



TEACHER GUIDE

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The Digestive System - From Stomach to Fuel

1. Use the dictionary to look up the meanings of the words below. Write the definitions in the space beside each word.

diameter	
absorb	
enzymes	
coiled	
indigestible	
nutrients	
mineral	

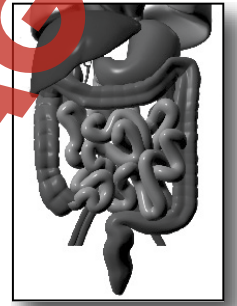
2. Use the words from Question 1 above to complete the statements. (Not all the words will be used.)

- a) Special chemicals called _____ help break down our food.
- b) The large intestine gets its name from its _____.
- c) Things that are _____ are passed from our body as waste.
- d) The small intestine is very long but it fits inside us because it is _____.



The Digestive System - From Stomach to Fuel

After several hours in the stomach, food is only partly digested. Next, it moves into the **small intestine**. The small intestine gets its name because it is a tube that is small around (small in **diameter**). But the small intestine is also very long. It is close to twenty-five feet long! It fits in our body because it is very tightly **coiled** (like a curled up snake that is sleeping).



The Small Intestine

Chemicals, called **enzymes**, enter the small intestine to help digestion even more. These enzymes come from two important organs - the **liver** and the **pancreas**. Remember that the food was broken down by the stomach into very simple parts. These parts include sugars. These **nutrients** are absorbed into the walls of the small intestine. Then they move into the bloodstream. From the bloodstream, the **nutrients** are carried to all parts of the body. So you can see the important role of the small intestine. This is the place where most of our food's nutrients are made usable to our cells.

What is the **main role** of the small intestine in digestion?

STOP [Blank line for answer]

The Large Intestine

From the small intestine, what is left of our meal passes to the **large intestine**. This organ gets its name because it is larger in diameter than its small neighbor. The large intestine is short - only about five feet long. The material left at this point is almost all **waste** that is **indigestible**. The main job of the large intestine is to take out important **minerals** and liquid from the waste. This moisture is absorbed back into the body through the wall of the large intestine. After several hours the waste is ready to leave the body.



The Digestive System - From Stomach to Fuel

1. Put a check mark (☑) next to the answer that is most correct.

- a) What two things are true about the small intestine?
 - A It is short and small in diameter.
 - B It is about twenty-five feet long and tightly coiled.
 - C It is about twenty-five feet long and very large around.
 - D It is the place where minerals and moisture are removed from waste.
- b) Where do the enzymes that help digest our food come from?
 - A the liver and stomach
 - B the liver and large intestine
 - C the pancreas and stomach
 - D the liver and pancreas
- c) What does it mean if something is indigestible?
 - A It takes a long time to digest.
 - B It is already digested.
 - C It cannot be digested.
 - D None of the above.

2. Fill in each blank with a word from the list. Some words will be left over.

- | | | | | |
|----------|--------------|-----------|----------|-------|
| liver | indigestible | nutrients | moisture | large |
| minerals | small | enzymes | cells | |

The small intestine is where most of the _____ are taken from our food.
 _____ are special chemicals from the pancreas and the _____
 They help us digest our food. The material left over is mostly waste that is
 _____. In the _____ intestine important _____ are
 taken out of the waste. Some _____ is also absorbed back into the body.



The Digestive System - From Stomach to Fuel

3. Why does the small intestine fit inside our body even though it is very long?

4. How long is the large intestine?

5. What happens to waste that our body cannot digest?

6. Match the word on the left with its job or definition on the right.

waste	A	Chemicals that help digestion
pancreas	B	The material that our body cannot use
enzymes	C	One of the organs that makes enzymes
water	D	Removed in the large intestine

Research & Extension

7. Read more about the **liver** or the **pancreas**. Find at least five more interesting facts about the organ you choose. Try to find out where it is in the human body. What does it look like? Draw a picture of it in the human body to show its size, shape and location. Include other interesting facts that you find.



