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The Respiratory System

The respiratory system is how we breathe. It is primarily made up of two organs, our lungs and windpipe, but blood vessels are also used when we breathe. The purpose of the respiratory system is not only to provide oxygen to the body, but also to remove the wasteful gas known as carbon dioxide. Carbon dioxide can be harmful, so the body must get rid of it.

Why Breathing is Important

The human body needs many things to function properly, including energy. Energy is obtained through food that is eaten and digested to get glucose. But this alone is not enough. The cells also need oxygen to combine with the glucose to create energy. The body gets oxygen by breathing through the use of the respiratory system.

How the Body Breathes

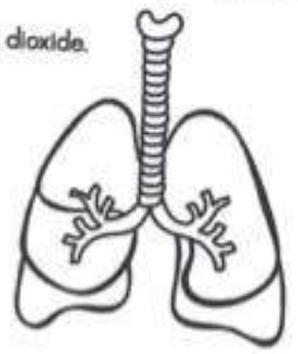
The diaphragm is a muscle located just below the lungs. As a person takes a deep breath, the muscle [illegible] out allowing the lungs to enlarge and fill with air. The air is taken in through the mouth or nos[illegible] the bronchi tubes in the lungs. There are two main bronc[illegible] and smaller

Name:

The Respiratory System

1.The respiratory system is important because

a. it is how the body gets oxygen and releases carbon dioxide.
b. the diaphragm moves up and down.
c. it has two lungs.
d. the nose filters dust out of the air.



2. What organ(s) make up the respiratory system?

a. trachea
b. lungs
c. diaphragm
d. All of the above

3. What is the main idea of the section titled "Why breathing is important?"

a. The human body needs energy to function.
[illegible]s obtained through food.
[illegible]v gets oxygen by breathing through the use of the respiratory system.
[illegible]thes by using the respiratory system.

[illegible] supports your answer to question 3?
[illegible]eeded for energy.
[illegible] oxygen to create energy for the body.
[illegible]en in addition to glucose in order to create energy for the body.
[illegible]e.

[illegible] travels from the lungs to the rest of the body.
[illegible] located at the end of the bronchi tube.
[illegible]at takes air from the mouth or nose and into the lungs.
[illegible]not have alveoli.

[illegible] the section titled "The nose?"
[illegible]ted on the face.
[illegible]airs inside the nose.
[illegible]articles in the air.
[illegible]armful objects from entering the lungs.

Name:

Why is the Respiratory System Important?	Respiratory System	How Does the Respiratory System Work?
	Other Facts	

Human Body Systems

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Thank you for purchasing this resource! Please contact me if you have any comments or questions about this file at:

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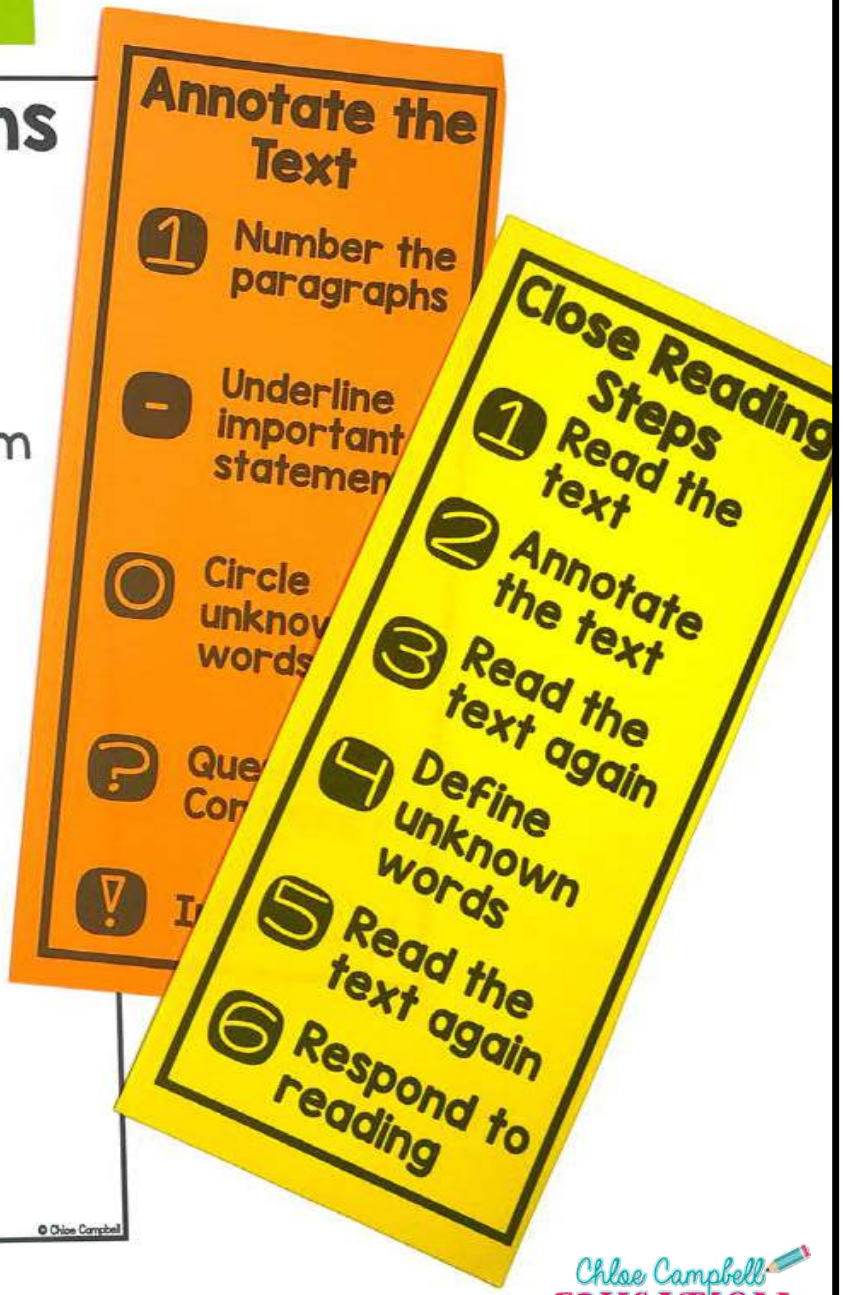
CHLOE Campbell

Human Body Systems Non-Fiction Text

- The Urinary System
- The Musculoskeletal System
- The Nervous System
- The Digestive System
- The Immune System
- The Circulatory System
- The Respiratory System



This resource includes:

- Teacher Tips
- Questions to Ask Students
- Student Bookmarks:
    - Close Reading Steps
    - Annotate/Mark the Text
- 7 Informational Texts - One for Each Body System
- 10 Multiple Choice Questions for Each Body System
- 14 Graphic Organizers
- Answer Keys

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Teacher Tips & Suggestions

Includes:

- Teacher Tips
- Questions to Ask Students
- Close Reading Steps - Bookmark
  - Version with "Mark the text"
  - Version with "Annotate the text"
- Steps to "Mark the Text" Bookmark
- Steps to "Annotate the Text" Bookmark
- Informational Text: The
- 10 Multiple Choice Questi
- 7 Graphic Organizers

Questions to Ask Students

- What is the text mostly about?
- Who is the audience for this text?
- What's is the writer's purpose of this text?
- What's your favorite part of the passage?
- What words are new to you? What do you think the words mean?
- What detail stands out to you?
- What questions do you now have about the topic?
- If you can ask the author 2 questions, what would yo ask them?
- In this paragraph, what is the author saying?
- What is the structure of the text? How does it help

Teacher Tips

Close reading: A reading strategy that is used to comprehend and analyze a text closely. Students will typically read the text at least twice for comprehension, details, analysis, and deep questioning of the text's purpose and meaning.

1. Read the Text: When students read the text for the first time, they are reading just to identify what the passage is mostly about. The first read is surface level and allows the students to understand the gist of the text.
2. Mark Up the Text or Annotate the Text: Encourage students to use their annotation bookmarks (provided below) to make notes directly on the text. Students can write in the margins, use sticky notes to make notes, use color coding. You can even slip the text inside a dry-erase pocket and encourage students to use dry-erase markers to mark up the text.
3. Read the Text Again: If the teacher is working with the students for this, the teacher can read the text aloud this time. Model think-alouds and use expression while you read. If students are working with partners in a station, encourage them to each read a paragraph then switch readers.
4. Define Unknown Words: During this step, invite students to circle any unknown or unfamiliar words. Use the provided graphic organizer to select 4-5 unknown words and work to identify the meaning of each word.
5. Read the Text Again: With this third time reading the text, encourage the students to read the passage independently.
6. Respond to Reading: Students will now use the text to answer the 10

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Name:

The Urinary System

1. The main job of the urinary system is to
   a. produce urine.
   b. balance the amount of fluid and minerals in
   c. filter waste from the blood and release it fr
   d. maintain homeostasis.

2. The human body must have two functioning kidne
   a. True
   b. False

3. What is the main idea of the section titled "What
   a. Urine is released from the body through the
   b. Waste is combined with water to create uri
   c. There are over a million tiny filters inside th
   d. The kidneys filter waste from the blood.

4. What are nephrons?
   a. Tiny filters inside the kidneys that filter wa
   b. The tube that carries urine to the bladder.
   c. The storage sac that holds urine until it can
   d. The hormone that is sent from the brain to
   onto fluids.

5. What is the main idea of the section titled "The k
   a. Dark urine means you don't have enough wa
   b. Kidneys work to make sure there are equal

Name:

The Urinary System

6. Read the following sentence from the passage:
   This means that the amount of water a person takes in, should be the same amount that is excreted from the body.
   What does the word *excreted* mean in this passage?
   a. held inside
   b. filtered
   c. released
   d. topped

7. Why did the author write this passage?
   a. To inform the reader about how the urinary system works.
   b. To entertain the reader with a humorous story about a person who was eating at a restaurant.
   c. To persuade the reader to drink more.
   d. All of the above

8. What does it mean when the body has achieved homeostasis?
   a. The body has released all of its urine.
   b. The kidneys are holding onto fluids.
   c. The nephrons have successfully filtered all of the blood.
   d. The kidneys have an equal balance of fluids and minerals in the body.

