Recipe for A Body!

Write a list of what you think your body is made up from.

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
Recipe for A Body!

206 BONES
620 MUSCLES
SKIN ALL OVER
5 MILLION HAIRS
10 TOES
10 TOENAILS
8 FINGERS
2 THUMBS
10 FINGERNAILS
2 EYES
2 EARS
1 NOSE
32 TEETH
1 STOMACH
2 LUNGS
1 LIVER
2 KIDNEYS
1 SPLEEN
1 GALL BLADDER
1 PANCREAS
2 INTESTINES
1 HEART
5.5 LITRES OF BLOOD

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Human Body Parts!

Write all the parts of the body you can think of.
Face

Draw on the body parts that are missing on the face below.
Body

Draw on the lungs, heart, stomach, bladder, kidneys, small intestine, large intestine and liver.
Body

Draw on the lungs, heart, stomach, bladder, kidneys, small intestine, large intestine and liver.

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Human Body Facts!

Write some of the amazing things that your body does.

________________________________________________________________________

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Human Body Facts

An average Human Body contains:

• enough CARBON to make 900 pencils

• enough SULPHUR to kill all the fleas on an average dog

• enough POTASSIUM to fire a toy cannon

• enough FAT to make 7 bars of soap

• enough PHOSPHORUS to make 2,200 match heads

• enough WATER to fill a ten-gallon tank

• enough IRON to make a 7.5 cm (3 inch) long nail

• enough NITROGEN to fill a soft drink can
Human Body Facts

• Your heart beats around 100,000 times a day
• The red blood cells that carry oxygen around your body are created inside the bone marrow
• The colour of your skin is determined by the level of pigment melanin that your body produces.
• Adult lungs had a surface area of around 70 square metres
• The smallest bone in your body is found in your middle ear. It is called the staples (or stirrup) bone and is only 2.8 millimetres long.
• Your nose and ears continue growing all your life
• Each human has unique fingerprints and tongue prints
• The left side of your body is controlled by the right side of your brain while the right side of your brain controls the left side of your body.
• Antibiotics are only effective against bacteria, they won’t help fight off a virus
• It takes your body about 12 hours to completely digest eaten food.
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The Human Body – Facts

Human beings belong to the species: Homo sapiens

The gender, male and female, of a human being is determined by two chromosomes: X and Y.

A female carries two X’s while a male carries an X and a Y.

A human baby is born after around 40 weeks of gestation. A baby is unable to complete many tasks at all. In the first 12 months of their life, they will learn to focus, smile, crawl and master coordination and balance for walking. It will also take around this length of time for a baby to learn how to speak a proper word.
Human Body Facts

The __________________________

____________________________________________

carry oxygen around your body.

Your _______________ and __________________ continue
to grow all of your life.

Every human has unique ____________________________

and _________________________________.

MATCH THE CORRECT ANSWERS

right side of brain controls the right side of body
left side of brain controls the left side of body
**Human Body Facts**

Males carry the chromosomes:

________________ and ___________.

Females carry the chromosomes:

________________ and ___________.

Gestation for a human baby is around ___________ weeks.

What are some of the things that a baby will learn in its first 12 months?

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

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**My Body Checklist**

To function properly, your body needs certain things. Have you done all you can for your body today?

My Name: ________________________________________________________________

Date: ____________________________________________________________________

Did I get enough sleep so that my body could rest? ______

Did I eat good food that will help my body? ______

Did I exercise to help my body work better? ______

Did I drink lots of water? ______

Did I stand and sit tall, so I won’t hurt my back? ______

Did I exercise my brain by learning and thinking? ______

Was I happy all day so my body won’t be sad? ______
Label the Human Body

[Diagram of a human body with labels to be filled in]
Label the Human Body

[Diagram of a human body with various parts labeled]
Labels (race around child and ask them to label their body with these.)

- arm
- leg
- nose
- mouth
- ear
- eye
- head
- wrist
- shoulder
- hip
- knee
- belly button
- eye lash
- eye brow
Labels (race around child and ask them to label their body with these.)

elbow  toe  finger  ankle

teeth  foot  thumb  hand
Label the Human Body

- head
- ear
- nose
- mouth
- hand
- arm
- stomach
- leg
- foot
- hair
- eye
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