



Animals Including Humans
Fact Cards

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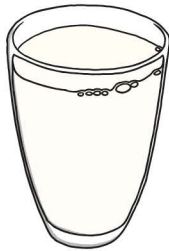
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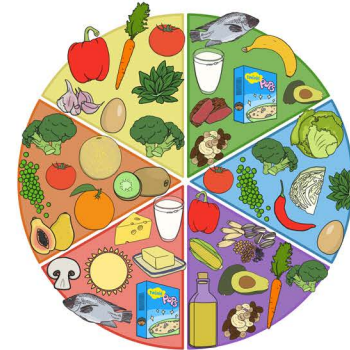
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Humans are the only animals that still drink milk as adults! All other animals stop drinking milk as babies and become 'lactose intolerant'.



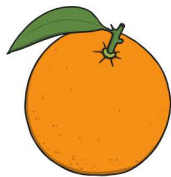
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In a human diet 12 vitamins are vital – including vitamin A, C, D and K.



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Sailors suffered from a disease called scurvy because they lacked vitamin C. Scurvy caused scars to open as vitamin C is needed to regenerate skin cells.



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In rare cases, some humans have been born with extra fingers and toes. A boy from India holds the record with 7 fingers on each hand and 10 toes on each foot!



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Shells are a type of exoskeleton but instead of chitin they are made with calcium carbonate. Shells grow in size and so do not need to be moulted.



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The Latin word for muscles is 'musculus' which literally means little mouse!



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Muscle memory is real! If you perform an action over and over again, your muscles remember how to move. So it really is important to practice!!



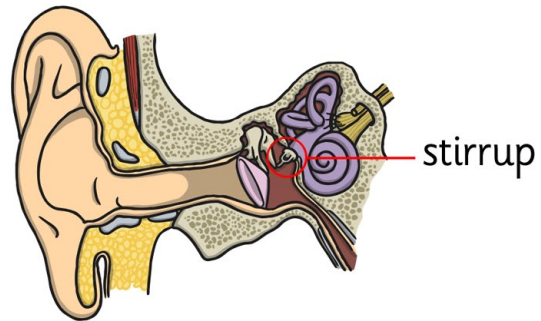
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If you break a bone – it will repair itself! Doctors just make sure that it is supported but the body does the hard work!



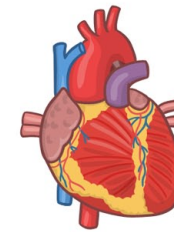
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The smallest bone in the human body is found in the ear. It's called the stirrup bone. It is 2.8mm long.



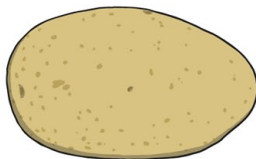
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The cardiac muscle is only found in the heart. It is the only muscle that never gets tired! It never pauses to rest.



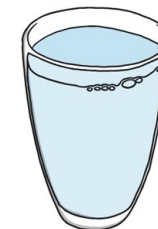
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A single large potato contains carbohydrates, minerals such as potassium, magnesium, iron and manganese. Also it contains vitamin C and most of the B vitamins.



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On average, the adult human body is made up of 60% water! The body is also made up of about 20% protein and 12% fat.



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