

FROM HEAD

*Written by
Štěpánka Sekaninová*



TO TOE

*Illustrated by
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B4U PUBLISHING



Head

Shoulders

Knees

Toes

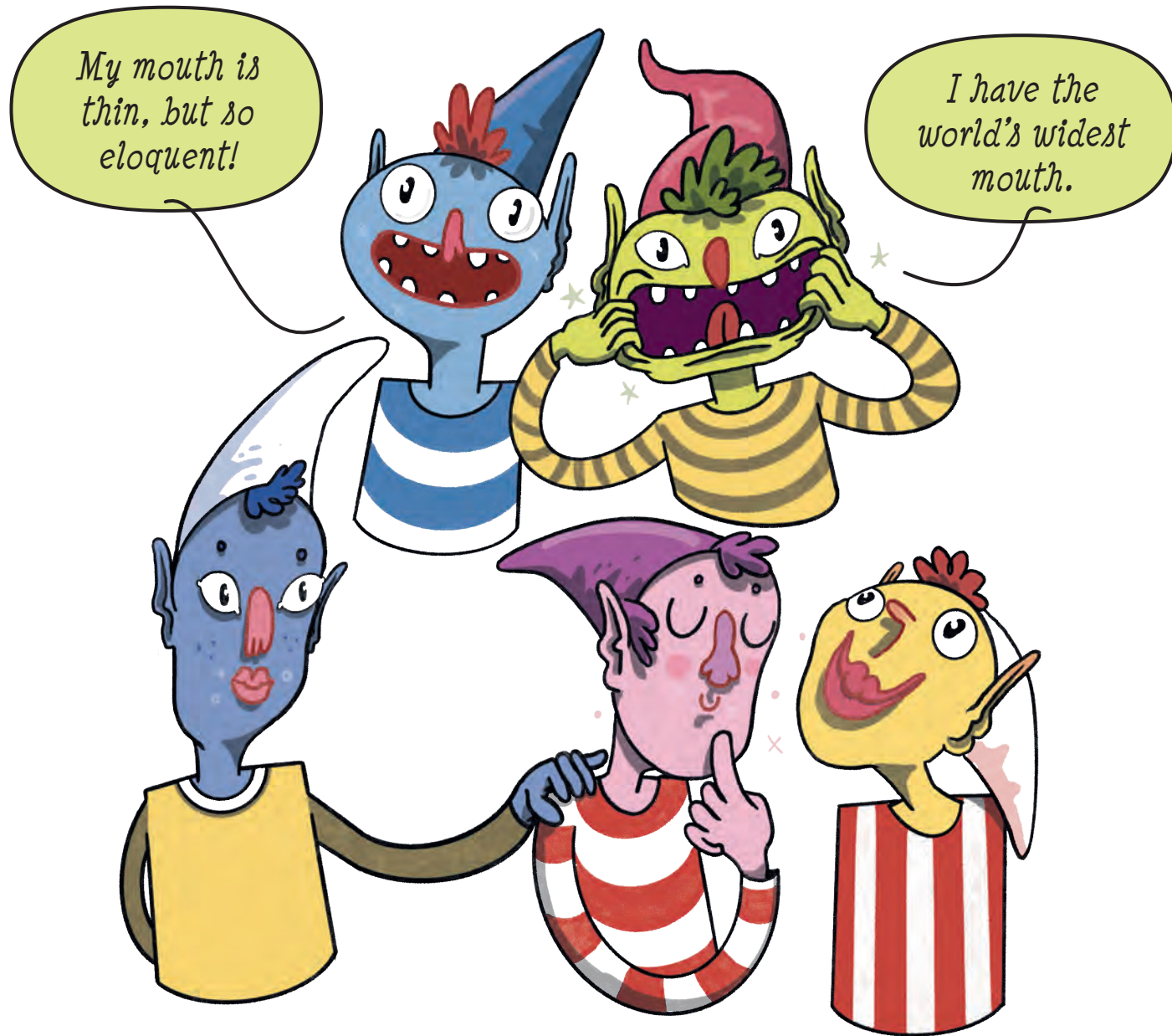
Eyes

Ears

Mouth

Nose

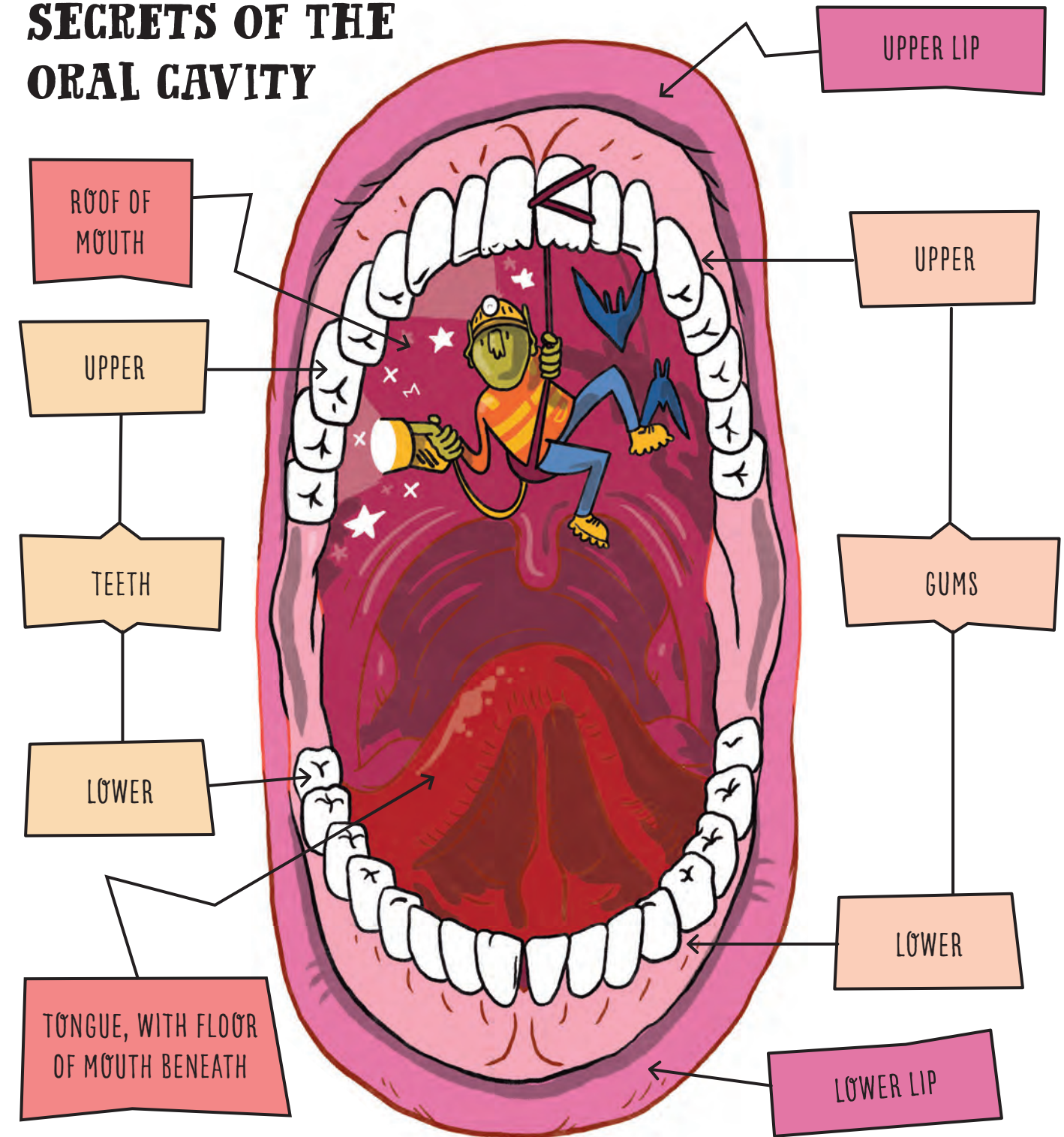
THE MOUTH



Our mouth allows us to smile broadly. We use it to eat and talk, and to purse and curl our lips, grin, whistle, hum, plus all kinds of other things. Every mouth is different.

Some are as thin as slits, others full. Some are small, some smaller still. Some are symmetrical, some asymmetrical. Quite simply, there are loads of mouth types.