Take Your Own Pulse

In this activity you will measure your pulse (heart rate). Your pulse is the number of times your heart beats in a period of time.

First, answer this question in your notebook:

When is your pulse faster - at rest or after exercise? Explain your reasoning.

FOR THIS ACTIVITY, you will need a stopwatch or timer.

STEPS:

- (Sit down for this step.) Find your pulse by touching your finger to your wrist or the side of your neck. Ask your teacher for help if you need it.
- Measure your pulse. Count the number of beats for 30 seconds.
 - What is the number? _____
 - Multiply this number by 2: _____ beats per minute. This is your pulse **at rest**.
- Now, do one of the following: **jog on the spot** or **do jumping jacks** for 5 minutes.
- Measure your pulse again for 30 seconds.
 - What is the number? _____
 - Multiply this number by 2: _____ beats per minute. This is your pulse **after 5 minutes of exercise**.
- Next, sit down for 2 minutes. Then, measure your pulse again for 30 seconds.
 - What is the number? _____
 - Multiply this number by 2: _____ beats per minute. This is your pulse **after 2 minutes of rest**.
- Sit down for 3 more minutes. Then, measure your pulse again for 30 seconds.
 - What is the number? _____
 - Multiply this number by 2: _____ beats per minute. This is your pulse **after 5 minutes of rest**.

Record your results on a bar graph.

Look back at your answer to the first question. Was your guess correct? What conclusion can you make about pulse and exercise? Why do you think this is so?

Word Search

Find all of the words in the Word Search. Words are written horizontally, vertically, or diagonally, and some are even written backwards.

- | | | |
|------------------|-------------|----------------|
| circulate | fetus | immunity |
| artery | involuntary | carbon dioxide |
| vein | heart | saliva |
| urine | chamber | stomach |
| capillary | nutrients | esophagus |
| pressure | abdomen | kidneys |
| excretory system | plasma | intestine |
| oxygen | platelet | colon |
| bladder | clot | enzymes |

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

Comprehension Quiz

Part C

- Name the **three** kinds of **blood vessels**. Describe what each blood vessel does. 6

- Name **one** part of the **blood**. Describe its main job. Tell **one** other important thing about it. 3

