

HUMAN
BODY

HUMAN BODY

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1. Main objectives:

1. To use vocabulary related to the study of the human body.
2. To identify the main systems and organs in the human body.
3. To show an understanding of how the respiratory system works.
4. To look after our health.

2. Useful websites.

<http://www.kidshealth.org/kid>

Site for children with information about health, illness, growing up and how the body works. Videos and activities about organs.

<http://www.eslflow.com/humanbodylessonplans.html>

Human body resources for teachers: flashcards, diagrams, reading comprehension, activities...

<http://www.medtropolis.com/VBody.asp>

Interactive site with information about skeleton, brain, hearth and digestive track.

<http://www.apples4theteacher.com/elibrary/bodybook.html>

Book for children with information of the main parts and organs of the human body.

HUMAN

BODY

anus

artery

blood

brain

bronchus

hearing

heart

intestine

kidney

lung

nerve

oesophagus

ovule

penis

sight

smell

spermatozoa

spermatozoon

spinal cord

stomach

taste

touch

vagina

vein

<p>lung</p>	<p>n. one of the two breathing organs in the chest of humans and some animals.</p> <p>“All mammals use lungs for breathing.”</p>
<p>bronchus</p>	<p>n. either of the two branches connected to the lungs.</p> <p>“A bronchus is part of the respiratory system in the human body.”</p>
<p>stomach</p>	<p>n. organ in the body where food is broken down for use by the body after having eaten.</p> <p>“He has a pain in his stomach. He ate too much.”</p>

<p>oesophagus</p>	<p>n. the food tube leading from the mouth down into the stomach.</p> <p>"The oesophagus is part of the digestive system."</p>
<p>intestine</p>	<p>n. long tube that carries waste matter from the stomach out of the body.</p> <p>"Humans have two intestines: a large intestine and a small intestine."</p>
<p>heart</p>	<p>n. organ inside the chest which controls the flow of blood by pushing it around the body.</p> <p>"The patient's heart is beating strongly."</p>

<p>vein</p>	<p>n. any of the blood vessels that carry blood from parts of the body to the heart.</p> <p>"Humans have got a lot of veins."</p>
<p>artery</p>	<p>n. one of the blood vessels that carry blood from the heart to the rest of the body.</p> <p>"Arteries carry oxygenated blood from the heart to the rest of the body."</p>
<p>blood</p>	<p>n. red liquid which flows through the body.</p> <p>"It was a serious cut and she lost a lot of blood."</p>

<p>kidney</p>	<p>n. any of the pair of organs in the lower back area, which separate waste liquid from the blood.</p> <p>" Kidneys help us clean our blood."</p>
<p>anus</p>	<p>n. hole through which solid food waste leaves the bowels.</p> <p>"Anus is connected to the intestine."</p>
<p>sight</p>	<p>n. the faculty or power of seeing.</p> <p>"He lost his sight in an accident .He is blind."</p>

<p>taste</p>	<p>n. the sense by which a person or animal knows one food from another.</p> <p>"I have got a cold, so I have lost my sense of taste."</p>
<p>smell</p>	<p>n. the faculty of perceiving odours by means of the organs in the nose.</p> <p>" I like smelling flowers."</p>
<p>hearing</p>	<p>n. the sense by which we can hear a sound.</p> <p>" Her hearing is getting worse. It was better when she was younger."</p>

<p>touch</p>	<p>n. the sense of feeling by which an object is known to be hard, rough...</p> <p>"I like to touch this pillow, it is so soft."</p>
<p>brain</p>	<p>n. the organ in the upper part of the head that controls our body.</p> <p>"The brain is the centre of higher nervous activity."</p>
<p>spinal cord</p>	<p>n. a thick cord of nerves by which messages are carried to and from the brain.</p> <p>"Spinal cord is an important part of the nervous system."</p>

<p>nerve</p>	<p>n. a part of the body that forms a system to carry feelings and messages to and from the brain.</p> <p>"We have got a lot of nerves in our body."</p>
<p>penis</p>	<p>n. reproductive, excretory and sexual organ of men and male animals .</p> <p>"The penis is used for passing water from the body."</p>
<p>vagina</p>	<p>n. passage through which babies come out of the uterus of female humans and other mammals when they are born.</p> <p>"The penis and vagina are necessary for reproduction in mammals."</p>

spermatozoa
(pl. spermatozoon)

n. a cell produced by the sex organs of male animals and which is able to produce new life.