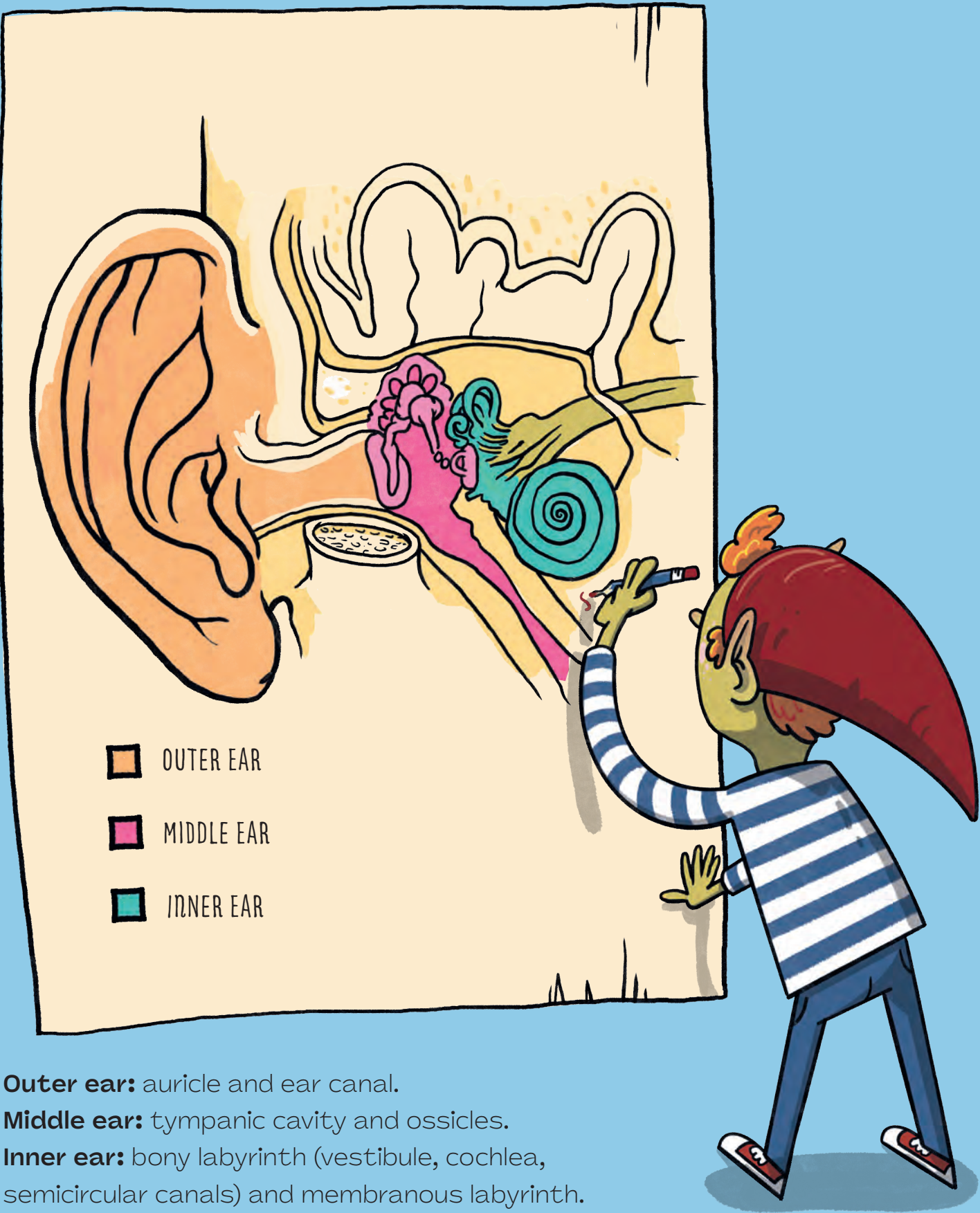
SECRETS OF THE ORAL CAVITY



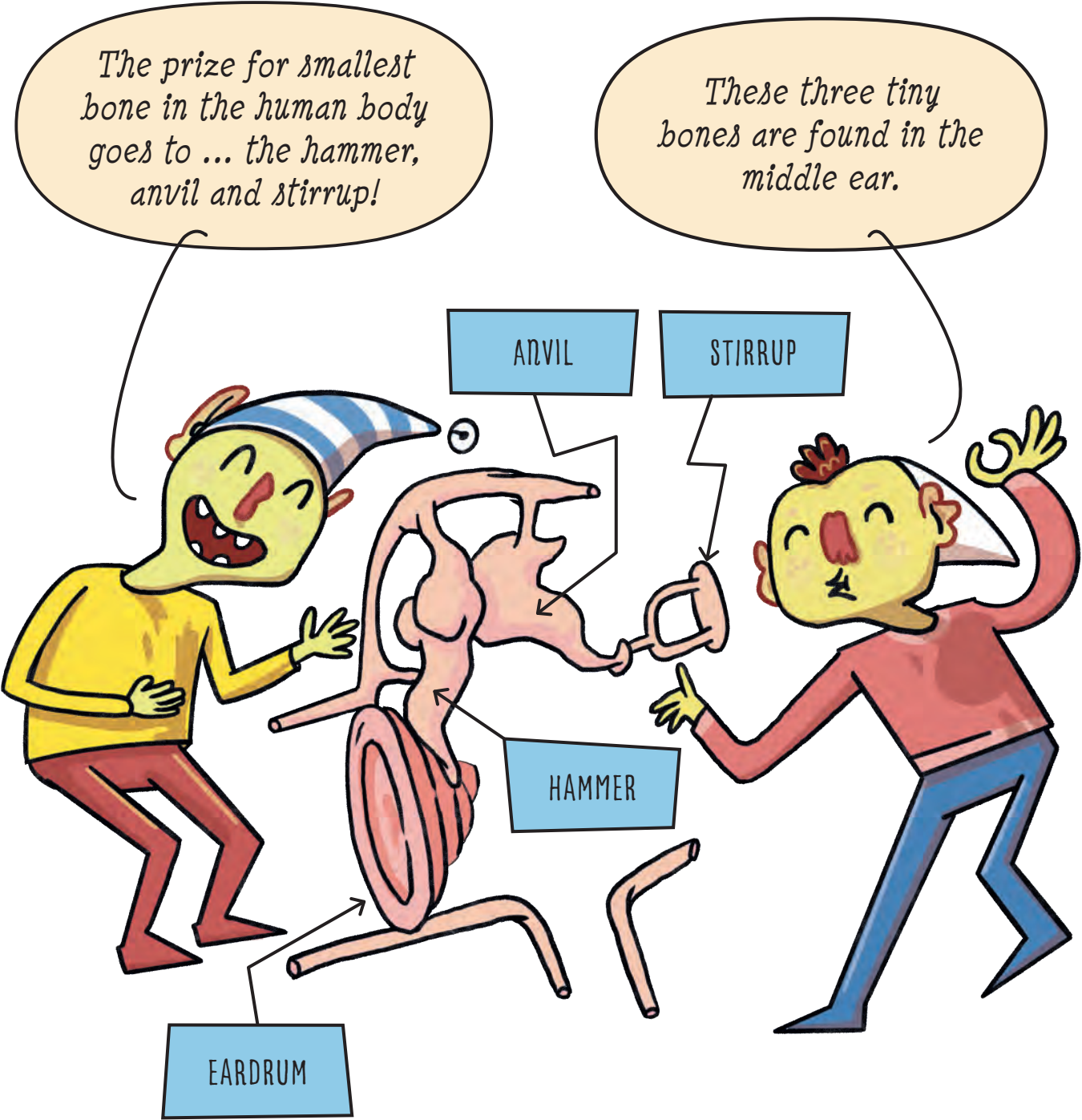
Every mouth has an **upper** and **lower lip**. Open your mouth. Aa-aah! Do you see the two rows of **teeth**, **upper** and **lower gums**, the **roof** and **floor** of the mouth, and, in the middle, the **tongue**?

