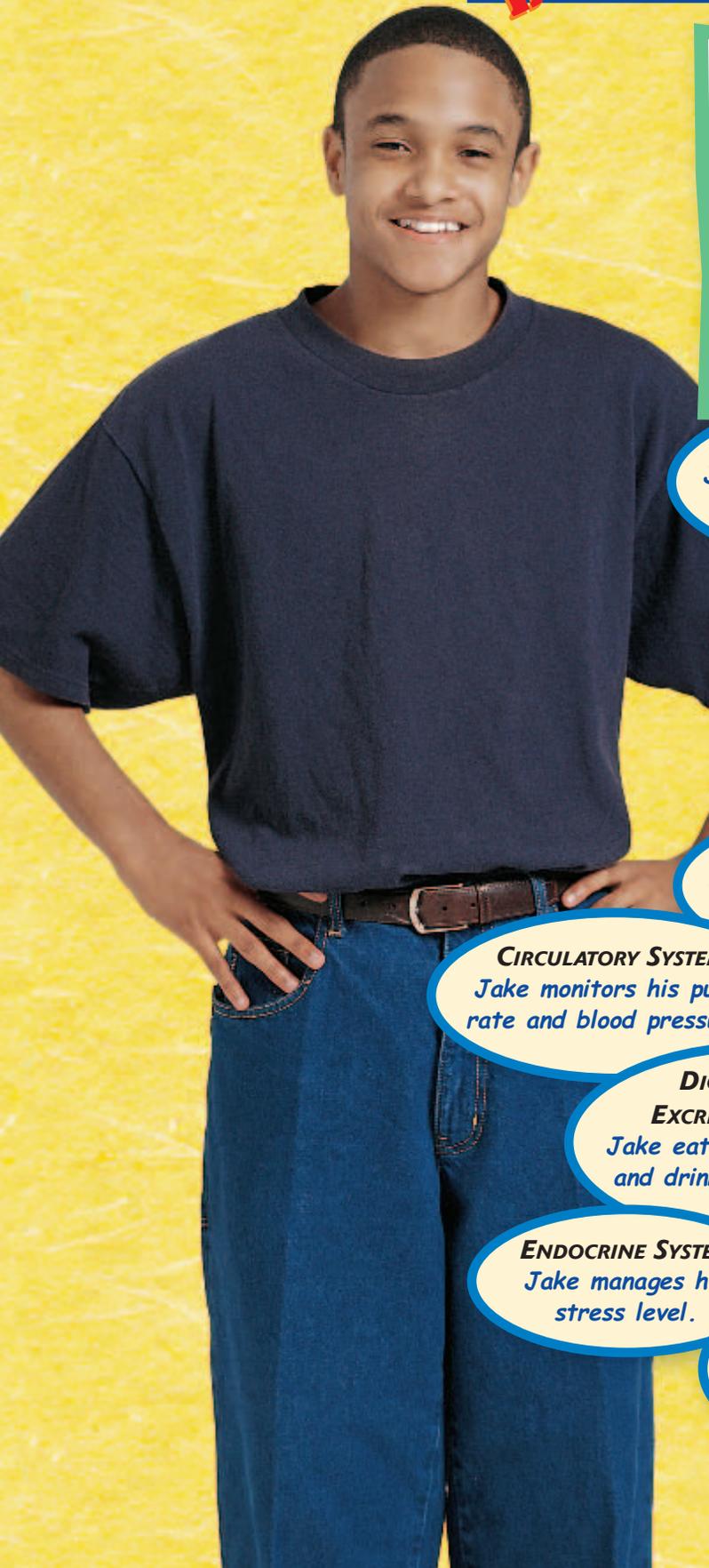


**BODY SYSTEMS CHECK**



**Model**

Jake knows from his health class that a good way to keep his body healthy is to perform a regular “systems check” to make sure that all his body systems are in good condition. He thinks of the check as a game, and enjoys the benefits of a healthy lifestyle.

**NERVOUS SYSTEM**

*Jake makes sure that he is getting enough sleep.*

**SKELETAL SYSTEM**

*Jake uses good posture to help keep his bones strong.*

**MUSCULAR SYSTEM**

*Jake maintains his muscle strength and endurance with exercises.*

**RESPIRATORY SYSTEM**

*Jake avoids smoke and other pollutants.*

**CIRCULATORY SYSTEM**

*Jake monitors his pulse rate and blood pressure.*

**DIGESTIVE AND  
EXCRETORY SYSTEMS**

*Jake eats nutritious foods and drinks enough water.*

**ENDOCRINE SYSTEM**

*Jake manages his stress level.*

**REPRODUCTIVE SYSTEM**

*Jake performs a monthly examination to check for unusual lumps or swellings.*

## Practice

Choose one of the following body systems: skeletal, muscular, circulatory, respiratory, or digestive. Working in a small group, identify all the parts of your chosen system. Draw pictures of these different parts with markers on some newsprint. Then, on a separate sheet of paper, write a short summary of how the parts in your chosen body system work together. Below that, list two specific behaviors that can promote the health of that particular body system. Present your drawings and comments to the class.

## Apply/Assess

You are a member of a health team assigned to teach an elementary school science class about a body system. With your group, prepare a lesson that describes how your chosen body system functions. Your presentation should also include steps to keep the body system healthy.



### Practicing Healthful Behaviors

Some ways to care for your body systems include:

- eating healthful foods.
- staying physically active.
- using your safety belt.
- avoiding tobacco, alcohol, and other drugs.
- having regular physical examinations.



### Self-Check

- Did our lesson present a body system and describe how it works?
- Did our lesson explain ways to keep the body system healthy?