

Where does my spaghetti go when I eat?

Your spaghetti — or any food that you eat — goes down a long tube inside your body. When you swallow, muscles squeeze the food down the tube, much the same way you squeeze toothpaste out of a tube. As the food moves through your stomach and small intestine, it is broken into smaller and smaller pieces until it is tiny enough to enter your blood. Then your blood carries the food all around your body.

Your body needs lots of different foods. Spaghetti gives you energy. Meatballs build muscles. Salad and milk help you grow strong bones and teeth.



A grown-up's intestines are about 7½ metres long — as long as a telephone pole.



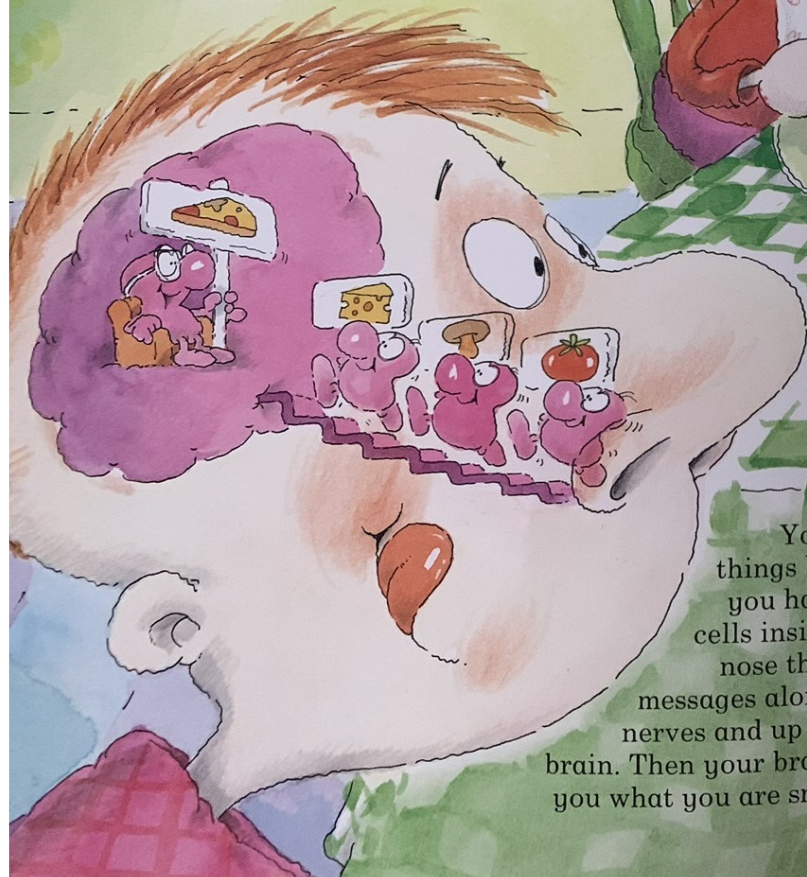
Can a big nose smell better than a small nose?

No, a little nose can smell just as well as a great big one! When it comes to smelling, it's not the outside of your nose, but the inside, that matters!

Your sense of smell helps you taste some things, too. That's why food may taste like cardboard when your nose is stuffed up!

You smell things because you have tiny cells inside your nose that send messages along your nerves and up to your brain. Then your brain tells you what you are smelling.

Dogs have a much better sense of smell than people. It's not because their noses are bigger. It's because their noses have many more smell cells inside.



How do I catch a cold?

You catch a cold from germs called viruses — tiny living things that float in the air. They are so small that you can't see them. But when they get inside your body, they can make you cough, sneeze, and even run a fever. Who would think something so small could make you feel so awful! Luckily, your body can fight the germs and make you healthy again.



Always cover your mouth and nose when you cough or sneeze to stop germs from spreading. Washing your hands also helps kill germs.



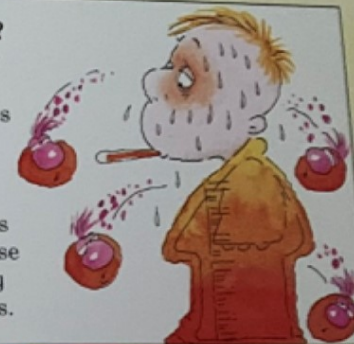
A sneeze travels 160 kilometres an hour — as fast as a hurricane!

Your body tries to get rid of germs by sneezing and coughing. Germs shoot out of your mouth and nose when you sneeze. Coughing helps clear your throat.

What is a fever?

You have a fever when your body temperature rises above 37°C.

Fevers are another way your body fights sickness, because the higher body heat kills germs.



What does my tongue do?

Your tongue helps you taste things. It feels smooth, but look closely and you'll see that it is covered with tiny bumps called tastebuds. You taste different things on different parts of your tongue. The tastebuds on each part send messages to your brain to let you know what you are eating.

If you eat something bitter, like orange peel, you taste it at the back of your tongue.

You taste salty foods, like popcorn, towards the front of your tongue.



Speaking of tongues

You also use your tongue to speak. It helps you make the sounds of words. Feel where you put your tongue while you sing "la, la, la." Now hold the tip of your tongue and try to say your name. What a funny sound!

You taste sweet things, like ice cream, with the tip of your tongue.

Lemon juice is sour. You taste sour things on both sides of your tongue.

Wow! That's a tongue twister!

She sells seashells by the seashore!

