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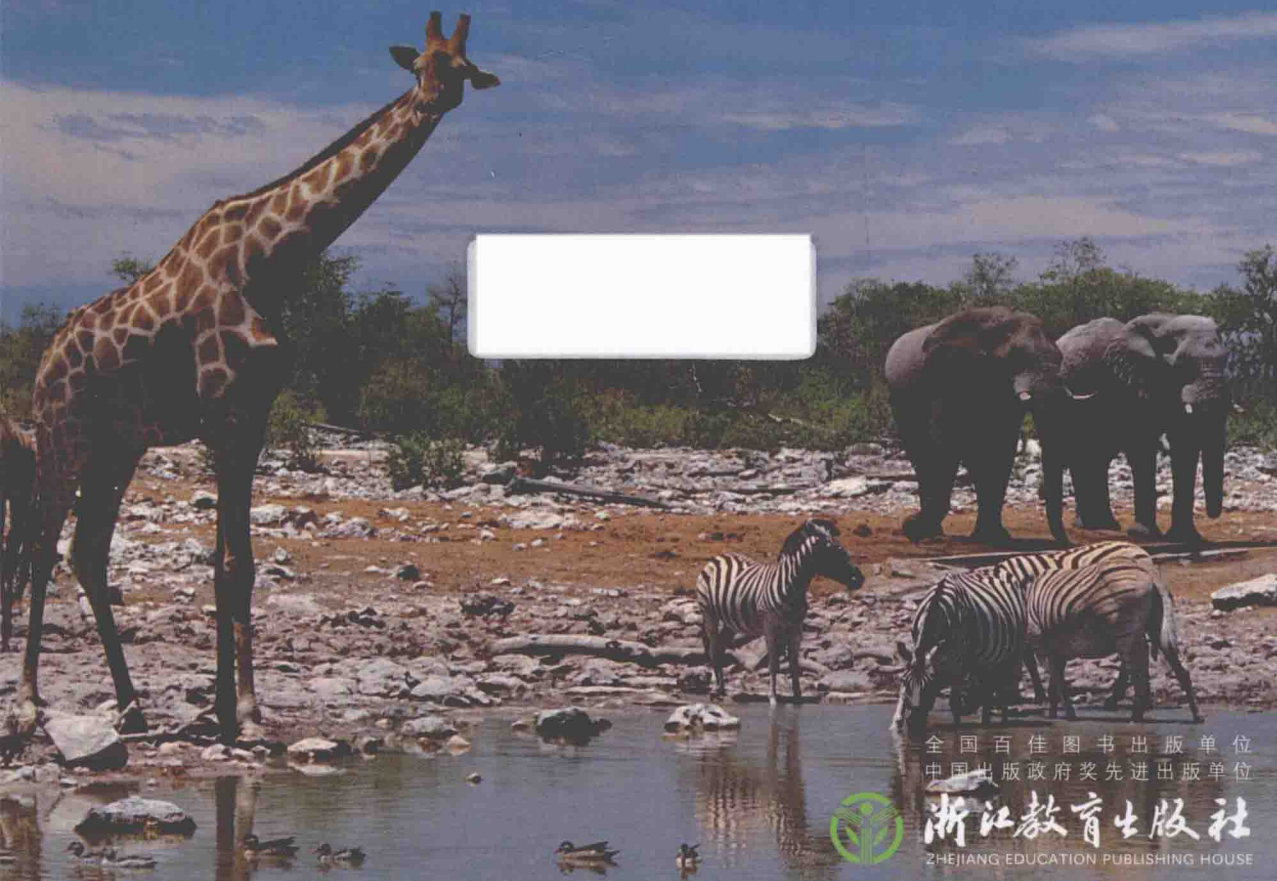
美国中小學生拓展讀本

阅读广角

Level 4C

Life Science & Health

生命科学 & 健康



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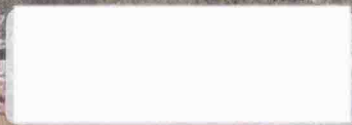
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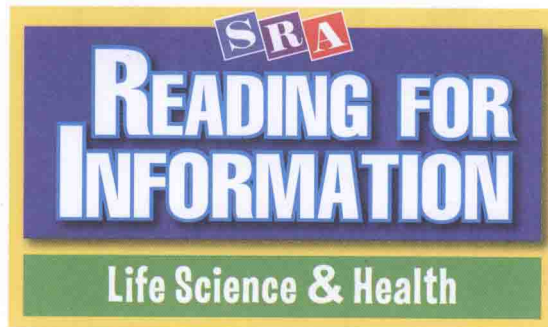




