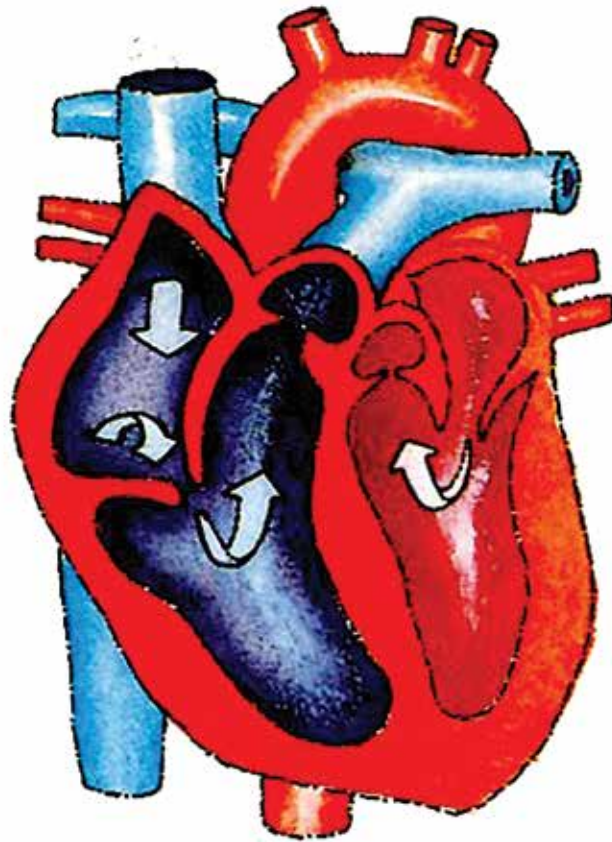


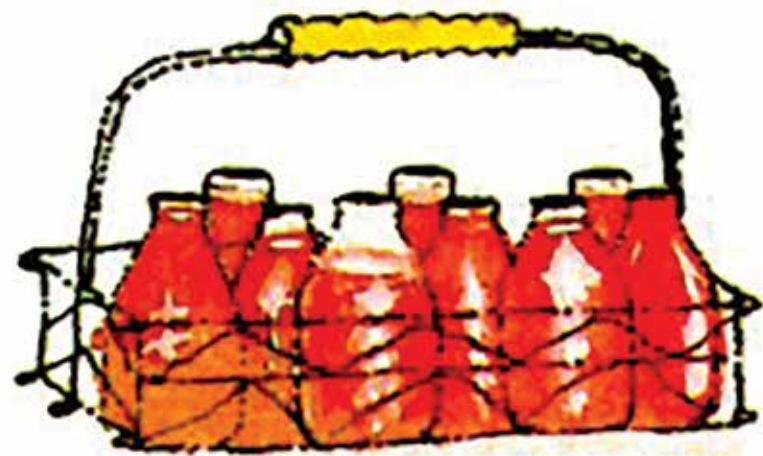
# My Blood

Geeta Dharmarjan

Art by Arvinder Chawla



