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# my picture encyclopedia of **MY WORLD**

 Orpheus





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**I**N THIS ENCYCLOPEDIA, you will find out about the people and things that are very familiar to you: for example, your family and friends, your home and your school. You will also learn more about yourself, how your body works and how you feel from day to day.

Each subject is presented with an introductory text to explain what it is about.

There are lots of things to see in the main illustration that accompanies each subject

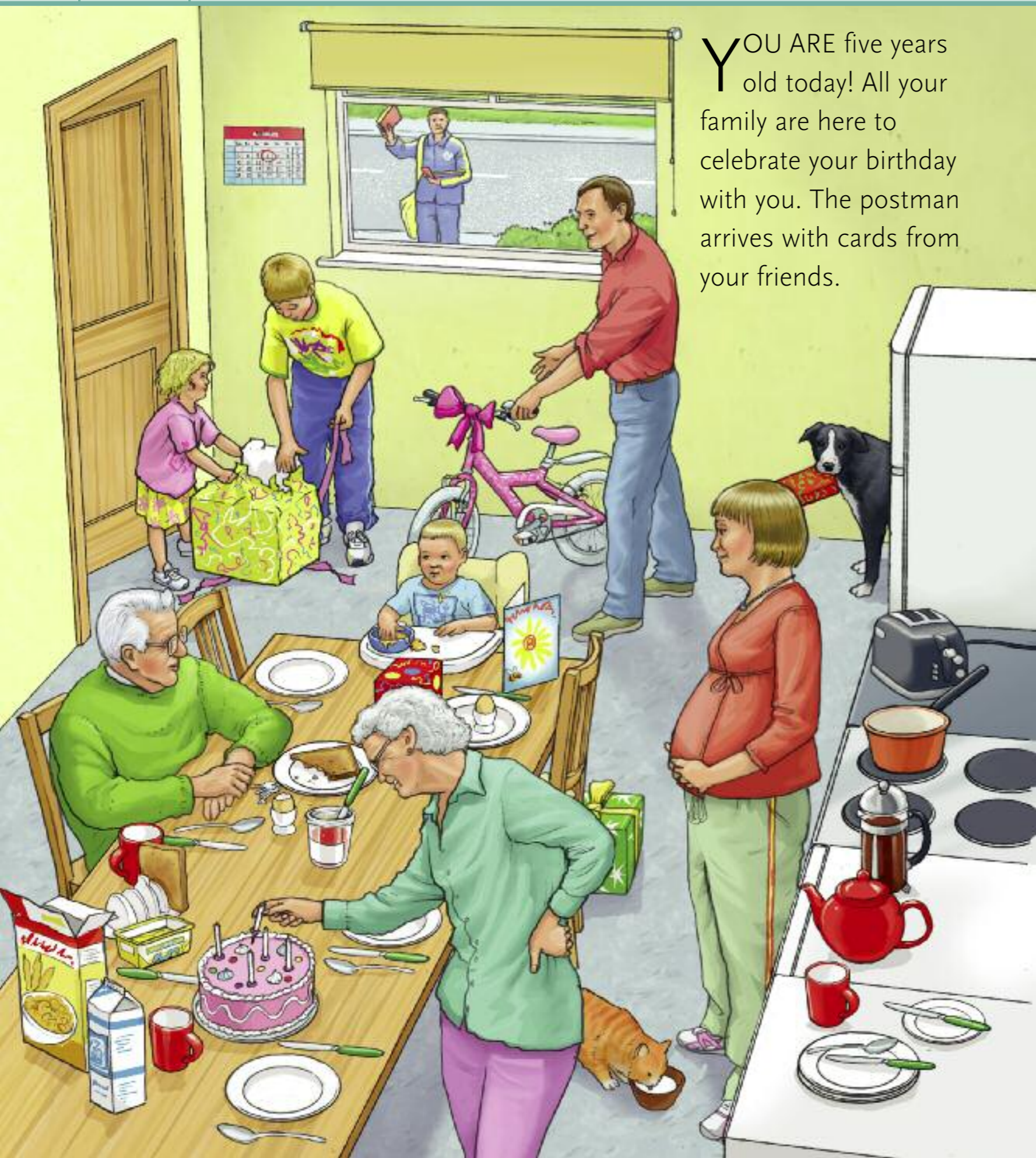
The text that accompanies each item explains what it is and provides more information about it.

Most (but not all) of the items pictured can be found somewhere in the main illustration.