9. t are ureters?
   ilters
   es t
   rage
   d. The hormone
   onto fluids.
   ?
   a. kidneys

ste from the blood.
the body.
ll the kidneys to hold

10 Multiple Choice Questions for Each Text

The Respiratory System

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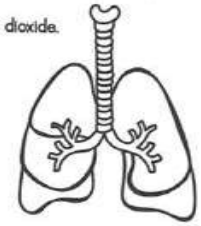

2. What organ(s) make up the respiratory system?
   a. trachea
   b. lungs
   c. diaphragm
   d. All of the above

3. What is the main idea of the section titled "Why breathing is important?"
   a. The human body nee… …ay to function.

Name:

Why is the Respiratory System Important?	Respiratory System	How Does the Respiratory System Work?
	Other Facts	

Close Reading Steps

1. Read the text
2. Annotate the text
3. Read the text again
4. Define unknown words
5. Read the text again
6. Respond to reading

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Close Reading

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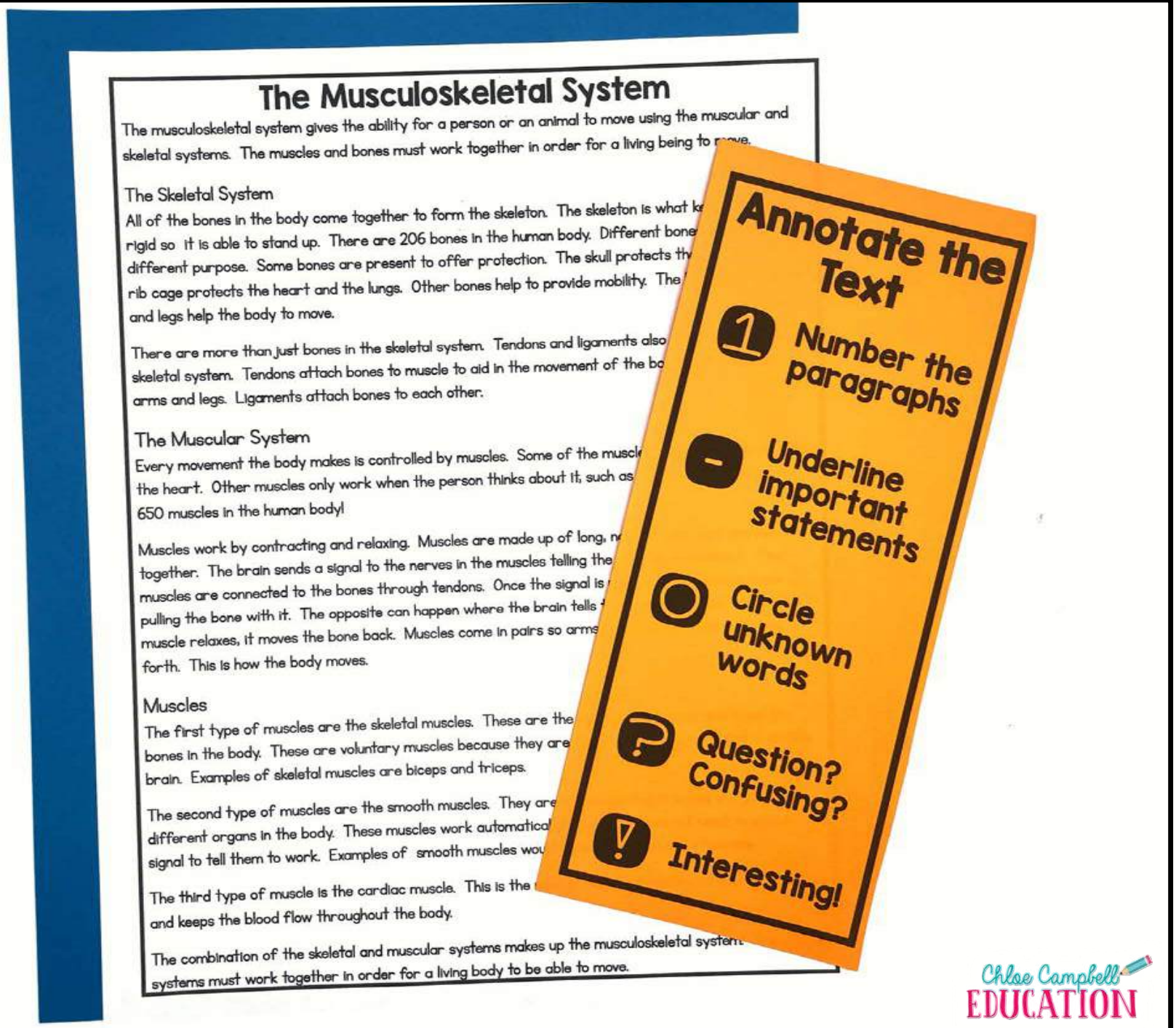
Steps for Close Reading:

1. Read the Text
2. Mark Up the Text or Annotate the Text
3. Read the Text Again
4. Define Unknown Words
5. Read the Text Again
6. Respond to Reading



The Digestive System

The human body needs energy in order to function properly. Where does this energy come from? Food! Our bodies use the digestive system to break down food into different substances that our bodies need. There are different stages of digestion that must take place in a specific order so that our bodies are working adequately.

Chewing

We use our teeth to chew our food. The food gets broken down into sma
digest. Also, the saliva in our mouths produce enzymes that start the pr
food even before it reaches the stomach.

Swallowing

After you're done chewing, the tongue pushes the food to the back of t
in your throat to swallow the food. The food travels down a pipe called
doesn't go down the esophagus on its own, there are muscles that cont
food all the way down and then into the stomach. As the swallowing pr

Name:

The Digestive System

1. The digestive system is important because
   a. chewing food is important.
   b. it is how the body gets all of the nutrients it needs.
   c. the large intestines help to remove waste from the body.
   d. the epiglottis closes the windpipe so food goes down the esophagus.

) is used when swallowing food?
stines

bove

idea of the section titled "Chewing."
he first step in digestion where saliva begins the process of breaking

h our teeth.
of digestion begins before the food reaches the stomach.
d into smaller pieces.

at supports your answer to question 3?
first step in digestion where saliva begins the process of breaking

ur teeth.
digestion begins before the food reaches the stomach.
nto smaller pieces.

ush the food down the esophagus.
at blocks the windpipe and forces food do
for the stomach.

Name:

Stomach	Digestive System	Intestines
	Other Facts	

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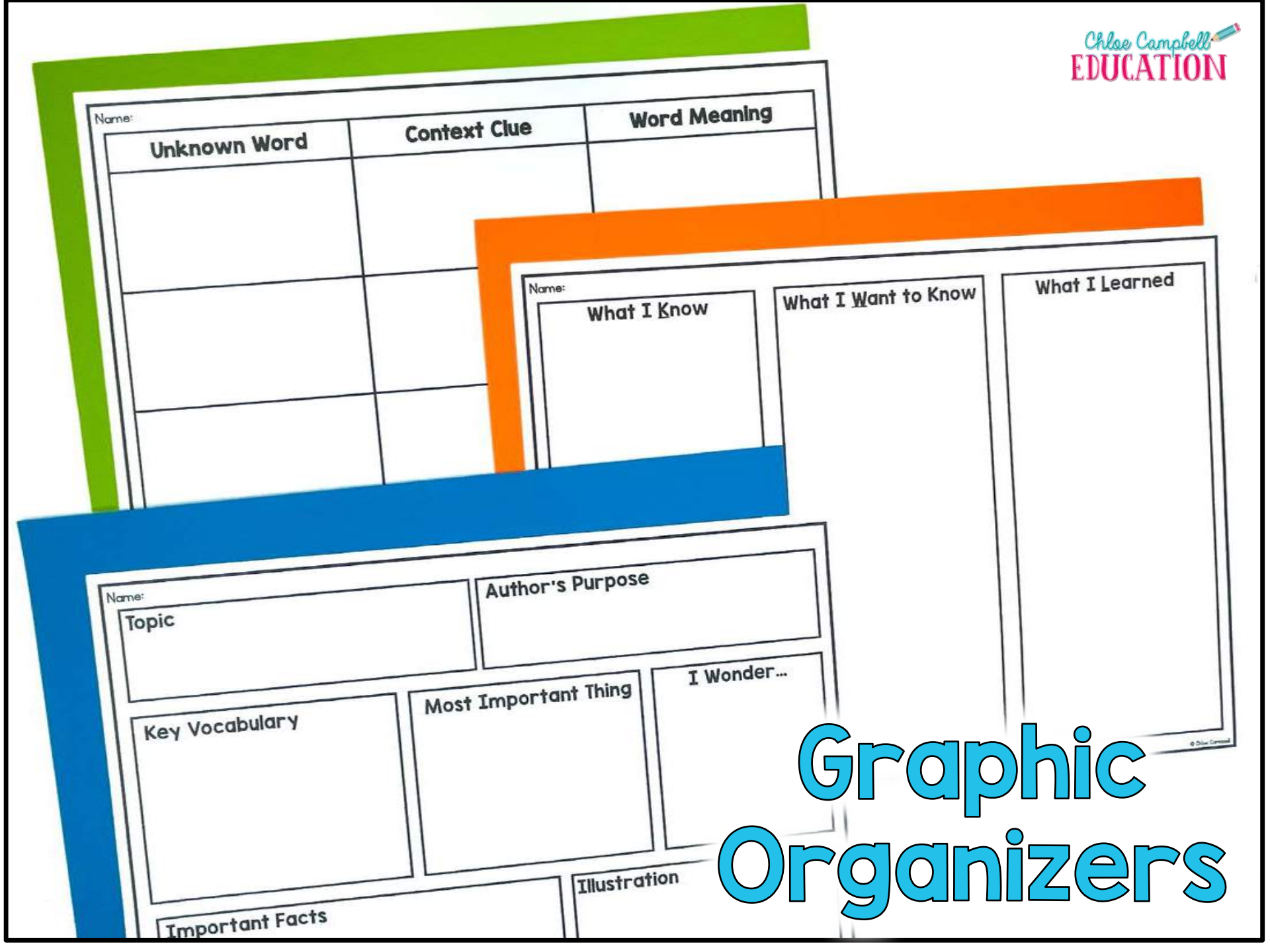
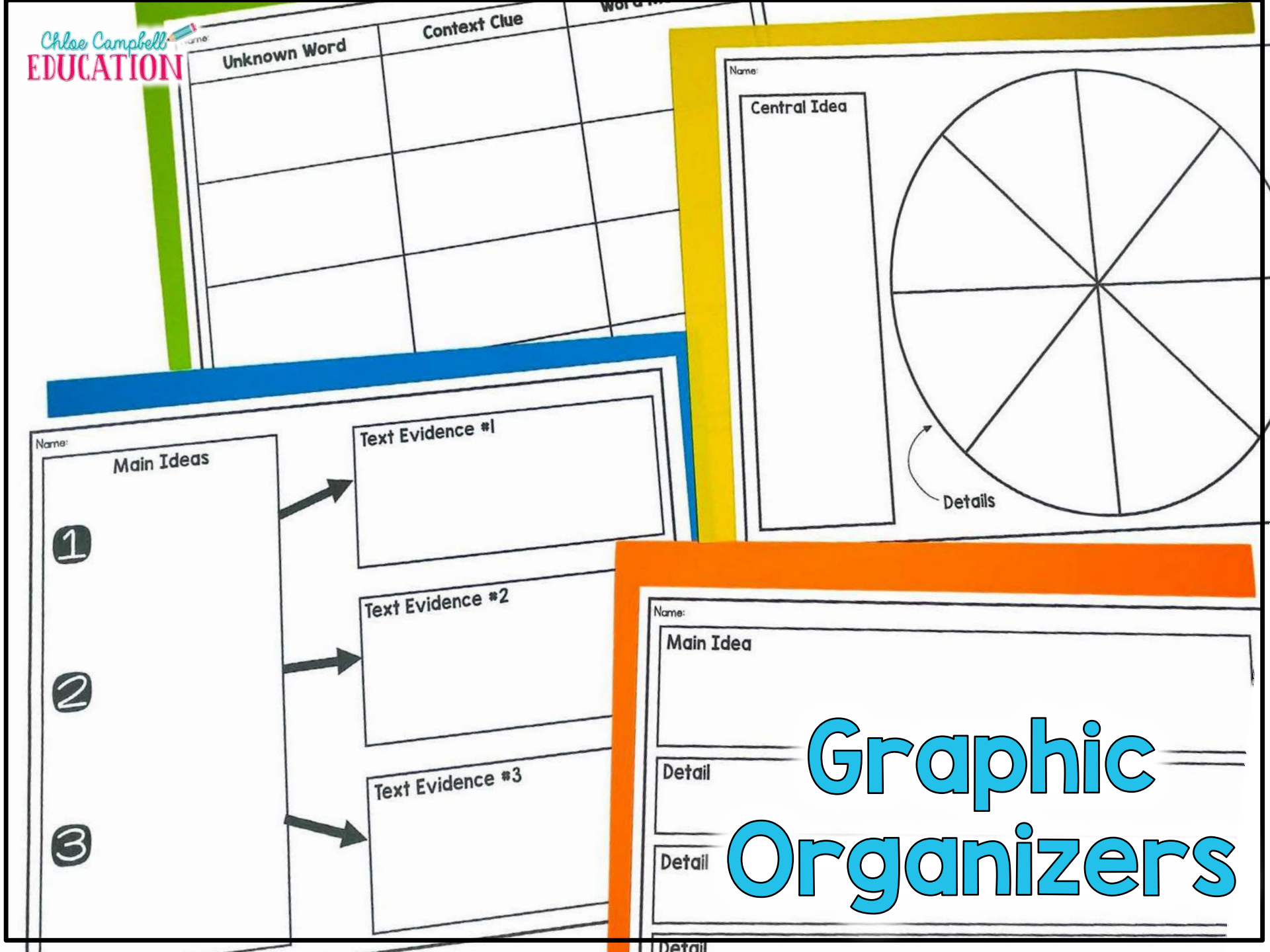
Graphic Organizers

- Main Ideas with Text Evidence
- Central Ideas with Text Evidence
- Central Ideas with Details
- Main Idea, Details, Conclusion
- KWL: What I Know, What I Want to Know, What I Learned
- Overview: Topic, Author's Purpose, Key Vocabulary, Most Important Thing, I Wonder, Important Facts, Illustration
- Context Clues (3 Versions: 3 words, 4 words, 5 words)
- Graphic Organizer for Each Specific Text


Chloe Campbell
EDUCATION
Name:
Unknown Word
Context Clue
Word Meaning
Name:
What I Know
What I Want to Know
What I Learned
Name:
Topic
Author's Purpose
Key Vocabulary
Most Important Thing
I Wonder...
Important Facts
Illustration
Graphic Organizers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EDUCATION
Unknown Word
Context Clue
Name:
Central Idea
Details
Name:
Main Ideas
1
2
3
Text Evidence #1
Text Evidence #2
Text Evidence #3
Name:
Main Idea
Detail
Detail
Graphic
Organizers

Ideas for Use

- Whole Group Instruction
- Partner Practice
- Guided Reading Groups
- Substitute Plans
- Send home to practice
- ELA Work Stations or Centers
- Assessment

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Human Body Systems Non-Fiction Text

- The Urinary System
- The Musculoskeletal System
- The Nervous System
- The Digestive System
- The Immune System
- The Circulatory System
- The Respiratory System

Teacher Tips

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6. Respond to Reading: Students will now use the text to answer the 10 multiple choice questions. Encourage students to refer back to the text to find evidence for their answers.

Questions to Ask Students

- What is the text mostly about?
- Who is the audience for this text?
- What's is the writer's purpose of this text?
- What's your favorite part of the passage?
- What words are new to you? What do you think the words mean?
- What detail stands out to you?
- What questions do you now have about the topic?
- If you can ask the author 2 questions, what would you ask them?
- In this paragraph, what is the author saying?
- What is the structure of the text? How does it help you, as a reader?
- What sentence was difficult to understand?
- How does this paragraph contribute to the text?
- How does the author help us understand the topic?

The Urinary System

What does the body do with everything it doesn't need? It gets eliminated through the urinary system. The kidneys play a major part in this system. Why are they so important? It is because the human body cannot survive without at least one of them.

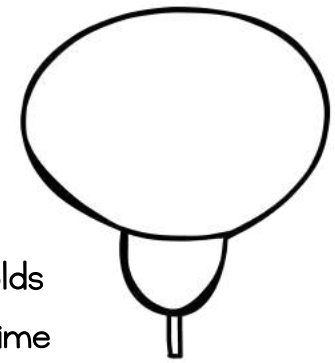
What is the Job of the Kidneys?

The main job of the kidneys is to filter the waste out of the blood. The waste can be extra things your body doesn't need because it has enough of, or it can be things that your body doesn't need at all. The blood enters the kidneys through the renal artery. The kidneys have over 1 million tiny filters inside the kidneys that remove the waste from the blood. These tiny filters are called nephrons. From there, the waste is combined with water to create urine. The urine is sent to the bladder through a tube called the ureter. The bladder is a storage sac that holds the urine until it is time to be released. The body releases the urine out of your body from the bladder through another tube called the urethra.

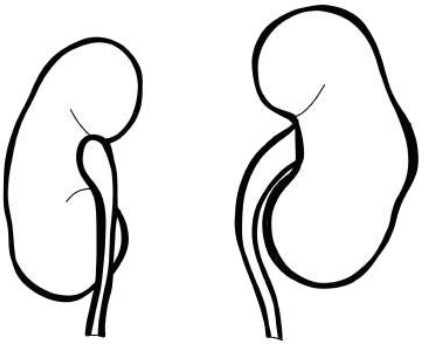
The kidneys have another important job in the human body. They make sure the amount of fluid and minerals are balanced. This means that the amount of water a person takes in, should be the same amount that is excreted from the body. When they are properly balanced, this is called homeostasis. You can easily tell when you're not taking in enough water. Your urine becomes darker. Urine is a mixture of excess waste and water. The dark urine means that there isn't a lot of water in your urine. If you notice this, make sure to drink extra water!

In addition to dark urine, your body has another way to tell you that your body needs more water. The kidneys also play a role here. If you feel thirsty, this is your brain telling you to drink more fluids so you can achieve homeostasis. The brain then sends a hormone to your kidneys informing the kidneys to keep some of the fluids from exiting the body. After you drink more water, that hormone level decreases and the kidneys then release more of the fluid they were holding onto.

The urinary system is important to maintaining a healthy body. The kidneys play an essential role to maintain this health. They filter waste out of the blood as well as balance the amount of fluid and minerals in the body. The kidneys are very busy all the time. Did you know that they filter blood about 40 times a day?



The bladder is a storage sac that holds the urine until it is time to be released.



The kidneys filter the waste out of the blood.

