

**LOOK AFTER OUR HEALTH**

**HEALTHY HABITS:**  
they keep us fit and healthy

Enjoy your free time

Do lots of exercise

Brush your teeth

Wash your hands

Rest and sleep well

Have a bath or shower

**HEALTH PROBLEMS:**  
they keep us fit and healthy

Colds and flu

Stomach upsets

Tiredness

Respiratory problems

Tooth decay

Obesity

THE BODY HAS A LOT OF PARTS THAT WORK TOGETHER. THE IMPORTANT PARTS ARE **ORGANS** AND THEY FORM **BODY SYSTEMS**

### CIRCULATORY SYSTEM

It moves blood through the heart and around the body in the arteries and veins.

Blood gives our body nutrients and oxygen

Heart

Left and right atrium

Left and right ventricle

Blood Vessels

Arteries

Veins

### RESPIRATORY SYSTEM

It is made of a group of organs that help us breathe

We breathe in air through our nose and mouth

The air goes into the lungs

Oxygen is passed to the circulatory system

Carbon dioxide is passed to the lungs

We breathe out carbon dioxide through our nose and mouth

Parts:

Mouth, nose, lungs, trachea and diaphragm

### DIGESTIVE SYSTEM

It is made of a group of organs that help us digest food

We take food through our mouth

It passes down into our stomach and intestines

Intestines separates the nutrients from waste and expel the waste from the body

The nutrients are passed into the circulatory system and around the body

Parts:

Mouth, oesophagus, stomach, small intestine, large intestine, anus

**REPRODUCTION**

WE HAVE REPRODUCTIVE ORGANS THAT MAKE OUR REPRODUCTIVE SYSTEM

MEN AND WOMEN HAVE DIFFERENT REPRODUCTIVE SYSTEMS

WE NEED A MAN AND A WOMAN CELL TO JOIN IF WE WANT TO HAVE A BABY

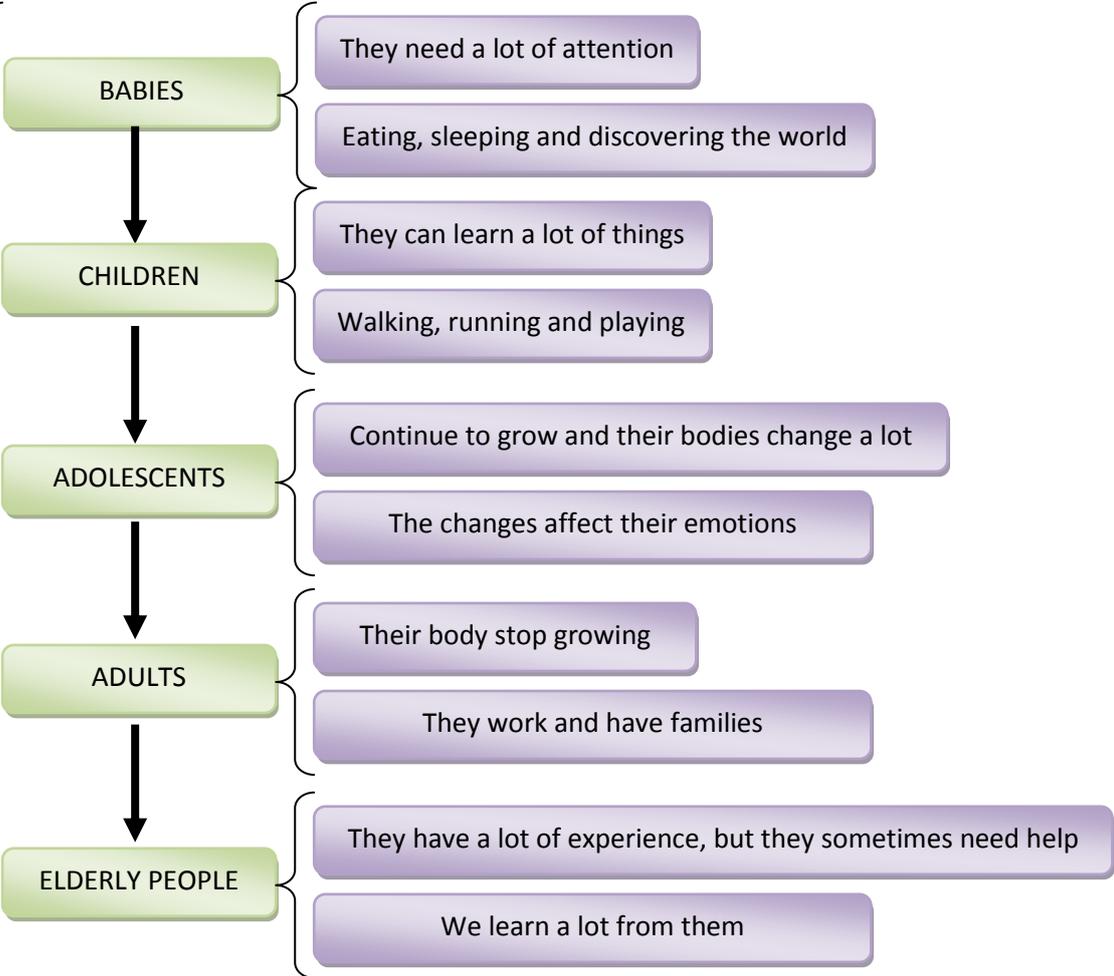
**MALE REPRODUCTIVE SYSTEM**

- Testicles → Produce the male cells
- Penis → Connected to the testicles by small tubes
- Urethra → Is a tube in the penis
- Male cells → Travel through the urethra to the outside of the body