There are **32 permanent teeth**. As we don't get a third set, we must take care of our permanent teeth so that they last—ideally for our whole life.

A SECRET LABYRINTH: INSIDE THE EAR



Outer ear: auricle and ear canal.
Middle ear: tympanic cavity and ossicles.
Inner ear: bony labyrinth (vestibule, cochlea, semicircular canals) and membranous labyrinth.



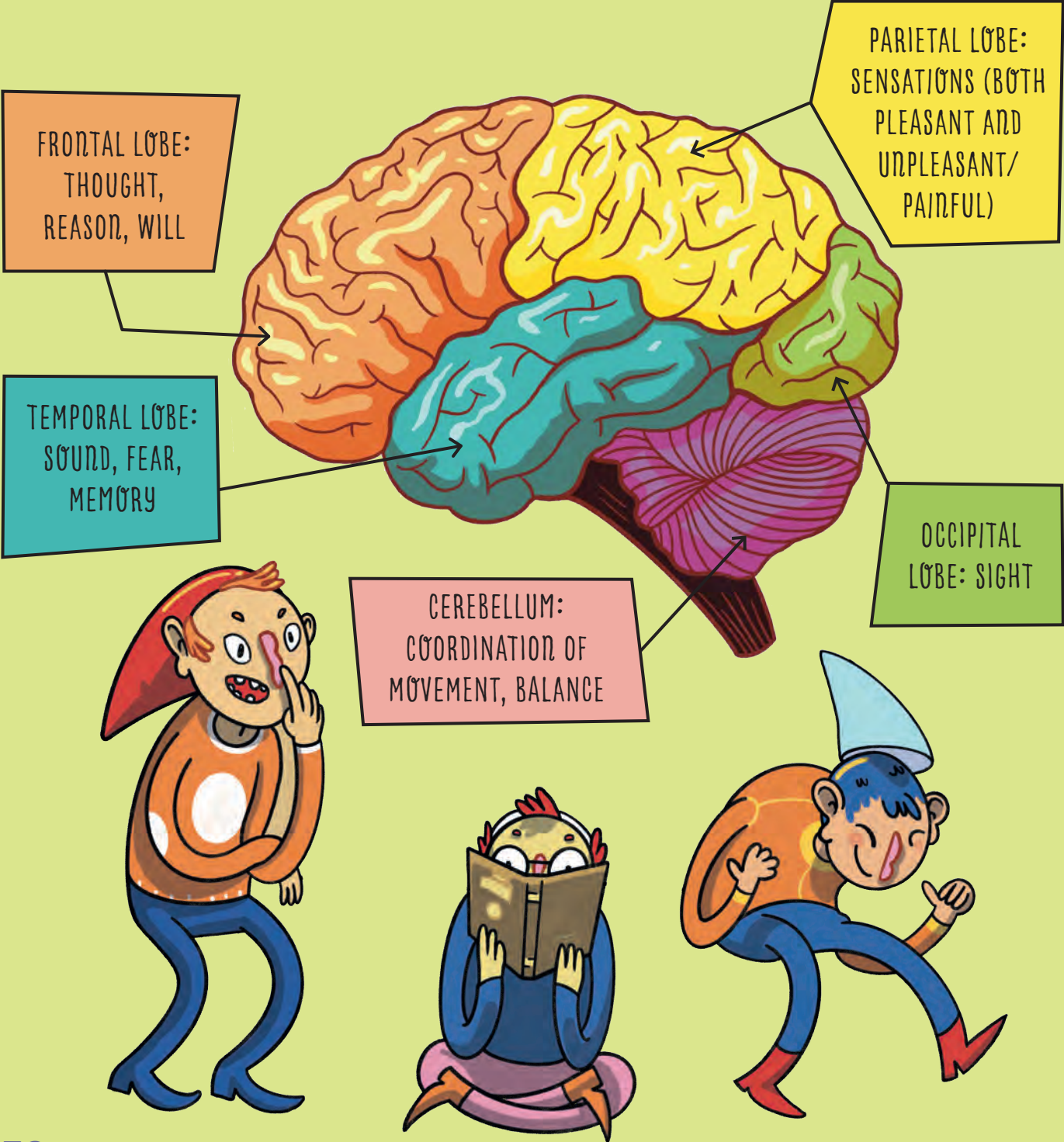
The **hammer**, **anvil** and **stirrup** may be tiny, but these bones are very important. They transmit sound from the eardrum to the inner ear. The **eardrum** is the membrane that separates the outer ear from the

