

How much do you know about the human body? You live in one, after all! Let's do a quiz. Match the numbers to the facts. Write them in the circles.

60

20

70

1

206

A This is the number of times we blink every minute. Have a staring contest with a friend. Who blinks first? It is hard not to blink, isn't it? Why do we do it? If dust gets into an eye, blinking gets it out of the way. It also prevents our eyeballs from getting dry.

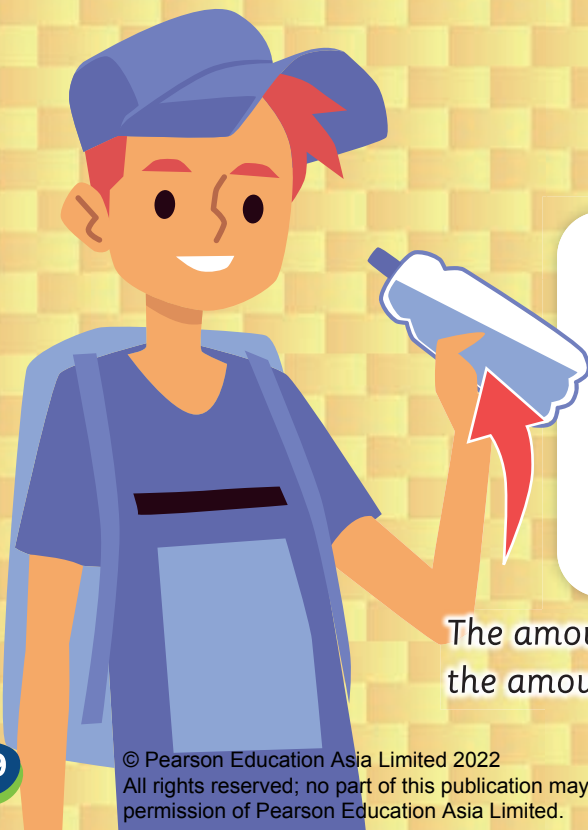


We blink all the time without thinking about it.

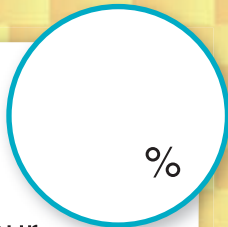
B This is the amount of saliva our mouths produce every day. In a lifetime, we make enough to fill around 500 bathtubs. Saliva helps us chew, taste and swallow. It fights germs in the mouth and helps prevent tooth decay. Amazing stuff!

litre(s)

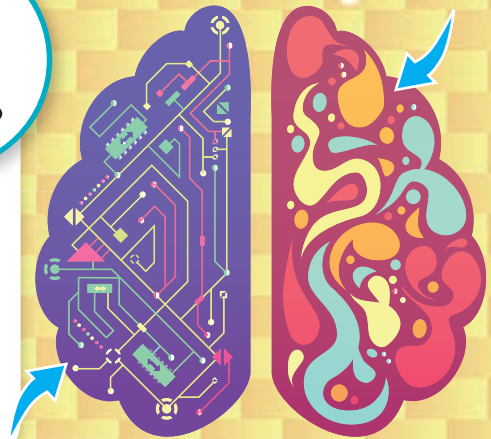
The amount of water in this bottle is also the amount of saliva we produce daily!



C This is the percentage of fat in your brain. Not all fat is bad! Your brain is in charge of everything, and it needs fat to work well. It tells your heart to beat, your lungs to breathe, your muscles to move. It lets you learn and feel happy or sad. The left and right sides of the brain are responsible for different things, but they always work together.

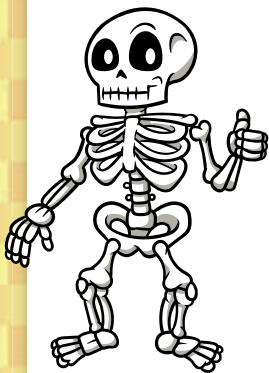
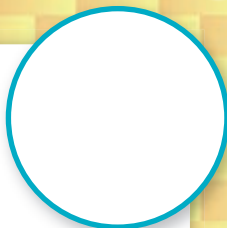


Right brain handles music, art and imagination.



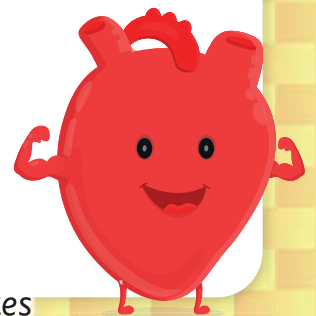
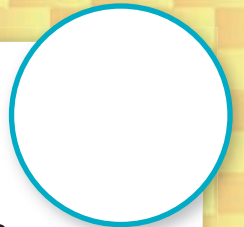
Left brain handles maths, science and problem-solving.

D This is the number of bones we have. We are born with 300 but some bones join together as we grow. Our bones provide support. Without a skeleton, we wouldn't have any shape! Bones also protect some of our organs. The ribs protect the heart and lungs, and the skull protects the brain.



Almost half the bones in our body are in our hands and feet!

E This is (roughly) the number of times your heart beats every minute. Why does it beat? To send blood through your body. The blood contains oxygen that every part of our body needs. The heart is actually a muscle, and it is the only one we have that doesn't get tired (thank goodness!).



