

Maine Regional School Unit #67
Chester, Lincoln, Mattawamkeag

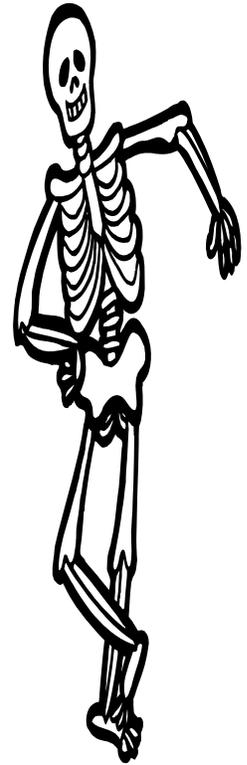
The Human Body Systems for Kids

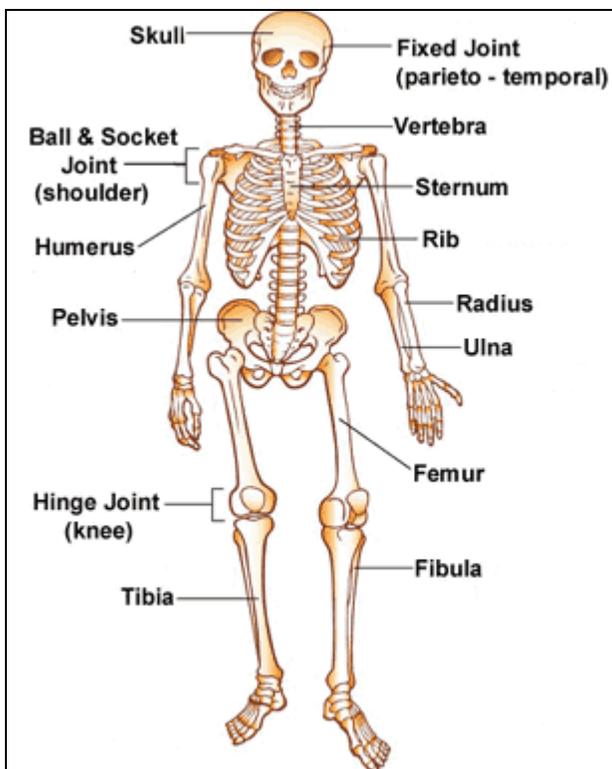
KidsKonnnect.com and *kidshealth.org* provide links to more detailed information about each of the systems listed below. The first group of systems are commonly taught in the elementary grades. Teachers wishing more detailed information should consult sources beyond this handout.

There are many systems in the human body.

- Skeletal System (bones)
- Respiratory System (nose, trachea, lungs)
- Circulatory System (heart, blood, vessels)
- Digestive System (mouth, esophagus, stomach, intestines)
- Muscular System (muscles)
- Nervous System (brain, spinal cord, nerves)

- Excretory System (lungs, large intestine, kidneys)
- Urinary System (bladder, kidneys)
- Endocrine System (glands)
- Reproductive System (male and female reproductive organs)
- Immune System (many types of protein, cells, organs, tissues)

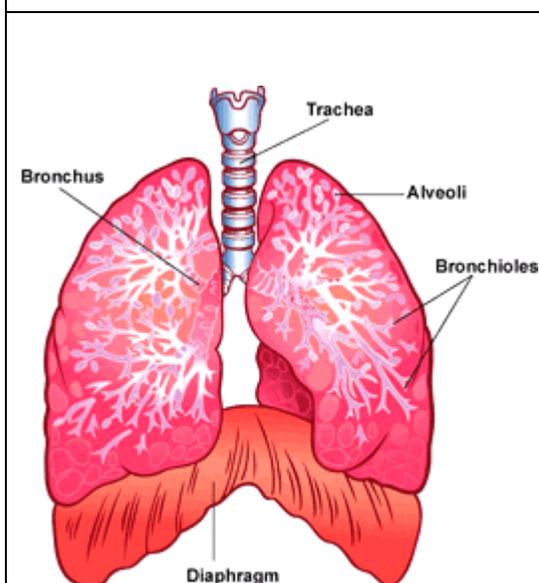




The **Skeletal System** has three major jobs:

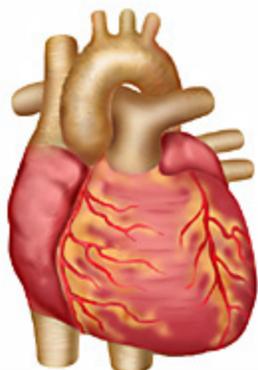
- It protects our vital organs such as the brain, the heart, and the lungs.
- It gives us the shape that we have.
- It allows us to move. Because muscles are attached to bones, when muscles move, they move the bones and the body moves.

