

Skills Worksheet

# Directed Reading

## Lesson: Body Systems

### WHAT ARE BODY SYSTEMS?

Match the definitions with the correct term. Write the letter in the space provided.

- |   |                |
|---|----------------|
| _____ 1. a group of organs that works together        | a. tissue      |
| _____ 2. the basic unit of all living things          | b. cell        |
| _____ 3. a group of similar cells that works together | c. body system |
| _____ 4. a group of tissues that works together       | d. organ       |

### BODY SYSTEMS WORK TOGETHER

5. Define the term *homeostasis*.

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6. Give one example of a body system, and name three of its functions.

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### BODY SYSTEMS DEPEND ON EACH OTHER

7. If you work to improve the health of one body system, what is the effect on other body systems?

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**Directed Reading** *continued*

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## **Lesson: The Skeletal System**

### **BONES AND JOINTS**

8. Soft tissue inside a bone is called \_\_\_\_\_.
9. Tissues called \_\_\_\_\_ hold bones together at joints.
10. Muscles are attached to bone by \_\_\_\_\_.
11. A place where two or more bones meet is a \_\_\_\_\_.
12. Organs of the skeletal system are called \_\_\_\_\_.

### **BONE AND JOINT DEVELOPMENT**

13. Before birth, most of a baby's skeleton is made up of soft, flexible tissue called \_\_\_\_\_.
14. A disease called \_\_\_\_\_, in which the bones become weaker, is associated with aging.
15. An irritation of the joints called \_\_\_\_\_ can affect people of any age.

## **Lesson: The Muscular System**

### **MANY KINDS OF MUSCLES**

**Match the definitions with the correct term. Write the letter in the space provided.**

- |  |                           |
|--|---------------------------|
| _____ 16. muscle that forms the heart            | <b>a.</b> smooth muscle   |
| _____ 17. muscle that is attached to bones       | <b>b.</b> cardiac muscle  |
| _____ 18. muscle that forms some internal organs | <b>c.</b> skeletal muscle |

### **MUSCLES AND MOVEMENT**

19. Why must most skeletal muscles work in pairs?

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**Directed Reading** *continued*

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## **Lesson: The Digestive System**

### **FOOD AND NUTRIENTS**

**Write the letter of the correct answer in the space provided.**

- \_\_\_\_\_ **20.** Where does the digestion of food first begin?
- a.** stomach
  - b.** mouth
  - c.** small intestine
  - d.** large intestine
- \_\_\_\_\_ **21.** The substances in food that your body needs to work properly are called
- a.** leftovers.
  - b.** juices.
  - c.** nutrients.
  - d.** cells.
- \_\_\_\_\_ **22.** In what organ are most of the nutrients from food absorbed?
- a.** mouth
  - b.** stomach
  - c.** small intestine
  - d.** large intestine
- \_\_\_\_\_ **23.** What do cells in your body use nutrients for?
- a.** growth
  - b.** repairing themselves
  - c.** energy
  - d.** All of the above

### **SOLID WASTE**

- \_\_\_\_\_ **24.** What is absorbed in the large intestine?
- a.** nutrients
  - b.** solid wastes
  - c.** water and salts
  - d.** urine

### **NONDIGESTIVE WASTE REMOVAL**

- \_\_\_\_\_ **25.** What is produced when the kidneys mix waste with water?
- a.** solid waste
  - b.** carbon dioxide
  - c.** urine
  - d.** sweat

**Directed Reading** *continued*

## **Lesson: The Circulatory System**

### **BLOOD**

**Match the definitions with the correct term. Write the letter in the space provided.**

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|--|---------------------|
| _____ <b>26.</b> a tiny blood vessel that carries blood from arteries to veins | <b>a.</b> vein      |
| _____ <b>27.</b> a blood vessel that carries blood away from the heart         | <b>b.</b> capillary |
| _____ <b>28.</b> a blood vessel that carries blood to the heart                | <b>c.</b> artery    |

**29.** List four components of blood.

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**30.** What is one substance carried to the body's cells by blood?

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**31.** What is one substance carried from the body's cells by blood?

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### **THE HEART**

**32.** Write a sentence to describe where the blood is pumped from in each of the following chambers:

**a.** right ventricle \_\_\_\_\_

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**b.** left atrium \_\_\_\_\_

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**c.** left ventricle \_\_\_\_\_

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**d.** right atrium \_\_\_\_\_

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**Directed Reading** *continued*

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## **Lesson: The Respiratory System**

### **THE PATH OF AIR**

**33.** Through what two openings does air enter the body?

\_\_\_\_\_

**34.** \_\_\_\_\_ is another name for the throat.

**35.** The name of the pipe that carries air deep into the body is the

\_\_\_\_\_.

**36.** What is the name of the sponge-like organs in which gas exchange takes place? \_\_\_\_\_

### **GAS EXCHANGE**

**37.** What two gases are exchanged in the lungs?

\_\_\_\_\_

\_\_\_\_\_

### **THE BREATHING PROCESS**

**38.** Define the following terms:

**a.** inhalation

\_\_\_\_\_

\_\_\_\_\_

**b.** exhalation

\_\_\_\_\_

\_\_\_\_\_

**c.** diaphragm

\_\_\_\_\_

\_\_\_\_\_

**Directed Reading** *continued*

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## **Lesson: The Nervous System**

### **THE PARTS OF THE NERVOUS SYSTEM**

**Match the definitions with the correct term. Write the letter in the space provided.**

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|--|-----------------------|
| _____ <b>39.</b> the major organ of the nervous system                     | <b>a.</b> spinal cord |
| _____ <b>40.</b> a bundle of cells that conducts messages through the body | <b>b.</b> nerve       |
| _____ <b>41.</b> an organ that carries message to and from the brain       | <b>c.</b> brain       |

### **RESPONDING TO STIMULI**

**42.** What is a stimulus?

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**43.** Explain how a reflex reaction takes place.

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## **Lesson: Taking Care of Your Body Systems**

### **GETTING EXERCISE**

**44.** Describe three ways that exercise benefits your body.

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### **EATING HEALTHY FOODS**

**45.** List three reasons why your body needs nutrients.

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**Directed Reading** *continued*

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**46.** What is calcium? How does it benefit your body?

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**AVOIDING TOBACCO AND OTHER DRUGS**

**47.** Name four body systems that are harmed when you use tobacco products.

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**48.** How do drugs affect the nervous system?

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**GETTING ENOUGH SLEEP**

**49.** Describe what happens to the body during sleep.

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**DRINKING WATER**

**50.** What percent of the human body is made up of water?

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**51.** Why does the digestive system depend on water?

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