

I LOVE MAKING VALENTINES! I WONDER WHAT MY REAL HEART IS LIKE...

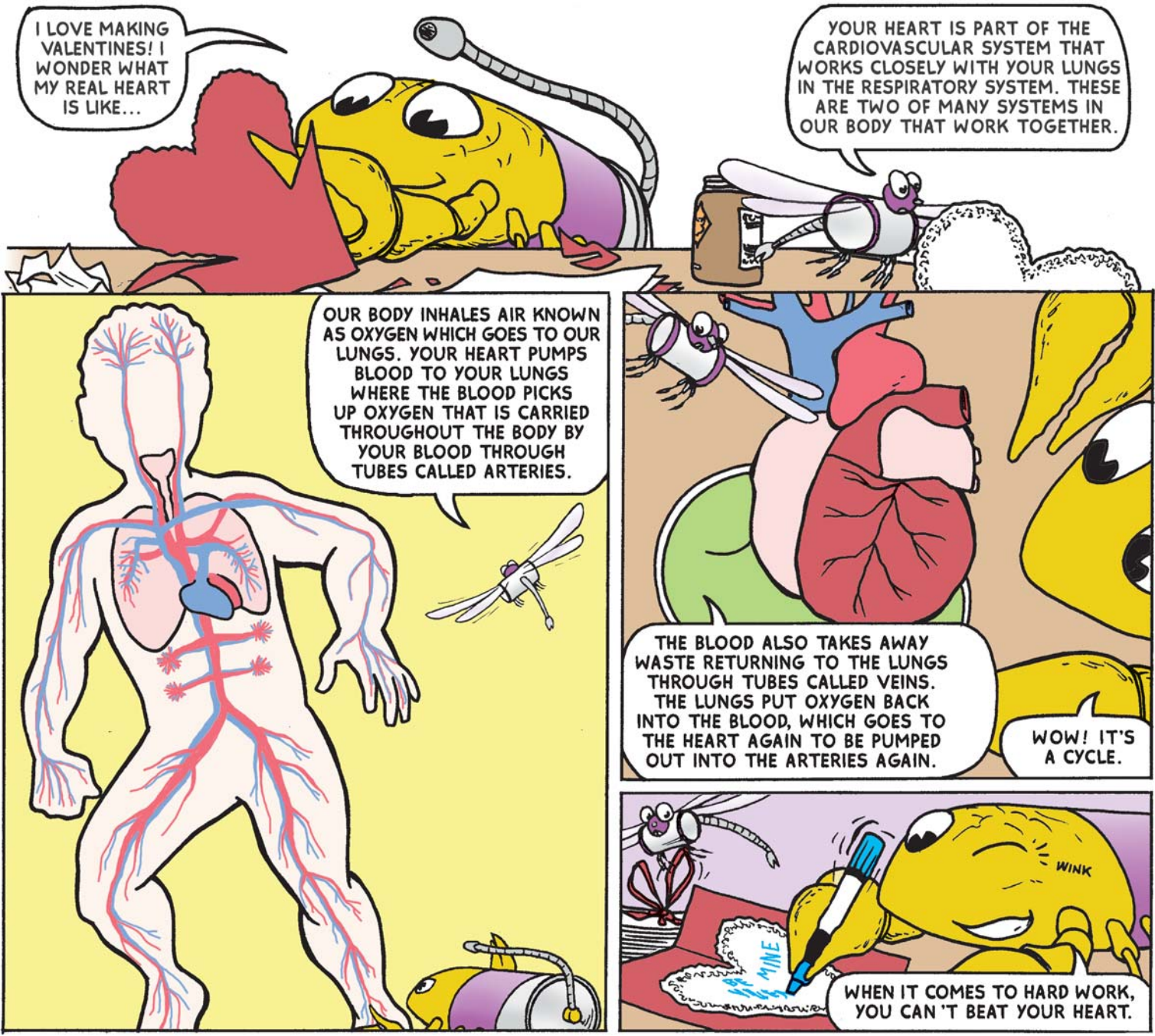
YOUR HEART IS PART OF THE CARDIOVASCULAR SYSTEM THAT WORKS CLOSELY WITH YOUR LUNGS IN THE RESPIRATORY SYSTEM. THESE ARE TWO OF MANY SYSTEMS IN OUR BODY THAT WORK TOGETHER.

