

Nancy Larson Publishers

Science 1, Booklet E

Discovering What Is Inside Our Bodies

Anatomy

Physiologist Caroline

Your Body

1 Everyone has the same things inside their bodies. We all have bones, organs, muscles, blood, and nerves.

2 Bones are the hard things you feel under your skin. Your bones allow you to stand. Your bones also protect the organs inside your body.

3 Some of the organs inside your body are your heart, brain, stomach, intestines, and lungs. Organs you can see are your skin, eyes, nose, and ears. Each organ has a special job to do so you can live.

4 You have muscles in all parts of your body. You can feel the muscles in your arms and legs. These muscles help you move.

5 Your blood is always moving through your body. Your blood helps your organs and muscles work.

6 You have nerves in all parts of your body. Your nerves send messages to your brain about the things you see, hear, smell, taste, and feel.

Your Skeleton

¹ You have 206 **bones** in your body. These bones make up your **skeleton**.

Your bones allow you to stand. Your bones also protect the organs inside your body.

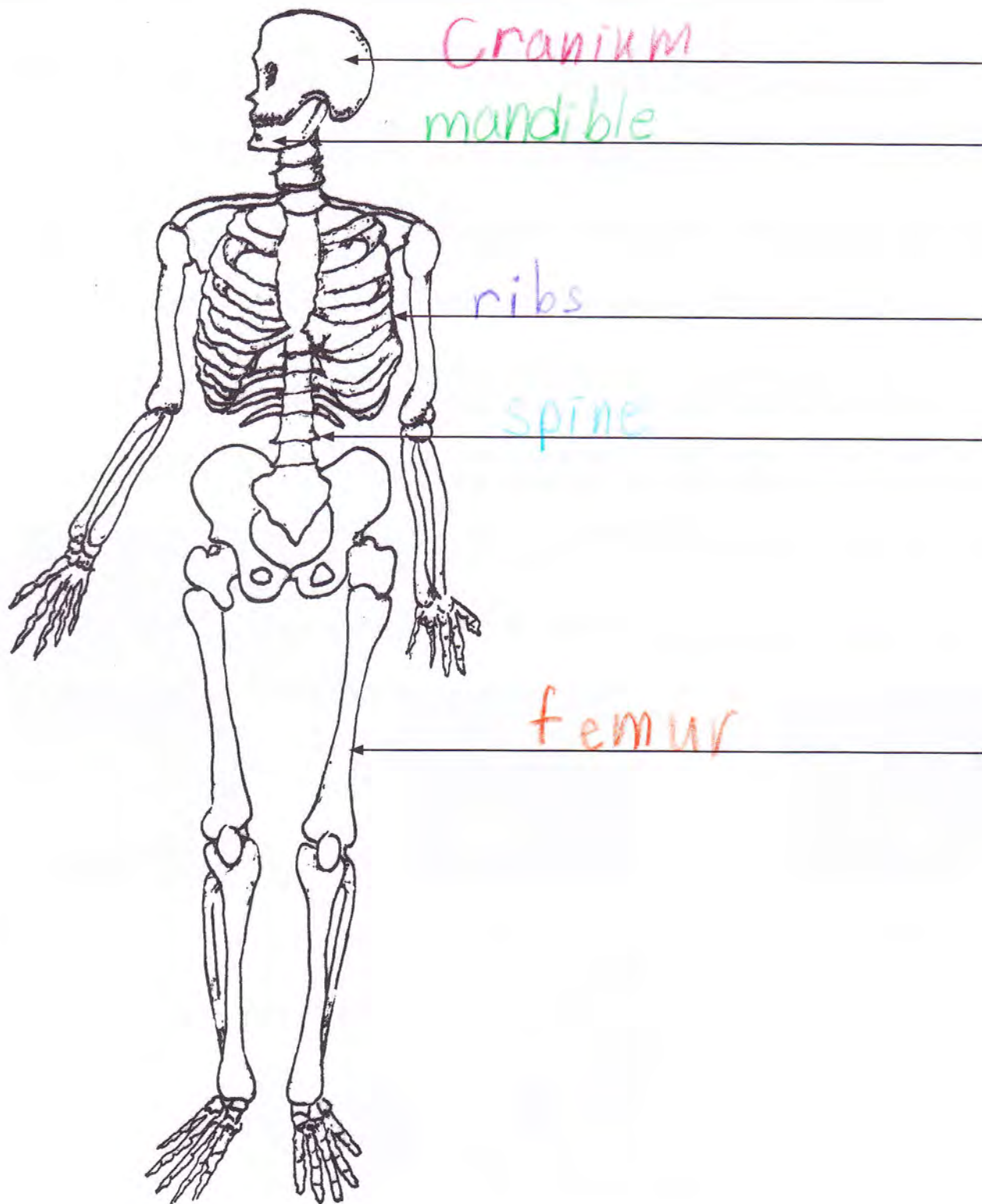
² The bones in your head make up your skull. The bones in your skull that protect your brain are called the **cranium**. The bone in your skull that moves when you talk and chew food is called the **mandible**.

