

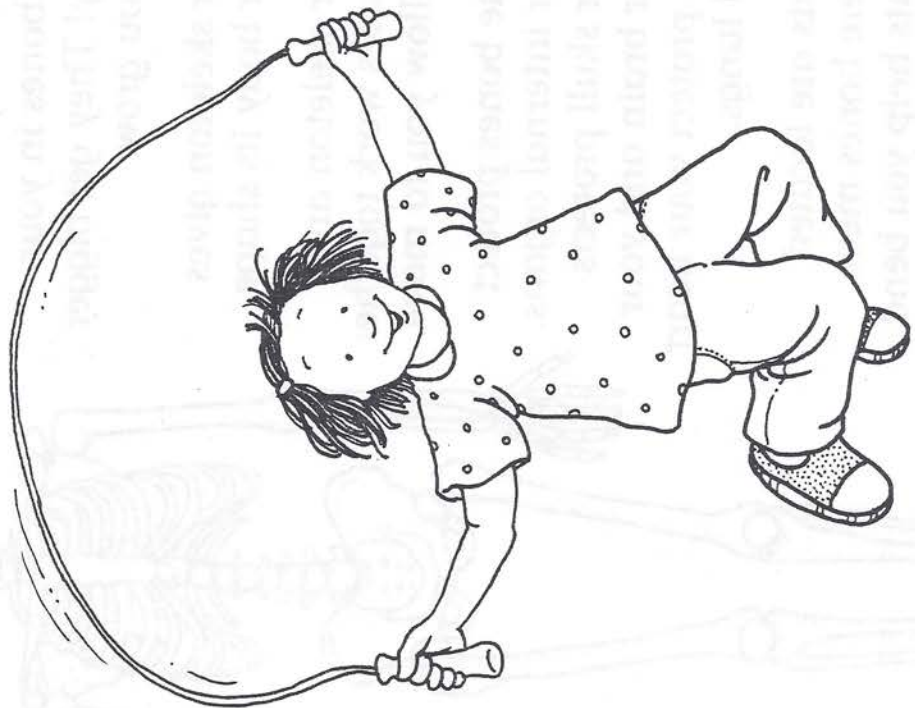
Using Your Senses

Senses let you see, hear, smell, taste, and feel what is going on around you. Draw a picture of yourself doing a favorite activity.



Describe how you are using your senses in your picture. Are you using all five senses?

