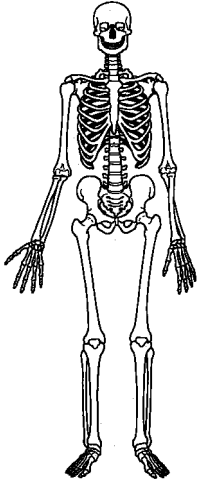


# Chapter 1

## The Human Body

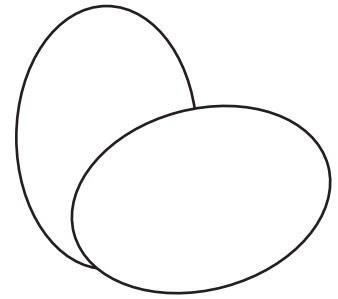
Every day you wake up, eat, think, play, and breathe. A well-fed body lets you do every one of these things and more. Your body is really amazing! It is made up of many different parts that all work together. Each part has its own special job and need for healthy food. This book will help you learn how to do your best to keep all your body parts strong and healthy.



You probably move around a lot. Two parts of your body work together so your body can move. They are your skeleton and **muscles**.

Your skeleton is the framework of all the bones in your body. Your bones are connected inside you to make sure you're shaped like a person. Without bones, you'd just be a blob. Your skeleton does other things, too. It protects the **organs** inside your body, just like an egg's shell protects the yolk inside. By the time you grow up, your strong skeleton holds your whole body together with 206 bones. That's a lot of bones!

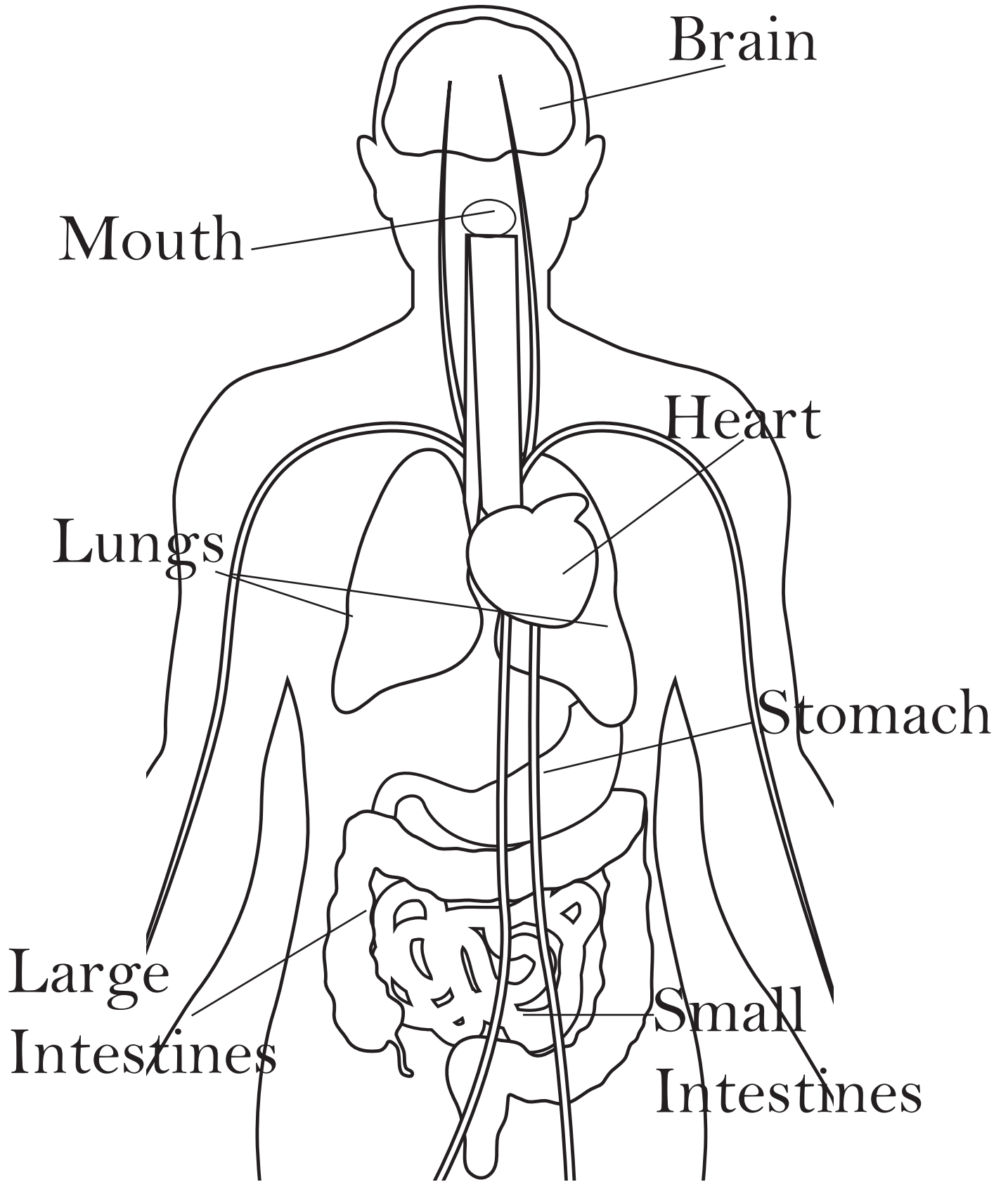
Bones work together with muscles so you can move. Most of the muscles inside you are connected to your bones. In fact, muscles are what moves your bones so you can do things like run, jump, and swim. Muscles do other stuff too, like help move food down to your stomach.