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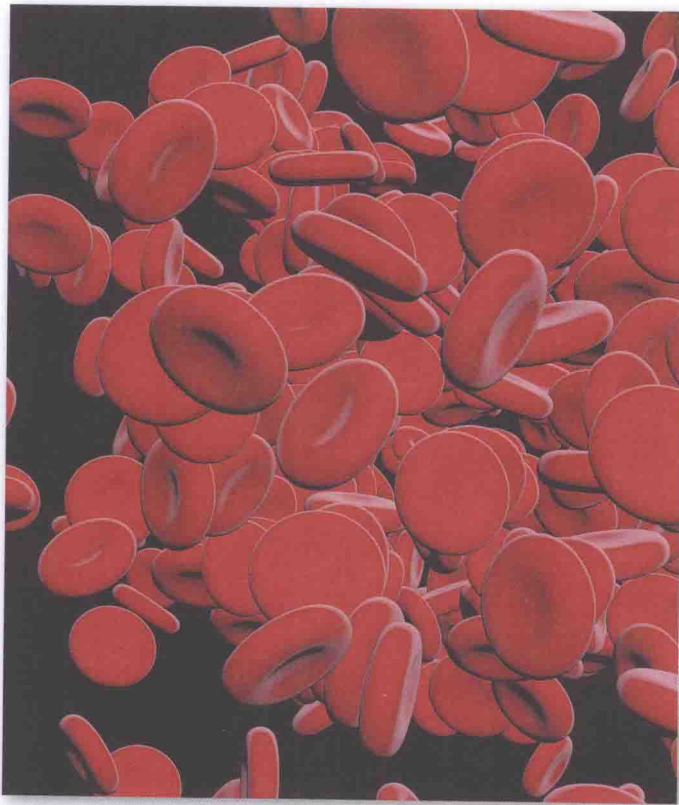
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SRA

LIFE SCIENCE

Your Body at Work



Before You Read

Here are some things you can do to help you read for information.

Features **Bulleted and Numbered Lists**

Bulleted and numbered lists draw attention to important information. A bulleted list contains items that are not in a specific order. A numbered list, however, contains items that are in a specific order.

- Look at the numbered list on page 14. Why is it a numbered list and not a bulleted list?
- Look for bulleted and numbered lists as you read.

Your Heart, the Body's Pump

The average adult heart beats between 60 and 100 times each minute. In one year's time that's more than 30 million beats! The heart is made up of a kind of tissue called cardiac muscle. This tissue is strong. It enables the heart to pump about five liters of blood every minute!

The Path of Blood

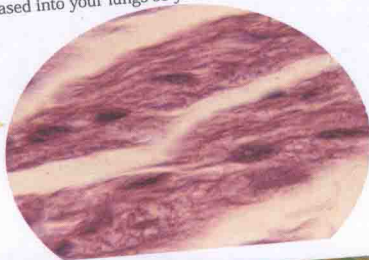
Here's how blood travels through your body:

1. Oxygen-rich blood travels from your lungs into your heart.
2. Your heart pumps the oxygen-rich blood to the cells of your body.
3. Oxygen moves into the body's cells. Carbon dioxide moves out of cells into the blood.
4. Blood vessels that contain carbon dioxide bring blood back into your heart.
5. Your heart pumps this blood back to your lungs.
6. Carbon dioxide is released into your lungs so you can breathe it out.

These items are in a specific order.

✓ Comprehension
What is the job of the circulatory system?

