

# The Human Body Answers

## Breathing and Eating Bullseye

The lining of the stomach produces enzymes to break down food. The lining of the stomach protects the stomach. We breath in oxygen. We breath out carbon dioxide. When we inhale air enters our lungs. When we exhale the lungs push air out. Digestion begins in your mouth. Digestion breaks food down into nutrients. Saliva makes food easier to swallow. Saliva belongs in your mouth. The liver is next to the stomach. The liver makes bile to assist digestion. Food takes hours, or sometimes days, to digest. Food is absorbed into the body. The respiratory system doesn't include bones or the bladder. The respiratory system includes the trachea and the diaphragm.

## Breathing and Eating Sentence Drop

Waves move food in digestion. Involuntary muscles control your breathing. Smoking is hazardous for lungs. Gall bladders work with livers. Livers have two different lobes. Intestines are small and large. Fish don't have lungs. Everybody has a stomach. Colds are very contagious. Don't sneeze on others. The pancreas makes enzymes. The esophagus moves food. Intestines absorb food through their thin walls. The epiglottis protects the lungs from food. Variety from the food groups is nutritious. Pneumonia and lung cancer are deadly illnesses. Your trachea transports oxygen into your lungs. I wonder if pigs ever get indigestion.

## Breathing and Eating Sentence Maze

The small intestine is very long. Oxygen is necessary to live. While humans have lungs to absorb oxygen, fish have gills. That pizza is taking forever to pass through my digestive system. Your nose is like an air filter. There are millions of alveoli in your lungs. I'm glad I have ribs to protect my lungs. I'm not glad that my diaphragm is making me hiccup.

## Breathing and Eating Sentence Search

Minerals come from nonliving material. Vitamins come from living organisms. Animals that need more energy need more food. Exhalation releases water vapor into the air. Plants make their own food. Your esophagus is part of the digestive system. The nasal cavity belongs to the respiratory system. Don't smoke.

## Health Science Bullseye

Milk has protein that helps build muscle. Milk has calcium which helps give you healthy bones. Obesity can be caused by excessive calorie intake. Obesity can cause multiple health problems. Things that run in the family are genetic. Things that you obtain yourself are acquired. The flu is caused by a virus, which is a microorganism. The flu has symptoms such as a fever. My sister exercises until she becomes fatigued. My sister exercises in moderation so that she will avoid injury. Growth spurts occur during puberty. Growth spurts are caused by hormones. Leisure can help avoid stress. Leisure

is something fun or relaxing. Carbohydrates that are complex take longer to be digested. Carbohydrates that are simple are easily digested.

## Health Science Sentence Drop

Physical exercise can help you burn calories. Vegetarians avoid meat such as hot dogs. Healthy metabolisms are helped by healthy diets. You should know not to ingest toxins. Common colds are caused by viral infections. The food pyramid helps people maintain healthy diets. People use therapy to help their bodies heal. Jealousy, confidence, and depression are types of emotions. Over the counter medications don't require doctor's prescriptions. Immunizations build body defenses against certain infectious diseases. Hand washing is a component of good hygiene.

## Health Science Sentence Maze

Positive self-esteem is a healthy characteristic. Good development requires getting adequate amounts of vitamins and minerals. Acne is a normal part of growing up. Intelligence is not contagious, but colds are. Henry examined the orange juice's nutrition label. Perspiration is sweat. First aid is useful in an emergency. Excessive dieting can cause malnutrition. Food allergies can be more than a nuisance. When my brother's tattoo became infected, he went to the hospital.

## Health Science Sentence Search

Adolescents are younger than adults. Bread, cereal, rice, and pasta are sources of complex carbohydrates. Fruits and vegetables are good sources of vitamins and minerals. Excessive cholesterol can be bad. Thirst is an early sign of dehydration. Obesity tendencies can be inherited from parents. The doctor used an x-ray in his diagnosis. Everybody has hormones. Injuries can be treated at an emergency room. Good diets are required for healthy metabolisms.

## Muscles and Bones Bullseye

There are three types of joints (where bones meet). There are 206 bones in an adult human body. An example of a hinge joint is the knee. An example of a ball and socket joint is the shoulder. Bone marrow is the innermost part of a bone. Bone marrow produces blood cells. There are about 650 muscles in the human body. There are three main kinds of muscles. Bones are attached to other bones by ligaments. Bones are attached to muscles by ligaments. The heart used cardiac muscles to pump blood. The heart does not use skeletal muscles. I'm glad that I have a skull to protect my brain. I'm glad that I have vertebrae to protect my spinal cord. Muscle fibers can only expand. Muscle fibers can not contract or relax.

