

# Learning About the Body



## The Human Body

Use the words below to fill in the blanks:  
fruits healthy heart human body  
muscles organs skin vegetables

1. The \_\_\_\_\_  
\_\_\_\_\_ is a system made up of different \_\_\_\_\_.
2. Examples of organs are \_\_\_\_\_,  
\_\_\_\_\_ and \_\_\_\_\_. These organs work together to make the body work.
3. It is important to know how the body works and to keep it \_\_\_\_\_.
4. Eating \_\_\_\_\_ and \_\_\_\_\_ every day is a good way to be healthy.

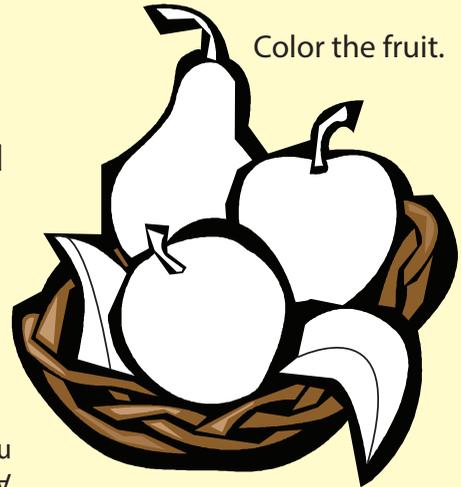
### Did you know?

The small intestine is 25 feet long.

The body is 70 percent water.

The heart beats 100,000 times a day.

Color the fruit.



ANSWERS: 1. human body, organs, 2. heart, muscles, skin, 3. healthy, 4. fruits, vegetables.

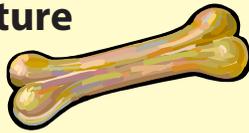


## Character Connection

**Respect** — Take care of your body. Treat your body with respect by:

- Eating good foods.
- Staying away from drugs and alcohol.
- Wearing safety gear during sports.
- Exercising every day.
- Grooming and washing yourself.

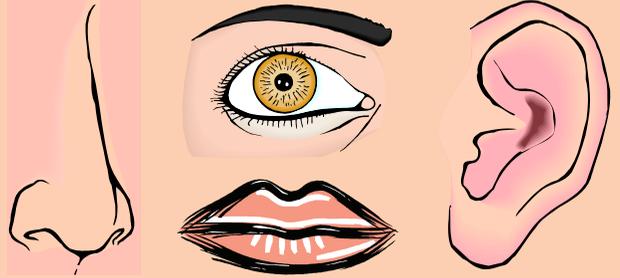
## Science Adventure Bend a Bone



### Materials:

A jar large enough to hold a chicken bone, a chicken bone (leg or drumstick), vinegar

**Directions:** Clean the bone with running water. Notice how hard the bone is. Like our bones, chicken bones have a mineral called calcium. Then put the bone in the jar and pour vinegar to cover the bone. Wait three days. What happened to the bone? \_\_\_\_\_  
\_\_\_\_\_



## The Five Senses

The brain learns about what is going on through the five senses; sight, smell, touch, sound and taste. Without the senses, a body would not work as well.



## Word Search

Find the five senses:

SIGHT SMELL TOUCH  
SOUND TASTE  
and circle them below.

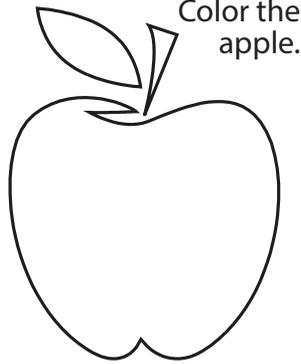
N	U	N	Y	M	P	H	J	N
S	M	E	L	L	C	G	E	H
O	I	U	X	F	L	I	C	J
U	T	G	L	F	A	U	C	V
N	M	U	H	O	O	S	L	P
D	J	U	Z	T	A	S	T	E

## Skeleton Facts

### Recipe of the Month Apple Smiles

#### Ingredients:

Apple slices  
Marshmallows  
Peanut butter



Color the apple.

#### Directions:

To assemble apple smiles, spread peanut butter on two apple slices. Place marshmallows between the two slices.

*(Peanut butter has protein, which is good for muscles in the body. Apples are a fruit that has vitamins and fiber you need.)*

### Get Moving - Physical Fitness



#### New Exercise Game Body Tag



**Directions:** The leader will call out a series of body parts. Find a partner and touch the body parts together. After each body part is called, move on to another partner. Get creative and see how many body parts you can find. (Back to back, Skin to skin, Ear to ear, Elbow to elbow, Head to head, Cheek to cheek, Nose to nose, Hip to hip, Ankle to ankle, Toe to toe, Shoulder to shoulder, Finger to finger, Wrist to wrist, Neck to neck, Knee to knee, etc.)

The smallest bones are in the ear.

The skull protects the brain.

Ribs act like a cage of bones around your chest and protect your heart, lungs and other organs.

The femur is the largest bone in the body.

Below the knee are two bones: the tibia and fibula.

There are 26 bones in the human foot.

#### Remember:

Protect your skull by wearing a helmet for bike riding and other sports.



## Learning About Your Heart

The heart is a muscle in the body. It is in the left side of the chest. It's about the size of a person's fist.

The heart's job is to pump blood all over the body.

The blood has oxygen and nutrients the body needs.

The blood also cleans the body by picking up waste.

The body needs a healthy heart. To keep his or her heart healthy, a person needs to exercise. Huffing and puffing during exercise means the heart is working hard. Eating healthful foods is important, too. A person should eat at least five servings of fruits and vegetables every day.



Heart

## Human Body Word Scramble

**Directions:** Unscramble the words below to find parts of the body.

1. rma \_\_\_\_\_
2. otof \_\_\_\_\_
3. thera \_\_\_\_\_
4. gunls \_\_\_\_\_
5. yee \_\_\_\_\_
6. oentskel \_\_\_\_\_

### References

[www.sciencekids.com](http://www.sciencekids.com)  
[www.kids-cooking-activities.com](http://www.kids-cooking-activities.com)  
[www.kidshealth.org](http://www.kidshealth.org)  
[www.sciencebob.com](http://www.sciencebob.com)  
[www.factmonster.com](http://www.factmonster.com)

### Authors

Info about who designed the pub

ANSWERS: 1. arm, 2. foot, 3. heart, 4. lungs, 5. eye, 6. skeleton



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