



Coloring Book

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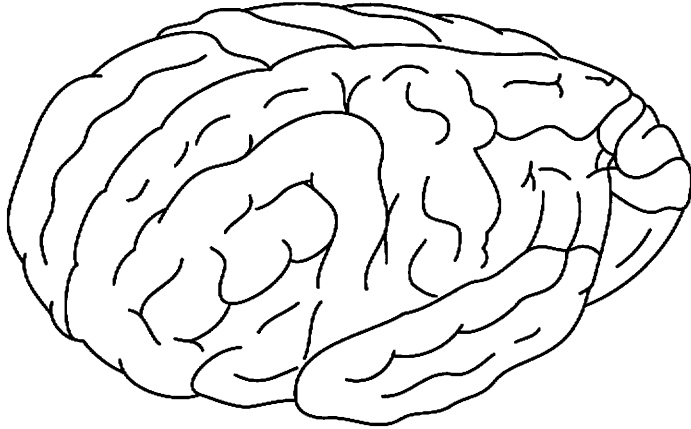


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The brain



*sends information to the muscles
which hustle and bustle,
allowing action by contraction!
They attach to the bones,
which are not made
of sticks and stones
but vitamins, minerals,
and calcium.*

So what remains?

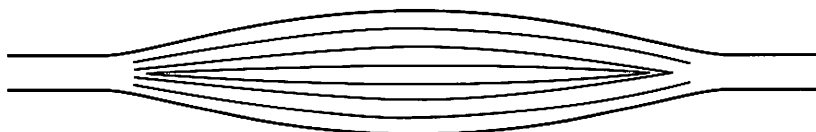
The magnificent art of **the heart,**

*the significant start of our life!
It pumps and pumps the blood to flood
60,000 miles of capillaries, veins, and arteries,
giving our muscles the power to talk,
the power to walk, the power to hold,
the power to move and the power to groove.*



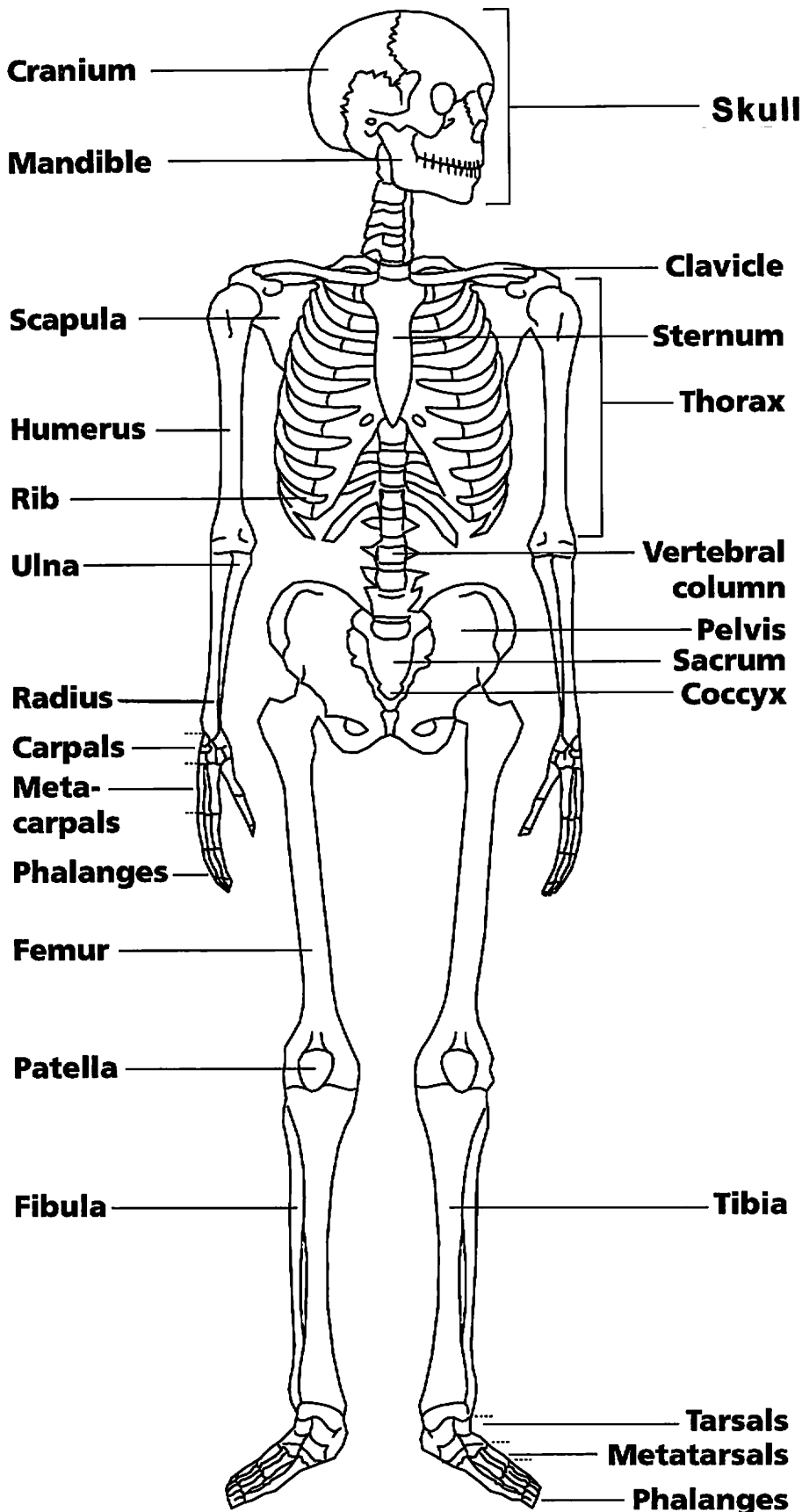
*Now it's time for you to begin to meet
underneath the skin!*

your body



Meet

Mr. Bones



Adults have 206 bones.

Inside our bones is a substance called **bone marrow**.

In the bone marrow we make **blood cells**.

Our bones have 3 main functions:

1. Support the body so we can stand up straight.
2. Protect our organs, such as our lungs.
3. Anchor our muscles ligaments and tendons so that we can move.

There are many ways to keep our bones healthy and strong. For example, we can drink milk to get calcium, eat green leafy vegetables for iron, and play outside in the sun to get vitamin D.

Lungs and Respiratory System

Harmful effects of tobacco use

Mouth:

Juice from tobacco can cause damage to gums and teeth.

Throat:

Tobacco smoke can cause cancer of the throat.