One of the most important muscles you have is your heart. But it isn't shaped like a valentine. It looks more like a fist. Your heart is part of your **circulatory system**. The job of this system is to move blood around your body. It's important because your blood has **oxygen** in it, which your body needs to help turn food into fuel for your body.

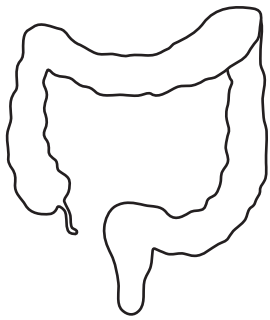
Your **lungs** are the organs that bring the oxygen into your body when you breathe. They look like two spongy balloons. Go ahead and take a deep breath. Oxygen goes into your nose and mouth and down into your lungs. Your heart takes that oxygen and pumps it around your body.

Food also moves around inside your body, but in a different way. It uses the **digestive system** to take a long trip through your body where it's turned into fuel. Your mouth is where your digestive system begins. It's almost like the start of a roller coaster ride! The food goes in your mouth, and then whoa! . . . down a tube where it enters your stomach.



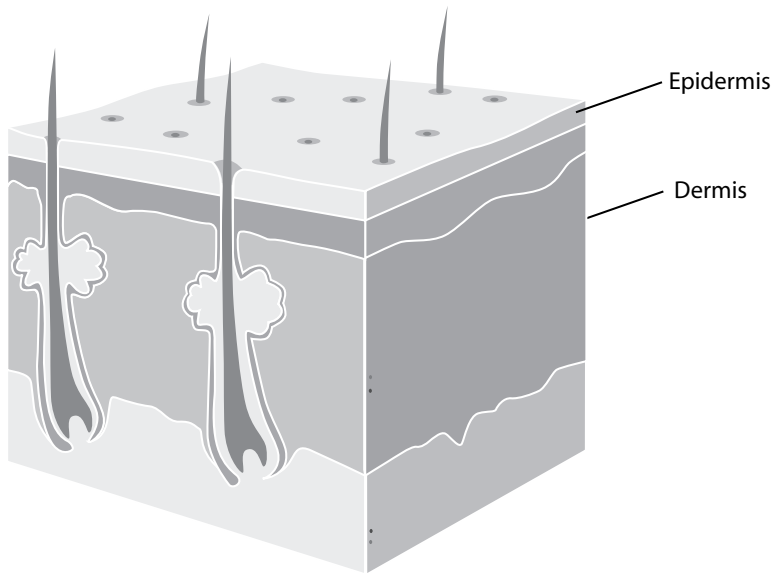
## CHAPTER 1 – THE HUMAN BODY

When you chew food, you are breaking it into smaller pieces. This is called digestion. Once your stomach gets the chewed up food, it tosses it up, down, and around. Swishing around with the food bits is a liquid that breaks down the food into smaller pieces.



Now the digested food moves from your stomach to your **intestines**. This part of your body can grow to around 25 feet long! The first stop is your small intestine. It looks like a long, twisted pile of garden hose. Its job is to grab **nutrients** from food so your body can use them. Nutrients are used by different body parts to help you grow, and to keep you strong and healthy. What's leftover is then pushed into your large intestine. This leftover stuff may sit in your large intestine for two days or longer. This is where it dries up and gets firm. Finally, you push the solid waste out of your body and into the toilet.

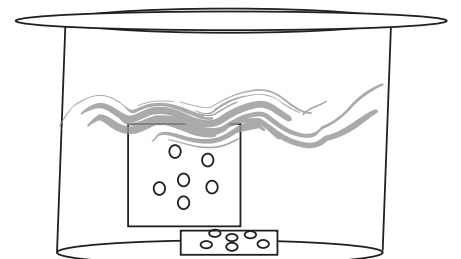
Another important part of your body is your skin. It is the largest body organ you have. Your skin has three main layers. The top layer is called the **epidermis**. It protects your body from the outside world. The next layer is called the **dermis**. This is where the roots of your hair are found, and where your body makes sweat in order to cool off. The last layer is made up of fat. It sits right on top of muscle and cushions your body if you fall.



Your body has other systems, too. Your brain is what controls all the systems. Its job is to make sure they all work together so you can be strong and healthy. Your brain is the boss! It tells your whole body what to do.

Your body works and feels its best when you make good choices about food. The amount of **exercise** you get also matters. What's important to remember is that the better choices you make, the stronger and healthier you are.