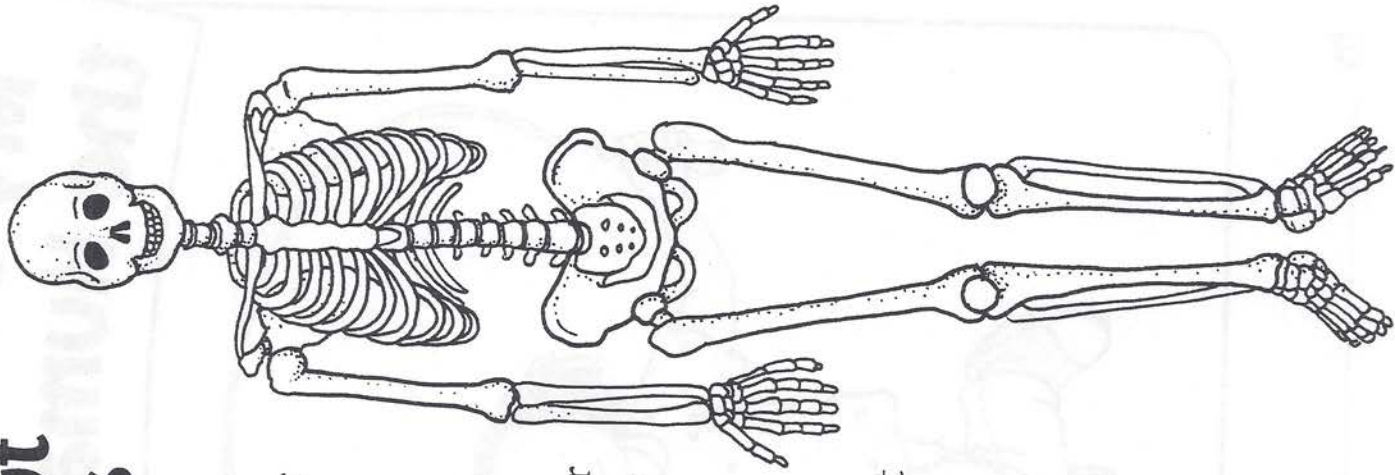
My Book About the Human Body



by _____

Facts About Your Bones

- You have just over 200 bones in your body! They get bigger as you grow.
- Your skeleton gives your body its shape.
- Your skeleton and muscles work together to allow you to move.
- Some bones protect your internal organs. Your skull protects your brain and your ribs protect your heart and lungs.
- Joints are located where bones meet. Joints help you bend and move.
- Strong fibers called **ligaments** connect your bones to your joints.

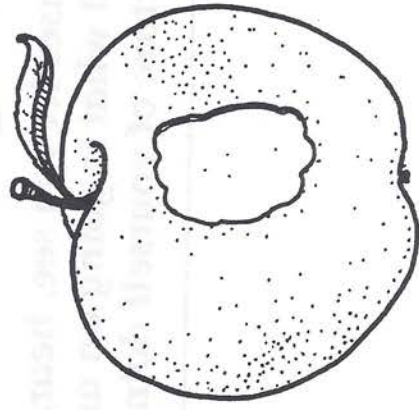


Nonfiction Read & Write Booklets: Social Studies & Science Scholastic Teaching Resources

TRY IT!

Pretend you are eating an apple.

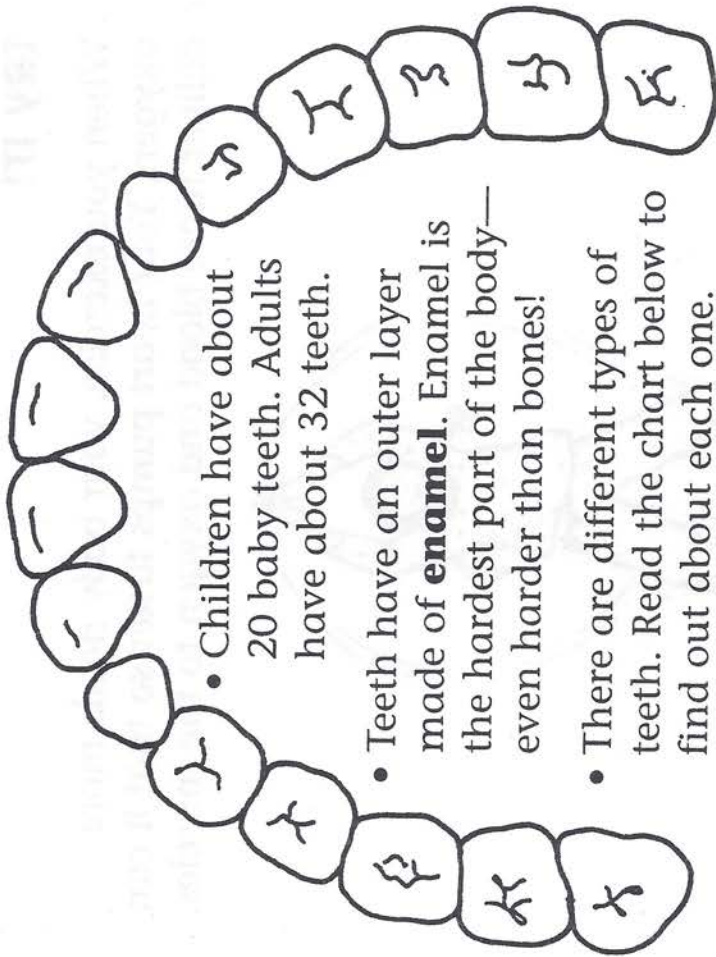
1. Take a bite out of your pretend apple. Which teeth did you use to bite the apple?