## Muscles and Bones Sentence Drop

Exercise increases muscle size. Enamel covers your teeth. Your heart has chambers. Cramps occur in muscles. Voluntary muscles are controlled. Fixed joints don't move. Your bones are alive. Your nose is cartilage. Calcium helps strengthen bones. Smooth muscles are involuntary. Biceps are skeletal muscles. Both veins and arteries circulate blood. Your ribs protect your internal organs. Many muscles attach directly to bones.

Tendons attach skeletal muscles to bones. The skull contains several fixed joints. Your brain orders muscles to contract.

## Muscles and Bones Sentence Maze

You shouldn't try to control your involuntary muscles. Mammals have skeletons inside their bodies that are called endoskeletons. Skeletons have three main functions: support, movement, and protection. Many organs, such as the heart and intestines, have muscles. Your smallest bones are in your ears. Muscles are arranged in groups of fibers. The enamel covering our teeth is very hard.

## Muscles and Bones Sentence Search

Joints are flexible. Bone marrow produces blood cells. Cartilage is softer than bone. Muscles push food through the intestines. My finger's muscles are contracting. Without my bones I'd be a puddle of skin and guts. My unlucky sister fractured her ankle. The eyelids have the body's fastest muscle.

## Nervous System Bullseye

Nerve cells are called neurons. Nerve cells have a nucleus like other cells. Our senses and nerves let our brains know what is happening. Our senses and nerves work like an electrical circuit. The spinal cord is a thick bundle of nerves. The spinal cord goes from the brain to the bottom of the back. When you pull your hand away from a hot stove that's a reflex action. When you pull your hand away from a hot stove you have no time for thinking. Peripheral nerves travel toward the brain and spinal cord. Peripheral nerves travel away from sensory organs. There are billions of cells in the brain. There are twelve pairs of cranial nerves. A human brain is much larger than a rodent's brain. A human brain is about the same size as a dolphin's brain. Synapses enable communication between nerve cells. Synapses are junctions where nerve cells meet.

## Nervous System Sentence Drop

There are several types of nerves. The brain has three main regions. Axons carry impulses from nerve cells. Electric signals travel at different speeds. Some neural transmissions travel very quickly. Neural transmissions carry bits of information. The cerebrum is the brain's largest part. Pain nerves are different from pressure nerves. A normal adult brain weighs three pounds. Repetition of facts helps long term memory. The brain's right hemisphere controls artistic activity. I'm glad that I have pain receptors.

## Nervous System Sentence Maze

Some nerve cells are short while others are long. Each nerve cell has a skin called a cell membrane. Sneezing is a reflex because you don't do it on purpose. My six year old nephew's brain is almost as big as an adult's brain. Each part of the brain has a different function. The brain uses experience to interpret information. Scarecrows don't have brains.

## Nervous System Sentence Search

Neuroscientists study the brain. Sensory neurons carry signals to the central nervous system. The brain automatically regulates the heart. Bigger brains don't mean more intelligence. Motor neurons carry signals to muscles. The autonomic nervous system is automatic. Vertebrae protect spinal cords from injury. Brains need minerals.

## Senses Bullseye

Eyes are located in eye sockets. Eyes focus light rays. The average human ear canal is about one inch in length. The average human ear can detect 1500 different tones. The sense of smell occurs within olfactory receptors inside the nose. The sense of smell reacts to chemicals in the air. People with color blindness are unable to tell the difference between certain colors. People with color blindness have a defect with their cone cells. There are taste receptors on the surface of the tongue. There are touch receptors all over the body. I love to listen to harmonious instruments. I love to observe the flight of a butterfly. The middle ear contains three small bones. The inner ear sends signals to the brain. Your eyes' lenses focus incoming light. Your eyes' retinas contain sensitive cones and rods.

## Senses Sentence Drop

Eyes are organs of vision. Ears are organs of hearing. Light enters through the pupil. All eyes have blind spots. Decibels measure loudness of sound. Your ears help with balance. Blind people read Braille. Smell affects your taste. Taste buds are sensors. Cochleas help with hearing. Eyes are like cameras. Dizziness is a sensation. Cones in our eyes are light sensitive. The rods in eyes' retinas see color. Many animals have better hearing than humans. A sound's pitch depends on its frequency. Both ears are needed to determine location. Your senses and your perspective work together.

## Senses Sentence Maze

The main senses are sight, smell, hearing, touch, and taste. The transparent cornea protects the eye. Large sound waves can damage the cochlea. Chemicals stimulate cells in the olfactory bulb, located in the nasal cavity. The taste buds located between my papillae do not like liver. Sensory nerve endings are found in a layer of dermis. The senses react to stimuli.

## Senses Sentence Search

My pupil widened when it became dark. The cochlea is coiled like a snail's tail. The clothespin on my nose made everything taste the same. When it became light, my pupil shrank. Humans have the ability to smell 3,000 different smells. Our senses get used to continuous stimuli.