Name:

The Urinary System

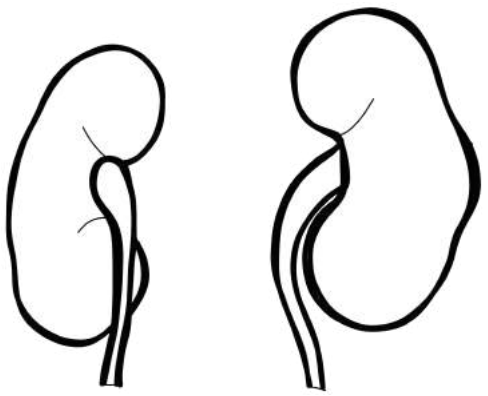
1. The main job of the urinary system is to
    a. produce urine.
    b. balance the amount of fluid and minerals in the body.
    c. filter waste from the blood and release it from the body.
    d. maintain homeostasis.

2. The human body must have two functioning kidneys in order to survive.
    a. True
    b. False

3. What is the main idea of the section titled "What is the job of the kidneys?"
    a. Urine is released from the body through the bladder.
    b. Waste is combined with water to create urine.
    c. There are over a million tiny filters inside the kidneys.
    d. The kidneys filter waste from the blood.

4. What are nephrons?
    a. Tiny filters inside the kidneys that filter waste from the blood.
    b. The tube that carries urine to the bladder.
    c. The storage sac that holds urine until it can be released from the body.
    d. The hormone that is sent from the brain to the kidneys to tell the kidneys to hold onto fluids.

5. What is the main idea of the section titled "The kidneys keep it in balance!"?
    a. Dark urine means you don't have enough water.
    b. Kidneys work to make sure there are equal amounts of fluid and minerals in the body.
    c. Urine is a mixture of water and waste.
    d. The body should always achieve homeostasis.



Name:

The Urinary System

6. Read the following sentence from the passage:

This means that the amount of water a person takes in, should be the same amount that is excreted from the body.

What does the word *excreted* mean in this passage?

a. held inside

b. filtered

c. released

d. topped

7. Why did the author write this passage?

a. To inform the reader about how the urinary system works.

b. To entertain the reader with a humorous story about a person who was eating at a restaurant.

c. To persuade the reader to drink more.

d. All of the above

8. What does it mean when the body has achieved homeostasis?

a. The body has released all of its urine.

b. The kidneys are holding onto fluids.

c. The nephrons have successfully filtered all of the blood.

d. The kidneys have an equal balance of fluids and minerals in the body.

9. What are ureters?

a. Tiny filters inside the kidneys that filter waste from the blood.

b. The tubes that carry urine to the bladder.

c. The storage sac that holds urine until it can be released from the body.

d. The hormone that is sent from the brain to the kidneys to tell the kidneys to hold onto fluids.

10. Which word would be the best choice in searching for the urinary system on the Internet?

a. kidneys

b. homeostasis

c. nephrons

d. bladder

Name:

Kidneys

Urinary System

Other Facts

Bladder

The Urinary System Answer Key

1. C
2. B
3. D
4. A
5. B
6. C
7. A
8. D
9. B
10. A

The Musculoskeletal System

The musculoskeletal system gives the ability for a person or an animal to move using the muscular and skeletal systems. The muscles and bones must work together in order for a living being to move.

The Skeletal System

All of the bones in the body come together to form the skeleton. The skeleton is what keeps the body rigid so it is able to stand up. There are 206 bones in the human body. Different bones have a different purpose. Some bones are present to offer protection. The skull protects the brain and the rib cage protects the heart and the lungs. Other bones help to provide mobility. The bones in the arms and legs help the body to move.

There are more than just bones in the skeletal system. Tendons and ligaments also contribute to the skeletal system. Tendons attach bones to muscle to aid in the movement of the body, such as in the arms and legs. Ligaments attach bones to each other.

The Muscular System

Every movement the body makes is controlled by muscles. Some of the muscles work automatically, like the heart. Other muscles only work when the person thinks about it, such as running. There are over 650 muscles in the human body!

Muscles work by contracting and relaxing. Muscles are made up of long, narrow cells that are bundled together. The brain sends a signal to the nerves in the muscles telling the muscles to contract. The muscles are connected to the bones through tendons. Once the signal is received the muscles move pulling the bone with it. The opposite can happen where the brain tells the muscle to relax. When the muscle relaxes, it moves the bone back. Muscles come in pairs so arms and legs can move back and forth. This is how the body moves.

Muscles

The first type of muscles are the skeletal muscles. These are the muscles that cover and move the bones in the body. These are voluntary muscles because they are controlled with signals sent from the brain. Examples of skeletal muscles are biceps and triceps.

The second type of muscles are the smooth muscles. They are not connected to bones and control different organs in the body. These muscles work automatically. The brain does not need to send a signal to tell them to work. Examples of smooth muscles would be the stomach and intestines.

The third type of muscle is the cardiac muscle. This is the muscle that continuously pumps the heart and keeps the blood flow throughout the body.

The combination of the skeletal and muscular systems makes up the musculoskeletal system. These two systems must work together in order for a living body to be able to move.

Name:

The Musculoskeletal System

1. The musculoskeletal system is important because
    a. it has muscles.
    b. it has bones.
    c. it has tendons and ligaments.
    d. t is responsible for moving the body.

2. The musculoskeletal system needs both the skeleton and muscles to move properly.
    a. True
    b. False

3. What is the main idea of the section titled "The Skeletal System?"
    a. There are 206 bones in the skeletal system.
    b. Some bones offer protection while other bones provide mobility.
    c. The skeletal system is made up of bones, tendons, and ligaments.
    d. Tendons connect bones and muscles while ligaments connect bones to other bones.

4. What is one detail that supports your answer to question 3?
    a. Skeletons provide support for the body..
    b. Muscles make the body move.
    c. Tendons connect bones and muscles while ligaments connect bones to other bones.
    d. The rib cage protects the heart and lungs.

5. What are voluntary muscles?
    a. Muscles that control different organs.
    b. Muscles that only move when a signal is sent from the brain.
    c. Muscles that attach to bones.
    d. Voluntary muscles do not exist.

6. What is the main idea of the section titled "The Muscular System?"
    a. Every movement the body makes is controlled by muscles.
    b. Muscles move by contracting and relaxing.
    c. Muscles come in pairs.
    d. Muscles are made up of long, narrow cells that are bundled together.

Name:

The Musculoskeletal System

7. Read the following sentences from the passage:

Other bones help to provide mobility. The bones in the arms and legs help the body to move.

What does the word *mobility* mean in this passage?

a. stand
b. the ability to move
c. running
d. staying still

8. Why did the author write this passage?

a. To entertain the reader with a humorous story about a person taking a walk.
b. To persuade the reader to exercise more.
c. To inform the reader about how the musculoskeletal system works.
d. All of the above

9. Read the following sentences from the passage:

The brain sends a signal to the nerves in the muscles telling the muscles to contract. The muscles are connected to the bones through tendons. Once the signal is received the muscles move pulling the bone with it.

What does the word *contract* mean in this passage?

a. relax
b. move
c. run
d. pull close

10. Which words would be the best choice in searching for the musculoskeletal system on the Internet?

a. contract and relax
b. bones and muscles
c. biceps and triceps
d. tendons and ligaments

Name:

Skeletal System

Musculoskeletal System

Other Facts

Muscular System

The Musculoskeletal System Answer Key

1. D
2. A
3. C
4. C
5. B
6. A
7. B
8. C
9. D
10. B

The Nervous System

The nervous system is the body's communication network. The brain, spinal cord, and a large connection of nerves all over the body work together to provide the complex communication system. The brain controls the communication and the spinal cord and nerves help the brain to understand what is going on inside the body and also in the outside world. There are two parts to the nervous system. The brain and spinal cord make up the central nervous system. The rest of the nerves all over the body make up the peripheral nervous system.

Central Nervous System

The brain and the spinal cord made up the central nervous system. The brain is the hub of all activity in the body. It creates all movement within the body and keeps all of the other body systems active. The spinal cord is connected to the brain at the base, or brainstem, and runs all down the back. The spinal cord is what connects the central nervous system to the peripheral nervous system.

Peripheral Nervous System

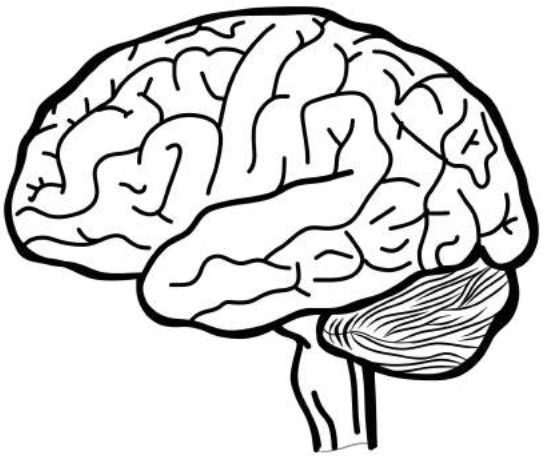
Nerves all over the body make up the peripheral nervous system. Nerves act as wires that carry signals between the brain and the rest of the body. There are two main types of nerves. The first kind are called motor nerves. These are the nerves that let the brain control the muscles. The brain sends signals through the motor nerves that tell the muscles to move. The second type of nerves are the sensory nerves. The nerves carry signals from our five senses (hear, see, smell, taste, and touch), to our brain. The sensory organs tell the brain what our body is experiencing from the outside world. Nerves only travel in one direction. The motor nerves carry signals from the brain to the muscles. The sensory nerves carry signals from the sensory organs (ears, eyes, nose, mouth, and skin) to the brain.

Within the peripheral nervous system, there are two primary sets of nerves. The first is the autonomic nervous system. These nerves work automatically and the person does not have to tell their body to do anything. A few examples would be the heart beating and digestion. The body automatically does these things. The second is the somatic nervous system. These are sets of nerves that the person can control. A few examples would be running or doing any sort of physical movement. The person has to tell their body to do these things.

