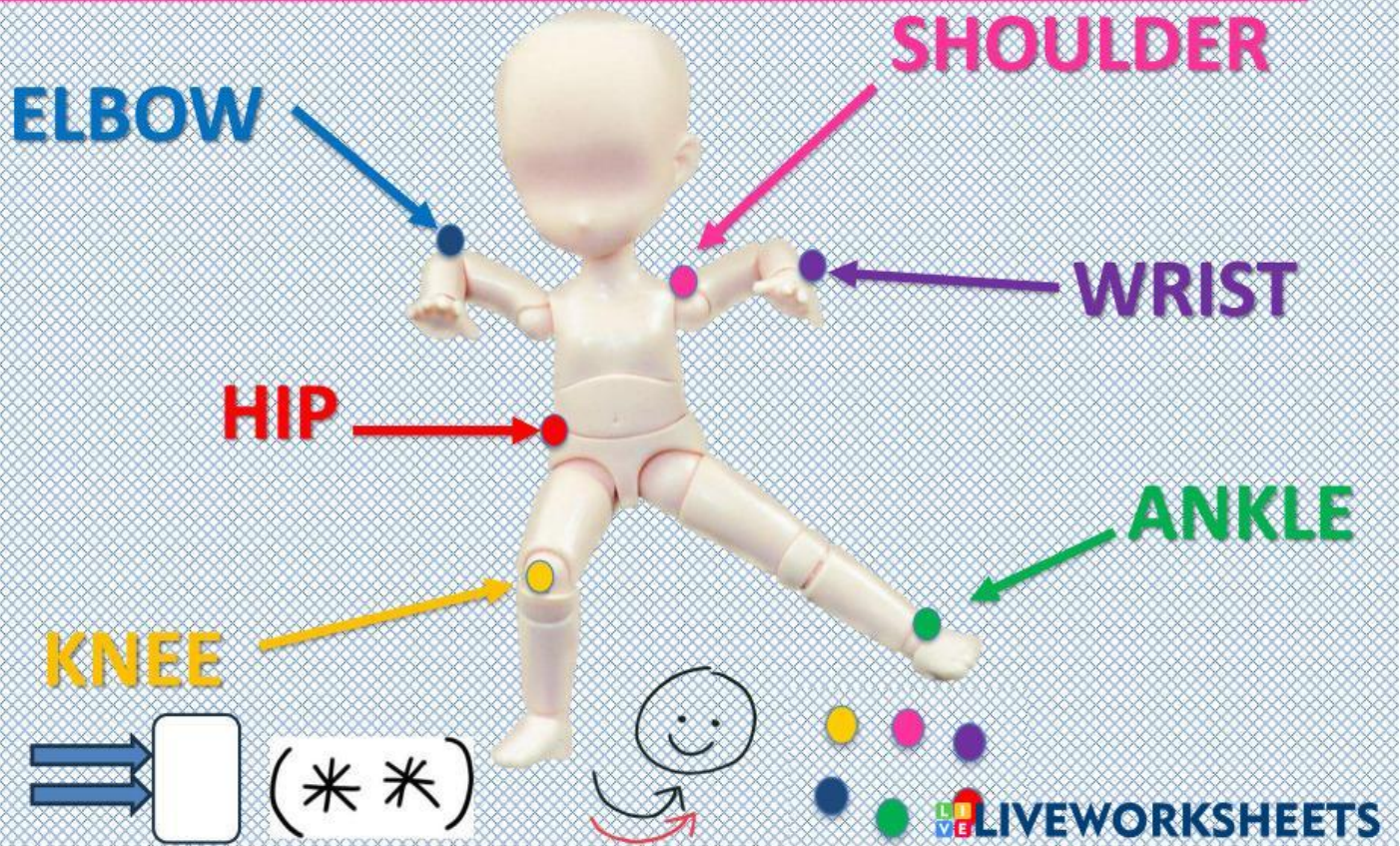
are part of our locomotor system



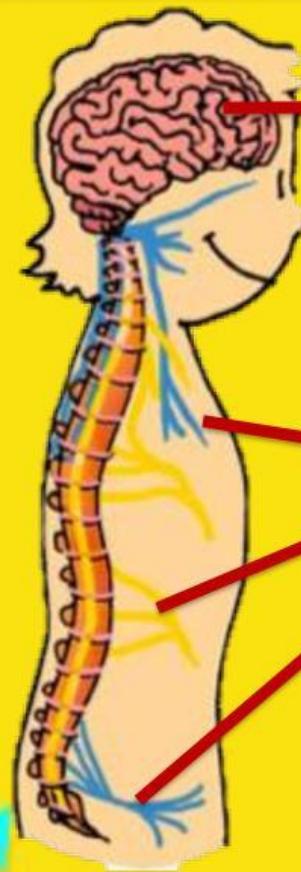
Muscles are **soft** and **elastic**. **Biceps** and **quadriceps** are important muscles in our body. Bones and muscles are part of our **locomotor system**.



Joints make the skeleton **flexible**. Joints help us move.
There are joints in our **arms** and **legs**. They are part of
our **locomotor system**.



Our nervous system



BRAIN

The brain controls all the movements in our body.

NERVES

We have nerves all over our body.

HEALTHY HABITS



Good for your body!

UNHEALTHY HABITS



Bad for your body!

HEALTHY

OR

UNHEALTHY

sleeping well



eating healthy food



Exercise



washing every day

