HUMAN BODY

Your body is made up of many parts.

You use yo

Your Head

Let's start with your **HEAD**…

Your head includes your hair, eyebrows, eyes, nose, cheeks, mouth, chin, and ears.

What's inside your head?

Inside your head is your **brain**! Your brain is the control center for your WHOLE body! Your brain tells your body what to do and when to do it.

Your brain [PREVIEW] rotected.

Knock gen [PREVIEW] hat is your **skull**!

Your skull [PREVIEW] ain. If you bump [PREVIEW] n being hurt.

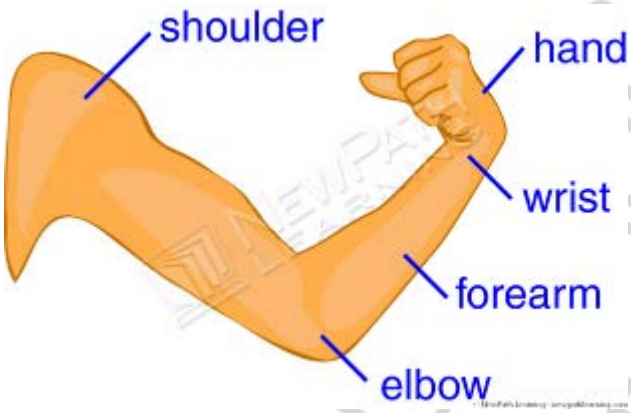
Now Your Shoulders

The upper part of your arm is connected to your shoulders.

Your shoulders are between your neck and upper arm.

Your shoulders help you move your arms.

Now Your Arms

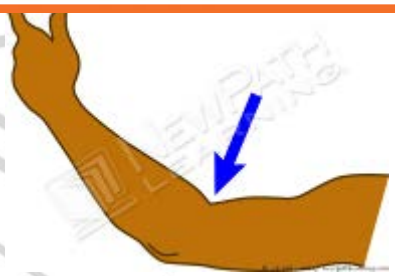


Your arms are attached to your shoulders.

Your arms are also called limbs.

Your arms allow you to do MANY things, such as:
* get your
* move a
* brush yo
* comb yo
* eat your

Now You



Your elbow connects your upper arm to the lower part of your arm.

The lower part of your arm is called your **forearm**. Your forearm is the part of your arm between your elbow and your wrist.

Your elbow is used to bend your arm.

Without your elbow, your arm would stay straight.

Your elbow is a joint. A **joint** is a spot between two bones that allows the bones to bend or move.

Now Your Wrists

Your wrists attach your hands to your forearms.

Your wrists allow your hands to move up and down.

Your wrist is also a joint.

Now You

Your hands are attached to your wrist.

Your hands include your palm and five digits – your fingers and thumb!
You know that your hand allows you to do many things, such as:

- write with a pencil
- make a sandwich
- zip your jacket
- and many, many more things!

Now Your Hips

Your hips attach your waist to the upper part of your legs.
You use your hips to lift your upper parts of your legs.
Your hips are also joints.

Now Your Legs

Your legs are also known as limbs.

You have three main bones in your leg.

The upper bone in your leg that is above your knee is your **femur** bone.

There are ... to your foot. They ...

Your legs a...

Now Your Knees

Your knee is a joint. It allows your leg to bend.

Your knees connect your femur bone in your leg to your tibia and fibula bones in the lower part of your legs.

Now Your Ankles

Your **ankle** connects your leg to your foot.
Your ankle is a joint.
Your ankle allows your foot to move.

Almost Done…Your Feet are Next!

Your **feet** are what you walk on!

You have five toes on each foot.

Your He

Your **heel** is the back part of your foot, and is below and behind your ankle.

Systems of Your Body

Your organs and body parts work together to keep your body working well; they are a system. There are many systems or organs and body parts working together. Let's take a look at some of these systems.

Your Digestive System

Your digestive system breaks down the food you eat.

Your digestive system turns the food you eat into energy.

You need energy to move around!

When you eat, your food goes through your digestive system:

1. You chew your food in your **MOUTH**.

2. Your food goes from your mouth to your stomach through a tube. This tube is called your **ESOPHAGUS**.

3. Then your food goes into your **STOMACH**. The food is broken down into small pieces in your stomach.

4. Next, your broken down food enters your **SMALL INTESTINES**. Here all the good stuff (nutrients) your body needs from the food you ate is collected.

5. The food you eat has parts that your body does not need in it too. This all gets sent to your **LARGE INTESTINES**.

6. You get rid of the stuff your body does not need when you u

Your Sk

Your skele

Your skele

Your bones help give your body its shape. Your bones help you stand up straight!

Without your bones, you body would be a pile on the floor!

Your bones also protect important parts (organs) of your body – like your brain and your heart!

Your Muscular System

Your muscular system looks like this:

Your muscular system is made up of MUSCLES!

Your muscles help you move!

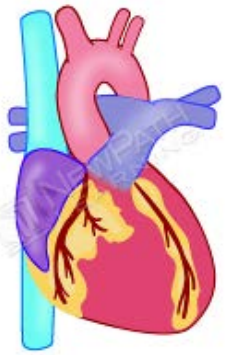
You have MANY muscles all around your body!

You have over 600 muscles in your body that help you move!

Without muscles you couldn't blink, smile, walk, talk, swallow, or even breathe!

Some of your muscles move when you want them to – like when you raise your hand in class. You use your muscles to lift your arm.

Some of your muscles move without you even thinking about it – like your heart! Your heart uses muscles to beat. Your heart beats all by itself.



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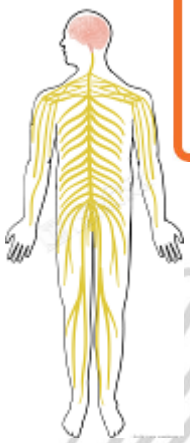

You need your nervous system to do MANY things like:

- taste
- smell
- hear
- run
- laugh
- write
- feel if something is hot
- feel if something is cold
- see

Without your nervous system, you wouldn't be able to do ANY of these things.

Your nervous system is made up of your brain, spinal cord, and nerves.
Your nerves are like little threads that run through your body.
Your nerves send messages to your brain.

Like when you touch a hot pan – your nerves send a message to your brain saying

"we are touching something hot"

Your brain gets this message from your nerves.

Then your brain tells your finger to **STOP** touching the **hot** pan.
Ouch!