The nervous system is how the body communicates. The brain sends signals down the spinal cord and then out through the peripheral nerves. Some of the signals are automatic and some are generated by the person. Sensory nerves send signals back to the brain to give it information about what is going on in the outside world. The body has billions and billions of nerves and uses them to send and receive essential information.

Name:

The Nervous System



1. The nervous system is important because
    a. it has billions and billion of nerves.
    b. it is what the body uses to communicate.
    c. it has a central and peripheral nervous system.
    d. the sends signals to the rest of the body.

2. What organ(s) make up the central nervous system?
    a. brain
    b. spinal cord
    c. nerves
    a. A and B

3. What is the main idea of the section titled "Central Nervous System?"
    a. The brain communicates with the entire body.
    b. The spinal cord runs down the length of the back.
    c. The brain and spinal cord make up the central nervous system.
    d. The spinal cord connects the central nervous system to the peripheral nervous system.

4. What is one detail that supports your answer to question 3?
    a. The brain communicates with the entire body.
    b. The spinal cord runs down the length of the back.
    c. The spinal cord connects the central nervous system to the peripheral nervous system.
    d. They are all details that support the main idea.

5. What are nerves?
    a. Nerves act as wires to carry information to and from the brain.
    b. The signal that the brain sends to the muscles to make them move.
    c. The base of the brain.
    d. The senses that tell the brain what is going on in the outside world.

Name:

The Nervous System

6. What is the main idea of the section titled "Peripheral Nervous System?"

a. The nerves are on the spinal cord.

b. The peripheral nervous system makes up all of the nerves outside the central nervous system.

c. Motor nerves send signals from the brain to the muscles.

d. Sensory nerves send signals to the brain.

7. Read the following sentence from the passage:

The brain is the hub of all activity in the body. It creates all movement within the body and keeps all of the other body systems active.

What does the word *hub* mean in this passage?

a. center

b. last

c. end

d. first

8. Why did the author write this passage?

a. To entertain the reader with a humorous story about a person who was using their five senses.

b. to persuade the reader to learn about the outside world.

c. To inform the reader about how the nervous system works.

d. All of the above

9. Read the following sentence from the passage:

Nerves act as wires that carry signals between the brain and the rest of the body.

What does the word *act* mean in this passage?

a. pretending to be an actor

b. react

c. behave

d. attack

10. Which word would be the best choice in searching for the nervous system on the Internet?

a. brain

b. nerves

c. spinal cord

d. wires

Name:

Central Nervous System

Nervous System

Other Facts

Peripheral Nervous System

The Nervous System Answer Key

1. B
2. D
3. C
4. D
5. A
6. B
7. A
8. C
9. C
10. B

The Digestive System

The human body needs energy in order to function properly. Where does this energy come from? Food! Our bodies use the digestive system to break down food into different substances that our bodies need. There are different stages of digestion that must take place in a specific order so that our bodies are working adequately.

Chewing

We use our teeth to chew our food. The food gets broken down into smaller pieces which are easier to digest. Also, the saliva in our mouths produce enzymes that start the process of breaking down the food even before it reaches the stomach.

Swallowing

After you're done chewing, the tongue pushes the food to the back of the throat and you use muscles in your throat to swallow the food. The food travels down a pipe called the esophagus. The food doesn't go down the esophagus on its own, there are muscles that contract continuously to push the food all the way down and then into the stomach. As the swallowing process is taking place, the windpipe is blocked off by a small flap. This flap is called the epiglottis. This ensures that the food goes down the esophagus and not our windpipe where we breathe.

The Stomach

After the food leaves the esophagus, it enters the stomach where it will stay for about four hours. Additional enzymes and acids work to entirely break down the food into fat, protein, and carbohydrates. The stomach also helps to kill off any bad bacteria so we don't get sick.

The Intestines

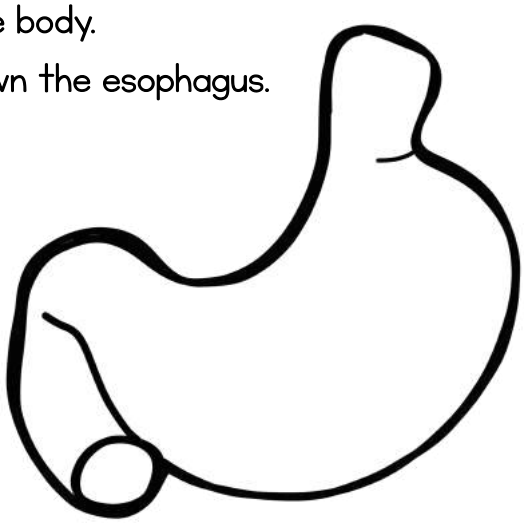
The food continues to break down in the small intestines with the help of the liver and pancreas. The liver produces bile, which is stored in the gall bladder. The bile breaks down the fat into smaller pieces. The pancreas produces more enzymes that break down the sugars, fat, and starches. After all the food is broken down, the nutrients are absorbed into the bloodstream through the small intestines. Anything from the food that is not needed, or can't be used, goes into the large intestine. This is known as waste. The waste makes it way through the large intestine and eventually leaves the body.

The digestive system is important because this is how our body gets all the protein and nutrients needed to function properly. The process starts when we start to chew our food. The food makes its way down the esophagus and starts to break down in the stomach. The food continues to break down in the small intestine and all of the nutrients are absorbed into the bloodstream. All of the waste makes it easy into the large intestines and then exits the body.

Name:

The Digestive System

1. The digestive system is important because
    a. chewing food is important.
    b. it is how the body gets all of the nutrients it needs.
    c. the large intestines help to remove waste from the body.
    d. the epiglottis closes the windpipe so food goes down the esophagus.



2. What organ(s) is used when swallowing food?
    a. large intestines
    b. stomach
    c. esophagus
    d. all of the above

3. What is the main idea of the section titled "Chewing."
    a. Chewing is the first step in digestion where saliva begins the process of breaking down food.
    b. We chew with our teeth.
    c. The process of digestion begins before the food reaches the stomach.
    d. Food is chewed into smaller pieces.

4. What is one detail that supports your answer to question 3?
    a. Chewing is the first step in digestion where saliva begins the process of breaking down food.
    b. We chew with our teeth.
    c. The process of digestion begins before the food reaches the stomach.
    d. Food is chewed into smaller pieces.

5. What is the epiglottis?
    a. The windpipe.
    b. The muscles that push the food down the esophagus.
    c. The flap of skin that blocks the windpipe and forces food down the esophagus.
    d. It is another name for the stomach.

Name:

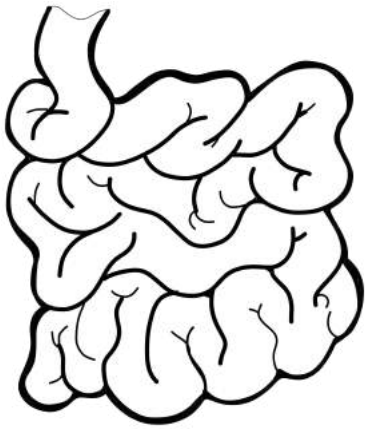
The Digestive System

6. What is the main idea of the section titled "Swallowing?"
   a. Muscles contract to push the food down the esophagus.
   b. The epiglottis blocks the windpipe.
   c. The tongue moves the food to the back of the throat in preparation of swallowing.
   d. The food ends up in the stomach after going down the esophagus.

7. Read the following sentence from the passage:

The food doesn't go down the esophagus on its own, there are muscles that contract continuously to push the food all the way down and then into the stomach.

What does the word *contract* mean in this passage?
   a. push
   b. squeeze
   c. pull
   d. loosen



8. Why did the author write this passage?
   a. To entertain the reader with a funny story about mealtimes.
   b. To inform the reader about how the digestive system works.
   c. To persuade the reader to eat more.
   d. All of the above

9. Read the following sentence from the passage:

After all the food is broken down, the nutrients are absorbed into the bloodstream through the small intestines.

What does the word *absorbed* mean in this passage?
   a. released
   b. taken out
   c. taken in
   d. Swallowed

10. Which word(s) would be the best choice in searching for the digestive system on the Internet?
   a. stomach
   b. saliva and enzymes
   c. pancreas
   d. nutrient absorption

Name:

Stomach

Digestive System

Other Facts

Intestines

The Digestive System Answer Key

1. B
2. C
3. A
4. D
5. C
6. A
7. B
8. B
9. C
10. D

The Immune System

How does the body stay healthy with so many germs around us? The immune system protects it! The main organs that make up the immune system are the spleen, lymph nodes, and thymus. They all work together to fight off the bad germs that can invade the body.

How Does the Immune System Work?

The immune system produces many different kinds of cells that can help kill off a variety of diseases. These cells are located all over the body and specific cells are designed to fight off specific diseases. These cells are stored inside the immune system and are waiting until they are told to go fight off the diseases.

The immune system is able to communicate all over the body. When the body detects a virus, it sends a message to the immune system. The immune system then sends out the cells to where the virus is located. The cells attack the virus making the body healthy again.

What are Antigens and Antibodies?

Antigens are the intruders that cause the disease. The immune system is activated when the body detects these antigens. The immune system responds by producing proteins to help fight off the antigens. The proteins are also called antibodies.

How Do the Antibodies Know Which Cells to Attack?

The immune system can only work properly if it knows which cells are good cells and which are bad cells to be fought off. Antibodies have specific "binding sites" which only bind with the antigen they are designed to attack. Think of it as two puzzle pieces. The ends of the antibodies will only attach to the ends of the antigens they are designed to attack. This way the antibodies will not attack the good cells. They can only bind with the antigen they need to attack.

How Does the Body Gain Immunity?