 <p><b>Kindergarten</b></p> <p><b>B</b>EFORE children go to school, they go to a kindergarten or nursery school. Here they paint, make music, play, learn, and make lots of friends.</p>		<p><b>Teacher</b></p> <p>Teachers work in the kindergarten. They help the children with their reading and writing. They read them stories and show them how to paint pictures or make music.</p>	<p><b>Reading</b></p> <p>The word 'book' has two letters in it. The teacher sometimes reads them out on the whole page. The children can look at the pictures and can try to say the words.</p>
<p><b>Writing</b></p> <p>When you write you put letters together to make a word. All the letters together make up the alphabet. You need to write the alphabet in order to write. Each letter has a certain shape. The first word that you learn to write is usually your own name.</p>	<p><b>Musical instrument</b></p> <p>You can make music with a musical instrument. When you play a xylophone, each key sounds a different note. If you play these in a certain order and to a certain rhythm, you can make a tune.</p>		
<p><b>Painting</b></p> <p>You paint with paintbrushes on a piece of paper. You mix the paint with water. Then you use your brush to put the paint on the paper. You can use the colours you want, or mix them together to make new ones.</p>	<p><b>Magnifying glass</b></p> <p>If you see a very small thing, you can use a magnifying glass. The glass has a special shape to make the object look bigger. If, for example, you put a caterpillar and some leaves in the box, you can see the caterpillar much better. You can also see the small insects that are on the leaves.</p>		



If you look very carefully, you will find a tiny bunch of keys in each of the main illustrations in this book. Turn to page 31 to find out where they are hidden.



**Y**OU ARE five years old today! All your family are here to celebrate your birthday with you. The postman arrives with cards from your friends.

## Birthday

On your birthday you celebrate the day of the year when you were born. It is a very special day for you.

Your family give you cards and presents. You also have a party and invite your friends.



## Brothers and sisters

You share a very important thing with your brothers and sisters: they have the same parents as you. They probably look like you. Twins, who are exactly the same age, look very similar.



## Pregnant

Your mother gave birth to you and to your brothers and sisters. During the time when she is expecting to give birth, we say she is pregnant. This time lasts for nine months. Her tummy gets bigger and bigger as the baby grows inside her womb. When it is ready to be born, she goes to hospital to have it.



## Parents

Your parents are your mother and father, or mum and dad. They looked after you from the very moment you were born. They made sure you were fed properly, had the right clothes and were warm, safe and happy. They helped you to learn to walk and talk, and



taught you to be well-behaved and polite to others. As you grow up, they will always be there to love you, support you and advise you.

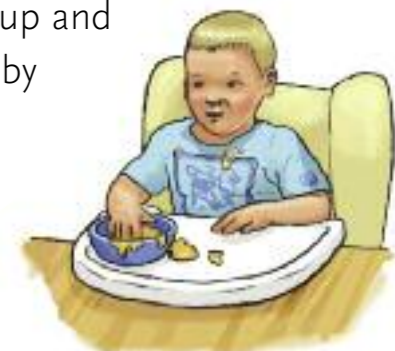
## Grandparents

Your grandparents are the parents of your parents. So you may have two grandparents on your mother's side and two grandparents on your father's side—four in all.



## Baby

When it is newly born, a baby does little more than cry, feed and sleep. But as it grows, it can smile, sit up and learn to feed and drink by itself. Soon it will start crawling on all fours, standing up, walking—and talking.





**P**EOPLE come in different shapes, sizes and colours! But however different we may look on the outside, our bodies all work in the same way on the inside. And we all need to wash ourselves and brush our teeth regularly.



## Skin

Your body is covered in a layer of skin which protects your insides from water, dirt and germs. It also helps control your body temperature. Your skin is constantly regrowing.

## Hair

Hair grows most thickly on your head, but it also grows all over your body except on the palms of your hands and the soles of your feet. Hair and nails are both made of the same substance. Hair grows out of tiny pits in your skin called follicles. The part you see is actually dead.



## Teeth

We all have teeth to help us to chew our food. You first develop teeth as a baby. These later fall out and are replaced by larger adult teeth. It is important to look after your teeth to stop them rotting. Teeth do not grow back like hair, so regular brushing helps protect them.



## Man

There are physical differences between men and women. Men are usually taller and have more hair on their faces and bodies. They are often stronger with more visible muscles. Men also have a penis and testicles. The testicles create sperm which fertilizes an egg to make a baby.



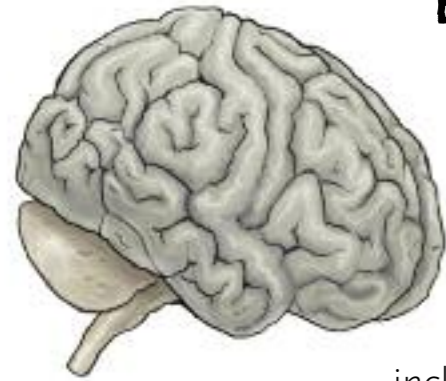
## Woman

Women are usually shorter than men, with more curved bodies. Women have lighter and smaller skeletons. Their hips are wider, to allow a baby the room it needs to push its way out into the world. They also have breasts, which produce milk to feed their young. Women have a vagina.



