

Student Name: _____

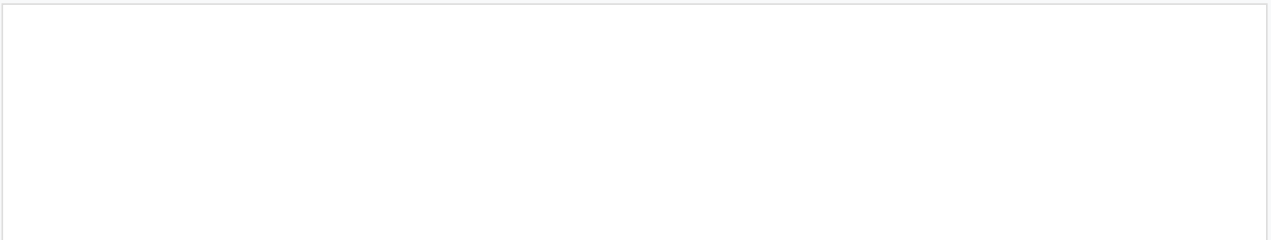
Class: _____

Due Date: _____

Introduction to the Human Body

The human body is an amazing machine that is made up of many different systems, organs, and tissues. In this worksheet, we will explore the different parts of the body and learn how they work together to keep us alive and healthy.

Draw a picture of the human body and label its different parts.



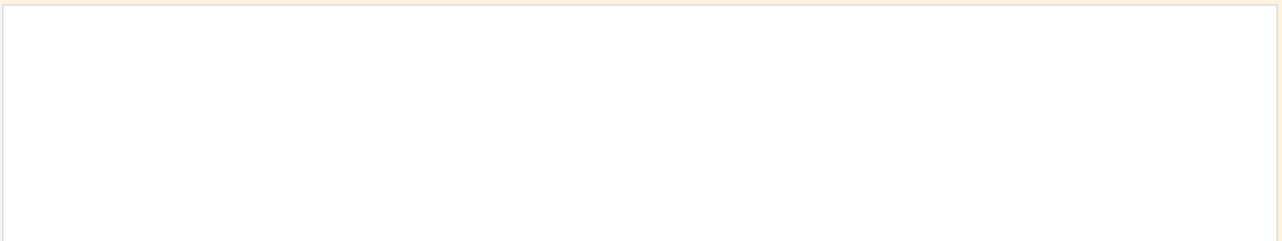
The Skeletal System

The skeletal system is made up of 206 bones that provide support and protection for the body. It also helps us move and maintain our posture.

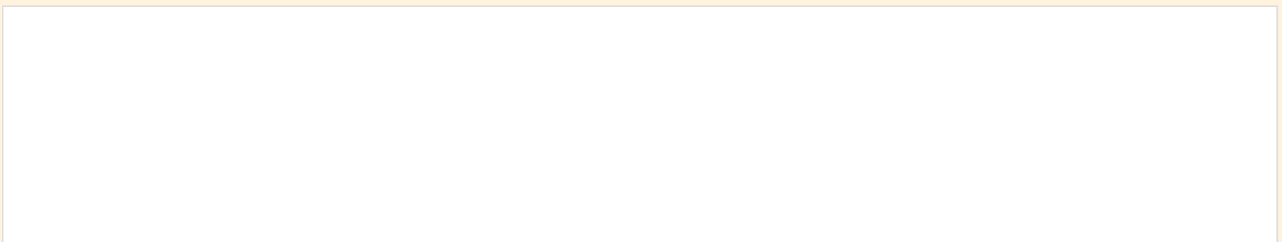
Key Concepts:

- Bones
- Joints
- Ligaments
- Tendons

Label the different bones in the skeletal system using a diagram.



What is the main function of the skeletal system?



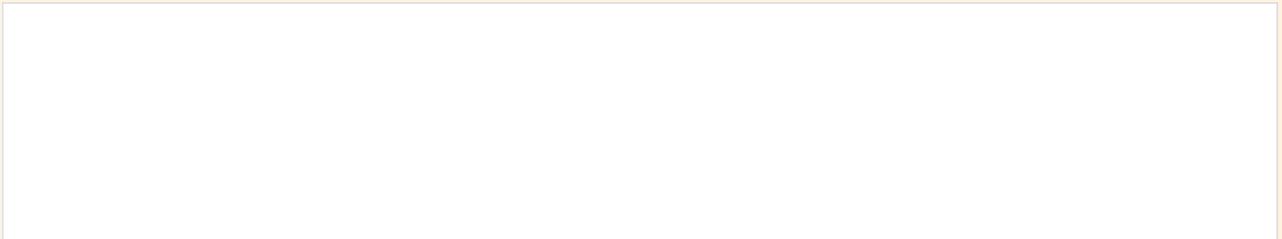
The Muscular System

The muscular system is made up of muscles that help us move and maintain our posture. It also helps us to lift and carry objects.