Larynx:

Tobacco smoke can cause cancer of the larynx.

Lungs:

Long-term use can cause emphysema. Cell damage in lungs can lead to lung cancer.

Esophagus:

Tobacco smoke can cause cancer of the esophagus.

Stomach:

Nicotine can lead to the development of ulcers.

Brain:

You can become dependent on tobacco. After being a long-time smoker you can become depressed and/or nervous when you try to quit.

Circulatory System:

Nicotine causes the heart to beat faster and blood pressure to rise. It damages arteries and leads to heart attacks.

Kidneys:

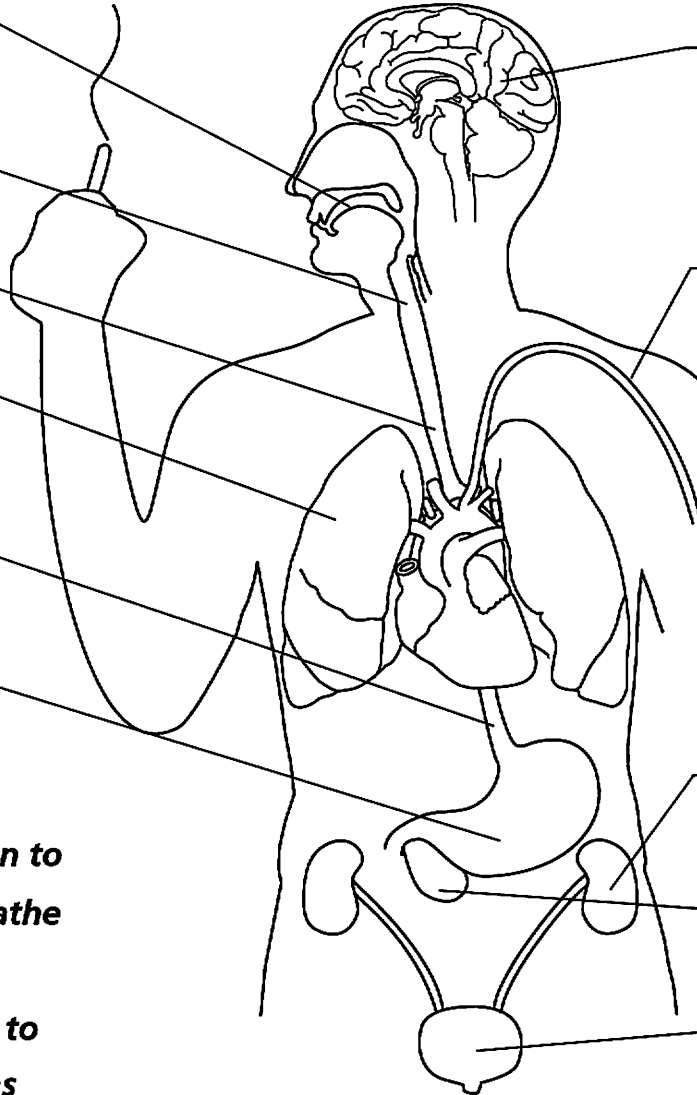
Chemicals in tobacco are linked to cancer of the kidneys.

Pancreas:

Chemicals from cigarettes can cause cancer of the pancreas.

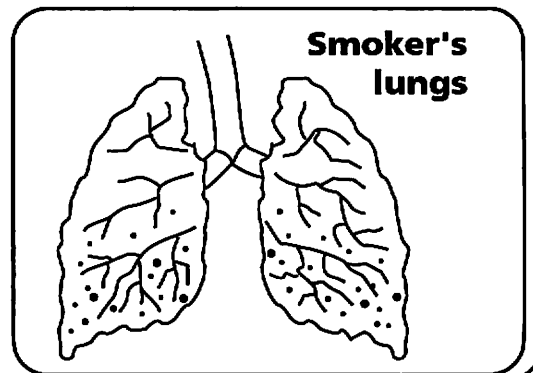
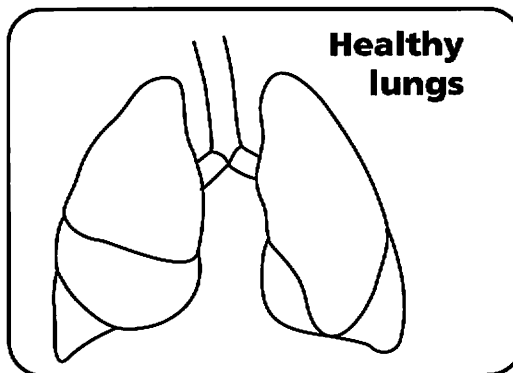
Bladder:

Chemicals in tobacco are linked to cancer of the bladder.



