Health and the Human Body—
General Vocabulary About Organisms

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Health and the Human Body

The human body is complex in many ways. There are lots of words used to describe humans as organisms, the parts of the body, the brain and the body’s senses, health and nutrition, and the injuries and illnesses the body may experience. We have lots of words that describe the human body!
Health and the Human Body

- Parts of Your Body
- Your Brain & How You Sense and Move Through the World
- Health and Nutrition
- General Vocabulary About Organisms
- Injuries and Illnesses
General Vocabulary About Organisms

Humans are a type of organism, along with other living things like plants, animals, and even germs. Even though Humans and germs are very different, they have things in common, too.
Health and the Human Body—General Vocabulary About Organisms

Commonalities Between Organisms:
- chromosome
- gene

*organism

*human

*germs
- bacteria

Health and the Human Body—General Vocabulary About Organisms

Commonalities Between Organisms:
- chromosome
- gene

*organism

*human

*germs
- bacteria
An *organism* is a living thing. People, animals, plants, and germs are all organisms.
human
(hu·man)
Germs are microscopic organisms.
bacteria
(bac·te·ria)

*Bacteria* are single celled organisms. They are a type of germ.
Chromosomes are where DNA is stored in our body. You can only see chromosomes under a microscope.
A *gene* is a part of DNA that tells our body to make certain characteristics (like eye color).
Health and the Human Body—
Parts of Your Body
Parts of Your Body

The human body is made of many parts that have different jobs. Different parts of the body work together to get specific jobs done and all the parts work together as a whole for the human body to function. Your bones, skin and hair, & heart and lungs are all important parts of the body.
Health and the Human Body—Parts of Your Body

**Parts of Your Body Used to Eat and Digest:**
- jaw
- teeth
- tooth
- oral
- stomach
- digestion
- liver

**Bones in Your Body:**
- skull
- skeleton
- bone
- ribs

**Your Skin and Hair:**
- skin
- sweat
- beard
- hair

**Your Heart and Lungs:**
- heart
- vein
- blood
- lungs

**General Parts of Your Body:**
- body
- face
- forehead
- cheek
- chin
- neck
- chest
- lap
- glands
- membrane
- muscle
body
(body)
General Parts of Your Body

face

(face)
forehead
(fo·re·head)
cheek
(cheek)
chin
(chin)
neck
(neck)
General Parts of Your Body

lap
(lap)
glands
(glands)

Glands are cells in your body that ooze things like sweat.
membrane
(mem·brane)

A membrane is a thin layer of cells, like a flat sheet, that protect various parts of your body. Your skin is a kind of membrane.
Muscles are made of groups of cells that contract to produce motion. Some muscles are bigger than others.
Parts of Your Body Used to Eat and Digest

jaw
(jaw)

Image: Human jaw, dated 1918. Uploaded to Wikimedia by Hohum. Released into the public domain.
Parts of Your Body Used to Eat and Digest

teeth
(teeth)

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tooth
(tooth)
oral
(oral)

Oral means relating to or near the mouth.
The *stomach* is where food is primarily digested.
**digestion** *(di·ges·tion)*

*Digestion* is the bodily process of breaking down the food you eat. Many organs work together to digest food.
A liver is an organ in your body that filters your blood.
Bones in Your Body

skull

(skull)

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skeleton
(skel·e·ton)
bone
(bone)

The skeletons of humans and animals are made out of bone.
Bones in Your Body

Skin is what covers the outer layer of our body.
sweat
(sweat)
beard
(beard)
Your Skin and Hair

hair
(hair)

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heart
(heart)
vein
(vein)
lungs
(lungs)
Health and the Human Body—

Your Brain and How You Sense and Move Through the World
Health and the Human Body

- Parts of Your Body
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- General Vocabulary About Organisms
Your Brain & How You Sense and Move Through the World

The brain is a very important part of the human body. It is the control center. Because of the brain, you are able to think and feel, sense the world, and move through the world.
Health and the Human Body—Your Brain & How You Sense and Move Through the World

Your Brain & Thinking and Feeling:
* head
* brain
* mind
* nerve

How You Sense the World:
* ear
* eye
* lips
* mouth
* tongue
* finger
* hand
* palm
* thumb
* nose

How You Move Through the World:
* limbs
* shoulder
* arm
* elbow
* fist
* leg
* knee
* heels
* toe
head
(head)
Your Brain & Thinking and Feeling

mind
(mind)
nerve
(nerve)

A nerve is mass of cells that send information to other nerves in your body.
ear
(ear)
How You Sense the World

eye
(eye)

lips
(lips)

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mouth
(mouth)
How You Sense the World

tongue (tongue)

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finger
(fin·ger)
hand
(hand)
palm
(palm)
thumb
(thumb)
nose
(nose)
limbs
(limbs)

Your *limbs* are your arms and legs.
shoulder
(shoul·der)

The bird is sitting on this man’s shoulder.
arm

(arm)
elbow
(el·bow)
fist
(fist)

How You Move Through the World

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How You Move Through the World

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knee
(knee)
heels
(heels)

