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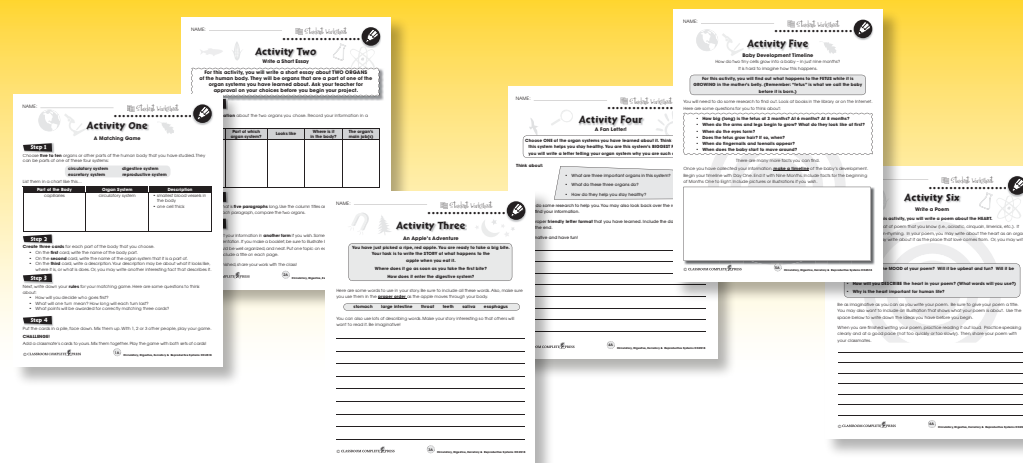
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FREE!

6 Bonus Activities!

3 EASY STEPS to receive your 6 Bonus Activities!

- Go to our website:
www.classroomcompletepress.com/bonus
- Click on item CC4518 – Circulatory, Digestive, Excretory & Reproductive Systems
- Enter pass code CC4518D





The Excretory System – Skin, Liver and Lungs

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

toxic	_____
poison	_____
pores	_____
exhale	_____
filter	_____

2. Choose **three** words from Question 1 above. Copy the format below into your notebook three times. For each of the three words you've chosen, sketch a picture to help you remember the meaning of the word. Then, write each word in a sentence that shows you understand the meaning of the word.

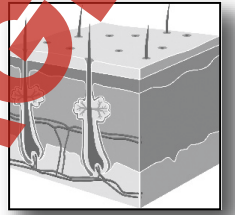
Word: Picture Cue:

Own Sentence: _____



The Excretory System – Skin, Liver and Lungs

Our organ systems make many things we need to live. Did you know that they also create waste that is **toxic** to our body? The excretory system keeps our body clean of this **waste**. If it wasn't for this important system, this waste would poison us and we would die. The main organs of the excretory system are the **kidneys** and **large intestine**. We will learn more about them in the next section. Three other important organs of the excretory system are the **skin**, the **lungs** and the **liver**.



Body Organ	How It Helps to Keep Our Body Clean
Skin	The skin is the largest organ of the body. The skin helps get rid of waste in two ways: 1. Dead skin cells are shed from the body constantly. 2. Moisture , called perspiration or sweat , is removed through tiny holes in the skin. These holes are called pores . One of the main wastes in sweat is salt that the body does not need.
Lungs	Carbon dioxide is a waste gas. It is always being made by the body. In the lungs, it is taken out of the blood. Then it is taken out of the body every time we breathe out, or exhale .
Liver	The liver is a large organ on the right side of the body. It is in the upper abdomen . The average liver weighs five pounds and is reddish-brown in color. Its job is to filter or clean the blood. As blood flows into the liver, it cleans out salts, acids and old blood cells. It also gets rid of other toxins . Some examples are old medicines and other chemicals that get into our body from the environment.

Why is it important that our body can get rid of wastes?



The Excretory System – Skin, Liver and Lungs

1. Circle **T** if the statement is **TRUE** or **F** if it is **FALSE**.

- T F a) The skin is the largest organ of the body.
- T F b) The excretory system helps our body use its waste.
- T F c) The large intestine and kidneys are two important parts of the excretory system.
- T F d) The job of the liver is to filter and clean our blood.
- T F e) Perspiration and sweat are the same thing.
- T F f) The lungs are very important for breathing, but not for removing waste.
- T F g) The liver is one of the smallest organs in the body.
- T F h) If our body could not remove waste we would die.
- T F i) The liver cleans out salt and acid from the body.

