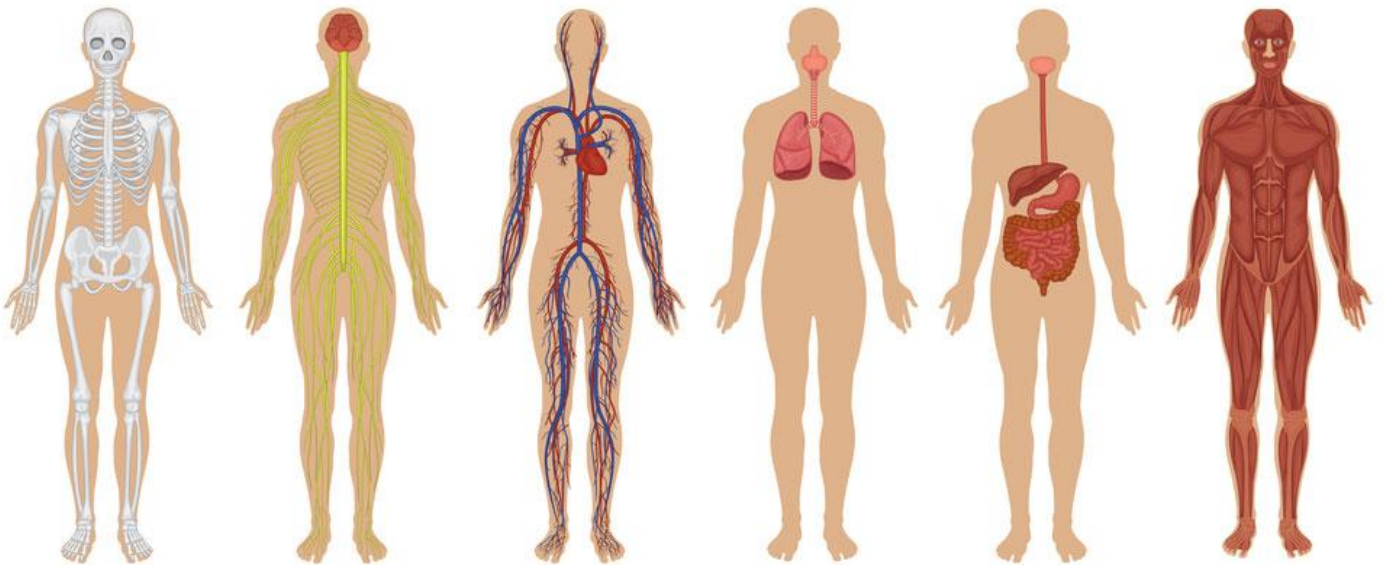


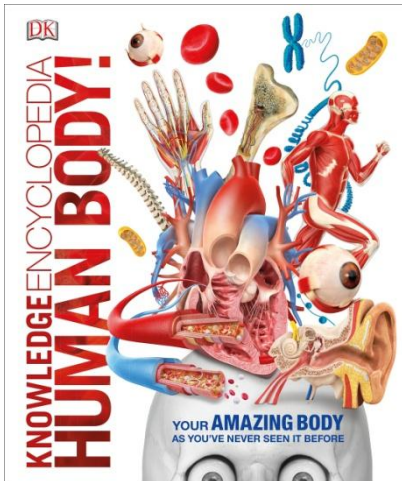
# Human Body Workbook

By Chatty Zebra Curriculum



## Introduction:

Welcome to your human body workbook! We highly recommend using **The Knowledge Encyclopaedia Human Body! By DK** as your core research book to help fill out the pages and find out more about how the human body works.



The layout of this book is what we have built this curriculum around and I will try and reference the pages which you may find most useful.

Other books you may find useful are:

- DK Dr Frankenstein's Human Body Book
- DK All About Biology (Big Questions) by Robert Winston
- The Human Body: Fact Book for Future Doctors by Baby Professor
- Human Anatomy Colouring Book by Alek Malkovich
- Usborne First Encyclopaedia of the Human Body
- DK findout! Human Body
- See Inside Your Body by Katie Daynes

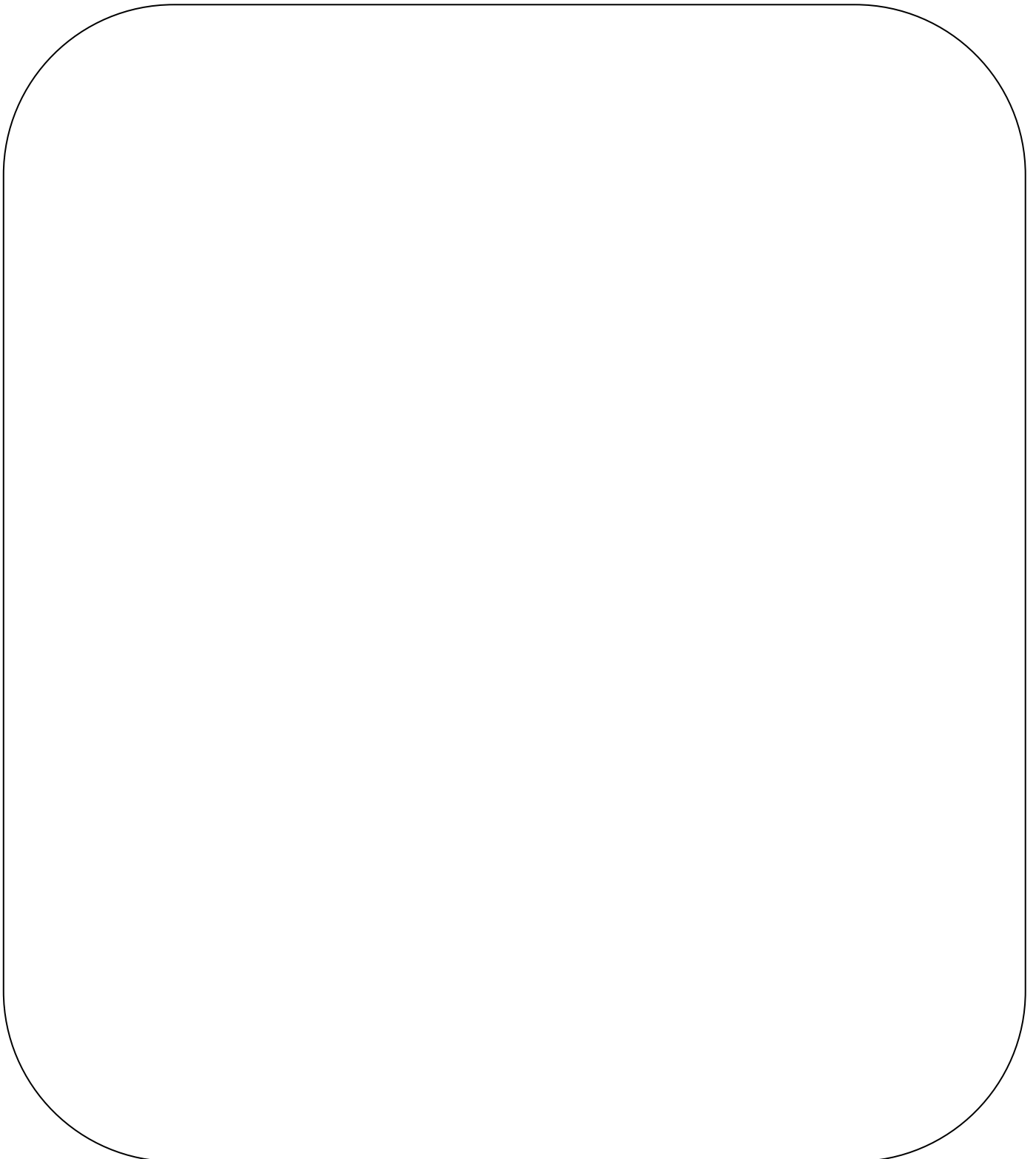
Other resources that may be useful:

- Youtube
- Documentaries
- Pinterest
- Skeleton anatomy model
- Human organs anatomy model

- Galt Toys Body Lab Biology Science Kit
- Kakiblin 3D organ apron with plush DIY organs
- Human body organ playdoh mat (and playdoh)
- Learning resources double-sided magnetic human body
- Human anatomy posters or charts
- Felt body anatomy model (etsy)
- Montessori body organ system cards (etsy)
- Montessori organ cards (etsy)
- Montessori body cells cards (etsy)
- Organ and body part cookie cutters (etsy)

## All About Me!

Stick a photograph or draw a portrait of yourself here and then write everything about you that makes you the special and wonderful person you are:

A large, empty rounded rectangular box with a thin black border, intended for a student to draw a portrait or write about themselves.

**What do you like?**

**What are your favourite foods?**

**What is your favourite thing to do?**

**What are your special talents?**

**Where are your favourite places to go?**

**Write 10 facts and affirmations about what makes you special and wonderful:**

1.

2.

3.

4.

5.

6.

7.

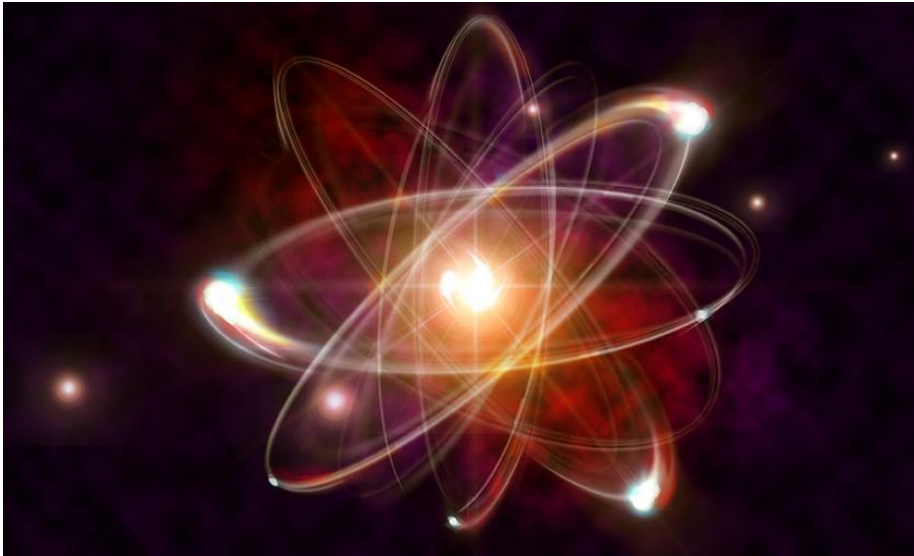
8.

9.

10.

## Raw Materials

### Atoms and Molecules



What is an Atom and what is a Molecule?

A large, empty rounded rectangular box for writing the answer.

Eight horizontal lines for writing the answer.

# Cells

What is a cell?

How many cells are there in the average human body?

How many different types of cells are in the human body?

Find out about 5 human body cells and what they do:

1.

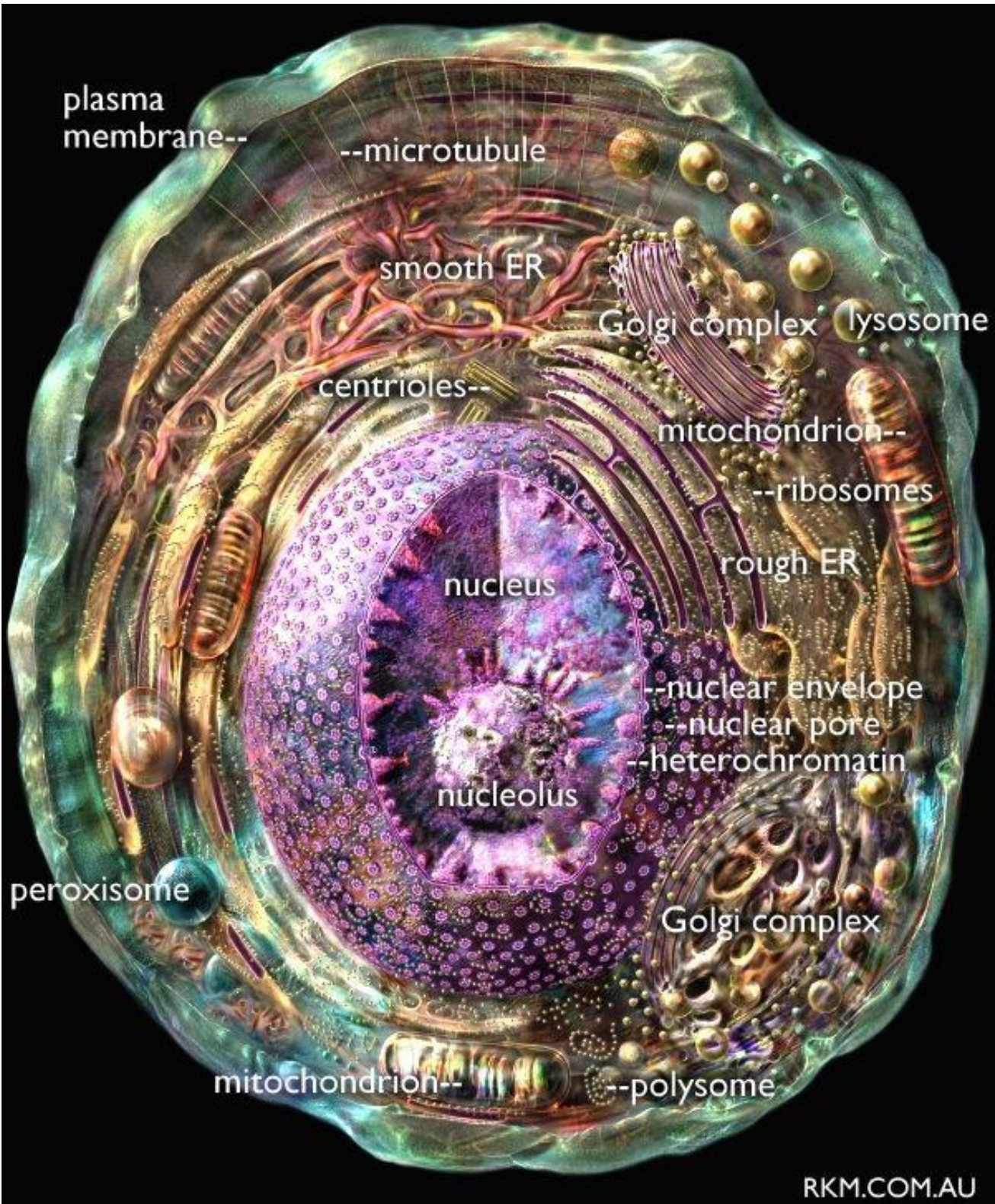
2.

3.

4.

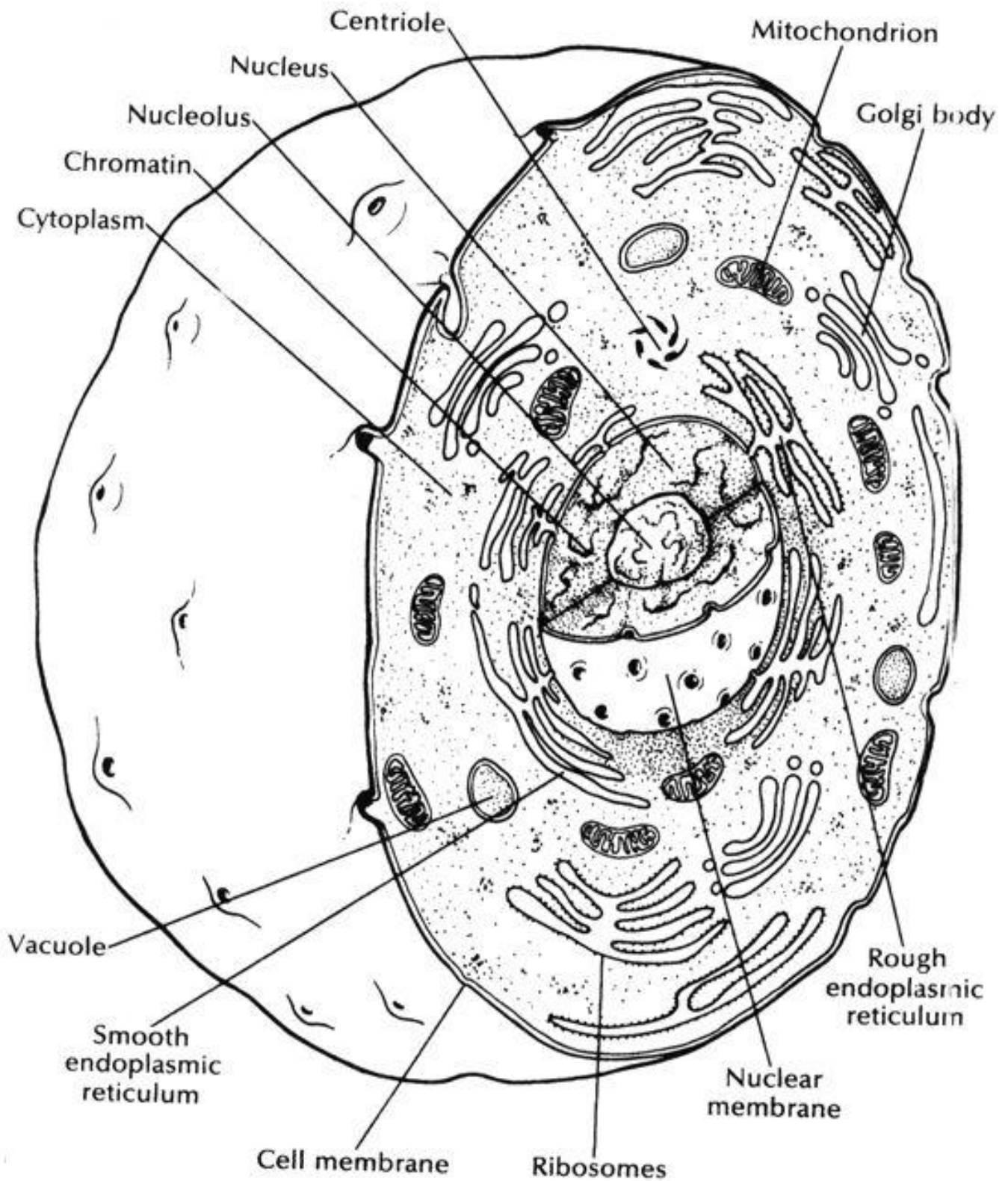
5.





Colour in and find out what the different parts of a cell do:

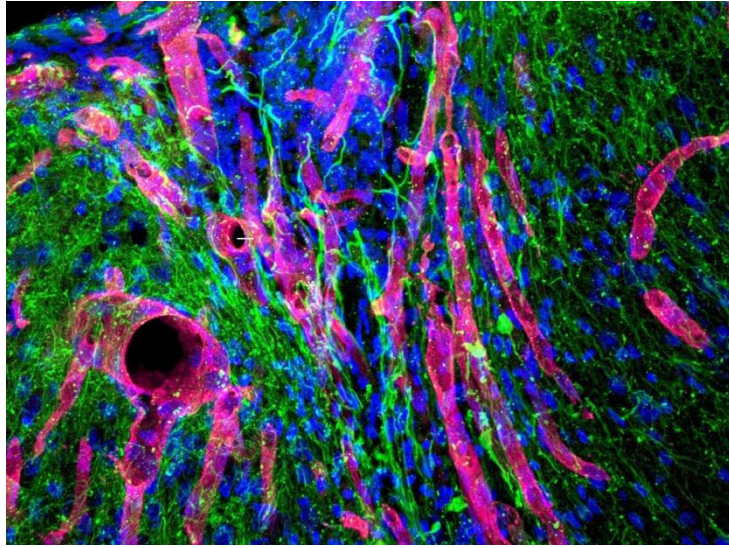
## Animal Cell







## Tissues



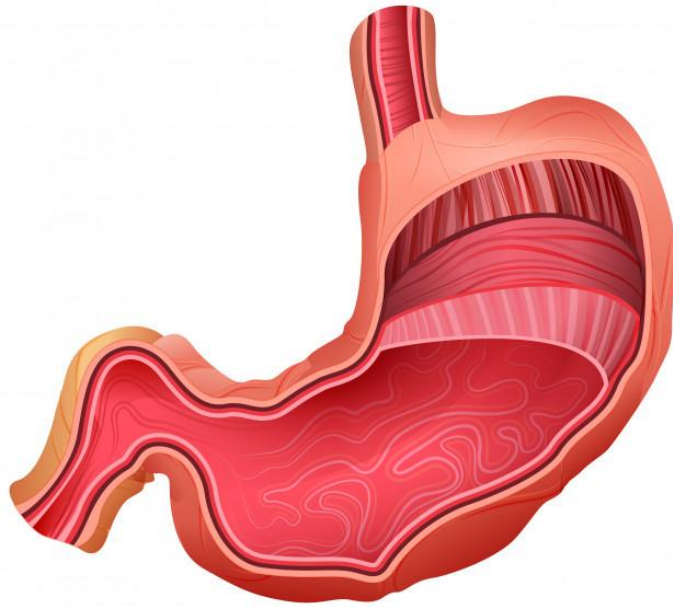
What are tissues?

What are they made of?

Name the four main types of tissue in the human body:

- 1.
- 2.
- 3.
- 4.

## Organs



What is an organ?

What are organs made of?

Name an organ and what its job is:

## Body Systems

What is a body system?

Name the 12 body systems found in the human body:

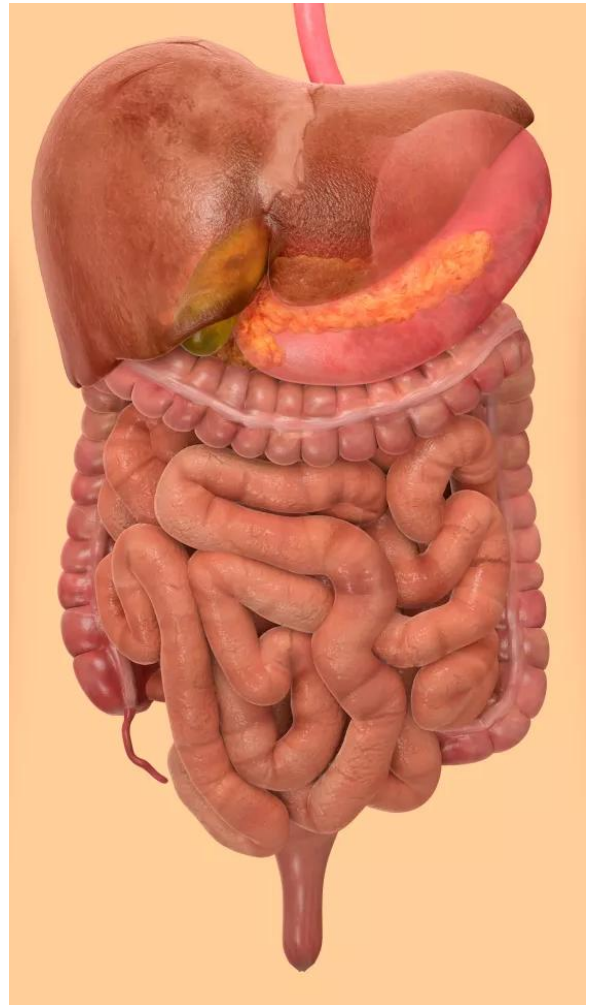
1.

2.

3.

4.

5.



6.

7.

8.

9.

10.

11.

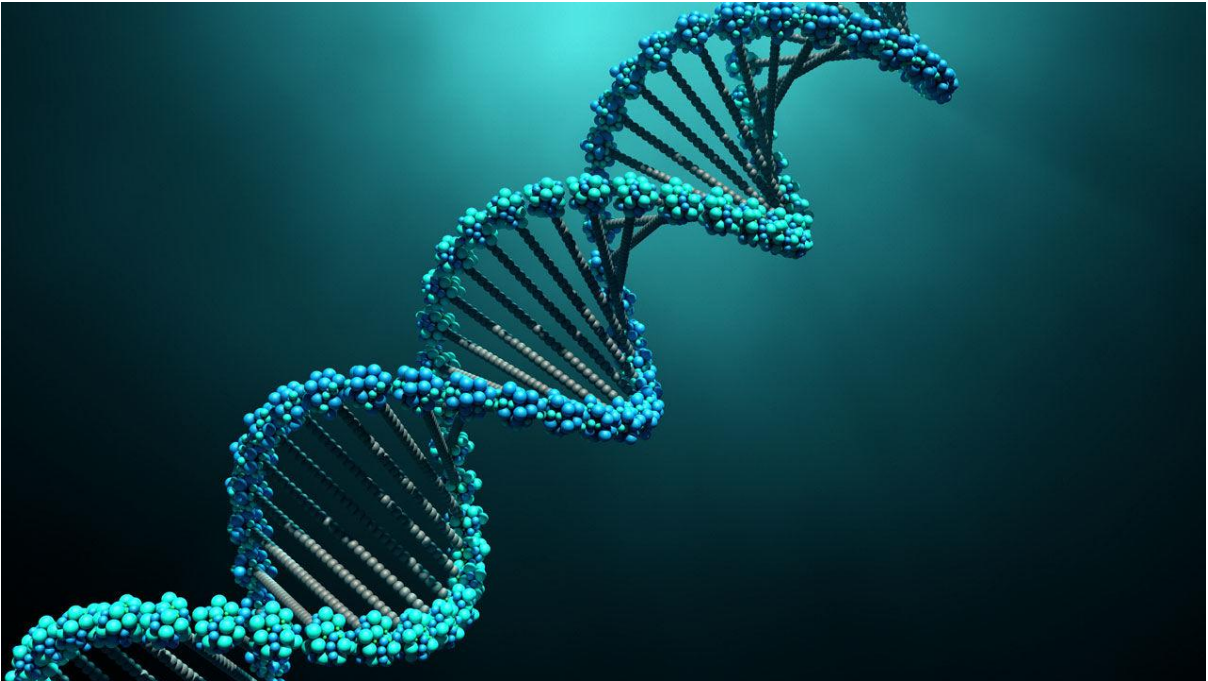
12.

# The Complete Human Body





# DNA



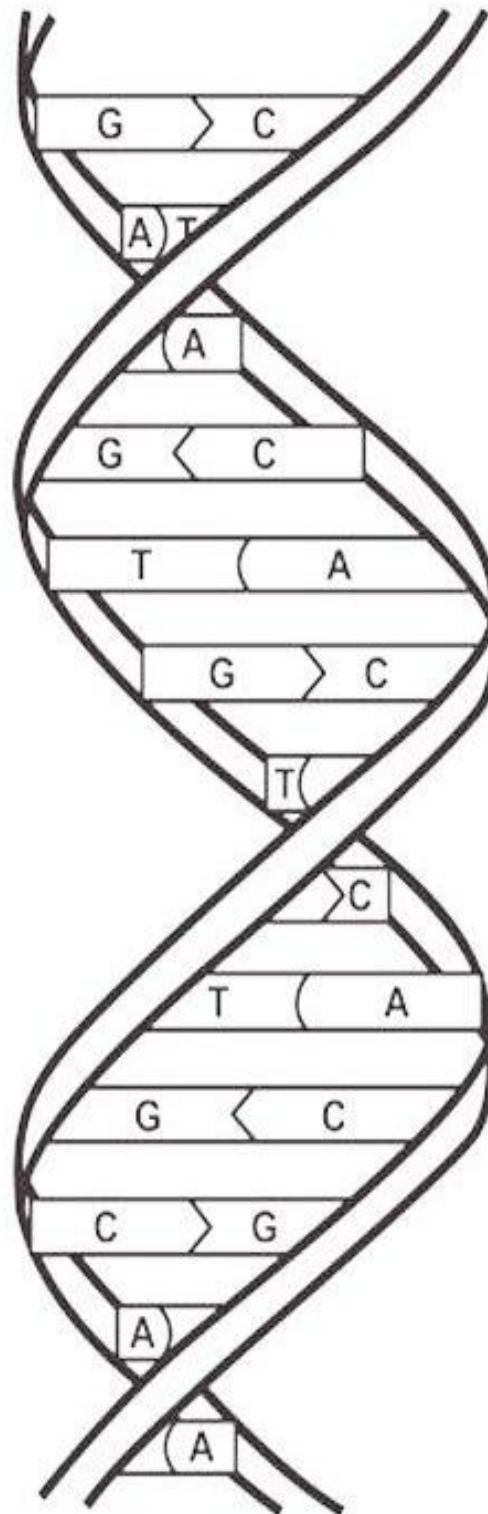
What are genes?

What are chromosomes?

How many Chromosomes does each cell have?

What is DNA?

**What are the four DNA bases and what do DNA bases do?**





# Strawberry DNA experiment

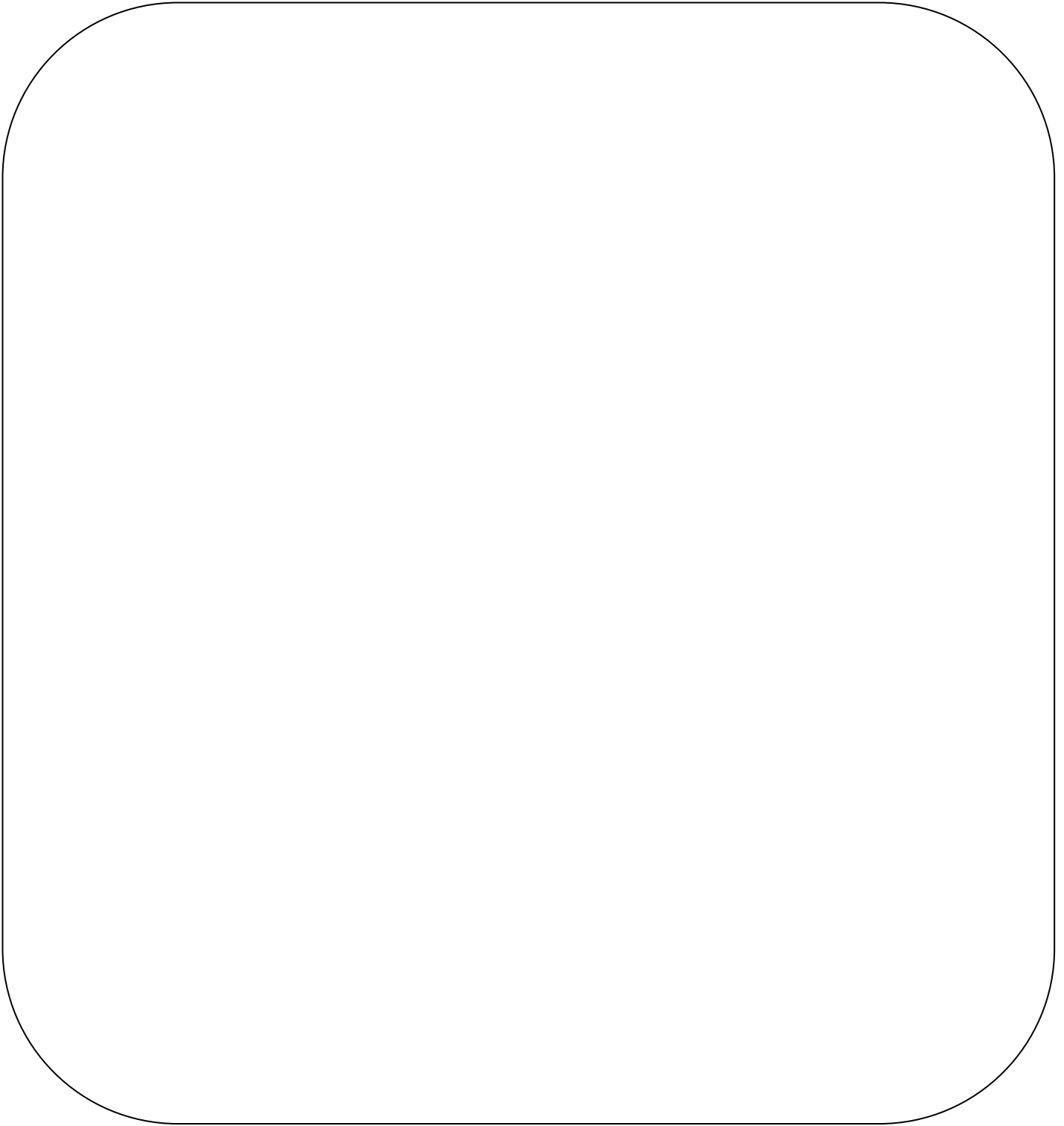
**Predication:**

**Equipment:**

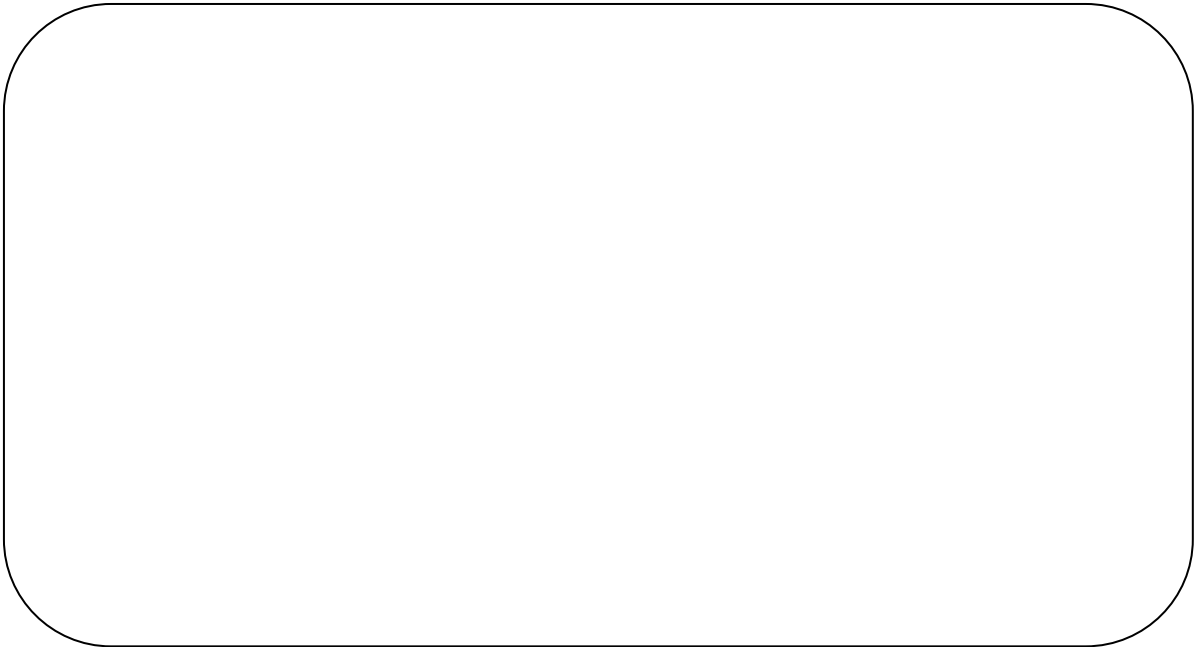
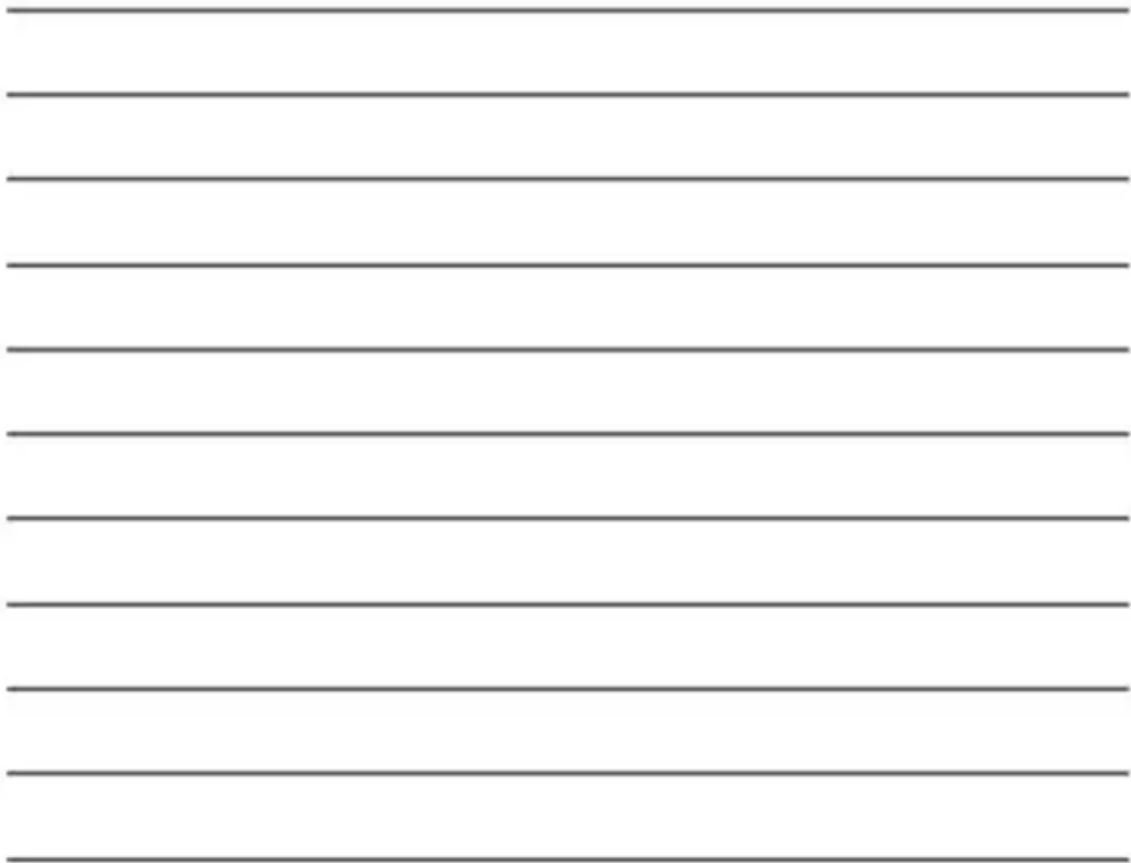
**Method:**

## Strawberry DNA experiment

**Outcome:**

A large, empty rounded rectangular box with a thin black border, intended for the student to write their experimental outcome. The box is centered on the page and occupies most of the lower half of the document.