**FEMALE REPRODUCTIVE SYSTEM**

- Ovaries → Produce the female cells
- Uterus → The baby will develop and grow here
- Vagina → Connects the uterus to the outside of the body
- Vulva → Is on the outside of the body and protects the reproductive organs

**THE STAGES OF LIFE**



## INTERNET LINKS

### GAMES:

[http://www.abcya.com/trip\\_food\\_pyramid.htm](http://www.abcya.com/trip_food_pyramid.htm)

<https://learnenglishkids.britishcouncil.org/en/category/topics/food>

<http://www.nourishinteractive.com/kids/5-food-group-games>

<http://sciencenetlinks.com/interactives/systems.html>

[http://www.bbc.co.uk/science/humanbody/body/index\\_interactivebody.shtml](http://www.bbc.co.uk/science/humanbody/body/index_interactivebody.shtml)

<https://www.brainpop.com/games/buildabodydigestivesystem/>

### VIDEOS:

<https://www.youtube.com/watch?v=FeDASSkgXTA>

<https://www.youtube.com/watch?v=Q413VcqOlyU>

<https://www.youtube.com/watch?v=SdprpVClhu0>

[https://www.youtube.com/watch?v=aR1rK1Cc0\\_M](https://www.youtube.com/watch?v=aR1rK1Cc0_M)

### READINGS:

<http://kidshealth.org/kid/htbw/heart.html>

<http://kidshealth.org/kid/grow/#cat20449>

[http://kidshealth.org/kid/health\\_problems/#cat20449](http://kidshealth.org/kid/health_problems/#cat20449)

LOOK FOR THESE WORDS

## ORGANS AND SYSTEMS IN OUR BODY

M G I A N Y A F R U I T A W C  
F V I R O N S I G C R H Z V U  
D U K W D A E R B A R F S B F  
F L Y L A S L N Z R B V F I O  
T E R B I F B B Y B R G S H T  
J V S P R M A R D O V H E S A  
S J M R Y Z T A S H K N N H E  
M L O O P N E N T Y P L I C M  
O N A T M C G P A D A V M T Y  
W E P E C X E S F R N Z A U T  
J Q W I R D V U Z A Y F T A X  
E P J N G E Y I P T B L I O I  
Z X L S D Y C P N E C I V N Y  
D Z I S U G A R Y S U D P V G  
Y M R J M I V P E D B F C W B

CARBOHYDRATES

FIBRE

VITAMINES

PROTEINS

MILK

DAIRY

FATS

FRUIT

VEGETABLES

MEAT

FISH

IRON

SUGARY

BREAD

CEREALS

LOOK FOR THESE WORDS

## ORGANS AND SYSTEMS IN OUR BODY

O R Z H T U O M Y M R T K V T  
J H L B A G E A Y M E W Z W Y  
Z C E E O L D N E G Y X O W A  
O A L S N C I U F A V Y Q U K  
Y M C O O H X S Y R H Z T P I  
C O I N R V O A E H C A R T I  
B T R S J B I E X P B H L A N  
Z S T I M A D S P A C C J T T  
L F N X S E N G Y I E M T R E  
D Z E V T Y O N X D E X M I S  
I O V S E O B U S D E J K U T  
F H E A R T R L Q D Z J Y M I  
O E S O P H A G U S E O X W N  
Z Q G R X A C G R T Z E I I E  
L U Y B L O O D O R E U P R Y

HEART  
BLOOD  
ATRIUM  
VENTRICLE  
MOUTH  
NOSE  
LUNGS  
TRACHEA  
DIAPHRAGM  
OXYGEN  
CARBONDIOXIDE  
OESOPHAGUS  
STOMACH  
INTESTINE  
ANUS

LOOK FOR THESE WORDS

## REPRODUCTION AND GROWTH

R N R A T O K S O Q A V W E O  
K O N S U R E T U P H A K P V  
S Z L H L I F N P J P G Q S A  
T U H F E M A L E I C I Y A R  
S H R A D U L T J L S N J T I  
A I T E S T I C L E S A N D E  
L V V L T C H I L D R E N B S  
O L L W E H I U W F C I A B Y  
H O E U S O R E U S Y B Y V I  
Z W J C V D P A E D Y J E L Z  
E L P O E P Y L R E D L E B X  
J O O S V L O C E W A R J D O  
B O W Y P D A M D M A P Y N L  
Y D Y N A Q A M M Q R W L T Q  
A A Z P E N I S P D A E S N D

BABY  
CHILDREN  
ADOLESCENT  
ADULT  
ELDERLY PEOPLE  
MALE  
FEMALE  
VULVA  
UTERUS  
VAGINA  
OVARIES  
URETHRA  
PENIS  
TESTICLES  
MALE CELL