**T**HE HUMAN BODY is made up of a head, neck, a torso (chest and abdomen), two arms and two legs. It contains many bones and muscles, blood, nerves, and organs such as the brain, heart and lungs. The individual parts of the body work together so that we can eat, sleep, think and run. It is more complicated than any machine!





## Brain

The brain is a jelly-like organ inside your head. It is protected by your skull (the head bone). It controls every part of your body, including breathing, heartbeat, moving and thinking. If you want a drink, the brain sends a message to instruct your arm and hand to pick up a glass and guide it to your mouth.

## Nerves

Nerves are like long, thin wires connecting your brain to the rest of your body. The brain controls the body by receiving and sending signals along the nerves. Most of your nerves are linked to the spinal cord. This is a thick bundle of nerves that runs down your back.



## Muscles

You use muscles in order to move different parts of your body. Strong, rope-like parts called tendons connect your muscles to your bones. Special muscles force food through your stomach and intestines.



## Skeleton

The skeleton is made up of hundreds of bones. It keeps your body upright and protects your organs. The longest and heaviest bone is the femur (thigh bone).



## Joints

Joints are the places where bones are linked together. The elbow is a moveable joint between the upper and lower arm. The ends of the bones are lined with a smooth, slippery substance called cartilage.

## Heart

The heart is a strong muscle which pumps blood all around your body. It squeezes blood in then pushes it out. You can feel this pumping action by placing your fingers on the inside of your wrist or the side of your neck.

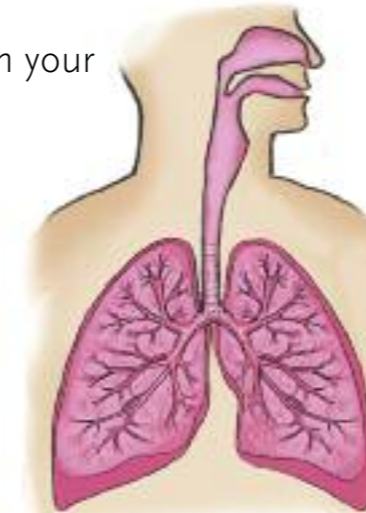


## Blood

Blood is a liquid that carries oxygen and food to all parts of your body. It also removes waste, helps cool the body, clots when your skin is cut and protects you against germs. Pumped by the heart, it flows round your body through long, thin tubes called veins and arteries.

## Lungs

You breathe air with your lungs. Air contains oxygen, a gas that you need to live. The lungs pass oxygen to the blood. The lungs also breathe out waste air.



## Stomach

The stomach is a bag with walls of muscle. Here the food you have swallowed is mashed up into a soup-like mixture. The lining of the stomach makes powerful digestive juices which mix with the food.



## Intestines

The intestines are the name given to the long, coiled tube inside your belly. The mashed-up food from your stomach is slowly squeezed through the intestines. The nutrients (goodness) from your food passes through the lining of the intestines into your blood.



