

PARTS OF YOUR BODY!



ALL LIVING THINGS, PLANTS, ANIMALS, FUNGI, AND YOU GROW AND CHANGE!



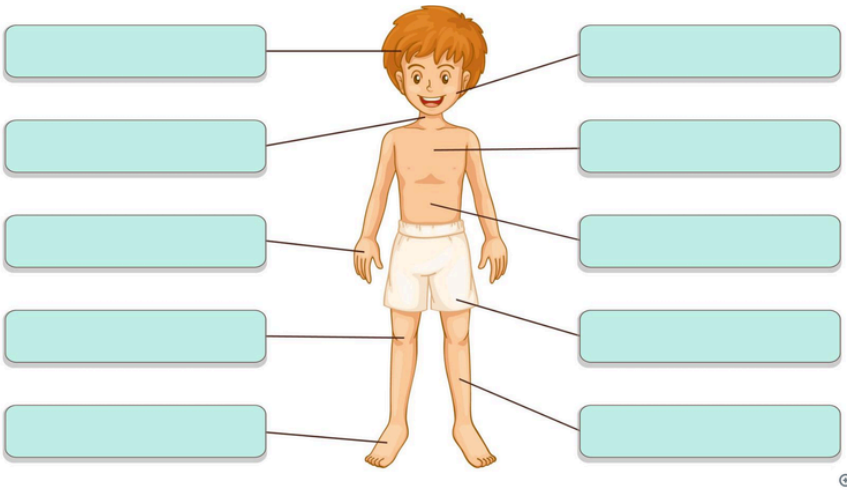
NEW WORD WITH BRAINY BROCCOLI:
MATURE MEANS TO GROW, AND IT OFTEN MEANS YOU BECOME MORE RESPONSIBLE.

USE THE WORD MATURE IN A SENTENCE HERE:

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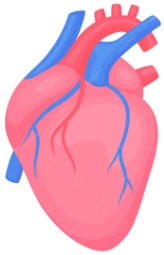
BANK:

HAIR
NECK
HEAD
CHEST
NAVEL
HAND
KNEE
SHIN
FOOT
THIGH

LET'S TAKE A LOOK AT SOME OF THE IMPORTANT PARTS OF YOUR BODY THAT ARE INSIDE, CALLED ORGANS!



YOUR HEART PUMPS BLOOD ALL THROUGH YOUR BODY, MAKING ALL YOUR MUSCLES TO WORK! YOU CAN FIND IT ON THE UPPER CHEST. IT LOOKS LIKE THIS:





YOUR BRAIN IS THE REALLY COMPLICATED ORGAN IN YOUR HEAD. IT SENDS AND RECEIVES MESSAGES FROM ALL OVER YOUR BODY AND LETS YOU THINK AND FEEL EMOTIONS!



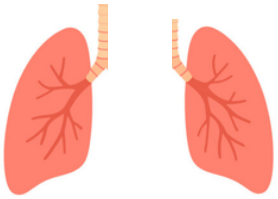


YOUR INTESTINES PROCESS ALL THE FOOD YOU EAT AND TAKE THE NUTRIENTS OUT FOR YOU TO USE. YOU CAN FIND THEM IN YOUR TUMMY.



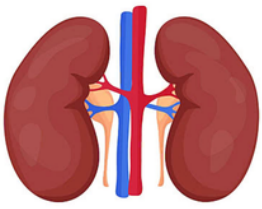


YOUR LUNGS ARE THE ORGANS THAT GET THE AIR THAT YOU BREATH TO YOUR BODY. THEY PUT A GAS CALLED OXYGEN AND GIVE IT TO YOUR BLOOD, SO THAT IT CAN BE TAKEN THROUGHOUT YOUR BODY. THERE ARE TWO OF THEM, ONE ON EITHER SIDE OF YOUR HEART.