How You Move Through the World

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toe
(toe)
Health and the Human Body—
Health and Nutrition
Health and Nutrition

The human body needs to be taken care of in order to work well and be healthy. The condition of the human body, the nutrients it needs, and the supplements and medications people take are all part of the health and nutrition of the human body.
Health and the Human Body—Health and Nutrition

Nutrients Your Body Needs:
* nutrients
* minerals
* vitamins

The Condition of Your Body:
* health
* welfare

Supplements and Medications:
* supplement
* medicine
* medication
* drug
* herbs

^ non core vocabulary words added to supplement concept
health
(health)

*Health* describes the overall condition of the body. Eating well and exercising keep our bodies healthy.
welfare
(wel·fare)

_Welfare_ is the state of being happy and healthy. The condition of our body influences our welfare.
**nutrients**  
(nu·tri·ents)

*Nutrients* are substances found in nature that keep humans, animals, and plants healthy. We get many nutrients from the food we eat. Fruits, vegetables, and many other foods (like nuts) are high in nutrients.
Minerals are a type of nutrient. They are substances found in the nature that our body needs to be healthy. For example, calcium is a minerals found in dairy and many other foods, like dark, leafy vegetables.
Vitamins are a type of nutrient. They are various substances necessary for the health of most animals and some plants. For example, Vitamin C is found in oranges.
supplement

(sup·ple·ment)

A *supplement* is something that supplies what is needed. For example, a vitamin pill is a supplement that supplies your body with needed nutrients.
Medicine/medication
(med·i·cine)(med·i·ca·tion)

Medicines and medications are substances used in treating disease. Some medicines and medications are natural and some are created in labs.

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drug
(drug)
Herbs are plants used to flavor food or used for making medicine.
Health and the Human Body

Parts of Your Body

Your Brain & How You Sense and Move Through the World

Health and Nutrition

General Vocabulary About Organisms

Injuries and Illnesses
Injuries and Illnesses

The human body is not like the body of a super hero. Our bodies can be hurt or become sick. The vocabulary used by people to talk about injuries, illnesses, symptoms, and treatments is important so we know how to help our bodies become healthy again.
Health and the Human Body—Injuries and Illnesses

Illnesses:
- illness
- condition
- disease
- ill
- sick
- fever
- cancer

Symptoms:
- symptom
- pain
- hurt
- sore

Injuries:
- injury
- mark
- bump
- bruise
- scratch
- cut
- break
- wound

Treatments:
- diagnose
- treatment
- treat
- heal
- operate

^ non core vocabulary words added to supplement concept
injury
(inˈjuərē)

An injury results in the loss or damage to one’s health. Some injuries are more painful than others.
wound
(wound)

A *wound* is an injury where the skin breaks.
mark
(mark)

A *mark* is a scar, scratch, birthmark, or freckle on your skin. Not all marks are injuries.
bump
(bump)
bruise
(bruise)

A *bruise* is an injury in which the skin is not broken but is discolored.
A *scratch* is a scrape, rub, or injure.
cut
(cut)
break
(break)
illness
(ill·ness)

An *illness* is an unhealthy condition of body or mind.
condition
(con·di·tion)

A condition is a bodily state in which something is wrong.
disease
(dis·ease)

A *disease* is a condition that interferes with the body functioning and can usually be recognized by symptoms.
ill
(ill)
sick
(sick)
fever
(fe·ver)

A *fever* is a rise in body temperature above the normal range.
cancer
(can·cer)
symptom
(symp·tom)

A symptom is a change in a living thing that indicates the presence of a disease or illness.
Symptoms

pain
(pain)

hurt
(hurt)

sore
(sore)

When something is *sore* it is causing pain. Certain parts of our body can be sore or your whole body can be sore.
To diagnose is to recognize by signs and symptoms of changes in the body.
treat (treat)  
To treat means to give someone medical care.

treatment (treatment)  
Treatment is how someone performs medical care.

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heal
(heal)

To *heal* means to make or become healthy or whole. After an injury, your body heals itself.
operate
(op·er·ate)
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- *human
- *organism
- *germs
- *bacteria

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- face
- forehead
- cheek
- chin
- neck
- chest
- lap
- glands
- membrane
- muscle
Health and the Human Body—
Your Brain & How You Sense and Move Through the World

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*head
*brain
*mind
*nerve

How You Sense the World:
*ear
*eye
*lips
*mouth
*tongue
*finger
*hand
*palm
*thumb
*nose

How You Move Through the World:
*limbs
*shoulder
*arm
*elbow
*fist
*leg
*knee
*heels
*toe
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Health and Nutrition

Nutrients Your Body Needs:
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- vitamins

The Condition of Your Body:
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- welfare

Supplements and Medications:
- supplement
- medicine
- medication
- drug
- herbs

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Health and the Human Body—Injuries and Illnesses

Illnesses:
*illness
*condition
*disease
*ill
*sick
*fever
*cancer

Symptoms:
*symptom
*pain
*hurt
*sore

Injuries:
*injury
*mark
*bump
*bruise
*scratch
*cut
*break
*wound

Treatments:
*diagnose
*treatment
*treat
*heal
*operate

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