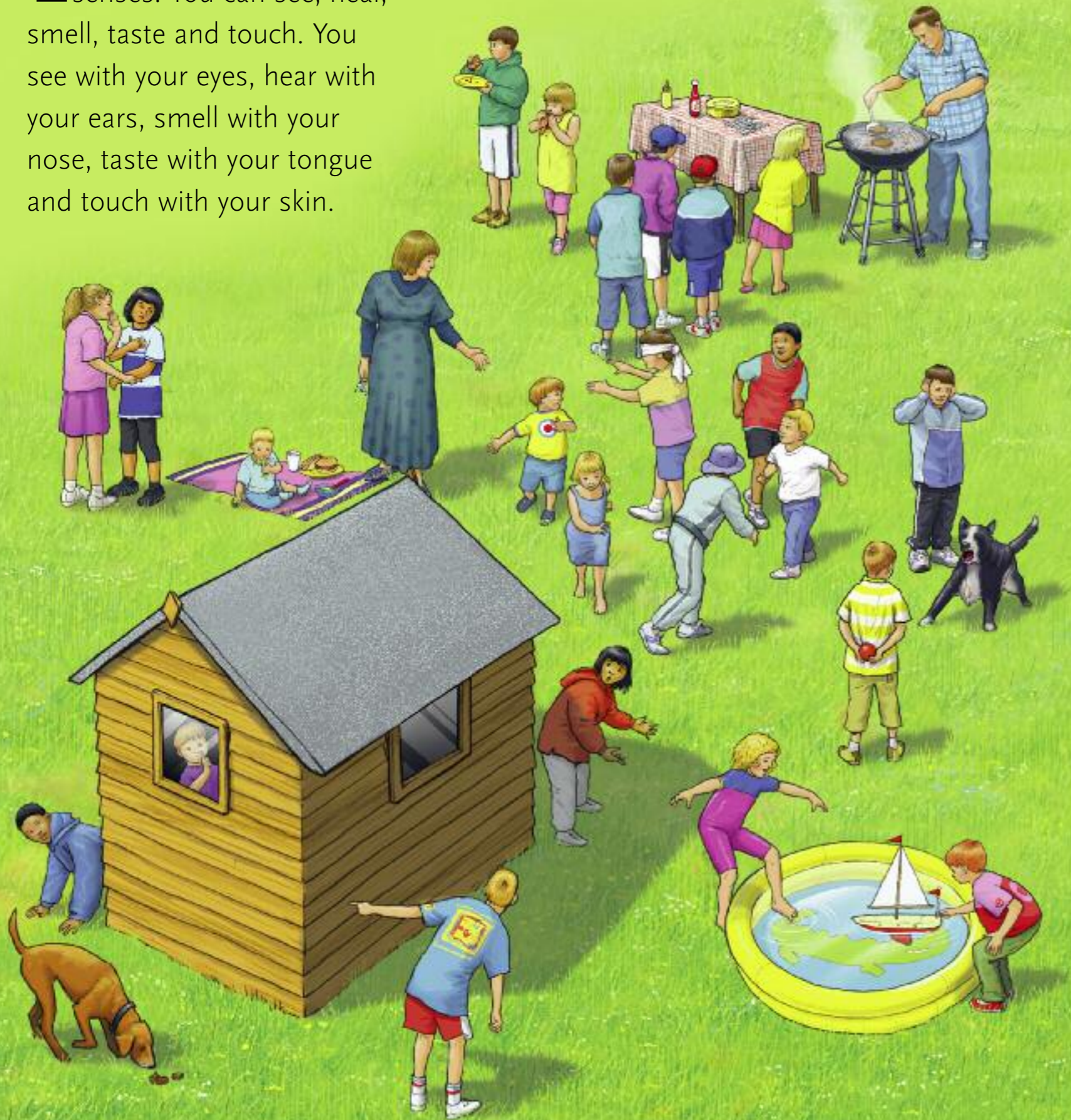
## Liver

The liver is a large organ. It takes in the nutrients from your food from the blood that passes through it. It turns these into the chemicals the body needs and stores them. It sends all the substances the body does not need to the kidneys, which get rid of them.





EVERYONE has five senses. You can see, hear, smell, taste and touch. You see with your eyes, hear with your ears, smell with your nose, taste with your tongue and touch with your skin.



## Seeing

You see with your eyes. Some eyes are brown, others blue, green or grey. This coloured part of the eye is called the iris. This is a ring of muscle that controls the size of the opening in the middle of it, called the pupil. Light passes through a transparent “window”, called the cornea, at the front of the eye. It then enters the eye through the pupil.



## Touching

You feel with the nerve endings in your skin. The skin covers the whole body. To find out if water is hot or cold, dip your fingers or toes in the water. Your brain soon tells you which it is!



## Tasting

You taste with your tongue. On the tongue there are hundreds of taste buds. Different buds can tell whether food tastes sweet or salty, bitter or sour. The tip of the tongue recognizes sweet things. The back of the tongue can tell if something is bitter. Smell also helps you taste.



## Hearing

You hear with your ears. The semicircular flaps on the outside of the head are really your outer ears. If someone makes a sound, vibrations travel through the air and meet the eardrum in the inner ear, deep inside your head.



## Smelling



The nose is the organ which you use to smell with. If someone grills some food near you, you breathe in the smell with

the air. The smell is picked up by nerve endings inside your nose. The nerve signals pass the smell on to the brain, which recognizes it as something good to eat.



OUR MOODS change from time to time. Sometimes we feel happy, and other times we feel sad. We get annoyed about things and we can even argue with our best friends. The next day it will all be forgotten! But always we must eat and drink to keep us healthy and we must sleep several hours so our bodies get the rest they need.







## Sleeping

During the day, we are active and use up energy. At night we feel tired and must go to sleep so that the body can rest and recover.

We all have dreams, but often we cannot remember them when we wake up!



## Eating

To give you energy, you must eat and drink regularly and healthily. Feeling hungry is your body's way of telling you that you need to eat.

