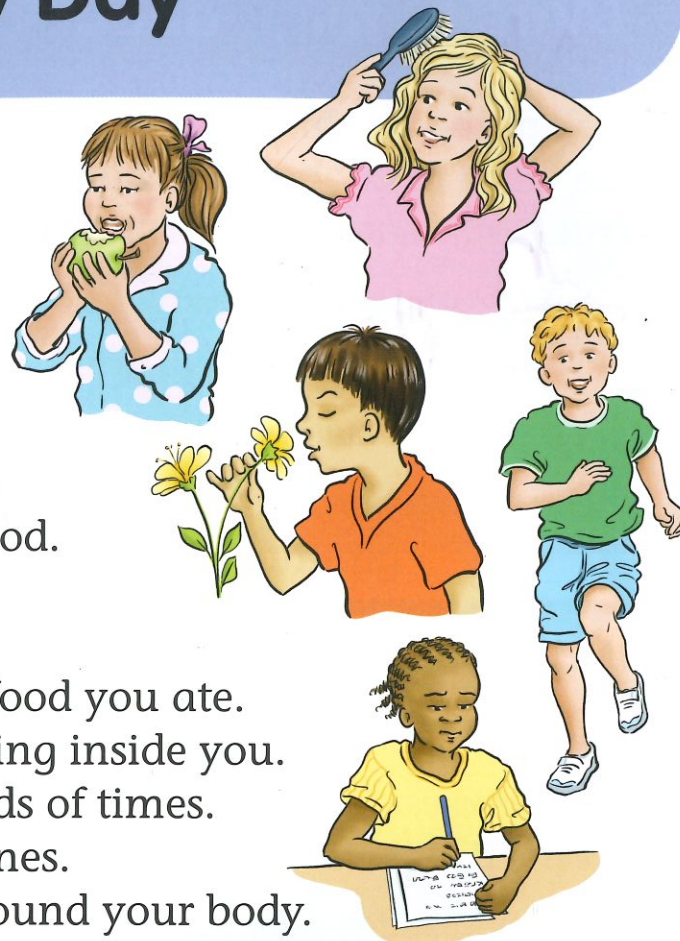


When someone asks you,
"What did you do today?"
tell them you have been
very, very busy.

After all...
Your hair grew.
Your teeth cut and chewed food.
Your nose smelled smells.
You took in air.
You took goodness from the food you ate.
Your skin stopped germs getting inside you.
Your skeleton moved hundreds of times.
Your muscles moved your bones.
Your heart pumped blood around your body.
Your brain looked after everything you did.

Yes, you and your body have been very busy today!

Martin Skelton and David Playfoot



Do you remember?

Copy these sentences.

Fill each gap.

1. We need _____ to chew food.
2. Our skin stops _____ getting inside us.
3. _____ move our bones.
4. Our heart pumps _____ around our body.

More to think about

Read these sentences.

Write 'true' or 'not true' for each one.

1. Our hair is growing all the time.
2. We take in air through our ears.
3. We must eat food to live.
4. All the bones in our bodies make our skeletons.
5. Our brains are very important.

Now try these

1. Copy these lists next to each other.
Match the body parts to the senses they control.

skin	sight
nose	hearing
ears	touch
tongue	smell
eyes	taste

2. Make a list of five rules to help you keep healthy.
One has been done to help you.

1. *Always wash your hands before eating food.*

3. 'A Very Busy Day' is about how your body is busy every day.
Write a list of the things that still happen when you are asleep at night.

