

organs

organs: The parts of inside your body are called **organs**.

The major body organs are the **heart**, **stomach** and **intestines**, **lungs**, **kidneys** and **brain**.

heart

circulation: Its job is to pump blood through your body. This process is called **circulation**.

blood: Blood is a red liquid that flow around the **body vessels**.

circulatory system: The heart, blood vessels and blood form the circulation.

pulse and heartbeat

You can count your heartbeat by feeling your **pulse**.

Your heart beats **90** times in a minute. When you grow up , it will be **70** times a minute.

Your pulse rate increases when you **exercise**.

lungs

You breath in through your nose, it goes down the windpipe to the lungs.

We use our **lungs** for breathing.

We breath in **oxygen** from the air.

We breath out **carbon dioxide**.

We need to **breathe** to stay alive.

The lungs are in the **chest** and they are protected by the **ribs**.

digestion.

The body needs **food** to help it grow and have **energy** to work.

Our body can't use food as it is. **Food is broken down** into small particles by the process of **digestion**.

The **stomach** and the **intestines** digest food.

Digested food is carried in the **blood** to all parts of the body.

kidneys

The **kidneys** are pair of **organs** found in the **back** of the body, below the **ribs**.

The **kidneys** are **bean-shaped** organs.

The process of **removing of waste products** from the body is called **excretion**.

The kidneys excrete a **liquid waste** product called **urine**.

Drink **6-8** glasses of **water** keeps your kidneys healthy.

Some people don't have healthy kidneys and their **kidneys stop working** because of **disease**.

They need to go on a **machine** that acts like kidneys this is called **dialysis**.