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



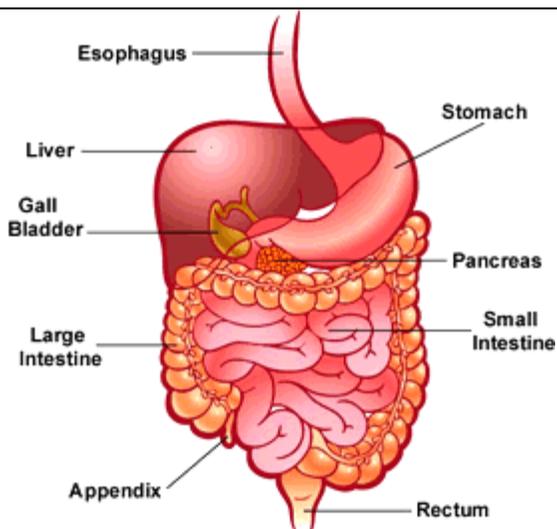
The **Respiratory System** is the system of the body that deals with breathing. When we breathe, the body takes in the oxygen that it needs and removes the carbon dioxide that it doesn't need. The organ most closely connected with this system is the lung. The human body has two lungs.

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



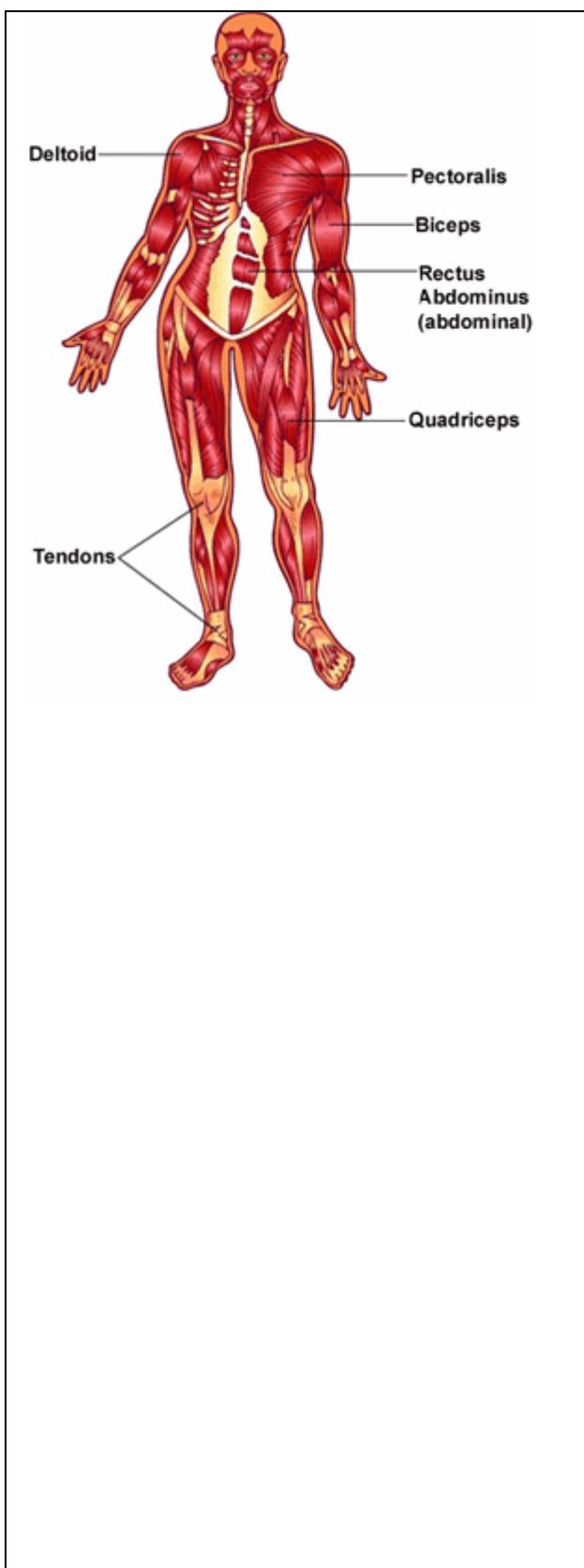
The **Circulatory System** is the system by which oxygen and nutrients reach the body's cells, and waste materials are carried away. Blood serves as the system of transport. The heart, a muscular organ, positioned behind the ribcage and between the lungs, is the pump that keeps this transport system moving.