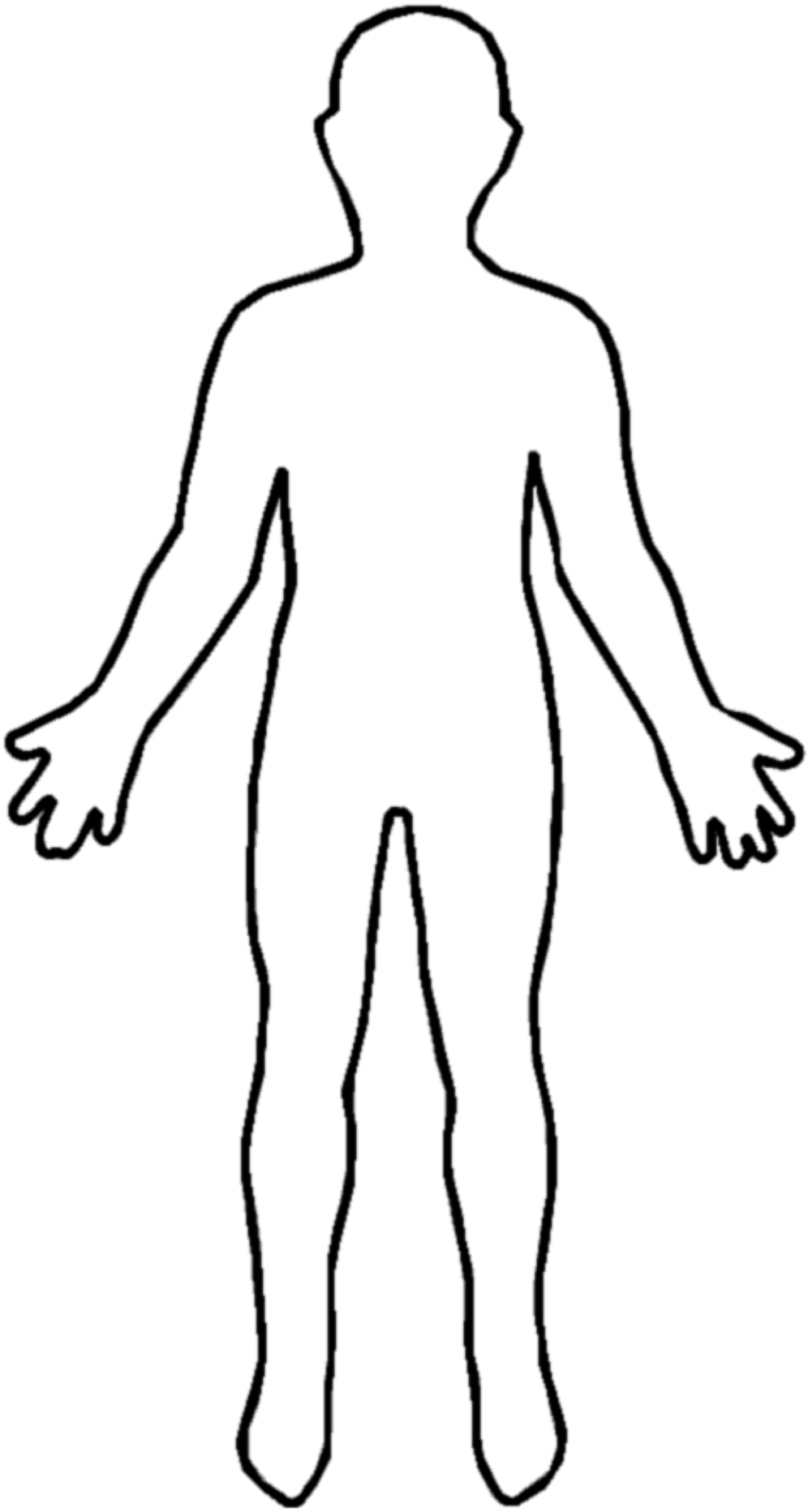




KIDNEYS ARE ORGANS THAT YOU CAN FIND IN YOUR LOWER BACK, ABOVE AND BEHIND YOUR INTESTINES. THERE ARE TWO OF THEM! THEY FILTER OUT WASTE AND EXTRA WATER FROM YOUR BLOOD AND TURN THAT INTO PEE.