**What interesting information did you find out from your research about the body basics?**

A large, empty rounded rectangular box with a thin black border, intended for writing a response to the question above.A series of ten horizontal lines, evenly spaced, intended for writing a response to the question above.

## The senses: What are they?

Name the seven senses that help our body to work:

1.

2.

3.

4.

5.

6.

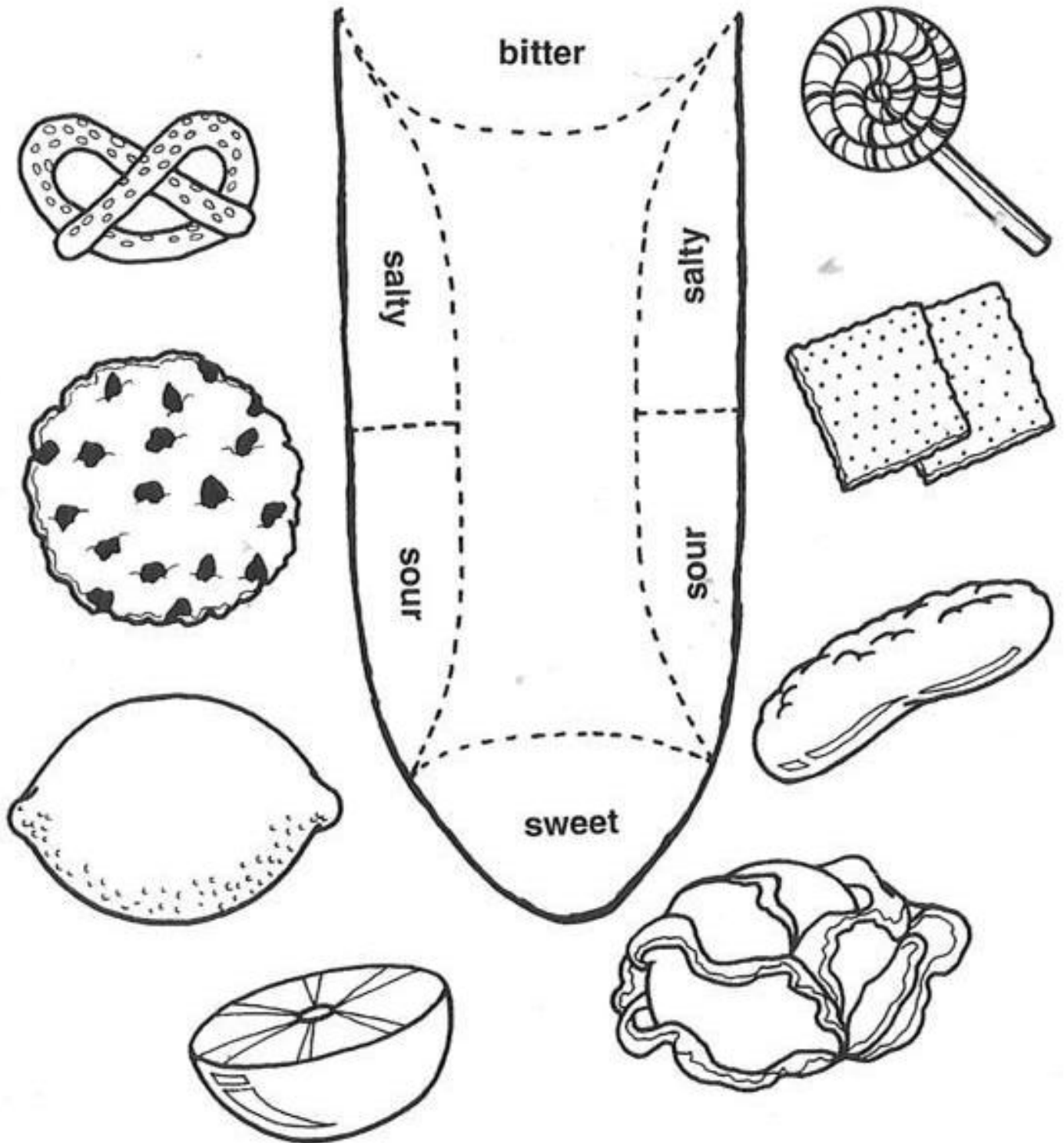
7.





# How We Taste Foods

Did you know that different parts of your tongue can taste different flavors? On your tongue you have bumps or taste buds that let you taste bitter, sour, salty, and sweet foods. The picture of the tongue below shows you where you taste bitter, sour, salty, and sweet foods. Draw a line from the pictures at the bottom of the page to the part of the tongue where they will be tasted. Color the pictures. Circle your favorite taste.





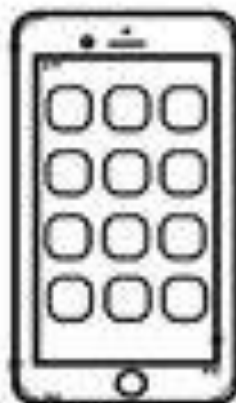
Name \_\_\_\_\_

# Sense of Smell

Directions: Color the items you can smell.



**smell**

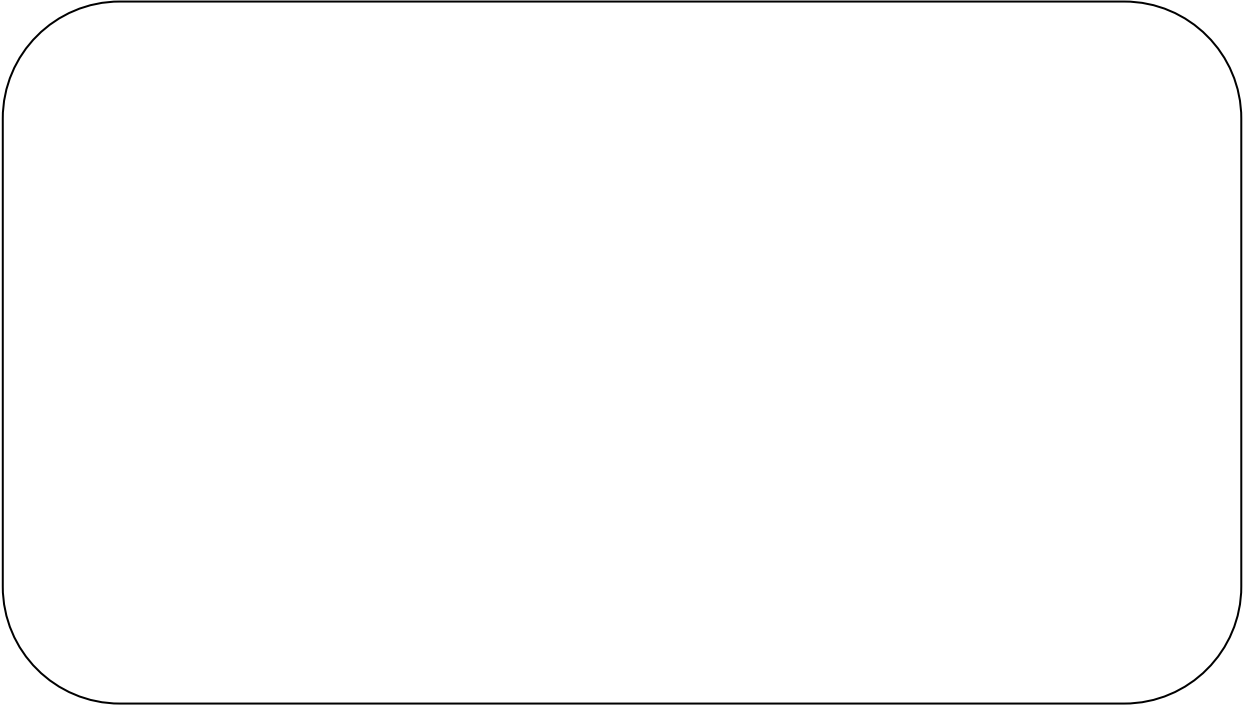


**Make a table of the smells you love and hate the most; you could even do a blindfold test of different smells and decide if they are good or bad**

Smell	Good	Bad

## The Nose

Draw the nose and record some facts about it



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**Things I Can Hear:**

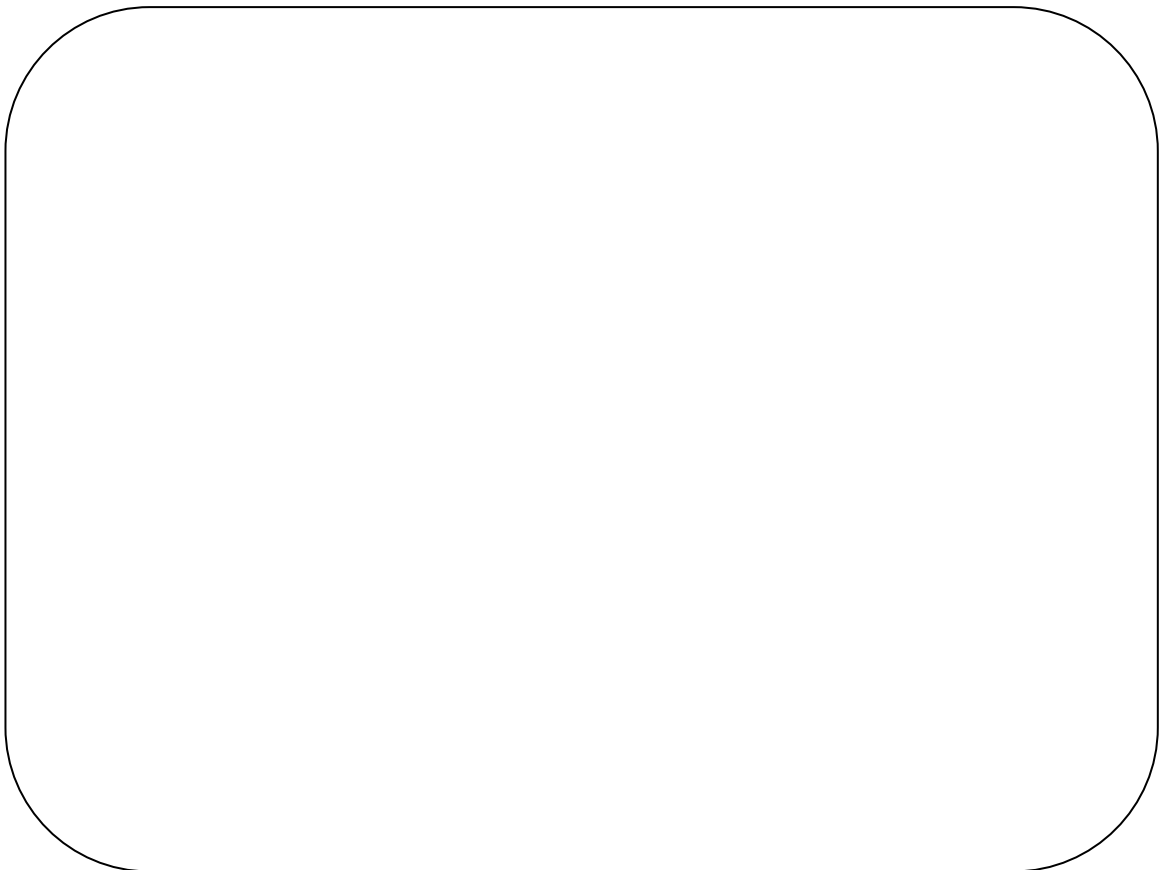


## Hearing Game

Play Marco Polo with a friend or family member; use a scarf tied around your eyes or a blindfold so that you cannot see. You shout Marco, they reply with Polo and you have to see if you can find where they are coming from using your sense of sound and try and catch them! They can keep moving around so you need to keep calling out Marco and listen for their response of Polo!!

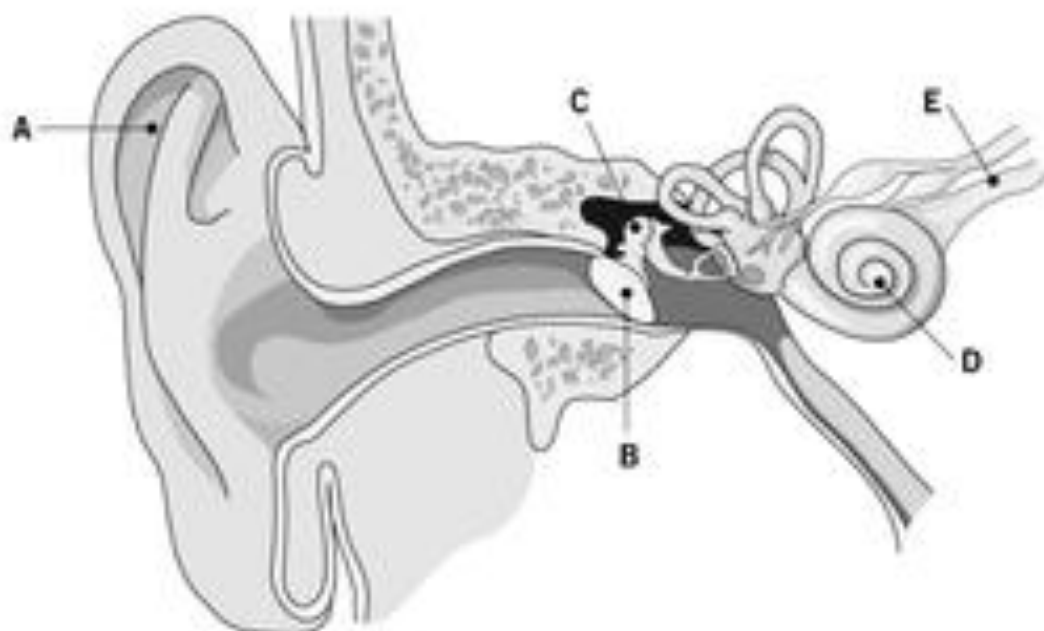
Was it harder than you imagined?

What helped you?

A large, empty rounded rectangular box with a thin black border, intended for the user to write their answers to the questions above.

## The Structure and Function of the Ear

1. The diagram shows the structure of the ear. Complete the table with the correct name for each labelled part of the ear using the word bank below:



Label	Part of the ear
A	
B	
C	
D	
E	

Pinna

Cochlea

Ear Drum

Auditory Nerve

Ossicles



## **What Do the Different Parts of the Ear Do?**

**Pinna**

**Ear Drum**

**Cochlea**

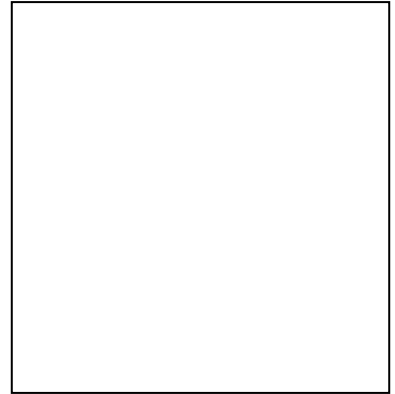
**Ossicles**

**Auditory Nerve**

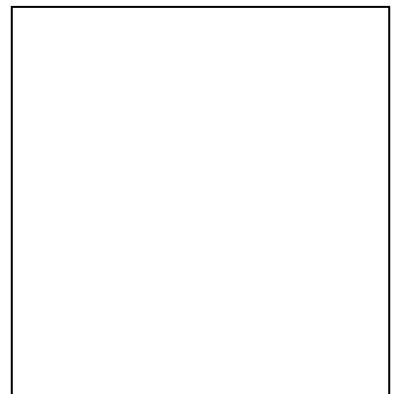
## How Hearing Works

All sounds make invisible ripples, or waves, in the air. The ear collects sound waves and converts them first into vibrations, then into signals that the brain interprets as sounds.

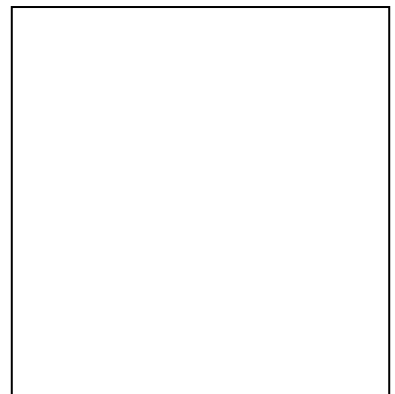
1.



2.



3.



## **Vestibular**

**What is the vestibular sense?**

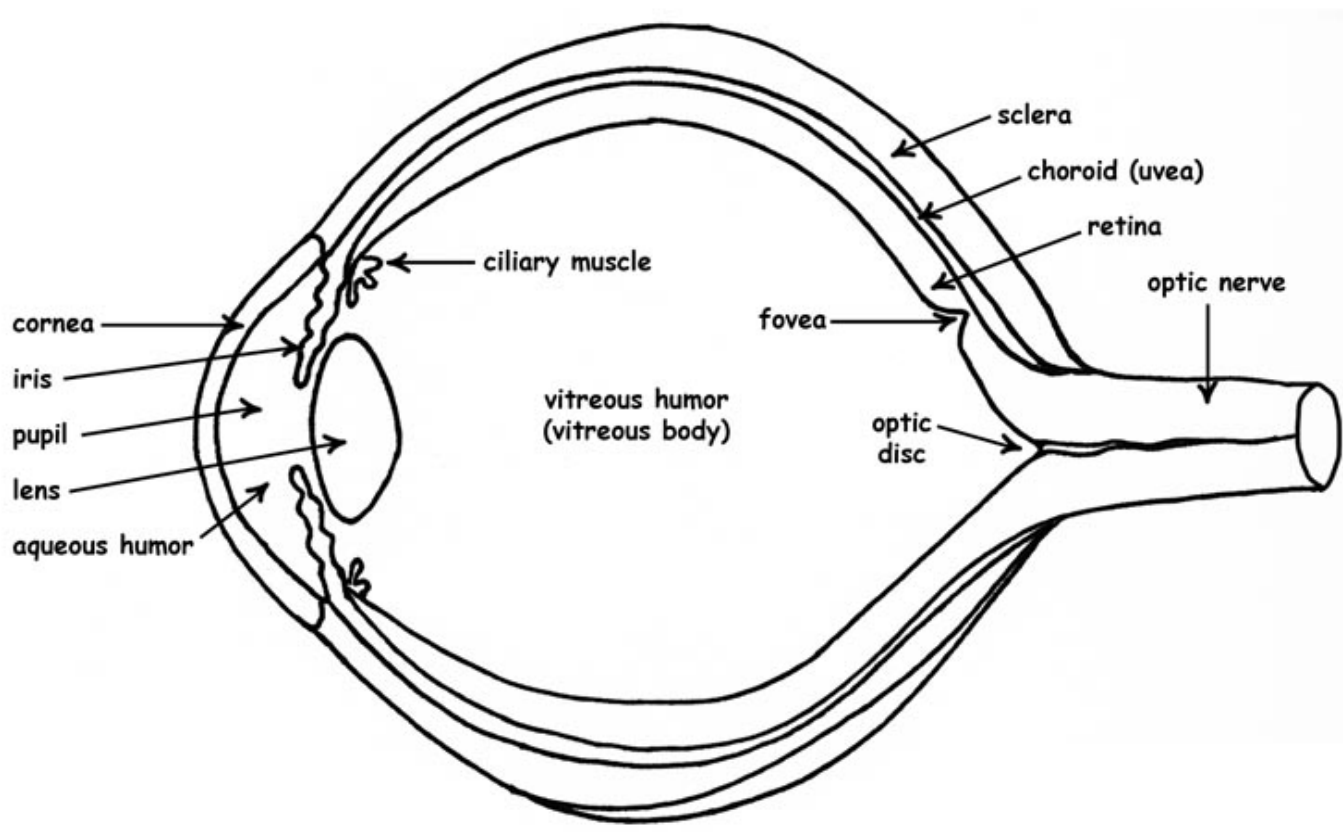
**How does it help you?**

**Draw some activities that use the vestibular sense:**

## Things I Can See



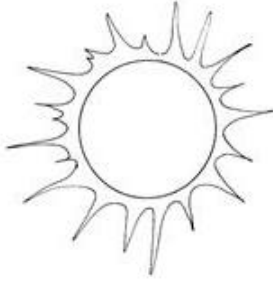
## Color the Structures of Eye





Color the things that you can touch and put a square on the things you can't touch.

# Sense of Touch



**Find 10 items around your house and describe how they feel using your sense of touch**

Item	How did it feel?



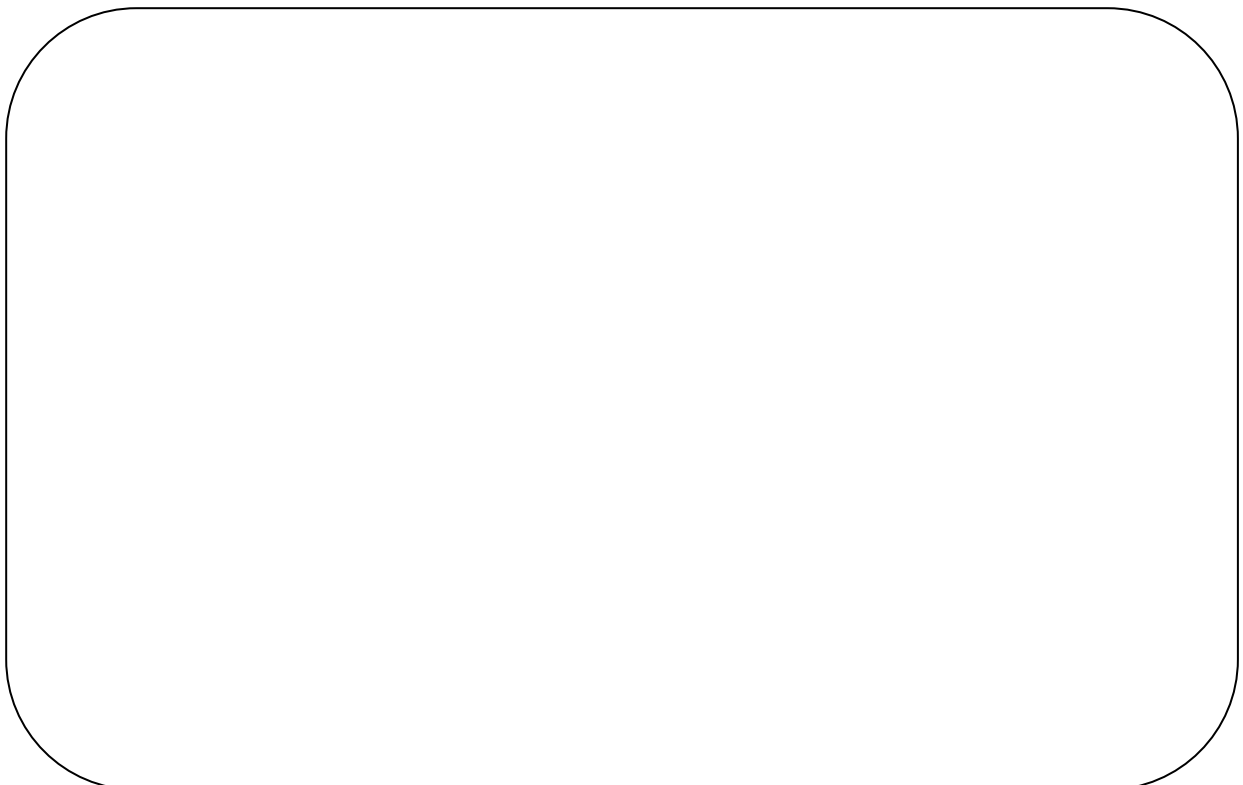
# Precipitation

**What is Precipitation?**

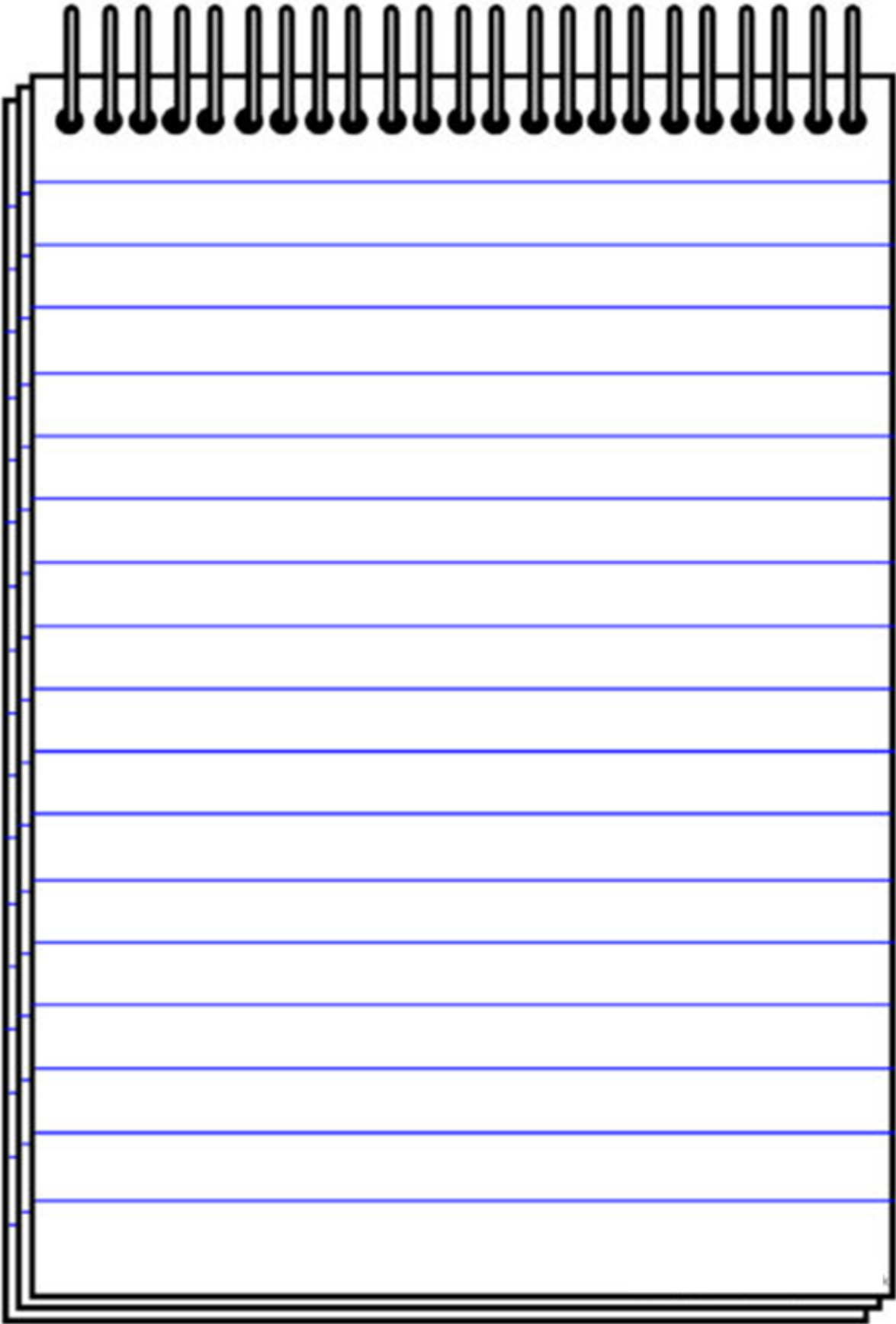
**How does it affect our bodies?**

**How does effect what we do?**

**Draw some Precipitation Activities here:**

A large, empty rounded rectangular box with a thin black border, intended for drawing or illustrating precipitation activities. The box is centered on the page and occupies a significant portion of the lower half.

Interesting Facts



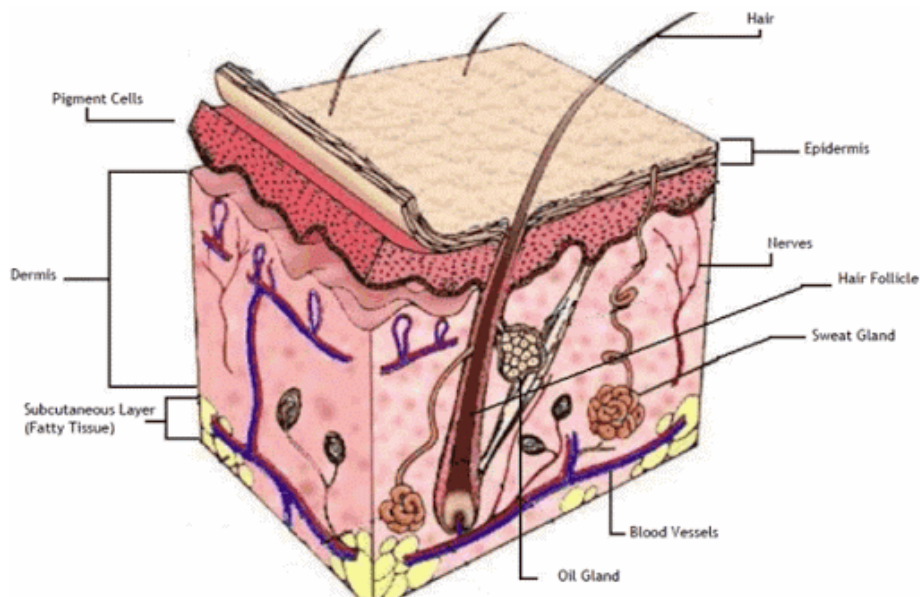
# Integumentary System

What 3 parts make up the Integumentary system?

1.

2.

3.



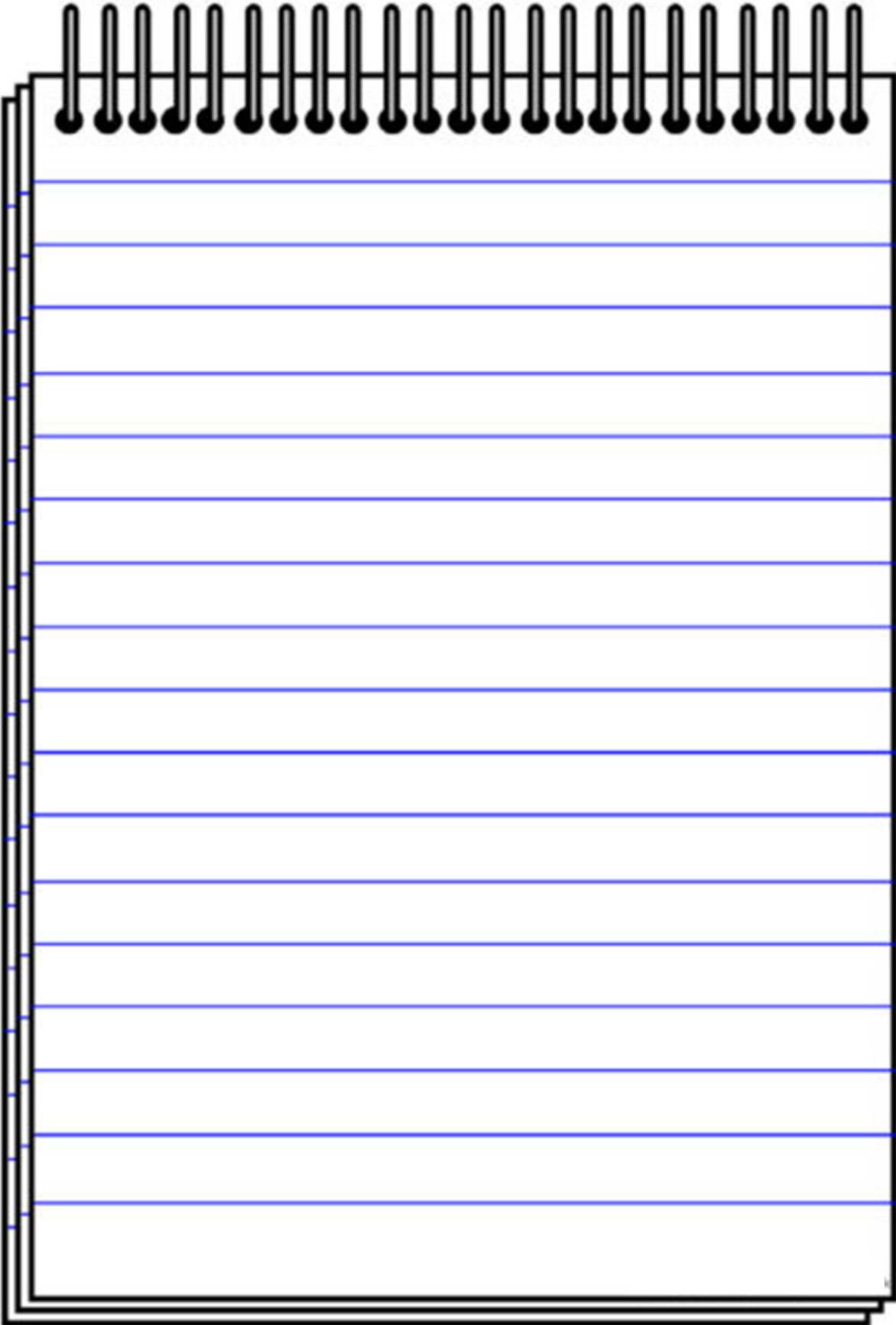
What is skin and what does it do?

**What are nails and what do they do?**

**What are facts about human hair you can find:**

**How does the integumentary system help and affect our bodies?**

Interesting Facts



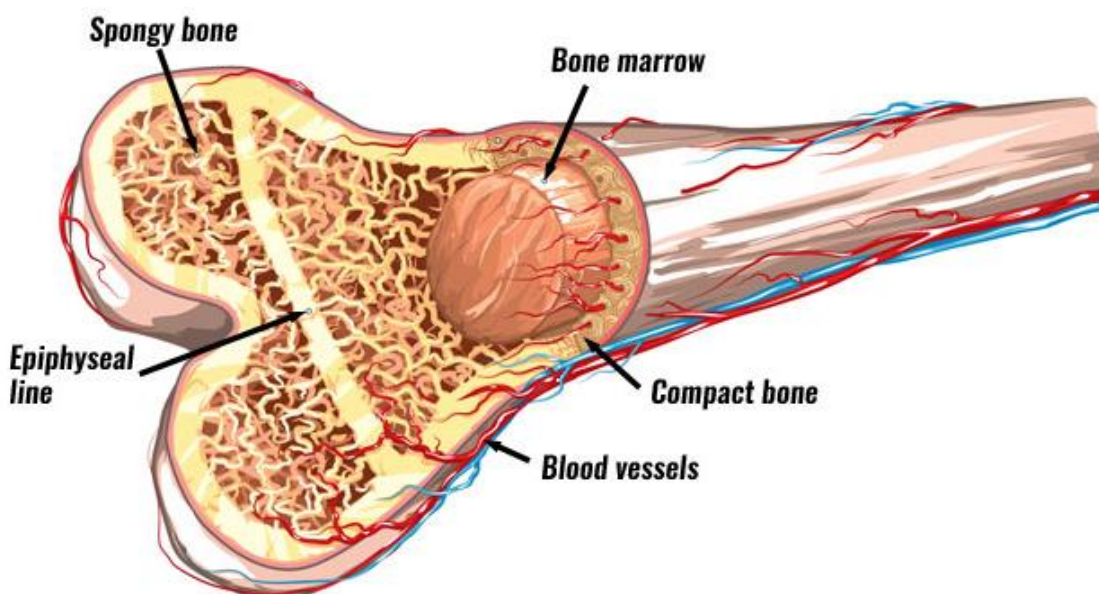
# Skeletal System

What does our skeleton do?