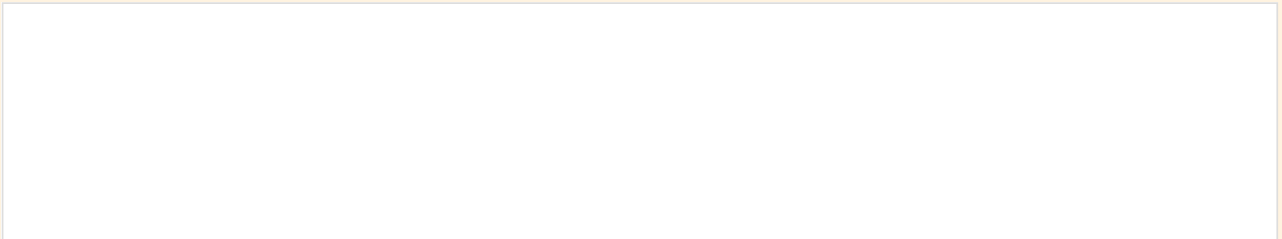
Key Concepts:

- Muscles
- Tendons
- Ligaments
- Motor units

Draw a picture of a muscle and label its different parts.



What is the main function of the muscular system?



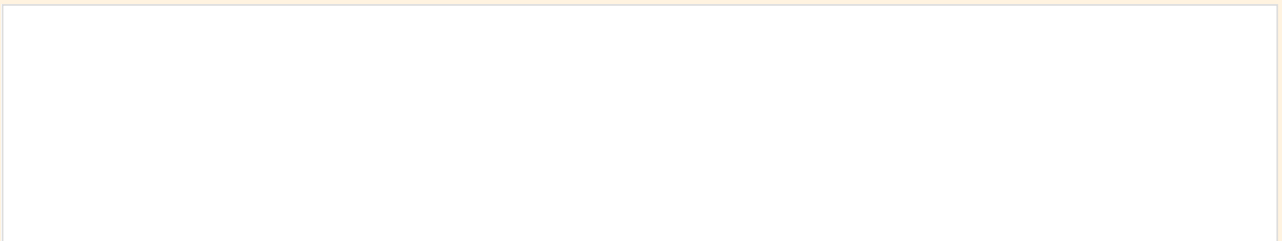
The Nervous System

The nervous system is made up of nerves that help us to think, learn, and remember. It also helps us to move and respond to stimuli.

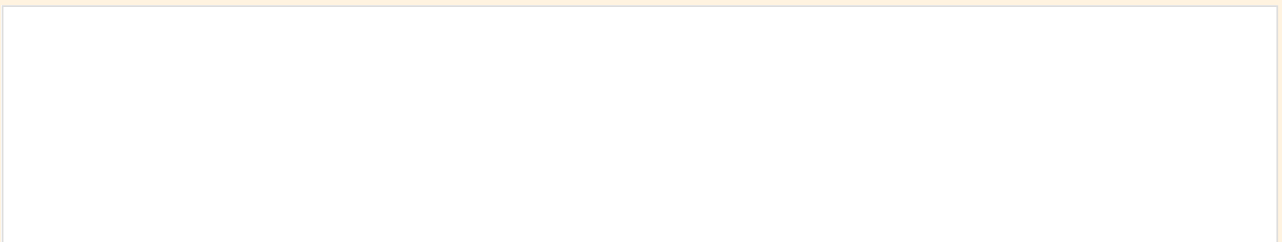
Key Concepts:

- Brain
- Spinal cord
- Nerves
- Neurons

Label the different parts of the nervous system using a diagram.



What is the main function of the nervous system?



