



Dear Educator,

This file offers views of some of the worksheets in our “**The Human Body**” thematic unit. The cover for an eWorkbook is shown followed by the preview pages.

The “**The Human Body**” unit offers **17** pages.

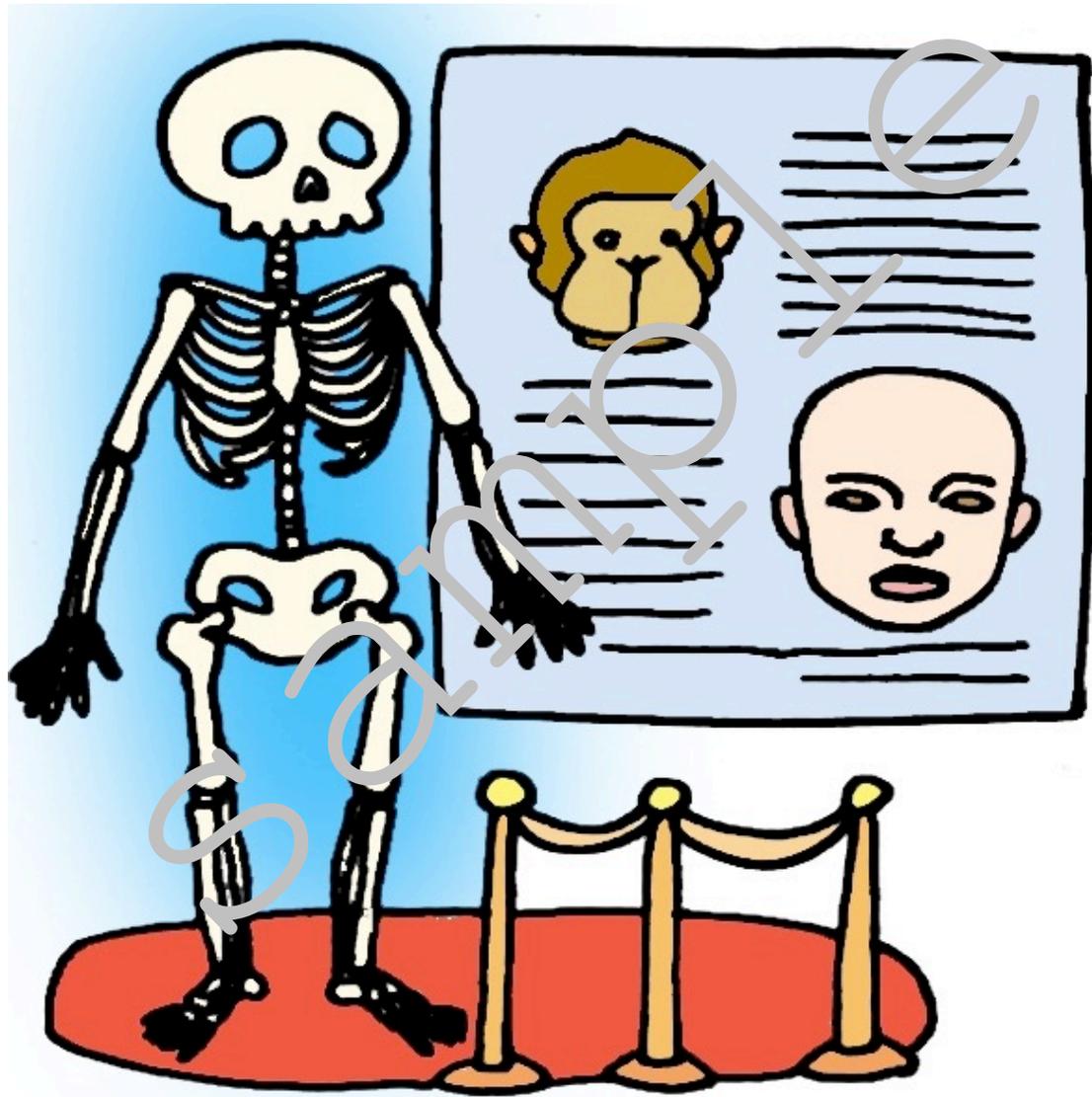
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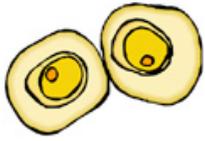
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Human Body



Human Body Systems



Most parts of your body are making new cells all the time. Although humans are not able to grow new body parts like lizards and starfish, our bodies do replace cells on a regular schedule. The cells reproduce themselves by dividing. This is how our bodies are able to grow as we get older.

Cartilage cells

Our bones make up the skeletal system. Babies have more bones than adults. Adults have about 206 bones.

There are bones that do not move, like the ones in your skull. Other bones are designed to move with help from the muscles.

Bones hold your body together and protect the softer parts of your body. Your ribs are like a cage that goes around your heart and lungs. The skull protects your brain.



Read each word below. Write the definitions on the lines.

1. skeletal _____

2. muscle _____

3. skull _____

Human Body Systems

**Your blood system is called the circulatory system.
It sends blood in a circular path through your body.**



Every part of your body except your hair and nails has tiny arteries and veins going to it. The arteries carry fresh blood full of oxygen and nutrients to all areas of the body. The veins pick up waste products from the body cells and carry them back to the heart.

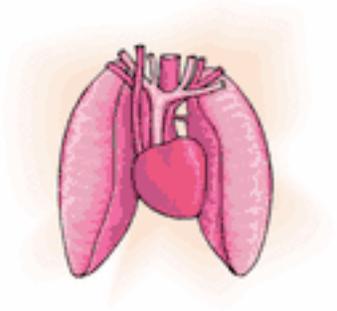
Your heart is a little to the left of the center of your chest. The veins bring the blood from the body into the right side of the heart. From there, the blood is sent up to the lungs to release the load of carbon dioxide it picked up on its long journey through your blood stream. This is like a cleaning area for the blood.

While in the lungs, the blood picks up the oxygen that you bring in with each breath. The blood then goes back into the heart on the left side this time. Now the clean blood that is filled with oxygen and nutrients travels out the left side of the heart into the arteries. The arteries get smaller and smaller as they travel away.

The cycle will be completed when the blood once again passes through cell walls to get into the veins. Your heart will send about 2,000 gallons of blood a day on this trip. It does this entire job without you even having to think about it. The heart is a large involuntary muscle.

Read each sentence below. Fill in the missing word.

1. Your heart sends about _____ gallons of blood a day through your veins.
2. Your heart is to the _____ of the center of your chest.
3. Veins carry _____ throughout your body.
4. _____ get smaller and smaller as they travel away.



Human Body Systems

CRISS CROSS

Can you fit these words into the criss cross?
Use a pencil so you can erase if you need to.

muscle

blood

heart

cells

skin

lungs

organs

respiratory