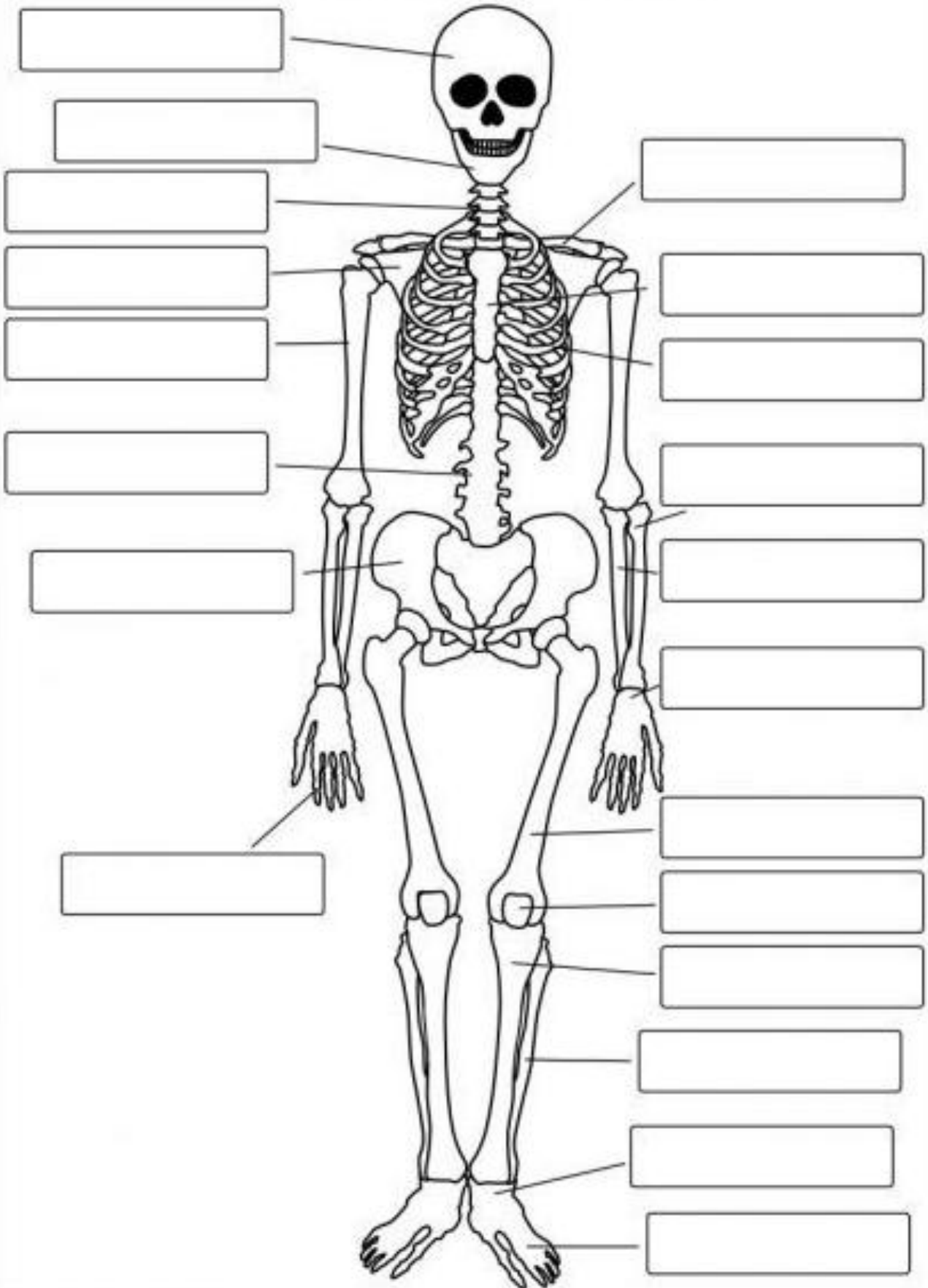
How many bones are in the average human body?

What would happen if we didn't have a skeleton?

Inside a bone:



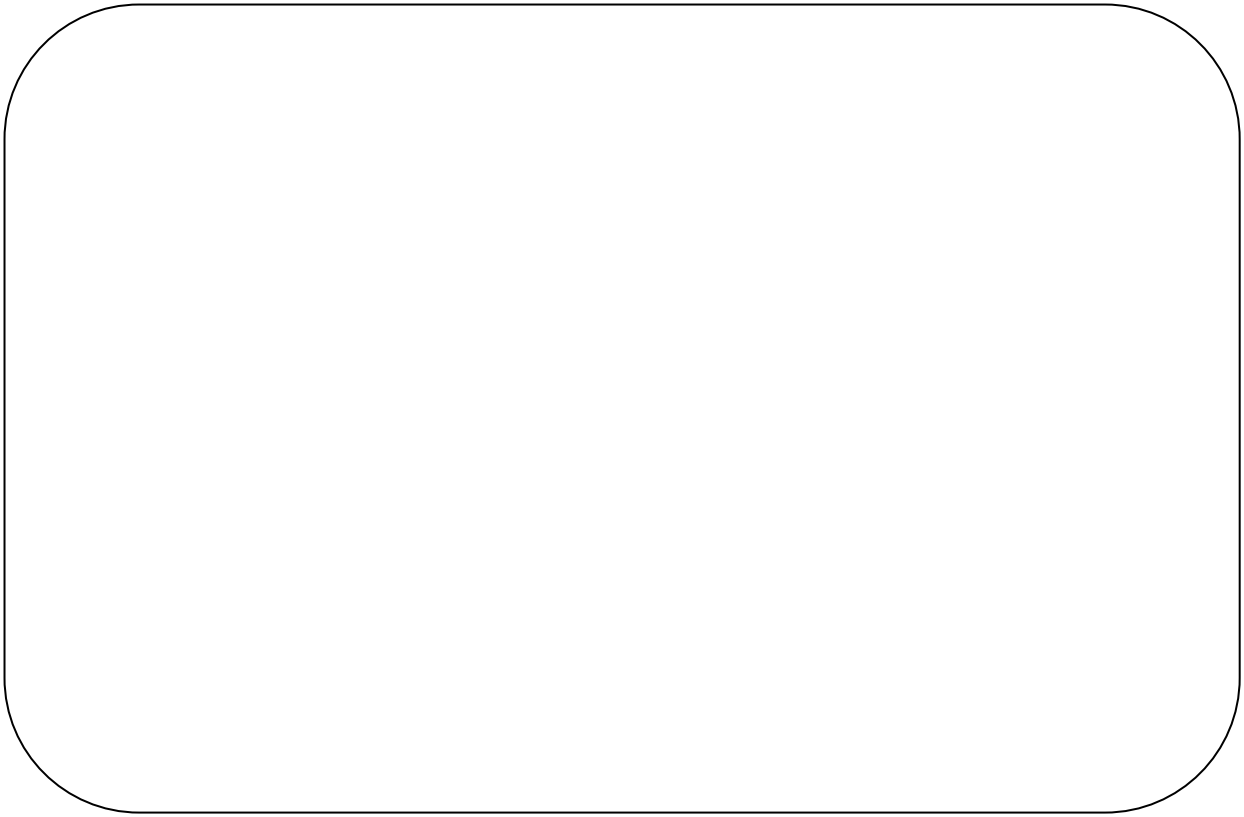
# The Human Skeleton





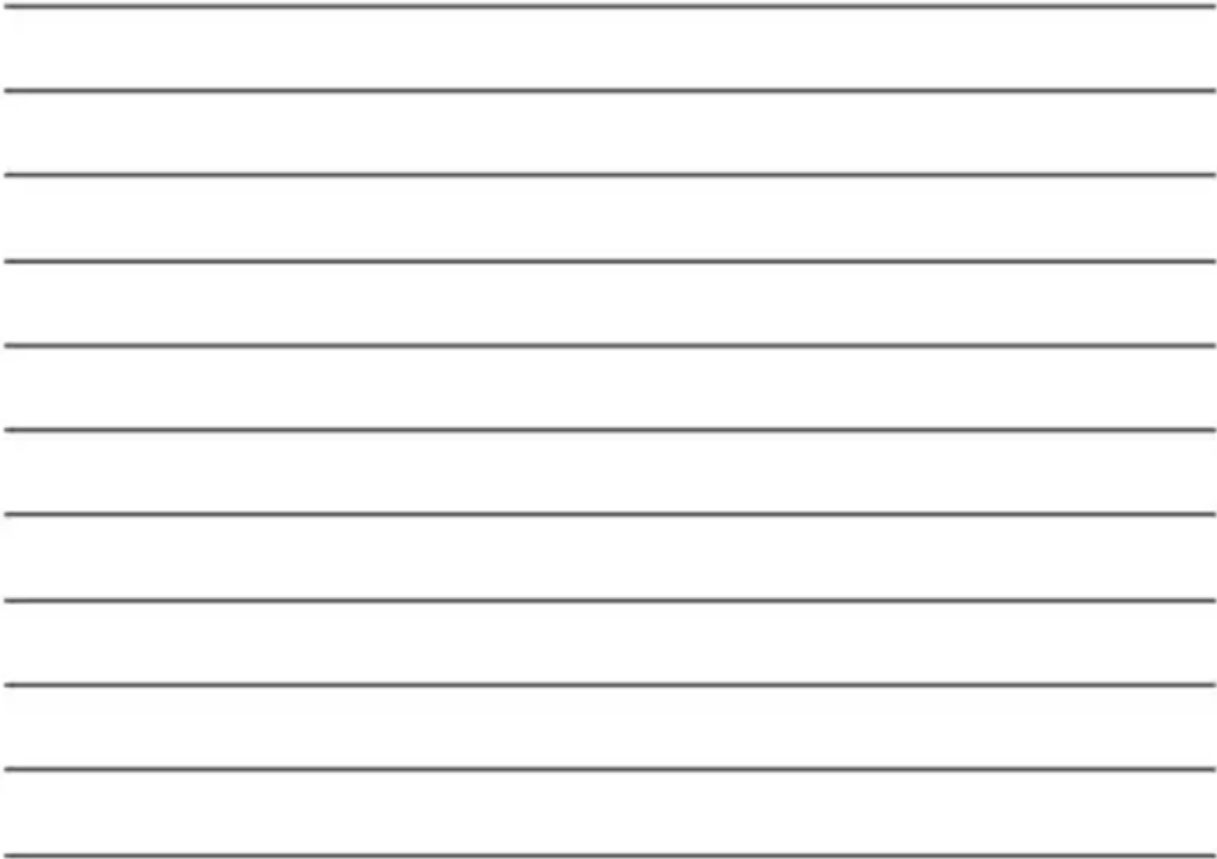


# The Backbone

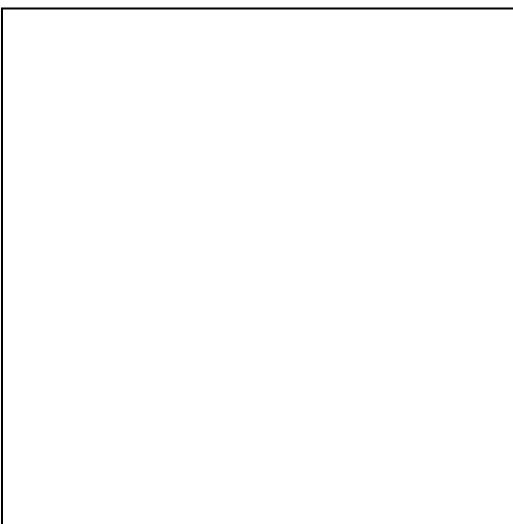
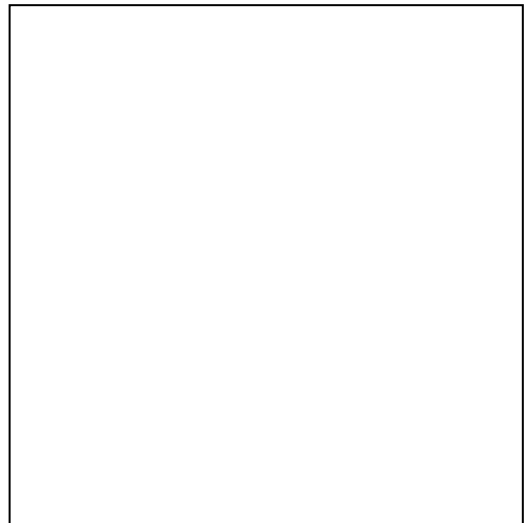
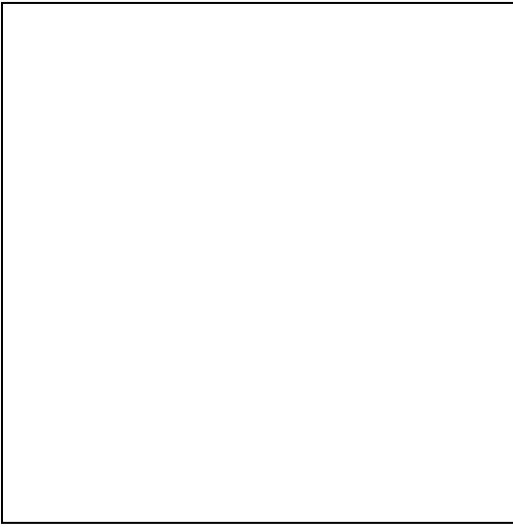
A large, empty rounded rectangular box with a thin black border, intended for a drawing or a detailed written response.Ten horizontal black lines of equal length, spaced evenly down the page, providing a guide for writing.



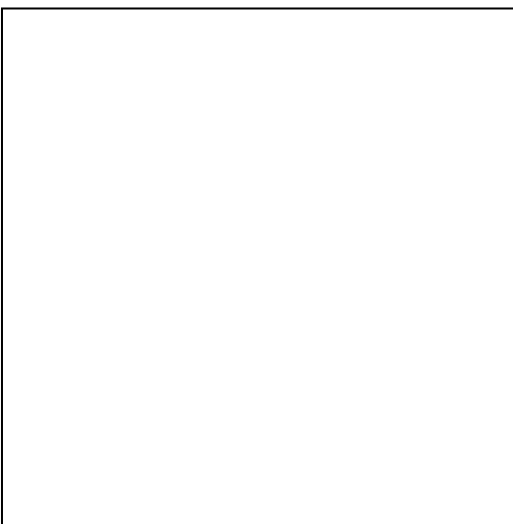
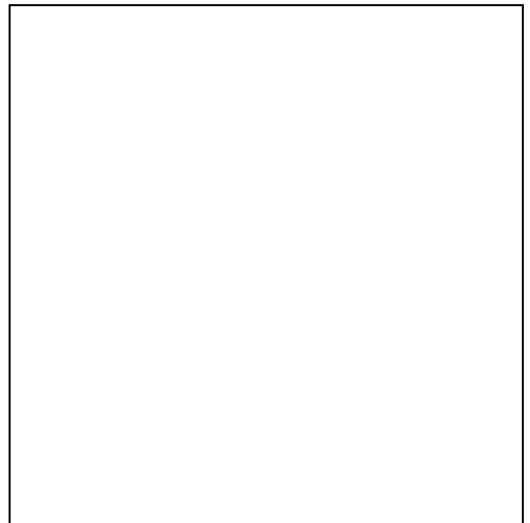
# Joints



## Six Types of Joints

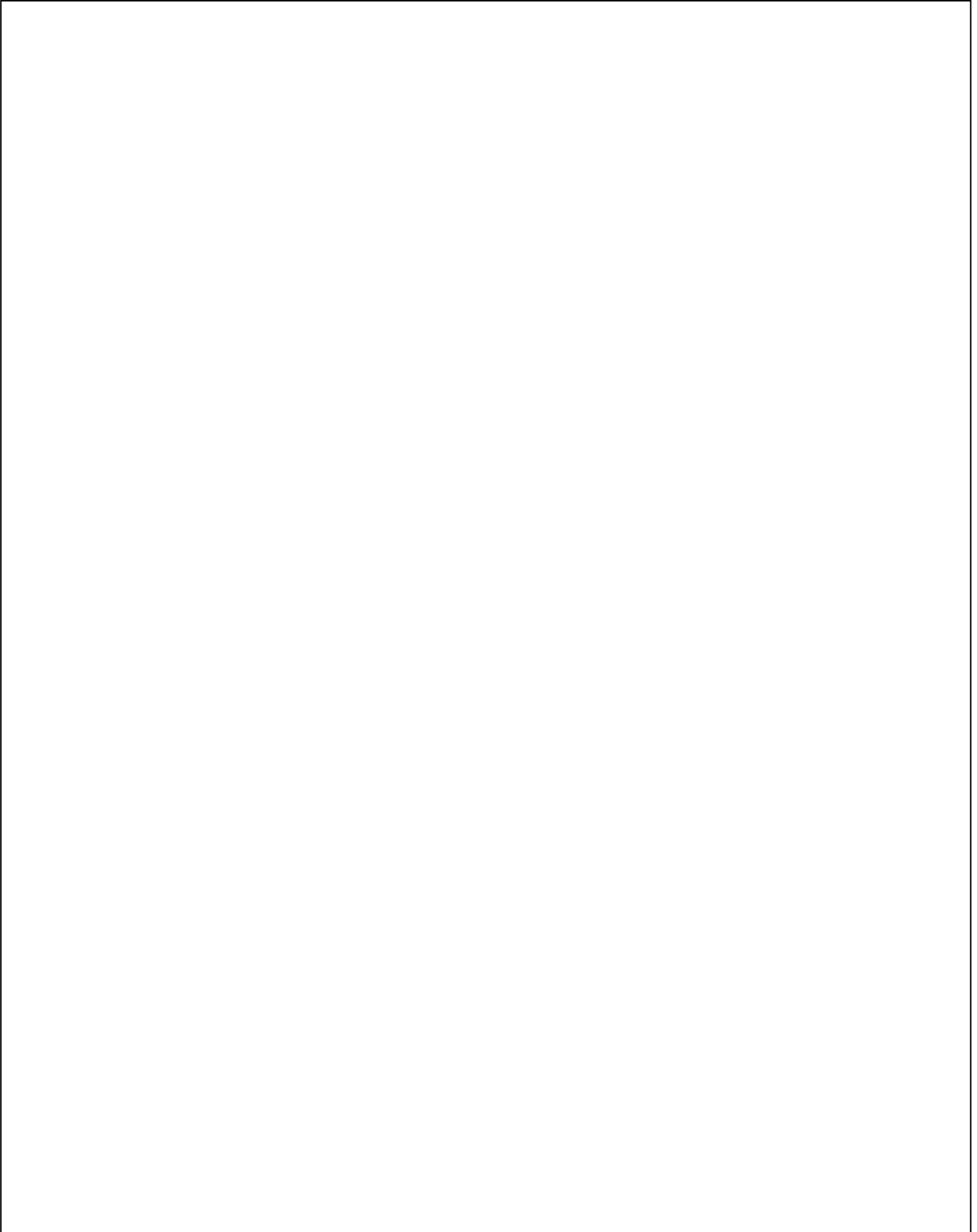


## Six Types of Joints





## Make an Articulated Skeleton Hand


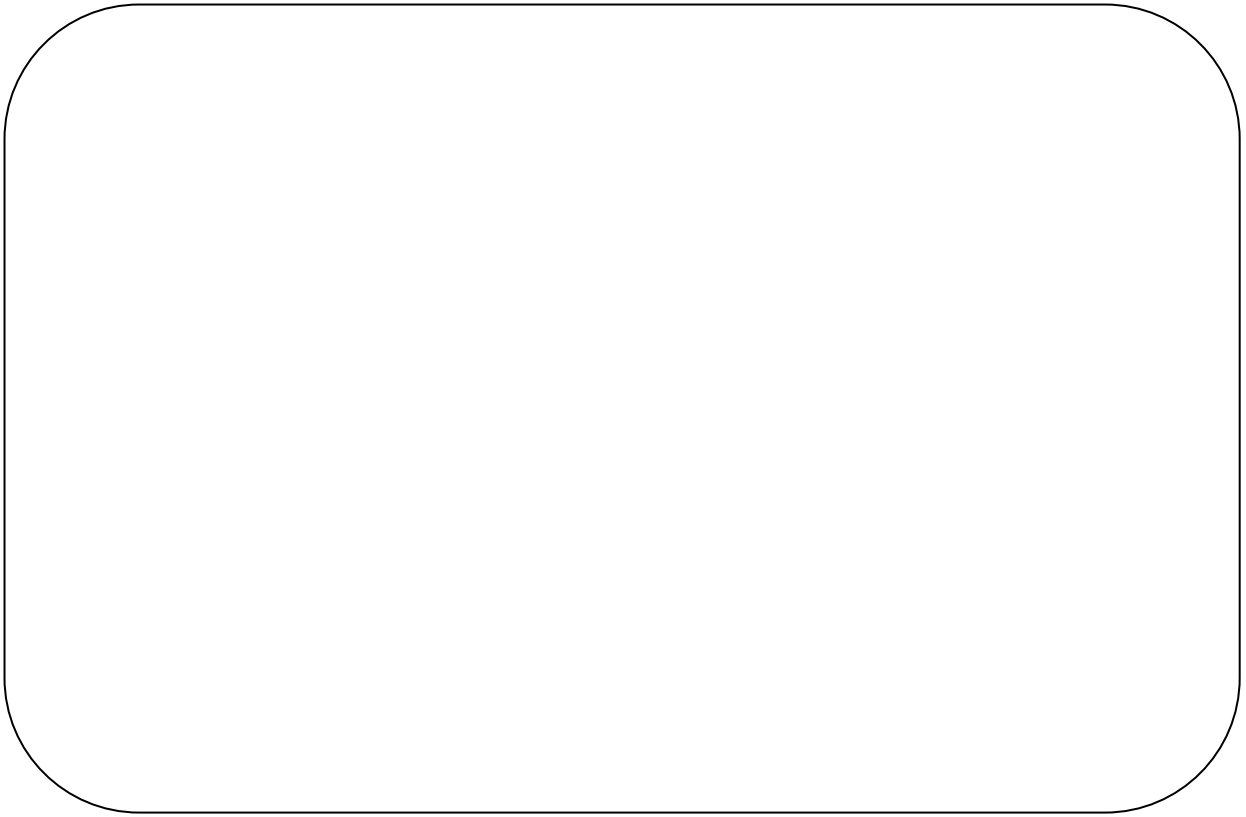








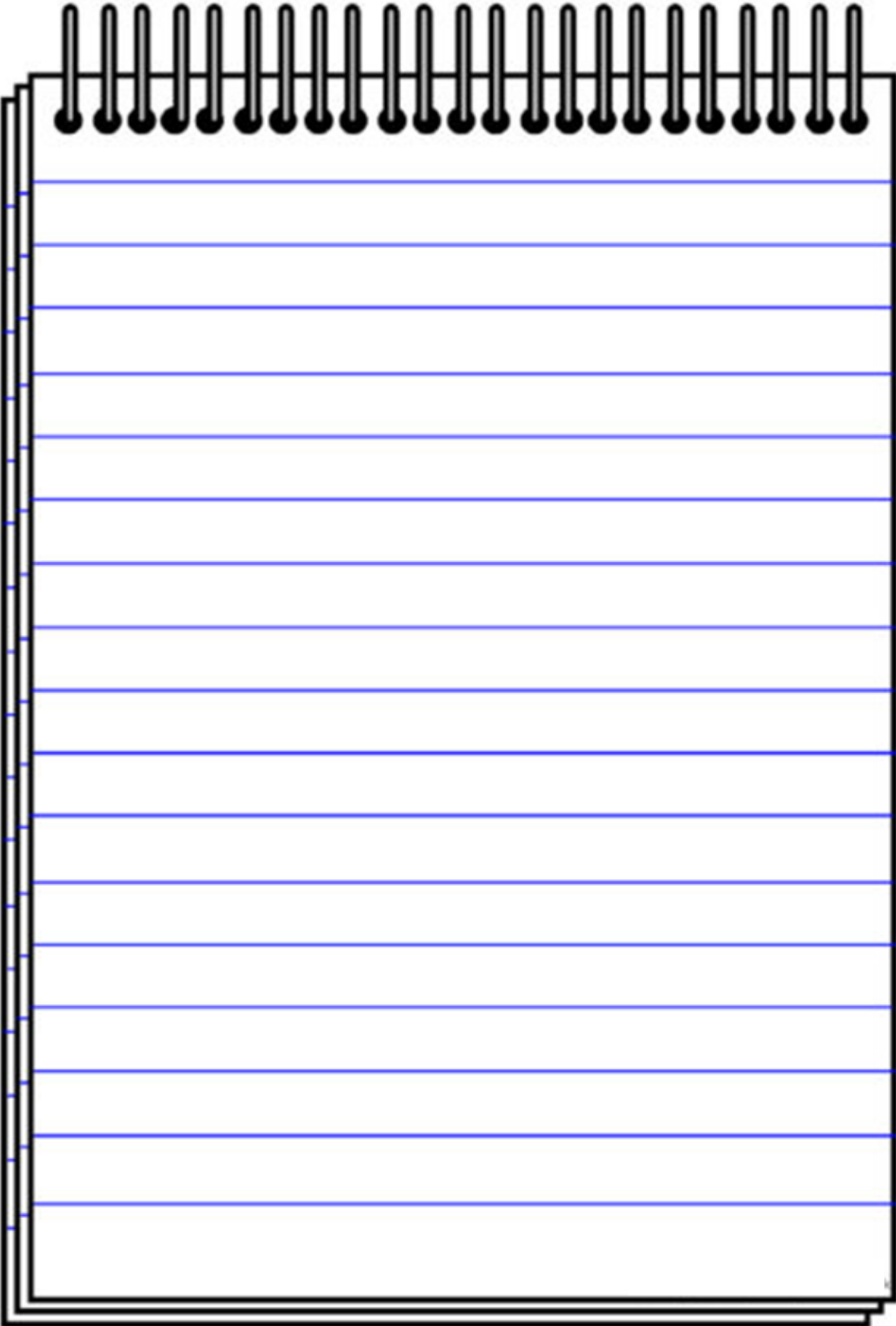
## What are Bones Made Of?







Interesting Facts



## **Muscular System**

**What does the muscular system do?**

**What are muscles made of?**

**What do muscles do?**

**Give an example of conscious muscle movement:**

**Give an example of unconscious muscle movement:**

**What are the 3 types of muscle in the body?**

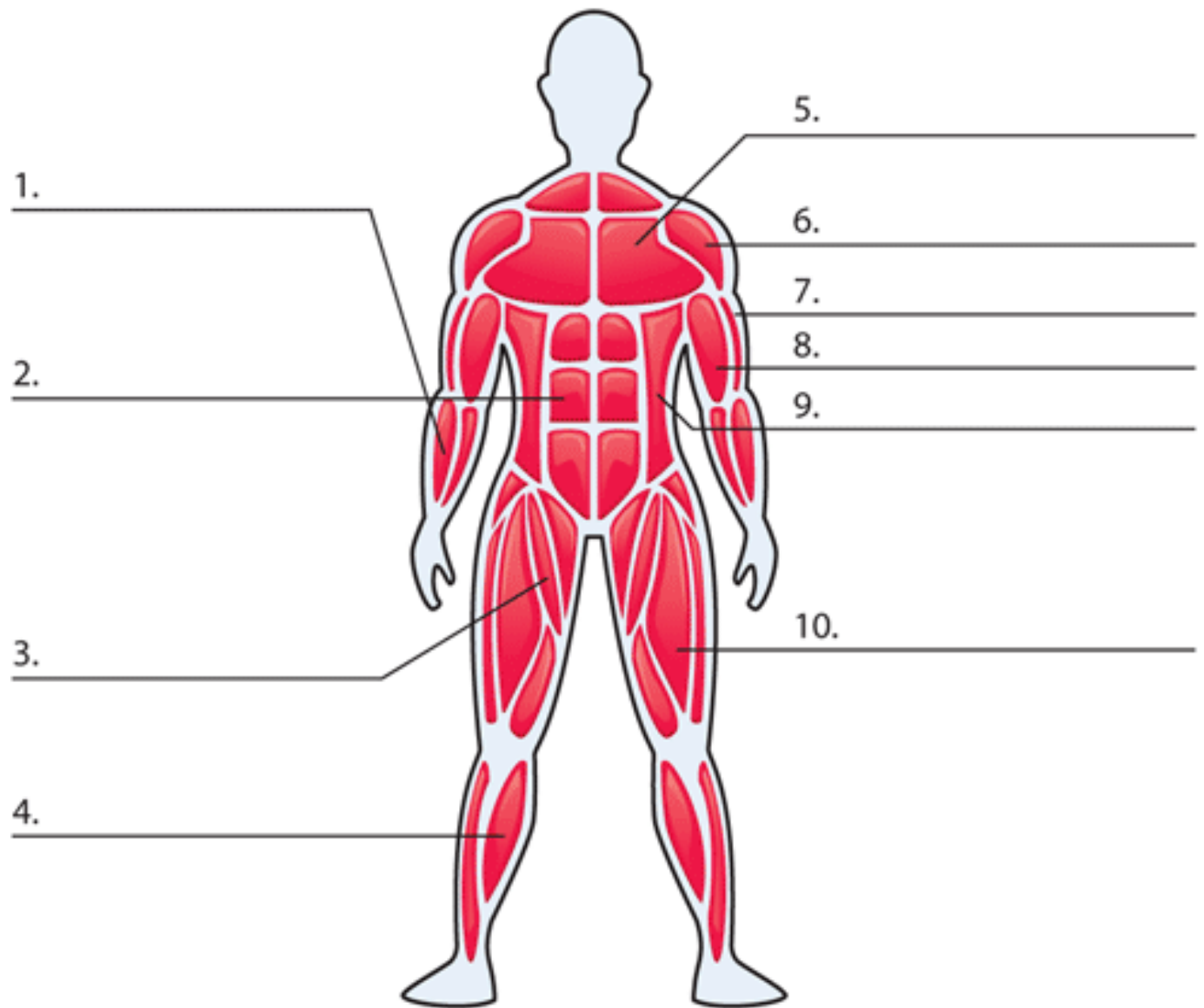
**1.**

**2.**

**3.**

# HOW THE BODY WORKS

## The Muscles



### WORD BANK

sartorius  
rectus abdominus  
deltoids

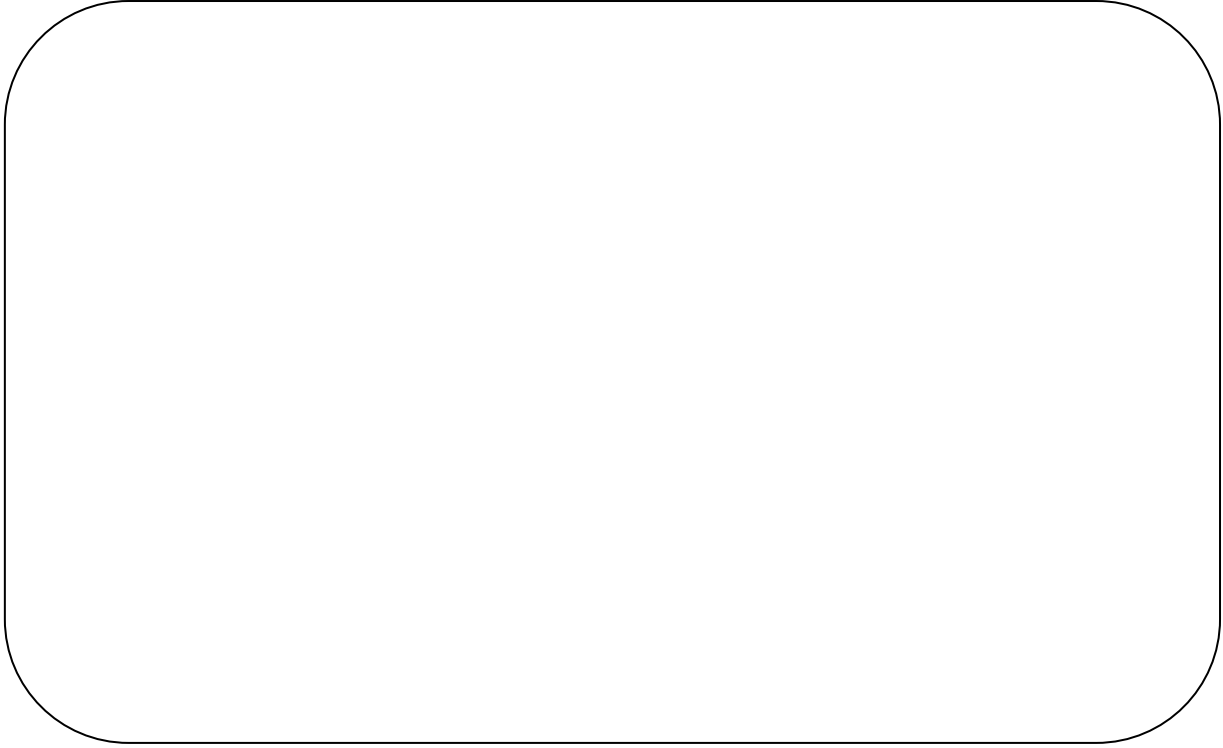
brachioradialis  
pectorals  
triceps

biceps  
external obliques

quadriceps  
gastrocnemius

## Watch a Youtube Video About How Muscles Work

What did you learn?