## Illness

If you pick up germs, you may become ill. Your body is weak and needs rest so that it can get better. Medicine can help by relieving the pain or fighting the germs. You are usually well again after a few days.



## Working

Adults must work to earn money. Many people work away from home. But there is also work to do in the home, such as cooking, washing and decoration.



## Sadness

In life, sad things happen sometimes—for example, if we lose something we love. It is a painful feeling. Sometimes we cry. Our bodies are healthy but our minds are sad. What often helps is to talk to someone who will listen.



## Happiness

Sometimes we are very joyful. We laugh a lot and everything is fun. Things can make us happy, like a nice cake, a great slide, or if someone praises something that we have well. Sometimes we just feel good for no reason!

## Jealousy

When somebody else has something that we want for ourselves, or if we are not invited to a party and a friend is, then we may feel jealous. If we think of how lucky we are in other ways, then we can begin to feel better.



## Arguing

You can argue for lots of reasons—for example, if there is only one toy and two of you want to play with it. If you learn to share, you don't have to argue.



## Fear

Fear is a very unpleasant feeling. When we are afraid, we often sweat and tremble, and our hearts start to pound. People are afraid of different things, such as of the dark, or of fierce-looking dogs. If we speak to our parents or friends, this may help to calm us down, and we can overcome our fear.



## Death

If something living, a person, animal or plant, is old or very ill, it may stop working completely and dies. When someone dies, it is like falling asleep forever. People who have died live on in our thoughts.



## Anger

We often get angry if someone has done something bad or been unfair to us. We feel like shouting and stamp our feet! Anger usually passes and we calm down.



## Love

Love is one of the nicest feelings. If you feel very happy when your mother or father comes home, this shows that you love them. You can also love other people in your family and your friends. You are lucky when your friends love you too.





PEOPLE usually live in flats or houses. There are different rooms for different purposes. We cook meals in the kitchen. This is often also the place where clothes are washed. There is also a living room, a bathroom and bedrooms. A flat is like a house all on one floor inside a larger building containing other flats. Some houses also have a garage for the car, and a garden.





## Cooker

A cooker has a hob on top and an oven inside. If you switch them on, they get very hot. You boil things in pans on the hob and bake or roast things in the oven.

## Radio

Radio programmes are broadcast using invisible radio waves. The radio receives the waves with its aerial. If you switch it on and tune into the correct wavelength, you hear the radio programme.



## Refrigerator

If we buy fresh milk, cheese or meat, we put them in the refrigerator. There they keep cool and stay fresh longer.

## Telephone

You use a telephone to speak with someone who is not near enough to talk to. In the receiver there is a small microphone. The microphone picks up your voice. It is transmitted along a cable or through the air to another phone.



## Clock

A clock tells you what time it is. The long hand measures the minutes. It takes 60 minutes (an hour) to go around the clock face. The short hand tells you what hour it is. This clock shows 2 o'clock.

## Heating

When it is cold, you turn the heating on. A radiator heats the room. The radiator has water in it. The water heats up inside and the radiator gets hot. Warm air spreads around the room.

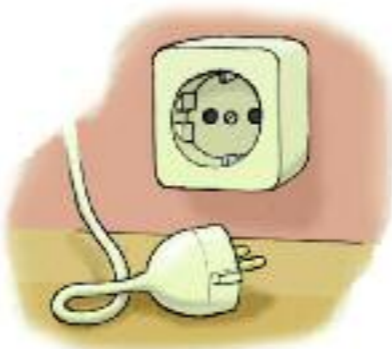


## Television

Television programmes are broadcast using radio waves. An aerial or satellite dish picks up the waves carrying the signals from the TV station. These travel along a cable to your television set, where they are turned into pictures and sound.

## Electricity

If you want to use a hair dryer or any kind of electrical equipment, you plug it into a socket. When you switch the dryer on, an electric current flows into it, making it blow out heat. An electric current is dangerous, so you must never put your fingers in a socket.



## Light bulb

A light bulb lights up a room. Inside the bulb there is a thin wire. When you switch on the lights, electricity flows into the bulb. The wire gets very hot and glows. The bulb makes the light very brightly.

## Washing machine

You use a washing machine to clean your clothes. You put detergent in the machine. The clothes are spun round in lots of warm, soapy water until they are clean.



## Toilet

The toilet consists of a basin and a flushing cistern, filled with water. The cistern is connected by a pipe to the basin. When you flush the toilet, the water pours into the basin to wash away the waste. From there, a pipe leads the waste to sewers underground.



## Computer

The computer is an electronic machine which do all kinds of things. You can write on it using the keyboard. You can play games on it. You can draw pictures or design things on it. You use a computer to go on the internet.



