

Human Body Lapbook

HUMAN BODY UNIT

Required Resources

Easy Make and Learn Projects: Human Body
Blood and Guts

Optional Resource

Evan Moor Giant Science Resource Book

Understanding Your Muscles and Bones (Usborne) *or find another book on this topic at your library

Understanding Your Senses (Usborne) *or get another book about your senses from the library

Healthy Eating and Exercise by Claire Llewellyn (ANY book on healthy diet/exercise may be substituted)


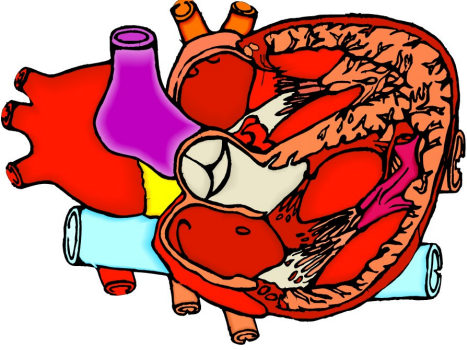

- Day 1 *The Body Book* from *Easy Make and Learn – Human Body* page 9-1
 Magnified Mysteries from *Easy Make and Learn – Human Body* page 16-17
 Read from *Blood and Guts* p. 11-15
 Minit book- Skin layers
 Map the Back of Your Hand p. 16 of *Blood and Guts* (put in pocket)
- Day 2 Cells from page 13 of *Easy Make and Learn – Human Body*
 Read from *Blood and Guts* p. 17-19
 Minit books-Purpose of Hair
 Complete Hairy Facts (from page 20 of *Blood and Guts*)
 Skin and Hair from *Easy Make and Learn – Human Body* page 43-46
- Day 3 Study the Skeletal System picture from *Evan-Moor’s Giant Science Resource Book* p 120
 Make the skeleton from the Giant Resource book p. 141-143
 Read from *Blood and Guts* p. 22-24
 Do “Where Are My Bones?” From *Easy Make and Learn – Human Body* p. 51
 Minit Books- No Bones About It (facts), Types of Bones
 Do experiment on page 27 of *Blood and Guts*
 Page 54 of *Easy Make and Learn – Human Body*
 Look at links in *Understanding Your Muscles and Bones* book p. 9 and p. 27
- Day 4 Study the Muscular System *Evan-Moor’s Giant Science Resource* book p. 121
 Read from *Blood and Guts* p. 37-38, 42
 Minit Books- Muscles tab book, How many muscles?, Amazing Facts
 Build a model arm on page 39 of *Blood and Guts*
 Do experiment on page 48 of *Blood and Guts*

- Day 5 Look at the Circulation Wheel from pg. 70-71 of *Easy Make and Learn – Human Body*
Look at this Human Blood worksheet:
<http://www.hslaunch.com/mypage/downloader.php?file=userfiles/100/55105690283.pdf&id=963>
Make a candy model of blood from that worksheet
Read pg. 49-51, 58 in *Blood and Guts*
Minit books: Double Barreled Pumper, Heart facts
Do experiment on page 57 of *Blood and Guts* (use minit book to record)
Minit book: Stress test
Look at the web link from pg. 14-15 of *Understanding your Muscles and Bones* book
- Day 6 Read pg. 59-61, 64 of *Blood and Guts*
Make the “chest vest” from *Easy Make and Learn – Human Body* p. 63-67
Make “Breathe In, Breathe Out” from p. 60 of *Easy Make and Learn – Human Body*
Minit books: How Big are Your Lungs?, Amazing Facts
Read pg. 66, 68 of *Blood and Guts*
Minit book: Vocal Cords
- Day 7 Read page 114, 116 of *Blood and Guts*
Do the experiments on page 117 and page 121
Do “How the Body Works” (the brain worksheet) from
http://kidshealth.org/PageManager.jsp?lic=1&article_set=54391&cat_id+20607
Minit book: Mission Control
Make a brain hat from <http://www.ellenjmchenry.com/id97.html>
- Day 8 Read page 90 from *Blood and Guts*
Do observation from page 91 of *Blood and Guts*
Do experiment on page 89 of *Blood and Guts*
Do experiment on page 95 of *Blood and Guts*
Read through information on
http://www.eric.ed.gov/ERICWebPortal/custom/portlets/recordDetails/detailmini.jsp?_nfpb=true&_ERICExtSearch_SearchValue_0=ED445918&_ERICExtSearch_SearchType_0=no&accno=ED445918
Make matchbooks about the eye problems
Minit book: Eye Facts
Read through Usborne’s *Understanding Your Senses* p. 6-9 (link on p. 9)
Make the “sliding eye” from *Easy Make and Learn – Human Body* p. 25-26
Label the eye from
<http://www.crayola.com/free-coloring-pages/print/human-eye-coloring-page/>

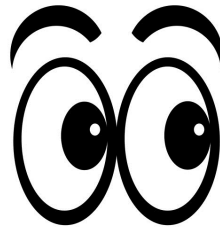
- Day 9 *Read pg 97-98 from Blood and Guts*
Do the experiment on page 99 of Blood and Guts
Make the “ear accordion” from p. 30 of Easy Make and Learn – Human Body
Minit book: *Can you hear me now?*
From Usborne’s Understanding Your Senses p. 10-12 (link on p. 11)
- Day 10 *Read pg 76 – 79 in Blood and Guts*
Study the picture from
<http://www.doverpublications.com/zb/samples/468216/children1b.htm>
Make the digestion poster from Easy Make and Learn p. 74-77
Minit book: *Digestion*
- Day 11 Make the 3D food pyramid from <http://www.ellenjmchenry.com/id137.html>
Read p. 33-34, 36 from Blood and Guts
Minit book: *Teeth*
Read *Healthy Eating and Exercise* by Claire Llewellyn
Taste Buds from Easy Make and Learn p. 33
Understanding your Senses read p. 14-15 (do the experiment in the link)

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Cut out rectangle as one piece. Fold on solid lines. You should have a book that opens like the “shutters” on a window. Fold book in half on dotted line.
Use with page 49 of Blood and Guts by Linda Allison

<h1>Right Side</h1> 	<h1>Double-Barreled Pumper</h1> 	<h1>Left Side</h1> 
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EYE SPY



Babies have very poor vision at birth. They learn to see the same way they learn to talk—both habits and muscles must be developed.