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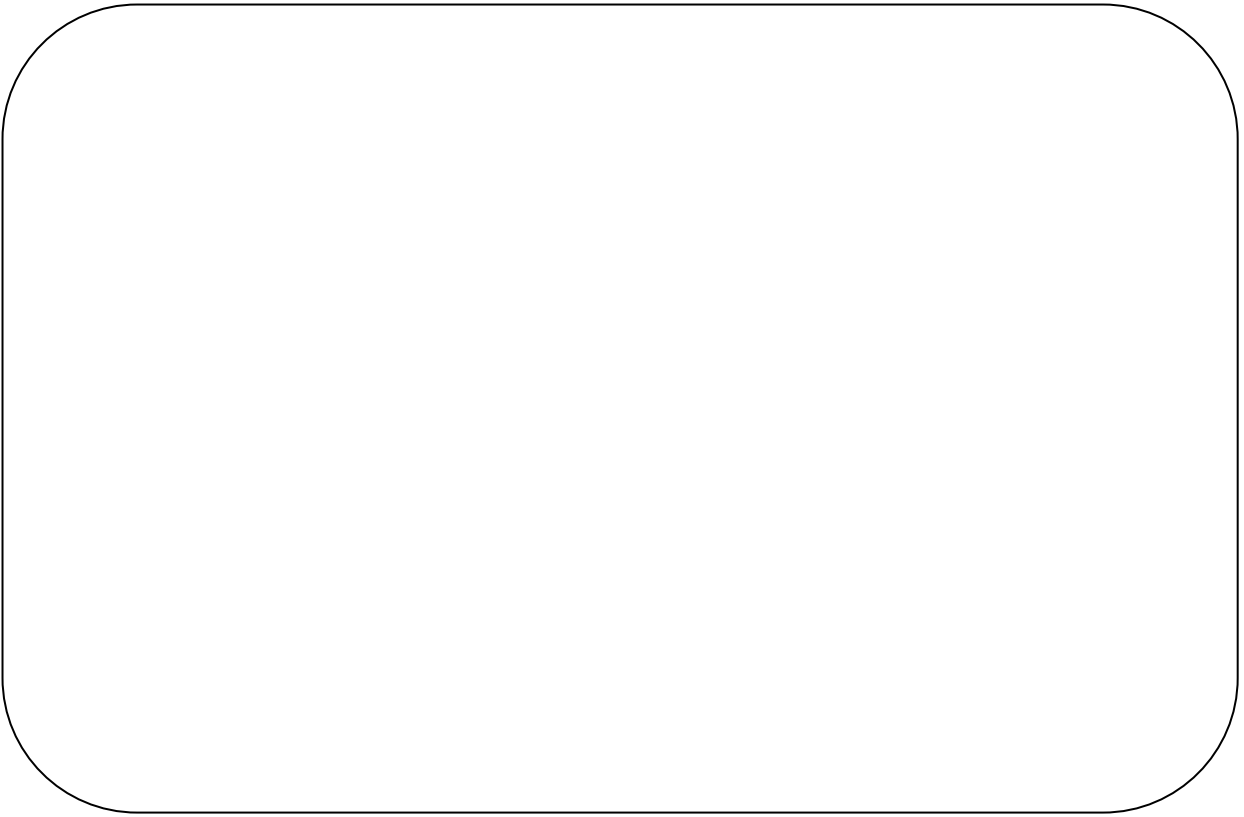
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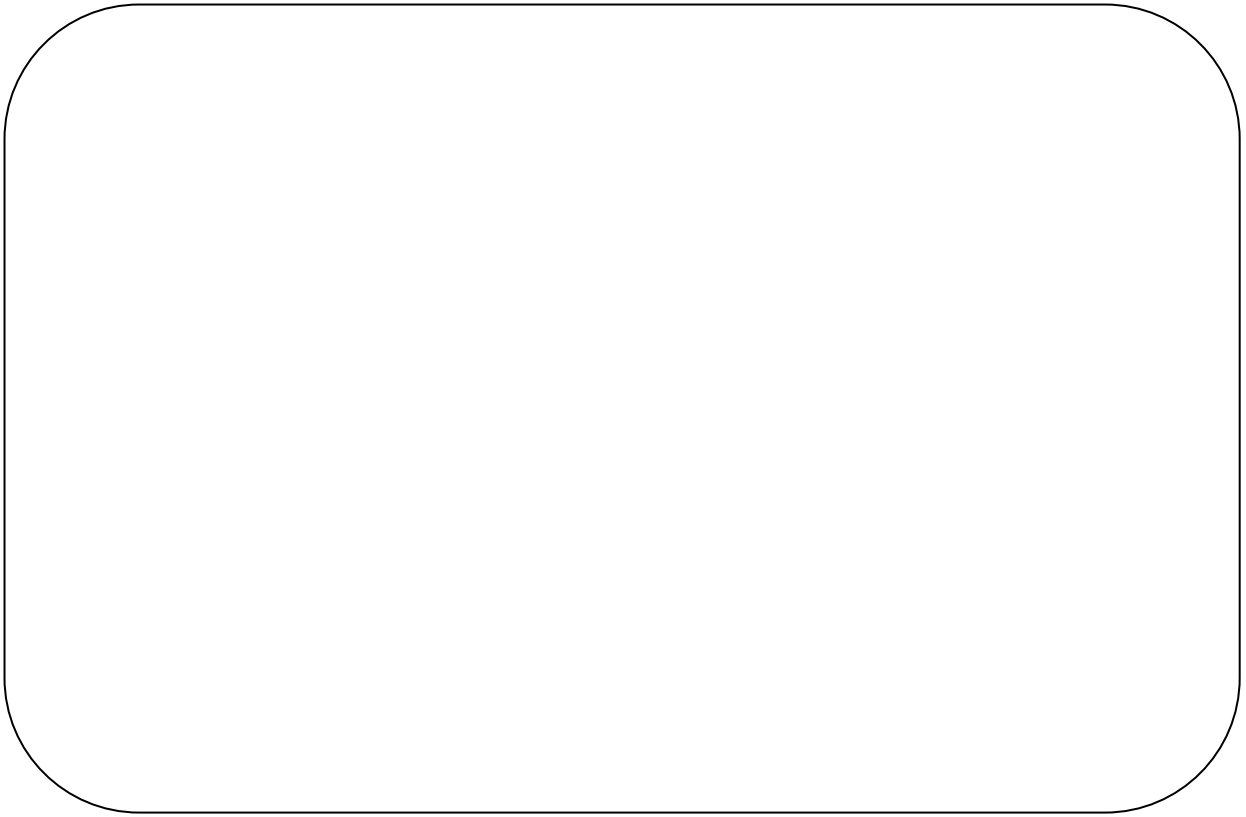

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## What Facial Muscles Do

A large, empty rounded rectangular box with a thin black border, intended for drawing or taking notes. It occupies the upper half of the page.A series of 12 horizontal lines spaced evenly down the lower half of the page, intended for writing an answer. The lines are thin and black.

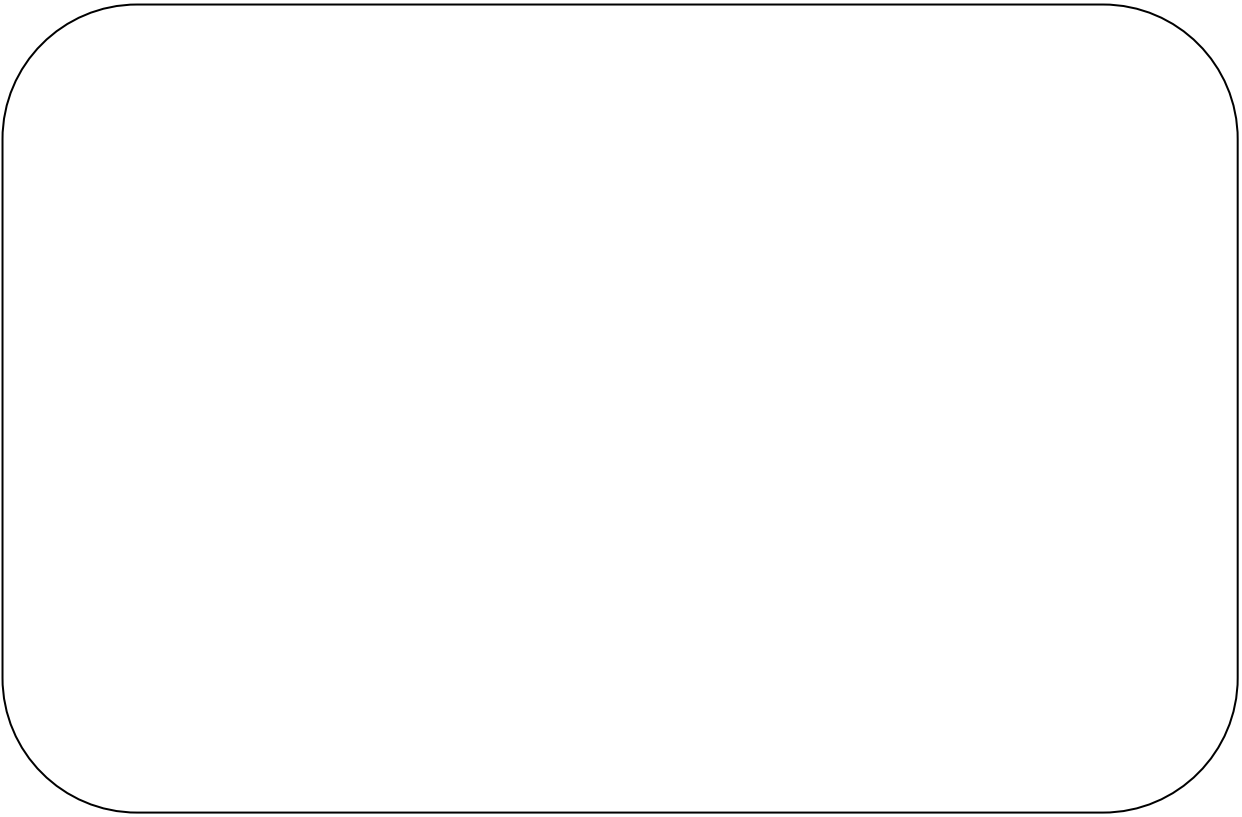

## How do Muscles Work?

A large, empty rounded rectangular box with a thin black border, intended for drawing or writing a response to the question above.A series of 12 horizontal lines, evenly spaced, intended for writing a response to the question above.

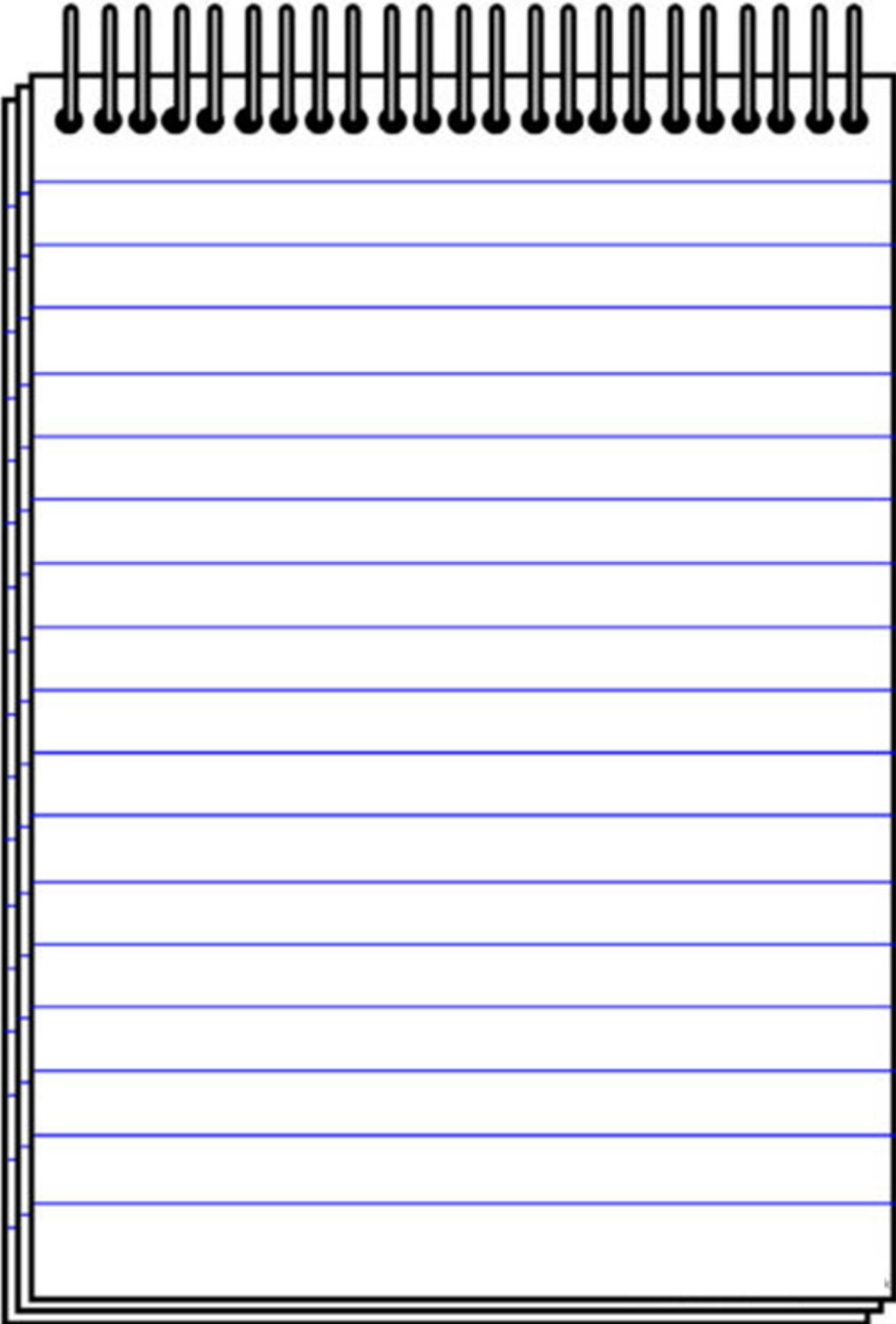
## What Are Muscles Made Of?



## How to Keep Your Muscles Healthy

A large, empty rounded rectangular box with a thin black border, intended for drawing or taking notes.Ten horizontal lines spaced evenly down the page, intended for writing.

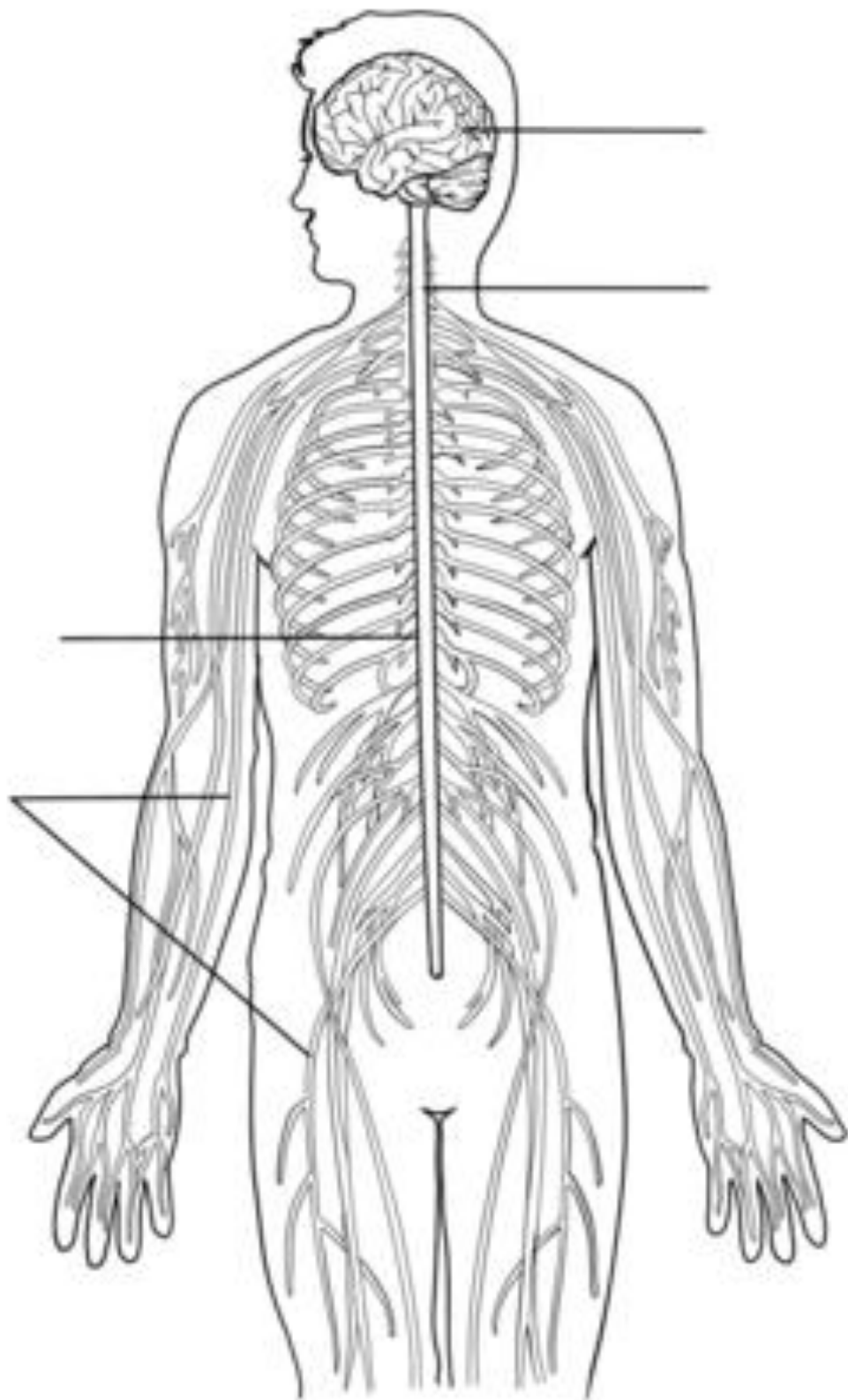
Interesting Facts



# **Nervous System**

**What is the nervous system?**

**What does the nervous system do?**



### Word Bank

Brain

Ganglion

Nerve

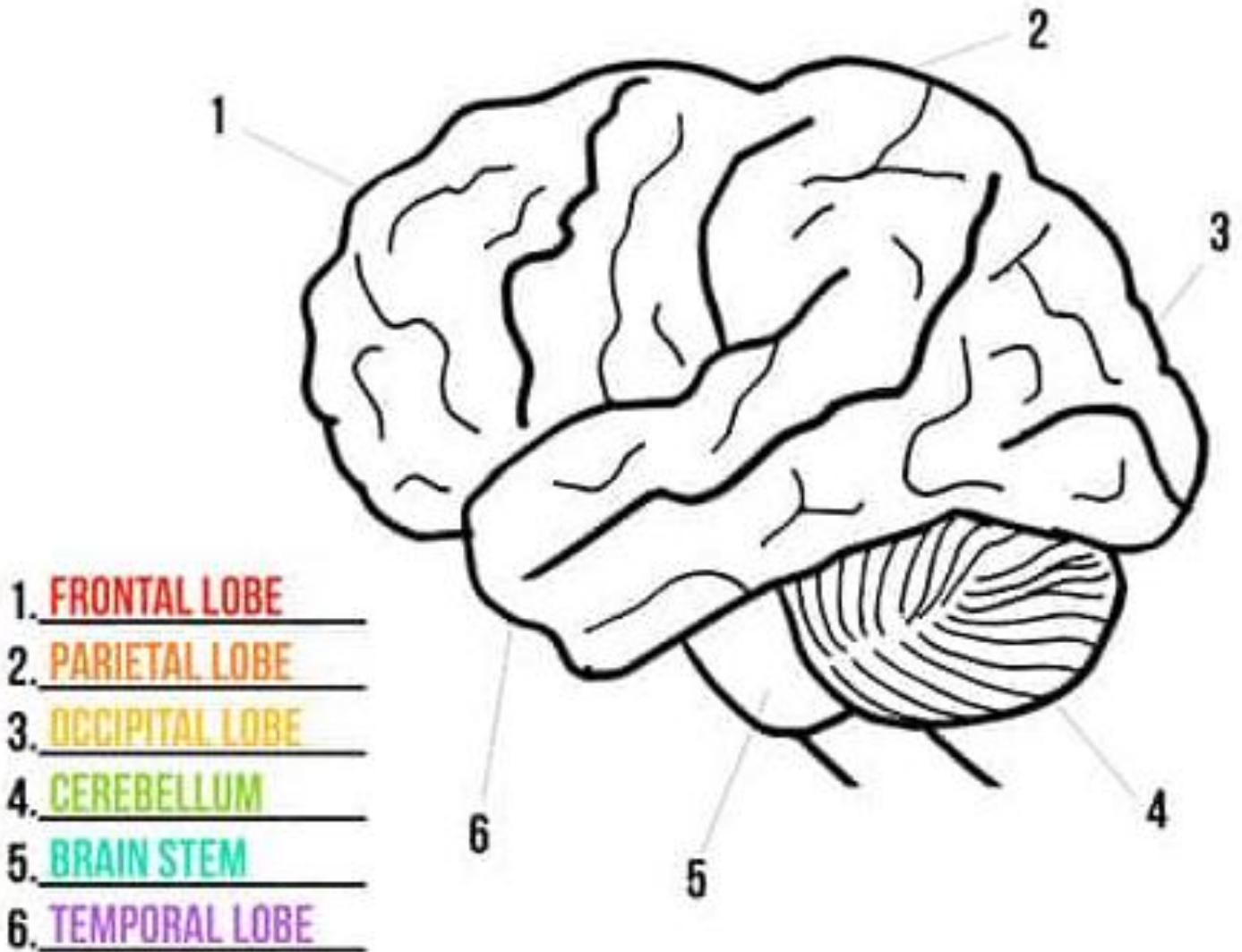
Spinal cord

Peripheral Nervous System

Central Nervous System

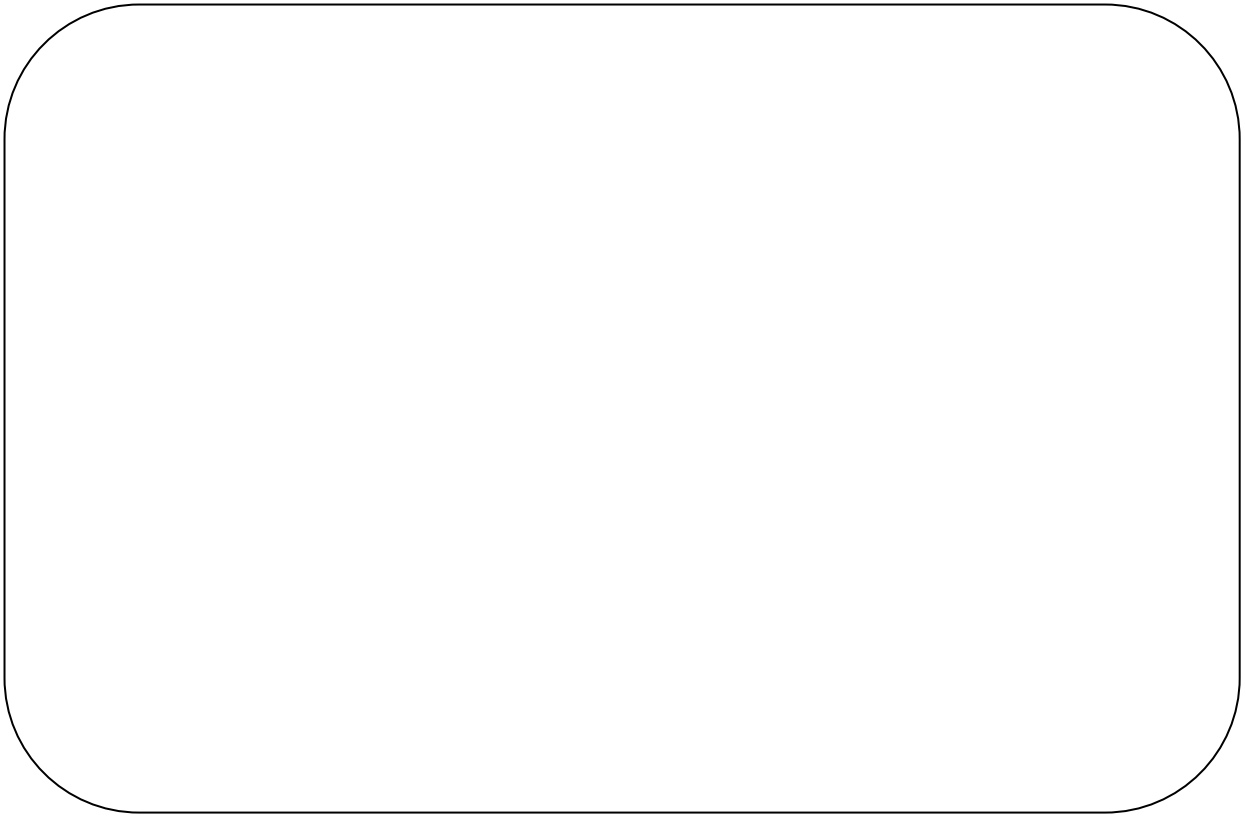
# The Brain

Use the colour code to colour the parts of the brain





## How Does the Brain Send Signals?



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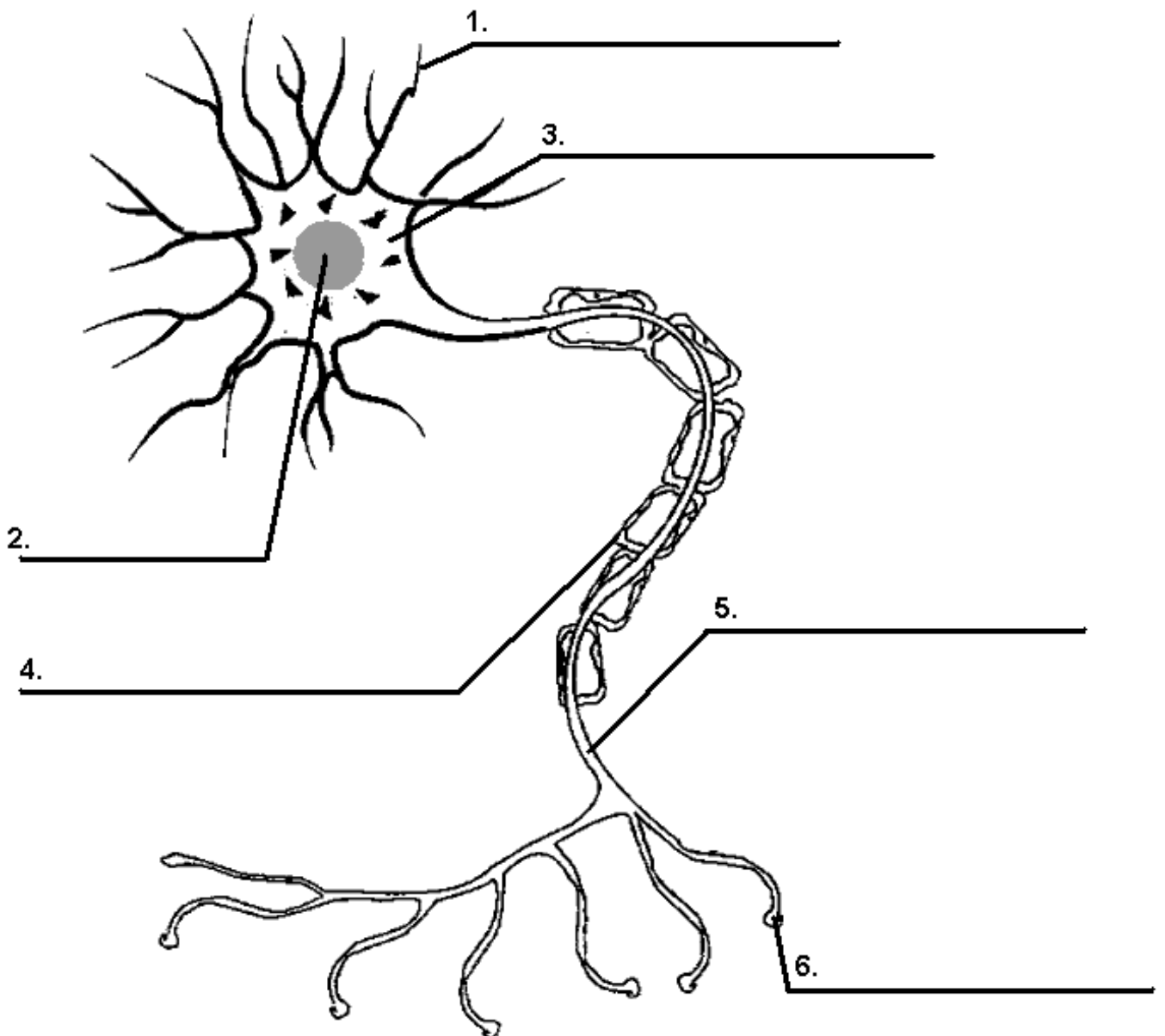
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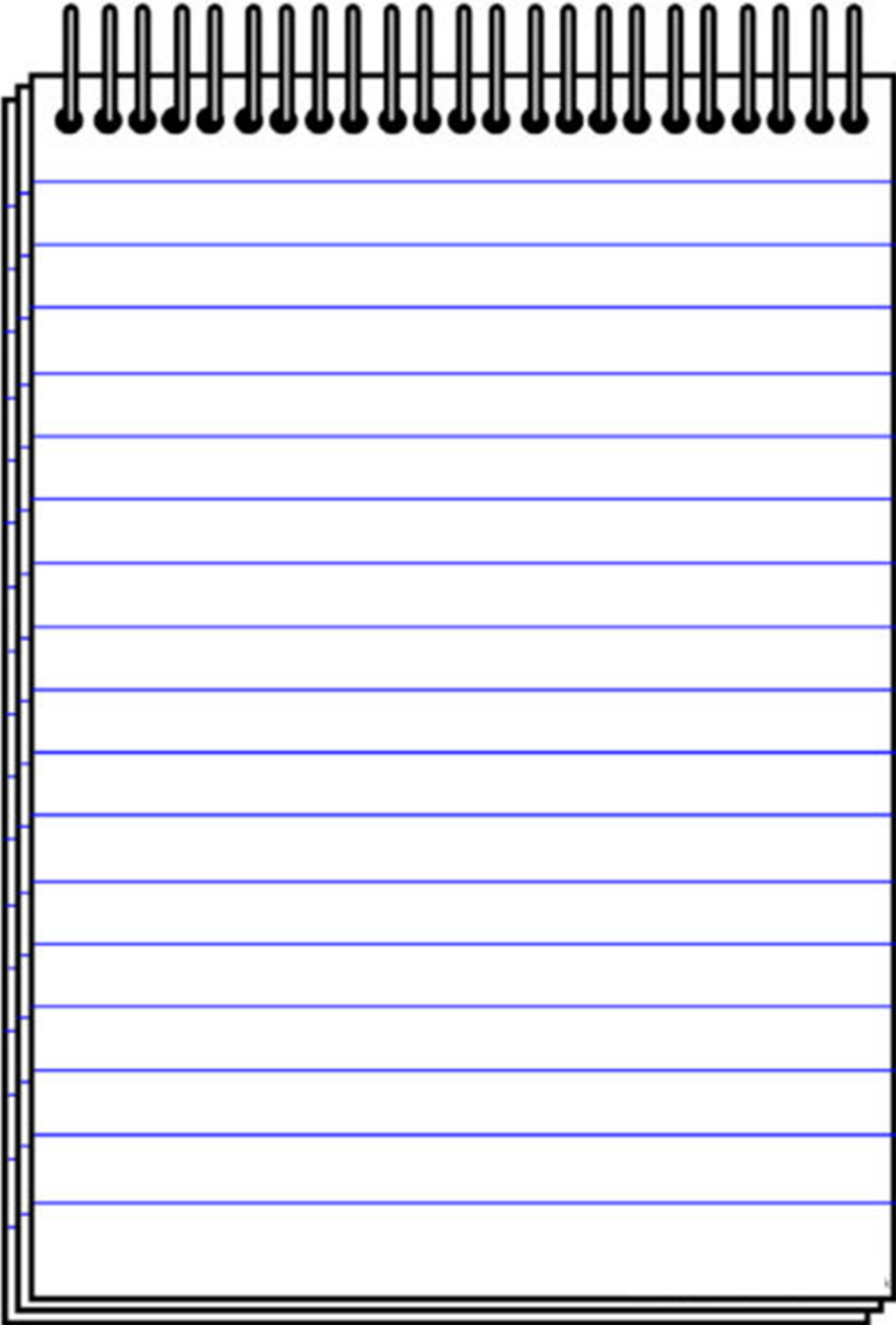


# Neurons

Label a Neuron Nerve Cell



Interesting Facts



## **Endocrine System**

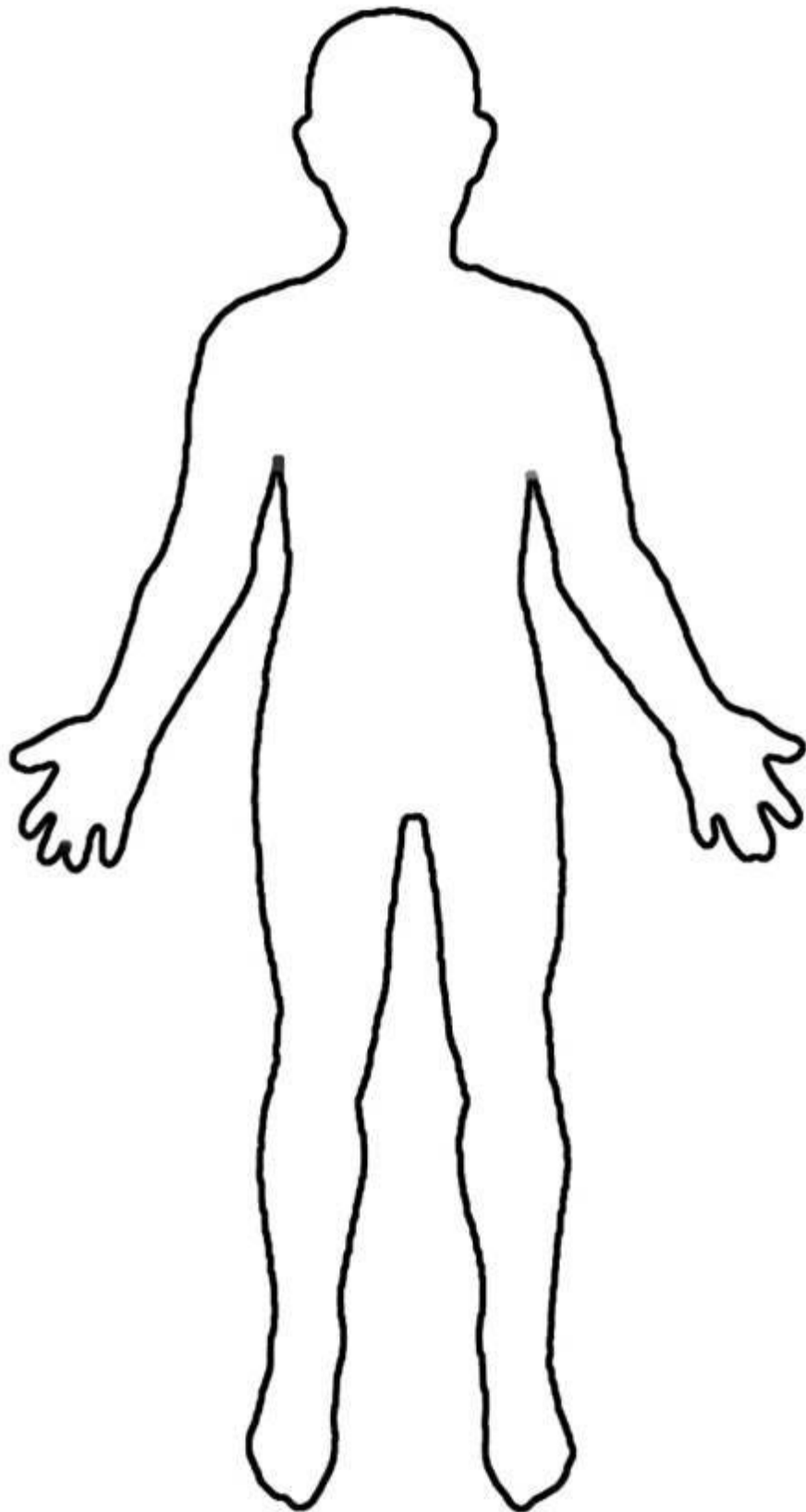
**How does the endocrine system work?**

**How many types of hormone are there in the human body?**

**How do hormones move around the body?**

**Colour in the part of the human body where the following glands are apprimately found. Write down the importance of the gland to the human body.**

- **Thyroid Gland**
- **Pituitary Gland**
- **Pancreas**
- **Hypothalamus**
- **Adrenal Glands**



**Gave an Example of a Hormone and How it Affects the Body**



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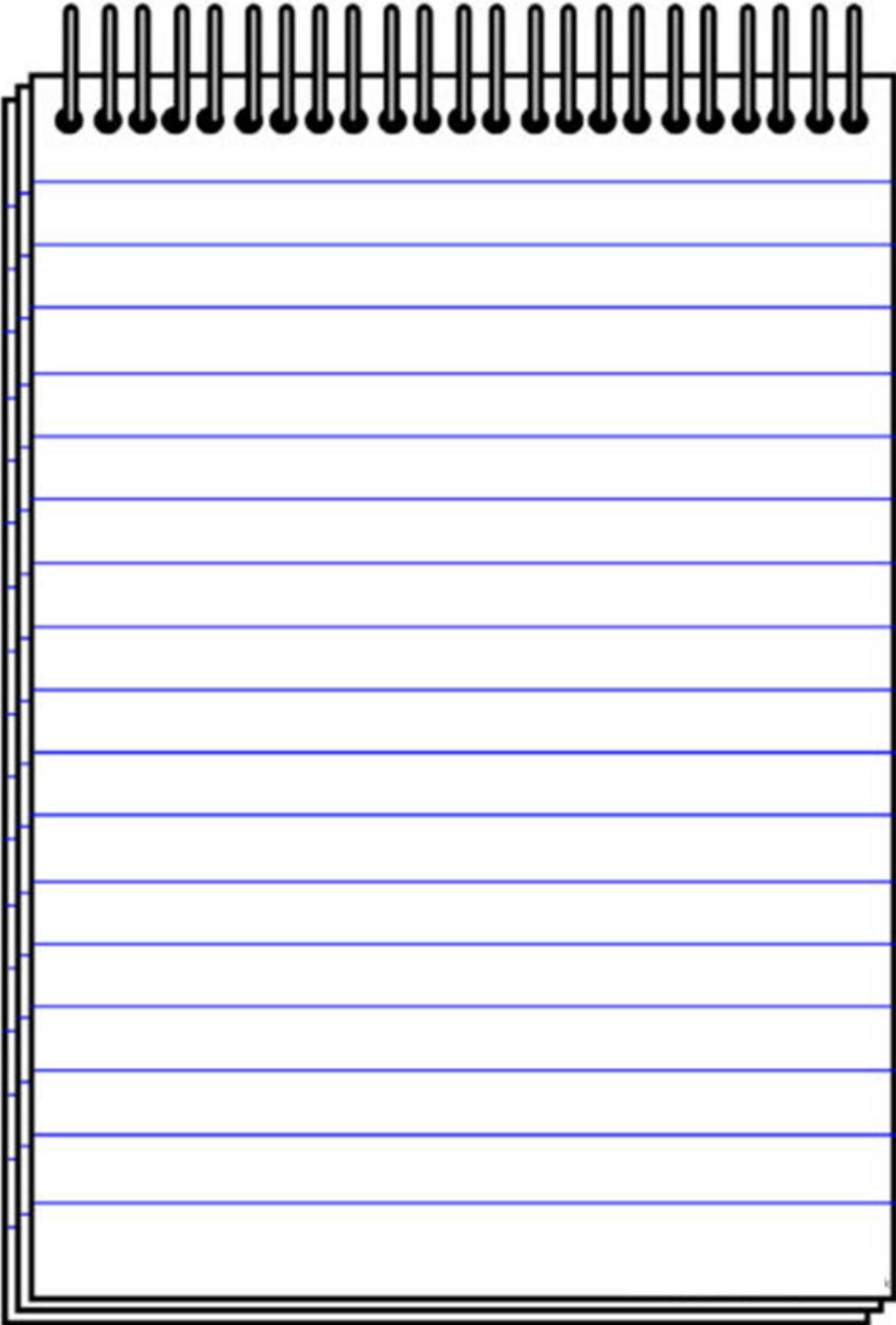
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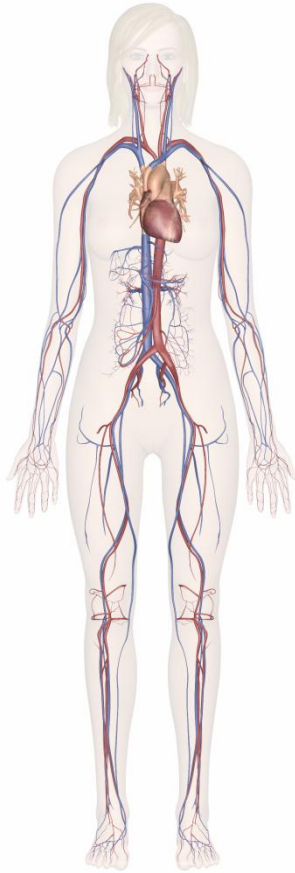
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Interesting Facts





# Cardiovascular System



**What is the job of the cardiovascular system?**

**What 3 parts make up the cardiovascular system?**

**1.**

**2.**

**3.**



# The Heart

This drawing shows how blood flows through the heart.

