Tissue just means a group of [cells](http://www.medikidz.com/medipedia/cell) that together carry out a particular job in your body. You have four basic types of [tissue](http://www.medikidz.com/medipedia/tissue), these are called connective [tissue](http://www.medikidz.com/medipedia/tissue), [muscle](http://www.medikidz.com/medipedia/muscle) [tissue](http://www.medikidz.com/medipedia/tissue), nervous [tissue](http://www.medikidz.com/medipedia/tissue) and epithelial [tissue](http://www.medikidz.com/medipedia/tissue).

Connective [tissue](http://www.medikidz.com/medipedia/tissue) holds other [tissues](http://www.medikidz.com/medipedia/tissue) together. It can stretch and squeeze easily. [Bone](http://www.medikidz.com/medipedia/bone) is an example of connective tissue.

[Muscle](http://www.medikidz.com/medipedia/muscle) [tissue](http://www.medikidz.com/medipedia/tissue) is made of [muscle](http://www.medikidz.com/medipedia/muscle) [cells](http://www.medikidz.com/medipedia/cell), and it produces action or movement in your internal [organs](http://www.medikidz.com/medipedia/organ). Smooth [muscle](http://www.medikidz.com/medipedia/muscle) [tissue](http://www.medikidz.com/medipedia/tissue) lines the inside of your [organs](http://www.medikidz.com/medipedia/organ), skeletal [muscle](http://www.medikidz.com/medipedia/muscle) [tissue](http://www.medikidz.com/medipedia/tissue) lets your [bones](http://www.medikidz.com/medipedia/bone) move and cardiac [muscle](http://www.medikidz.com/medipedia/muscle) [tissue](http://www.medikidz.com/medipedia/tissue) in your [heart](http://www.medikidz.com/medipedia/heart) helps it to pump [blood](http://www.medikidz.com/medipedia/blood) through your body.

Nervous [tissue](http://www.medikidz.com/medipedia/tissue) is made up of the [cells](http://www.medikidz.com/medipedia/cell) that are contained in your central [nervous system](http://www.medikidz.com/medipedia/nervous-system) and peripheral [nervous system](http://www.medikidz.com/medipedia/nervous-system). So, nervous [tissue](http://www.medikidz.com/medipedia/tissue) forms your [brain](http://www.medikidz.com/medipedia/brain) and spinal cord.

Epithelial [tissue](http://www.medikidz.com/medipedia/tissue) is formed of layers of [cells](http://www.medikidz.com/medipedia/cell) that cover the surfaces of [organs](http://www.medikidz.com/medipedia/organ), like your [skin](http://www.medikidz.com/medipedia/skin) and [breathing](http://www.medikidz.com/medipedia/breathing) airways. It provides a barrier between what it covers and the environment surrounding it.



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[Muscle](http://www.medikidz.com/medipedia/muscle) [tissue](http://www.medikidz.com/medipedia/tissue) is made of [muscle](http://www.medikidz.com/medipedia/muscle) [cells](http://www.medikidz.com/medipedia/cell), and it produces action or movement in your internal [organs](http://www.medikidz.com/medipedia/organ). Smooth [muscle](http://www.medikidz.com/medipedia/muscle) [tissue](http://www.medikidz.com/medipedia/tissue) lines the inside of your [organs](http://www.medikidz.com/medipedia/organ), skeletal [muscle](http://www.medikidz.com/medipedia/muscle) [tissue](http://www.medikidz.com/medipedia/tissue) lets your [bones](http://www.medikidz.com/medipedia/bone) move and cardiac [muscle](http://www.medikidz.com/medipedia/muscle) [tissue](http://www.medikidz.com/medipedia/tissue) in your [heart](http://www.medikidz.com/medipedia/heart) helps it to pump [blood](http://www.medikidz.com/medipedia/blood) through your body.

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