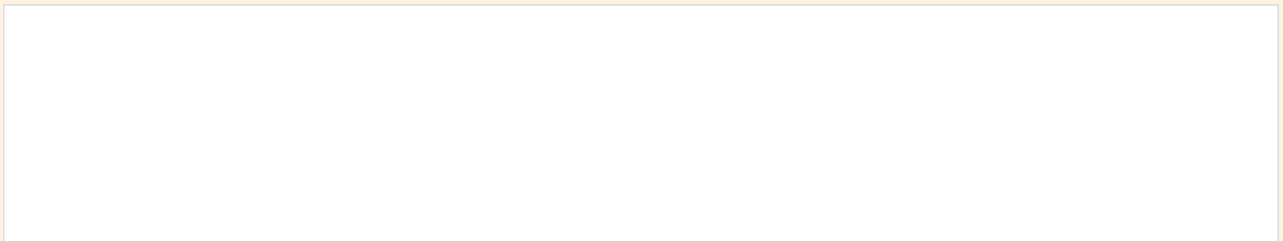
The Circulatory System

The circulatory system is made up of the heart, blood vessels, and blood that help to deliver oxygen and nutrients to the body's cells.

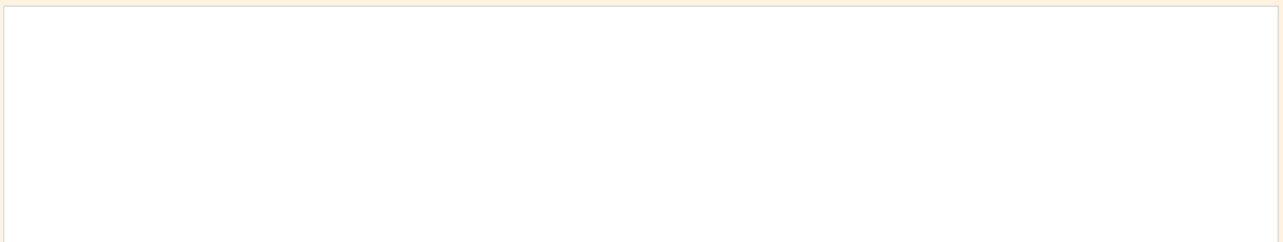
Key Concepts:

- Heart
- Arteries
- Veins
- Capillaries

Draw a picture of the circulatory system and label its different parts.



What is the main function of the circulatory system?



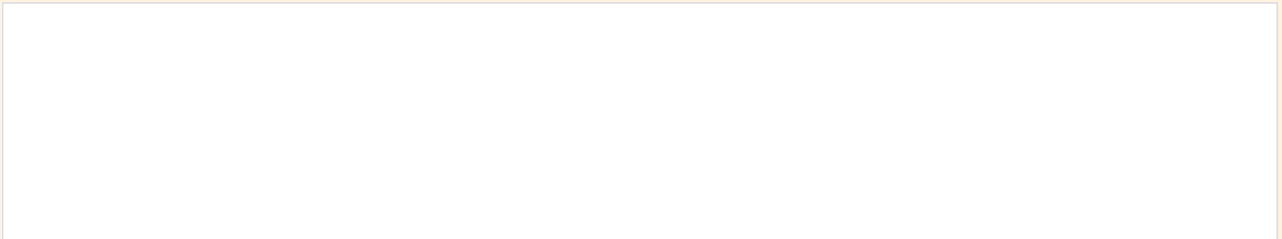
The Digestive System

The digestive system is made up of organs that help to break down food into nutrients that the body can use.

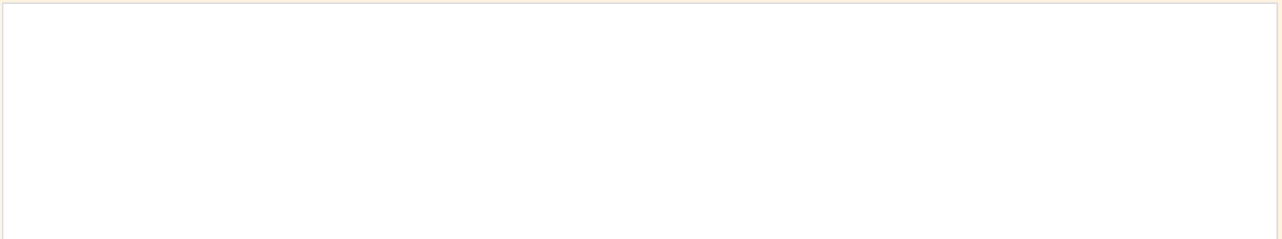
Key Concepts:

- Mouth
- Esophagus
- Stomach
- Small intestine
- Large intestine

Label the different organs in the digestive system using a diagram.



