

To help you complete this worksheet, use the My Body book.



## Inside My Body

Your body is packed full of soft parts, called \_\_\_\_\_, that do extremely important jobs. They help you to breathe, to \_\_\_\_\_, and even to think. There's also a lot of thick \_\_\_\_\_ inside your body. It carries food and \_\_\_\_\_ around, from your head to your toes!

Your heart pumps \_\_\_\_\_ around your body all day and all night.

Your \_\_\_\_\_ is inside your head. It helps you to think and learn.

Every time you breathe in, two spongy bags called \_\_\_\_\_ fill up with air.

Your \_\_\_\_\_ churns up all the food you eat into mushy soup!

Your wiggly \_\_\_\_\_ soaks up the best bits of food. The rest of it slides to the end and you to the bathroom.