2. Fill in each blank with a term from the list. One term will be left over.

- | | | | | |
|--------|-------|-----------|-------|----------------|
| salt | sugar | acid | pores | carbon dioxide |
| exhale | blood | perspires | dead | liver |

The lungs remove _____ from our body. We put this back into the air when we _____.

The skin removes waste by shedding _____ skin cells. The skin also _____.

This is also called sweating. Sweat comes out of the skin through _____.

These are tiny holes in the skin. Sweat also has _____ in it. The _____ is reddish-brown in color. It is a large organ that cleans our _____.

Salt, _____ and old blood cells are all removed here.



The Excretory System – Skin, Liver and Lungs

3. What is one of the main wastes in perspiration (sweat)?

4. Which organ cleans the body of chemicals from the environment?

5. Is the liver a large or small organ? How much does it weigh?

Extension & Application

6. Below is a list of terms from the reading. Choose SIX words that link together well. Circle them. Then write a paragraph using all six words. Remember that a good paragraph has a topic sentence, main points and a concluding sentence. Use the Paragraph Organizer on the next page to help you.

- | | | | | | |
|-------|----------|-------|-------|--------|----------------|
| salt | remove | holes | acid | pores | carbon dioxide |
| gas | clean | dead | toxic | exhale | lungs |
| blood | perspire | liver | | | |

7. One of the jobs of our liver is to clean toxic chemicals out of the body. These chemicals come from the environment around us. There are many toxic chemicals that our liver protects us from. Do a bit of research to find out about some toxic chemicals. Make a list of **five toxic chemicals in your notebook**. Note where they come from and what their job is. Tell how they get into our air, water or food.



Build a Kidney!

We have learned that the kidneys filter blood. This is how they help clean wastes from the body. For this activity, you will build your own "kidney". It is really some pop bottles, but it will give you an idea of how a filter, like our kidneys, works.

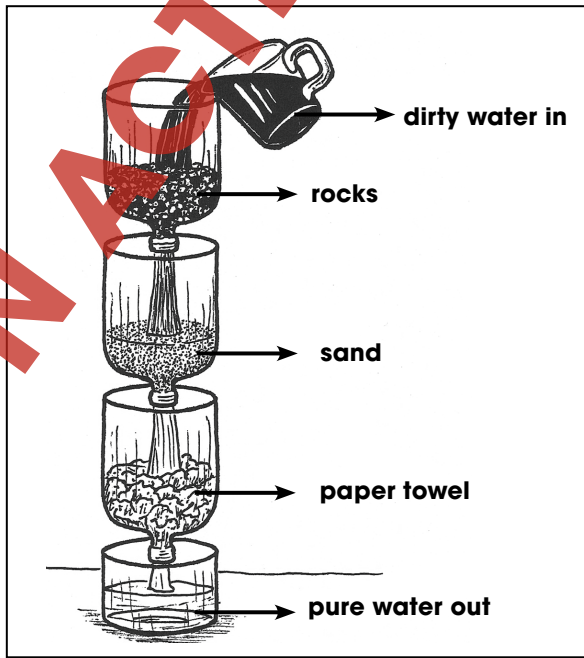
FOR THIS ACTIVITY, you will need:

- 3 large plastic pop bottles, cut in half (you will use the top half of each)
- a large bowl or bucket • pebbles • sand • paper towel • masking tape • small jug of dirty water

Ask your teacher to help you find these things.

STEPS:

1. Fill the first bottle with pebbles. Fill the second bottle with wet sand. Fill the third bottle with paper towel.
2. Stack the containers like they are in the picture and tape them together. They are now in a column.
3. Hold the column of containers over the bucket. Pour the dirty water over the pebbles in the top bottle. The water should filter all the way down into the bucket.



QUESTIONS:

Answer these questions in your notebook.

1. What does the water in the bucket look like? How is it different from the dirty water you started with?
2. What did the pebbles, sand and paper towel do?
3. What conclusions can you make about how kidneys work?



Crossword Puzzle!

