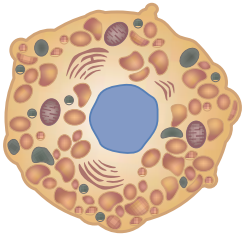


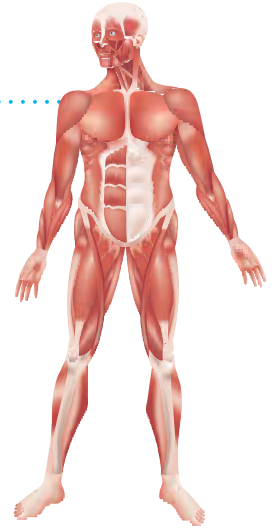
You and Your Body

CONTENTS

Think About . . .



Body Building Blocks	2
What Are the Body's Main Systems?	4
Skeletal System	4
Muscular System	5
Circulatory System	6
Respiratory System	8
Digestive System	9
Nervous System	10
Other Body Systems	11



People in Science

Charles Drew, M.D.	12
Elizabeth Blackwell, M.D.	13

Did You Know?

How a Reflex Works	14
------------------------------	----

Glossary	15
---------------------------	----



alveoli small sacs in the lungs where gases are exchanged

antibody chemical that attacks an antigen

antigen molecule on the outside of a pathogen

aorta large artery leaving the left ventricle of the heart

artery blood vessel that carries blood away from the heart

atrium one of the heart's upper chambers

blood fluid in the circulatory system that delivers oxygen and nutrients to body cells and removes carbon dioxide and waste

blood vessel tube that carries blood through the body

brain organ in the skull that is a central part of the nervous system

calcium mineral that bones are made of

capillary tiny blood vessel where materials pass between the cells and blood

cardiac muscle type of muscle tissue found only in the heart

cartilage tissue similar to bone but softer

cell basic building block of all living things

cell division when cells divide to make new cells

cell membrane surrounds and protects a cell

circulatory system organ system that moves blood through the body to deliver nutrients and oxygen and remove wastes

cytoplasm jelly-like fluid that fills a cell and holds cell parts

diaphragm muscle under the lungs that is part of the respiratory system

digestive system organ system that breaks down food so the body can absorb nutrients

endocrine system system of glands that produce hormones, chemical signals that tell the body what to do

endoskeleton skeleton on the inside of the body

excretory system organ system that removes waste from the body

exoskeleton skeleton on the outside of the body

extensor muscle that straightens a part of the body at a joint

flexor muscle that bends a part of the body at a joint

gland organ in the endocrine system that produces chemicals

heart muscle in the chest that is part of the circulatory system

hormone chemical that controls the activities of an organ or tissue

immune system body's natural defense system against disease-causing organisms

joint place where bones are joined together