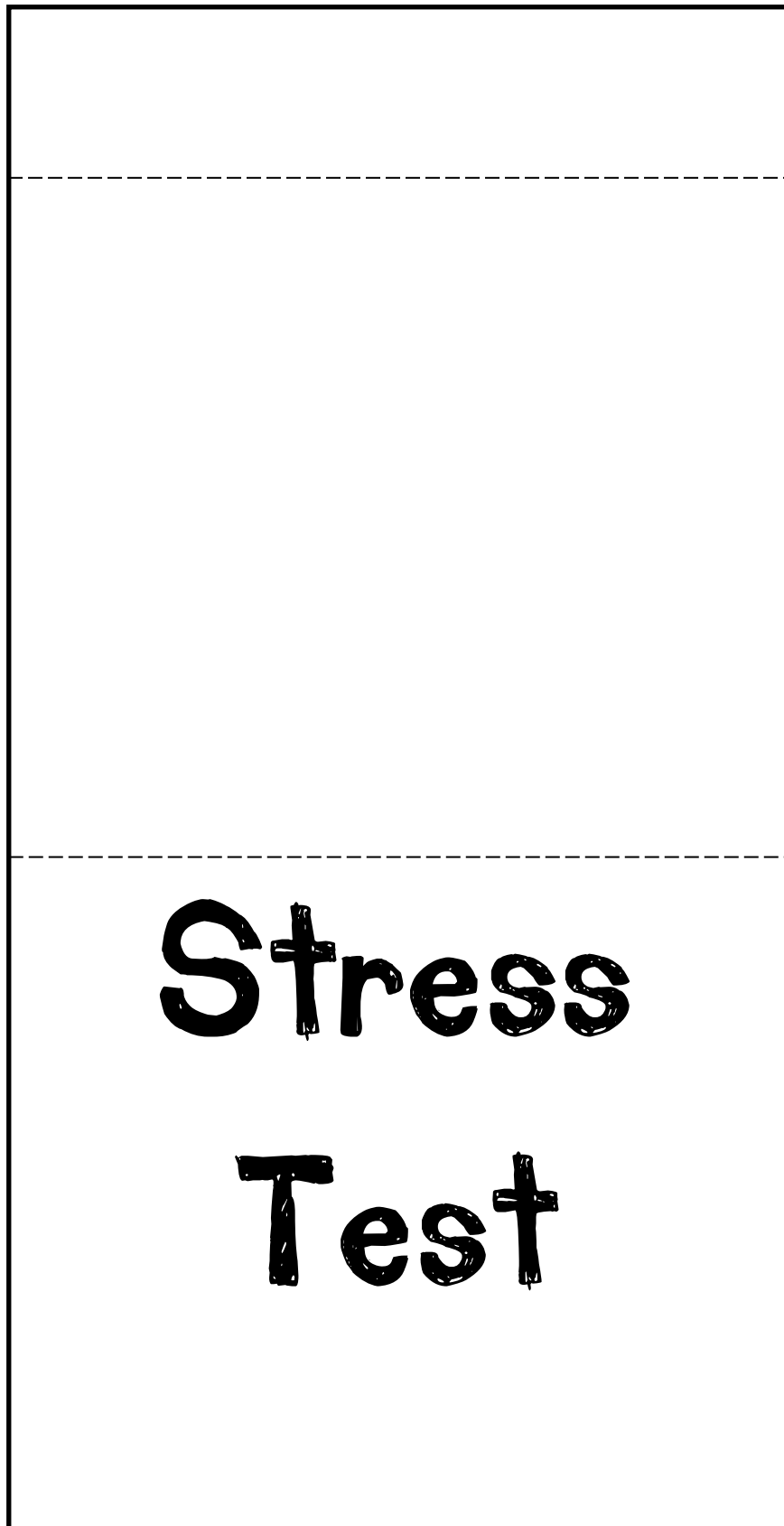
Your eyes sometimes look red in a photograph because light from the flash reflects off the choroid, blood vessels that nourish the retina.

A person blinks once every five seconds. That means most people's eyes are shut for nearly 30 minutes while they are awake each day.

Each of your eyes weighs 1/4 ounce, measures less than one inch in diameter, and is shaped like a slightly flattened ball.

Under good conditions the human eye can distinguish 10 million color surfaces.

More than one-half of all people in the United States use some type of lens to correct their vision.



Cut book out. Fold on lines (matchbook style). Paste chart (on the next page) inside the book.

150						
125						
100						
75						
50						
	Lying Down	Sitting	Standing	Hopping 25X	Hopping 100X	Run around house

Use this pocket to hold your map
from experiment on page 16 of
Blood and Guts by Linda Allison

f
i
a
p

Map the
Back
of My
Hand

f
i
a
p

Heart Facts



The heart circulates the body's blood more than 1,000 times per day.

The heart pumps 5,000 to 6,000 quarts of blood per day.

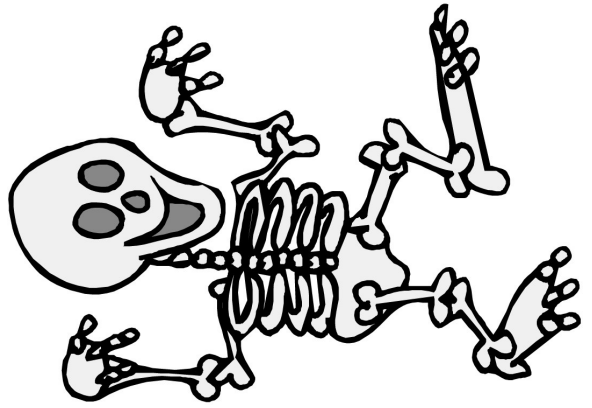
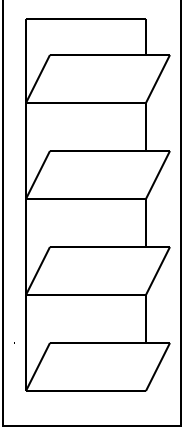
Up to 12 gallons per minute can be pumped in times of heavy exercise.

Laid end to end, all the body's blood vessels would measure about 60,000 miles.

Your heart is about the same size as your fist.

Cut out each shape (cut along the dark black lines; do not cut any dotted lines). Fold each book in half (four small books and one large book). Glue the back sides of the small books into the inside of your large book. Use with page 24 of Blood and Guts by Linda Allison

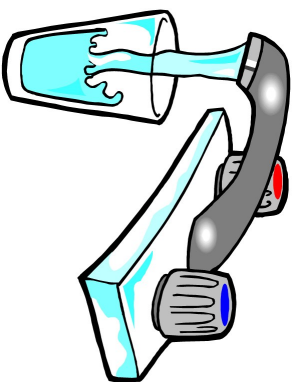
LONG	S H O R T
FLAT	IR REG U LAR



TRY THESE
OF
SONES

Cut L-shape out as ONE piece. Fold the top of the L shape down. Fold the right rectangle in over the existing flap. Paste cover on the front.