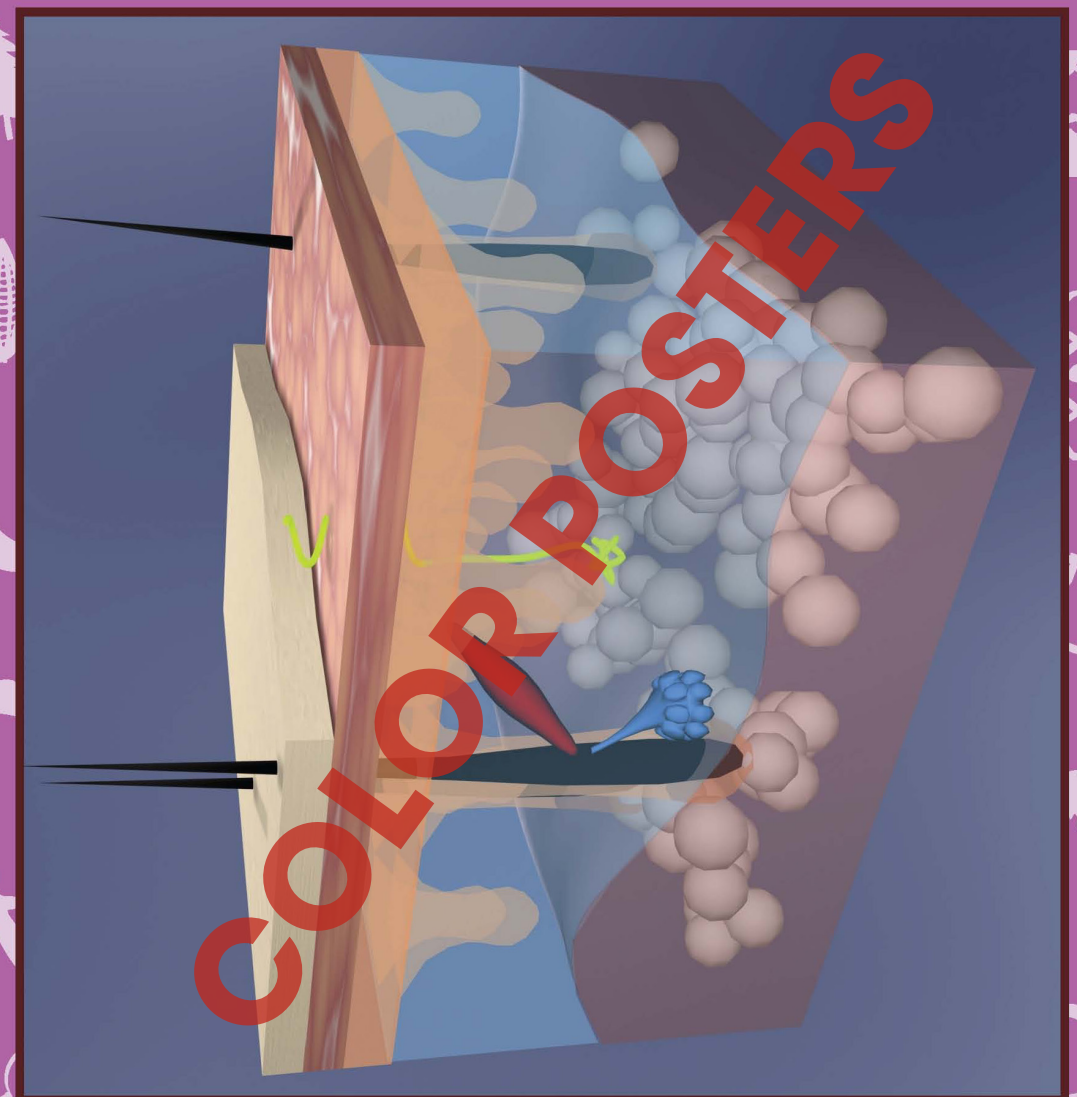
- What happens to food when it enters the digestive system? Use the terms **teeth**, **esophagus**, **stomach** and **large intestine** in your answer. 4

- Name **one** organ of the **excretory system**. Describe what it does. 2

- How does a **fetus** get its food and oxygen? Why does it need these two things? 3

SUBTOTAL: /18

Skin Layers



NAME: _____

After You Read 



The Digestive System - From Stomach to Fuel

3. Why does the small intestine fit inside our body even though it is very long?

4. How long is the large intestine?

5. What happens to waste that our body cannot digest?

6. Match the word on the left with its job or definition on the right.

- waste
- pancreas
- enzymes
- water

- A Chemicals that help digestion
- B The material that our body cannot use
- C One of the organs that makes enzymes
- D Removed in the large intestine

EASY MARKING ANSWER KEY

Research & Extension

7. Read more about the **liver** or the **pancreas**. Find **at least five more** interesting facts about the organ you choose. Try to find out where it is in the human body. What does it look like? Draw a picture of it in the human body to show its size, shape and location. Include other interesting facts that you find.

3. It is tightly coiled

4. five feet

5. It leaves the body

6. waste - B

pancreas - C

enzymes - A

water - D

7. Answers will vary

Student results:
Pulse at rest
 - lowest of the 4 measurements
Pulse after exercise
 - highest of the 4 measurements
Pulse aft 2 min. rest
 - lower than after exercise
Pulse aft 5 min. rest
 - lower than after 2 min. rest

Pulse is highest after exercise because the heart is beating fastest at this time. It beats faster because the body is working and the cells need more oxygen than when at rest. (Blood carries oxygen to cells.)