³ The bones you feel in your chest are called **ribs**. Your ribs protect your heart and lungs.

⁴ The bones down the center of your back make up your **spine**. Your spine supports your body. Each bone in your spine is called a vertebra. There are 33 vertebrae in your spine.

⁵ Some bones in your skeleton are large and others are small. The largest bone in your body is in your upper leg. It is called the **femur**. The smallest bone in your body is in your ear. It is called the stapes.

Your Skeleton



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Your Muscles

- 1 Your **muscles** help you move. You have muscles in all parts of your body.
- 2 You have large muscles in your arms and legs. Your arm muscles allow you to raise your hand to answer a question, lift a backpack, and throw a ball. Your leg muscles allow you to walk across the room, climb stairs, and kick a ball.
- 3 You have smaller muscles in your face, hands, and fingers. The muscles in your face allow you to smile and chew. They also allow you to open and close your eyes. The muscles in your hands and fingers allow you to hold a pencil and write.



Your Skin

¹ Your **skin** is your body's largest organ. Skin covers the outside of your body and protects your bones, muscles, and organs by keeping germs out of your body. Although skin comes in many colors, everyone's skin does the same job. It protects the body.

² The skin on your fingers has a special pattern. This pattern is called a fingerprint. You can tell people apart by their fingerprints because everyone's fingerprints are different. There are three common fingerprint patterns called loops, whorls, and arches.

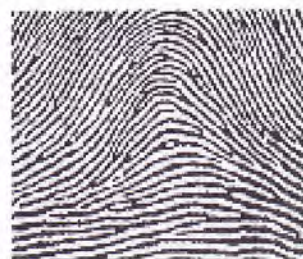
Fingerprint Patterns



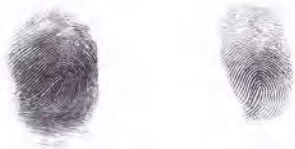
loop



whorl



arch



My fingerprint is the loop pattern.