OUR BODY INHALES AIR KNOWN AS OXYGEN WHICH GOES TO OUR LUNGS. YOUR HEART PUMPS BLOOD TO YOUR LUNGS WHERE THE BLOOD PICKS UP OXYGEN THAT IS CARRIED THROUGHOUT THE BODY BY YOUR BLOOD THROUGH TUBES CALLED ARTERIES.

THE BLOOD ALSO TAKES AWAY WASTE RETURNING TO THE LUNGS THROUGH TUBES CALLED VEINS. THE LUNGS PUT OXYGEN BACK INTO THE BLOOD, WHICH GOES TO THE HEART AGAIN TO BE PUMPED OUT INTO THE ARTERIES AGAIN.

WOW! IT'S A CYCLE.

WHEN IT COMES TO HARD WORK, YOU CAN'T BEAT YOUR HEART.





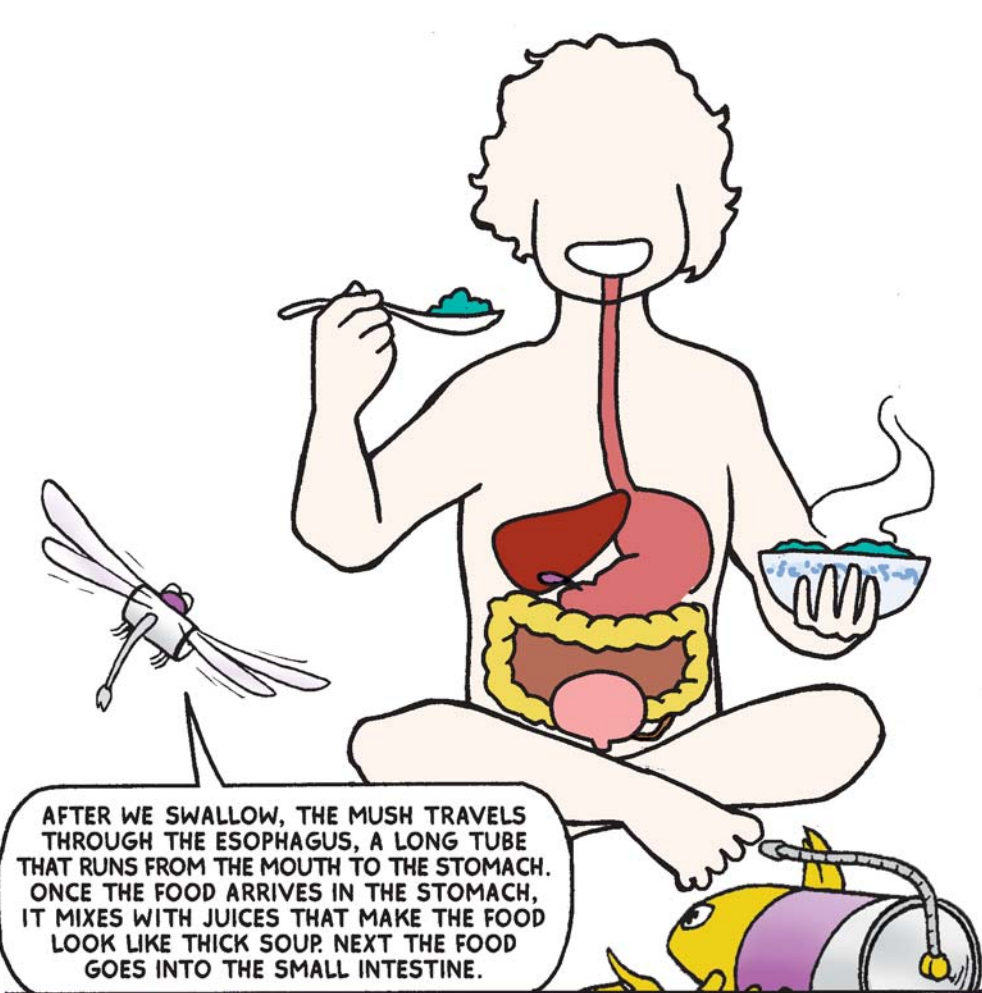
THAT COOKIE WAS DELICIOUS!