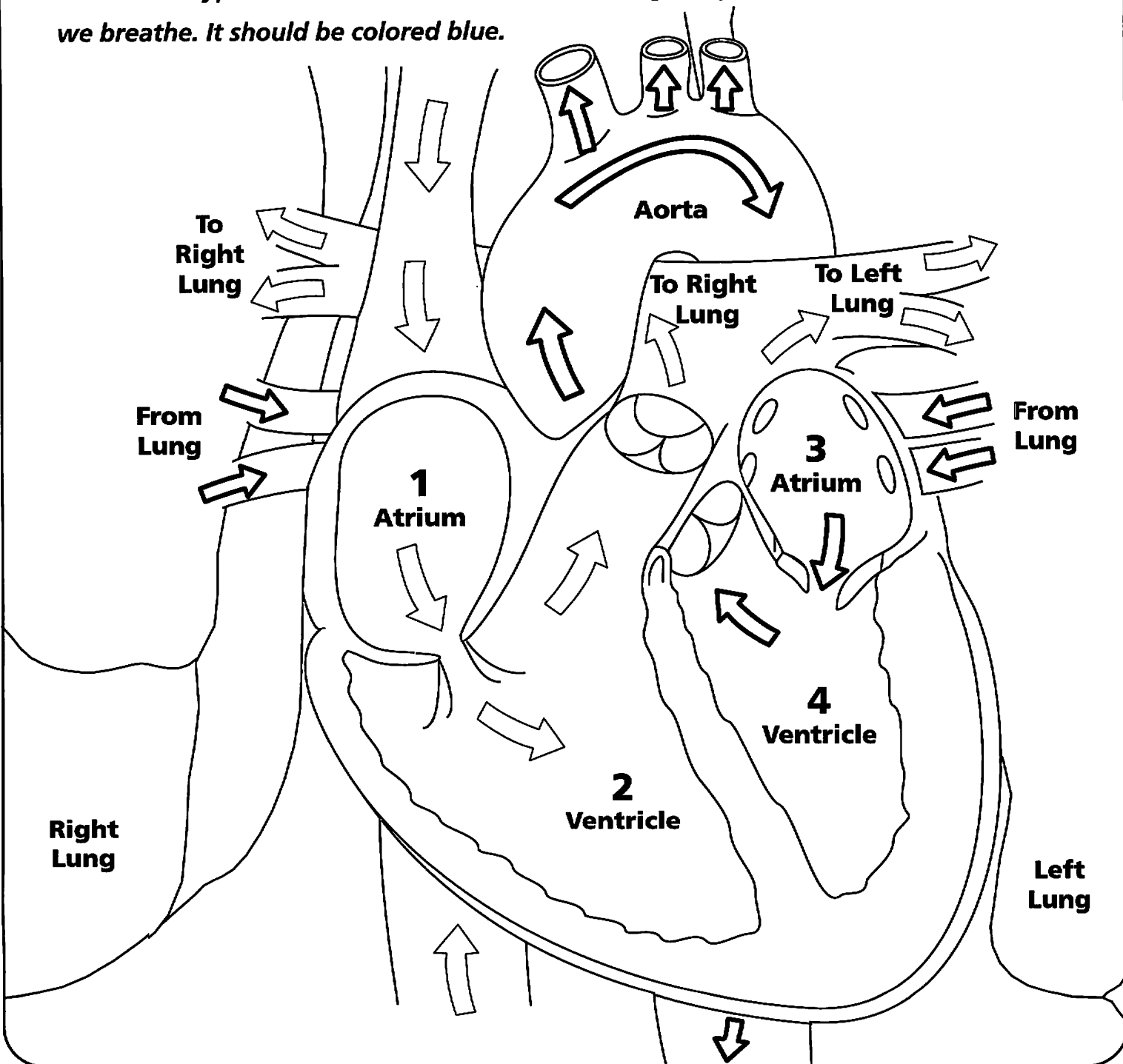
Our body needs oxygen to survive. Our lungs breathe in oxygen from the air. Our lungs need the air to be as fresh and clean as possible. People who do not smoke and do not inhale cigarette smoke have healthy, clean, pink fleshy colored lungs. People who do smoke and/or inhale what is called "second-hand smoke" have pink and black spotted lungs.

▼ **Color the lungs to show if the person has healthy lungs or smoker's lungs. (Notice the difference in size, color, and shape).**



Pulmonary Circulation

The heart is made up of four chambers all working together to pump blood around the whole body. The arrows show the blood circulation. The bold arrows represent the flow of oxygenated blood. This type of blood flows to all the body parts. It should be colored red. The light arrows represent the flow of deoxygenated blood. This type of blood is carried back to the lungs to get oxygen from the air we breathe. It should be colored blue.



Blood is composed of many different types of cells, such as platelets, lymphocytes, neutrophils, and red blood cells.

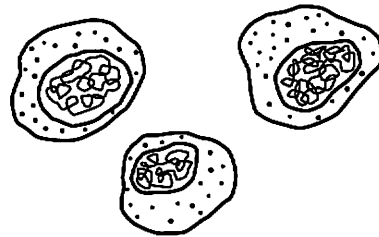
Platelets

Circulate in the bloodstream attaching to injured tissue. They help form scabs. They live up to ten days. They tend to stain light purple around the outside and dark purple in the middle.

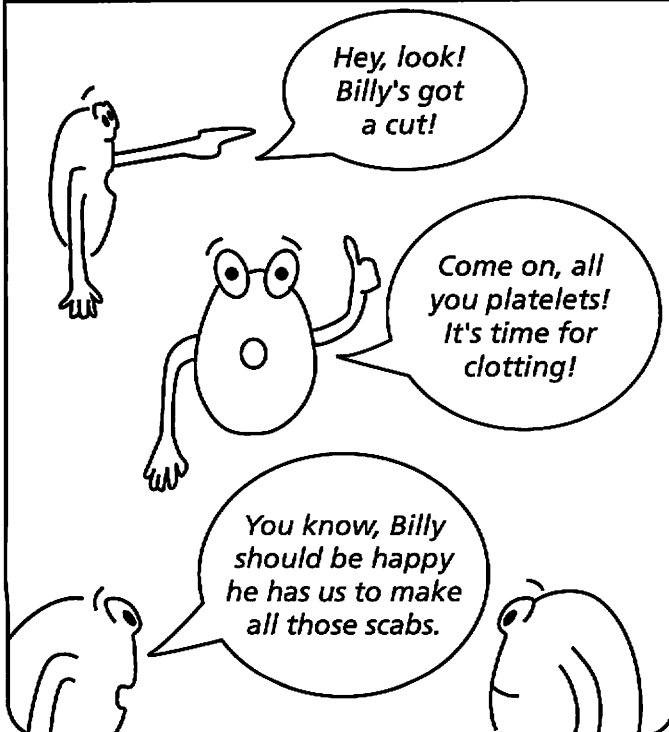


Lymphocytes

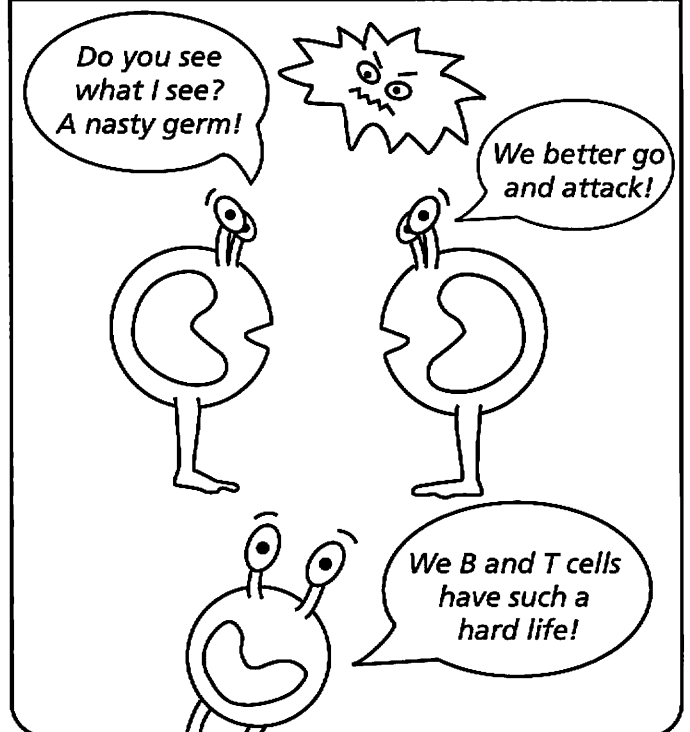
Are a type of white blood cell. They help fight germs, bacteria, and infections. They include B-Cells and T-Cells. They stain pale blue on the outside and pink in the center.



