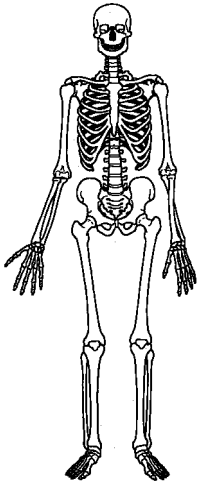


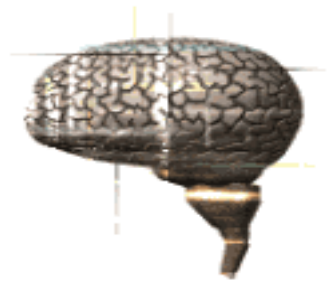
Chapter 1

The Human Body

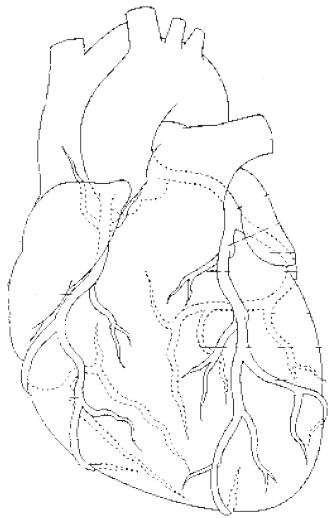
Your body is very special. The way your body looks on the outside is part of who you are. People know who you are because of how your body looks. Your body might be tall or short. Your eyes might be green or blue or brown. You may have blonde hair, red hair, or brown hair. Your body is also special on the inside. It does all kinds of special things on the inside so you can run, walk, play, eat, and sleep. Each person's body works in a different way, but every body part works the same.



Everyone has a **BRAIN**. Your Brain is inside your head and tells the rest of your body what to do. You also use your brain to think.



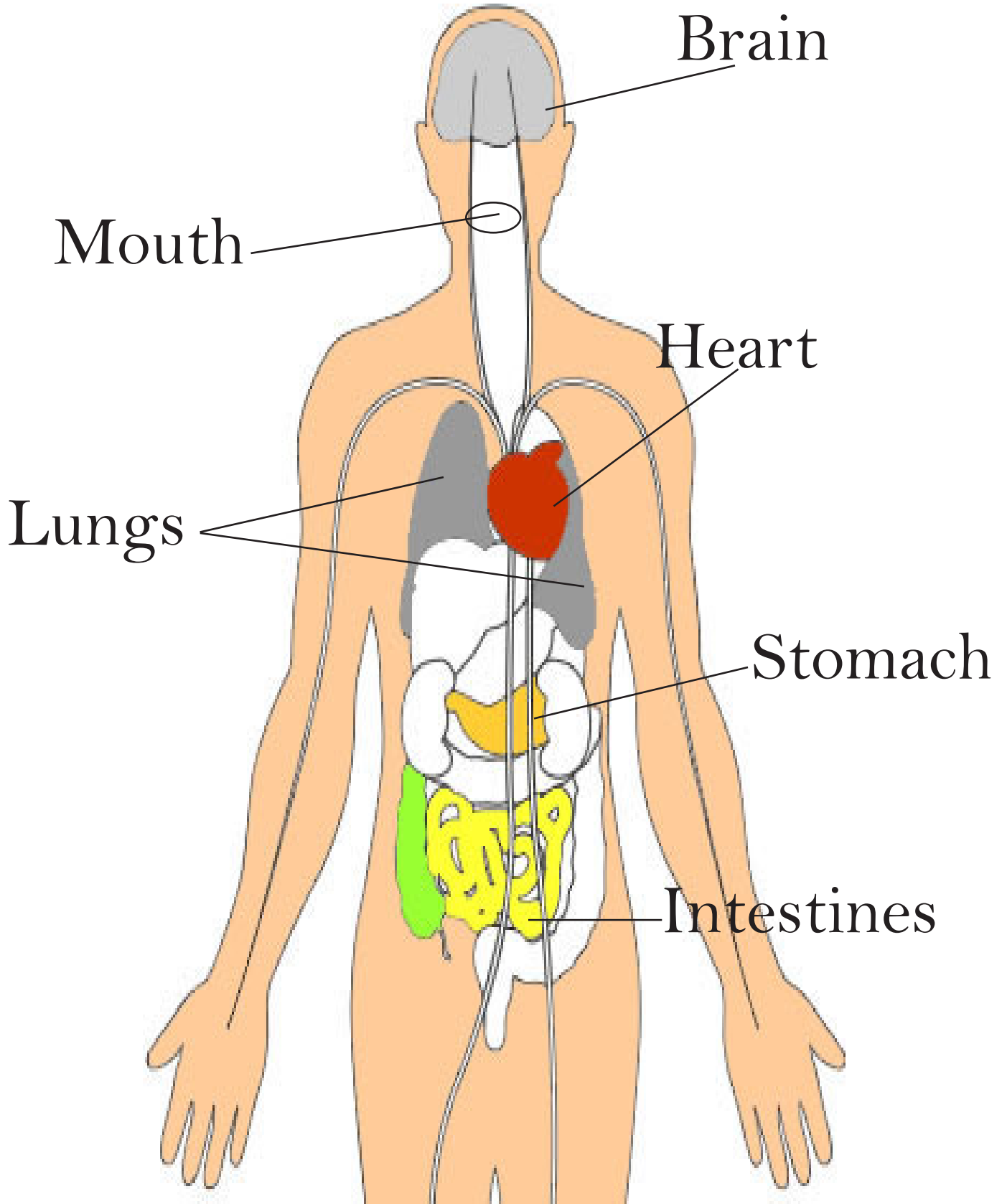
Everyone has body **ORGANS**. Your body organs are inside your body, and they all do a special job. They make your body work.