LET'S FOLLOW THAT COOKIE AS IT TRAVELS THROUGH YOUR DIGESTIVE SYSTEM.



WHEN WE CHEW OUR FOOD, IT IS CRUSHED UP AND MIXED WITH SALIVA IN OUR MOUTH.

THAT MAKES FOOD EASIER TO SWALLOW.



AFTER WE SWALLOW, THE MUSH TRAVELS THROUGH THE ESOPHAGUS, A LONG TUBE THAT RUNS FROM THE MOUTH TO THE STOMACH. ONCE THE FOOD ARRIVES IN THE STOMACH, IT MIXES WITH JUICES THAT MAKE THE FOOD LOOK LIKE THICK SOUP. NEXT THE FOOD GOES INTO THE SMALL INTESTINE.



THE BODY TAKES THE GOOD THINGS IT NEEDS FROM THE FOOD, LEAVING THE WASTE TO BE PUSHED OUT OF THE BODY.

WOW! OUR BODIES ARE LIKE MACHINES! I AM ONLY GOING TO EAT HEALTHY FOODS SO THAT MY BODY WILL WORK LIKE A WELL OILED MACHINE!

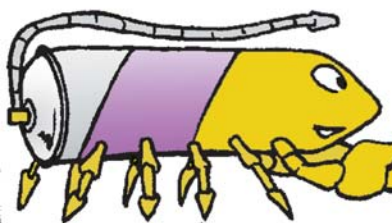


DON'T WORRY MR. SKELETON, IT'S NOT HALLOWEEN!

ACTUALLY SCORPY, YOUR SKELETAL SYSTEM IS VERY IMPORTANT TO YOUR HEART.



UNDER OUR SKIN IS A SKELETON MADE OF 206 BONES THAT PROVIDE A SUPPORTIVE FRAMEWORK FOR OUR BODY.

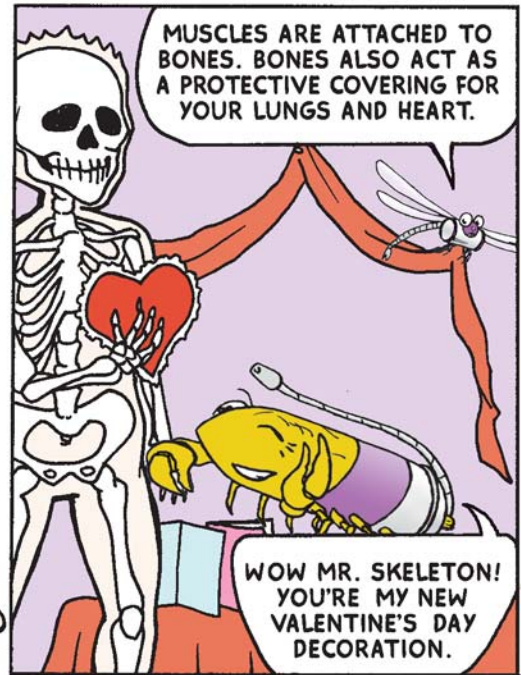


MUSCLES ARE ATTACHED TO BONES. BONES ALSO ACT AS A PROTECTIVE COVERING FOR YOUR LUNGS AND HEART.