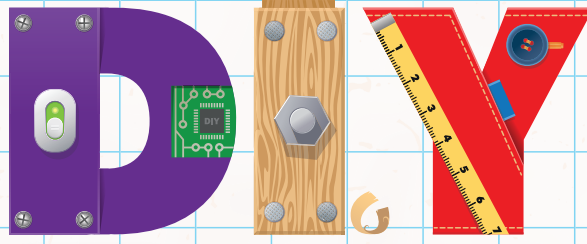
Exercise makes your heart stronger!



Do you know any other fun facts about the human body? Do some research to find out!

Are these sentences true (✓) or false (X)? Circle.

- | | | |
|---|--|-------|
| 1 | Blinking keeps our eyeballs wet. | ✓ / X |
| 2 | We get saliva from food. | ✓ / X |
| 3 | A fatty brain is unhealthy. | ✓ / X |
| 4 | The skull is made of bones. | ✓ / X |
| 5 | The heart is the weakest muscle in our body. | ✓ / X |



Do it yourself!

We buy most things we need these days. But in the past, people did a lot more for themselves.

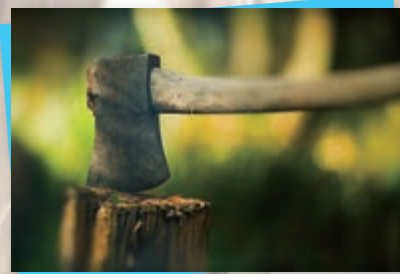
Woodwork

Not everyone made their own furniture in the past, but woodwork skills were more common than they are now. What did people make with wood? Stools, tables, doors ... and of course, houses.

In the old days, woodwork was a skill that boys often learnt. They needed to know how to use a few different tools, such as ...



... a hammer to join pieces of wood together with nails.



... an axe to chop wood to make furniture, a fence or for firewood.



Take a woodwork class and make your own picture frame to hang on the wall!



Sewing

Instead of buying clothes, people in the past made their own.

Most girls learnt how to sew using a needle and thread by hand, either at home or at school.



Sew on a button the next time one falls off your shirt!



Preserving food

These days, we can easily buy whatever we want to eat. Before there were supermarkets and fridges, people had to know how to store food. There were a few ways to do this.



One way to preserve meat was to make sausages.

People could salt and dry fish.



They could pickle vegetables.



They could make jam with fruit.



Prepare some dried apple slices! Dip the slices in a bowl of water with some lemon juice, then bake them at a low heat for an hour.



Answer the questions. Write and tick (✓) the best answers.

- 1 What tool do you use to get a nail into something? _____
- 2 What does 'by hand' mean?
 A. with two hands B. without a machine C. without help
- 3 What is this text about?
 A. ideas for hobbies
 B. things people once did
 C. different types of tools



Do you prefer to make things yourself or buy ready-to-use products? Why?

21st century technologies keeping us safe

New technologies are arriving all the time and they can help us in different ways.

Drones aren't just for fun

A drone is a small aircraft with a camera and no one on board.



Drones can easily go to places that people can't. They are also cheaper (and quieter) than helicopters.

Drones can be digital 'eyes in the air'. Rescuers can use them to search for someone who is lost, for example. Drones can also deliver packages, medical supplies or food.

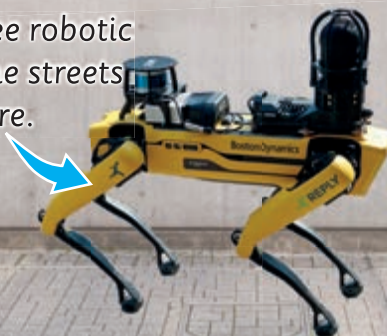
The pilot controls the drone from the ground.



Robotic police dogs!

Robotic dogs can go into places that are dangerous for humans (or real dogs!). In the future, police might use them to interview someone remotely or to find bombs.

We may see robotic dogs on the streets in the future.



For now, we are more likely to see one of these guys!



CCTV cameras

When a crime occurs, eyewitnesses often have trouble remembering details. They may not remember what someone was wearing or what they looked like.

Now police don't have to rely on eyewitnesses so much. Instead, they can look at CCTV camera footage.

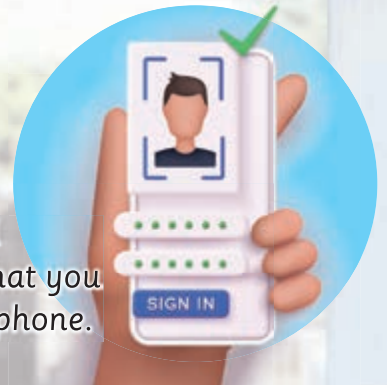
There are CCTV cameras nearly everywhere these days.



Police can use facial recognition software to check for matches in their database. The technology is so advanced that it can correctly identify a single person in a large crowd.

If you are a criminal, it isn't easy to hide!

Police use the same facial recognition technology that you use to unlock your smartphone.



Can you think of other uses for drones and robotic dogs?

Answer the questions. Circle the best answers.

- Rescuers use drones to ____ .
A. control traffic B. search for people C. take photos
- Robotic dogs can ____ .
A. arrest people B. solve crimes C. discover bombs
- Police can use CCTV instead of relying on ____ .
A. eyewitnesses B. interviews C. clues