

# Maya's MYSTERIES

OUR BODIES ARE AMAZING EXAMPLES OF TEAMWORK!



"How much the organs, the members and the parts of the body . . . are . . . connected for mutual aid and help, and how much they influence one another!" —'Abdu'l-Bahá

## TEAM EARTH

I love tennis so much! When I play, I can feel the different parts of my body working together. My eyes track a fast-moving ball. My brain figures out where it will go. I race to the spot, exercising my heart, lungs, and a bunch of muscles. When I hit it back, I'm using hand-eye coordination. I'm not the best player on my team, but Coach says I'm a fast learner and I have quick reflexes.

Our bodies are fascinating examples of teamwork. So many organs and systems cooperate all day long, as we breathe, eat, run—or do anything.

The Bahá'í writings compare the whole world to a human body. We're all connected. We can affect the environment, people, and creatures around us. Staying healthy helps us feel great and do our best for *everyone* on Team Earth.

## THE BODY QUIZ

Check out my quiz to test your knowledge of our amazing bodies.

1 We need at least an hour of physical activity a day, to exercise our hearts and build muscle.

True  False

2 Babies are born with 150 bones.

True  False

3 About half of our bodyweight is water. Drinking extra when we're hot or exercising keeps us hydrated.

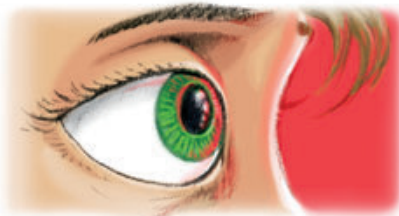
True  False

4 About 80% of the flavors we experience come from a combination of smell and taste. (Try holding your nose while eating.)

True  False

5 To repair the body, grow muscle, and store memories, kids need 9-11 hours of sleep a night.

True  False



6 We have about 86 billion nerve cells in our brains. They can send information as fast as 249 miles per hour (400 kph).

True  False

7 A liquid in our ears helps with balance, telling the brain the position of our head.

True  False

8 Eating plenty of fruits and veggies may reduce the risk of heart disease, diabetes, obesity, and some kinds of cancer.

True  False

9 The eye is most sensitive to red.

True  False

10 Our hearts pump the equivalent of about 50 gallons (189 L) of blood every day.

True  False

11 Cigarette smoke has about 7,000 chemicals, and at least 70 can lead to lung cancer.

True  False

12 Skin color comes from the pigment **melanin**, which also protects us from the sun's rays. People whose ancestors lived in northern climates with little sun tend to have less melanin; those from sunny areas have more melanin.

True  False