

Taking Care of the Human Body





The human body is very complex.

The Systems of the Human Body

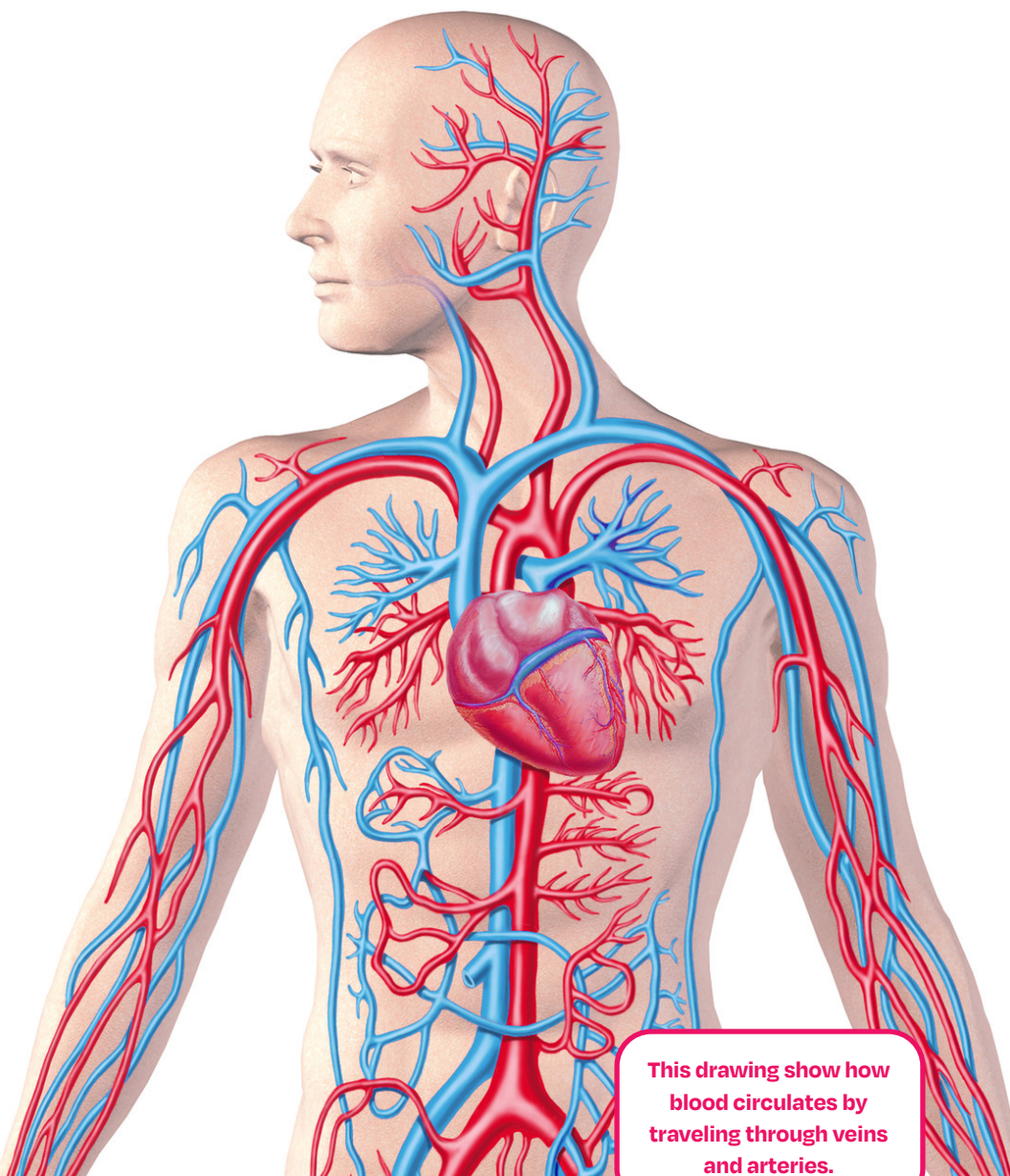
People use some tools and machines, such as pens, that are simple. Other tools, such as cars, are complex. However, no machine is as complex as the human body.

Inside your body are systems that do special jobs. The job of one system is to keep you breathing. Another system's job involves moving blood throughout your body. In all, ten different systems keep your body going. All of these systems are inside your body except one. That system covers all of the other systems. It is your skin.

To keep your body working well, you need to take care of it. This care involves everything from taking care that the outside is clean to making sure that systems inside are kept strong with a healthful diet and exercise.

Key Notes:

How is the human body like a machine?



This drawing show how blood circulates by traveling through veins and arteries.

The Circulatory System

The tiny blue lines that you see through your skin are part of your body's circulatory system. The circulatory system's job is to circulate blood throughout your body.

Your veins and arteries are the tubes that carry blood around your body. Red blood that is rich in oxygen runs through the arteries to all parts of the body. Veins carry blood back to the heart. The blood in the veins looks blue because some of the oxygen is gone. Once the heart and lungs put oxygen back into the blood, the blood is ready to circulate through the body again.

One way to stay healthy is to exercise about a half-hour most days of the week. Exercise keeps your circulatory system, and the rest of your body in shape.

Key Notes:

What is the circulatory system?



**Keeping germs out helps
the body repair itself.**

The Body's Repair Kit

The human body is designed to keep germs out. Skin forms a protective covering over the systems inside the body. Where there are opening in the skin, the body has ways to protect itself. For example, eyelids and lashes keep the eyes clean. Both hairs in the nose and wax in the ears catch germs that could cause illness.

When germs do get in, the human body uses its own repair kit. White blood cells protect the body by killing harmful germs. The body also repairs cuts. Blood dries and forms a clot, or scab, over a cut. New skin grows under the scab, repairing the cut. You can help your body repair cuts by keeping cuts clean and covered until your body has a chance to repair itself.

Key Notes:

What is in the body's repair kit?



**Exercise makes the
body stronger.**

Keeping the Body Going

The human body can repair itself, but it does need help from its owner. One thing people need to stay healthy is the right food. Eating the right combination of foods gives people the energy they need to learn, work, and grow. Because more than half of the body is water, people need to restore their body's water supply by drinking plenty of water.

The human body also needs sleep and exercise. The body's systems restore their energy during sleep. Exercise makes the heart and lungs strong. Strong hearts and lungs get energy and oxygen to the muscles quickly. Some ways to make your heart and lungs stronger are by riding a bike, dancing, walking, and swimming. A combination of different types of exercise will help even more.

Key Notes:

What kind of help does the body need to stay healthy?

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