

The Body Book

Students make a book about the human body that introduces them to a number of systems and organs in the body.



Body Basics



The human body is a complex living organism that takes in food and air to provide itself with nutrients and energy for moving and thinking. The body accomplishes these tasks thanks to living organs and tissues as well as nonliving parts, such as water, vitamins, and minerals.

An *organ* is a group of tissues that perform a specific function. For example, the heart pumps blood. In turn, *tissues* are groups of similar specialized cells—the smallest living parts in the body. The organs and tissues of the body are divided into organ *systems* based on the function they accomplish. Seven organ systems are featured in this book.

- ⊙ The *integumentary system* is the skin, hair, and nails. It protects the body.
- ⊙ The *skeletal system's* bones, cartilage, and joints provide a moving framework for the body.
- ⊙ The muscles of the *muscular system* produce movement and generate heat in the body.
- ⊙ The brain, spinal cord, and nerves make up the *nervous system*, which takes in information, allows communication within the body, and controls body functions.
- ⊙ The *circulatory system* is the heart and blood vessels that pump and transport blood throughout the body.
- ⊙ The lungs and other breathing organs make up the *respiratory system*. They work to exchange oxygen for carbon dioxide in the blood.
- ⊙ The stomach, liver, intestines, gallbladder, and esophagus are all food-processing organs of the *digestive system*. They work to break down food and absorb its nutrients.



- ⊙ reproducible pages 9 and 10
- ⊙ scissors
- ⊙ crayons, colored pencils, or markers (optional)



Making the Model

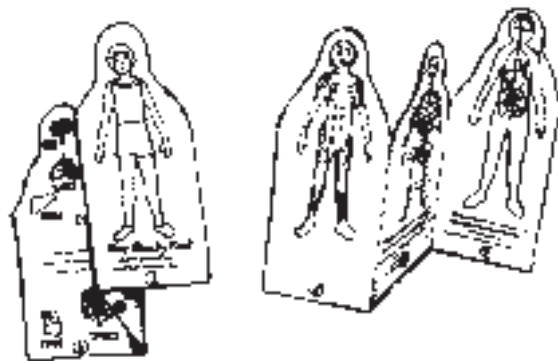
1 Photocopy pages 9 and 10 as double-sided copies or glue the pages back to back. The heads of the figure on both sides should be at the top of the page.

2 Cut along the solid black line at the top of the page.



3 Fold back and forth along the dotted lines so that page 1 is on top and page 5 is underneath.

4 Color the books if desired.



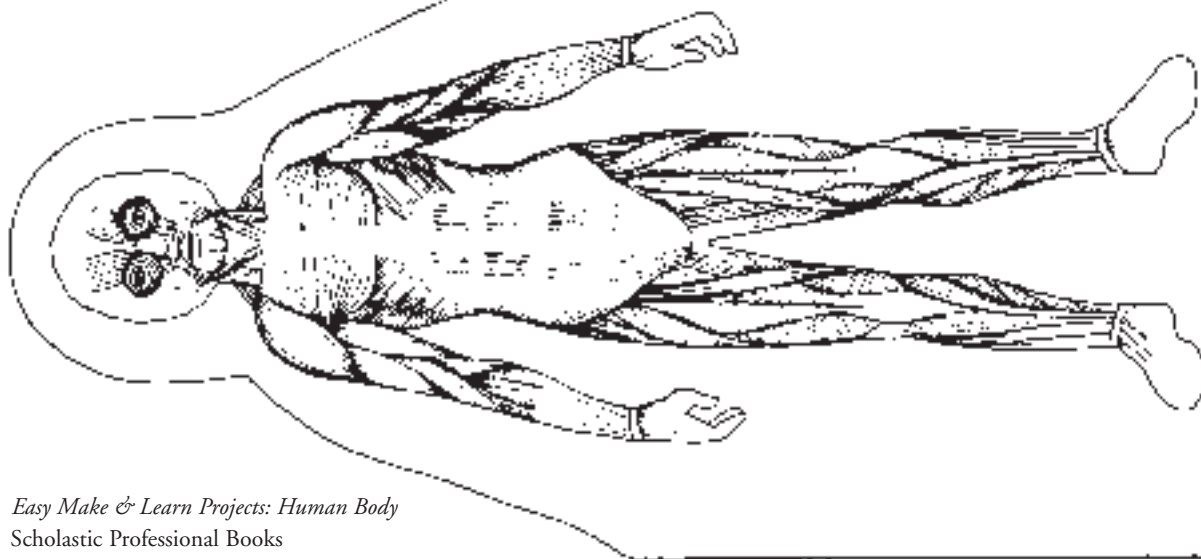
Teaching With the Model

1 What is the human body made of? (living tissues, cells, organs, and nonliving chemicals, like water, vitamins, and minerals) Ask students what a cell is (smallest living part of the body), what tissue is (groups of cells with a particular task or specialization), and what an organ is (groups of tissues that perform a specific function). Challenge students first to name an organ and then identify the tissue and cells that it is made of. (For example, the brain is made up of brain tissue, which is made up of nerve cells.)

