



# The Human Body - An Amazing Machine!

Grades 3-5 (6 book set w/model)

“Everybody needs some body”! Examine the good, the bad and the ugly parts of the human body (Squishy Human Body included). Discover the secrets of the human body and how everything works through infographics, photographs, lift the flaps, and fun facts. Grow, keep fit, get strong, practice mindfulness and become aware of your amazing body... learn yoga!

**Books In this set:** Human Body with 100 Questions and 70 Flaps to Lift, A Journey Through the Human Body, 50 Things You Should Know About the Human Body, Yoga For You, The Great Big Body Book, Squishy Human Body


**Learning Objectives:** Students will identify parts and functions of the body inside and out; and how to stay healthy.

## Essential questions in This Unit:

- How do our bodies change through our lives?
- What are the major body parts?
- What are the 5 major body stems?
- How does the body work together?
- How can understanding human body systems help make informed decisions regarding health?
- How can I take care of my body?

Our bodies are really amazing! Read the different books in this collection to find out:

1. The main body parts on the outside of the human body.
2. The main body parts and organs on the inside of the body.
3. The main parts of the human skeleton.
4. Why is your body like an amazing machine?
5. What are some important things that everyone should know about the human body? Explain.
6. List 5 major body systems.
7. What system enables you to move, be aware of what is happening around you, breathe, eat, transport food and oxygen, get rid of waste and produce babies?
8. Why do all of the systems need to work properly?

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9. How do systems affect each other?
  10. Explain ways they can keep each body system healthy.
  11. Discuss how different books in the set present information on a specific body system.
  12. Find an example of how infographics helped you understand something you were learning about.
  13. Write the sequence of events for “Food’s Journey”
  14. Why is your body like a wetsuit?
  15. Why is sweating so important?
  16. Why do we have fingernails?
  17. What are the five senses? What body system controls the senses?
  18. What does the heart do?
  19. Choose one of the books form the set. Explain the text type, author’s purpose, structure of the book, informational text features and summarize.
  20. What do you need to stay healthy?
  21. What systems does exercise affect? Explain.
  22. What is the most important part of the human body? Why?
  23. How can yoga be part of a healthy lifestyle?
  24. What are the necessary nutrients needed to maintain a healthy body?
  25. What are considered health hazards?

### **Activities**

Create a life-sized time line of the human life cycle.

What have you learned about the human body that has changed the way you will behave in the future?

Create a new yoga pose. Write a “how-to” for your classmates and try it out.

Draw all of the body parts that come in pairs.

Choose one of the 5 senses. Do not use that part of your body for 4 hours over the weekend. Journal your experience. Ex) put a close pin on your nose to eliminate smell, cover your eyes with a blindfold, etc.

Write a poem about the human body.

Create a clay brain that is anatomically correct.



## See how the human heart works

Drill a hole in a tennis ball and dunk it in a bucket full of water. Once the ball is full of water, pump it with your fist with the hole facing upwards.

Each time your heart squeezes, blood, like the water, is pushed out of the heart. When the ball is empty, relax your fist and let it regain its shape. This is when the heart fills back up with blood from the lungs to be pushed out into the body.

## Make a Fake Lung

### You will need:

- A plastic bottle
- A straw
- An elastic band
- Scissors
- 2 balloons
- Play dough

### What you need to do:

- ✓ Remove the bottom of your bottle.
- ✓ Tie a knot in one end of a balloon and snip off the fat end.
- ✓ Stretch this end around the bottom of your plastic bottle.
- ✓ Put a straw in the neck of the other balloon and secure tightly with the elastic band but not so that you crush the straw. The air must flow through, so test it with a little blow through the straw to see if the balloon inflates.
- ✓ Put the straw and the balloon into the neck of the bottle and secure with the play dough to make a seal around the bottle – make sure that again, you don't crush the straw.

### For more information on this topic, please refer to the books below:

9781609928001	50 Things You Should Know About the Human Body
9781847808721	Great Big Body Book, The
9781609928278	Journey Through the Human Body, A
9781847809063	Life on Earth: Human Body
9781932855784	Squishy Human Body
9781633223196	Yoga For You

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