### Color Me:

The areas of the heart with more oxygen are labeled with an "R". Color these areas RED.

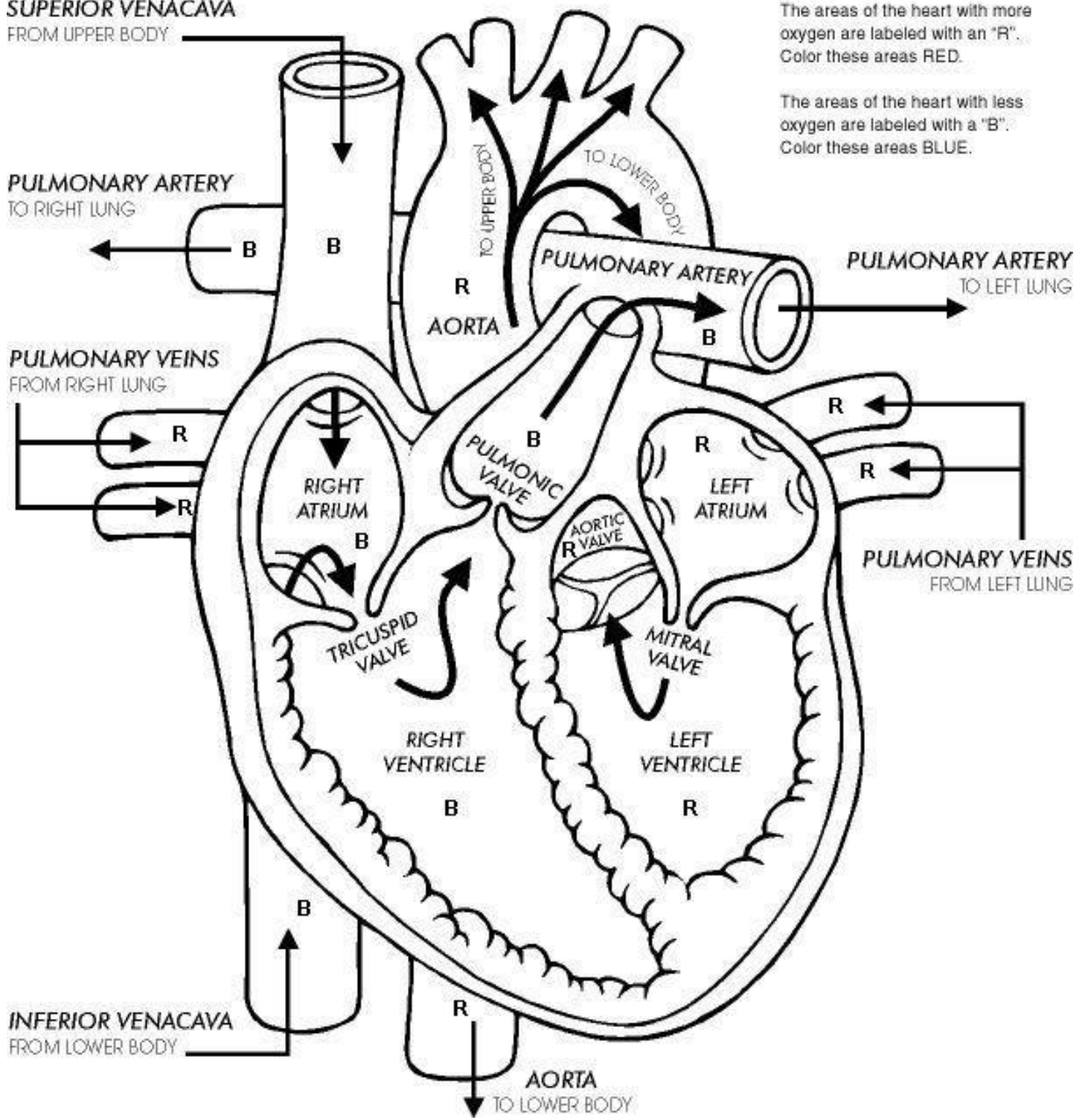
The areas of the heart with less oxygen are labeled with a "B". Color these areas BLUE.

**SUPERIOR VENACAVA**  
FROM UPPER BODY

**PULMONARY ARTERY**  
TO RIGHT LUNG

**PULMONARY VEINS**  
FROM RIGHT LUNG

**INFERIOR VENACAVA**  
FROM LOWER BODY



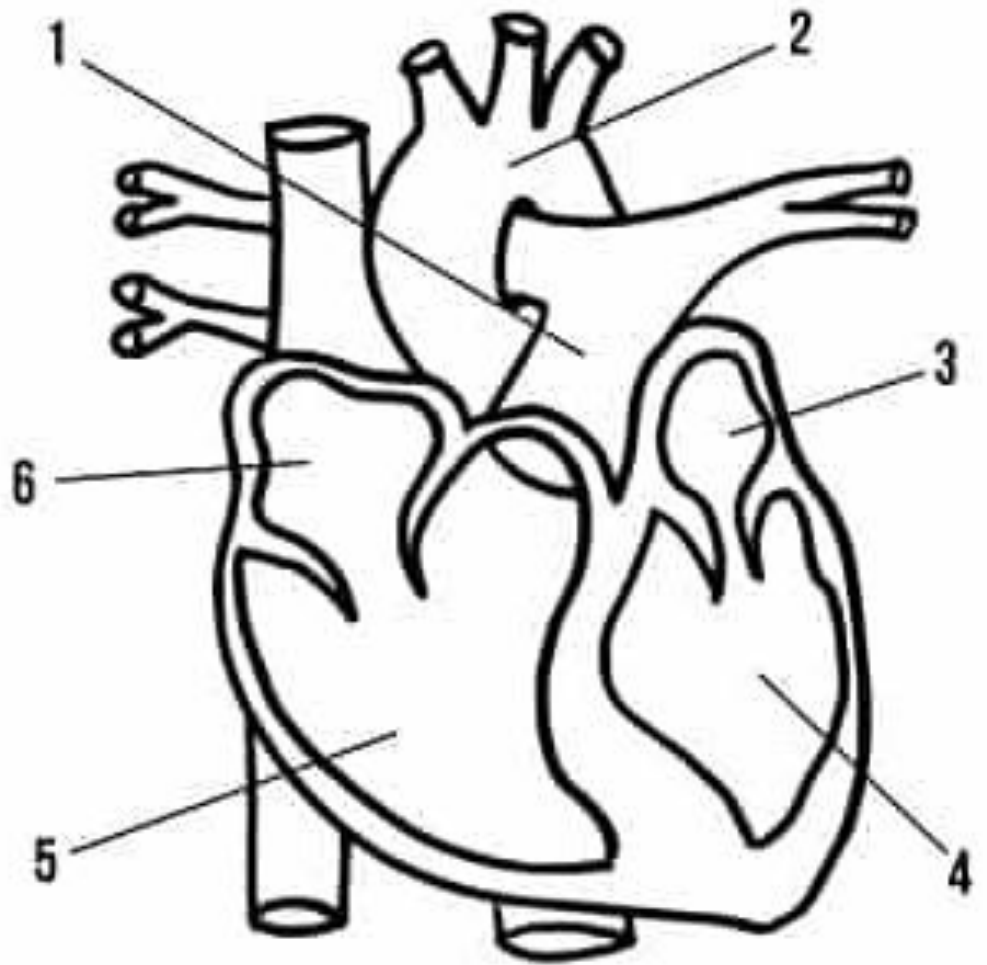
**PULMONARY ARTERY**  
TO LEFT LUNG

**PULMONARY VEINS**  
FROM LEFT LUNG

**AORTA**  
TO LOWER BODY

## Label the Parts of the Heart

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_







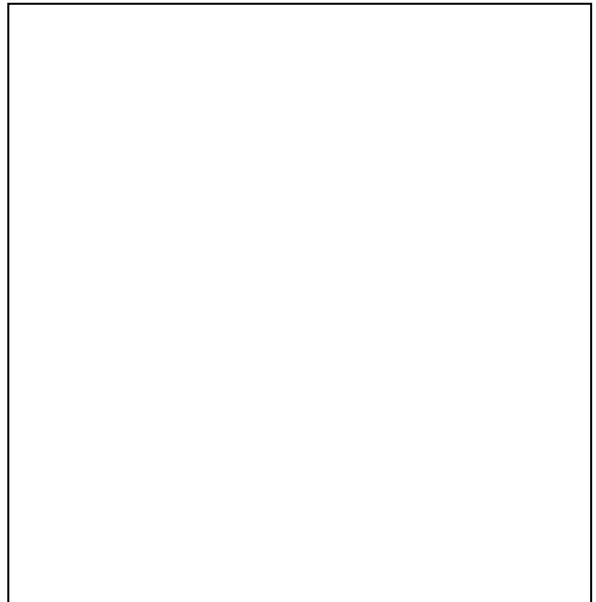
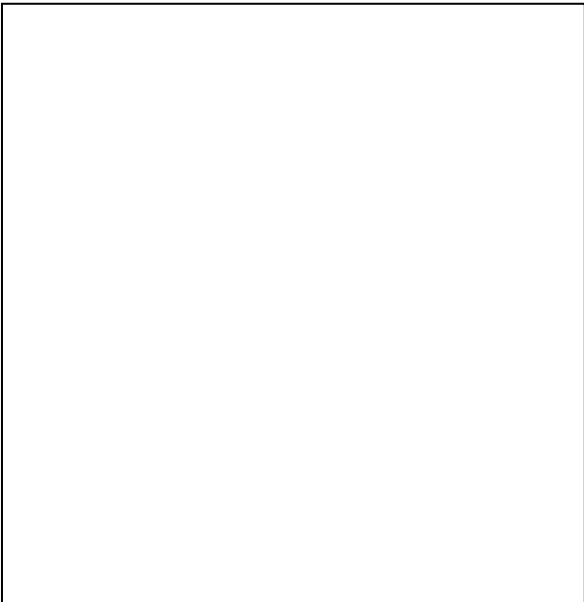
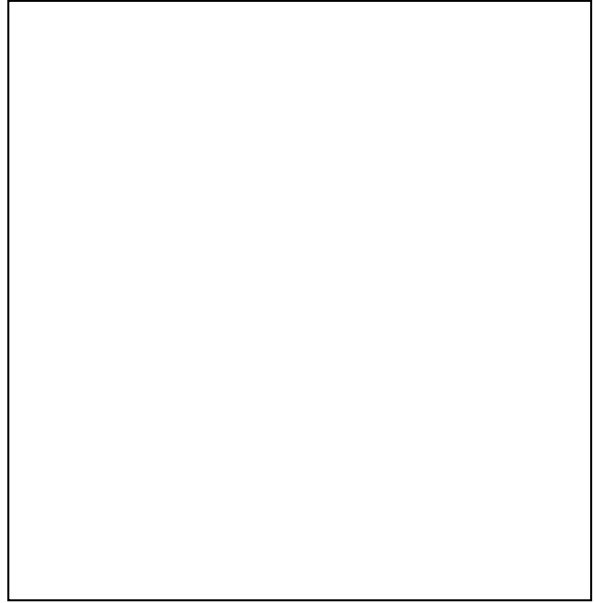




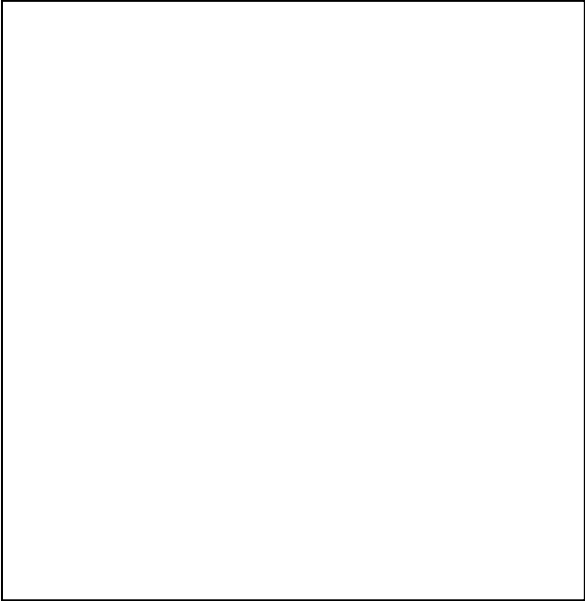




## Blood Types



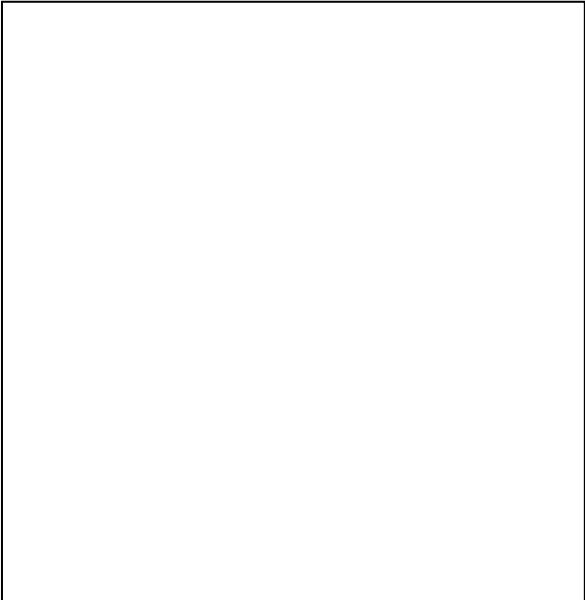
# How Blood Clots



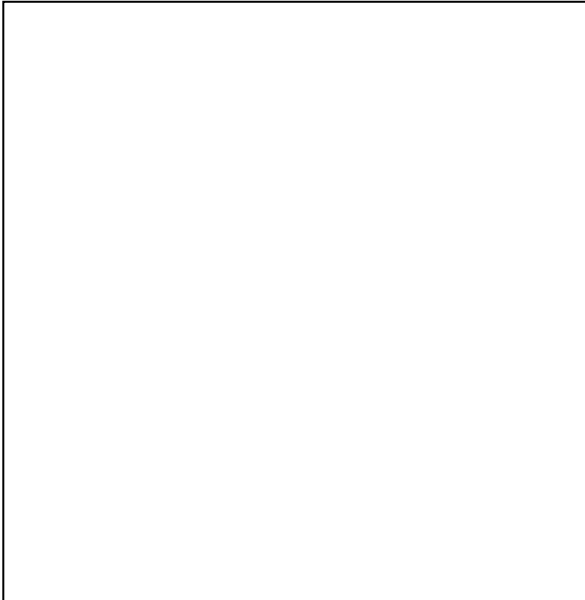
**1.**



**2.**

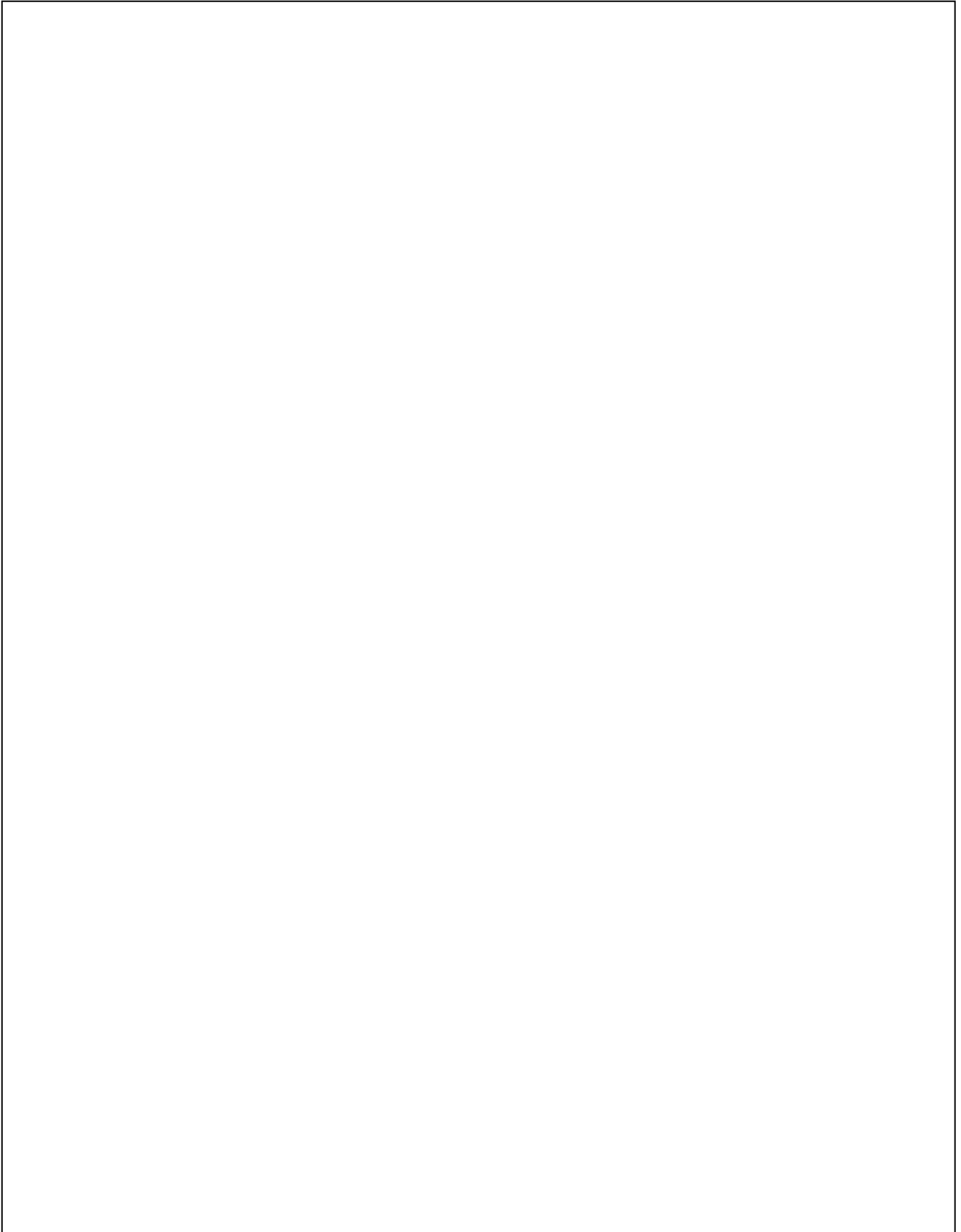


**3.**

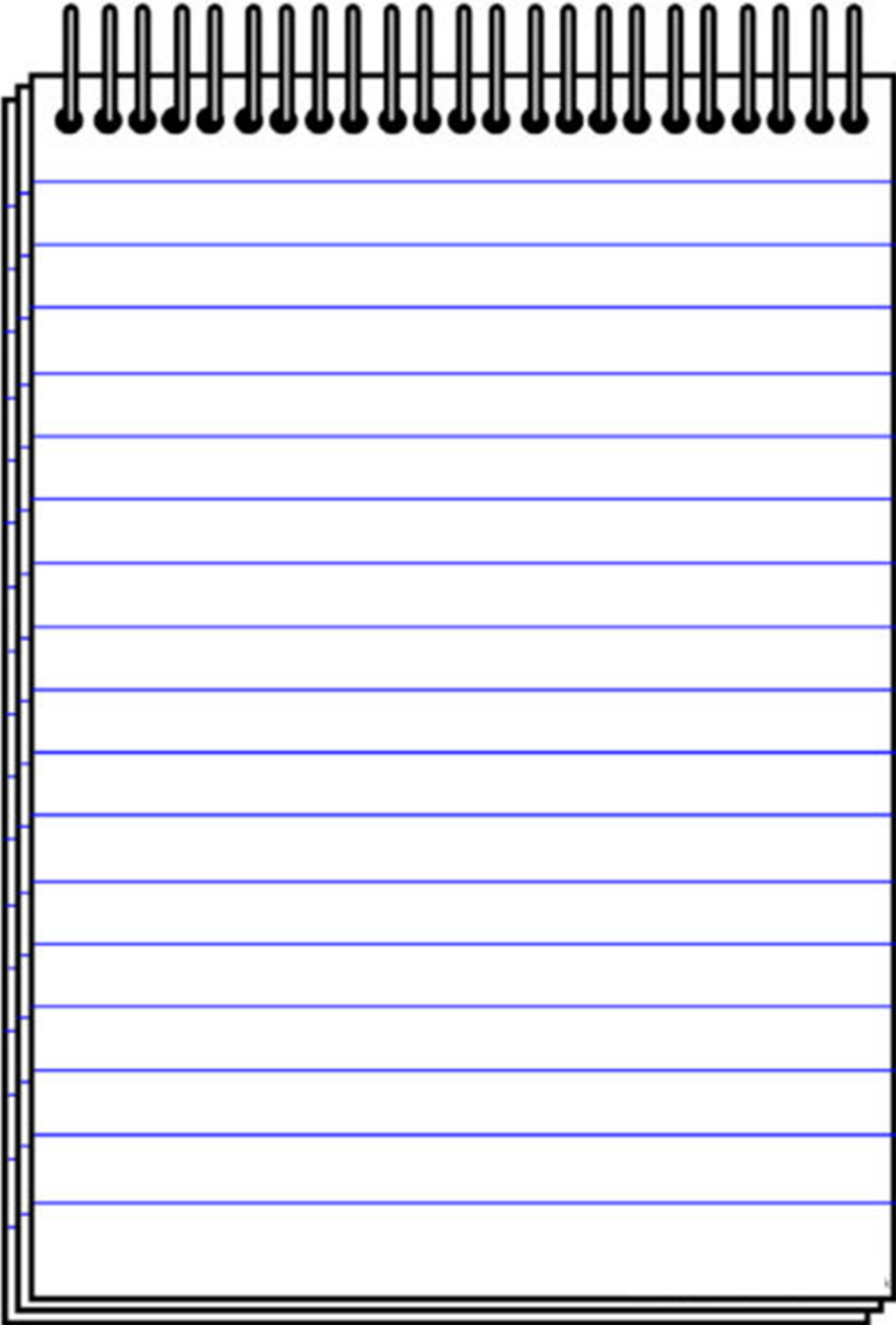


**4.**

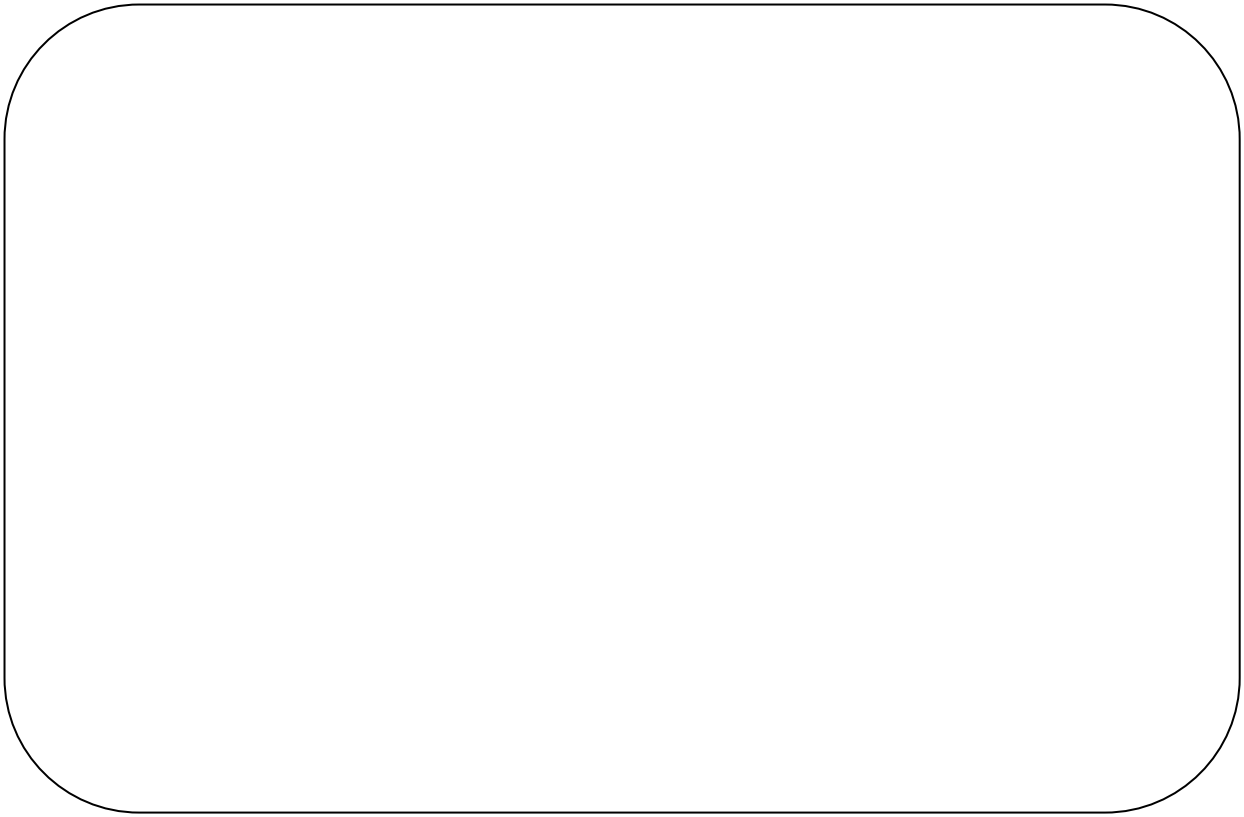
## Make a Pumping Heart Model



Interesting Facts

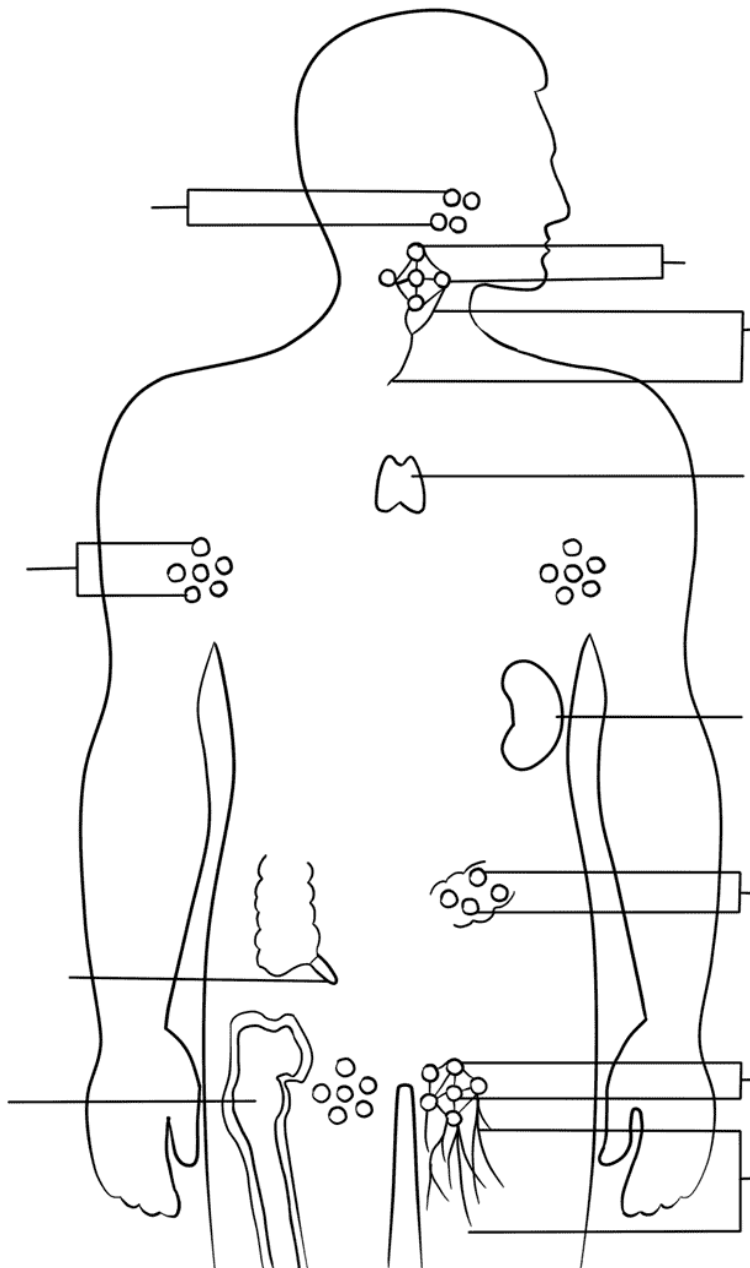


## What is the Lymphatic System?



# Lymphatic System

What does the lymphatic system do?



## Word Bank

Appendix

Spleen

Thymus

Bone marrow

Lymph nodes

Lymph nodes

Lymph nodes

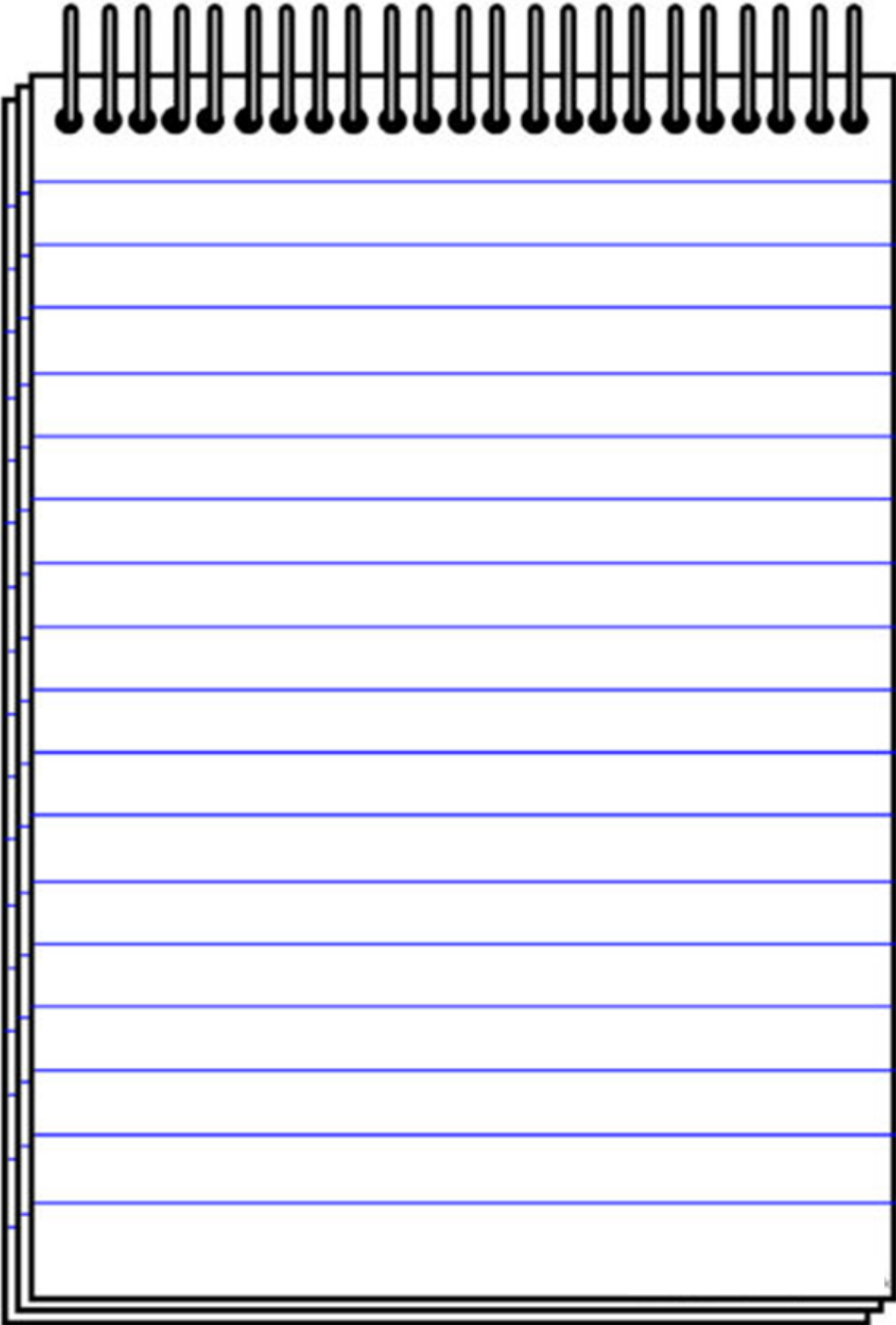
Lymphatic vessels

Lymphatic vessels

Peyer's patches

Tonsils and adenoids

Interesting Facts



## The Immune System: Attack and Defence



**What is a pathogen?**

**What is the immune system?**



## Bacteria

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# Viruses

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## Fungi, Protists and Parasites

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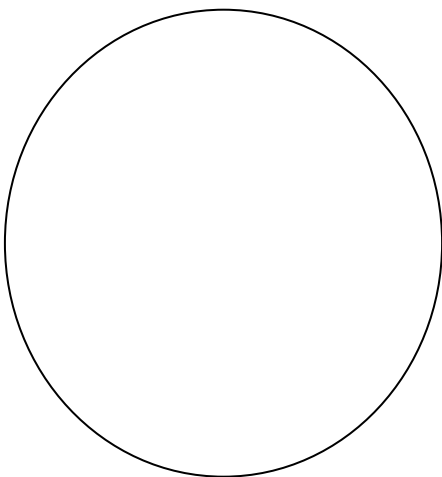
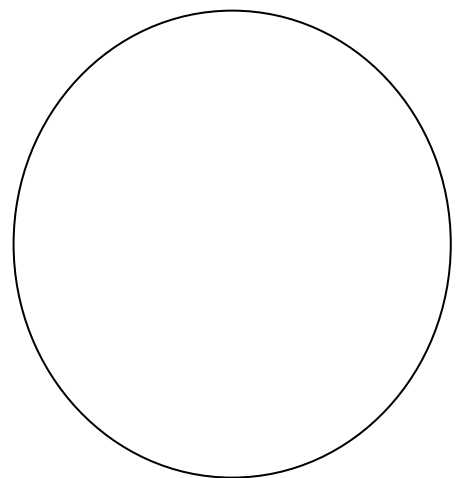
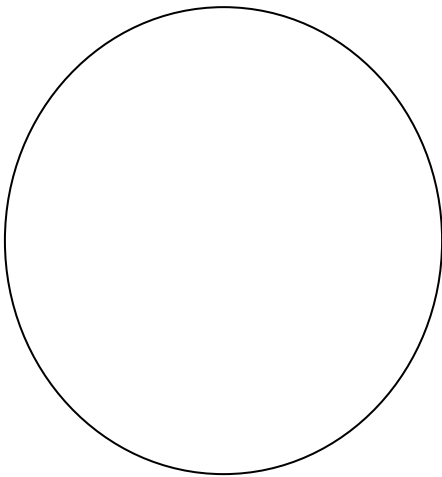
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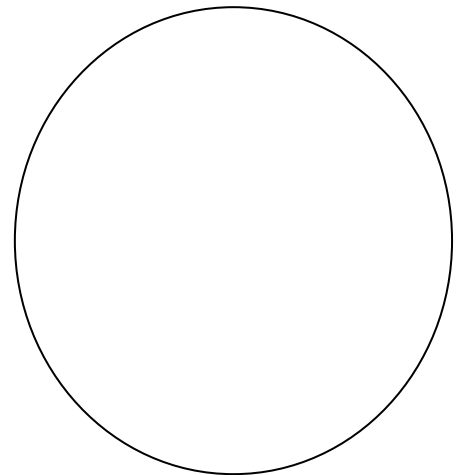
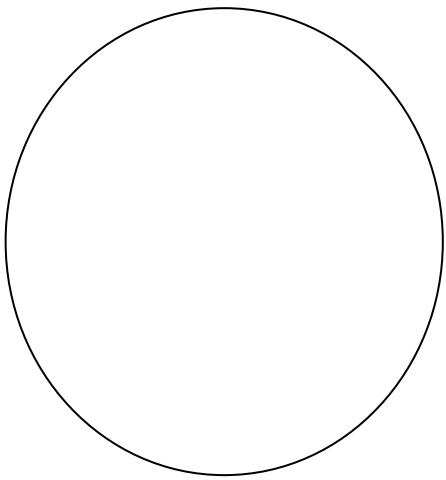
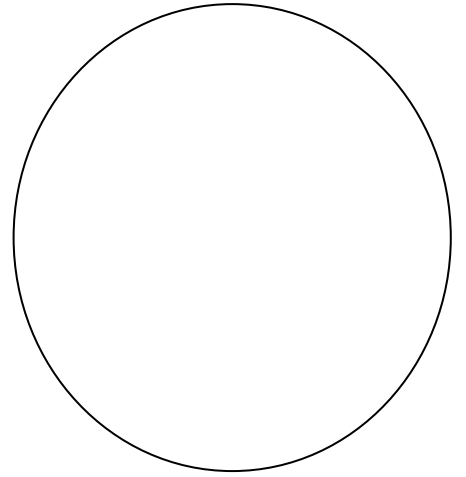
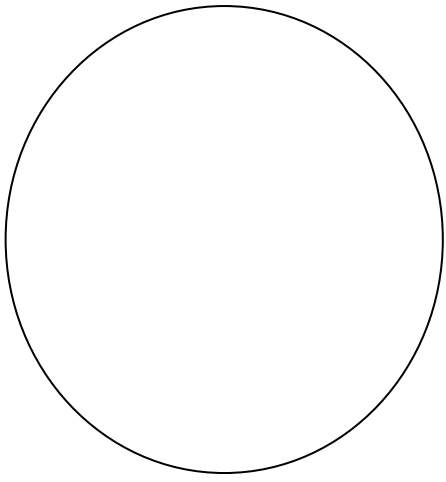
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## Body Barriers

What are the seven first line of defences in our body against pathogens and what do they do?