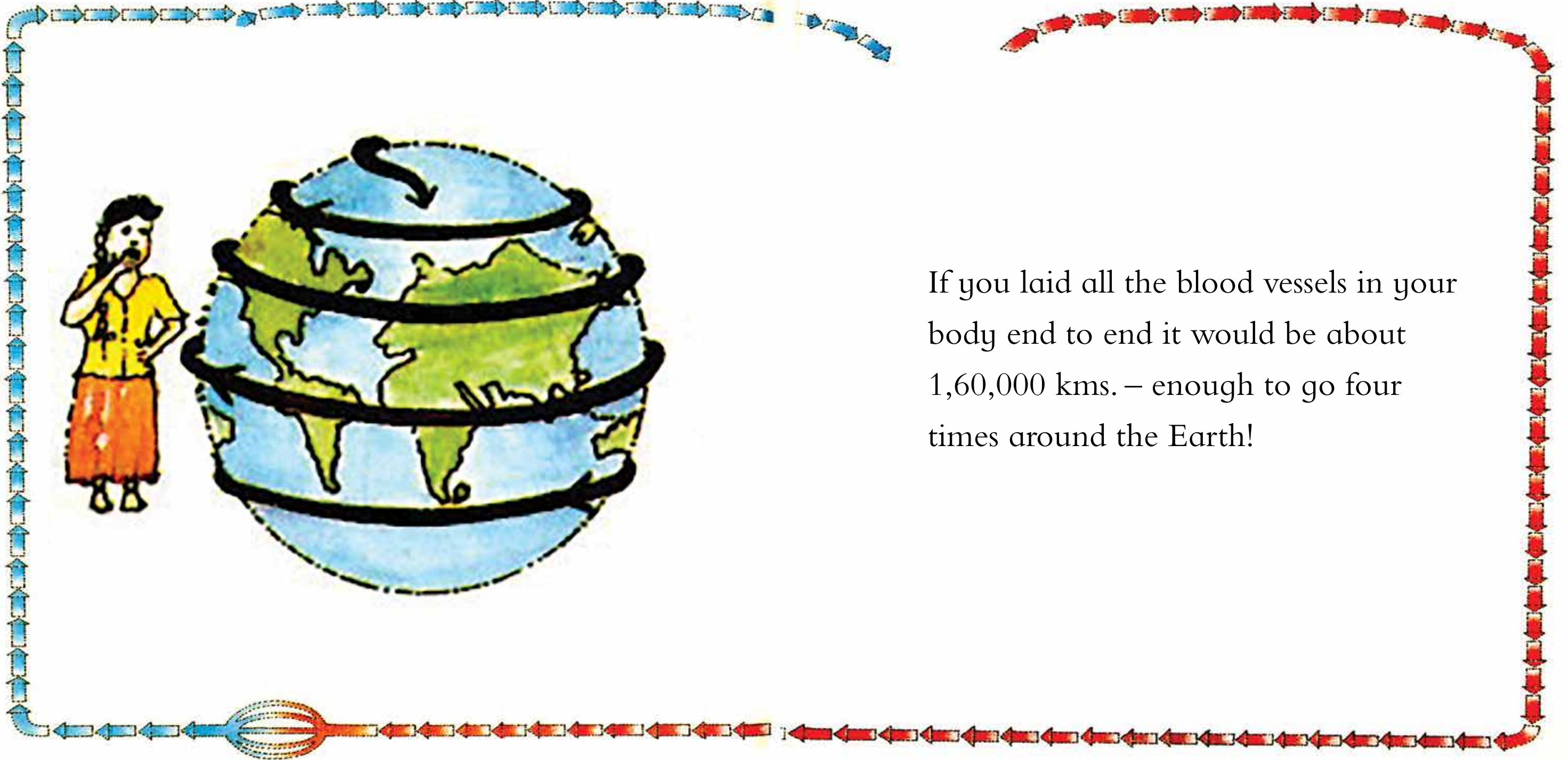
a 300m thinkbook from Katha 



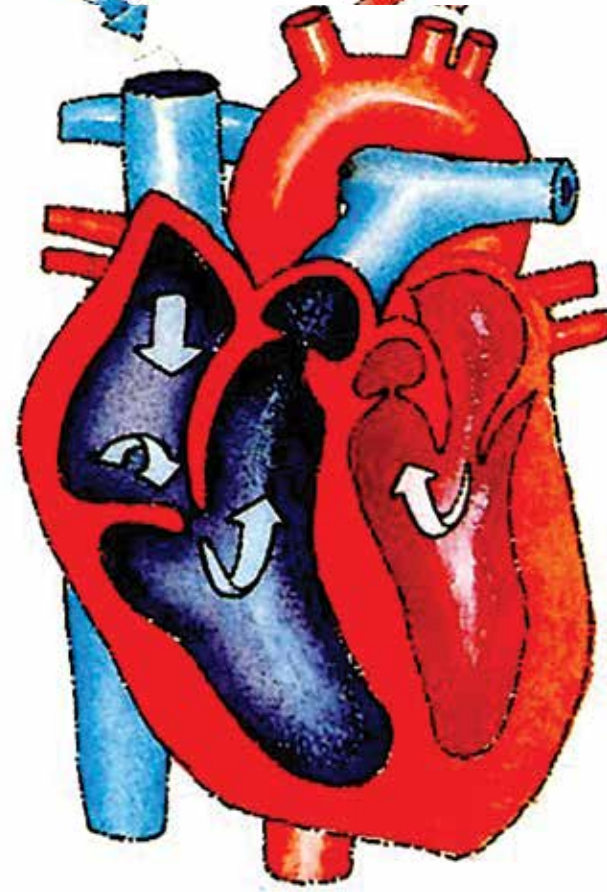
How much blood do you have? About 4½ litres! (Or 20 glasses).



