

Name:

Introduction to Human Body Systems

The human body is an amazing and complex system made up of different organs and systems that work together to keep us alive and healthy. Each system has a special job, but all systems depend on each other to function properly.

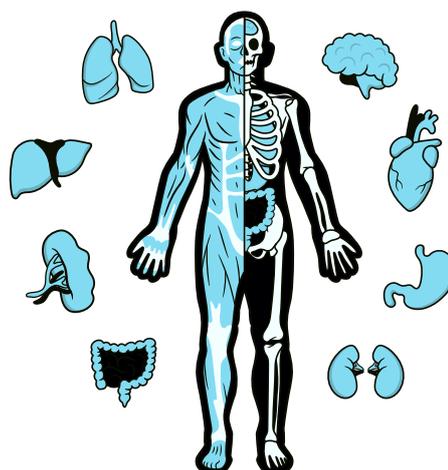
One of the most important systems is the digestive system. It breaks down the food we eat into nutrients that the body can use for energy, growth, and repair. Food travels from the mouth to the stomach and then to the intestines, where nutrients are absorbed into the blood. The waste that is left over is removed from the body. The respiratory system is responsible for breathing. It brings oxygen into the body through the lungs and removes carbon dioxide, a waste gas. Oxygen is essential because it helps cells produce energy.

The circulatory system, which includes the heart, blood, and blood vessels, transports oxygen, nutrients, and hormones to all parts of the body. It also helps remove waste products. The heart is like a pump that keeps the blood moving continuously through the body.

The skeletal system is made up of bones and joints. It provides structure, protects internal organs, and allows the body to move. Muscles are attached to bones, and together they make movement possible.

Other systems, like the nervous system, control how we think, feel, and move, while the immune system helps protect the body from germs and illnesses. All these systems work together to keep the body functioning properly. Taking care of your body with healthy food, exercise, and rest is important for maintaining all these systems.

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Name:

A. Multiple Choice (Choose the correct answer):

Which system breaks down food into nutrients the body can use?

- a) Respiratory system
- b) Digestive system
- c) Skeletal system
- d) Nervous system

What does the respiratory system do?

- a) Transports nutrients
- b) Protects bones
- c) Brings in oxygen and removes carbon dioxide
- d) Controls thoughts and feelings

Which system includes the heart and blood vessels?

- a) Circulatory system
- b) Skeletal system
- c) Digestive system
- d) Immune system

What does the skeletal system do?

- a) Helps fight germs
- b) Provides structure, protects organs, and allows movement
- c) Helps the body digest food
- d) Controls the brain

B. True or False:

- 5. Muscles and bones work together to make movement possible. _____
- 6. The immune system protects the body from illnesses. _____
- 7. The circulatory system removes waste from the body. _____

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8. Name two organs in the digestive system.

9. Why is oxygen important for the body?

10. How does the circulatory system help the body besides transporting nutrients?

11. What is the role of the nervous system?

12. Name one way to keep all body systems healthy.