" Men produce millions of spermatozoon."

ovule

n. a cell produced by the sex organs of female animals which is able to produce new life.

"The spermatozoon enters inside the ovule."

HUMAN BODY

5. Glossary.

anus: n. hole through which solid food waste leaves the bowels.

artery: n. any of the blood vessels that carry blood from the heart to the rest of the body.

blood: n. red liquid which flows through the body.

brain: n. the organ in the upper part of the head that controls our body.

bronchus: n. either of the two branches connected to the lungs.

hearing: n. the sense by which we can hear a sound.

heart: n. organ inside the chest which controls the flow of our blood by pushing it around the body.

intestine: n. long tube that carries waste matter from the stomach out of the body.

kidney: n. any of the pair of organs in the lower back area, which separate waste liquid from the blood.

lung: n. one of the two breathing organs in the chest of humans and some animals.

nerve: n. a part of the body that form a system to carry feelings and messages to and from the brain.

oesophagus: n. the food tube leading from the mouth down into the stomach.

ovule: n. a cell produced by the sex organs of female animals which is able to produce new life.

penis: n. excretory and sexual organ of men and male animals.

sight: n. the faculty or power of seeing.

smell: n. the faculty of perceiving odours by means of the organs in the nose.

Spermatozoa pl. spermatozoon: n. a cell produced by the sexual organs of male animals which is able to produce new life.

spinal cord: n. a thick cord of nerves by which messages are carried to and from the brain.

stomach: n. organ in the body where food is broken down for use by the body after having eaten.

taste: n. the sense by which a person or animal knows one food from another.

touch: n. the sense of feeling by which an object is known to be hard, rough...

vagina: n. passage through which babies come out of the uterus of female humans and other mammals when they are born.

vein: n. any of the blood vessels that carry blood from different parts of the body to the heart.

How can
we
breathe?

What is
digestion?

How does
blood flow?

How do
senses
work?

Which are
the main
organs in
our body?

How can we
reproduce?

Which are
the main
parts of the
reproductive
system?

Which are
the main
parts of the
circulatory
system?

Which are
the main
parts of the
nervous
system?

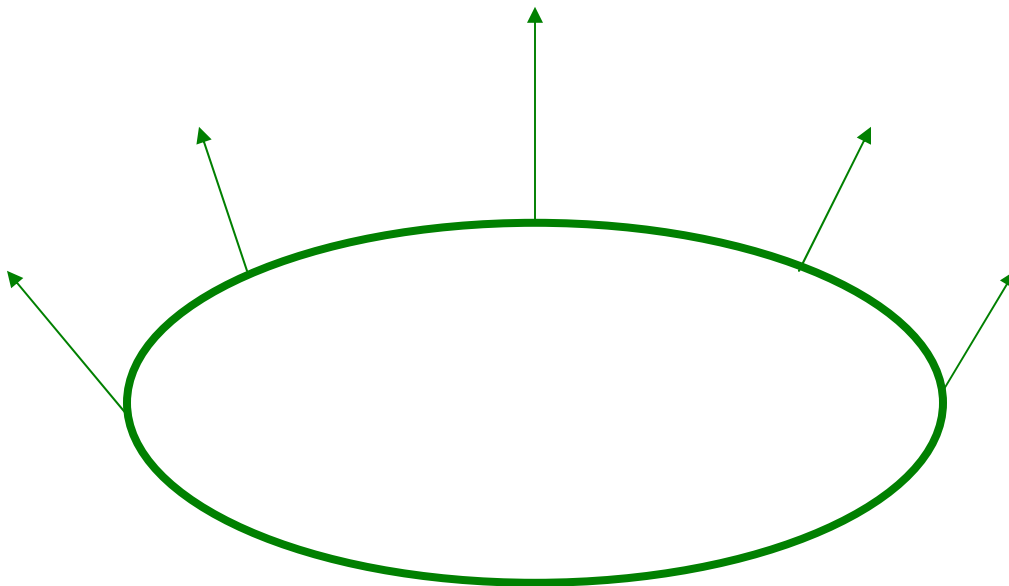
Which are
the main
parts of the
digestive
system?

Which are
the main
parts of the
excretory
system?

Which are
the main
parts of the
breathing
system?

Write five facts you know about the human body.

Add more arrows if you know more.



Hands on activity 1/2

MAKE A LUNG.

