

BODY WORLDS

Elementary School Worksheet

Instructions: Circle the correct answer for each question as you explore the Bodies Human exhibition!

SKELETAL SYSTEM

1. The smallest bones in the body are found in the:
 - a) nose
 - b) ear
 - c) fingers
 - d) toes
2. How much does an adult's skeleton weigh?
 - a) about 2 pounds
 - b) 15-20 pounds
 - c) 100 pounds
3. Cartilage is a special tissue that is not supplied with blood.
 - a) True
 - b) False
4. Which joints in your body can move like a ball in a cup?
 - a) knee and ankle
 - b) hip and shoulder
 - c) fingers and toes
5. Bones help your body by:
 - a) protecting your organs
 - b) supporting your body
 - c) storing minerals
 - d) all of the above

 **COOL FACT:**

Your body has 206 bones, but babies are born with about 300 bones! As you grow, some of these bones fuse together.

MUSCULAR SYSTEM

1. When a muscle contracts it:
 - a) shortens
 - b) relaxes
 - c) lengthens
 - d) softens
2. There are more than 600 muscles in your body.
 - a) True
 - b) False
3. What connects muscles to bones?
 - a) ligaments
 - b) tendons
 - c) nerves
4. Which of these activities does NOT use muscles?
 - a) breathing
 - b) moving
 - c) seeing
 - d) thinking
5. Voluntary muscles are ones that:
 - a) you can control
 - b) you cannot control
 - c) only work when you're asleep

COOL FACT:

The strongest muscle in your body compared to its size is your tongue!

NERVOUS SYSTEM

1. The brain and spinal cord make up the:
 - a) central nervous system
 - b) peripheral nervous system
 - c) digestive system
2. The brain makes up 2% of our body weight but requires this much of our blood supply:
 - a) 2%
 - b) 20%
 - c) 50%
3. Which part of your brain controls your movement?
 - a) cerebrum
 - b) cerebellum
 - c) brainstem
4. Regular exercise helps your brain work better.
 - a) True
 - b) False
5. Nerve signals can travel at speeds up to:
 - a) 5 mph (like walking)
 - b) 50 mph (like a car in town)
 - c) 250 mph (faster than a race car)

 **COOL FACT:**

Your brain has about 100 billion neurons (brain cells)! That's more than the number of stars in our Milky Way galaxy.

RESPIRATORY SYSTEM

1. Every minute, about how many pints of air pass into your lungs?
 - a) 2-3 pints
 - b) 5 pints
 - c) 10-12 pints
2. Breathing is an exchange of these two gases:
 - a) oxygen and carbon dioxide
 - b) nitrogen and oxygen
 - c) hydrogen and oxygen

3. Each lung contains millions of tiny air sacs called:
 - a) alveoli
 - b) capillaries
 - c) bronchi
4. The right lung and left lung are exactly the same size.
 - a) True
 - b) False
5. When you sneeze, air travels at a speed of about:
 - a) 10 mph
 - b) 50 mph
 - c) 90 mph

 **COOL FACT:**

You take about 20,000 breaths every day without even thinking about it!

CARDIOVASCULAR SYSTEM

1. The size of your heart is roughly the same as:
 - a) your fist
 - b) a baseball
 - c) a basketball
2. How many times does your heart beat in one minute?
 - a) about 20 times
 - b) about 70 times
 - c) about 150 times
3. Your heart is a muscle that:
 - a) never rests
 - b) rests between each beat
 - c) only works when you exercise
4. Blood vessels in your body, if laid out in a line, would stretch for:
 - a) 600 feet (two football fields)
 - b) 60 miles (driving for an hour)
 - c) 60,000 miles (more than twice around Earth)

5. The heart sits between:
- a) the stomach and chest muscles
 - b) the lungs
 - c) the ribs

 **COOL FACT:**

Your heart will beat about 3 billion times during your lifetime!

DIGESTIVE SYSTEM

1. The stomach can hold about:
 - a) 1 cup of food
 - b) 4-6 cups of food
 - c) 3 gallons of food
2. Most of your digestion happens in:
 - a) the mouth
 - b) the stomach
 - c) the small intestine
3. Water and some vitamins are absorbed in:
 - a) the stomach
 - b) the small intestine
 - c) the large intestine
4. Which is the largest organ in your body?
 - a) heart
 - b) liver
 - c) skin
5. The liver produces about 2 cups of this liquid each day:
 - a) bile
 - b) blood
 - c) saliva

 **COOL FACT:**

Your digestive tract is about 30 feet long—that's as long as a school bus!

DRAW WHAT YOU LEARNED

In the space below, draw your favorite part of the Bodies Human exhibition:

[DRAWING SPACE]

WHAT I LEARNED

After seeing the Bodies Human exhibition, one thing I want to remember about my body is:
