

# Human Body Systems

## BIG IDEAS

In this unit, you will learn that:

- First Nations and Métis people understand and care for the human body as one whole being
- scientists understand the human body as being made up of different body systems
- body systems work together to help you move, grow, and react
- there are many ways to maintain a healthy body

Good morning! It is time to get up. Do you feel tired or full of energy? To be healthy, you need to eat well, exercise, get enough sleep, and have a positive attitude. You need to make good choices about the things you do for your body, mind, and spirit. When you are healthy, your body works well, feels good, and can do all the things you want to do, such as run around with your friends.

Your body is amazing. While you were sleeping, your body was busy working. Your heart pumped blood to the rest of your body, your lungs kept you breathing, and your stomach continued to digest last night's supper. Your body was also busy repairing itself, especially if it was hurt.

In this unit, you will learn that your body has systems for breathing, moving your blood around, digesting food, and thinking. You will learn how to respect and care for your body. Taking care of your body helps you stay healthy and happy.

### Looking Forward

1. Draw a Know-Wonder-Learned (KWL) chart in your notebook.
2. Write what you know about how your body works and how you can stay healthy in the first column. Write what you want to know about these topics in the second column. You will add to your chart as you learn about your body in this unit.

### Design Project

At the end of this unit, you will design an action plan for your personal health. The *Build On What You Know* activities throughout this unit will help you with your project.