**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 a lot like digestion.



# Activities for Chapter 1 The Human Body

## Words to Know

circulatory system

dermis

digestive system

epidermis

exercise

intestines

lungs

muscles

nutrients

organs

oxygen

## Language Arts

# VOCABULARY

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



Write a sentence that tells what it does for your body.

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# Matching Game

For this game, you need five index cards (or five pieces of paper). Write one of the body parts listed on each of the cards. On the backs of the cards, write the correct definition for each 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:** gives you support, made of bones, protects your organs

## Math

$4 + 8 - 4 + 97 - 4 + 10 + 84 - 74 + 6129 = 461 + 49 / 7 - 15 + 1 - 8 = 48 + 1198 = 4 + 614 + 6841 + / 86451$

# APPLE CRUNCH



Take a bite of an apple. Count how many times you chew before you swallow. Compare your answer to your classmates.

# Bone Tally



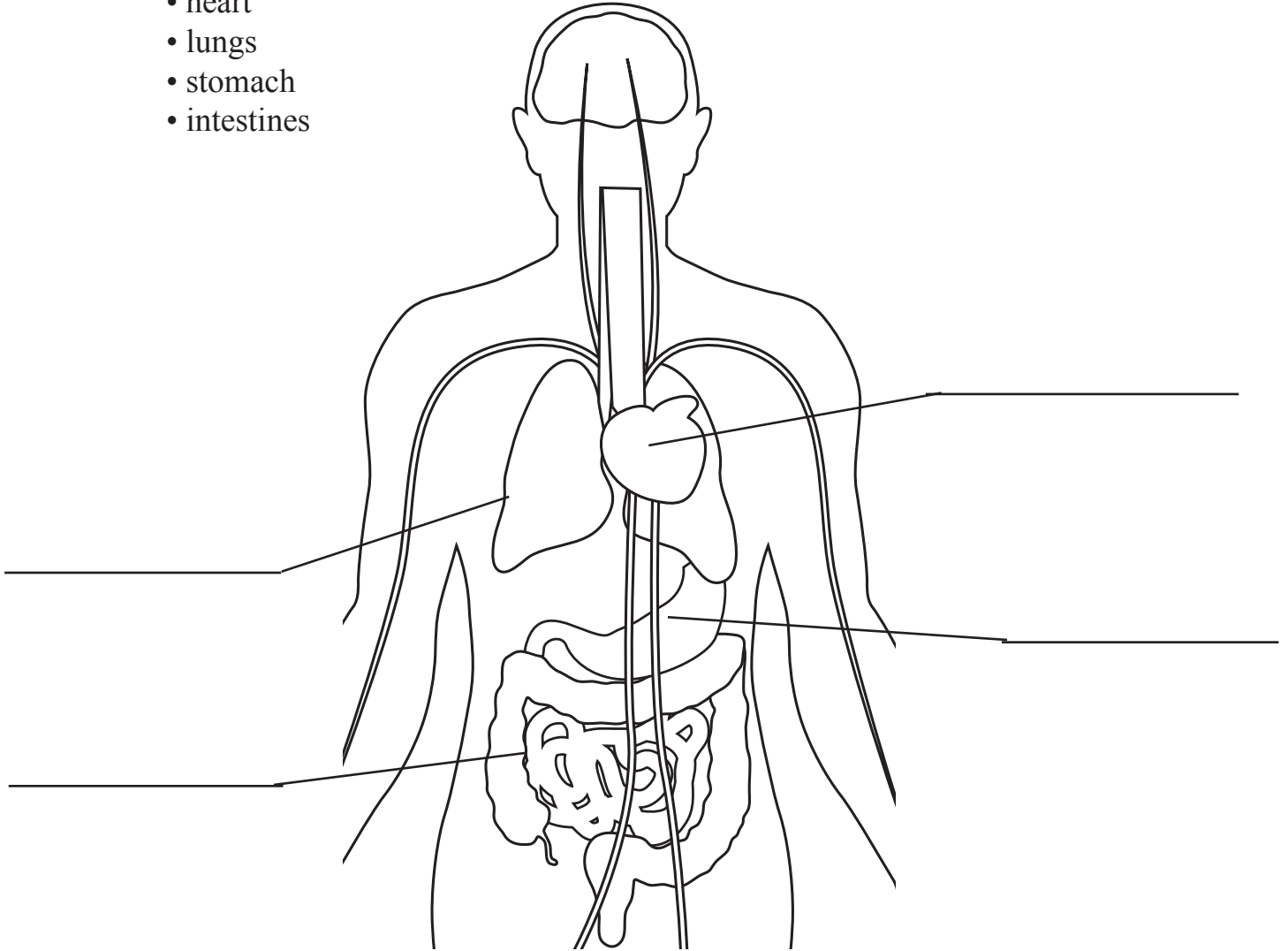
If your foot has 26 bones and your hand has 27 bones, how many bones are there for both hands and feet?

**Science**

# Label the Parts

Check out this picture of a human body. Label these four words to the proper body parts.

- heart
- lungs
- stomach
- intestines



## Trace Me

Using a marker, have someone trace the outline of your body on a big piece of chart paper. Draw in the organs you learned about in this chapter. Now draw a line to show how food travels through your body.