Platelets



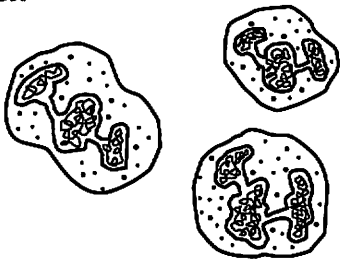
Lymphocytes



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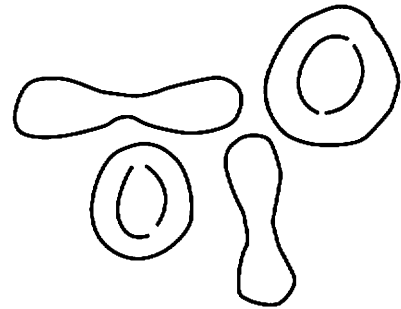
Neutrophils

Are a type of white blood cell. They are like garbage collectors in our bloodstream. They eat cellular debris and foreign elements. Their life span can be just hours or up to four days. They stain light purple on the outside and pink in the center.

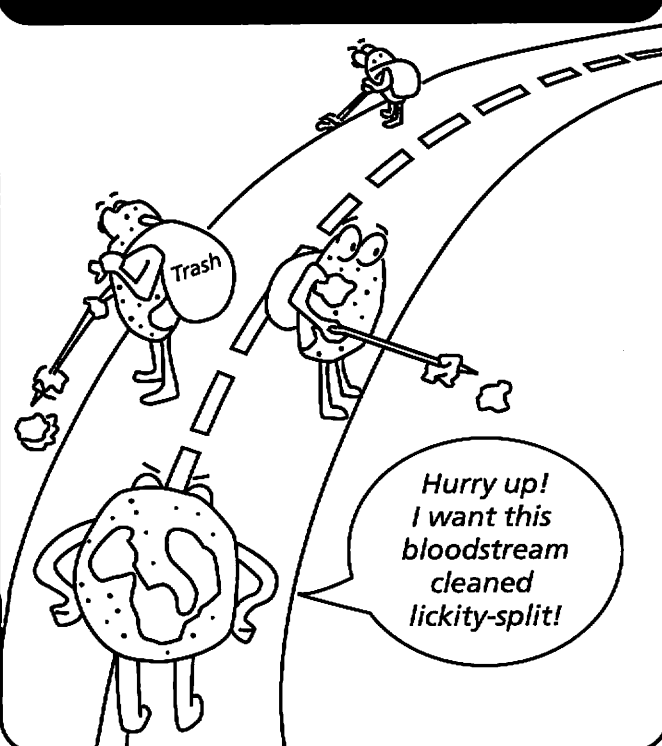


Red Blood Cells

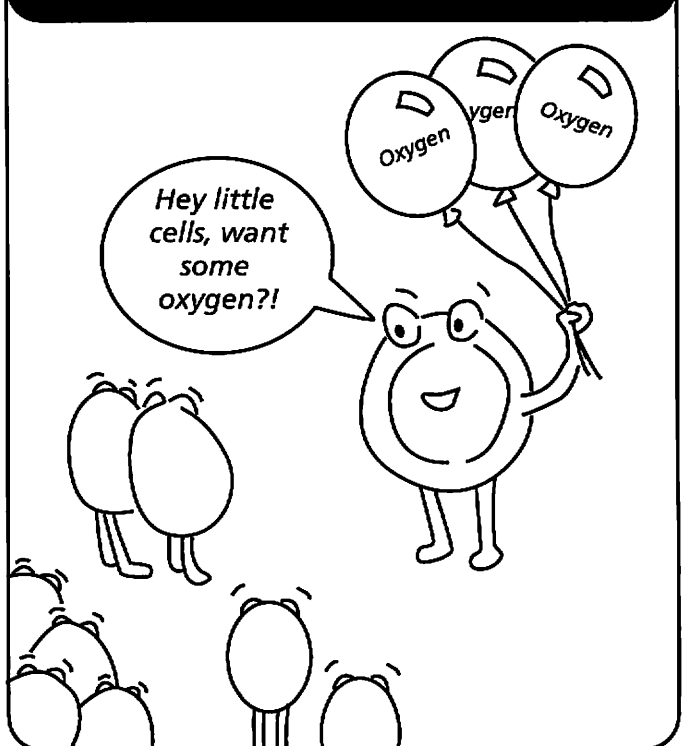
Are also known as erythrocytes and are extremely important. They circulate throughout the body carrying oxygen to the whole body and picking up more from the lungs. They are red.