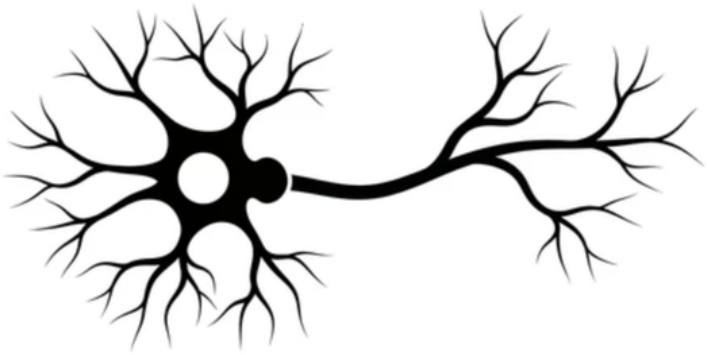
CUT OUT EACH ORGAN USING SCISSORS AND GLUE IT ONTO THE CORRECT PLACES ON THE BODY. NOW YOU KNOW WHAT SOME OF THE MOST IMPORTANT ORGANS IN YOUR BODY ARE AND WHAT THEY DO!



AS YOU GROW OLDER, YOUR BODY WILL NATURALLY CHANGE. THAT'S PART OF GROWTH. TINY, TINY PARTICLES THAT MAKE UP YOUR BODY ARE CALLED CELLS, AND THEY CHANGE AS YOU GET OLDER. DIFFERENT CELLS ARE IN YOUR BODY, AND THEY HAVE DIFFERENT USES. YOU CHANGE BASED ON HOW THE CELLS IN YOUR BODY CHANGE. THEY CHANGE WHEN THEY SENSE SOMETHING, LIKE SOMETHING YOU ATE, OR SOME SIGNALS INSIDE OF YOUR BODY.

THERE ARE SO MANY TYPES OF CELLS AND LET'S LEARN A FEW.

NEURONS ARE CELLS THAT TRANSMIT SIGNALS THROUGHOUT YOUR BODY AND ALLOW YOU TO SEE YOUR SENSES.



RED BLOOD CELLS ARE ABLE TO CIRCULATE OXYGEN ALL THROUGHOUT YOUR BODY, WHICH HELPS EVERYTHING WORK PROPERLY.



MUSCLE CELLS ARE LONG, SMOOTH CELLS THAT HELP YOU MOVE YOUR MUSCLES.



NOW THAT WE'VE LEARNED ALL ABOUT THESE COOL PARTS OF THE BODY, LET'S LEARN HOW TO KEEP THEM HAPPY AND HEALTHY.



CAPTAIN CARROT'S HEALTH TIP OF THE DAY:
GETTING ENOUGH SLEEP REALLY HELPS YOUR BODY.
9-12 HOURS PER NIGHT IS THE BEST NUMBER.
DID YOU KNOW THAT YOU GROW THE MOST DURING THE NIGHT?

DIFFERENT PEOPLE IN YOUR FAMILY ARE AT DIFFERENT AGES, SO THEIR HEALTH NEEDS MAY NOT BE THE SAME. THEY MAY NOT BE AT THE SAME LEVEL OF GROWTH AS YOU, SO IT'S IMPORTANT TO KNOW THAT EVERYONE HAS DIFFERENT HEALTH NEEDS.



WHATEVER YOUR HEALTH NEEDS AND WHAT IS HEALTHY FOR YOU MIGHT NOT BE THE SAME FOR SOMEONE ELSE. TO SUPPORT PEOPLE IN THEIR HEALTH JOURNEYS, IT'S GOOD TO ASK THEM WHAT'S GOOD FOR THEM! COMMUNICATION IS KEY!

FOR EXAMPLE, SOME OF YOUR CLASSMATES HAVE ALLERGIES, ASTHMA, , OR DIABETES. LET'S LEARN WHAT SOME OF THESE ARE, SO YOU CAN BEST HELP HELP OUT YOUR PEERS AND PROMOTE HEALTH!

ALLERGIES: THE BODY THINKING A HARMLESS PARTICLE IS SOMETHING BAD, SO IT ATTACKS IT

ASTHMA: SWELLING OF BREATHING PIPES WHICH MAKES IT HARDER TO BREATH AND EXERCISE

DIABETES: THE BODY NOT MAKING ENOUGH OF A CHEMICAL THAT LOWERS THE BLOOD SUGAR, SO BLOOD SUGAR STAYS HIGH