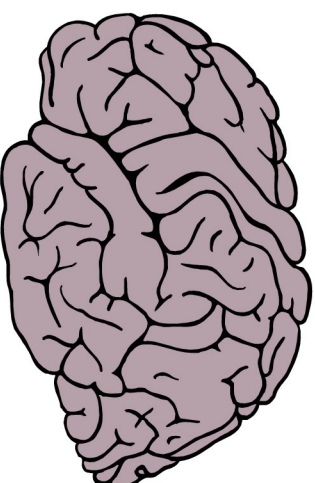
Brains contain more water than blood; they are about 85% water!



If the brain was lifted out of the skull and spread out, it would cover a page of a newspaper about two feet square.



MISSION CONTROL

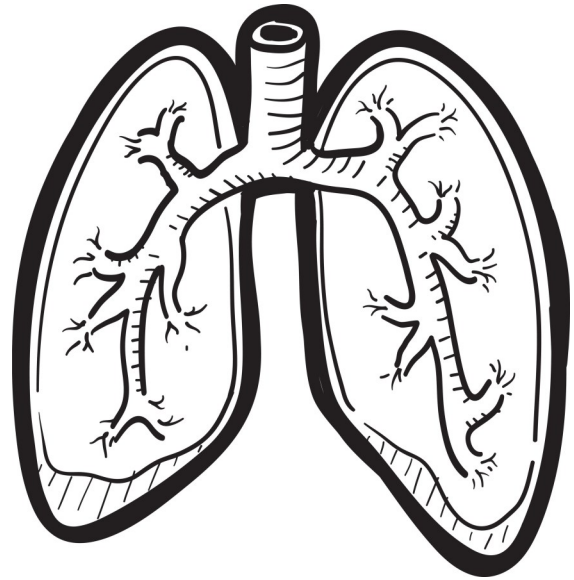


(all about the brain)

The brain is an oxygen eater. It weighs about three pounds or 1/50 of your total adult weight. It uses 25% of the oxygen you take in.



My Amazing Lungs



Cut book out as one piece. Fold in half. Cut the six books out (on the next two pages); fold in half.

Open the large book. Paste three miniature books on the right side of the book and three miniature books on the left side.

1

2

Lungs are the only organ in the body light enough to float on water.

3

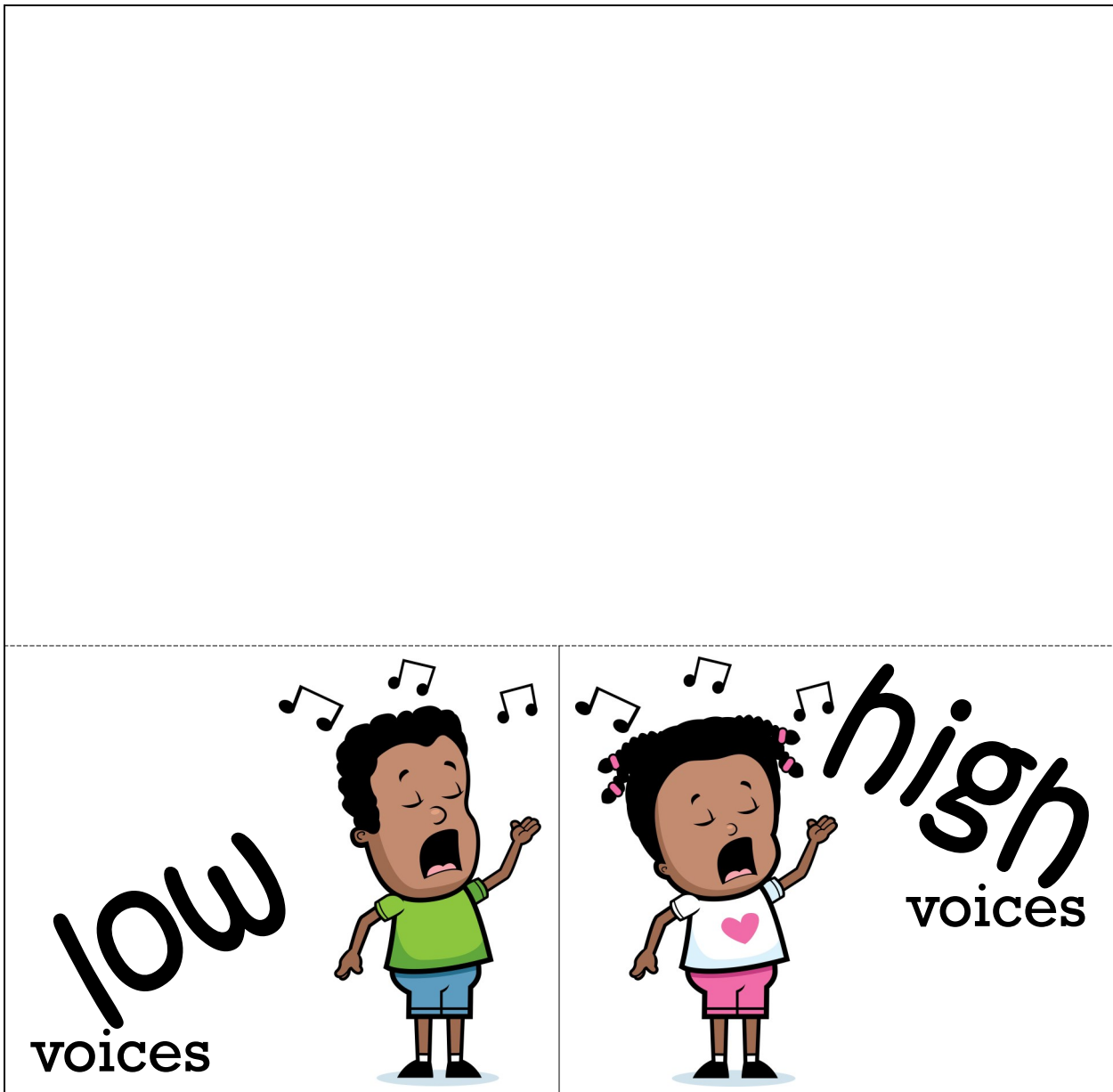
The total surface area of the lungs is about 25 times that of the body's skin surface.

You can't hold your breath until you die—no matter how hard you try.