The human body is clever and can adjust when new infections are introduced. The body can increase its immunity in two different ways. One way is through active immunity and the second way is through passive immunity.

Active immunity is when the body produces immunities over time through the immune system. When the body is introduced to a disease, or a person gets sick, the immune system learns how to fight that particular disease. Then, the next time a person gets sick with that same disease, the body knows how to fight it off by producing the antibodies needed to prevent that particular infection.

Passive immunity is the immunity the body does not develop on its own. A mother may pass on antibodies to her unborn child or through her milk. It is also possible to obtain antibodies from another person or animal through immunoglobulin treatments.

The immune system is the body's own way of protecting itself. The body creates healthy cells and antibodies to fight off the germs and diseases that can hurt the body. The body can also gain immunity from fighting off previous diseases, or even with the help of immunoglobulin treatments.

Name:

The Immune System

1. The immune system is important because
    a. it produces antibodies.
    b. it can gain immunity through passive or active immunity.
    c. it can tell the body when to attack an antigen.
    d. It fights off diseases to keep the body healthy.

2. The immune system is only located in one part of the body.
    A. True
    B. False

3. What is the main idea of the section titled "How does the immune system work?"
    a. Different cells are designed to fight off specific diseases.
    b. Cells are located all over the body.
    c. The immune system produces cells to fight diseases.
    d. The immune system is able to communicate with the entire body.

4. What is one detail that supports your answer to question 3?
    a. Different cells are designed to fight off specific diseases.
    b. Cells are located all over the body.
    c. The immune system produces cells to fight diseases.
    d. The immune system is able to communicate with the entire body.

5. What is an antigen?
    a. Proteins developed to fight off the disease.
    b. The body's response to attack bad cells.
    c. Antigens are produced by the disease and alert the immune system to attack.
    d. Antigens are not a part of the immune system or how the immune system responds.

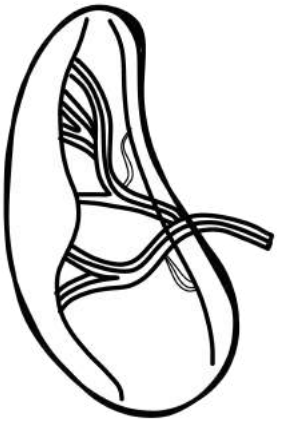
6. What is the main idea of the section titled "How does the body gain immunity?"
    a. Active immunity the body produces immunities over time through the immune system.
    b. The body can increase its immunity through active or passive immunity.
    c. Passive immunity is the immunity the body does not develop on its own.
    d. Immunoglobulin treatments can increase the body's immunity.

Name:

The Immune System

7. Read the following sentences from the passage:

Antigens are the intruders that cause the disease. The immune system is activated when the body detects these antigens.



What does the word *intruders* mean in this passage?

a. healthy cells
b. important cells
c. friendly cells
d. unwanted cells

8. Why did the author write this passage?

a. To inform the reader about how the immune system works.
b. To entertain the reader with a humorous story about how a person overcomes being sick.
c. To persuade the reader to take more medicine.
d. All of the above

9. Read the following sentences from the passage:

The immune system is able to communicate all over the body. When the body detects a virus, it sends a message to the immune system.

What does the word *detects* mean in this passage?

a. notices
b. rejects
c. creates
d. destroys

10. Which word would be the best choice in searching for the immune system on the Internet?

a. virus
b. passive
c. antibodies
d. disease

Name:

How Does the Immune System Work?

Immune System

Other Facts

How Does the Body Gain Immunity?

The Immune System Answer Key

1. D
2. B
3. C
4. A
5. C
6. B
7. D
8. A
9. A
10. C

The Circulatory System

The circulatory system, also known as the cardiovascular or vascular system, is how your body receives the nutrients it needs to work properly. It is also the way your body starts to get rid of waste, or what it doesn't need. The heart, blood, and blood vessels make up this working system.

The Heart

The heart is a muscle about the size of your fist. It is located inside your rib cage and sits to the left side. The purpose of the heart is to pump blood to your entire body. The blood leaves the heart through its main artery, the aorta. There are 4 valves in the heart to keep the blood flowing in the proper direction. Your heart pumps at different rates depending on what your body is doing. If you are sitting down and watching television, then your heart is pumping slowly. If you are running or exercising, then your heart is pumping faster to help deliver more oxygen to your muscles.

Blood

The heart is constantly pumping blood throughout our body. Blood is essential to our bodies. It has a very important job.

Blood travels all over our body. It collects nutrients from the food we eat and also oxygen from our lungs. Then it delivers these important items to cells all over our body for energy. The blood also picks up waste such as carbon dioxide and delivers it back to the lungs to be released out of the body. You could say blood is kind of like the transportation system of our body! It picks up and drops off things so they can get to where they need to be!

Blood Vessels

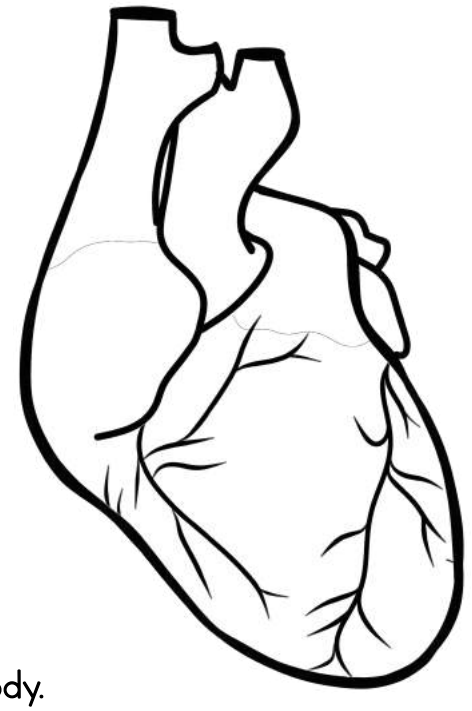
Blood vessels are the tiny tubes that blood travels in. If you were to take all the blood vessels out of your body and lay them flat, there would be about 60,000 miles of blood vessels! There are two primary blood vessels, arteries and veins. Arteries carry blood from your heart to the rest of your body. These blood vessels must be strong and have a thicker lining. They have extra pressure put on them because of the force of the heart pumping the blood away. Veins carry blood from the rest of your body to your heart. These blood vessels are not as strong as arteries because there is not as much pressure on them as they head back to the heart.

The circulatory system is essential for your body to function properly. Your heart pumps blood through arteries delivering nutrients and oxygen to cells all over for energy and picks up waste like carbon dioxide for the lungs to get rid of. Then the blood heads back to the heart through veins and the cycle starts all over again.

Name:

The Circulatory System

1. The circulatory system is also known as...
    a. The heart and lung system
    b. The cardiovascular or vascular system
    c. The blood system
    d. The blood vessel system



2. What organ(s) make up the circulatory system?
    a. Heart
    b. Blood
    c. Blood vessels
    d. All of the above

3. What is the main idea of the section titled "The Heart?"
    a. The heart is the size of your fist.
    b. The heart pumps blood throughout your entire body.
    c. There are 4 valves in the heart.
    d. The aorta is the main artery where blood leaves the heart.

4. What is the main difference between arteries and veins?
    a. One carries blood and the other carries oxygen.
    b. Veins leave the heart while arteries go back towards the heart.
    c. Arteries leave the heart while veins go back towards the heart.
    d. There is no difference between arteries and veins.

5. What is the main idea of the section titled "Blood?"
    a. Blood travels all over the body.
    b. Blood is red.
    c. Blood carries carbon dioxide back to the lungs.
    d. Blood is pumped by the heart.

6. What is one detail that supports your answer to question 5?
    a. Blood acts like the transportation system for your body.
    b. Blood leaves the heart through the aorta.
    c. Blood delivers nutrients and oxygen to the cells that need it.
    d. Veins carry blood back to the heart.

Name:

The Circulatory System

7. Read the following sentence from the passage:

The circulatory system is essential for your body to function properly.

What does the word *essential* mean in this passage?

a. weak
b. strong
c. loose
d. important

8. Why did the author write this passage?

a. To persuade the reader to exercise more.
b. To inform the reader about how the circulatory system works.
c. To entertain the reader with a funny story about running.
d. All of the above

9. Read the following sentence from the passage:

There are two primary blood vessels, arteries and veins.

What does the word *primary* mean in this passage?

a. main
b. thin
c. similar
d. Strong

10. Which word would be the best choice in searching for the circulatory system on the Internet?

a. pump
b. nutrients
c. blood
d. transportation

Name:

Heart

Circulatory System

Other Facts

Blood

The Circulatory System Answer Key

1. B
2. D
3. B
4. B
5. A
6. C
7. D
8. B
9. A
10. C

The Respiratory System

The respiratory system is how we breathe. It is primarily made up of two organs, our lungs and windpipe, but blood vessels are also used when we breathe. The purpose of the respiratory system is not only to provide oxygen to the body, but also to remove the wasteful gas known as carbon dioxide. Carbon dioxide can be harmful, so the body must get rid of it.

Why Breathing is Important

The human body needs many things to function properly, including energy. Energy is obtained through food that is eaten and digested to get glucose. But this alone is not enough. The cells also need oxygen to combine with the glucose to create energy. The body gets oxygen by breathing through the use of the respiratory system.

How the Body Breathes

The diaphragm is a muscle located just below the lungs. As a person takes a deep breath, the muscle flattens out allowing the lungs to enlarge and fill with air. The air is taken in through the mouth or nose, goes down the trachea (windpipe), and into the bronchi tubes in the lungs. There are two main bronchi tubes and one goes into each of the lungs. From there, they branch off into smaller and smaller tubes. At the end of each of the smallest tubes is a tiny sac of air called an alveoli. The alveoli has an extremely thin wall that allows oxygen to pass through. Red blood cells pass by the alveoli picking up the oxygen to travel through the rest of the body. The alveoli also has another important job. It picks up the waste, carbon dioxide, from the passing red blood cells. The body releases the carbon dioxide when the diaphragm pushes back up and the air is exhaled out through the nose or mouth. After the waste has left the body, there is room for more fresh oxygen.