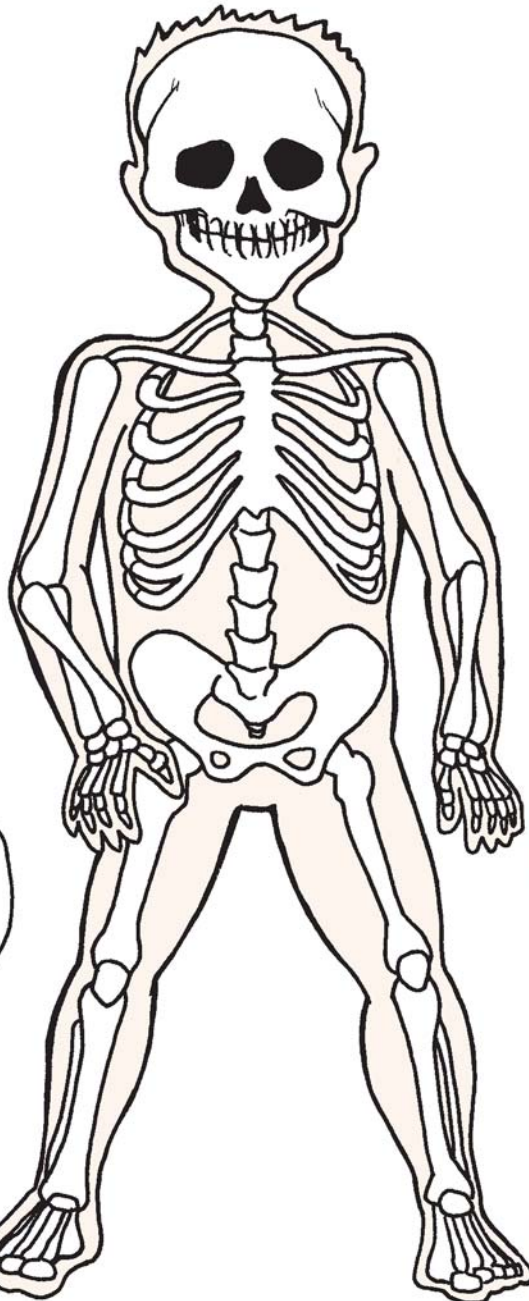


A JOINT IS WHERE TWO BONES MEET. THERE ARE DIFFERENT KINDS OF JOINTS. SOME BEND IN ONLY ONE DIRECTION, LIKE A KNEE OR ELBOW. SOME MOVE IN ALL DIRECTIONS, LIKE A HIP OR SHOULDER. SOME TURN, LIKE A NECK OR WRIST.

WOW! THAT'S A LOT OF BUSY BONES.



WOW MR. SKELETON! YOU'RE MY NEW VALENTINE'S DAY DECORATION.