Cut out book as one piece. Fold on solid black line (fold up). Cut dotted line. You should have a space at the top of this book to write a title. You can also turn it upside down and put the title on the bottom.

Vocal Cords

Use with page 68 of Blood and Guts by Linda Allison



No Bones About It

At birth, humans have 300 bones. By the time they are adults, they only have 206 because some have fused together.

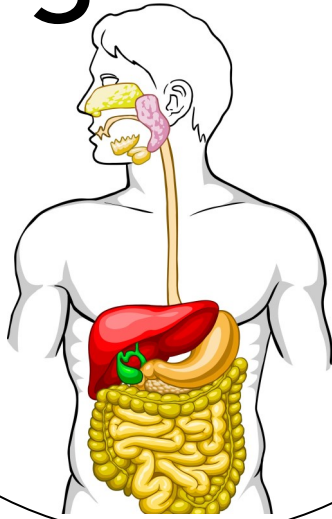
Half of your bones are in your hands and feet.

One person in twenty has an extra rib. This extra rib is three times more common in males.

An elderly person often develops a slight curve in the spine. Right-handed people curve right, and left-handed people curve left.

Cut out the three circles (two more are on the next page). Fold each one in half. Glue the back of the left half of the first circle to the front of the left half of the second circle. Take the third circle. Glue the back of the left half of the third circle to the back of the right half of the first circle. Fold so that you can open the book once to the right and once to the left. So, the “middle section” is actually the front of your book.

Digestion



www.homeschoolshare.com

Can You Hear Me Now? Good!

The smallest bones in the body are located in the ear.

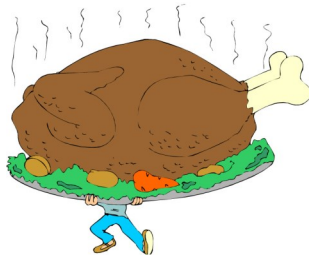
Children have the best hearing. Their ears are sensitive to the higher sounds. This high-pitched sensitivity is gradually lost with age.

Human ears have a tremendous loudness range. Factory noise is one million times as loud as a soft whisper.

Loud noises, or sounds of many decibels, can permanently damage the ears. In fact, sounds over 175 decibels can cause death.

Cut out book as one piece. Accordion fold. Paste back of last piece to your lapbook or notebook.

**The average person eats
3 pounds of food each
day, or 1,095 pounds of
groceries each year.**



**Your mouth makes
about 1/2 quart) of
saliva daily. In total, your
body secretes more than 7
quarts of assorted
digestive juices.**



Insulator

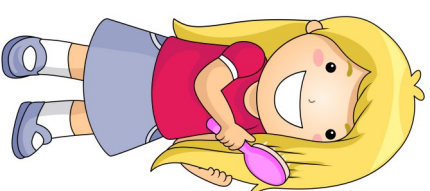
Protector

Sensor

Cut book out as one piece.
Fold top under. Fold bottom under. Open book. Cut on solid black lines to form three flaps. Refold so that the cover is on the front.

The Purpose of

HAIR



Hairs are arranged in a pattern, in clusters like scales on a fish. If you sat in a squatting position, with your hands over your head, all your body hairs would point

Every hair has a lifespan of 2 to 4 years.

Curly hair responds to dampness by getting even

An eyelash lives about 150 days.

A head of hair is like a forest. New hairs grow next to old growth. So when all the oldies in an area die, you don't have a bald spot.

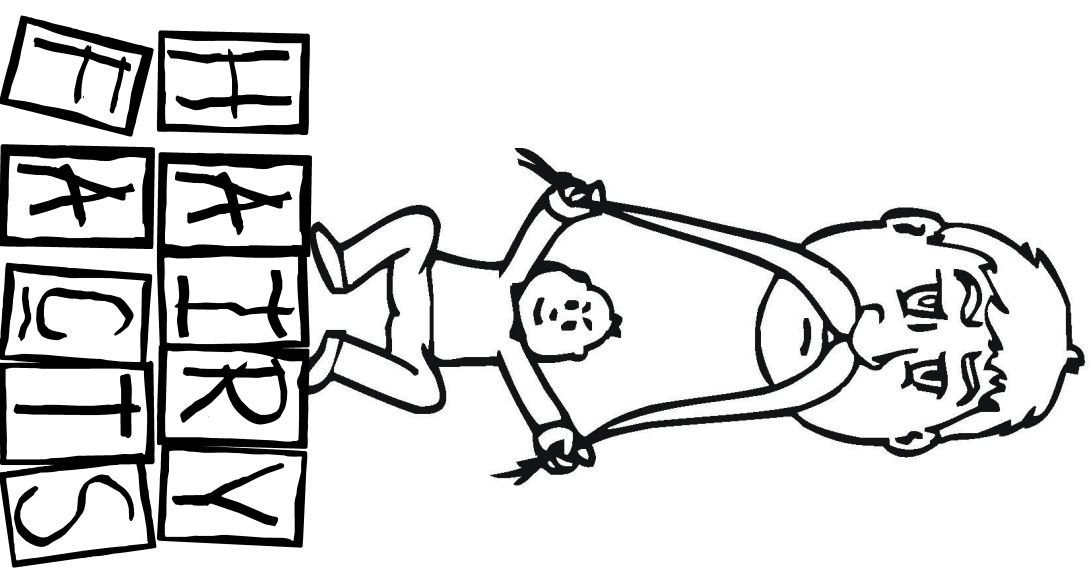
Lifespan

Eyelashes

New Hair

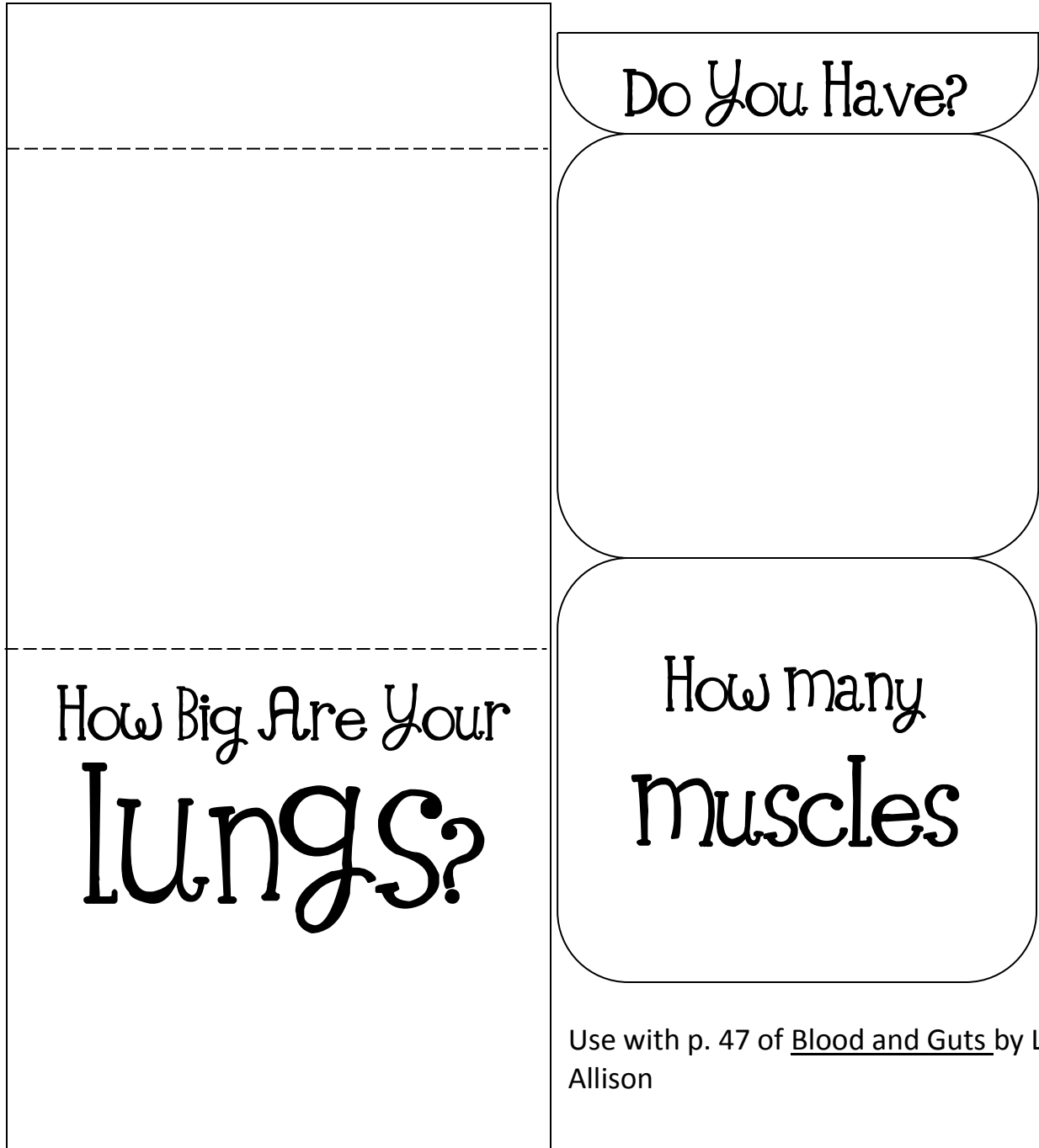
Patterns

Curls

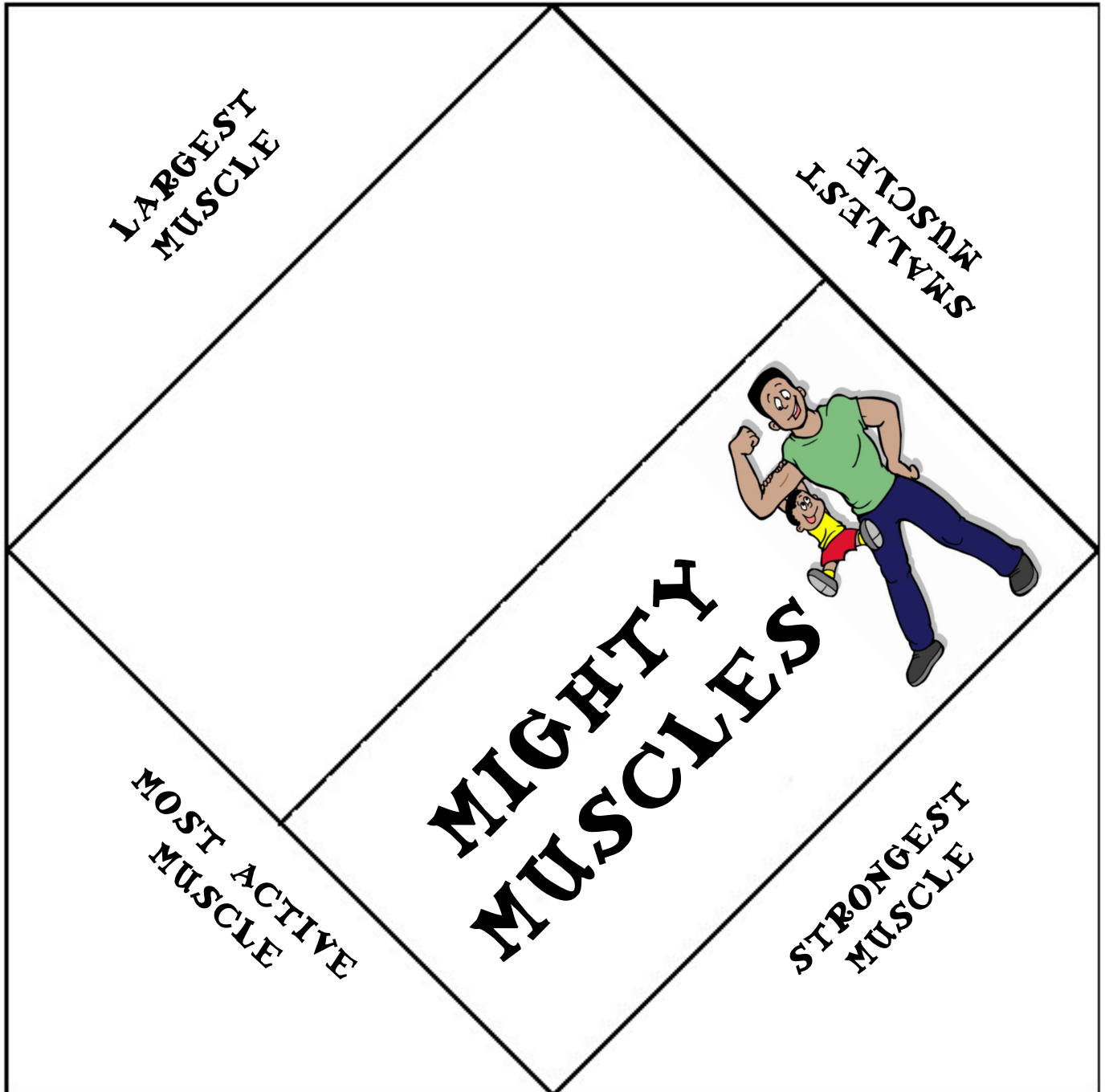


Cut books out. Fold on lines (matchbook style).

Use with page 60 of Blood and Guts by Linda Allison



Cut book out as one piece. Fold triangle flaps under. Fold book in half.

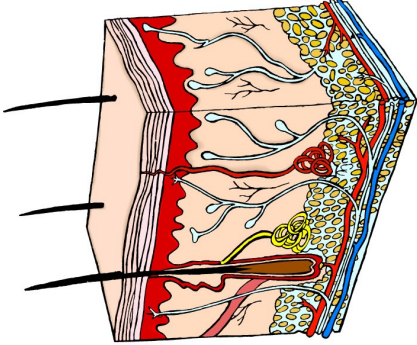


Amazing Facts About Muscles Mini-book

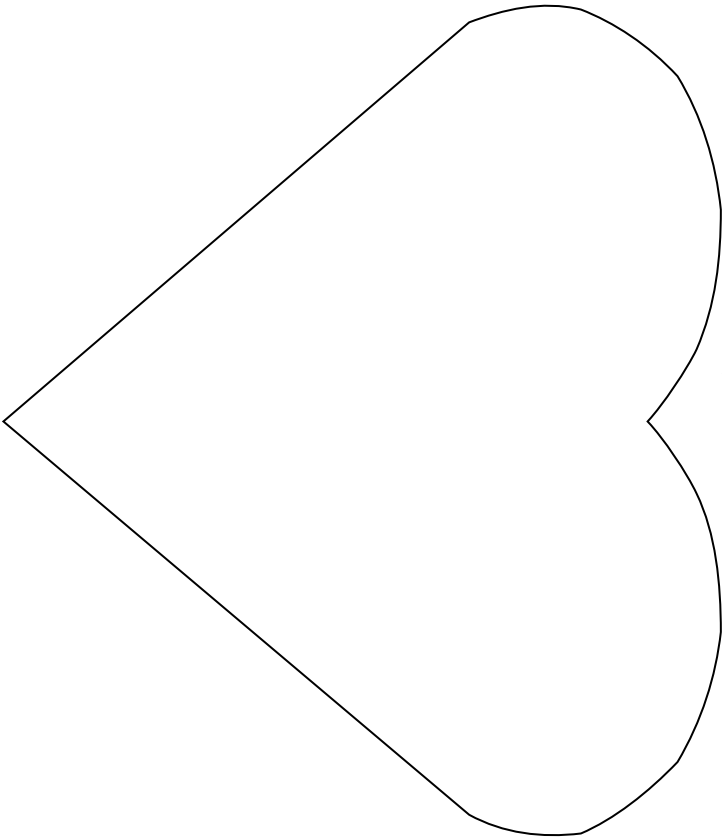
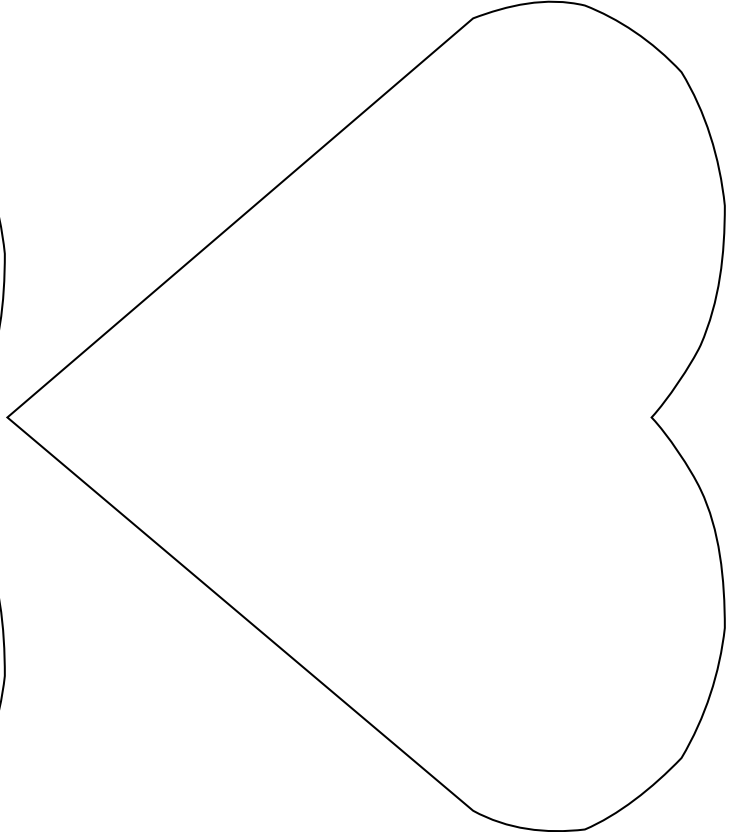
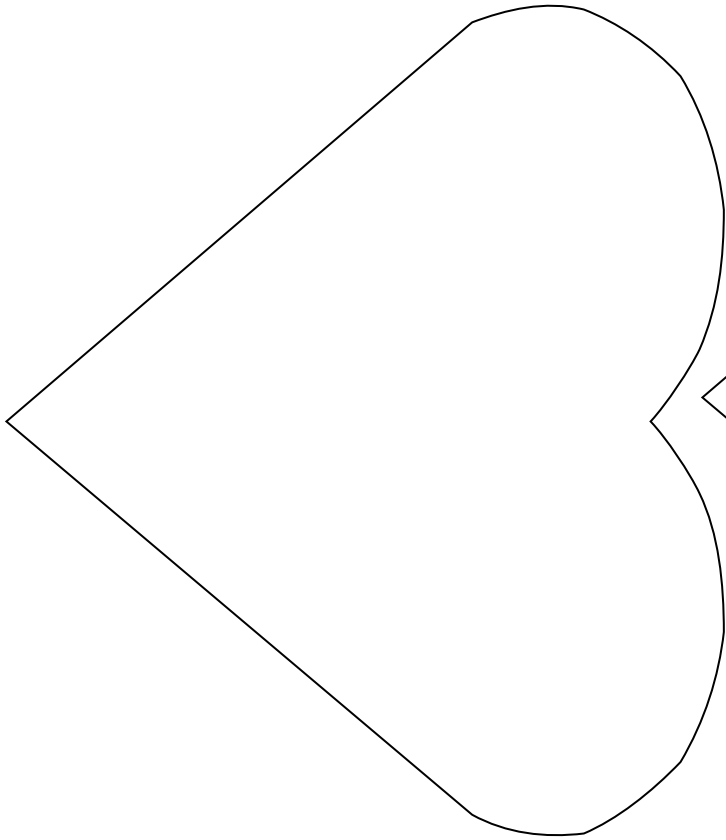
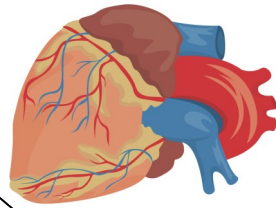
Use with Usborne book Understanding Your Muscles & Bones p. 31

Use with page 14 of Blood and Guts by Linda Allison

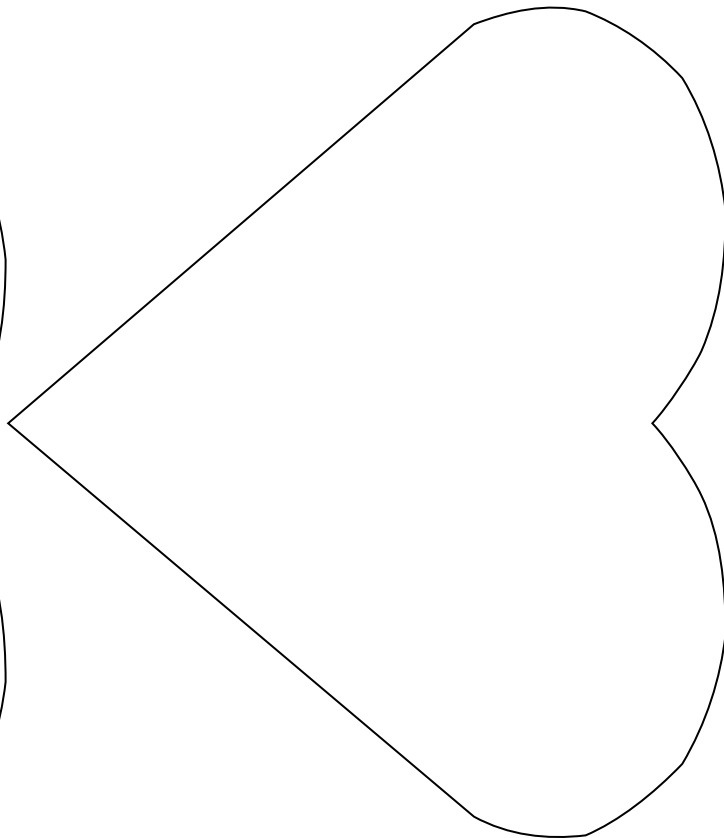
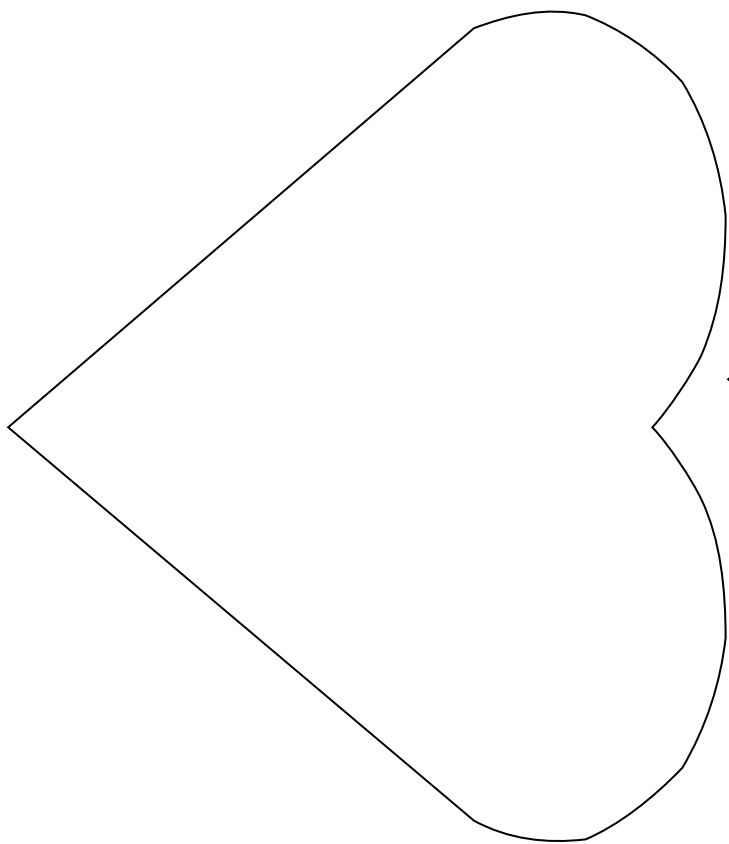
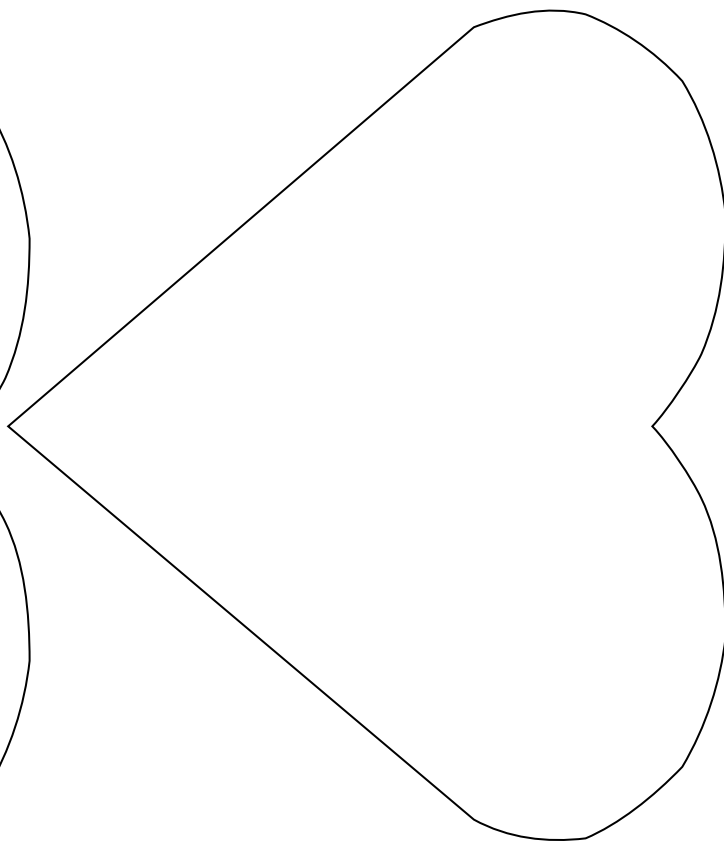
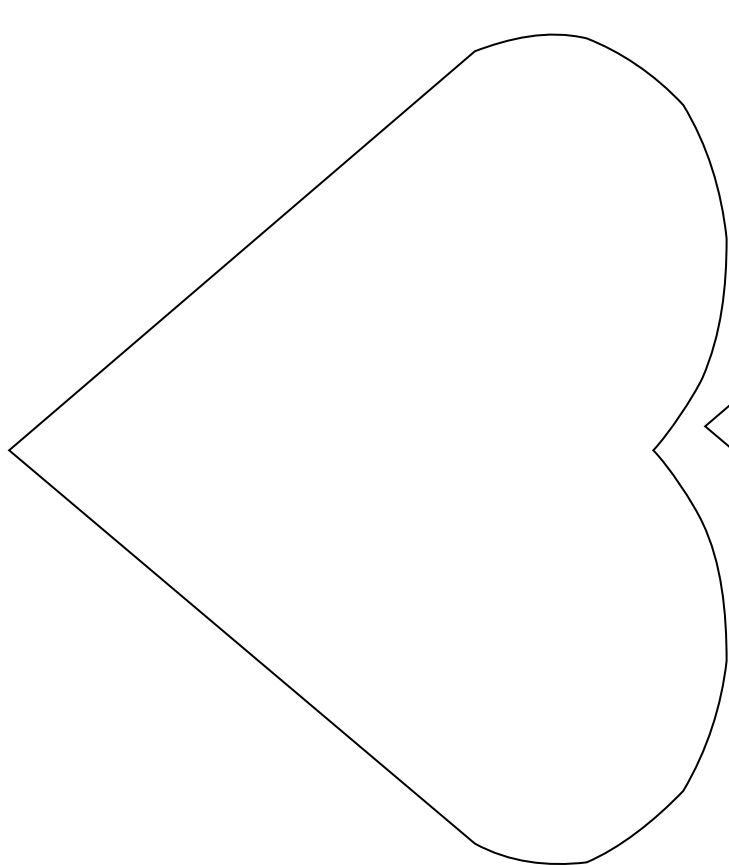
Cut out rectangle as one piece. Fold on solid lines. You should have a book that opens like the "shutters" on a window. Fold the book in half on dotted line.

