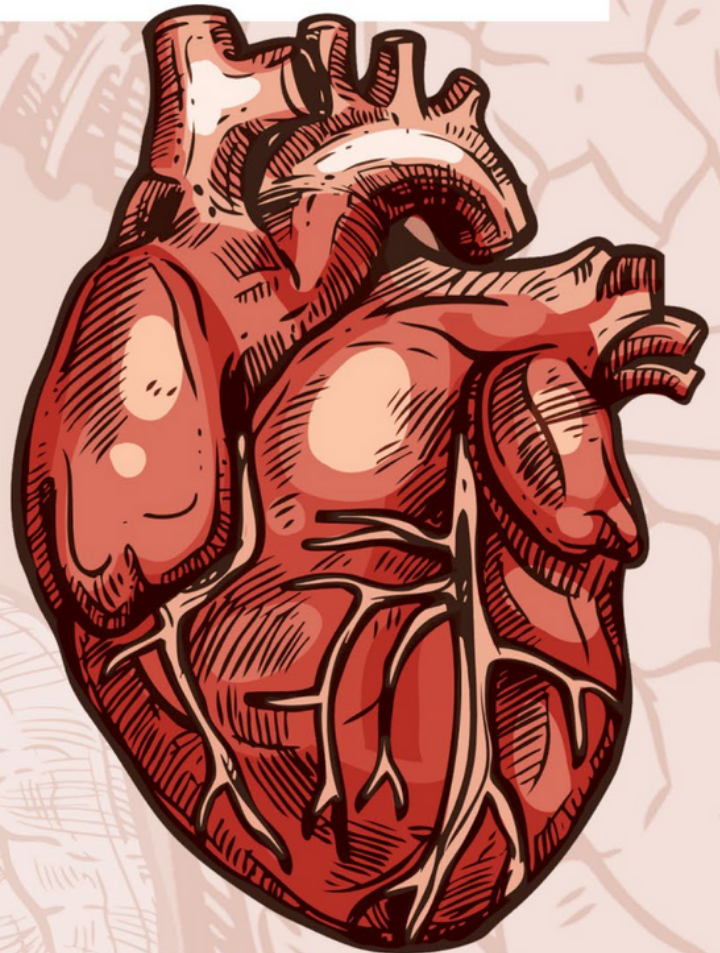


# NOTEBOOKING Through The HUMAN BODY

A Notebook Companion™ for Grades 5+





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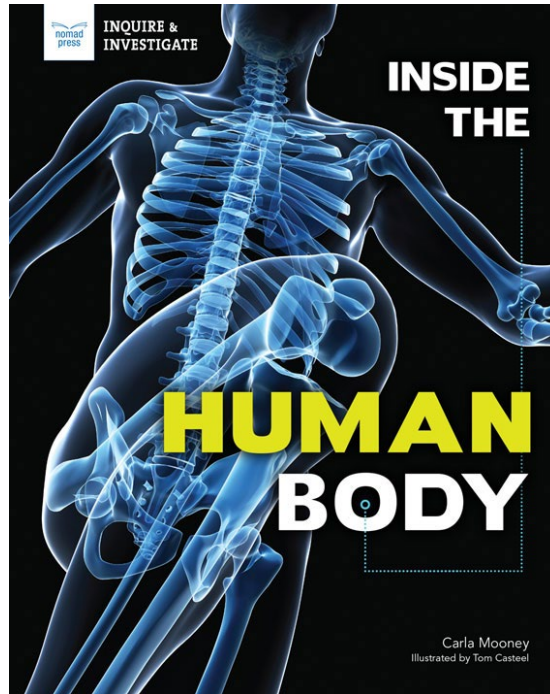
# *Notebooking Through the Human Body*

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## *Notebooking Through The Human Body*

### **Acknowledgement**



*Inside the Human Body*

By Carla Mooney

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ISBN: 9781619309036

With [\*Inside the Human Body\*](#), readers peel back the layers to take a look inside this amazing machine and learn basic anatomy—bones, muscles, blood vessels, nerves, and organs. We also explore the body's physiology and how its organs work together to allow us to function and survive.