**B**EFORE children go to school, they go to a kindergarten or nursery school. Here they paint, make music, play, learn, and make lots of friends.



## Teacher

Teachers work in the kindergarten. They help the children with their reading and writing. They read them stories and show them how to paint pictures or make music.

## Reading

There are lots of story books in kindergarten. The teacher sometimes reads them out to the whole class. The children can look at the pictures and start to learn to read.



## Writing

When you write, you put letters together to make a word. All the letters together make up the alphabet. You need to learn the alphabet in order to write. Each letter has a certain shape. The first word that you learn to write is usually your own name.



## Musical instrument

You can make music with a musical instrument. When you play a xylophone, each key sounds a different note. If you play these in a certain order and to a certain rhythm, you can make a tune.



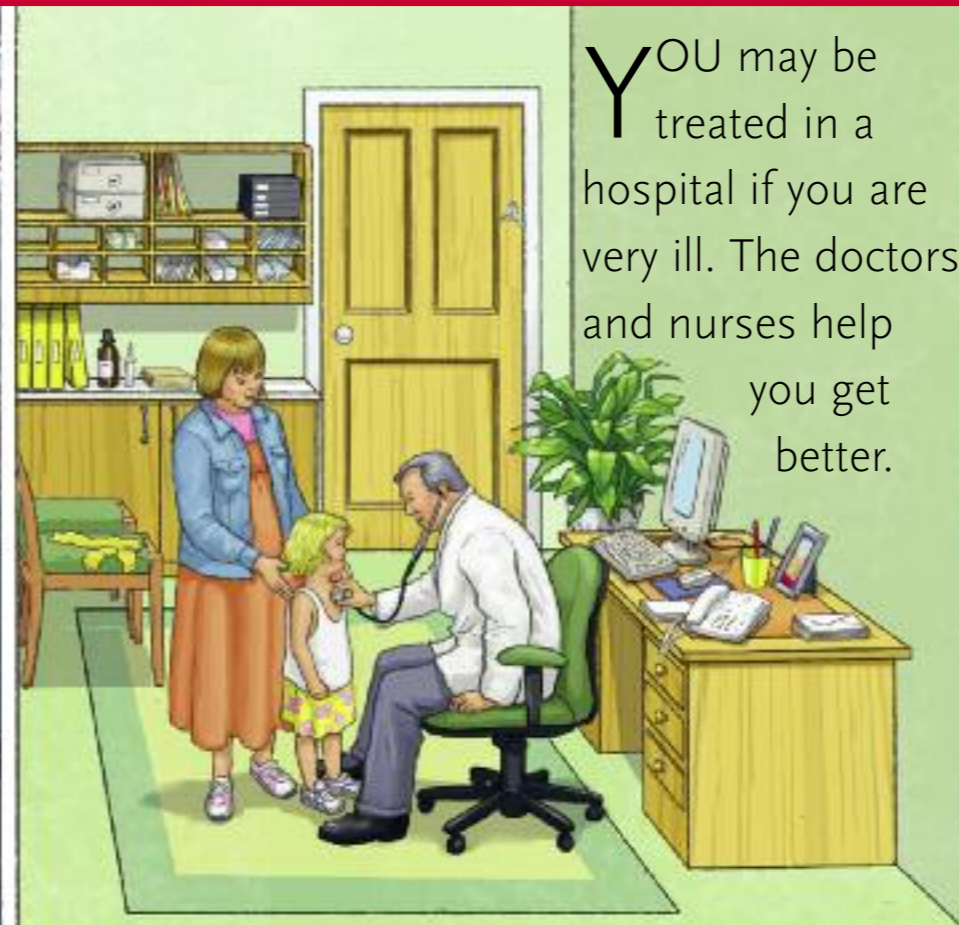
## Painting

You paint with paintbrushes on to paper. You mix the paint with water, then guide your brush across the paper. You can use the colours you have, or mix them together to make new ones.

