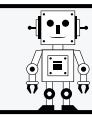
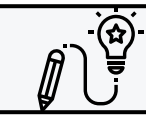
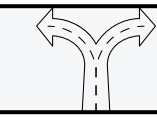
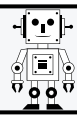
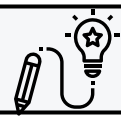
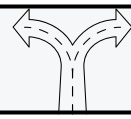
Human Body Systems Menu

Directions: Take a look at the different ways you can explore **human body systems** on the choice board. Choose the ONE activity that you think will best help you show what you've learned and that you will enjoy working on!

Ask and Investigate 	**Model It!** 	**Be a Data Detective** 
Come up up with a question about how two human body systems work together. Plan a simple way to explore your question.	Create a model to show how one of the major human body systems works. Explain the different parts of your model and their functions.	Research and compare how two different human body systems help the body get what it needs for energy or movement. Present your findings.
Math Connections! 	**Explain It!** 	**Solve a Problem!** 
Find examples of how numbers or measurements are used to describe the function of a human body system. Show what you learned from these numbers by making a real-world connection.	Choose two major human body systems and explain how their functions are connected and necessary for the body to live.	Think about a situation where one of the human body systems isn't working properly. Describe the problem and how it affects the body's ability to function.
Tell a Story! 	**Create a Visual!** 	**Be the Teacher!** 
Write a short story that features one of the major human body systems and how it helps the body stay alive and function.	Create a visual (like a diagram or poster) that shows the main parts of one or more of the major human body systems and explains their functions.	Explain to someone how two different human body systems work together to help you do a specific activity

Body Works: System Ideas!

Explore the amazing systems that keep you alive and moving with these starting points. Remember, you can always come up with your own amazing projects too!

Ask and Investigate 	**Model It!** 	**Be a Data Detective** 
1. How does your heart rate change after different types of exercise? How can you measure this? 2. Does holding your breath affect how quickly you need to breathe again? How can you test this carefully?	1. Create a simple model of the lungs expanding and contracting using balloons and a bottle. 2. Draw a diagram showing how blood travels through the circulatory system.	1. Research the average breathing rate of a person at rest and during exercise. 2. Find out how much food your stomach can hold.
Math Connections! 	**Explain It!** 	**Solve a Problem!** 
1. Find out what a normal body temperature is. Why do doctors check your temperature when you are sick? 2. How much water a person should drink in a day? Why is this number important for your body to work properly?	1. How does your digestive system break down food so your body can use it? 2. How do your muscles and bones work together to help you move?	1. What happens in your body if your respiratory system isn't working well? 2. How does your nervous system help your body respond quickly to danger?
Tell a Story! 	**Create a Visual!** 	**Be the Teacher!** 
1. Write a story about a bite of food's journey through your digestive system. 2. Tell a story about a message traveling through your nervous system.	1. Create a poster showing the main organs of the digestive system and their jobs. 2. Draw a diagram of the respiratory system, labeling the parts involved in breathing.	1. Explain to someone how your lungs help you get oxygen. 2. Show someone how your muscles work to bend your arm.