Take a ride through the different organ systems, including the musculoskeletal system, cardiovascular system, respiratory system, nervous system, endocrine system, digestive system, immune system, and urinary system, and investigate each system's role in operating our human body machine.

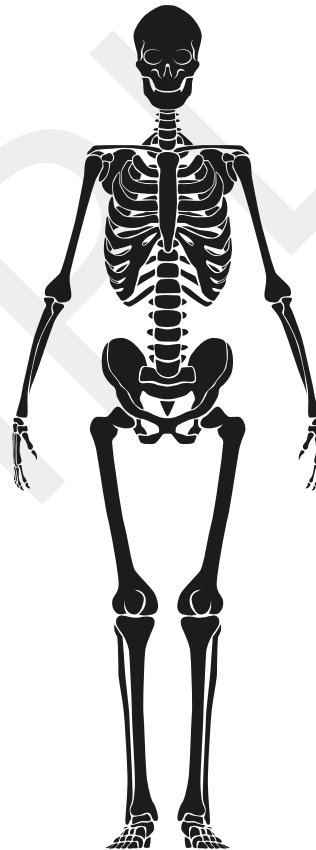


## *Notebooking Through the Human Body*

Use pages 5-6 to help you label the skeletons below with positional terms. Use the common anatomical terms for position listed on page 6. Write a few words to describe each term.



Lateral View



Anterior View

## *Notebooking Through the Human Body*

Recreate the "Back to Roots" chart on page 9, but add example words that use the root words.

Word Root	Meaning	Body System	Examples

## *Notebooking Through the Human Body*

### **Chapter 1: Start With the Cells**

Your vocabulary words for this unit are below. Using the information found in the glossary of *Inside the Human Body*, write the definition of each word.

Adenosine triphosphate (ATP)

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Connective tissue

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Diffusion

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DNA

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Endocytosis

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Endoplasmic reticulum

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Epithelial tissue

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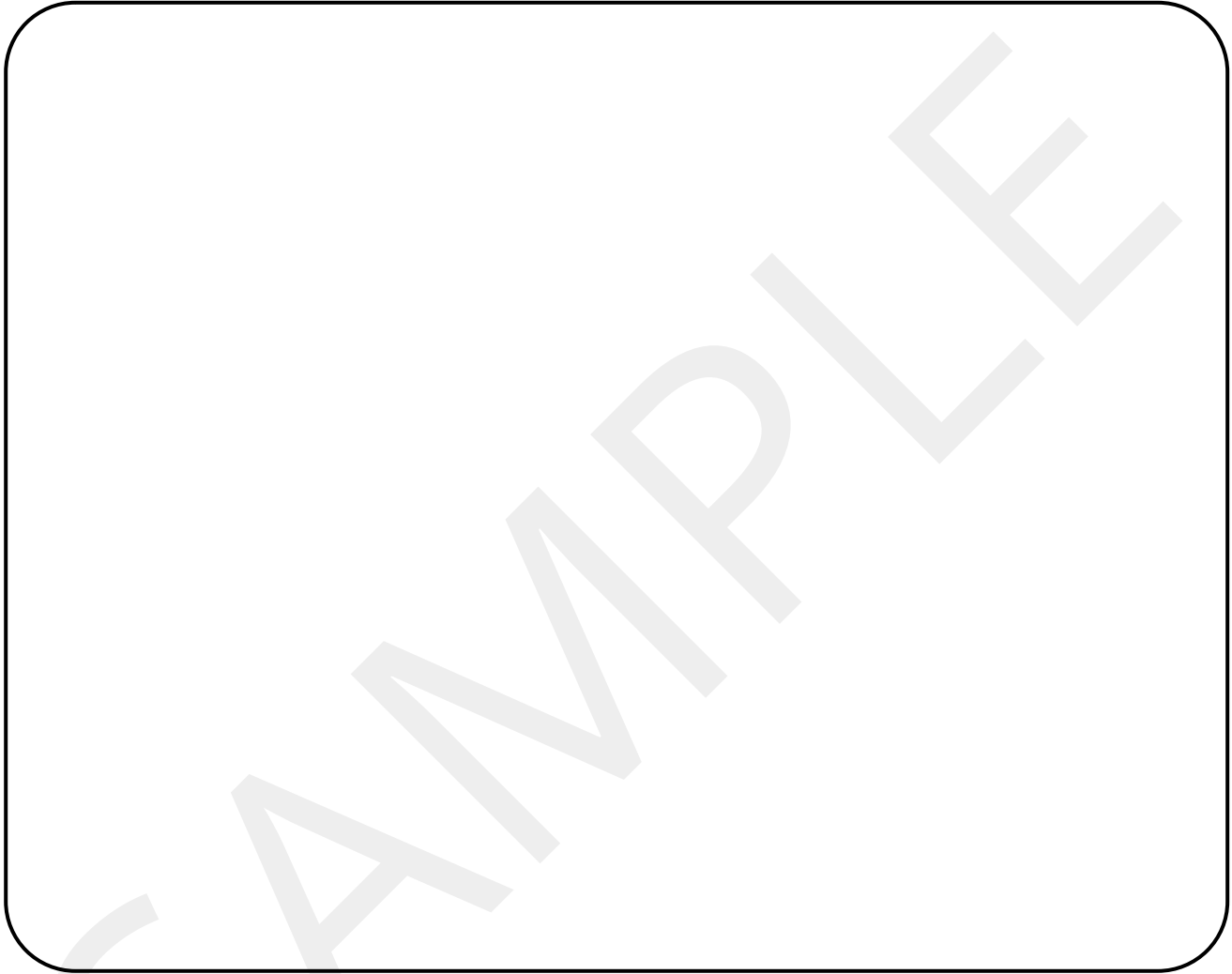
Exocytosis