2 What are some things the human body can do? (eat, move, feel, see, think, remember, and so on.)

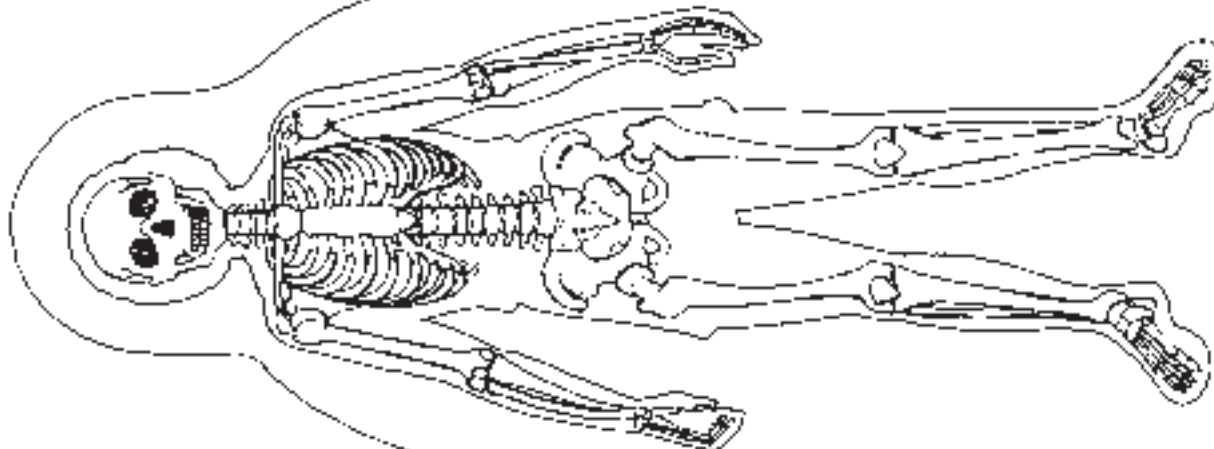
3 Which systems of the human body are featured in *THE BODY BOOK*? (skeletal system and muscular system) Challenge students to name the human body system that each of the organs on page 5 belongs to. (brain—nervous system; lungs—respiratory system; liver, stomach, and intestines—digestive system; heart—circulatory system) Have students compare and contrast the functions and organs of these systems.

The Body Book



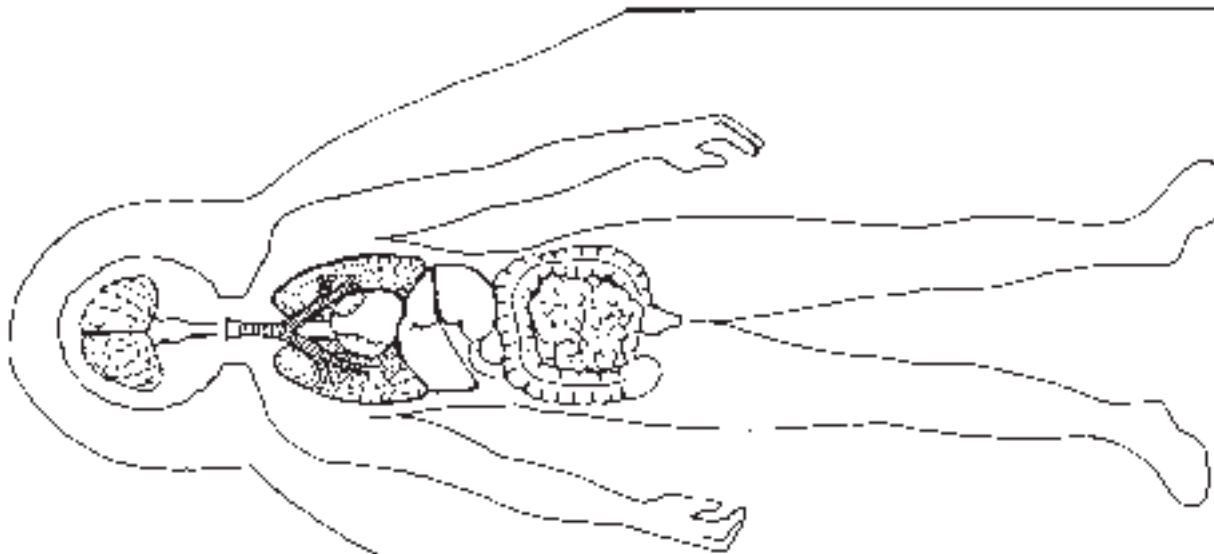
Muscles are under your skin.
There are more than 600 muscles in your body.
You depend on your muscles for every move you make!

2



Bones are under your muscles.
They hold you up and give your body shape.
Bones also protect important organs.

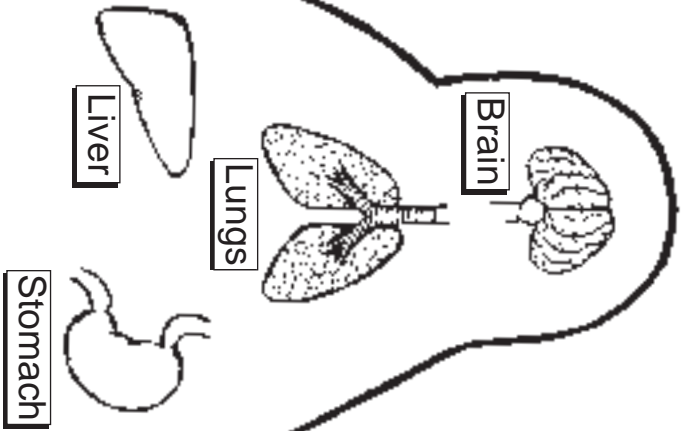
3



Your brain, heart, lungs, stomach, and other organs are under your bones.
Each has its own job to do.

4

The Body Book



Can you find
each of these organs
on page 4?



Heart



Intestines

5



The Body Book

Skin covers your body
and protects your insides.
Nerve endings in your skin help you feel
warmth, cold, pressure, and pain.

1