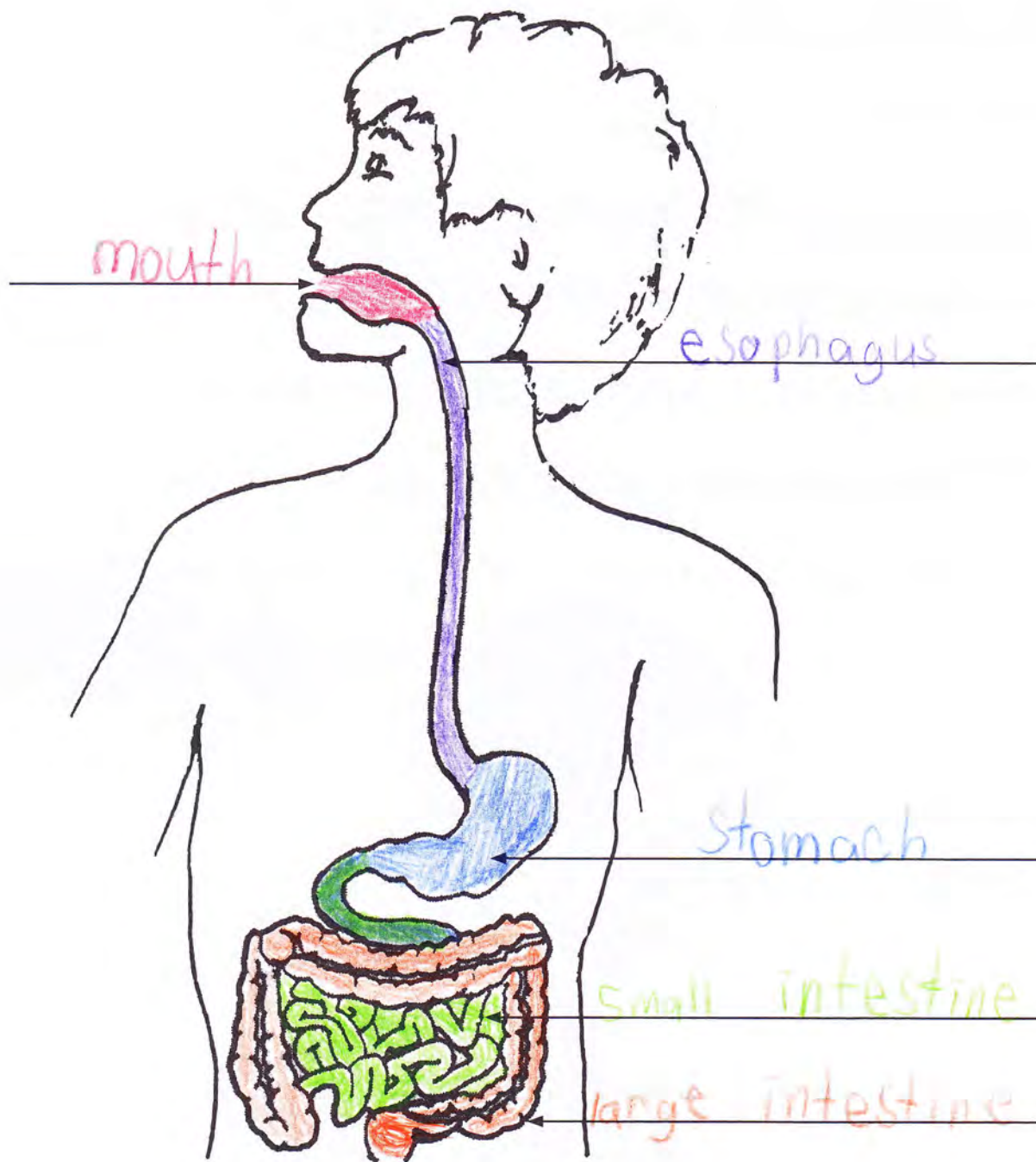
Your Digestive System

¹ Your mouth, esophagus, stomach, and intestines are parts of your digestive system. Your digestive system changes the food you eat into energy you need to work and play.

² You put food in your **mouth** and use your teeth to break it into small pieces. The saliva in your mouth makes it easier to swallow and helps you digest your food. When you swallow, your food moves down a tube called your **esophagus** into your stomach. Your **stomach** helps break down the food into even smaller pieces so it can move into your small intestine.

³ Your **small intestine** is the organ that absorbs the nutrients from the food. Your blood carries the nutrients to all parts of your body. Your **large intestine** absorbs minerals and water. The food your body does not absorb leaves your body as waste.