middle ear. Like the nose, ears grow throughout a person's life, but this doesn't mean that hearing improves over time. In fact, hearing deteriorates with age.

WALNUT OR BRAIN?

Crack open a walnut and you'll find an almost perfect model of the human brain. Like a walnut, the human brain is packed with twists and turns. The brain contains a great many **nerve cells** connected in

an extensive network. Through this, it sends its orders and commands to all parts of the body. The brain is in charge of our thoughts, feelings, movements, breathing and the functioning of individual organs.



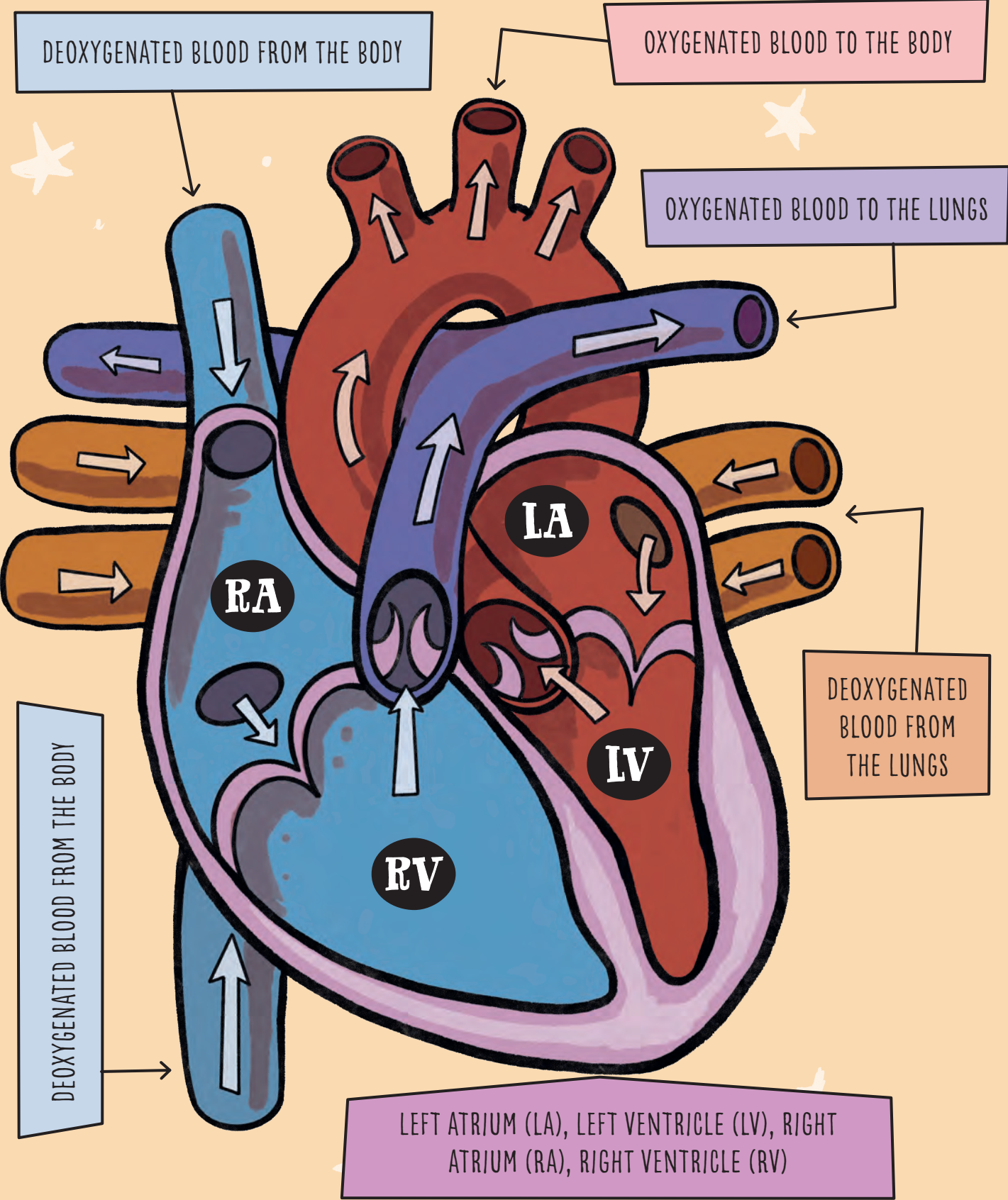
THE NECK



The head sits on the **neck**, which connects the head to the rest of the body. The neck allows us to lean forward and back, bow and, of course, turn our head in different

directions. An owl can use its neck to turn its head all the way around. The human neck is too short for this.