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## *Notebooking Through the Human Body*

Use the image on page 13 along with the text on pages 13-14 to draw a cell in the space below. Label the cell structures and answer the questions at the bottom of the page.



Why do muscle cells have thousands of mitochondria?

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What is the difference between smooth and rough ER?

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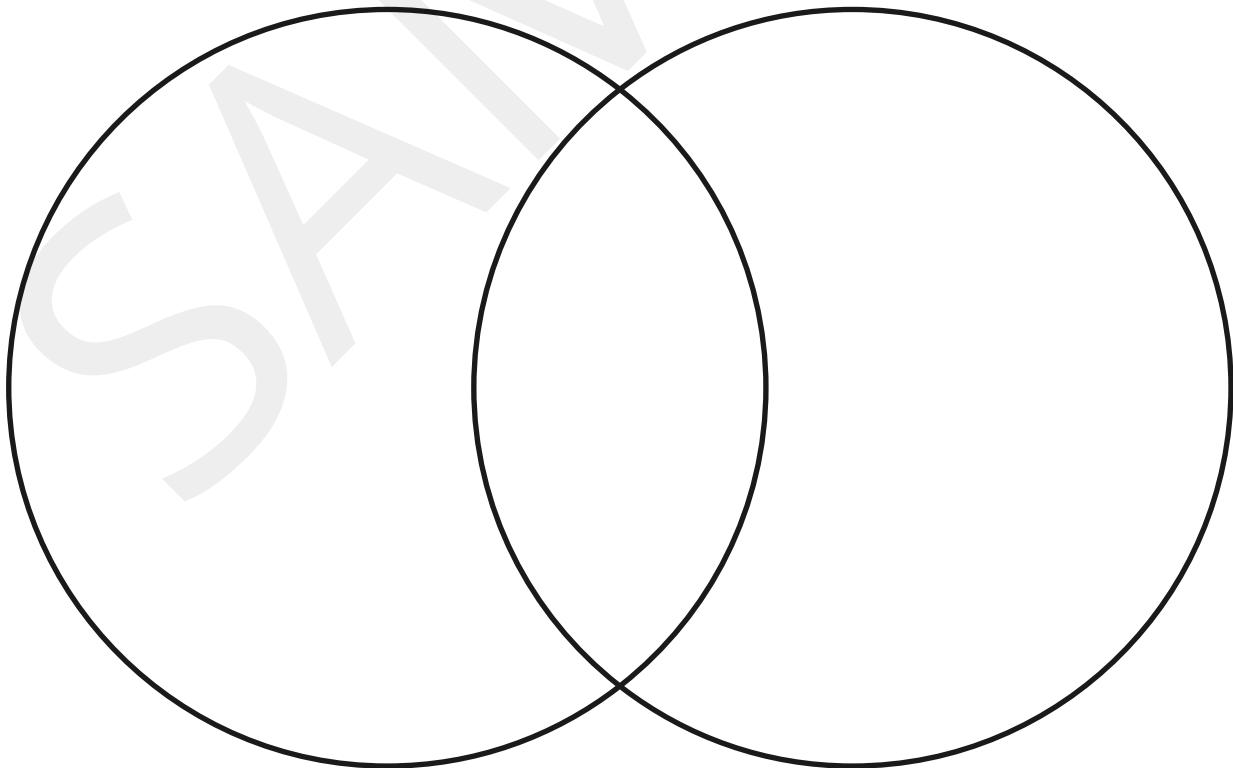
## *Notebooking Through the Human Body*