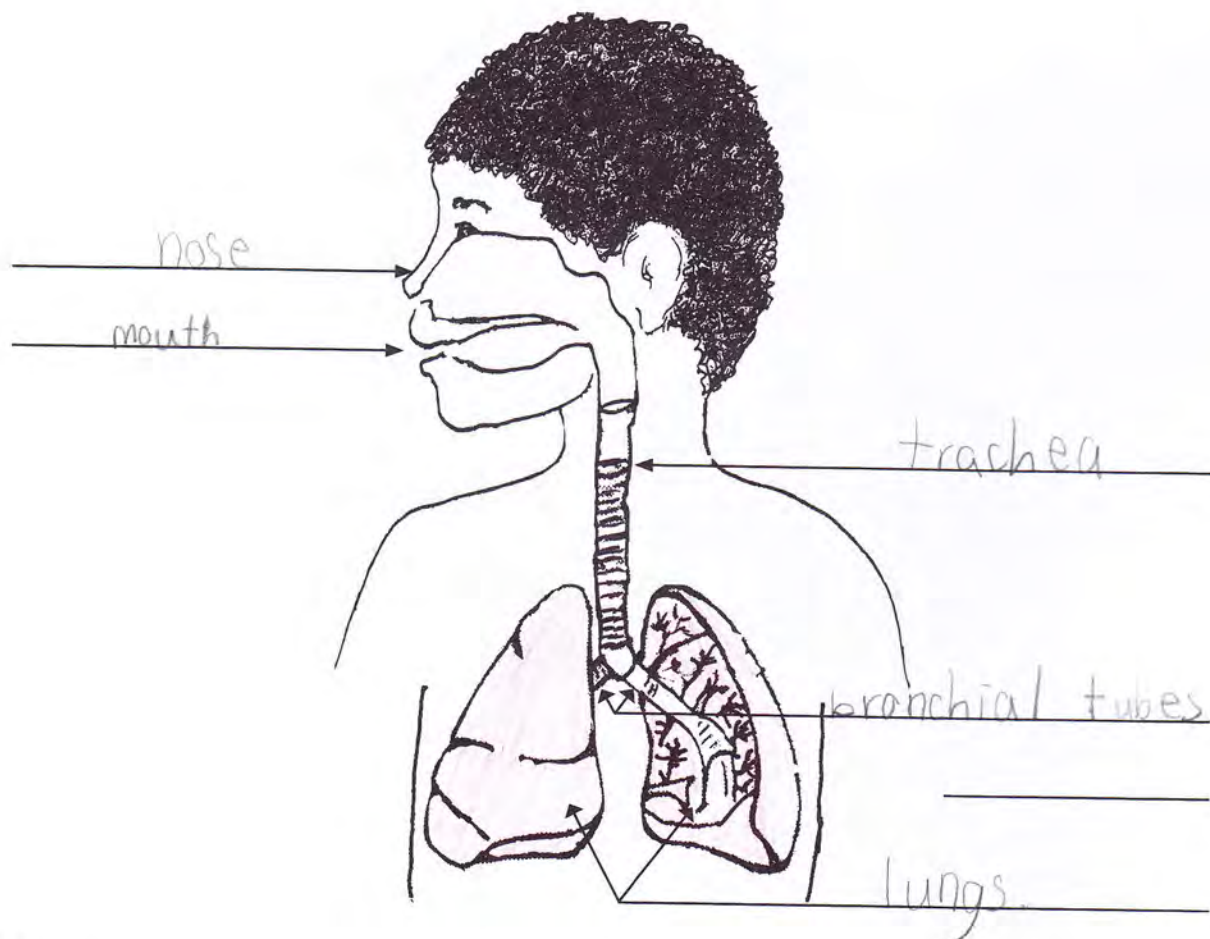
Your Digestive System



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Your Respiratory System

- 1 Your nose, mouth, trachea, bronchial tubes, and lungs are all part of your respiratory system. Your respiratory system gives your body the oxygen it needs.
- 2 When you inhale, air enters your **nose** or **mouth**. The air moves down your **trachea**, into your **bronchial tubes**, and then into your **lungs**.
- 3 When you exhale, air leaves your lungs. The air moves into your bronchial tubes, goes up your trachea, and comes out your nose or mouth.

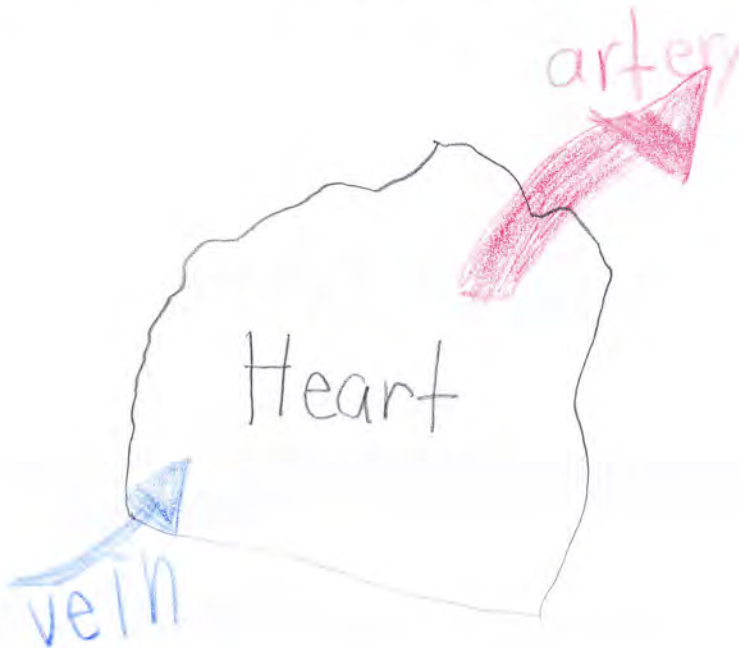


Your Circulatory System

¹ Your heart, blood, arteries, and veins are all part of your circulatory system. Your circulatory system carries nutrients and oxygen to all parts of your body.

² Your **heart** is a muscle. It is about the size of your fist. Your heart pumps your **blood** into **arteries** that carry the blood to all parts of your body. The blood returns to the heart in **veins**.

³ When your heart is pumping, you say it is beating. You cannot stop your heart from beating. It beats even when you sleep. When you exercise, your heart beats, or pumps, faster.



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