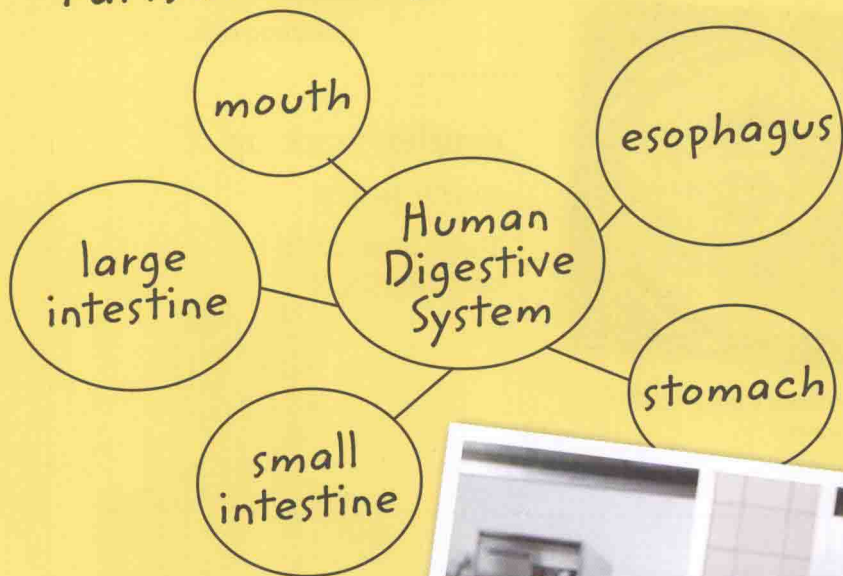
cardiac muscle (shown under a microscope)



Structures Description

Description is the use of details to give a complete picture of something. Look at the numbered list on page 18. It describes the human digestive system. You can use a web like the one below to help you remember important details in a description.

Parts of the Digestive System

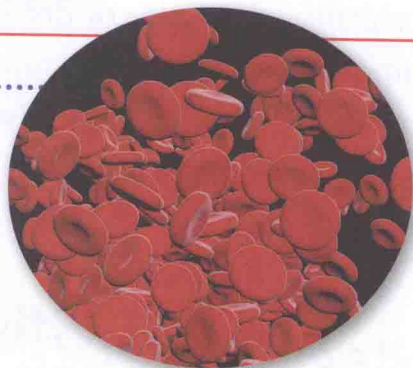


Before You Read

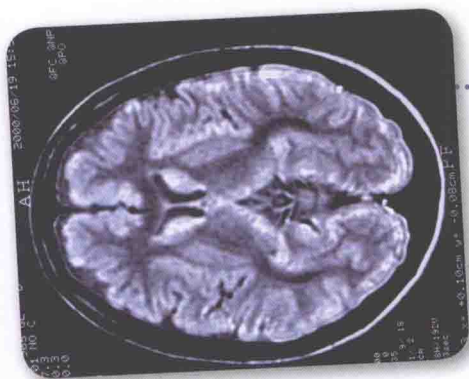
ABC Vocabulary Words to Know

cell the smallest unit of living matter

The smallest living parts of your body are **cells**.



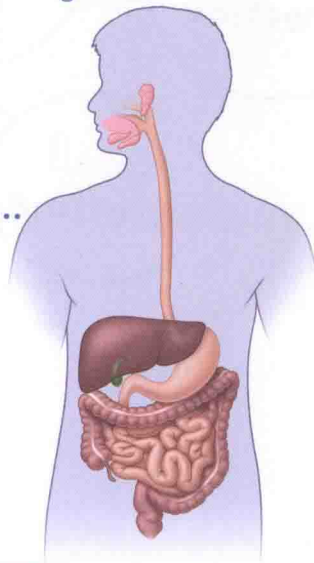
red blood cells



Magnetic Resonance Image (MRI) of a human brain

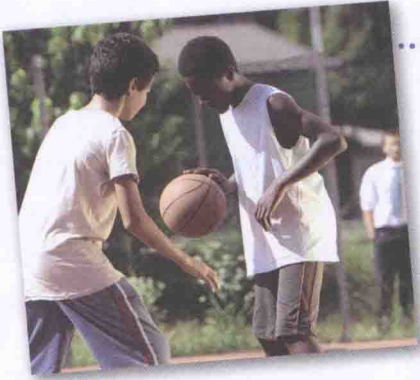
complex made up of many parts

The human brain is a **complex** organ.



digestive system the organ system that breaks down food for fuel

The **digestive system** is one of several organ systems in the human body.