Neutrophils



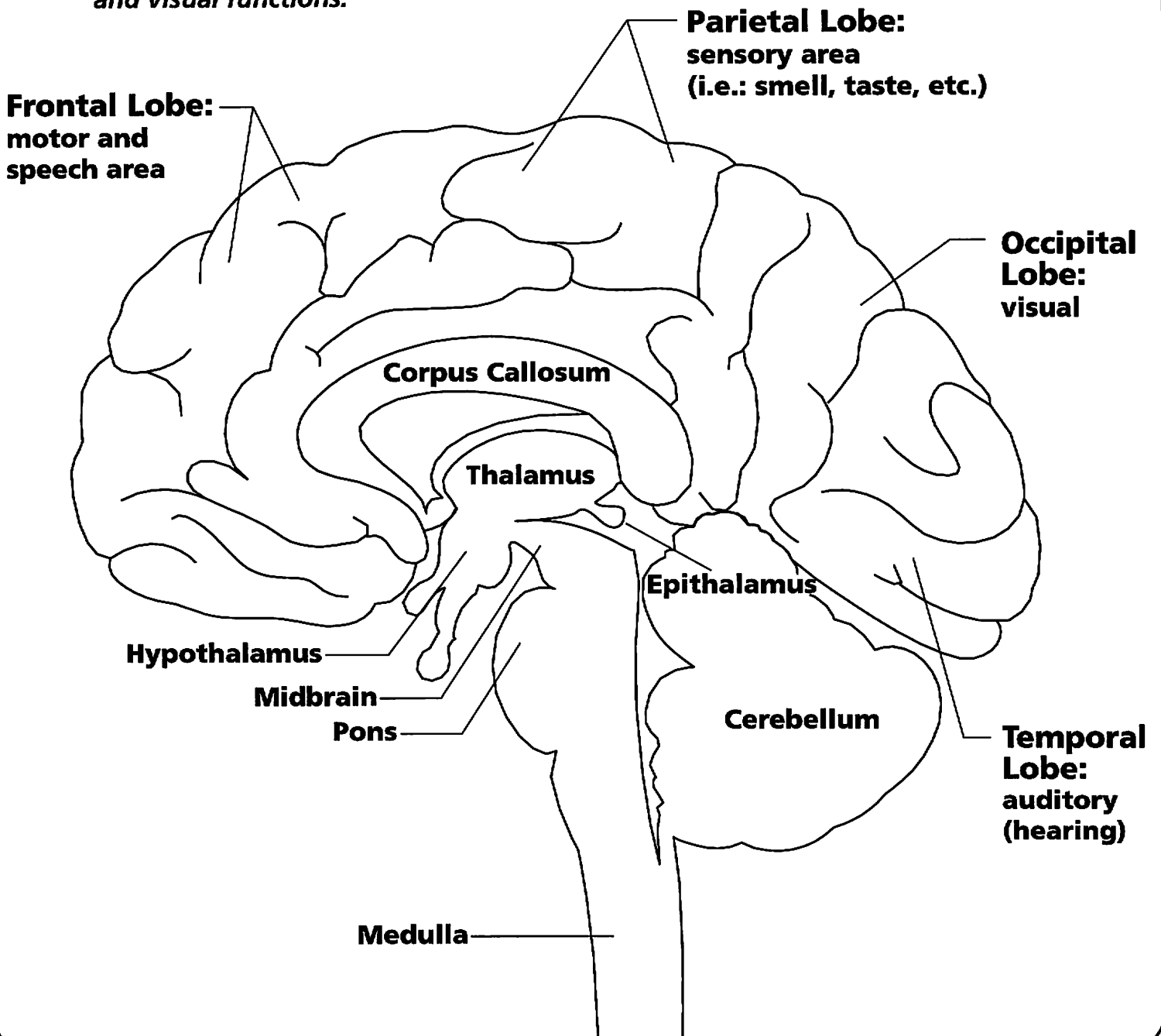
Red Blood Cells



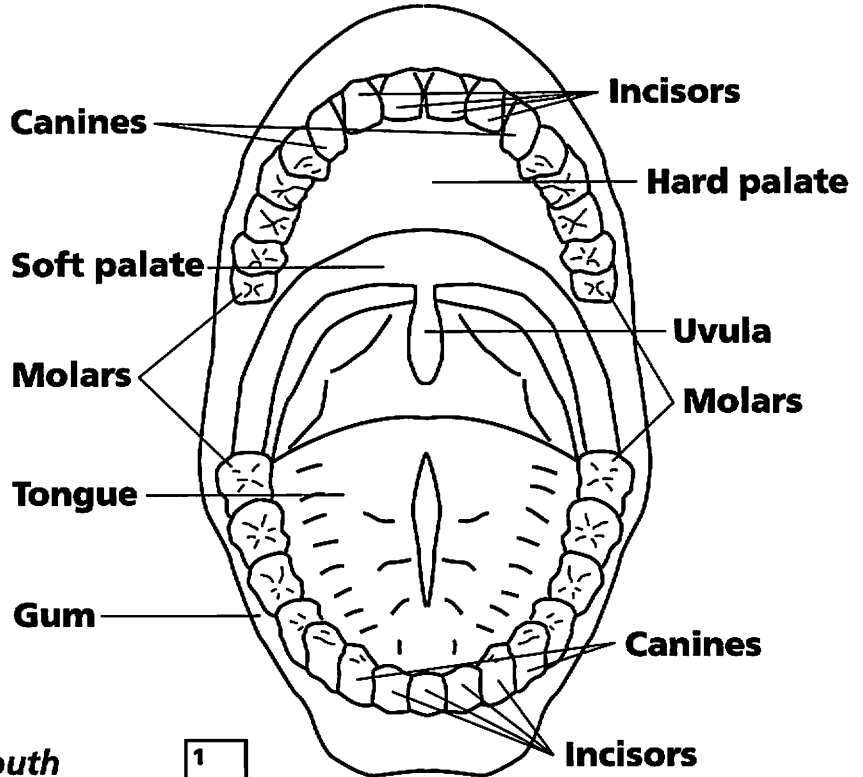
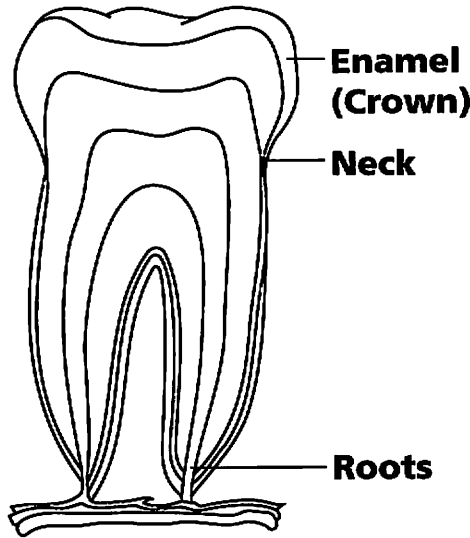
The Nervous System

The Brain

The brain is divided into two parts (hemispheres). The right and left hemispheres appear to be the same but function in two different ways. The left part of the brain is involved with speech development and analytical, mathematical, and verbal functions. The right side of the brain is concerned with musical, spatial, and visual functions.