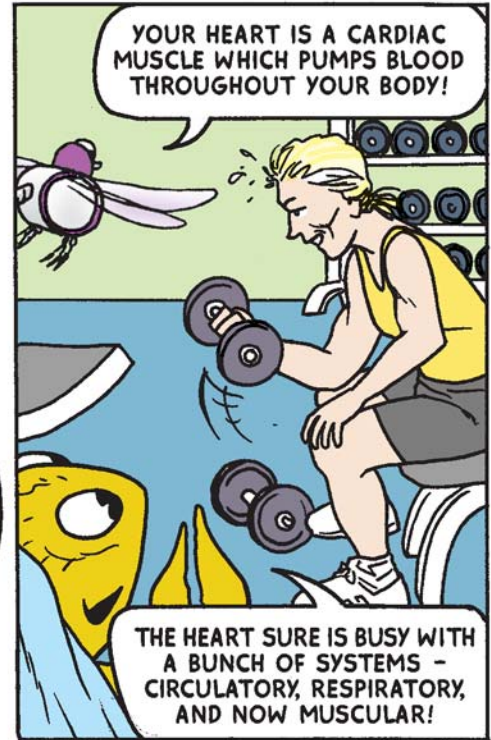
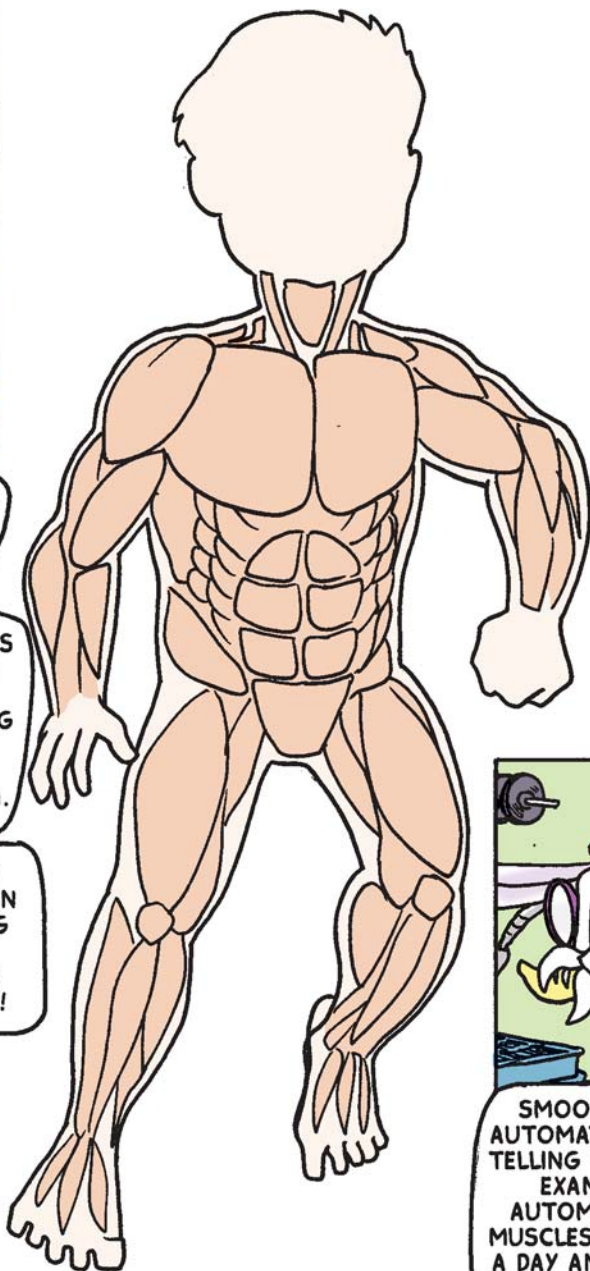
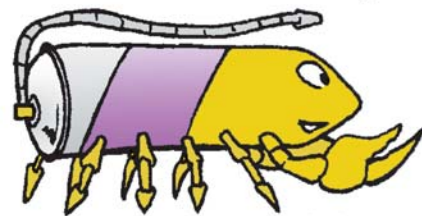


WHAT A GREAT WORKOUT! CHECK OUT MY MUSCLE!

THAT MUSCLE IS PART OF YOUR MUSCULAR SYSTEM.

MUSCLES ARE JOINED TO THE BONES BY TENDONS. SKELETAL MUSCLES WORK IN PAIRS, PUSHING AND PULLING. WHEN YOU LIFT SOMETHING OR GO FOR A RUN, YOUR BRAIN SENDS AND RECEIVES MESSAGES THROUGH YOUR NERVOUS SYSTEM.

I GET IT! YOUR BRAIN IS TELLING YOUR MUSCLES TO MOVE!



YOUR HEART IS A CARDIAC MUSCLE WHICH PUMPS BLOOD THROUGHOUT YOUR BODY!

THE HEART SURE IS BUSY WITH A BUNCH OF SYSTEMS - CIRCULATORY, RESPIRATORY, AND NOW MUSCULAR!

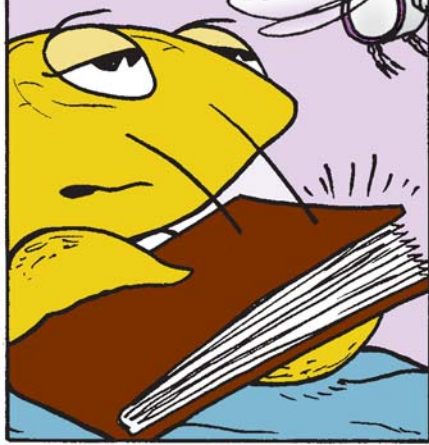


SMOOTH MUSCLES OPERATE AUTOMATICALLY WITHOUT YOUR TELLING THEM WHAT TO DO. FOR EXAMPLE, YOUR FOOD IS AUTOMATICALLY DIGESTED BY MUSCLES. THEY WORK 24 HOURS A DAY AND SEVEN DAYS A WEEK!

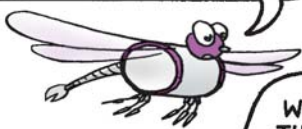
BOY! YOU NEVER WANT TO GIVE THESE MUSCLES A DAY OFF!