# The Immune System

What runs the immune system?

How do white blood cells move around the body?

Where are white blood cells made?

What are the 3 types of white blood cell?

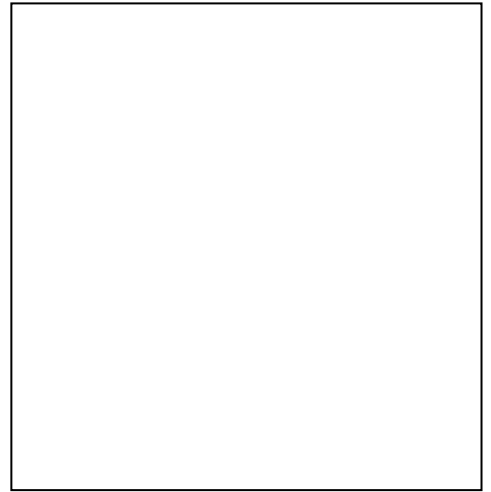
1.

2.

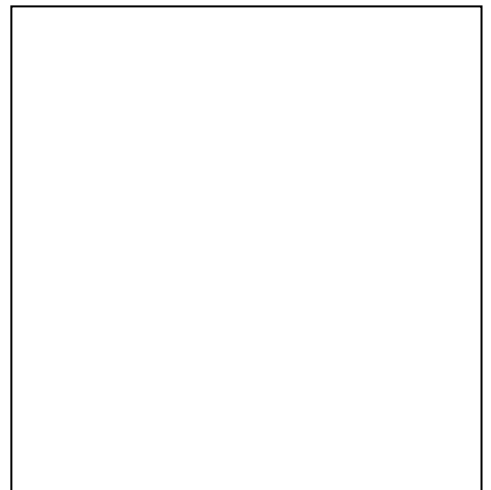
3.


## How Macrophages Destroy Invaders

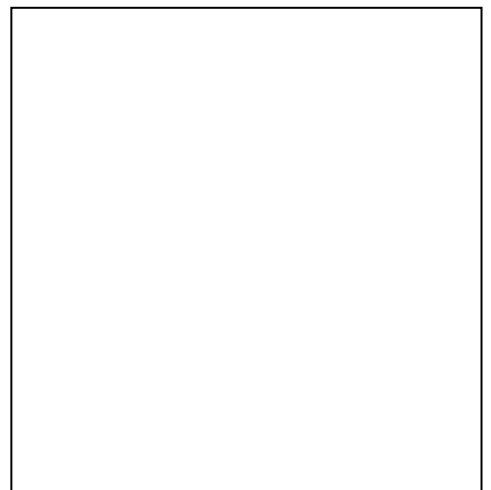
1.



2.

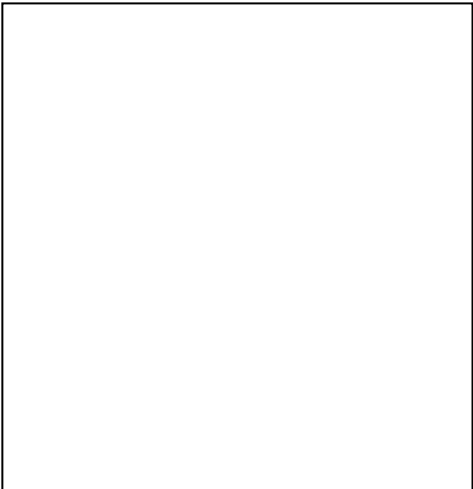


3.

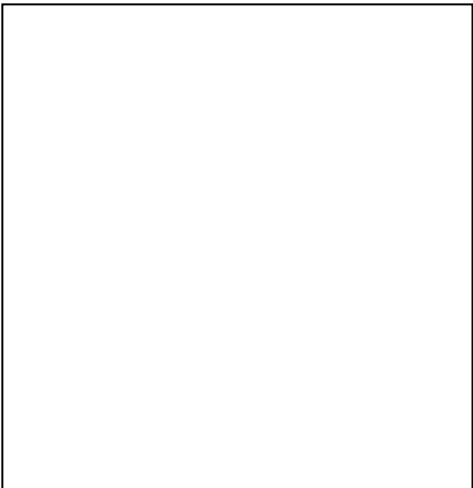


# Fighting Inflammation

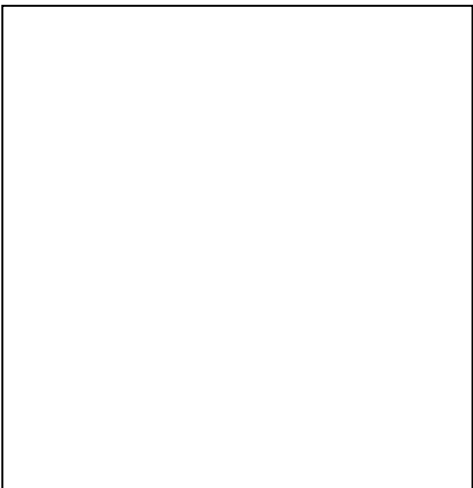
1.



2.

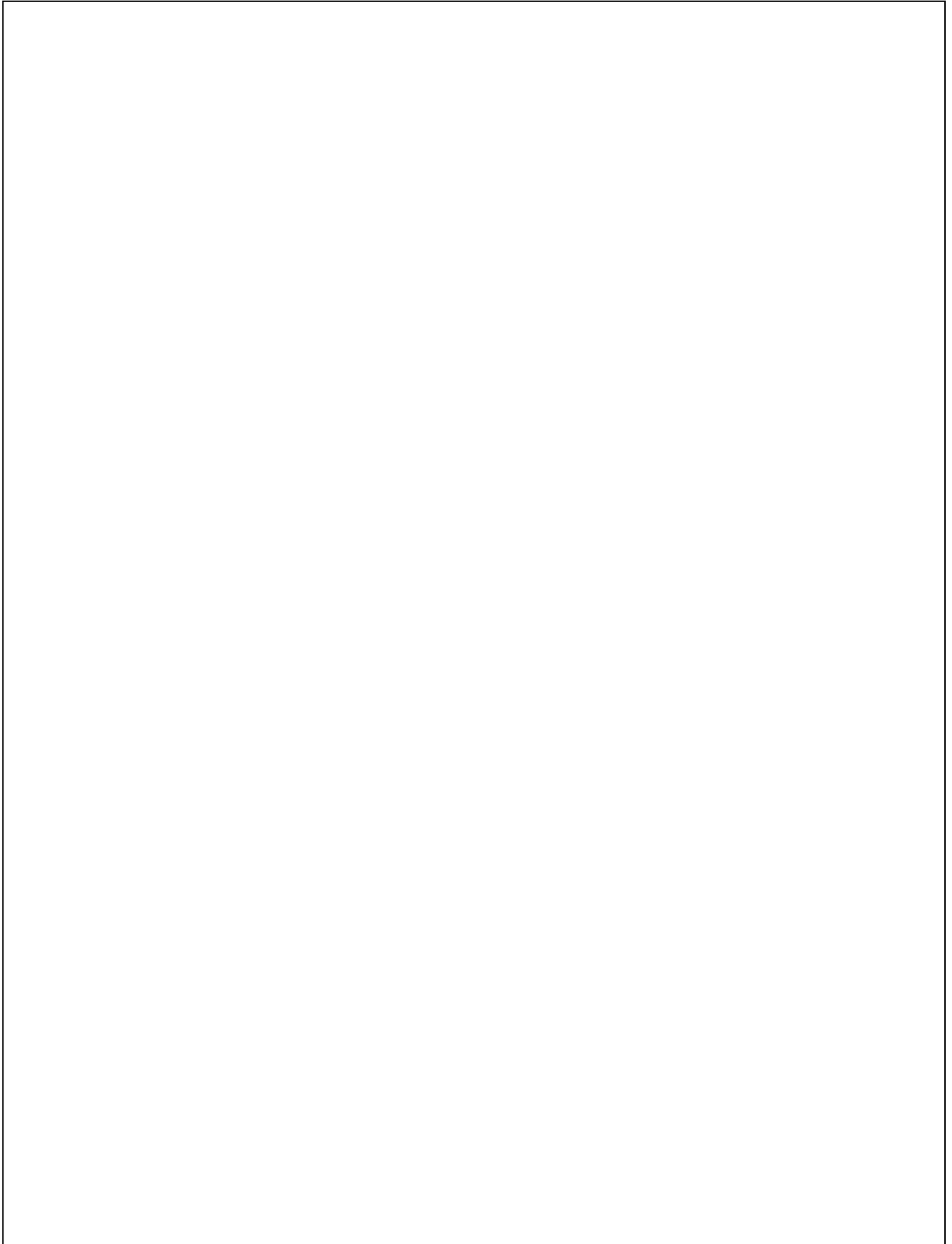


3.

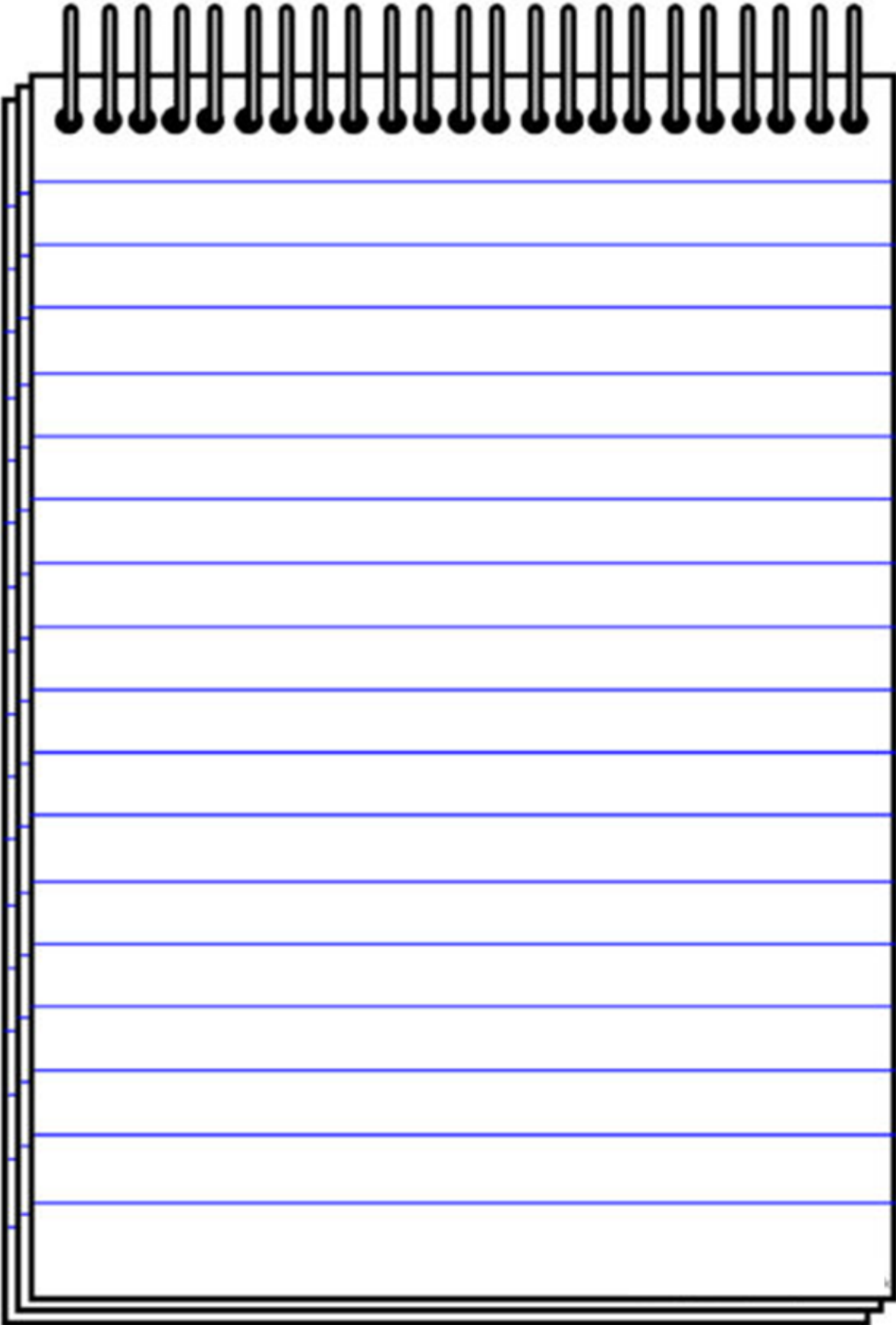




## Germ Experiment



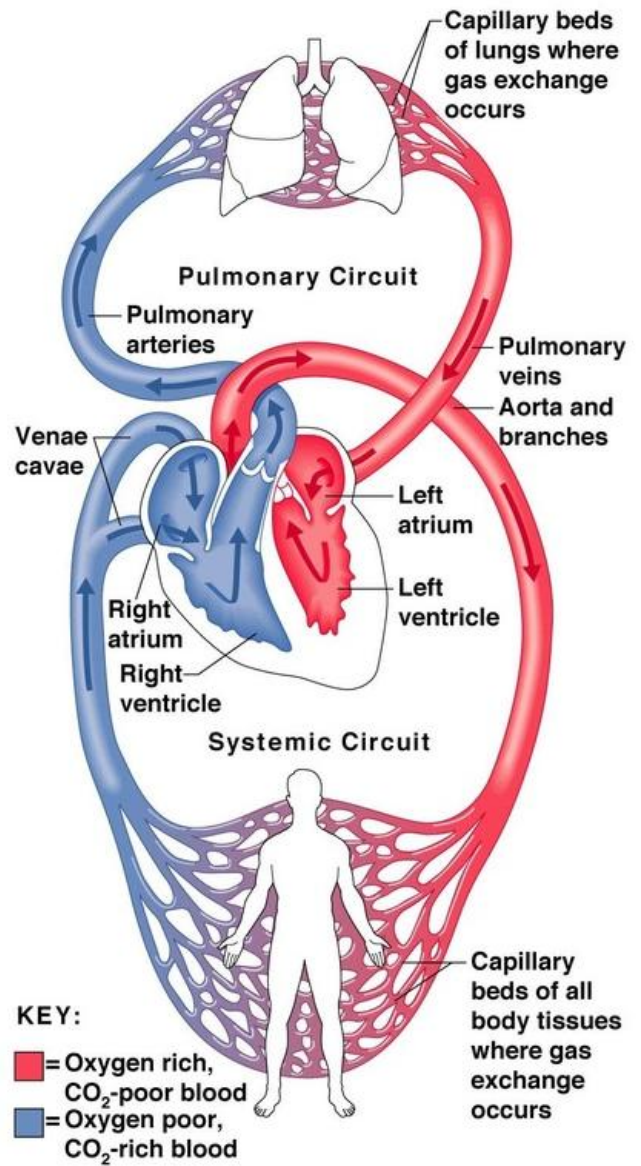
Interesting Facts



# Respiratory System

Why do we need oxygen?

What do our bodies use oxygen for?



What is the waste gas expelled by the respiratory system?

## What parts make up the respiratory system?

Match the names to the right part.