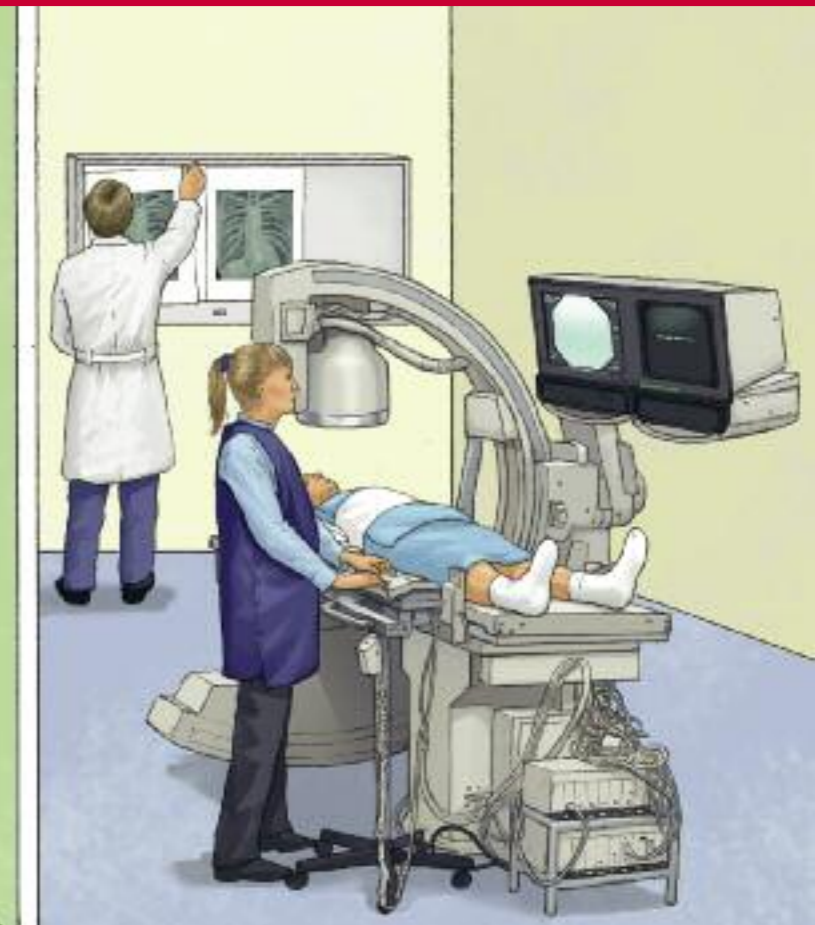
## Magnifying box

To see a very small thing much more clearly, you can put it in a magnifying box. The glass has a special shape to make the object look bigger. If, for example, you put a caterpillar and some leaves in the box, you can see how the caterpillar feeds. You can also see its markings.





**Y**OU may be treated in a hospital if you are very ill. The doctors and nurses help you get better.



## Medicine

Medicine helps to cure illnesses. It can come in the form of a tablet, a capsule or a liquid. When the doctor knows what is wrong, he or she will give you a prescription. You then take this to a pharmacy, where you get the medicine.

## Doctor

Doctors know about what causes many illnesses and how to cure them. If you tell the doctor where it hurts, he or she will try to find out what is wrong. When they know why you are ill, they can then help you to get better.



## X-ray

An x-ray scan is an image of your insides. If you break a bone, the doctor can use it to examine the bones and check exactly where the break is. X-rays are also useful for studying your teeth inside the gum.



## Injection

You are given an injection sometimes to stop you getting disease. The doctor uses a syringe with a thin, hollow needle attached to it.



## Nurse

Nurses work in hospitals. They help the doctors to make you better. They do many different jobs. They take your temperature, give you your medicine and bring you your meals. They tend patients' wounds in accidents and emergencies.