If you laid all the blood vessels in your body end to end it would be about 1,60,000 kms. – enough to go four times around the Earth!



The heart pumps all the blood in the body every minute.



That means every drop of blood rushes around the body and comes back to the heart every minute! That's 1440 times a day!

A drop of blood has 50 lakh red blood cells (RBC).

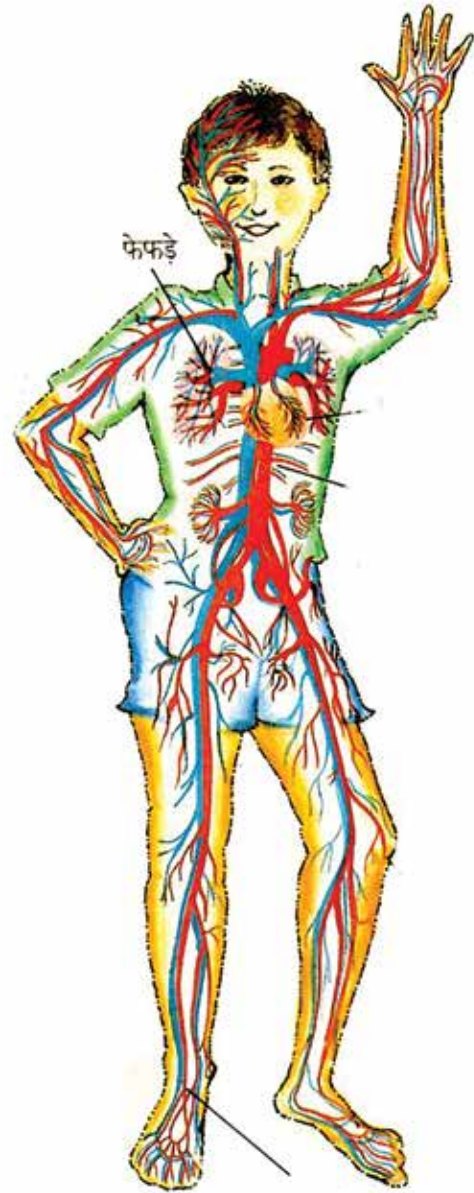


They help keep your body's insides clean! Blood takes oxygen and food to all parts of the body. And brings all the unwanted stuff to the lungs for cleaning.

White blood cells (WBCs) are the police force of your body.

When a bad germ enters our body, they jump to defend you! When a bad germ enters your body, they jump to defend you!





Certain things that you can do to help your blood keep you healthy and happy.

Eat green leafy vegetables and other food rich in iron. Work and exercise well. Rest and sleep well.

**Geeta Dharmarajan** belongs to Tanjavur, a district of Tamil Nadu. A writer for children, she started Katha in 1988. She has received many awards, including the Padma Shri for her work in literature and education.

**Arvinder Chawla** is an illustrator and has worked with Katha from 1993-1998. A master of fine arts with UGC NET cleared in Visual Arts, she has also work with Children's Book Trust & National Book Trust. She is an enthusiast working for children.

## KATHA

Katha is a globally recognised non-profit organization ([www.katha.org](http://www.katha.org)) that has been working in the literacy to literature continuum since 1988. Our nearly 30 years of experience is in publishing and education for children in poverty.  
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Devoted to enhancing the joys of reading amongst children and adults, we work with more than 1,00,000 children in poverty, to bring them to grade-level reading through quality books and interventions.