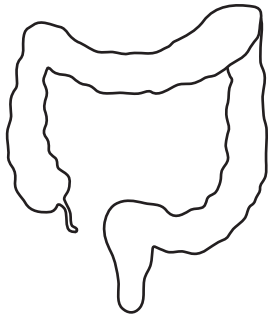
Your Heart is an organ that pumps blood around your body. It is a muscle.

Your Lungs are an organ that brings air into your body so you can breathe. Your lungs pump air into your blood and your heart pumps blood to the brain.

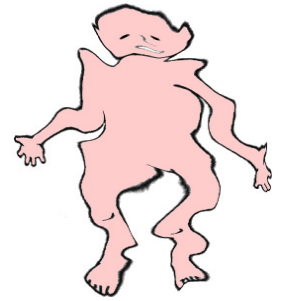
Your Stomach is an organ. It is where your food goes after you chew and swallow your food.



Your Intestines are an organ that finish turning food from the stomach into something that your body can use. The parts of the food that the body does not need goes into the toilet when you go to the bathroom.



Every body has **BONES**. Your bones are hard and give your body shape. All of the bones in your body make up your Skeleton. Your



body has 206 bones. That is a lot of bones! If your body did not have bones you would look like a blob.

There are 26 Bones in your foot. Your hand has 27 Bones.

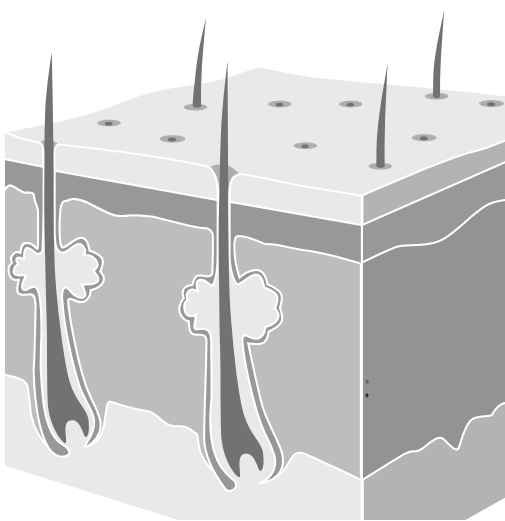
Bone Tally

If your foot has 26 bones and your hand has 27 bones, how many bones are there in:



- Both hands? _____
- Both feet? _____
- Both hands and feet? _____

Every body has **MUSCLES**. Your Muscles are what makes your body able to move. They are shiny and inside your body. They work with your bones.



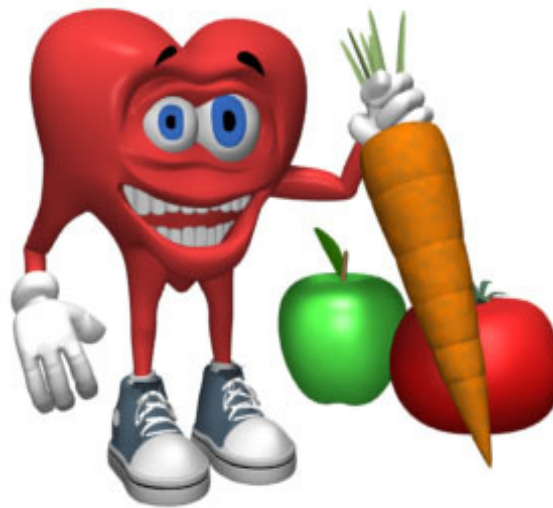
Every body has **SKIN**. Your skin is the largest organ in your body. Your skin protects your body from the outside world. It is made up of 3 layers.

Underneath your skin is a layer of fat. It sits on top of the muscles.

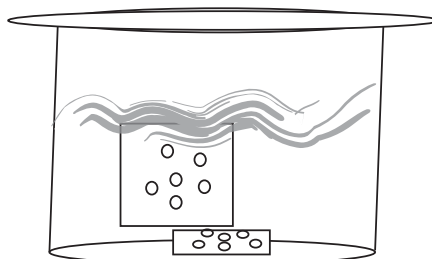
It is important that you take care of your body. One very important way to take care of your body is to eat healthy food. Your body needs to be fed good food just like your pet dog or cat. If you eat too many foods that have bad things in them you can make your body sick or unhealthy.

In this book we are going to talk a lot about taking care of your body. We are going to talk about eating good food, getting sleep, and exercise.

Remember, your body is special!



Try This: Put a cracker in a jar with a few teaspoons of water. Close the lid tight. Shake the jar, and then let it sit for a few minutes. The breaking down of the cracker is what happens in your stomach when food starts to be turned in energy for your body.



ACTIVITIES FOR CHAPTER 1 THE HUMAN BODY

Words to Know

exercise
intestines
lungs
muscles
nutrients
organs
oxygen
Roughage

Language Arts

Pick a body part from this Chapter and draw a picture of it.



Write a sentence that tells what the body part does for your body.

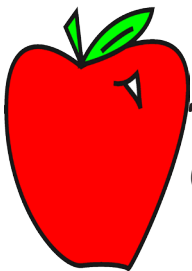
Matching Game

For this game, you need five index cards (or five pieces of paper). Write one of the body parts listed below on each of the cards. On the back of the cards, write the correct meaning for each body part. Now you can use them as flash cards to test your friends and family.

Lungs:	fill up with oxygen
Heart:	the most important muscle in your body
Muscles:	help your body run, jump, and swim
Skin:	helps cool your body
Skeleton:	supports your body, made of bones

Math

APPLE CRUNCH



Take a bite of an apple. Count how many times you chew before you swallow.

Compare your answer to your friends and family members..