Across

2. Blood _____ through the blood vessels
4. Another word for large intestine
6. Something with oxygen taken away
8. Food goes down this tube to the stomach
10. _____ blood cells help with our immunity
11. Organs that help us breathe and get rid of waste
12. This is removed from waste in the large intestine
15. This organ is coiled like a snake
17. The main job of the liver is to _____ blood
18. Small holes in our skin that sweat comes out of



DOWN

1. Big artery attached to the heart
2. Enzymes are _____ in the small intestine
3. A chemical in our stomach that helps us digest
5. A main organ of the circulatory system
7. These take blood away from the heart
9. Estrogen is a _____ made in the female body
13. Blood clots when it _____
14. Holds urine
16. Largest organ of the body

Word List

- | | |
|------------------|------------|
| deoxygenated, | hormone, |
| circulates, | thickens, |
| water, | acid, |
| pores, | chemicals, |
| esophagus, | veins, |
| lungs, | bladder, |
| colon, | skin, |
| white, | aorta, |
| small intestine, | heart, |
| filter | |



Comprehension Quiz

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Part A

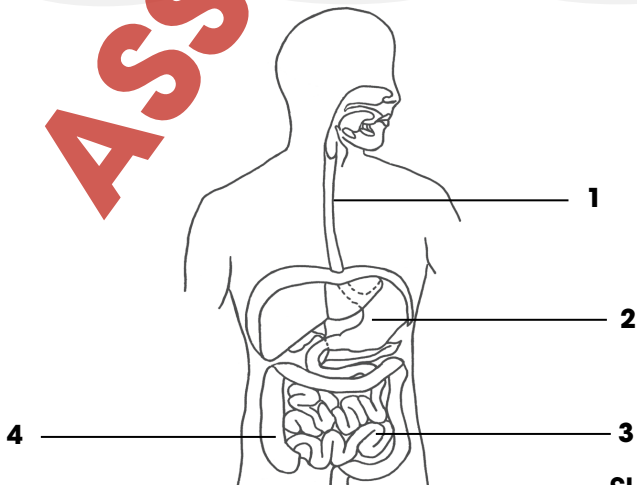
Circle **T** if the statement is TRUE or **F** if it is FALSE.

- 1) Blood circulates through blood vessels and goes to all parts of the body.
- 2) The largest artery is the aorta, located in the lungs.
- 3) The heart is a pump made of voluntary muscle tissue.
- 4) Our stomach is not very strong. This is why we can get sick to our stomach.
- 5) Acid in the stomach breaks down our food.
- 6) Materials left over in the large intestine are indigestible.
- 7) Sugar is a waste material found in sweat.
- 8) Testosterone is an enzyme made in the male body.

Part B

Label the parts of the digestive system. Use the words in the list.

- stomach esophagus large intestine small intestine



SUBTOTAL: /16

Organs Within Body Structure





The Excretory System – Skin, Liver and Lungs



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- | | | | | | |
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| gas | clean | dead | toxic | exhale | lungs |
| blood | perspire | liver | | | |

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3.

salt

4.

liver

5.

large, five pounds

Student results:

Pulse at rest

- lowest of the 4 measurements

Pulse after exercise

- highest of the 4 measurements

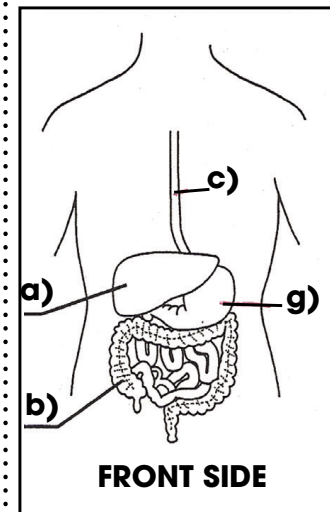
Pulse aft 2 min. rest

- lower than after exercise

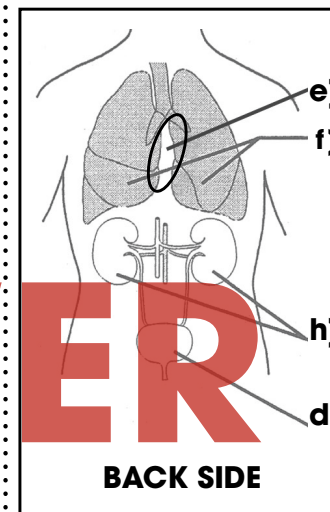
Pulse aft 5 min. rest

- 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.)



FRONT SIDE



BACK SIDE

6.

Answers will vary

7.

Answers will vary

It is cleaner than the water that was poured

2.

They removed the dirt

3.

Kidneys filter waste materials out of the blood

13

Answers will vary

10

14

15



EASY MARKING ANSWER KEY