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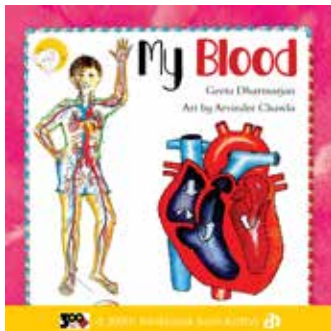
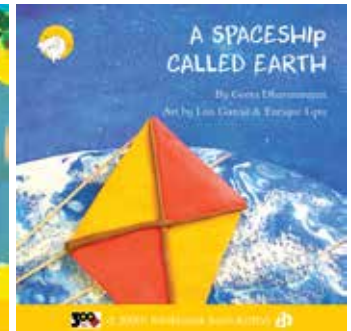
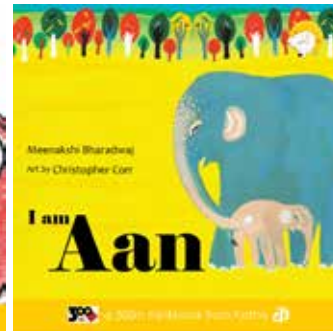
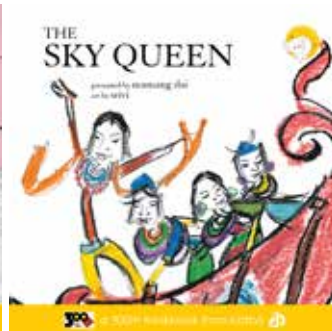
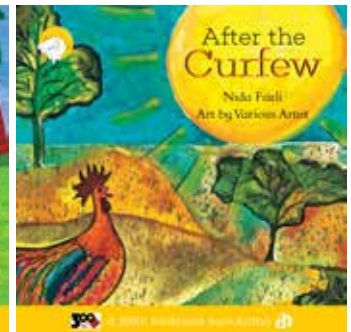
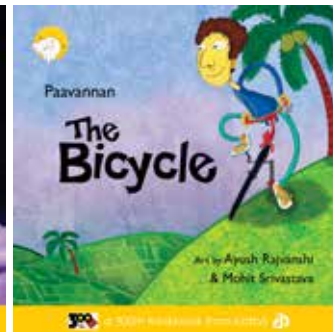
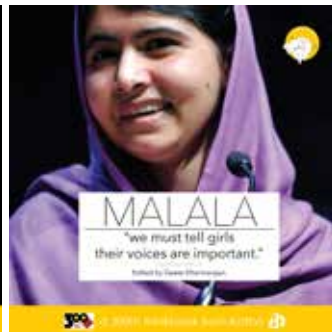
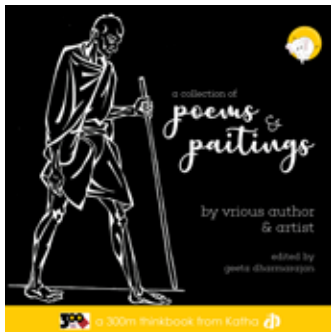
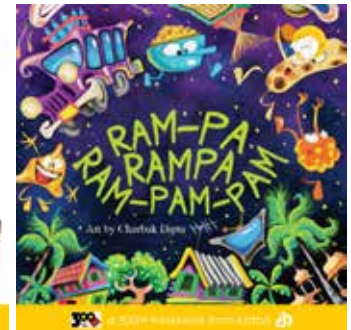
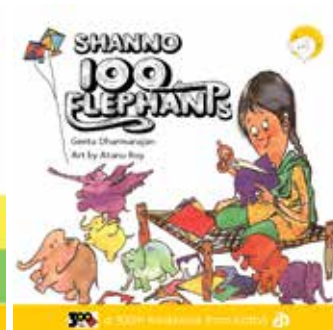
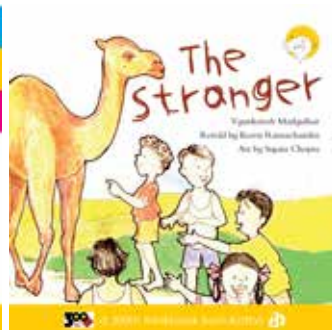
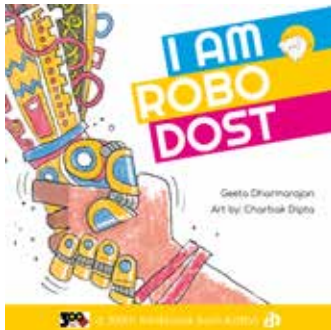
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