2. Now chew your pretend apple. Which teeth did you use to chew the apple?

3. Explain why you need to use different teeth to eat an apple.

Facts About Your Teeth



- Children have about 20 baby teeth. Adults have about 32 teeth.
- Teeth have an outer layer made of **enamel**. Enamel is the hardest part of the body—even harder than bones!
- There are different types of teeth. Read the chart below to find out about each one.

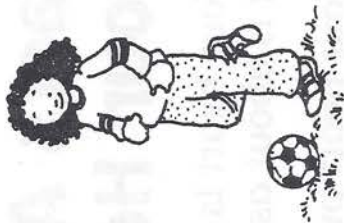
TYPES OF PERMANENT TEETH

Name	Location	Purpose	Number
Incisors (in-SI-zers)	front	bite/tear	8
Canines (KAY-nines)	middle	bite/tear	4
Premolars (pree-MOH-lurs)	middle	grind	8
Molars (MOH-lurs)	back	grind/chew	8 to 12

Try It!

Different joints help you move and bend in different ways.

1. Stand up and bend one knee back. Kick a pretend soccer ball in slow motion. Which directions does your knee joint allow your leg to move?

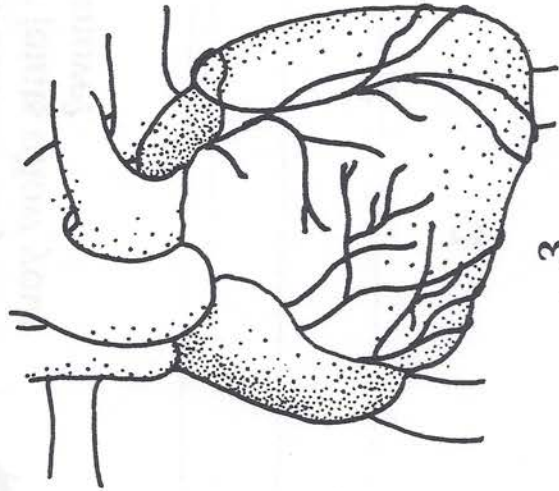


2. Now stand up and hold your arms out straight. Move your arms in circles. Which directions do your shoulder joints allow your arms to move?



Facts About Your Heart

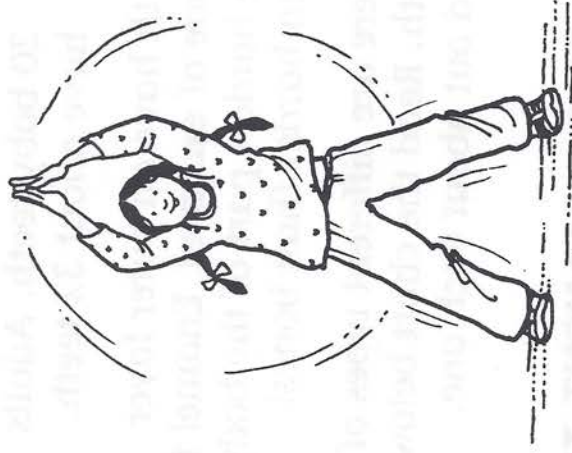
- Your heart is located between your lungs. It is about as large as your fist.
- Your heart pumps blood through every part of your body. Blood travels through tubes called **blood vessels**. Blood brings oxygen and nutrients to all your body parts.
- When you are not active, your heart beats about 70 to 120 times a minute. During exercise, it beats even faster. Each time your heart beats, it is **contracting** (or squeezing) to pump blood.
- Your heart is a very busy muscle. It never stops working—even when you sleep.



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TRY IT!

When you exercise, your body needs more oxygen. Your heart pumps faster so that it can deliver more blood and oxygen to the muscles.



Step 1: Stand still and feel your heart beat.

Step 2: Now do 10 jumping jacks.

Step 3: Feel your heart again.

What did you notice?

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