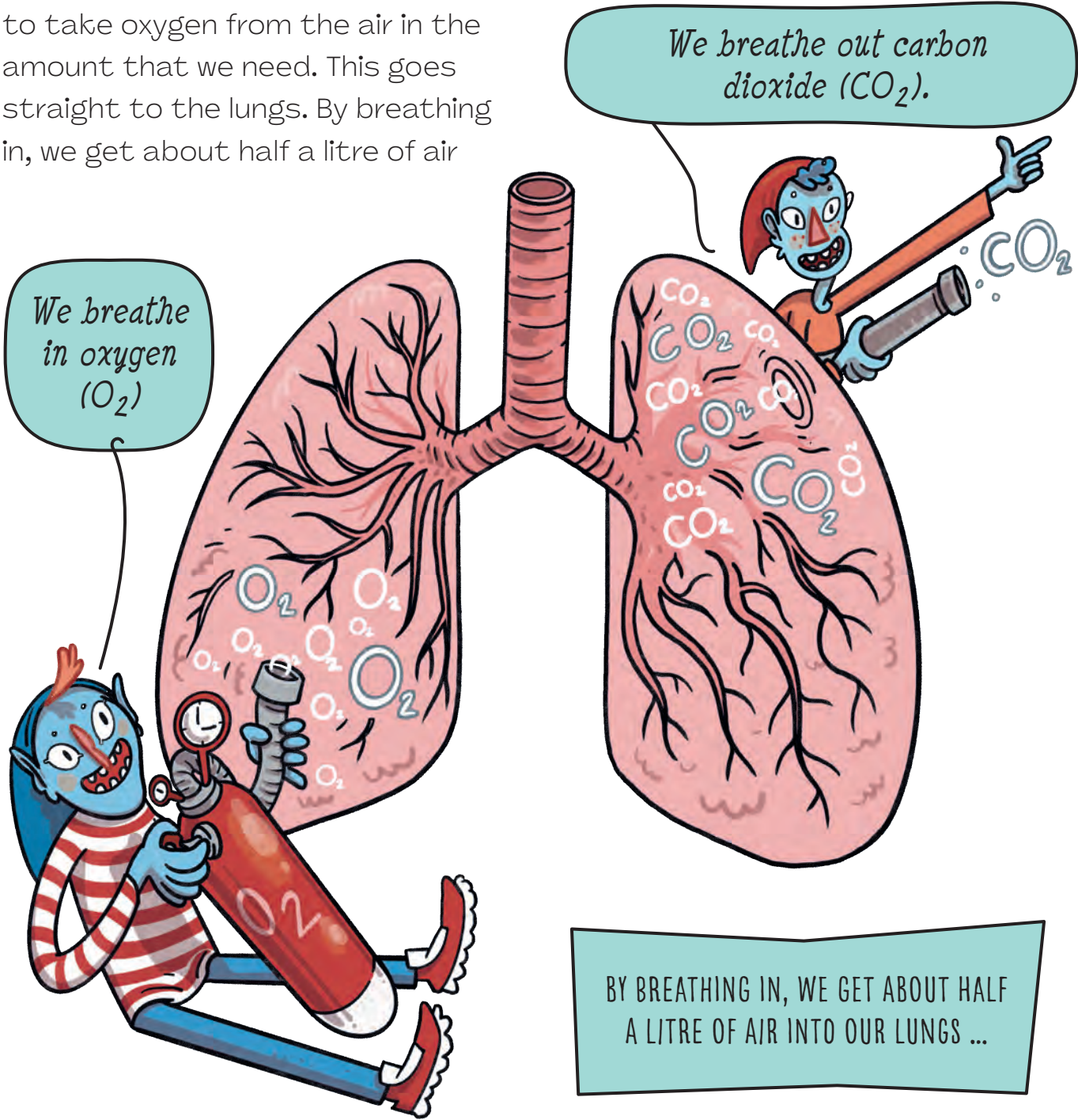
THE HEART IS A FIST-SIZED MUSCLE COMPOSED OF FOUR CHAMBERS : TWO VENTRICLES AND TWO ATRIA.