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



The **Digestive System** is a 9 meter long tube. The digestive process begins in the mouth, where the teeth and tongue break up the food after it has been softened with saliva. The food is then swallowed and travels down the esophagus to the stomach. While the food is in the stomach, it is mixed with a mild acid which breaks the food down into a paste similar to porridge. The food then passes, a little at a time, into the small intestine, which is roughly 6 meters long. Here the food is broken down even further until it is small enough to pass through the walls of the small intestine into the bloodstream. Food that cannot be digested passes into the large intestine, where the water and minerals are absorbed into the blood stream. The solid waste, the feces, is then expelled from the body through the rectum and anus.

http://kidshealth.org/kid/htbw/digestive_system.html

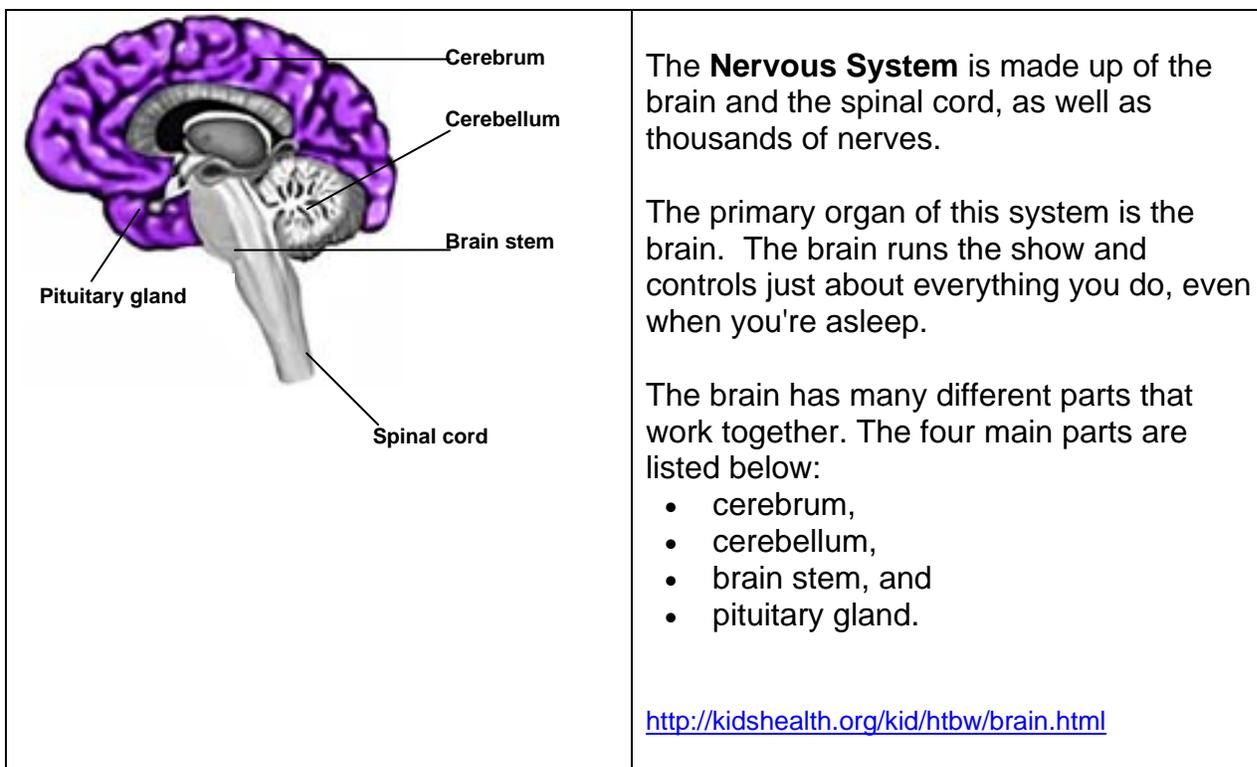


The **Muscular System** is made up of more than 600 muscles. These muscles help you do almost everything—from pumping blood throughout your body to lifting your heavy backpack. You control some of your muscles and others, like your heart, do their jobs without you thinking about them at all.

Muscles are all made of the same material, a type of elastic tissue. You have three different types of muscles in your body: smooth muscle, cardiac muscle, and skeletal muscle:

- **Smooth muscles** are sometimes also called involuntary muscles because you can't control this type of muscle. Your brain and body tell these muscles what to do without you even thinking about it.
- Just like smooth muscle, **cardiac muscle** works all by itself with no help from you. The thick muscles of the heart contract to pump blood out and then relax to let blood back in after it has circulated through the body.
- **Skeletal muscles** are voluntary muscles, which means you can control what they do. Your leg won't bend to kick the soccer ball unless you want it to. Skeletal muscles come in many different sizes and shapes to allow them to do many types of jobs. Some of your biggest and most powerful muscles are in your back, near your spine. These muscles help keep you upright and standing tall. Skeletal muscles also give your body the power it needs to lift and push things.

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



The **Nervous System** is made up of the brain and the spinal cord, as well as thousands of nerves.

The primary organ of this system is the brain. The brain runs the show and controls just about everything you do, even when you're asleep.

The brain has many different parts that work together. The four main parts are listed below:

- cerebrum,
- cerebellum,
- brain stem, and
- pituitary gland.

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