Trachea

Alveoli

Nasal cavity

Larynx

Bronchiole

Diaphragm

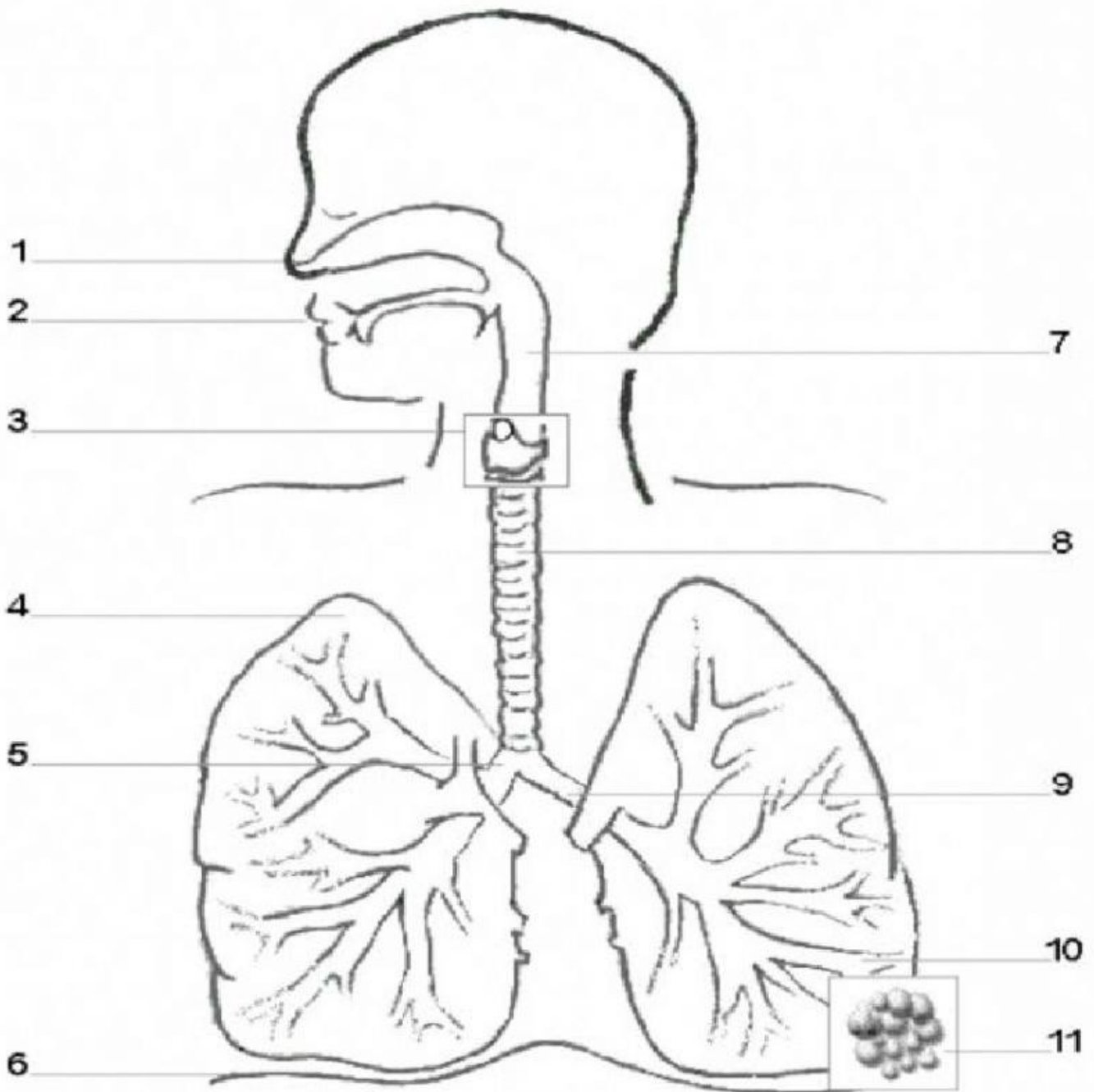
Left Bronchi

Pharynx

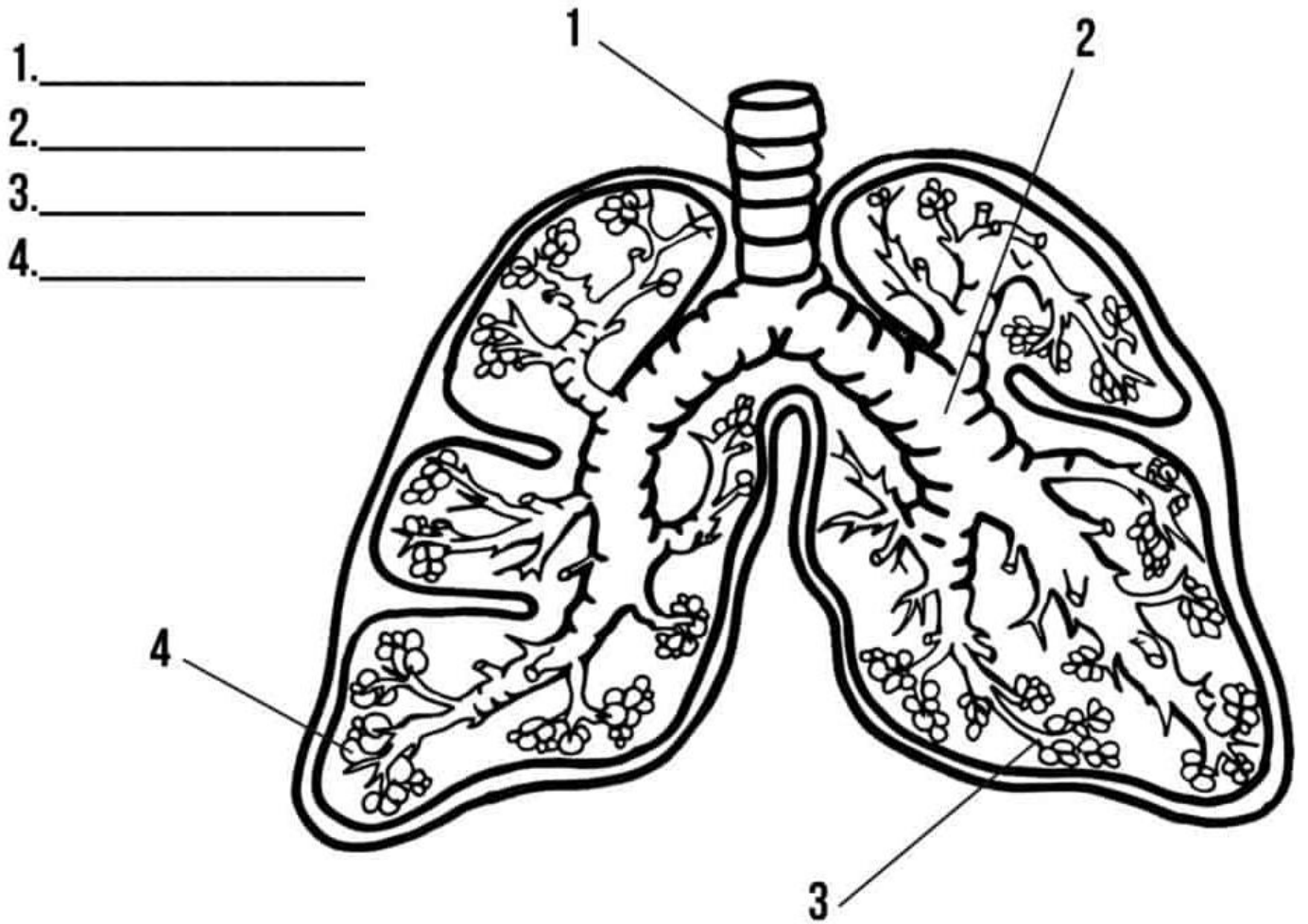
Lung

Right Bronchi

Mouth cavity

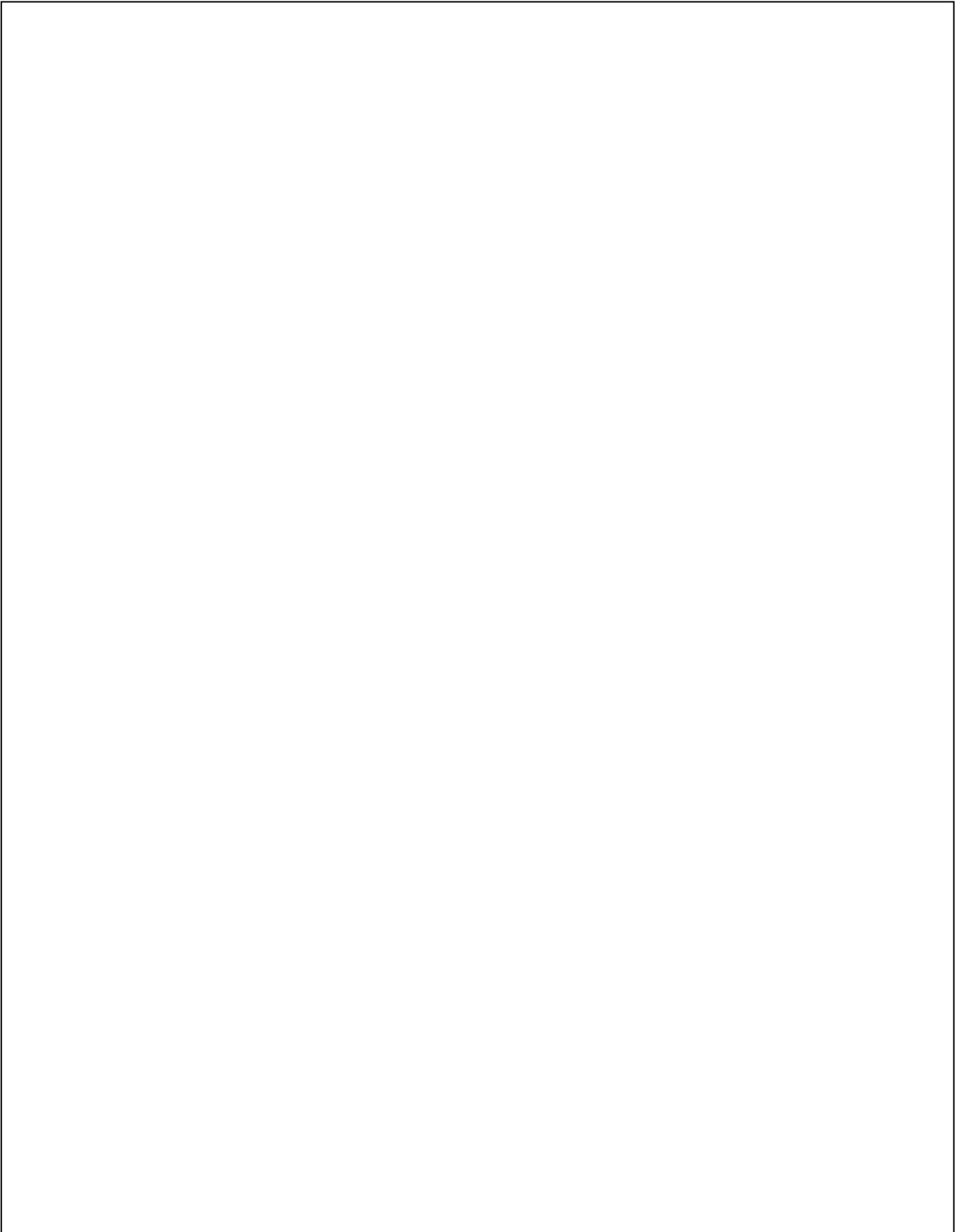


# Parts of the Lungs

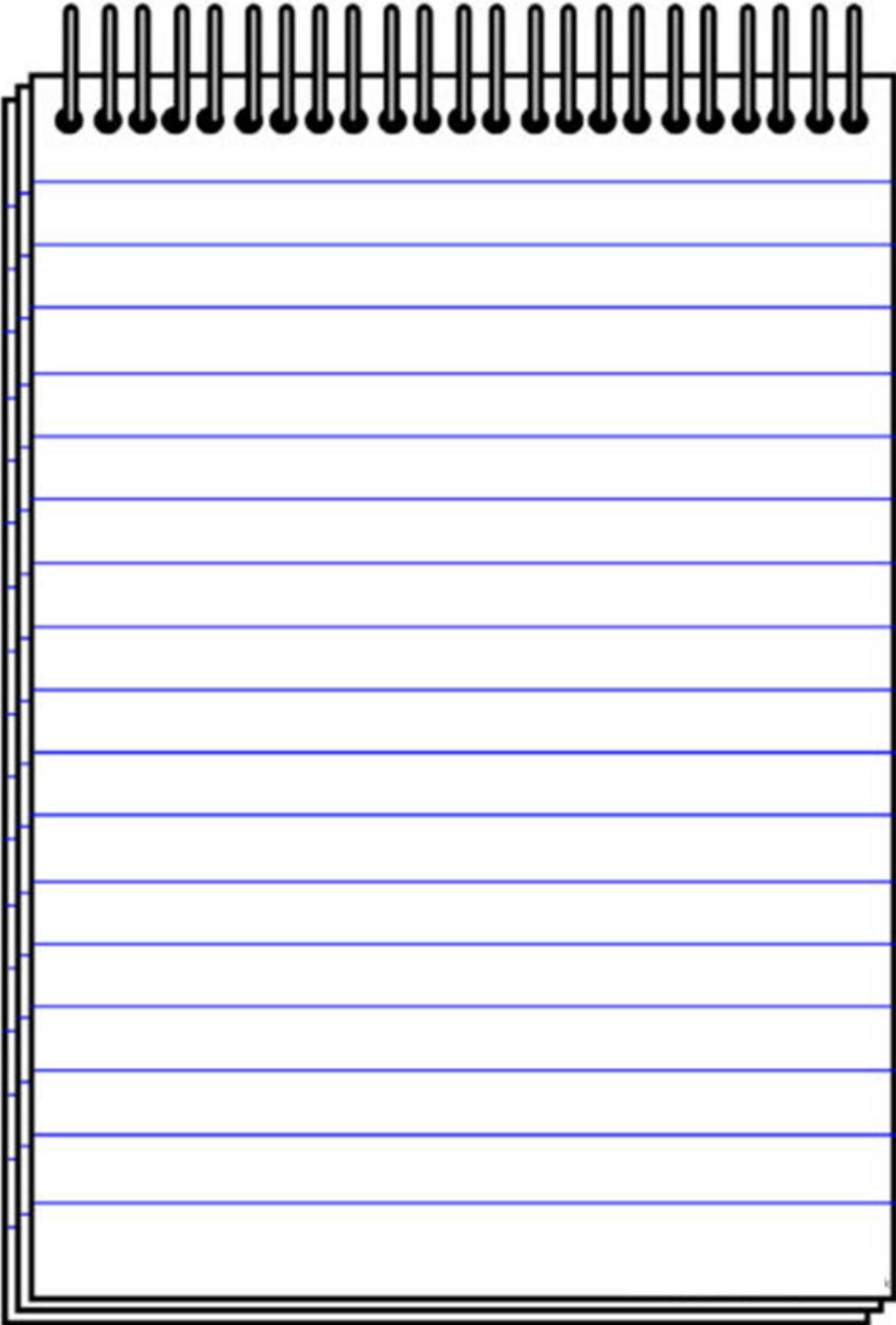




## Make a Lung Model



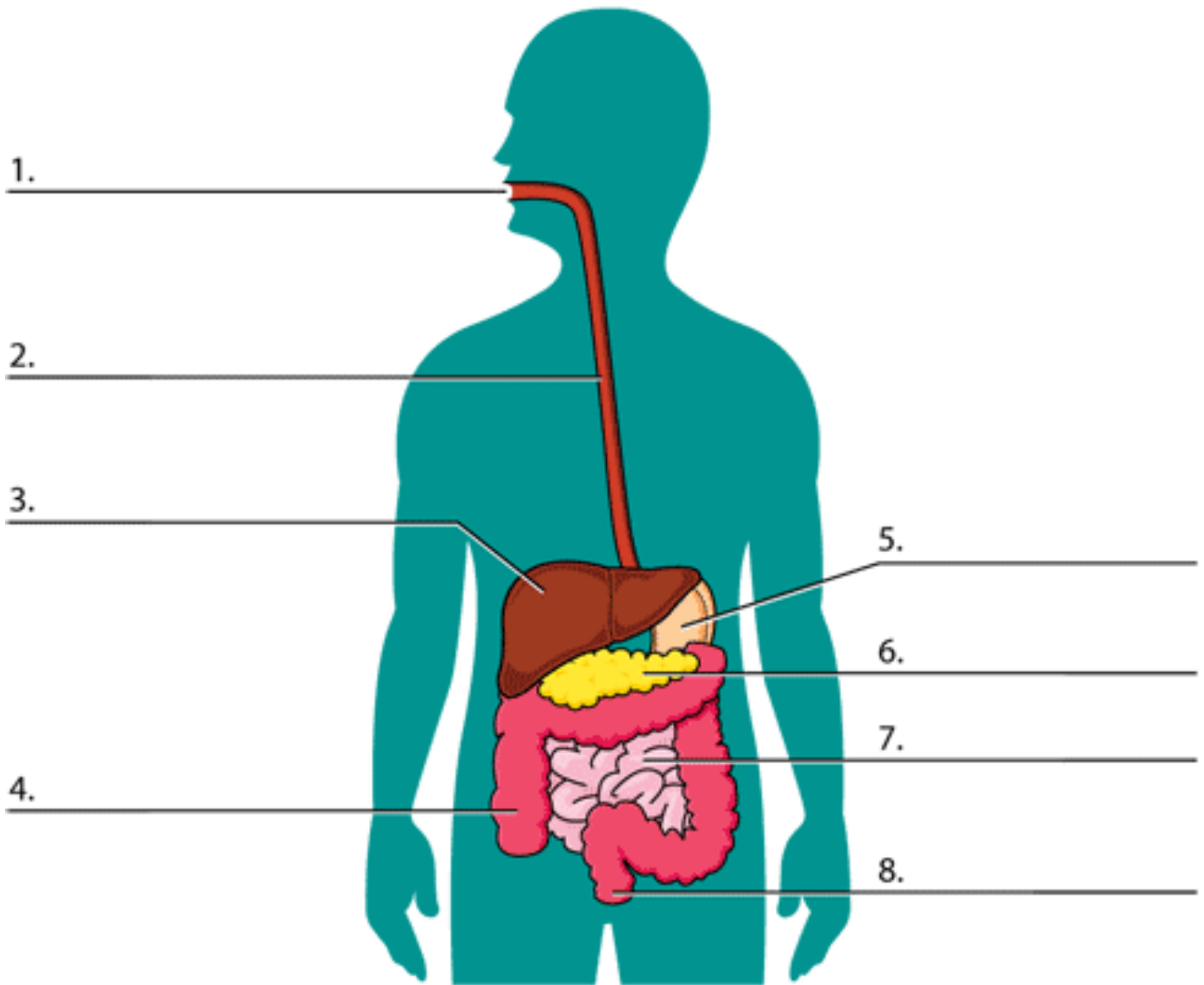
Interesting Facts





# HOW THE BODY WORKS

## The Digestive System



### WORD BANK

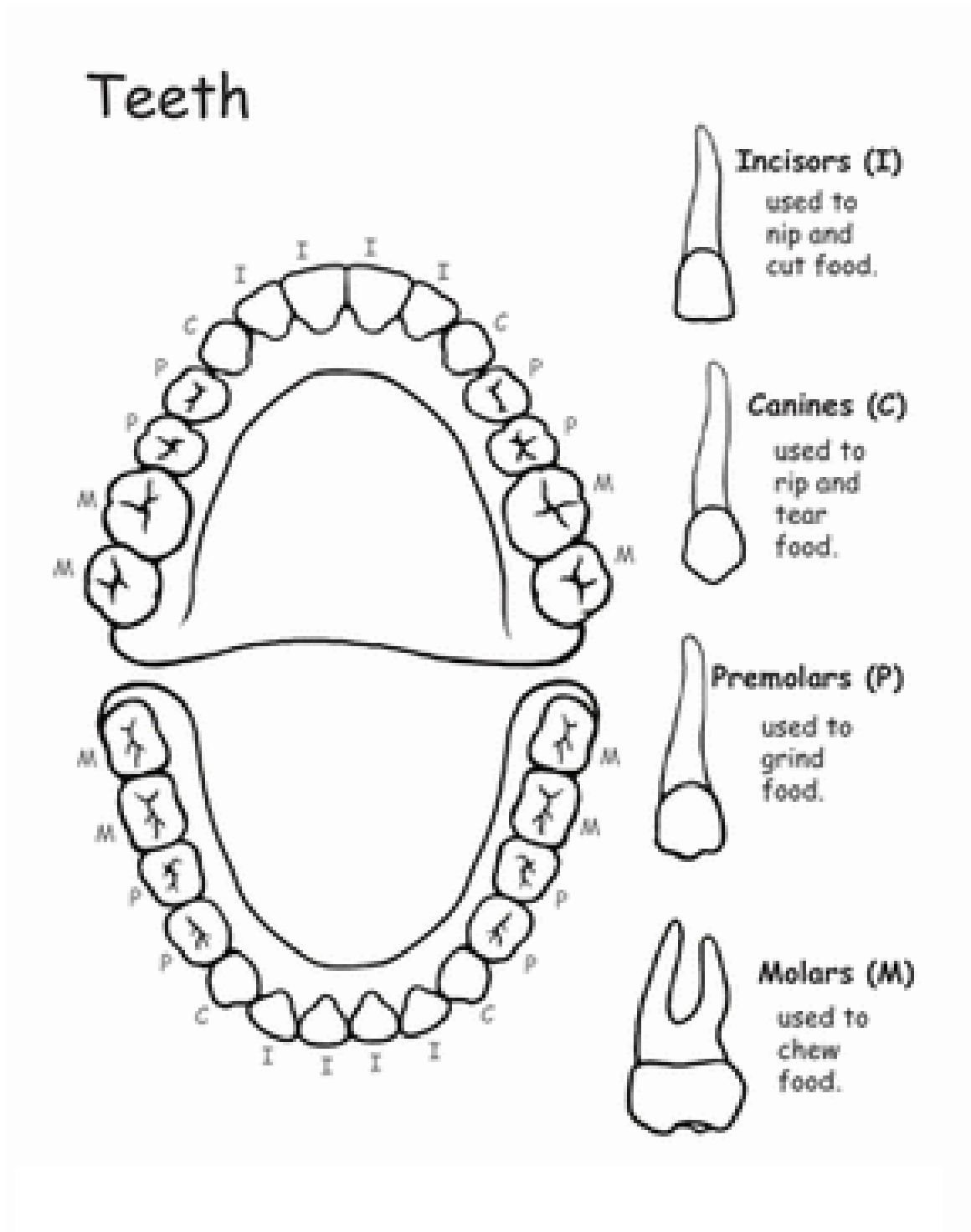
rectum  
pancreas  
liver

large intestine  
small intestine  
mouth

esophagus  
stomach

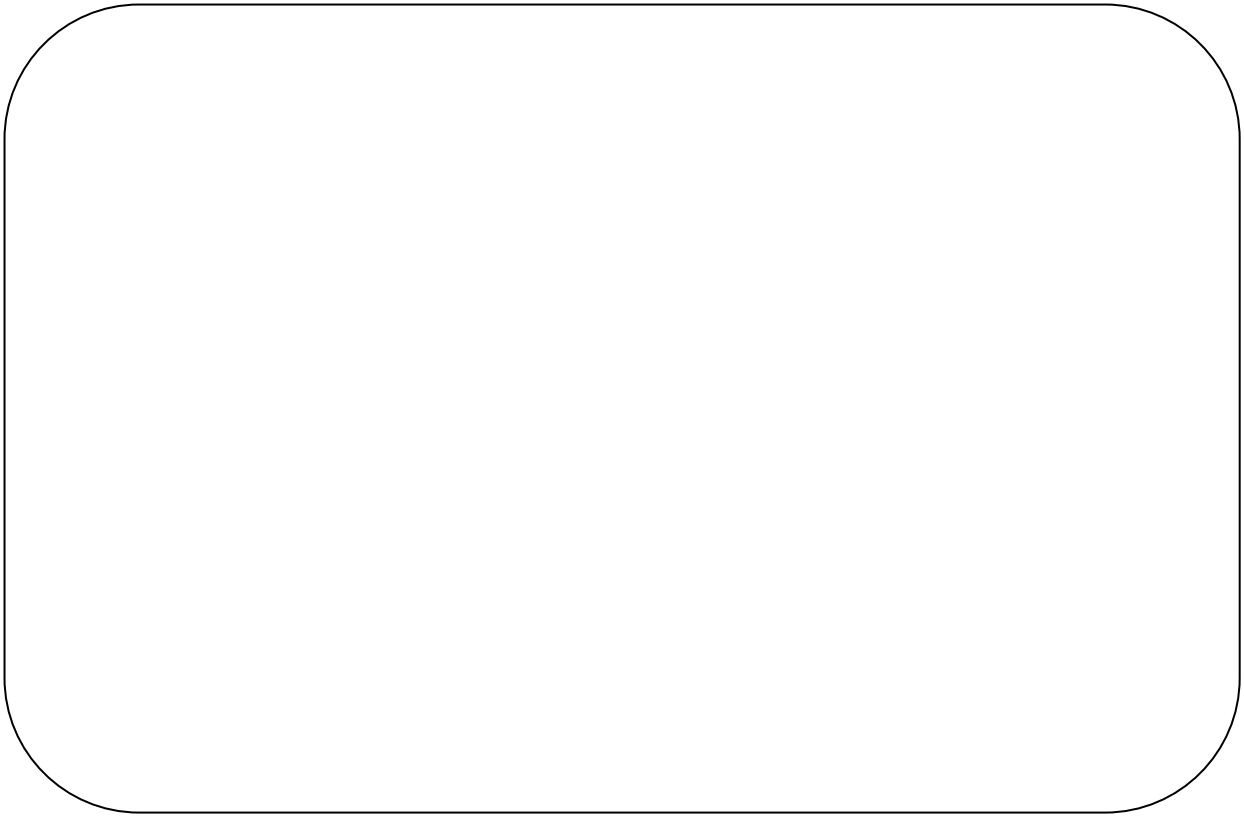
# Teeth

Use a colour code to colour in the different incisors, canines, premolars and molars





## How to Keep Your Teeth Healthy

A large, empty rounded rectangular box with a thin black border, intended for drawing or writing.A series of 12 horizontal lines for writing, spaced evenly down the page.







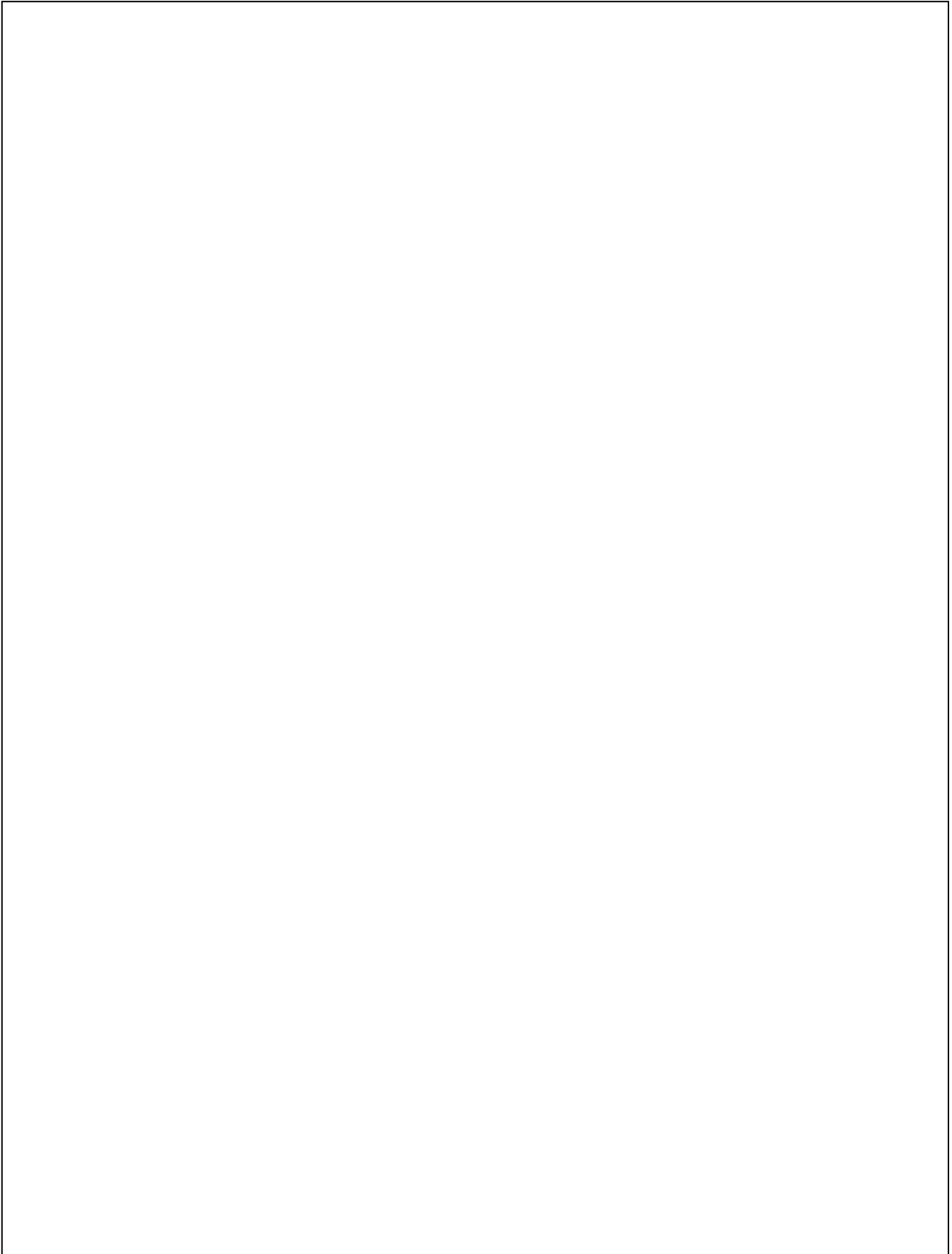




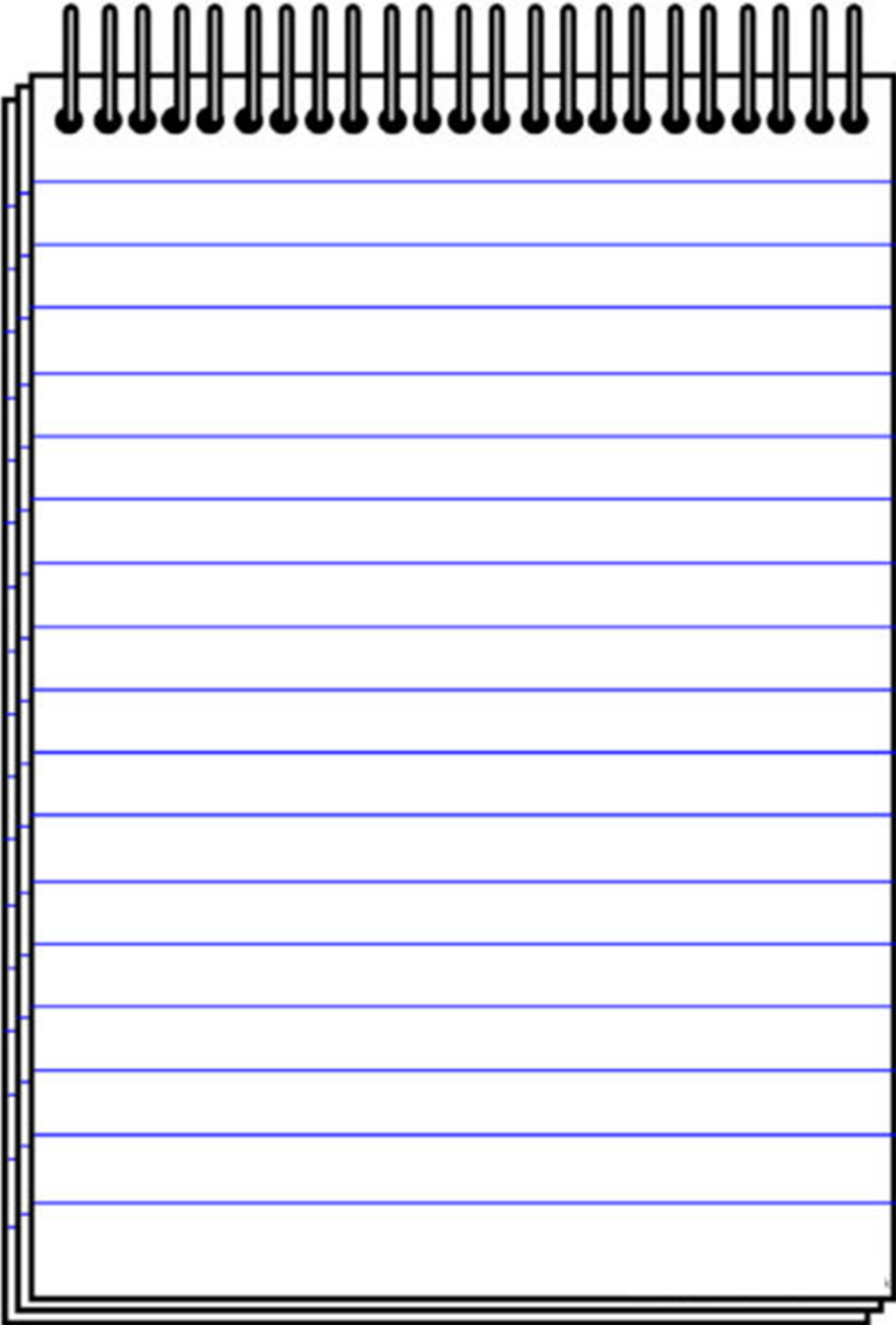




## Digestion Experiment

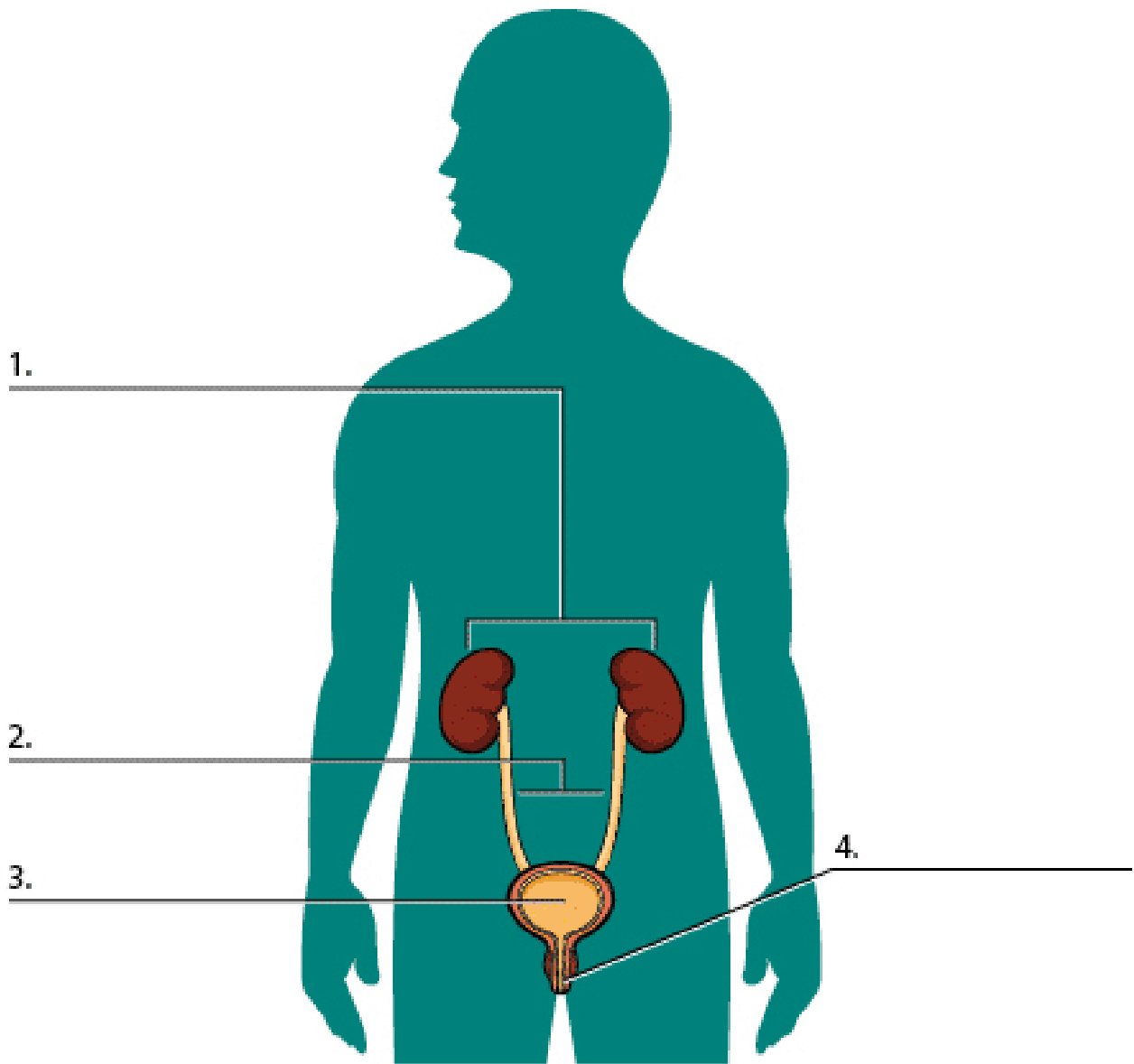


Interesting Facts



# HOW THE BODY WORKS

## The Urinary System



### WORD BANK

bladder

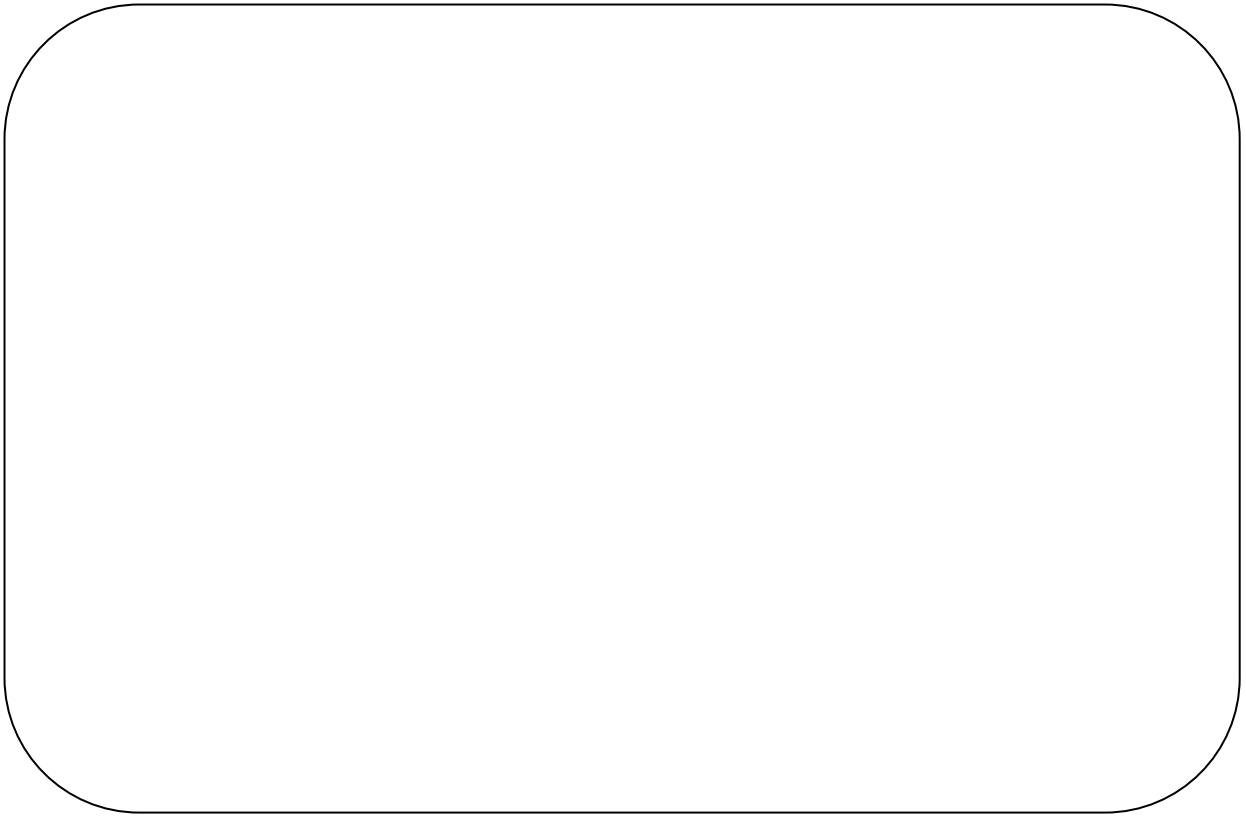

ureters

kidneys

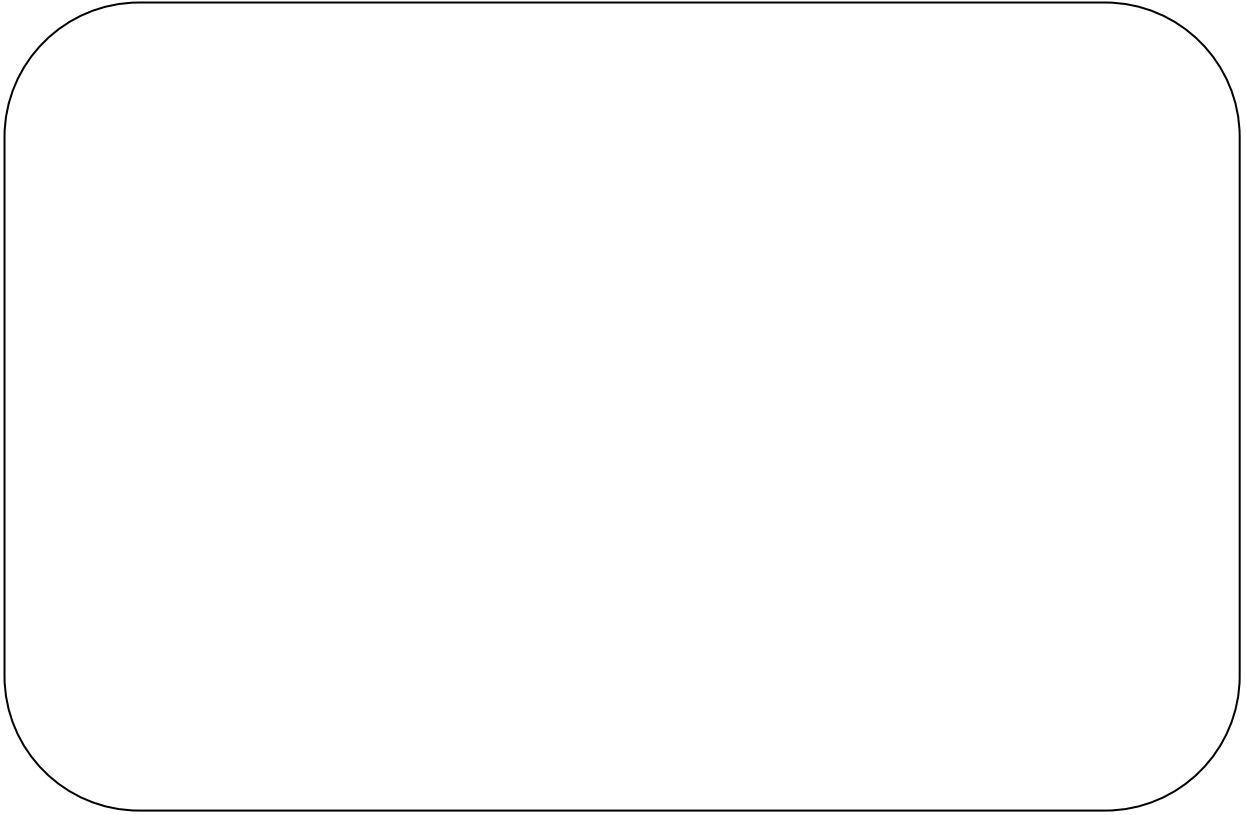
urethra



# Bladder

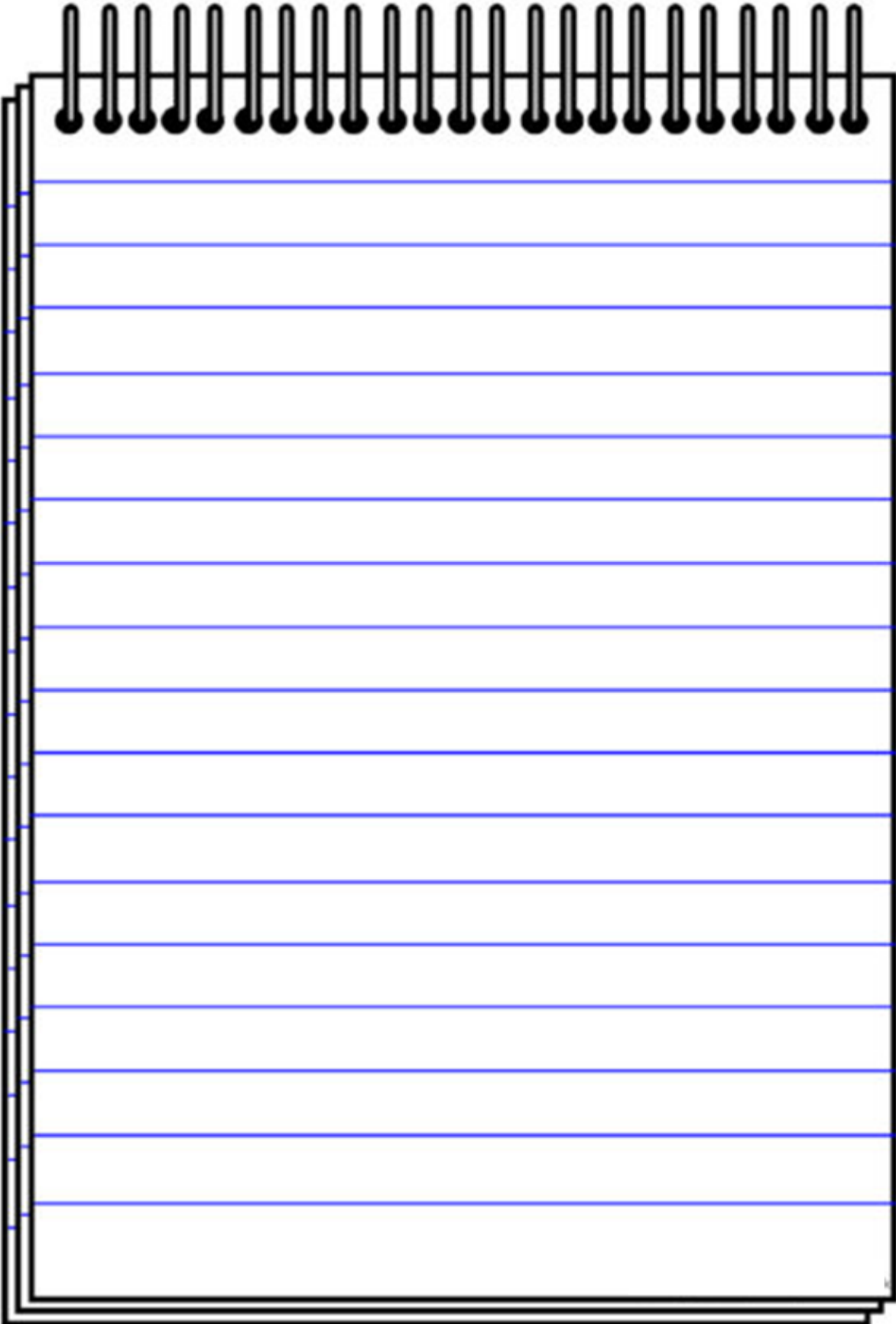
A large, empty rounded rectangular box with a thin black border, intended for drawing or taking notes.Ten horizontal lines spaced evenly down the page, intended for writing.

## What is Wee?

A large, empty rounded rectangular box with a thin black border, intended for a drawing or illustration.A series of ten horizontal lines spaced evenly down the page, intended for writing an answer to the question above.



Interesting Facts

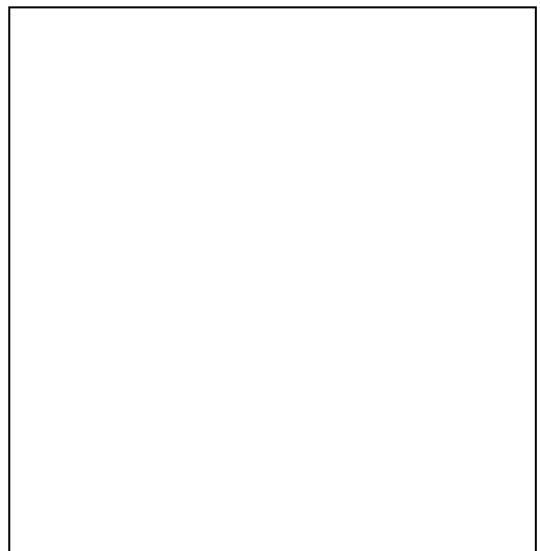
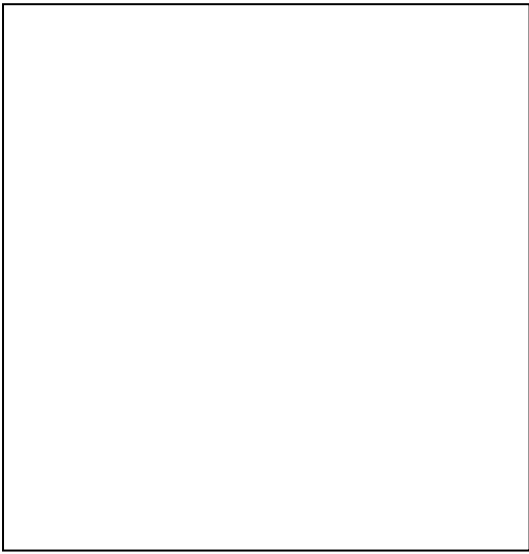


## How to Stay Healthy

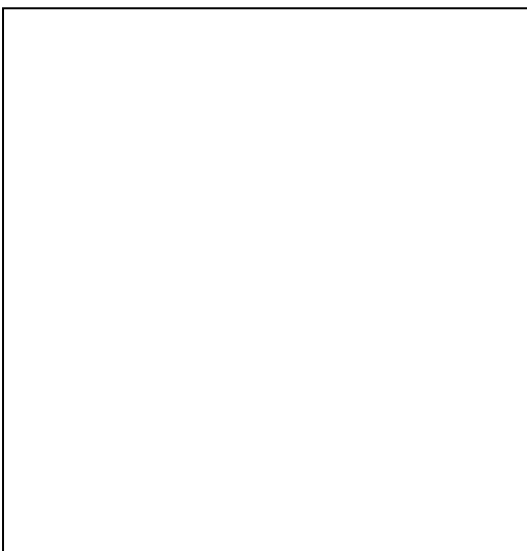
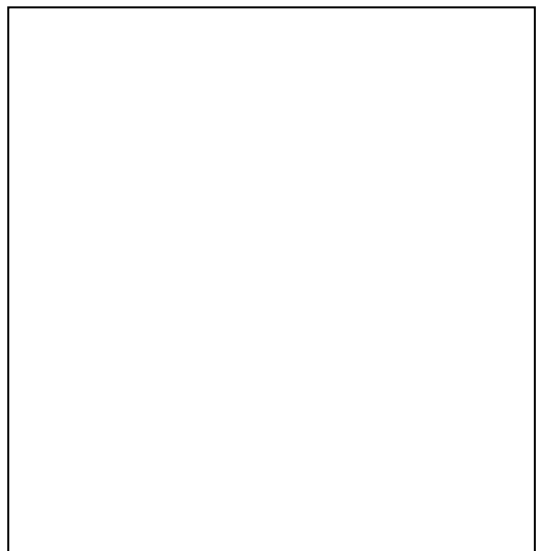
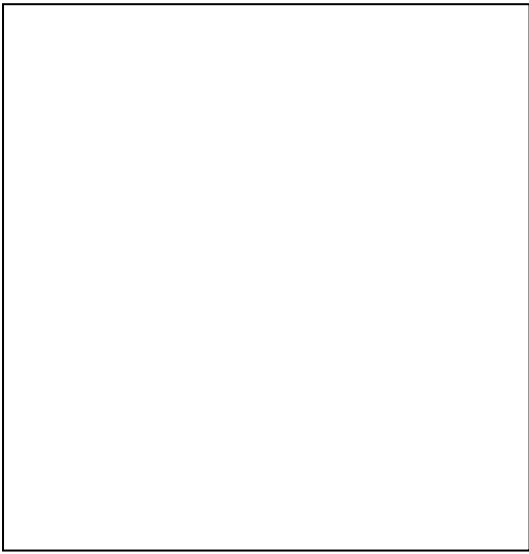
What do our bodies need to stay healthy?