The Nose

The nose also plays an important part in the respiratory system. There are tiny hairs inside the nose that act as a filter. They catch small particles that are not good for the body such as dust. The nose keeps these harmful objects from entering the lungs.

Breathing Can Change

Sometimes the body needs more oxygen than usual. When a person is exercising, more oxygen is required for the body to function properly. The muscles in the body are burning more energy than usual causing the body to use oxygen faster. The respiratory system needs to work harder and faster for the body to be properly oxygenated. This is why a person breathes harder and faster when exercising.

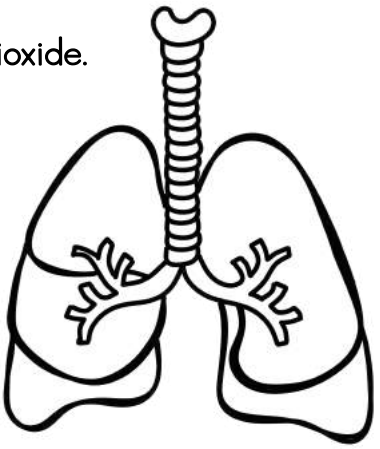
The respiratory system is important for the body to keep the body functioning. Oxygen is breathed in through the nose or mouth, travels down into the lungs, and then carbon dioxide is released through the body when it is exhaled. This system repeats over and over again to keep the body oxygenated.

Name:

The Respiratory System

1.The respiratory system is important because

a. it is how the body gets oxygen and releases carbon dioxide.
b. the diaphragm moves up and down.
c. it has two lungs.
d. the nose filters dust out of the air.



2. What organ(s) make up the respiratory system?

a. trachea
b. lungs
c. diaphragm
d. All of the above

3. What is the main idea of the section titled "Why breathing is important?"

a. The human body needs energy to function.
b. Energy is obtained through food.
c. The body gets oxygen by breathing through the use of the respiratory system.
d. The body breathes by using the respiratory system.

4. What is one detail that supports your answer to question 3?

a. Glucose is not needed for energy.
b. Cells only need oxygen to create energy for the body.
c. Cells need oxygen in addition to glucose in order to create energy for the body.
d. All of the above.

5. What is an alveoli?

a. How the oxygen travels from the lungs to the rest of the body.
b. A tiny sac of air located at the end of the bronchi tube.
c. The windpipe that takes air from the mouth or nose and into the lungs.
d. The body does not have alveoli.

6. What is the main idea of the section titled "The nose?"

a. The nose is located on the face.
b. There are tiny hairs inside the nose.
c. Dust are small particles in the air.
d. The nose keeps harmful objects from entering the lungs.

Name:

The Respiratory System

7. Read the following sentence from the passage:

The purpose of the respiratory system is not only to provide oxygen to the body, but also to remove the wasteful gas known as carbon dioxide.

What does the word *wasteful* mean in this passage?

a. important
b. garbage
c. dangerous
d. safe

8. Why did the author write this passage?

a. To inform the reader about how the respiratory system works.
b. To entertain the reader with a humorous story about a person who was exercising.
c. To persuade the reader to exercise more.
d. All of the above

9. Read the following sentence from the passage:

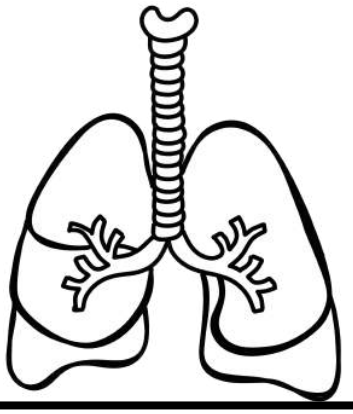
This system repeats over and over again to keep the body oxygenated.

What does the word oxygenated mean in the passage?

a. Without oxygen
b. Having the proper amount of oxygen
c. Having too much oxygen
d. Needing oxygen

10. Which word would be the best choice in searching for the respiratory system on the Internet?

a. run
b. oxygen
c. alveoli
d. breathe



Name:

Why is the Respiratory System Important?

Respiratory System

Other Facts

How Does the Respiratory System Work?

The Respiratory System Answer Key

1. A
2. D
3. A
4. C
5. B
6. D
7. C
8. A
9. B
10. D

Close Reading Steps

1. Read the text
2. Mark up the text
3. Read the text again
4. Define unknown words
5. Read the text again
6. Respond to reading

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Annotate the Text

Number the paragraphs

Underline important statements

Circle unknown words

Question? Confusing?

Interesting!

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Name:

Main Ideas

1

2

3

Text Evidence #1

Text Evidence #2

Text Evidence #3

Name:

Central Ideas

1

2

3

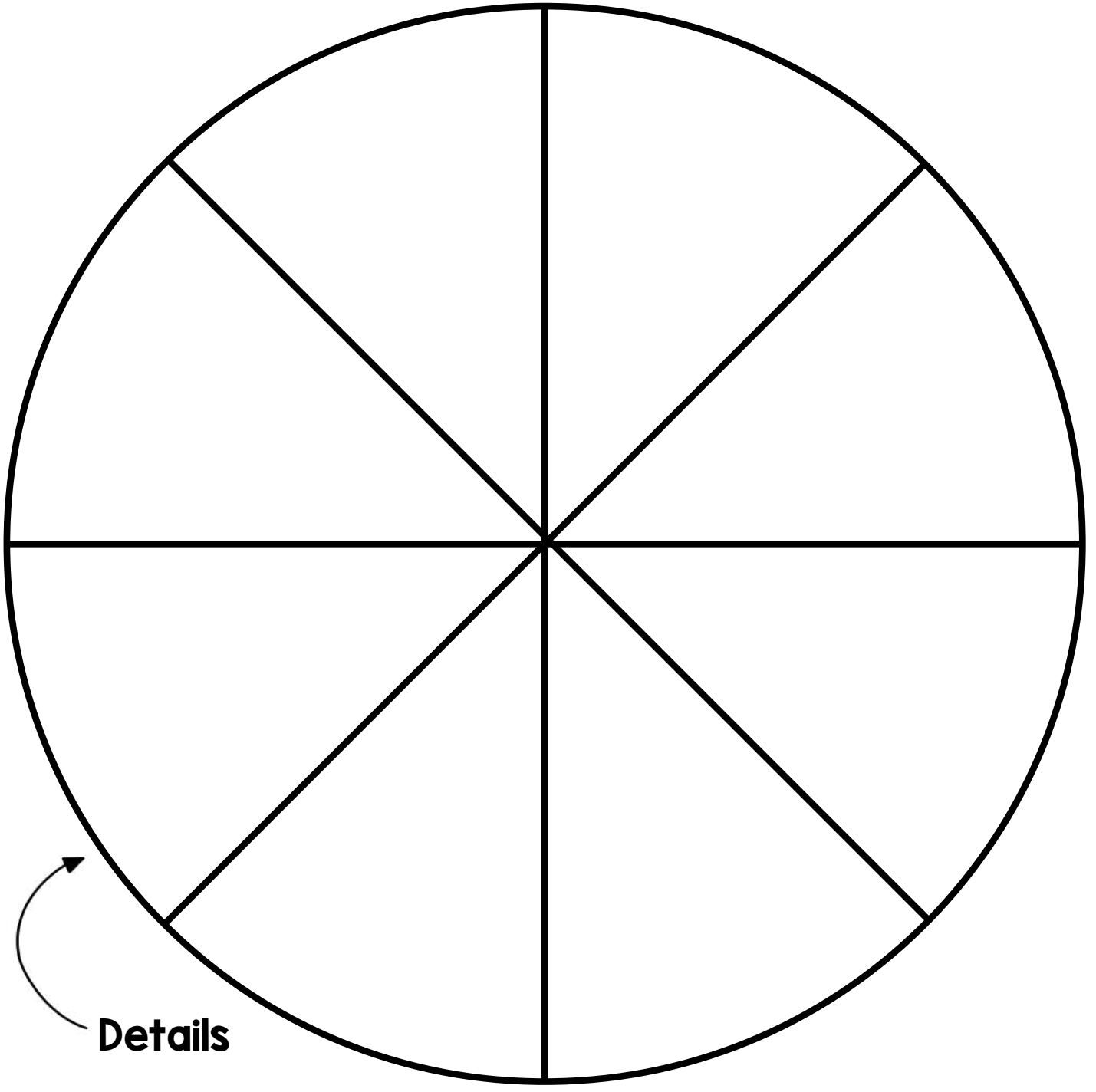
Text Evidence #1

Text Evidence #2

Text Evidence #3

Name:

Central Idea



Details

Name:

Main Idea

Detail

Detail

Detail

Conclusion

Name:

What I Know	What I Want to Know	What I Learned

Name:

Topic

Author's Purpose

Key Vocabulary

Most Important Thing

I Wonder...