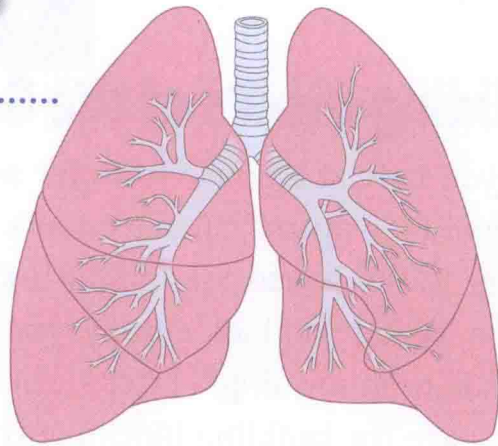


function the job that something does

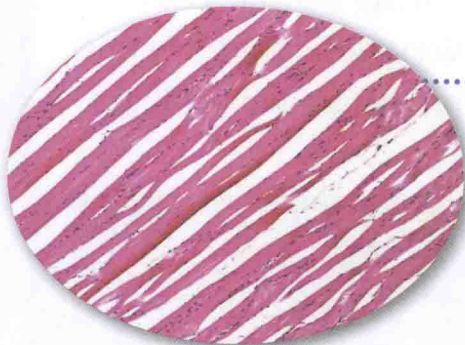
The **function** of muscles is to move the body.

organ a group of different kinds of tissues that work together to do a certain job

Each of your lungs is an **organ** made of different kinds of tissues.



human lungs



muscle tissue

tissue a group of similar cells that work together to carry out a job

Muscle **tissue** is made of **muscle cells**. *Where is the muscle tissue in your body located?*

Your Body at Work

Building Blocks of the Body

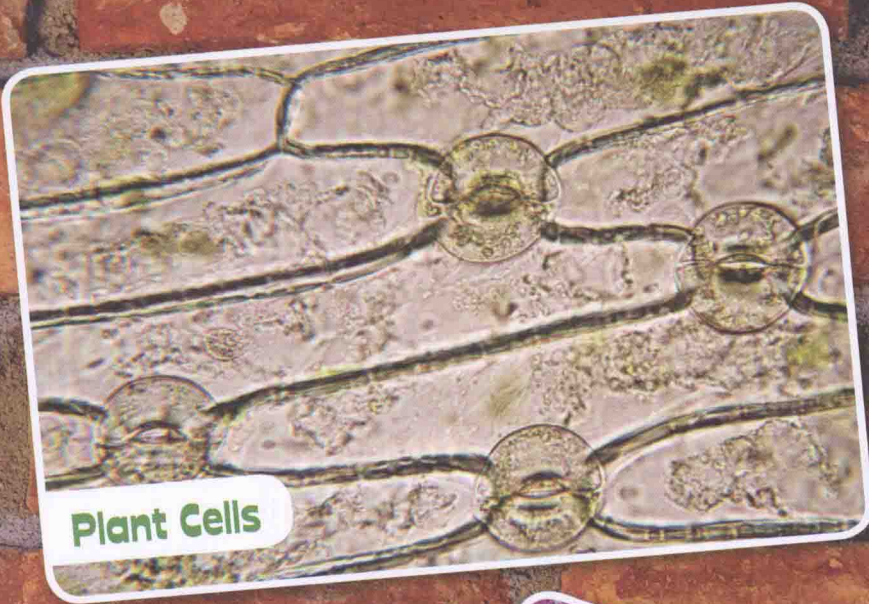
If you look at a house from far away, you might see some of its features, such as doors and windows. If you go nearer to the house, you might find that it is made of bricks. When you look closely, you can see that the house is made of many single bricks. You might say that the bricks are the building blocks of the house.

The human body has building blocks too. They're called cells. A **cell** is the smallest unit of living matter. The bodies of plants and animals are very different from one another, but they all have one thing in common—all are made up of cells.