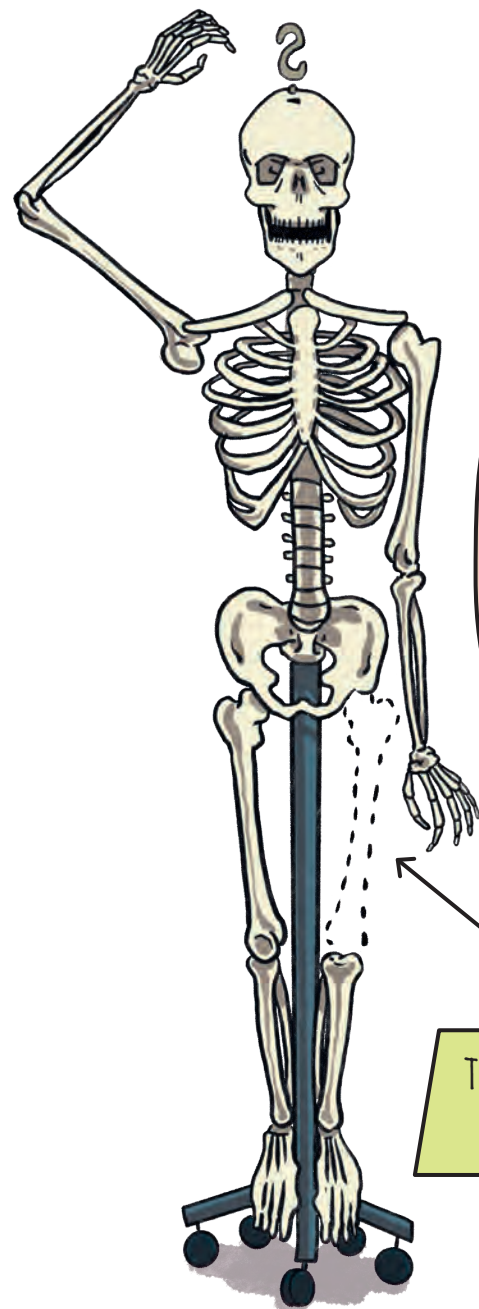
THE LUNGS

The lungs, too, are an organ we couldn't live without. It is thanks to the lungs that we **breathe**. We inhale through the nose or mouth to take oxygen from the air in the amount that we need. This goes straight to the lungs. By breathing in, we get about half a litre of air

into our lungs, where it is exchanged for a gas called carbon dioxide, which we then breathe out.



ON YOUR FEET!



The **lower limbs** extend from the **hips**. They allow us to walk, jump, run, climb, and otherwise move from place to place. When we feel tired and they ache, we stretch them out and the ache goes away.

Hey, look, the thigh bone! I'd say it's the biggest bone in the human body. What do you think?

THE THIGH BONE GOES HERE.

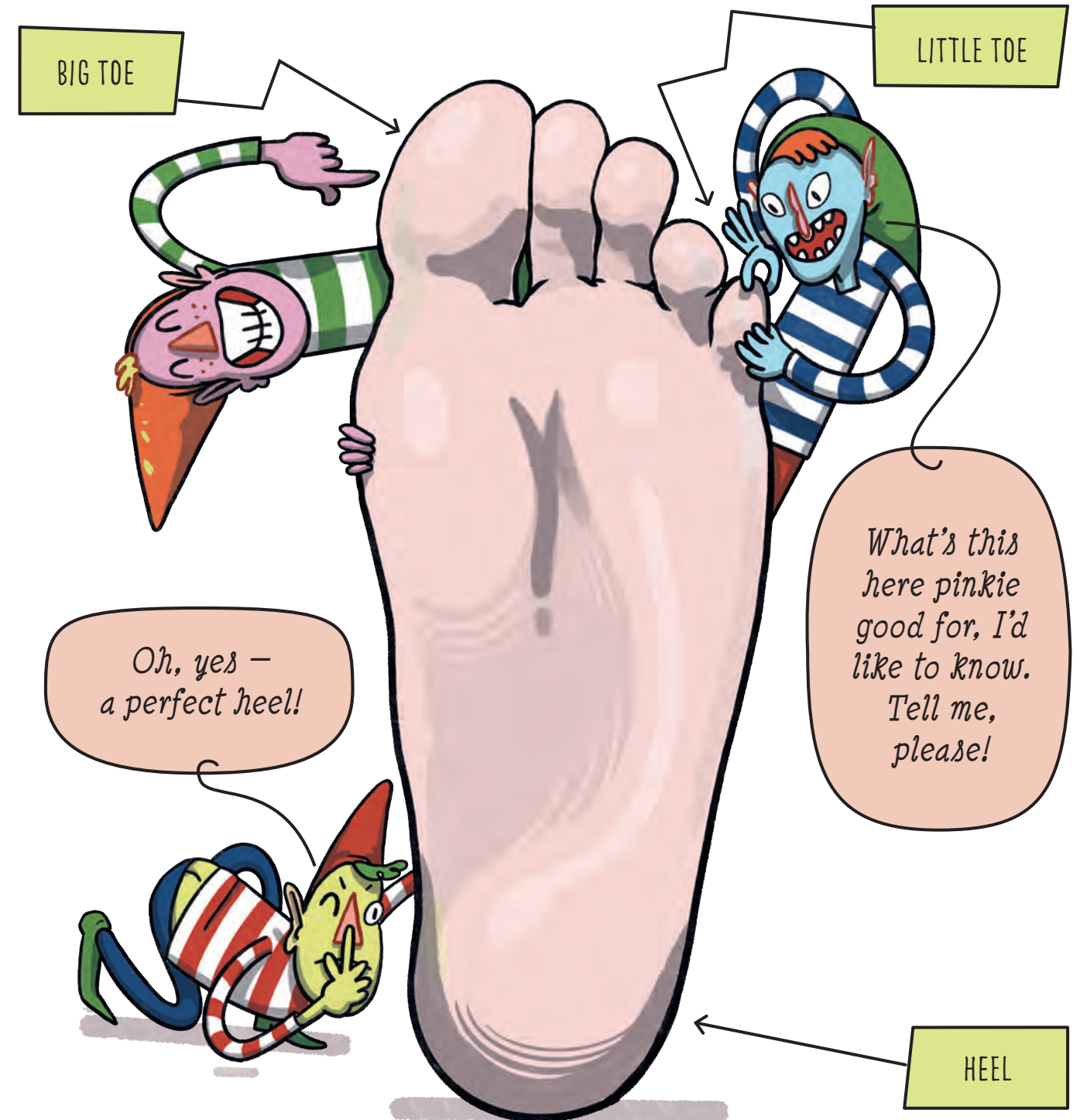
You're right! It really is enormous!