Important Facts

Illustration

Name:

Unknown Word	Context Clue	Word Meaning

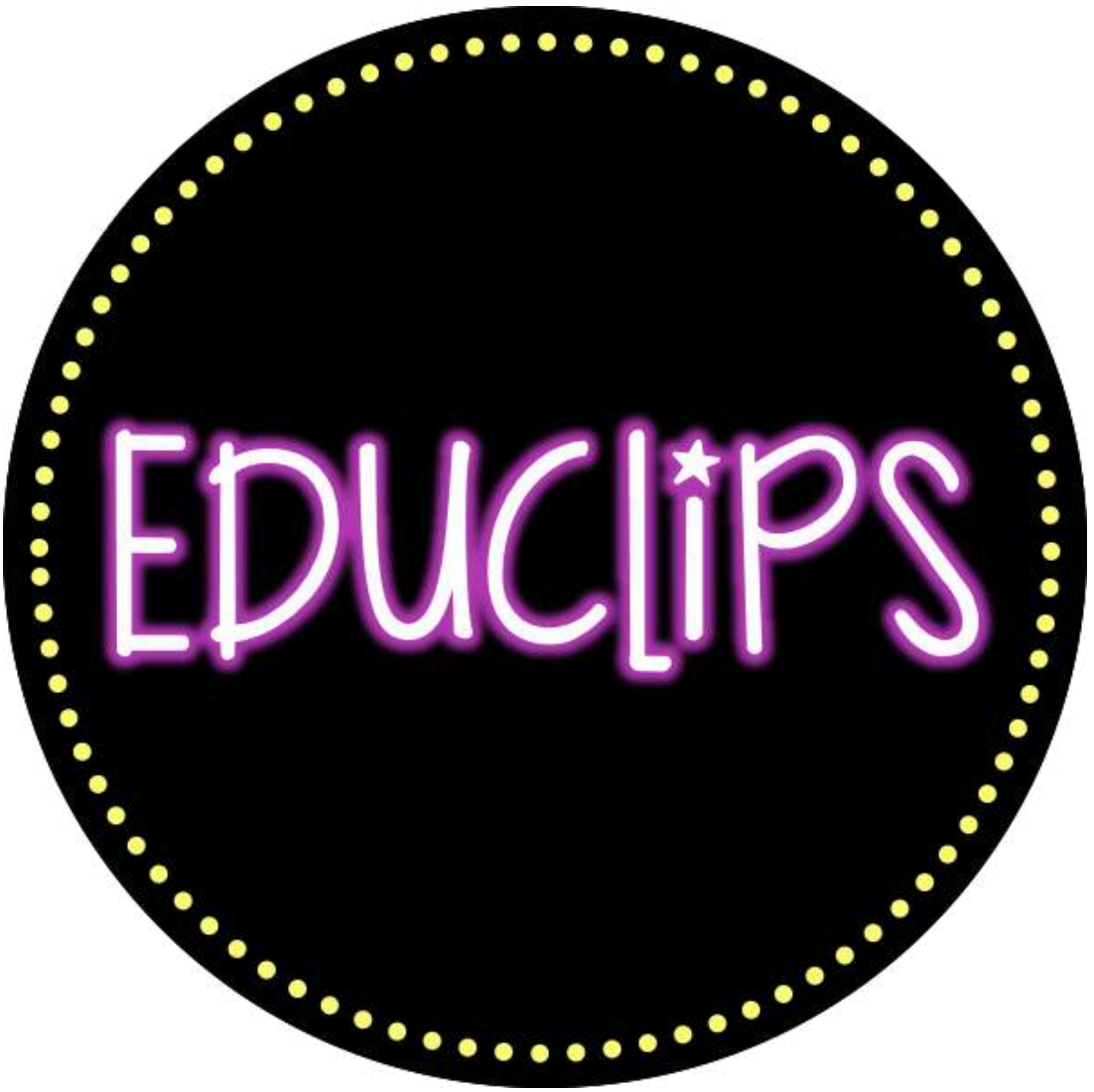
Name:

Unknown Word	Context Clue	Word Meaning

Name:

Unknown Word	Context Clue	Word Meaning

Thank you!



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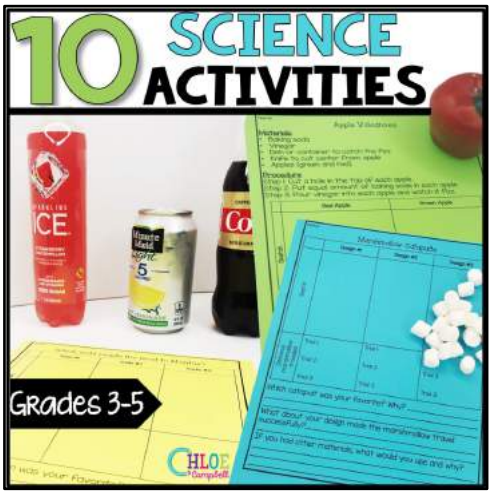

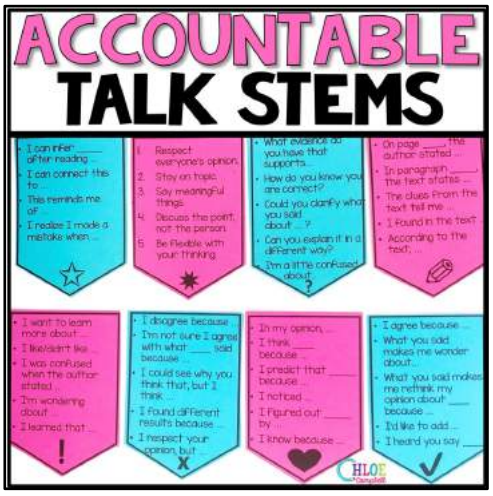

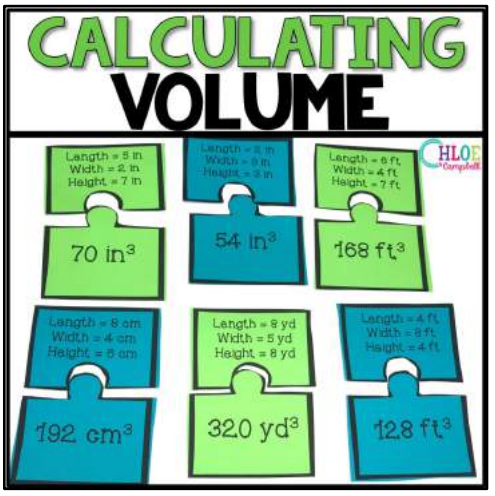

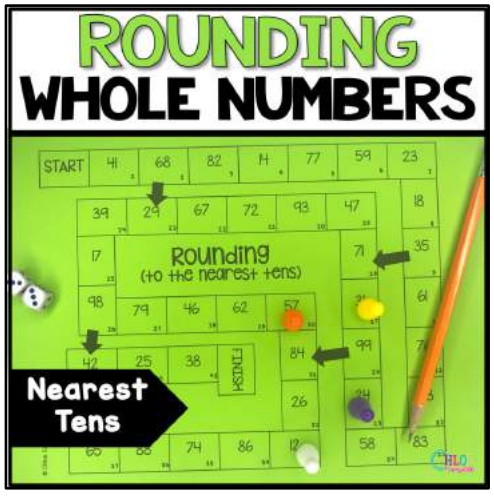

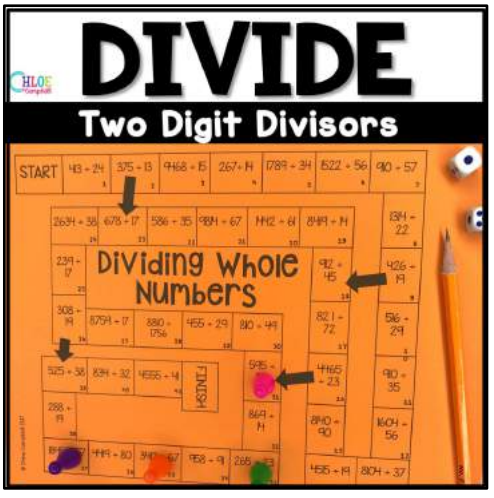

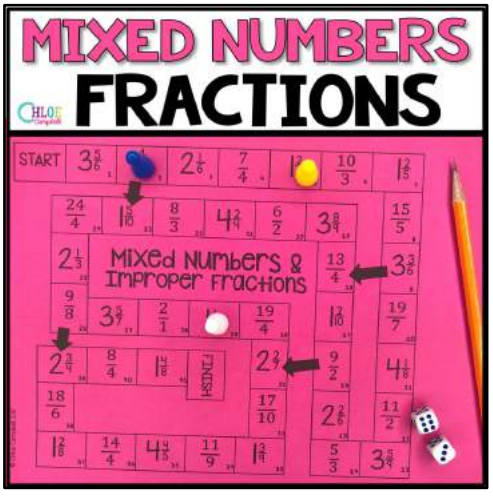

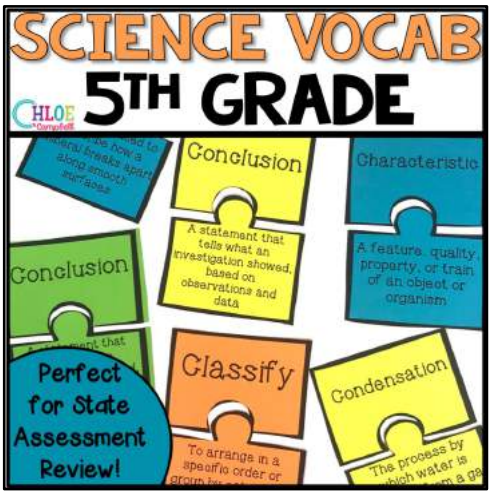

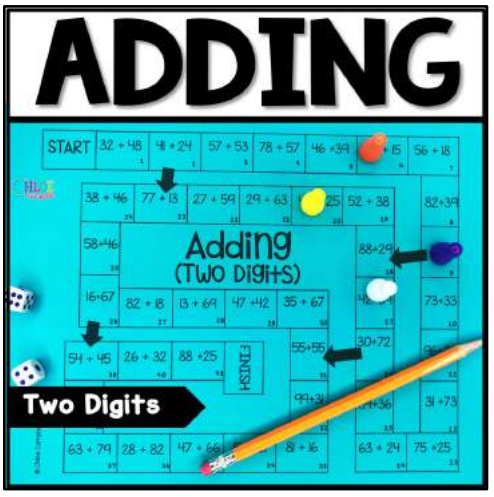

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