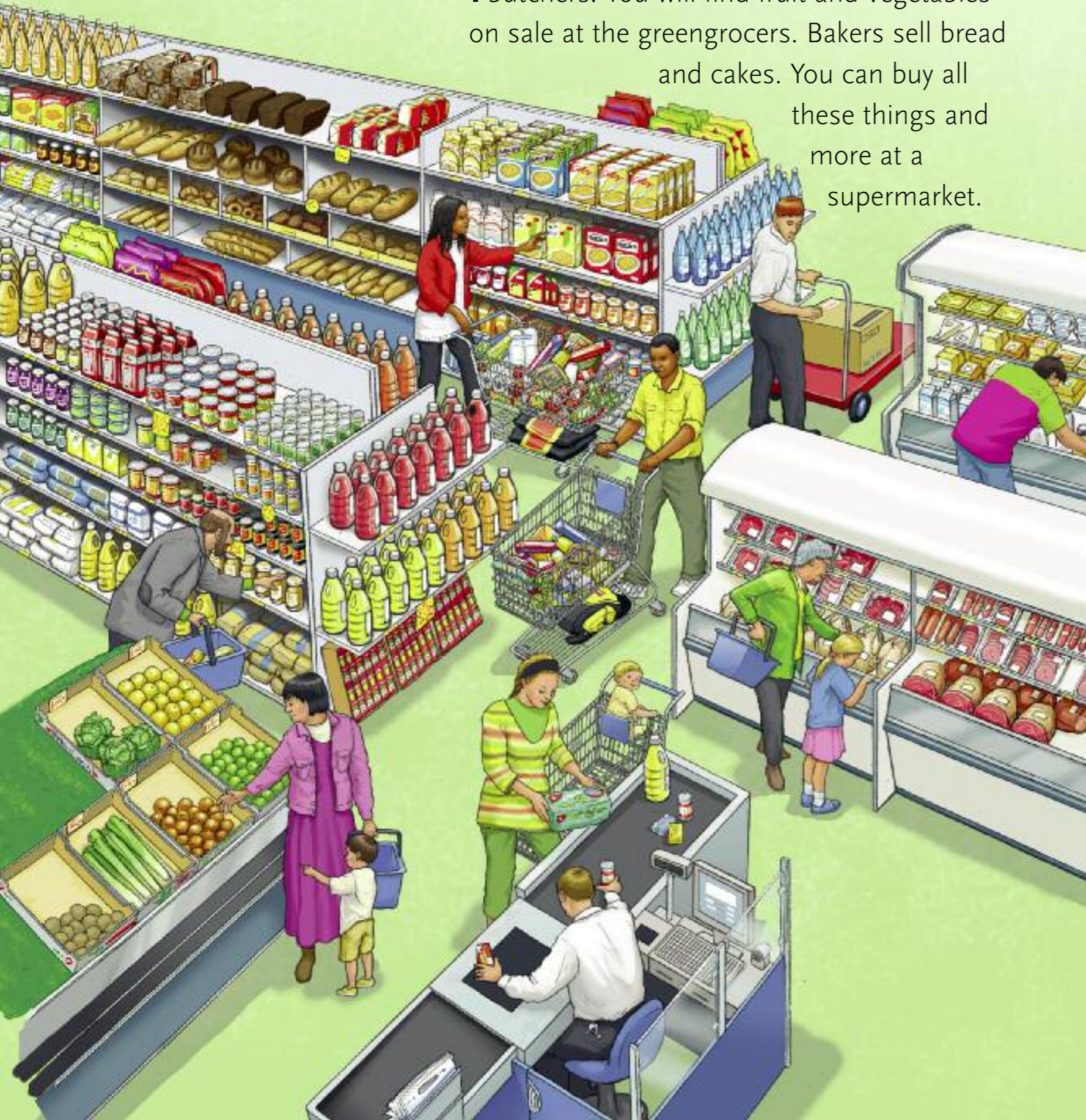
## Stethoscope

A stethoscope allows the doctor to hear inside the body. While you are breathing in and out, the doctor can hear whether your lungs are working well.





IF YOU want to buy meat, you go to the butchers. You will find fruit and vegetables on sale at the greengrocers. Bakers sell bread and cakes. You can buy all these things and more at a supermarket.



## Meat

The meat that we eat comes from cattle (beef), sheep (lamb), pigs (pork) or hens (chicken). You must cook or roast meat before you eat it.



## Fruit and vegetables

Fruit and vegetables are full of vitamins which are good for you. Apples, lemons, cherries and tomatoes are fruits. Leeks, potatoes, and onions are vegetables.



## Milk

Milk comes from cows. They are milked every day. Milk is kept cold and brought to the shops. Milk also is used to make cheese, butter and yoghurt.



## Bread

Bread is made from wheat. The seeds, or grain, is ground up to make a fine powder called flour. This is mixed with water and yeast to make dough. Dough is baked to make bread.



## Money



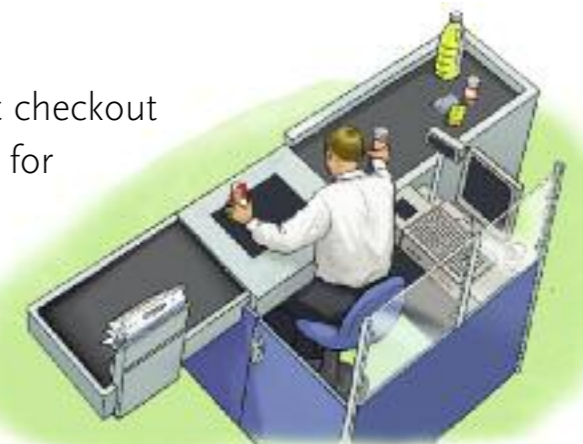
You pay for things with money. In the past, before money was used, goods were exchanged. If someone who bred pigs wanted bread, he would

exchange a pig for a few bags of flour. Money is a better way of getting what you need! All goods on sale have a price. You can use coins (for small sums) or notes (for high amounts). You can also use plastic cards to pay for things.

## Checkout

The supermarket checkout is where you pay for the goods you want to buy. You take them from the trolley and place them on a belt.

The cashier then puts them through a scanner, which records the price for each item. The till works out the total payment due for all your shopping. You give the money to the cashier.



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