The Mouth and Teeth

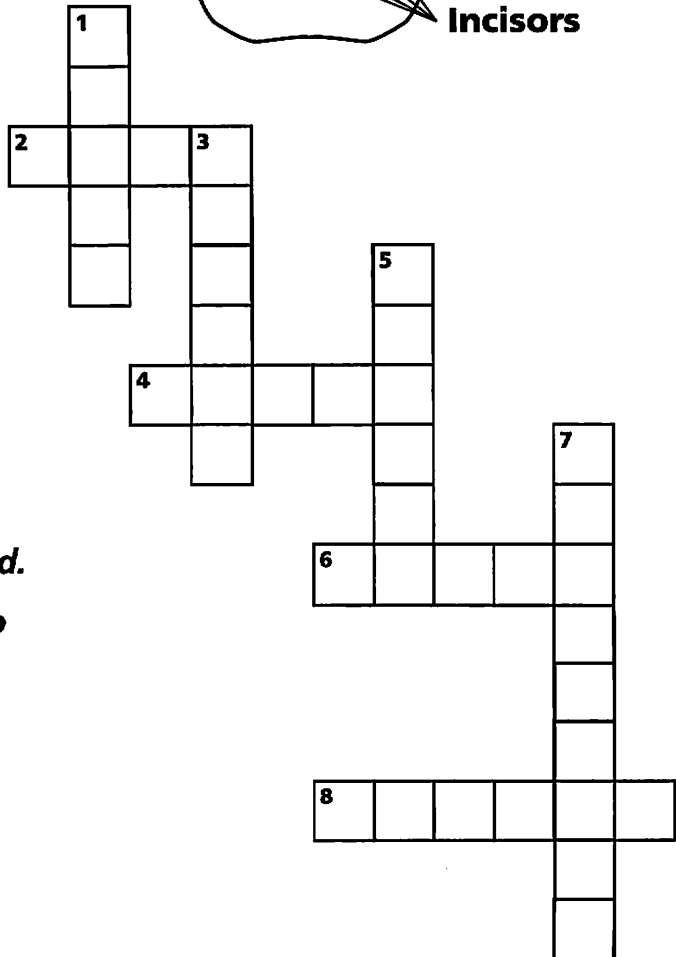


Across:

- 2. Your teeth are held in your mouth by your _____.
- 4. Name the tissue that hangs in the back of your mouth.
- 6. You should always _____ after brushing your teeth.
- 8. This organ helps you talk and swallow your food.

Down:

- 1. It is very important to _____ in the morning and before you go to bed.
- 3. Your mouth produces _____ to help begin the breakdown of food.
- 5. Name the hard substance of which teeth are made.
- 7. What are all over your tongue allowing you to taste.





Word Find

Bones:

Femur

Fibula

Ribs

Ulna

Circulatory:

Artery

Blood Cells

Heart

Pulse

Vein

Muscles:

Biceps

Deltoid

Quadriceps

Triceps

Organs:

Colon

Liver

Lungs

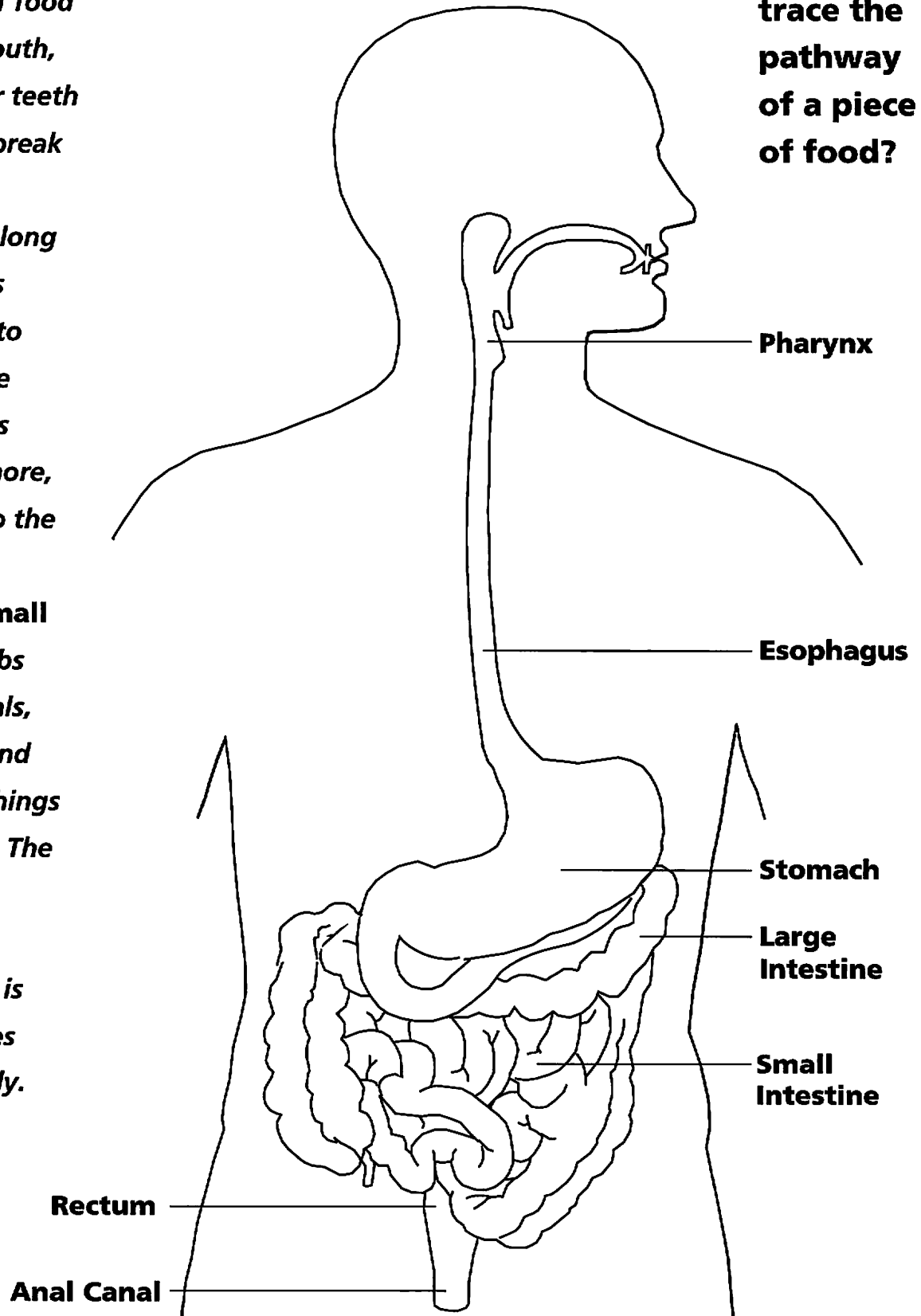
Stomach

B	S	T	O	M	A	C	H	K	Q
G	L	H	E	A	R	T	F	U	I
D	I	O	T	L	E	D	A	L	F
N	O	L	O	C	B	D	N	J	T
B	E	A	L	D	R	Y	L	S	R
I	S	R	L	I	C	J	U	G	I
C	L	T	C	U	V	E	I	N	C
E	U	E	B	G	B	E	L	U	E
P	P	R	U	S	B	I	R	L	P
S	V	Y	R	U	M	E	F	K	S

The Digestive System

The digestion of food begins in the mouth, oral cavity. Our teeth and saliva help break down food. The esophagus is a long tube that travels down the body to the stomach. The stomach digests the food even more, squeezing it into the small and large intestine. The small intestine absorbs vitamins, minerals, carbohydrates and all other good things our body needs. The large intestine absorbs water. Whatever is left is waste and passes through the body.