<h1>Dermis</h1>	<h1>Skin Layers</h1> 	<h1>Epidermis</h1>
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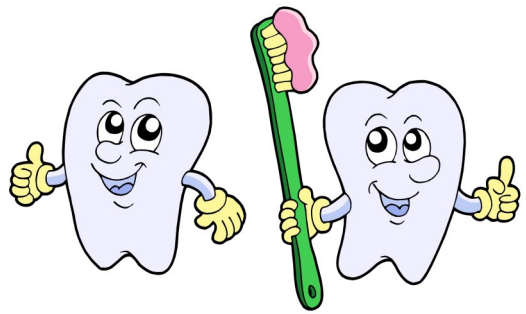
Facts About the Human Heart



Cut heart shapes out. Write one fact on each blank heart. Stack together with cover on top and staple.

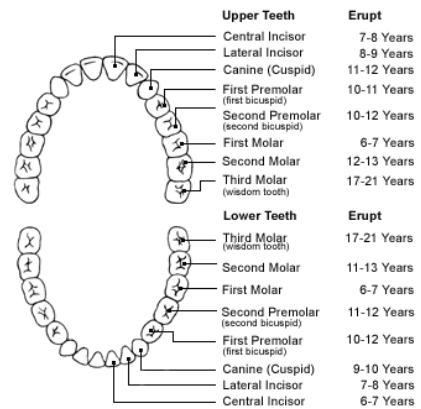


teeth



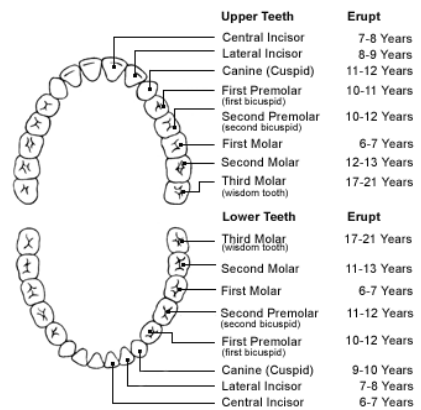
Incisors

REMOVE THIS AREA (Cut away so you have just a tab left)



Canines

REMOVE THIS AREA



Assembly Directions:

Cut the five strips along the solid outer lines. If there is a rectangle piece in the right corner of the strip, cut it off as indicated (remove this area). Stack your strips in order with cover on top and staple where indicated.

Use with page 33 of Blood and Guts by Linda Allison

Bicuspid

REMOVE THIS AREA

Upper Teeth	Erupt
Central Incisor	7-8 Years
Lateral Incisor	8-9 Years
Canine (Cuspid)	11-12 Years
First Premolar (first bicuspid)	10-11 Years
Second Premolar (second bicuspid)	10-12 Years
First Molar	6-7 Years
Second Molar	12-13 Years
Third Molar (wisdom tooth)	17-21 Years

Lower Teeth	Erupt
Third Molar (wisdom tooth)	17-21 Years
Second Molar	11-13 Years
First Molar	6-7 Years
Second Premolar (second bicuspid)	11-12 Years
First Premolar (first bicuspid)	10-12 Years
Canine (Cuspid)	9-10 Years
Lateral Incisor	7-8 Years
Central Incisor	6-7 Years

Molars

Upper Teeth	Erupt
Central Incisor	7-8 Years
Lateral Incisor	8-9 Years
Canine (Cuspid)	11-12 Years
First Premolar (first bicuspid)	10-11 Years
Second Premolar (second bicuspid)	10-12 Years
First Molar	6-7 Years
Second Molar	12-13 Years
Third Molar (wisdom tooth)	17-21 Years

Lower Teeth	Erupt
Third Molar (wisdom tooth)	17-21 Years
Second Molar	11-13 Years
First Molar	6-7 Years
Second Premolar (second bicuspid)	11-12 Years
First Premolar (first bicuspid)	10-12 Years
Canine (Cuspid)	9-10 Years
Lateral Incisor	7-8 Years
Central Incisor	6-7 Years

Types of Muscles



Skeletal

Cardiac

Smooth