## Six Essential Types of Nutrients Our Bodies Need



## Six Essential Types of Nutrients Our Bodies Need



## Why is Water So Important for Our Bodies?



## Why is Exercise So Important For Our Bodies?



## Ways I Like to Exercise

## Why is Sleep Important?





## Ways To Help My Sleep Routine

## Why Hygiene and Washing Are Important



## **Routines I Can Use To Stay Hygienic and Washing Routines**

## Why Emotions Are Important



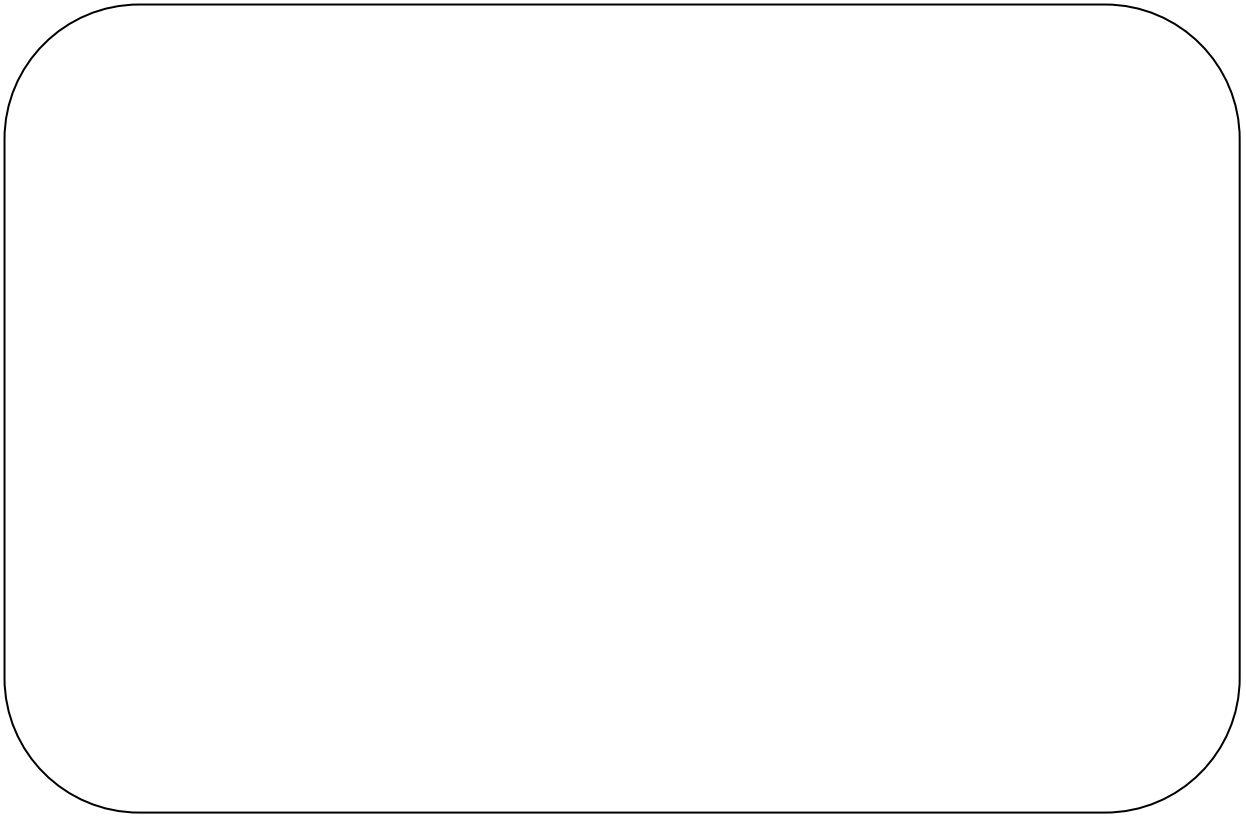
## Things That Make Me Happy

## Things I Can Do When I Am Feeling Angry

A large, empty rectangular box with a thin black border, occupying most of the page below the title. It is intended for the user to write down strategies or actions they can take when feeling angry.

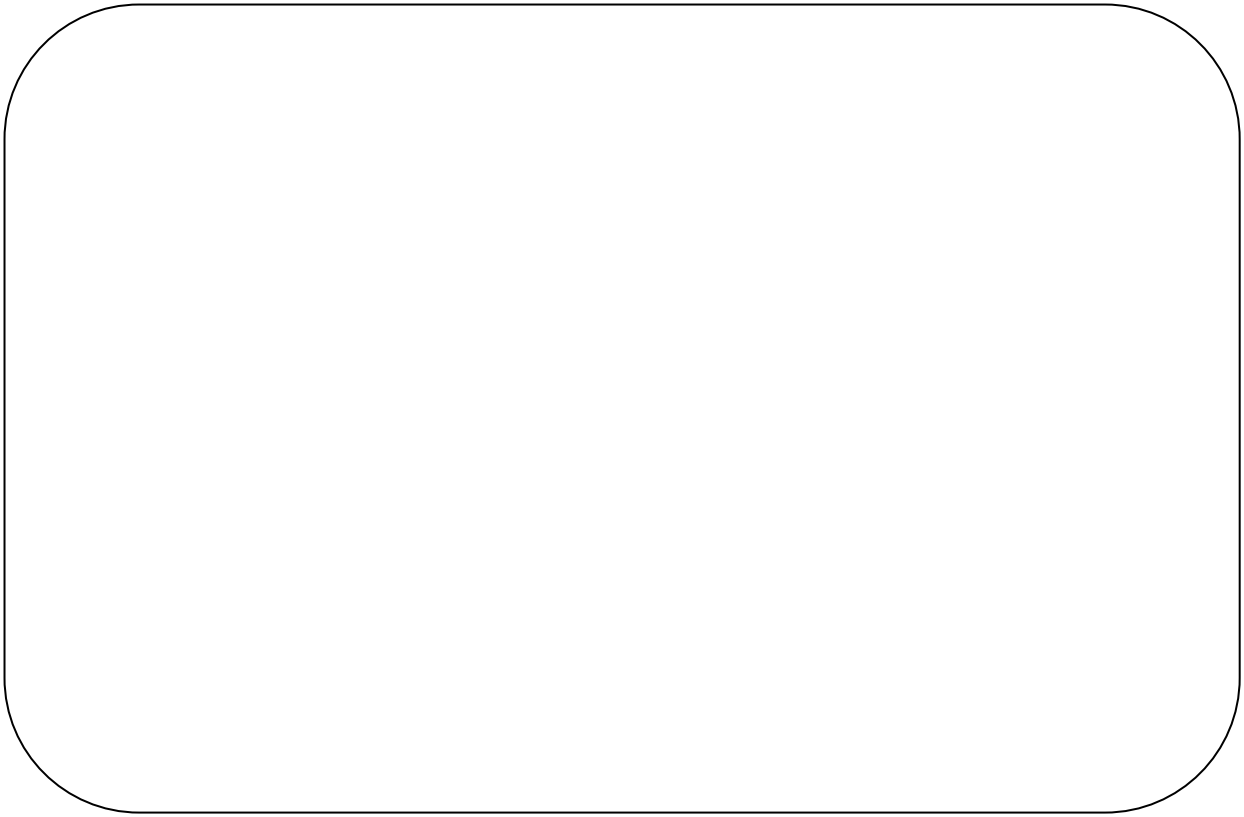
## Things I Can Do When I Am Feeling Sad

## Interesting Medical Milestones

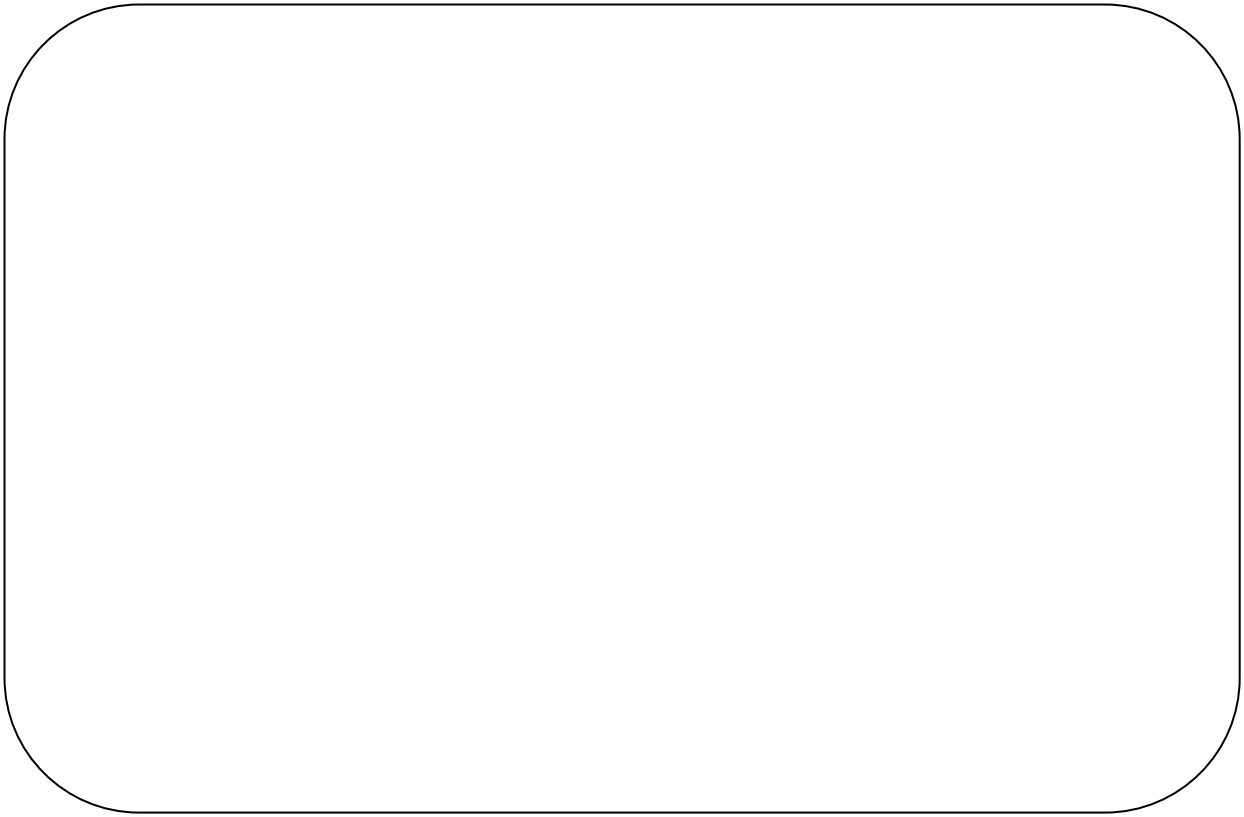

A large, empty rounded rectangular box with a thin black border, intended for writing notes or a list of medical milestones.A series of 12 horizontal lines, evenly spaced, intended for writing notes or a list of medical milestones.



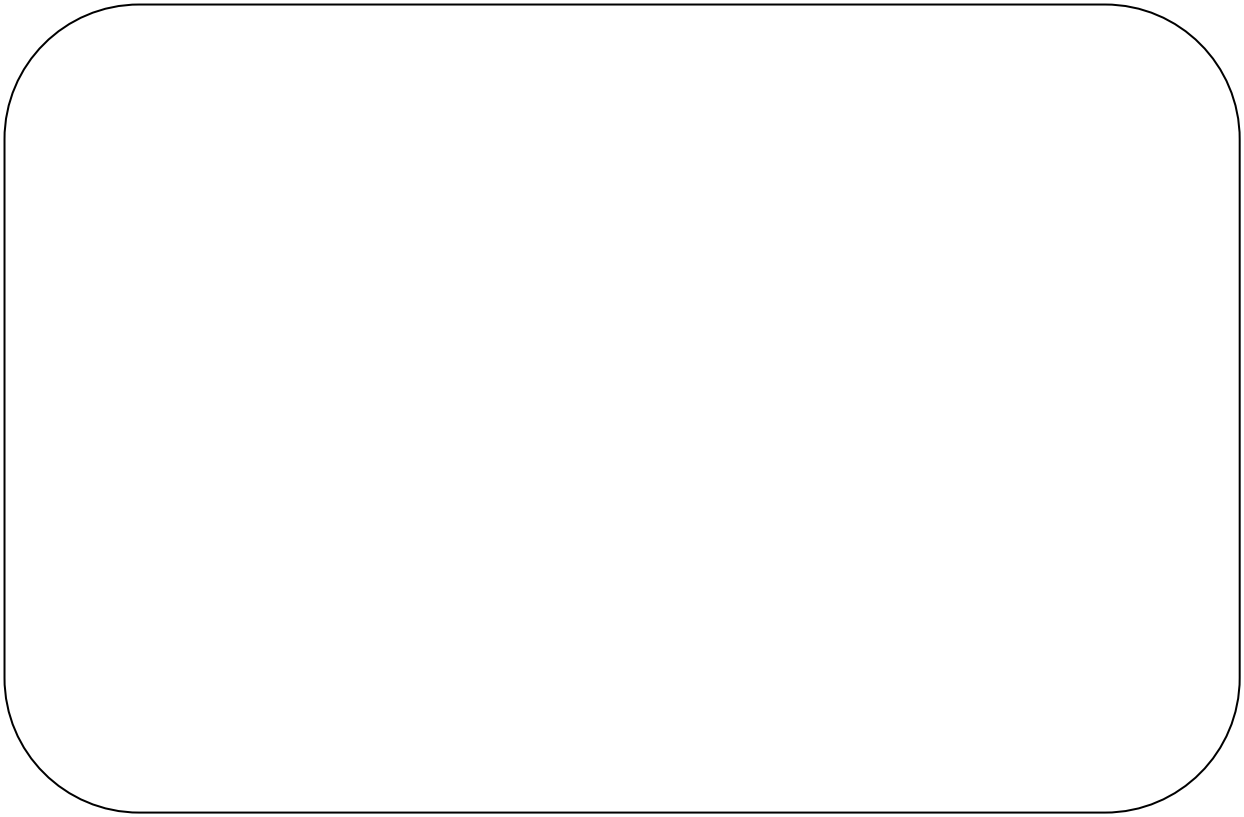

## Interesting Medical Milestones

A large, empty rounded rectangular box with a thin black border, intended for writing notes or a list of medical milestones.A series of 12 horizontal lines, evenly spaced, intended for writing notes or a list of medical milestones.

## Interesting Medical Milestones

A large, empty rounded rectangular box with a thin black border, intended for writing notes or a list of medical milestones.A series of 12 horizontal lines, evenly spaced, intended for writing notes or a list of medical milestones.

## Interesting Medical Milestones

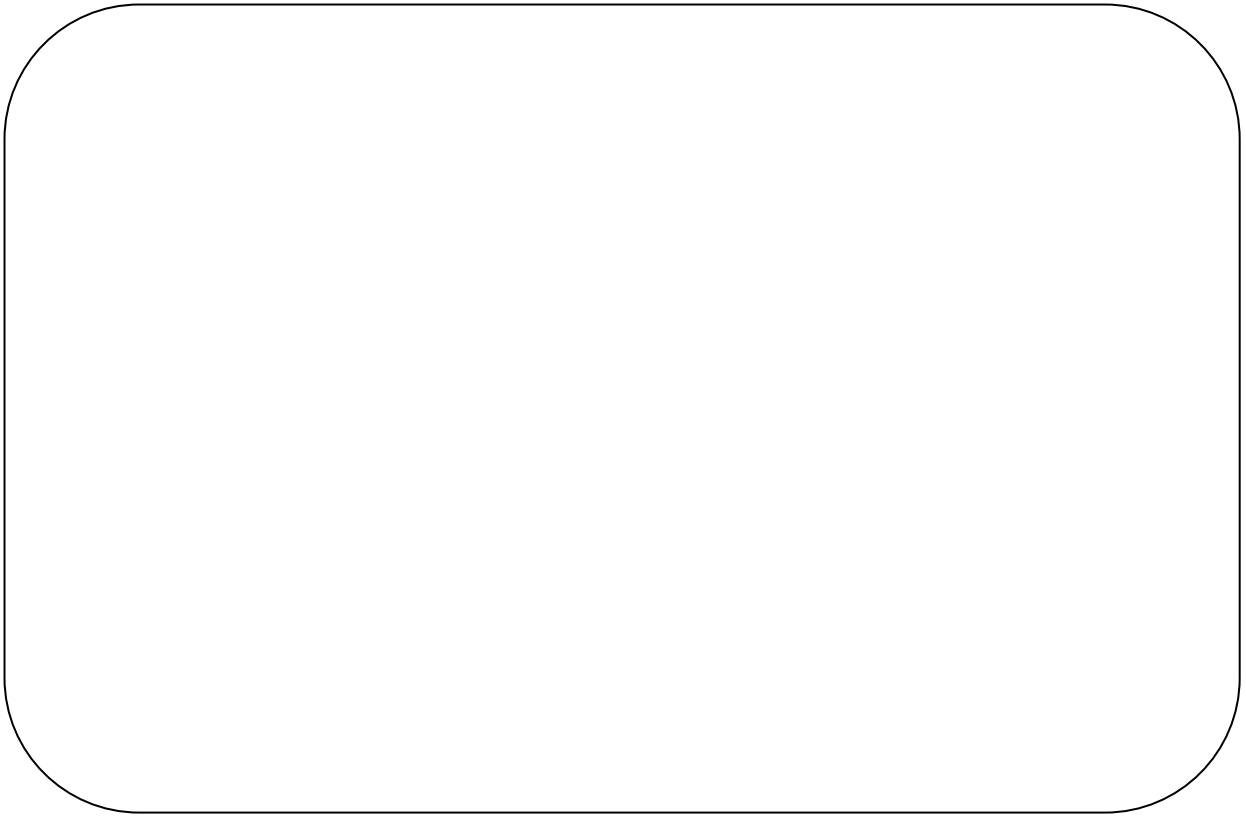

A large, empty rounded rectangular box with a thin black border, intended for writing notes or a list of medical milestones.A series of 12 horizontal lines, evenly spaced, intended for writing notes or a list of medical milestones.







## Computerised Technology (CT)


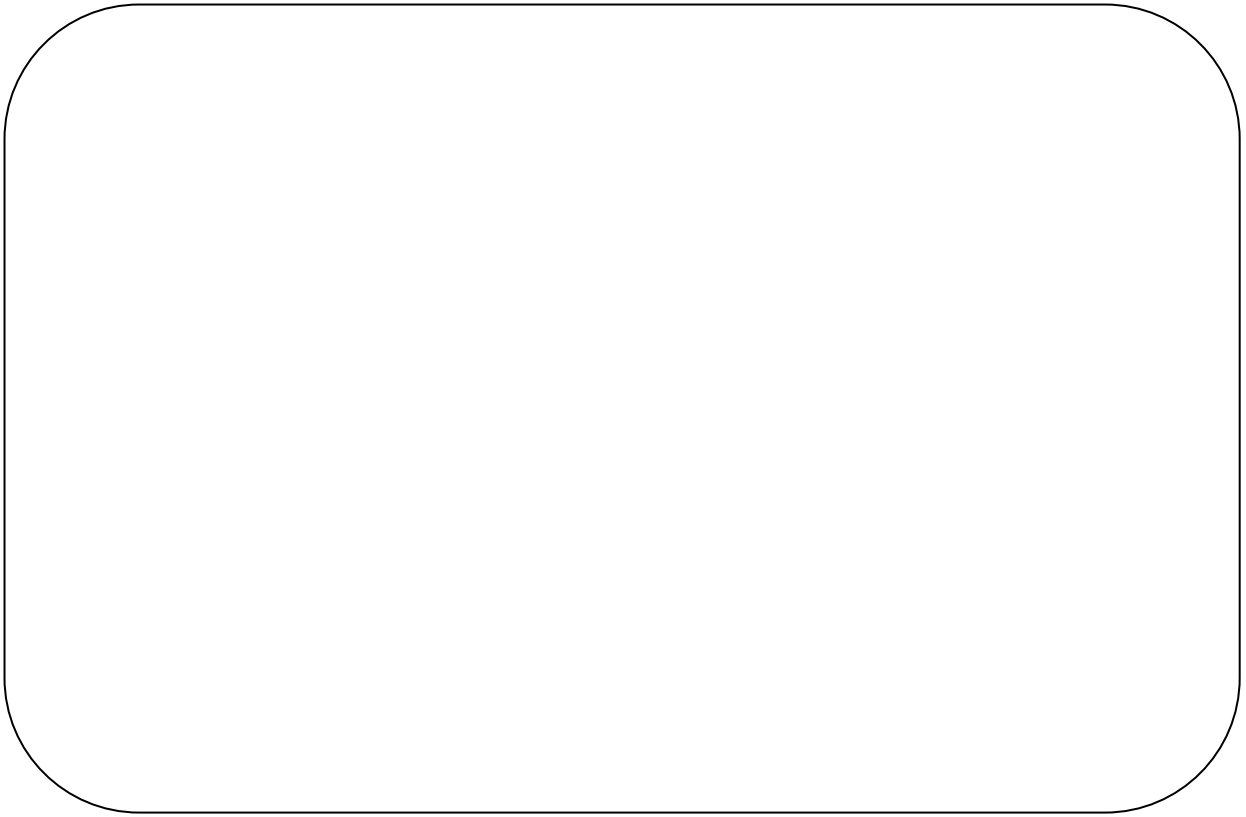
A large, empty rounded rectangular box with a thin black border, intended for drawing or taking notes.A series of 12 horizontal lines for writing, spaced evenly down the page.



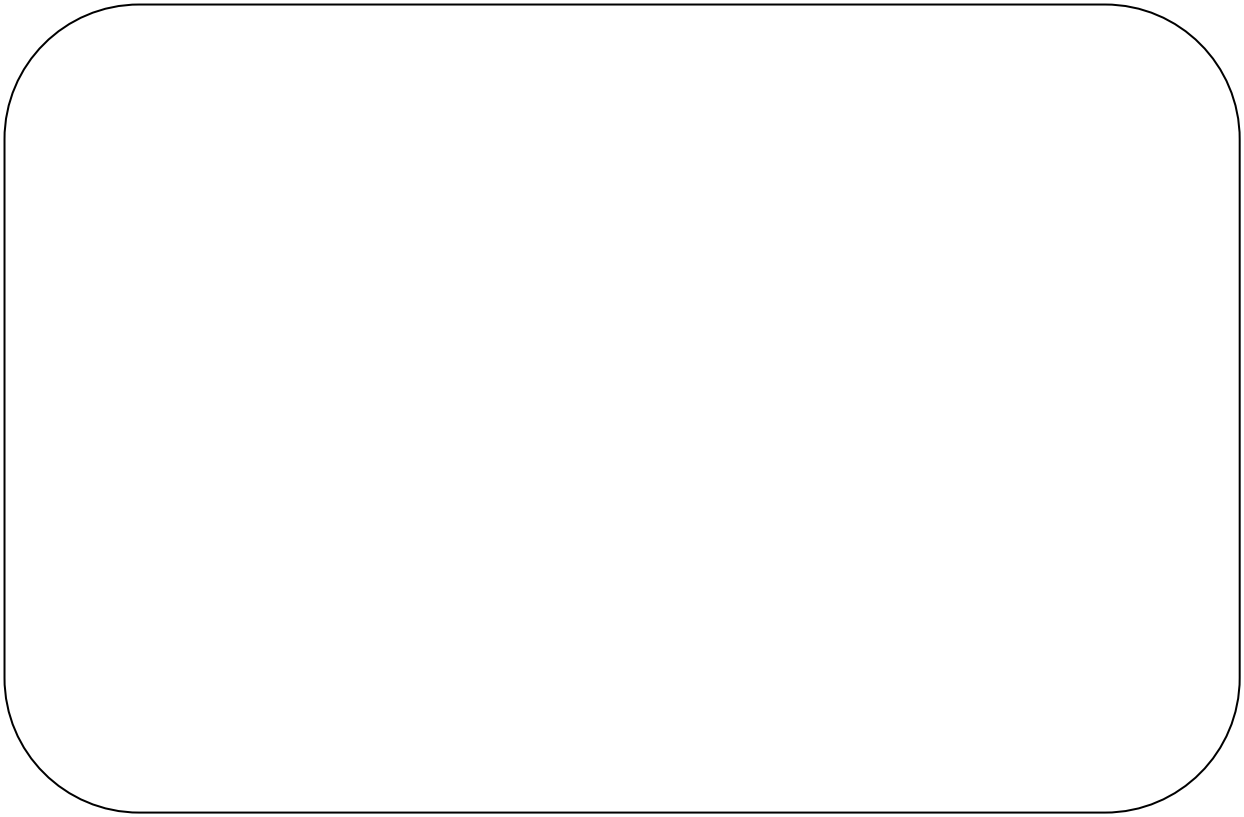





## Antibiotics



## Vaccinations

A large, empty rounded rectangular box with a thin black border, intended for writing notes or details about vaccinations.Ten horizontal lines spaced evenly down the page, intended for listing vaccinations or recording data.

## Future Bodies

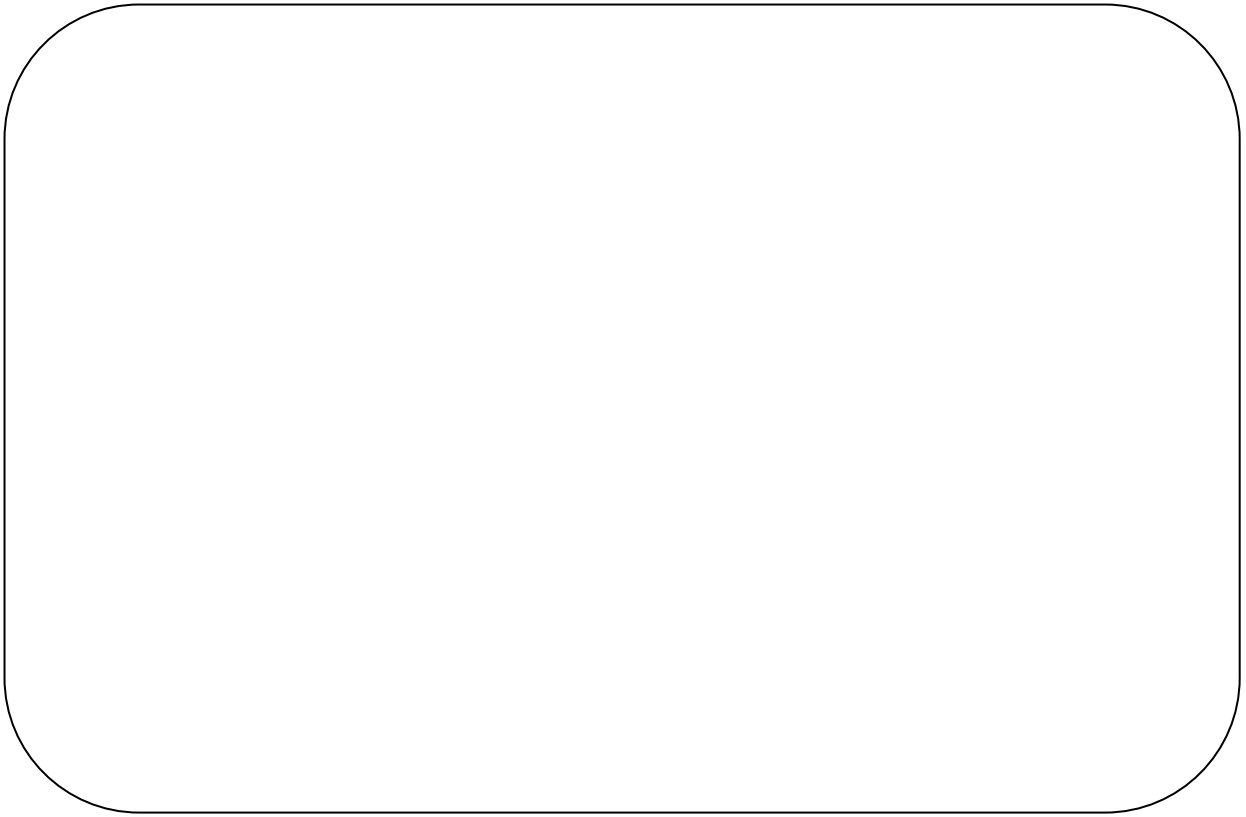
What types of ways scientists are looking at improving health and our bodies for the future?



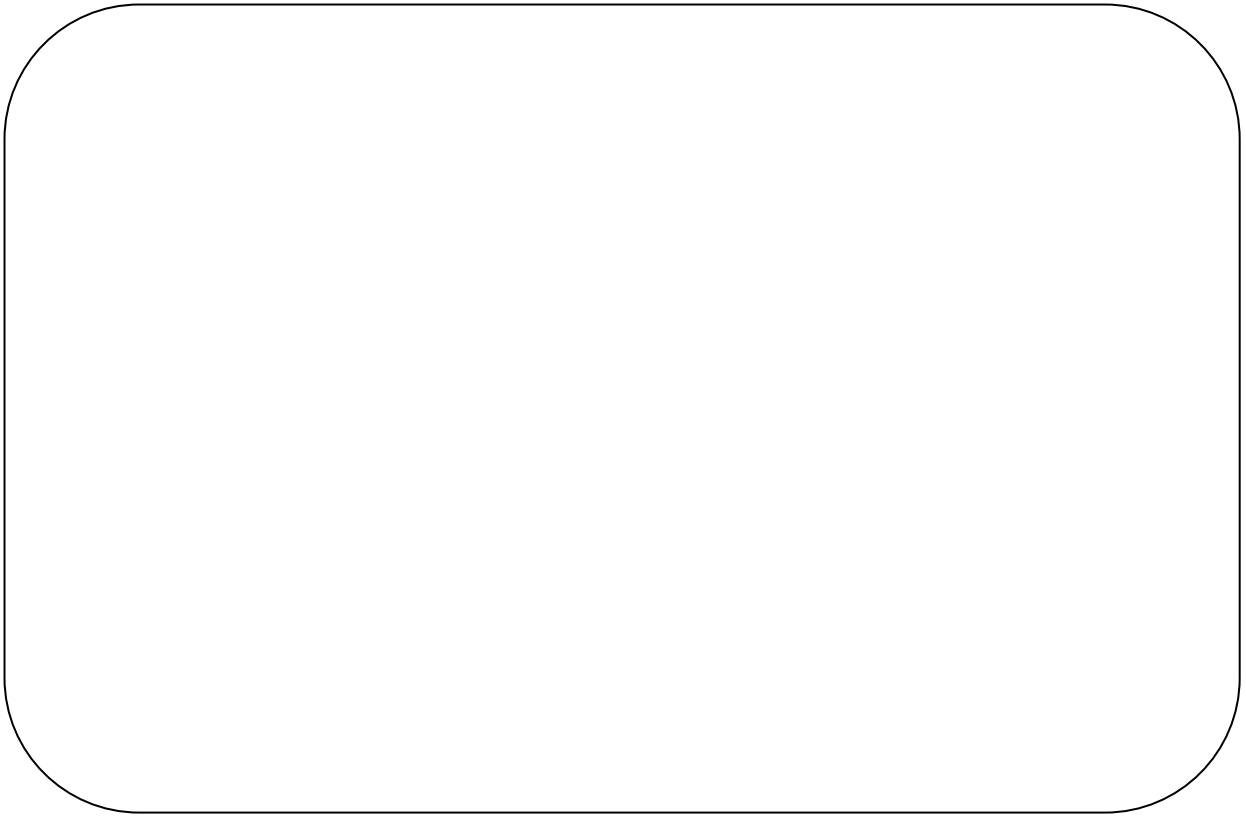

## What Happens to Bodies In Space?



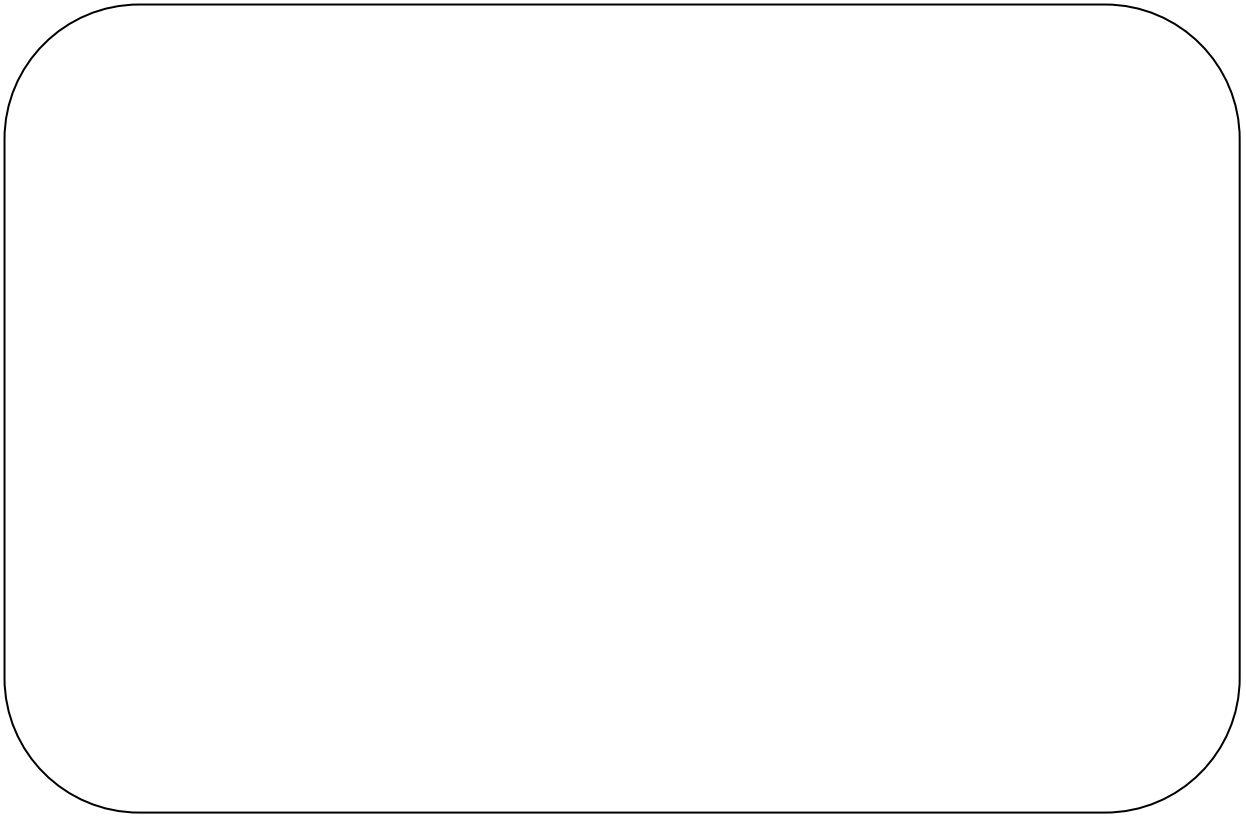
## Record Breakers

A large, empty rounded rectangular box with a thin black border, intended for drawing or writing.A series of 12 horizontal lines, evenly spaced, intended for writing.

## Record Breakers

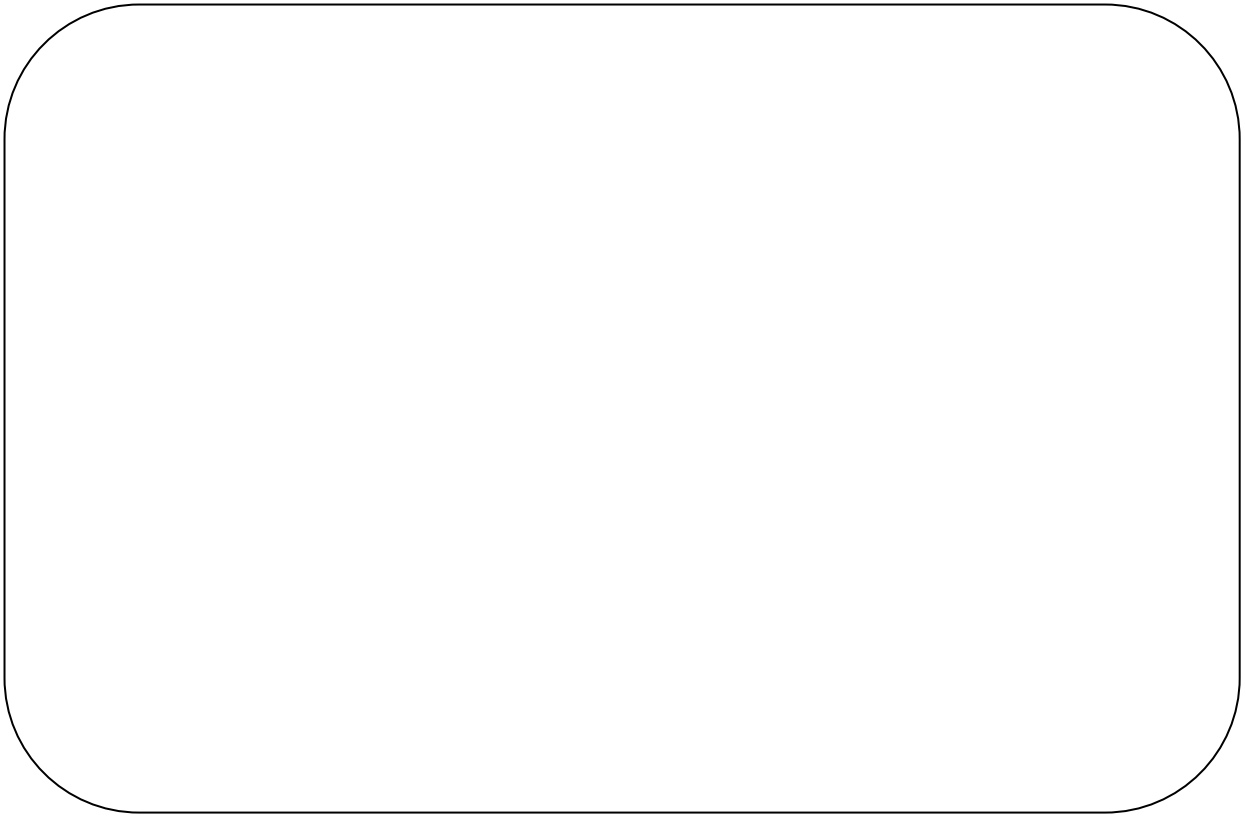
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## Record Breakers

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Interesting Facts

