

About Our Body Systems

Our bodies are amazing and complex multi-taskers! Meaning, our body can perform many functions at the same time. The very smallest part of our body is the cell, and our cells are the building blocks in our bodies and in every one of our body systems. Every single cell in your body has a specific job to do. Your body has trillions of cells! Inside each of these microscopic cells are our genes which inform the cells about everything they need to do in order to keep us alive. We have approximately 200 types of cells; we have blood cells, nerve cells, fat cells, liver cells and muscle cells just to name a few. Our body is making new cells all the time, by reproducing and dividing. Our bodies make over a billion new cells every minute! You see evidence of this when you get a scrape or a cut, your cells reproduce to make new cells to heal your skin. Our cells and tissues wear out and continuously need replacing. Cells help our bodies to grow and to heal. Many similar cells in our body form tissues which in turn work together to become the different body organs. The organs then all work together in harmony to become a body system. Our body is organized into body systems. For example, all the bones in our body make up our skeletal system and from the time we put food into our mouths, our stomach, our liver, our intestines, gall bladder and pancreas work together to form our digestive system. The main systems in our body are: the circulatory (cardiovascular) system, endocrine system, digestive system, immune (lymphatic) system, integumentary system, muscular system, nervous system, reproductive system, respiratory system, urinary (excretory) system and the skeletal system. Each system in our body is made up of organs and tissues that interact with other systems to perform all the functions your body needs to do. The human body has many vital organs, some of these include: the heart, brain, liver, kidneys, the lungs and our skin which is the largest organ. Everything within our body works together to keep us alive. Although we all may look different on the outside, all the systems that make up our body are almost the same inside!

- 1 **Our body is a multi-tasker! How many things can you list that our bodies do at the same time? Consider both voluntary and involuntary.**
- 2 **What is the most amazing thing that your body does? Explain why you think this is the most amazing.**
- 3 **What are the main body systems?**
- 4 **Write 3 facts about our cells.**
- 5 **List 5 questions you have about our body systems.**