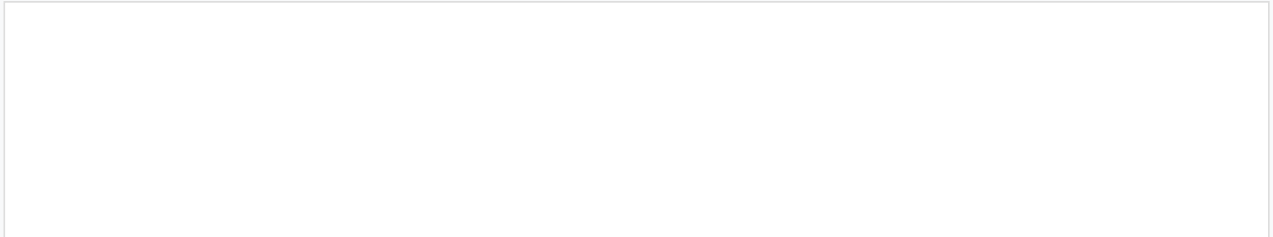
What is the main function of the digestive system?



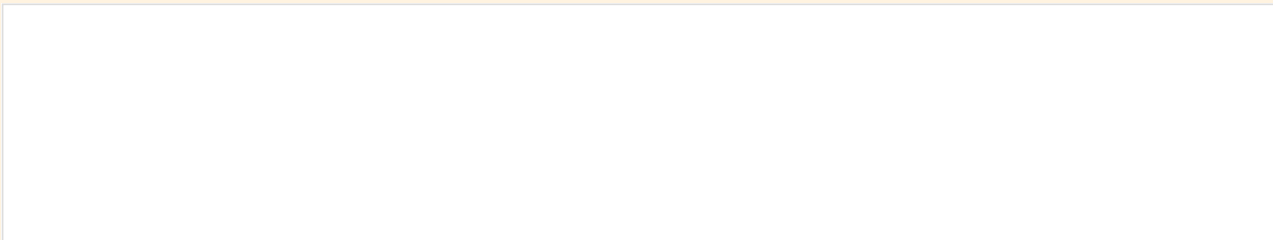
Healthy Habits

To keep our bodies healthy, we need to practice healthy habits such as eating a balanced diet, exercising regularly, and getting enough sleep.

Create a chart or graph to track your healthy habits for a week.



What are some healthy habits that you can practice to take care of your body?



Body Systems Match

Match the different body systems with their functions.

Match the following body systems with their functions:

- Skeletal system
- Muscular system
- Nervous system
- Circulatory system
- Digestive system

What is the function of the skeletal system?

Word Search

Find the different body parts in the word search.

Find the following body parts in the word search:

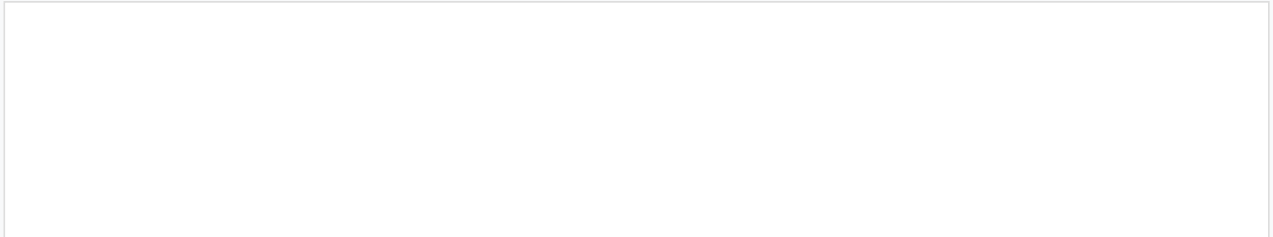
- Heart
- Lungs
- Brain
- Stomach
- Small intestine

What is the name of the largest bone in the human body?

Conclusion

In this worksheet, we explored the different parts of the human body and learned how they work together to keep us alive and healthy.

Review the different body systems and their functions.



What did you learn about the human body in this worksheet?