Read pages 16-18 and fill in the information below.

Describe each of the types of passive transport:

Diffusion	Osmosis	Filtration

Use the diagram below to compare and contrast active transport and passive transport.



## *Notebooking Through the Human Body*

Use the template below to help you plan and conduct the experiment on page 20.

<b>QUESTION</b> What are we trying to find out? What problem are we trying to solve?	
<b>RESEARCH</b> What is already known about this topic?	
<b>HYPOTHESIS</b> What do we think the answer will be?	
<b>EQUIPMENT</b> What supplies are we using?	
<b>METHOD</b> What procedure are we following?	
<b>RESULTS</b> What happened and why?	

## *Notebooking Through the Human Body*

Read pages 26-28 and answer the questions below:

Describe joints that are fixed. What are some examples of fixed joints?

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Describe joints that move slightly. What are some examples of joints that move only slightly?

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Describe synovial joints. What are some examples of movable joints?

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Describe the three main types of movable joints:

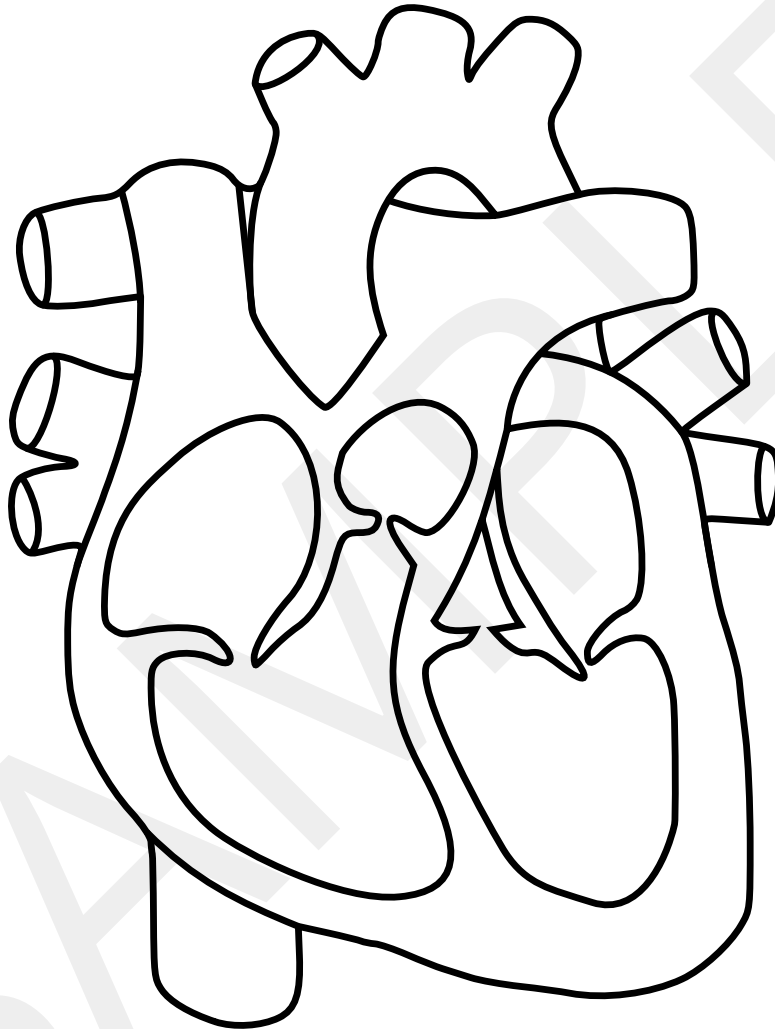
## *Notebooking Through the Human Body*

Read pages 31-32. In the space below, describe each of the three types of muscles. Use the images on page 32 to help you draw the fibers of each muscle type.

Type of Muscle	Description	Drawing of Fibers
<b>Skeletal Muscle</b>		
<b>Smooth Muscle</b>		
<b>Cardiac Muscle</b>		

## *Notebooking Through the Human Body*

Use the diagram on page 37 to label and color code the heart diagram below.



How do valves function in the heart?

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## *Notebooking Through the Human Body*

Read pages 39-41 and answer the questions below:

Sketch and label the formed elements of blood shown on page 39.

Formed Elements of Blood	

Explain how red blood cells transport oxygen and carbon dioxide through the body.

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What other important substances are carried in blood?

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What happens to waste after it is picked up in the blood?

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## *Notebooking Through the Human Body*

Trachea

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Vocal Cord

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Use this space to record any other important terms you encounter in this chapter.

SAMPLE



## *Notebooking Through the Human Body*

### **Chapter 4: Breathe Deep: The Respiratory System**

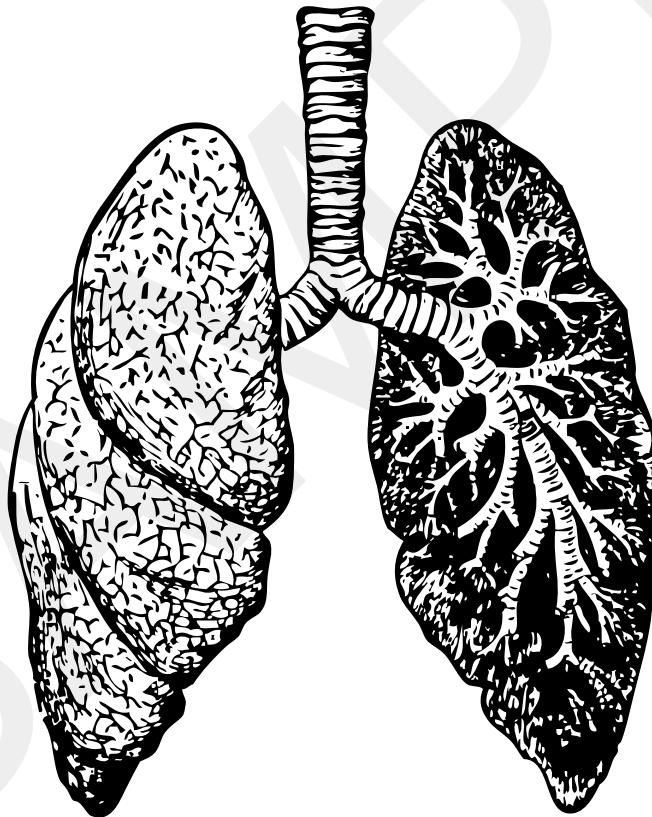
Read pages 48-49 and answer the questions below:

Explain the job of the respiratory system and some of the organs involved.

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Label the image below according to the diagram on the bottom of page 49.



Describe the path air takes after entering through the nose or mouth.

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## *Notebooking Through the Human Body*

Read pages 51-54 and answer the questions below:

Explain in your own words how cells use oxygen and what waste they produce.

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Describe alveoli and the processes that happen there.

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How is sound produced in the larynx? What other structures and organs are involved?

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Describe examples of respiratory illnesses and how to maintain respiratory health.

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