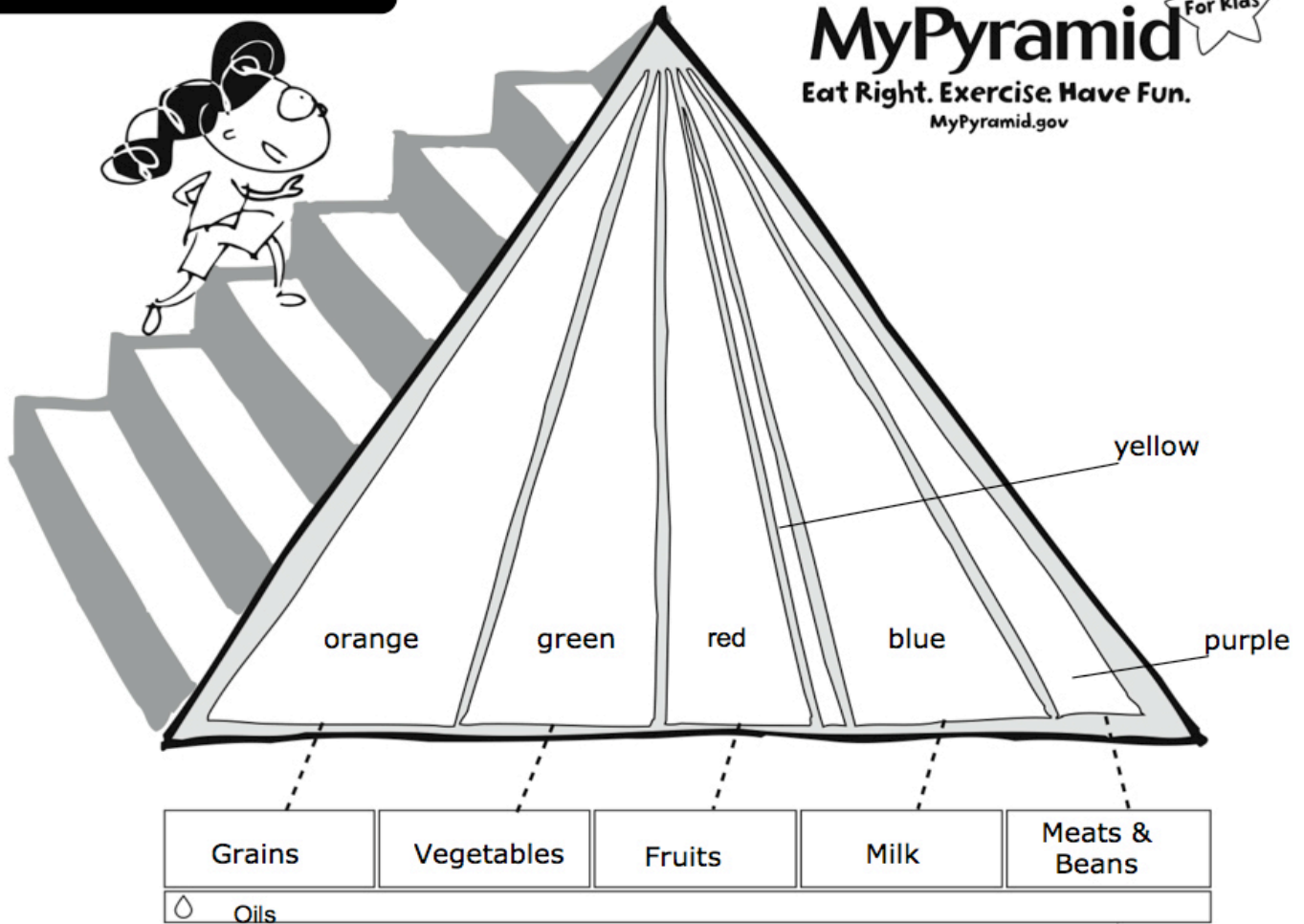
Can you trace the pathway of a piece of food?



Nutrition



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MyPyramid.gov



Can you draw your favorite foods from each food group?

Grains

Vegetables

Fruits

Milk

Meats and Beans

Oils

Hygiene

Always wash your hands with soap and water before you make or eat a snack or meal.

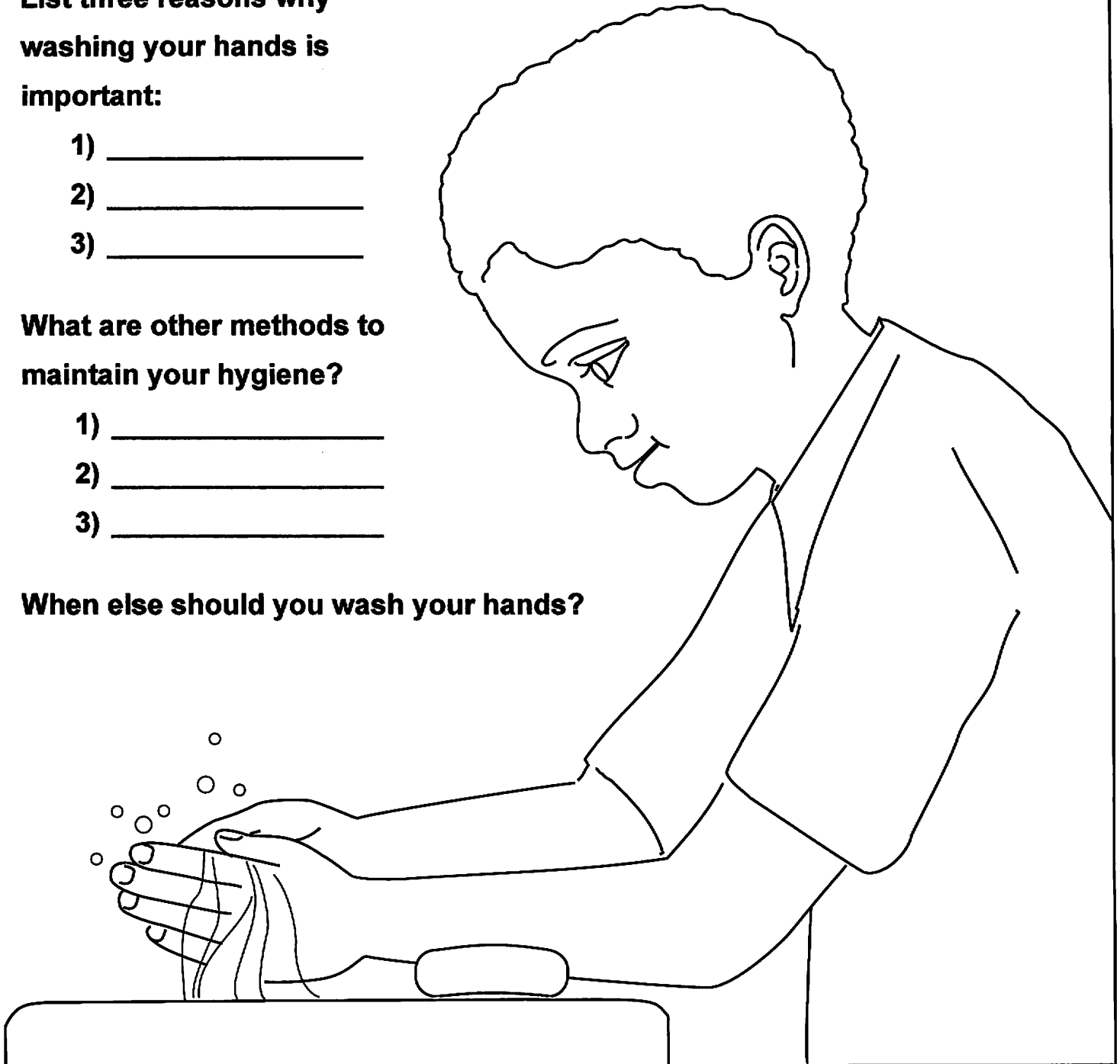
List three reasons why washing your hands is important:

- 1) _____
- 2) _____
- 3) _____

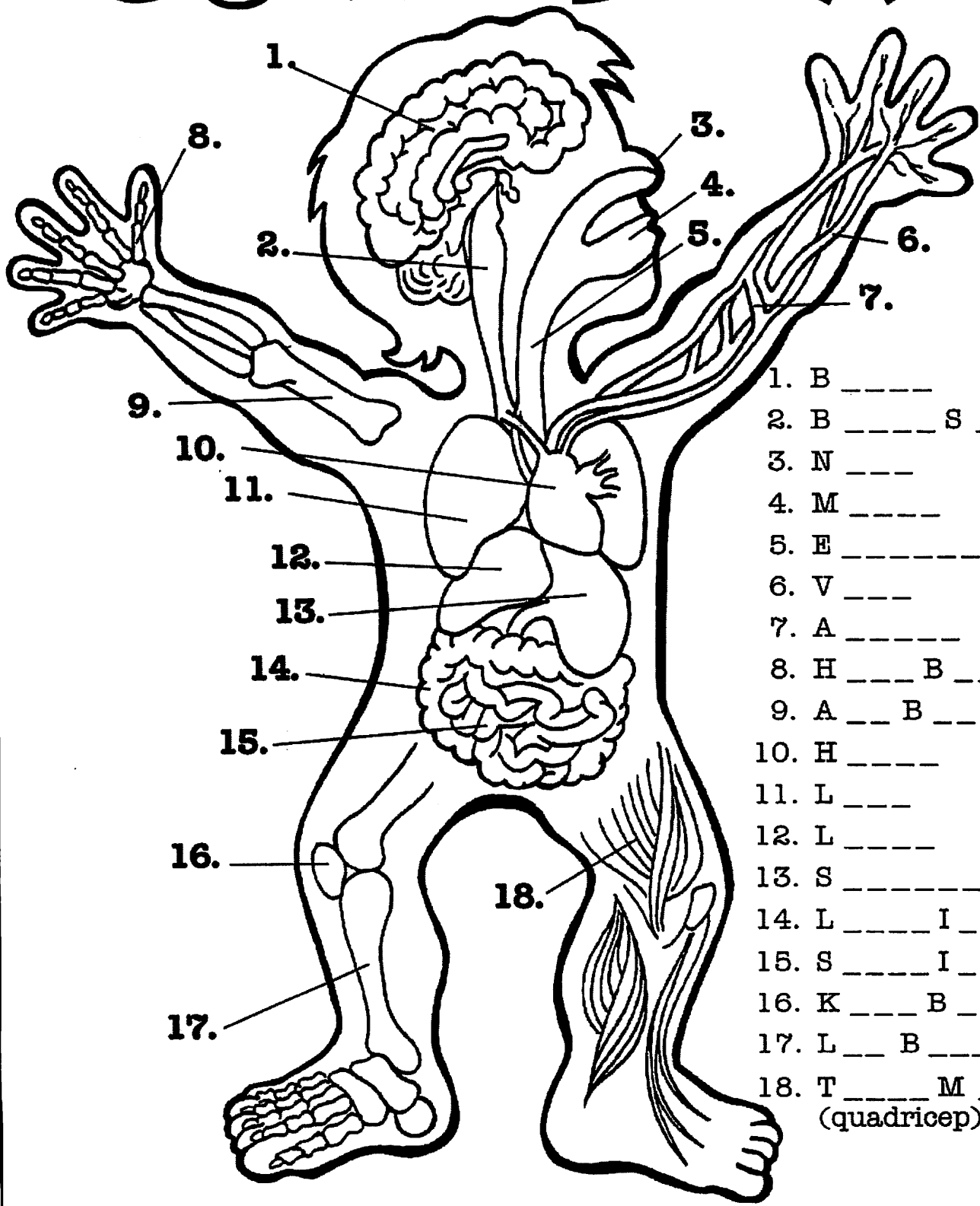
What are other methods to maintain your hygiene?

- 1) _____
- 2) _____
- 3) _____

When else should you wash your hands?



OUR BODY PARTS



- 1. B _ _ _ _
- 2. B _ _ _ S _ _ _
- 3. N _ _ _
- 4. M _ _ _ _
- 5. E _ _ _ _ _
- 6. V _ _ _
- 7. A _ _ _ _ _
- 8. H _ _ _ B _ _ _
- 9. A _ _ B _ _ _
- 10. H _ _ _ _
- 11. L _ _ _
- 12. L _ _ _ _
- 13. S _ _ _ _ _
- 14. L _ _ _ I _ _ _ _ _
- 15. S _ _ _ I _ _ _ _ _
- 16. K _ _ B _ _ _
- 17. L _ _ B _ _ _ _
- 18. T _ _ _ M _ _ _ _ _
(quadriceps)