

## ORGAN SYSTEMS

### Systems Work Together

Your body is made up of many organs and systems that all work together to keep your body running properly. Each of the systems in your body has its own individual job to do **but** each system depends on the other systems in order to work properly.

### The Skeletal System

- ✓ The human **skeletal system** is made up of bones that support the entire body. Without our bones, we would be just a blob of skin and organs on the floor.
- ✓ Our bones also help protect important organs such as the heart, lungs, and brain inside the body.
- ✓ The human **skeletal system** is made up of **206 bones** that are of all diffe



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**Lesson Checkpoint:**  
**How many bones does a human skeleton have?**

## The Muscular System

The **muscular system** is made up of muscles that are attached to your skeletal system. Your muscles help you move all your body parts.



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Most of your muscles in your body are skeletal muscles, which helps your **skeleton** move.

- ✓ The **muscular system** consists of **voluntary muscles**, which are muscles you can control, like the muscles you move to chew your gum.
- ✓ The **muscular system** also consists of **involuntary muscles**, which are muscles you can't control, such as your heart. Your heart is a muscle! Your heart beats for you...you don't have to make it beat.

**Lesson Checkpoint:**  
**What are involuntary muscles?**

## The Circulatory System

The **circulatory system** is made up of three parts, the **heart, blood vessels, and blood**.

Your **circulatory system's** main function is to move blood throughout your body. Blood carries important nutrients and gets rid of waste. So the circulatory system is an important one since it makes the blood move all around your body!



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The **heart** of your body pumps blood to your lungs where then carbon dioxide is breathed out of your body. The **right side** of the heart collects blood from the lungs that is filled with oxygen and then pumps it to your body. In with the oxygen, out with the carbon dioxide!

### ***Lesson Checkpoint:***

***Which side of your heart pumps blood to your lungs to remove the carbon dioxide and receive fresh oxygen?***

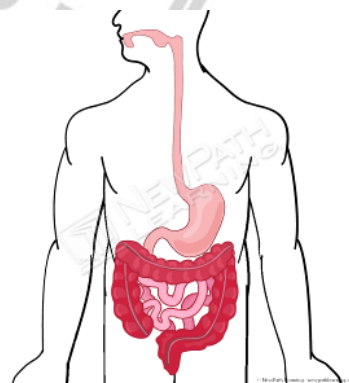
## The Respiratory System

The main function of the **respiratory system** is to supply our bodies with **oxygen** that we need in order to survive and to let out carbon dioxide. The word **respiration** simply means the process of breathing--that's easy enough! The **respiratory system** is made up of a trachea, bronchial tubes, a diaphragm, and the lungs.



## The Digestive System

The main function of the **digestive system** is to break down food into small nutrients that can be used by the body. **Digestion** begins right away in your mouth. **Food** that is swallowed goes through your esophagus where the muscles push the food down to the stomach. Then the food goes to the small intestines, where most of the digestion takes place!

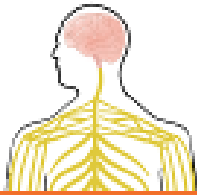


**Lesson Checkpoint:**  
**What is digestion?**

## The Nervous System

The **nervous system** controls **all** of your body's systems and organs. Your brain is the main part of your body's **nervous system**; it is like a command center. It controls all the systems and organs of the body and keep them working properly.

The **brain** communicates with the rest of the body through the **spinal cord** and the nerves. Your spinal cord is like the main communication highway of your body! All parts of **nervous system** contain **neurons** which are cells that pass along signals to and from your brain and your nervous system.



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**Lesson Checkpoint:**  
**What is the function of your spinal cord?**

## The Excretory System

When you have to go, you have to go. Everyone does it; everyone gets rid of their bodies' wastes in several ways. The **excretory system** in your body gets rid of all your body's **waste**. The skin, intestines, kidneys, liver, lungs, and sweat glands are the **main organs** of this system.

**Lesson Checkpoint:**  
**What is the function of the excretory system?**

Our bodies have special defense systems that help protect us from harmful microorganisms, sicknesses, and diseases. Your body's **first layer of protection** that acts as a barrier to keep harmful microorganisms out is your skin. Your body has its own **defense system** too, known as your **immune system**. Your immune system is made up of special cells, proteins, tissues, and organs that defend your body against germs.

You may remember going to the doctor and getting a shot! That may hurt a bit, but those shots help protect you against certain diseases.

A **vaccine** is medicine that protects you from certain diseases. A vaccination is a shot given that contains a vaccine against a certain disease, such as the measles.



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