

HOW TO CHECK YOUR PULSE

Your pulse is the rhythm of your arteries filling with blood every time your heart beats. You can feel your pulse in the places on your body where the arteries are close to the skin, such as your wrist, neck and temple. You can measure how fast your heart is beating by counting how many times your arteries fill with blood in one minute. Here is how to do it:

1. Make sure you are relaxed. Your heart beats faster when you are stressed, excited or have been exercising.
2. Place the pads of two of your right-hand fingertips on the underside of your left wrist, in line with the bottom of your thumb.
3. Count the number of times you feel your artery beat in one minute. This is the same as your heartbeat.
4. Check the chart below to see if your pulse rate is healthy.

HEALTHY PULSE RATES

Ages one to ten.....	60–140 beats per minute
Ages ten upwards.....	60–100 beats per minute
Athletes.....	40–50 beats per minute

There can be as many as 5.5 million red blood cells in one drop of blood.

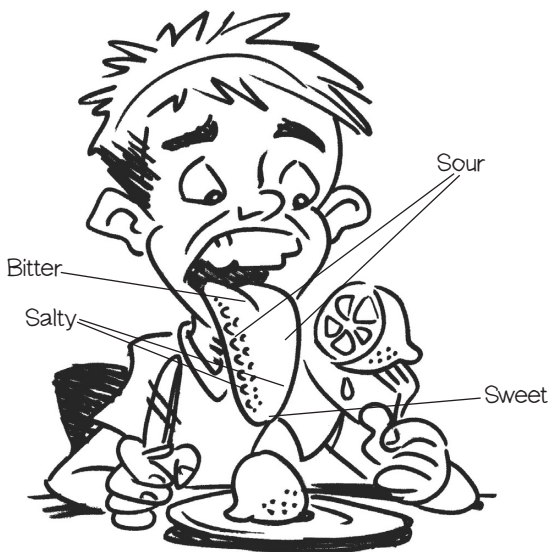
Starfish and sea urchins have no blood. Instead they pump sea water around their bodies.

TASTE

You have around 10,000 receptors, known as taste buds, in your mouth. They are far too tiny to be seen. Taste buds are concentrated around the small pimples on the tongue, known as 'papillae'. The tongue can only detect four basic flavours — sweet, sour, salty, and bitter — although scientists have recently discovered what they think might be a fifth, savoury flavour called 'umami' or 'yummy'. Most flavours are a combination of smell and taste, which is why everything tastes the same when you have a cold and your nose is blocked.

TASTE BUDS

Different parts of your tongue detect different flavours.



The American Painted Lady butterfly has taste receptors on her feet. She walks on her food to taste it.

IN ONE HOUR

Tablespoons of saliva produced.....	3
Tablespoons of urine produced.....	5
Blood cells created and destroyed.....	8.3 million
Times you fart.....	1
Times you blink.....	600
Times you inhale.....	900
Times your heart beats.....	4,200

HUMAN WORMS

ROUNDWORMS

Look like pinkish-white earthworms. Can grow up to 30cm long and be as thick as a pencil. Most commonly picked up on your hands from soil and transferred to your mouth.

WHIPWORMS

Curved like a whip, round in cross section and about 2.5-5cm long. They get into your body through touching contaminated soil and unwashed vegetables.

PINWORMS

Small, threadlike, round and white. They live inside your intestines and crawl out at night to lay their

eggs between your butt cheeks.

HOOKWORMS

Get into the body through your feet if you walk on ground contaminated by human waste. The larvae break through the skin into your bloodstream and work their way to the lungs, then the intestines.

TAPEWORMS

Flat and ribbonlike like tagliatelle pasta. Can grow up to 9m long. Hide in uncooked pork, beef or fish. Attach themselves to the wall of your intestine and absorb nutrients directly through their bodies.

BODY PARTS IN PROPORTION TO THEIR SENSITIVITY

The most sensitive areas of your body contain the most nerve endings in proportion to their size. These areas include your hands (particularly your fingertips), your head (particularly your lips and tongue), and your feet (particularly the soles and toes).



Your nose can detect up to 10,000 different smells. A smell can trigger your memory to recollect an event, along with the way you felt at the time.