

Sticky Knowledge

The human body is a complex organism with many different parts, but some of the basic parts include:
head, neck, torso,
arms, legs, muscles,
bones, skin.

Good hygiene helps prevent the spread of disease and infection.

The tongue is linked to our sense of taste.

The eyes are linked to our sense of sight.

The hands are linked to our sense of touch.

The ears are linked to our sense of hearing.

The nose is linked to our sense of smell.

Eating a balanced diet includes a range of whole foods.

Exercise has numerous positive effects on the human body, impacting everything from physical health to mental well-being.

Exercise has numerous positive effects on the human body, impacting everything from physical health to mental well-being.