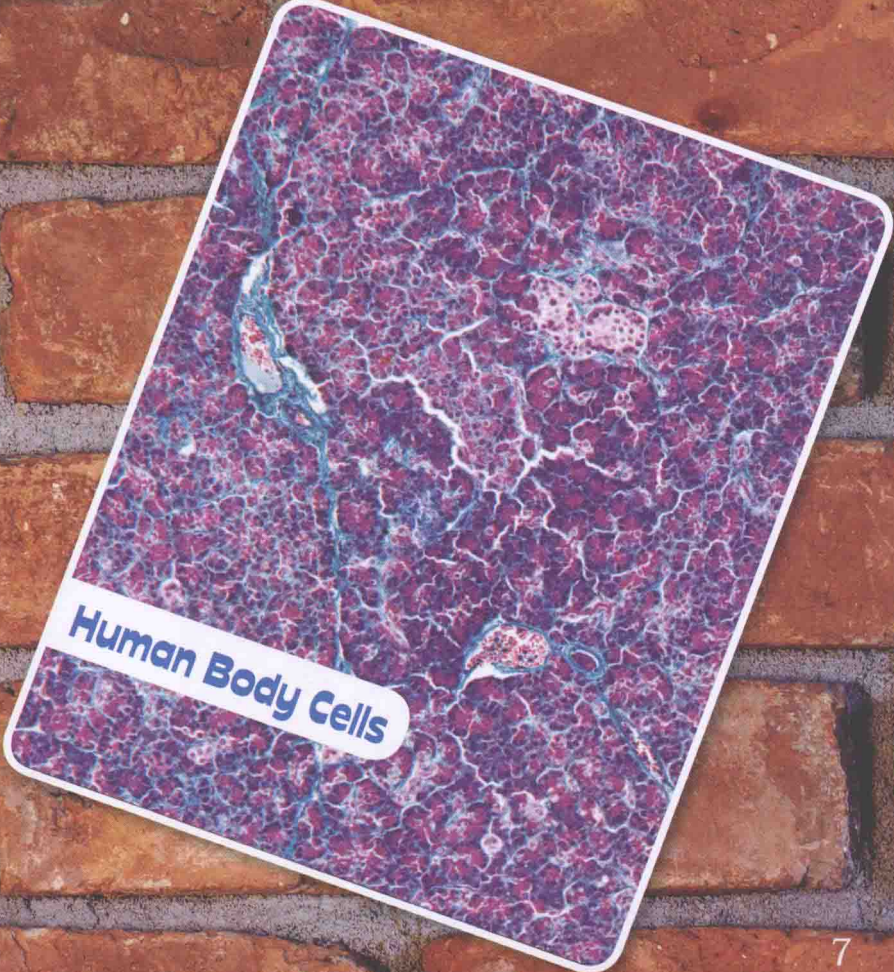
The Big Question

How do the systems in the human body work together?





Plant Cells



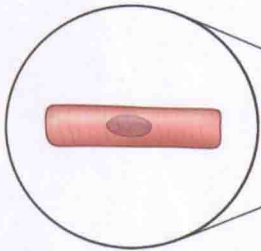
Human Body Cells

Cells, Tissues, and Organs

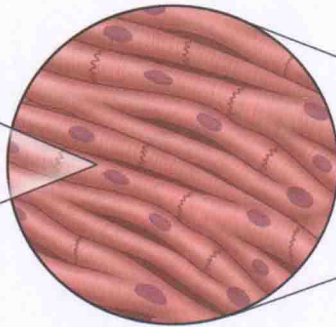
Your body has many different kinds of cells. Each kind of cell has its own **function**, or job. You have muscle cells, skin cells, bone cells, and blood cells, to name a few. Cells work together to keep your body alive. A group of similar cells that work together to carry out the same job form a **tissue**.

The human body is made of different kinds of tissues. Muscle tissue and nerve tissue are two kinds of tissues in your body. An **organ** is a group of different kinds of tissues that work together to do a certain job. Each kind of organ in your body has a special job to do. Some examples of organs are your heart, lungs, and skin. What other body organs can you think of?

✓ Comprehension
How are cells,
tissues, and
organs related?



Cell



Tissue



Organ

Organ Systems Work Together

As with cells and tissues, organs work in groups. A group of organs that work together to perform a certain job is called an organ system.

All the organ systems in your body work together to keep you alive. Organ systems help you digest food and get rid of wastes. They allow you to breathe, move, think, and react to your environment. These systems can be put into the two groups shown below.



Your hair, which protects your skin and helps keep you warm, is part of your integumentary system.

Systems in Your Body

Support and Control Systems

- Skeletal (bones)
- Muscular (muscles)
- Integumentary (skin, hair, and nails)
- Nervous (brain, spinal cord, and nerves)
- Endocrine (glands that produce hormones)

Energy and Transport Systems

- Digestive (breaks down food)
- Circulatory (transports oxygen, food, and waste)
- Respiratory (helps the body use air that is inhaled)
- Urinary (removes liquid wastes)