A lower limb is composed of: **thigh, knee, shin, ankle, foot**. The bottom of the foot is called the **sole**; the middle part is called the **instep**.

Legs and feet are about more than movement. As with our arms and hands, we go to them to grip and grasp the world. They allow us to recognize the terrain we are walking on, and they connect us with the

ground! They carry us around day after day, whether we weigh 30 kg or 100 kg. The **foot** (no matter its size) bears the entire weight of the body at three main points: the **heel**, the **big toe** and the **little toe**.



BIG TOE

LITTLE TOE

Oh, yes - a perfect heel!

What's this here pinkie good for, I'd like to know. Tell me, please!

HEEL

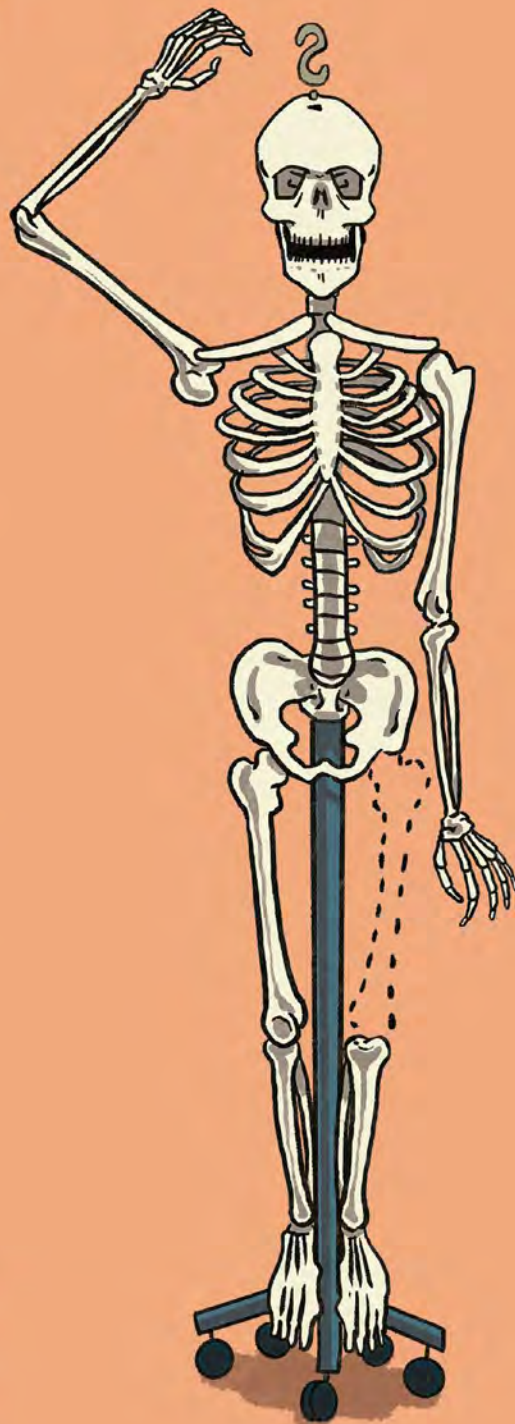


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Written by Štěpánka Sekaninová


Illustrated by Filip Horník

We think about our body only when it hurts or stings, or when we sneeze or hiccup. When we feel uncomfortable, basically. At moments like this, we ask it kindly to calm down and obey. But how does it work? What must it arrange, manage and perform twenty-four hours a day, seven days a week? If you have never thought about this, it's high time you did! And why not do the thinking with this book? Packed with fun illustrations, it guides us around the human body in the company of a group of merry goblins, who sometimes get confused. So, are you ready for a great adventure? You are? Then let's start at the head and work our way down to the toes.



TO TOE

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