HOMework GIVES ME MAJOR BRAIN DRAIN!!

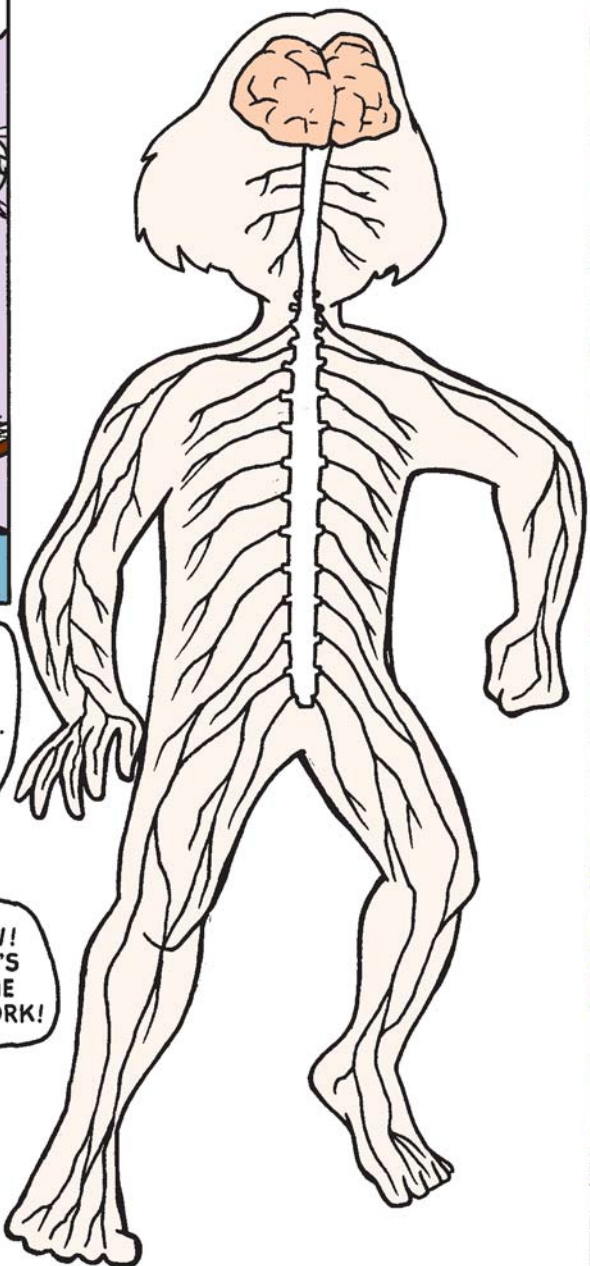
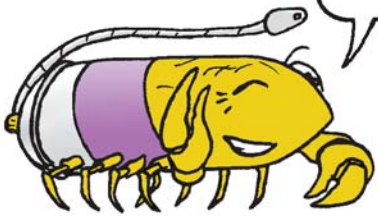
YOUR BRAIN IS AN IMPORTANT PART OF YOUR NERVOUS SYSTEM.



YOUR BRAIN IN YOUR HEAD IS THE CONTROL CENTER CONNECTED TO THE REST OF YOUR BODY BY THE SPINAL CORD INSIDE YOUR BACKBONE. NERVES RUN FROM THE SPINAL CORD TO EVERY PART OF THE BODY CARRYING MESSAGES.



WOW! THAT'S SOME NETWORK!



ONE TYPE OF MESSAGE IS SENT TO OUR BRAINS FROM OUR EYES, EARS, SKIN, NOSE, AND TONGUE, LETTING US KNOW WHAT WE ARE SEEING, TOUCHING, HEARING, TASTING, AND SMELLING.



IT SOUNDS LIKE EVERYTHING IS CONNECTED TO THE BRAIN!



THE OTHER MESSAGES COME FROM THE BRAIN DIRECTLY TO THE MUSCLES.



LIKE THE MESSAGE I AM SENDING MY MUSCLES NOW, TELLING THEM TO OPEN THIS BOOK AND GET BUSY ON HOMEWORK.