- Objectives.

To observe the basic structure of the respiratory system.

To understand how lungs work.

You will need:

- A big clear plastic bottle.
- Two balloons, a big one and a small one.
- Plasticine.
- Adhesive tape.
- The barrel of a pen.
- Scissors.

- Procedures.

First, make the chest with the plastic bottle.

Cut the bottom off the bottle. Cut the big balloon and stretch it over the bottom of the bottle and put some adhesive tape. The big balloon will be the diaphragm.

Hands on activity 2/2

Next, attach the small balloon to the end of the pen barrel with the adhesive tape. This will be the lung and the windpipe.

Then, put the balloon attached to the pen barrel into the bottle, with the pen barrel out of the bottle and secure it with plasticine to the neck of the bottle.

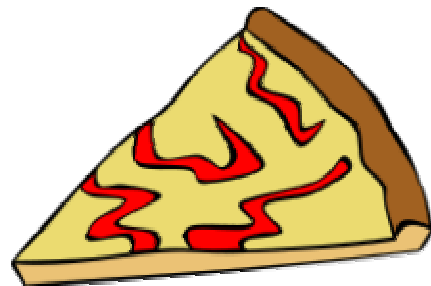
Finally, nip the diaphragm (the big balloon), with the finger and the thumb and push it in and pull it out carefully, and the lung (the small balloon) will inflate and deflate as a real lung.



Fast food

Nowadays, **fast food** is very common with children, teenagers and adults. Everywhere you go, you can get fast food.

It is very popular, because you can have a "full" meal, with drink, fries and meat which is not very expensive. But **fast food** can be related with bad eating habits, because when you eat a **fast food** menu, you are eating about half of the daily recommended calories in just one meal.



Why is **fast food** cheap? It is usually made with cheaper ingredients that have unhealthy fats. The quality of the ingredients is worse and they have less or worse nutrients than other foods.

Fast food is usually high in calories, cholesterol and fat. That is why nobody should have it as an "everyday

food". Eating too much **fast food** can lead to health problems, such as hearth disease or obesity.

But this problem has an easy solution. **Fast food** can form part of your meal plan if you want, but consuming it with moderation and responsibility. Remember that healthy meals and exercise can help your body work without problems.

Answer the following questions:

1. Why fast food is so popular?

2. What can you do to keep your body healthy?

3. What can happen if you eat fast food everyday?

4. Is fast food expensive? Why?

5. Put a tick on healthy food and a cross on unhealthy food.

hamburgers

vegetables

pizza

doughnuts

fish

milk

ice-cream

cereals

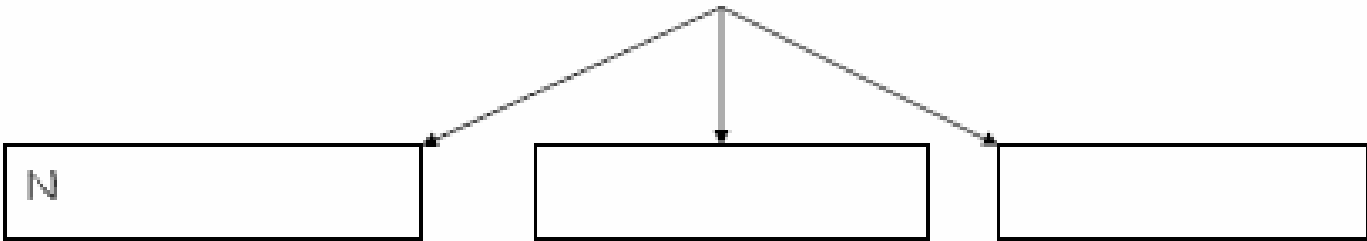
fruit

coke



HUMAN BODY

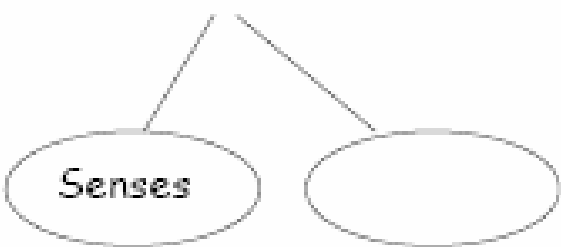
All living things have three vital functions, which are



We do it thanks to some systems:

- ↓
- []
- []
- []
- []

We use



divided into

-
-
-
-
-

We use

